

MCHS Groups/ Activities and Program Guide 2007

Activity/Group/Program	Details	Days/times/venue	costs	contact
Health & Well-being				
Food in a Flash	Cooking group for men aged 60+ who either live alone or who have a caring role. This is an 8 week group with a focus on cooking skills and socialisation	Fridays at Coburg site – 10.30 -1.00. The group runs several times a year starting in March 07 – date to be advised	\$5.00 per group. This covers the cost of the food	Occupational Therapist Coburg 3058 9350 4000
Falls Prevention Group	Falls prevention aimed at men and women aged 60+. The group runs for 8 weeks and covers a variety of topics related to falls prevention plus one hour of strength and balance exercises.	Fridays at Coburg site- 1.30 – 3.30. The group runs several times a year. The first group for 2007 will be for Italian speaking clients starting on March 2 nd .	\$2.00 per group	Occupational Therapist Coburg 9350 4000 or Physiotherapist 9387 6711
Smoking cessation	Individual and small group assistance for those wanting to quit smoking.	6 week courses at the Community Health Centre, 93 Bell St Coburg.	\$20.00 per person.	Community Nurse 9350 4000
PITSTOP Men's Health Program	Health risk and screening program run at workplaces around Moreland. Up to 20 people per session tailored to your work requirements.	Flexible following consultation with workplace.	Nil	Community Nurse 9350 4000
Pharmacy Screenings	Pharmacy reviews monthly by Community Nurse, Diabetic Nurse educator and Occupational Therapist at a local pharmacy checking blood pressure, monitoring those with chronic disease i.e. diabetes and identifying those at risk of falls.	Venue varies each month. Please phone Bernadette Mulcahy for details of venue nearest you.	Nil	Community Nurse 9350 4000

<p>Partnerships in Health: HARP Chronic Disease Program - Melbourne Easy Breathers Pulmonary Rehabilitation.</p>	<p>Pulmonary Rehabilitation is a comprehensive program of exercise and education designed to improve physical fitness, reduce breathlessness and provide people with chronic lung disease with a better understanding of their disease and how to best manage its symptoms. Patients attend the course twice weekly for a period of 7 weeks.</p> <p>Who should participate? Who has attended or is at risk of attending Hospital for Respiratory disease in the last year. Anyone who has a long-term respiratory problem who experience breathlessness that interferes with activities of daily living.</p>	<p>The Melbourne Easy Breathers operate out of Two sites. Moreland Community Health Service 93 Bell St Coburg on a Monday and Wednesday afternoon.</p> <p>St Johns Church Hall in Essendon on a Tuesday and Thursday afternoon</p> <p>Maintenance on Monday at Moreland Community Health Service 93 Bell St Coburg and Essendon on Thursday.</p>	<p>\$30 all inclusive</p>	<p>Partnerships in Health Intake Service Coburg Site 9350 4000</p>
<p>Partnerships in Health: HARP Chronic Disease Program - Heartwise service</p>	<p>Heartwise incorporates exercise and education into a comprehensive rehabilitation program for people with Chronic Heart Failure.</p>	<p>The Heartwise service operates in both a one to one and group settings.</p>	<p>\$2 per session</p>	<p>Partnerships in Health Intake Service 9350 4000</p>

	<p>We support people who may have been told that they have a weakened heart or that they have heart failure.</p> <p>These people normally have trouble breathing, are tired and have problems exercising. There are specific skills they can learn to improve their quality of life, manage fluid and reduce the amount of admissions and time spent in hospital.</p>	<p>Rehabilitation groups will operate from Moreland Community Health Service 93 Bell St Coburg Tuesday and Thursday afternoons</p> <p>Maintenance groups operate from Essendon on Thursday morning and Moreland Community Health Service 93 Bell St Coburg on Thursday afternoons.</p>		
<p>Partnerships in Health: HARP Chronic Disease Program - Falls Prevention</p>	<p>As part of a comprehensive falls prevention service clients can attend a 6-8 week program to improve physical skills, increase confidence and learn self management strategies to reduce the risk of falling.</p> <p>This service is for clients who have presented to the Emergency Department or been admitted to hospital following a fall.</p>	<p>Operates from Brunswick site of MCHS & DGCHS site (7 Chester Street) Tuesday and Thursday morning pending group numbers</p>	<p>\$3 per session</p>	<p>Partnerships in Health Intake Service 9350 4000</p>
<p>Social Support Groups</p>				
<p>Planned Activities Groups (PAG)</p>	<p>MCHS runs a range of PAG programs in Coburg and Glenroy. These are activity based programs for frail older people and people with disabilities, to assist them to remain independent at home and in the community;</p>	<p>Programs are run 5 days per week - Monday to Friday in both Coburg and Glenroy</p>	<p>Fees range from \$2.40 to \$7.00 per</p>	<p>PAG Assessment Coordinator 9304 9200</p>

	<p>to provide support, and to provide respite for carers.</p> <ul style="list-style-type: none"> • Activities include art and craft, gardening, word games, gentle exercise etc. • Groups offered include general, Ilma Lever Gardens , Men's Outing Group, Ladies Group, Italian specific, Dementia specific • Transport is provided for most groups • Refreshments and a hot meal is provided at most groups • Assessment required to ascertain eligibility and most suitable group 		program	
Carers Social Group	<p>Meets monthly for social dinners at local restaurants. Carers attending have the opportunity to get to know other carers in a relaxed setting as well as accessing informal support and friendship.</p>	3rd Tuesday of the month, excluding January	Cost of meal at a restaurant (budget conscious choices are usually picked)	Chris on 9495 2550
Exploring Anger: An anger Management course for women	<p>An anger management course for women exploring topics such as: What is anger?</p> <ul style="list-style-type: none"> * Past and present anger * Feelings Vs actions *beliefs about ourselves and our anger * Expressing needs and wants assertively 	2 nd Semester 11:00am – 1:00pm Fawkner Community Health Service Jukes Road Fawkner	Free	Social Worker Fawkner 9357 2444
Greek Mixed Group	<p>Group participants enjoy a friendly, warm and socially interactive atmosphere on a weekly basis. Once a month Guest Speaker(s) are invited to discuss and provide group participants with information in regards to health issues. Group participants are encouraged to focus on maintaining a healthy lifestyle as discussions</p>	The Group meets on a weekly basis at the Bardin Centre Hall at 6 Glenlyon Rd. Brunswick. Every Tuesday from 12.00-3.00pm.	Each participant is expected to provide a gold coin donation	Greek Social Worker Brunswick 9387 6711

	on health, diet, stress management and exercise arise on an ongoing basis. Group participants also enjoy going on excursions and have as a collective expressed their desire to go on excursions on a regular basis.		when attending the group on a weekly basis.	
Italian Women's Group (Coburg)	50+ Group participants enjoy social interaction on a monthly basis. Group participants are encouraged to focus on maintaining a healthy lifestyle. The regular monthly meetings and outings are design to reduce social isolation and stimulate and encourage interaction. There is a calendar of speakers on agreed topics including legal and health issues, Centrelink etc. There are also planned excursions throughout the year.	Monthly on 2nd Monday 10.00-12.00 p.m Meeting Room, Coburg Library, Victoria St., Coburg Beginning in February 2006	50 cents, on a monthly basis including coffee	Italian Social Worker Coburg 9350 4000
Italian Group (Brunswick)	Mixed gender group 50+ Group participants enjoy a friendly warm and socially interactive atmosphere on a weekly basis. Once a month guest speakers are invited to discuss and provide group with information regarding health issues. Group participants are encouraged to focus on maintaining a healthy lifestyle. Italian food is shared on a weekly basis prepared by group members as a cultural tradition. This activity is designed to reduce social isolation and to stimulate interaction.	Weekly at Albert Street Community Centre and once a Month at Bardin Centre Hall Thursdays 10.00 to 12.00 pm. 6 Glenlyon Rd., Brunswick Beginning in February 2006	Contribution varies between \$5.00 and \$6.00 including cooked meals	Italian Social Worker Coburg 9350 4000
Turkish Speaking Women's Social Support Group	The group provides guest speakers covering a range of topics; general health, women's health, family and parenting issues, legal personal development, information on how to access social and community services, recreational activities and outings. It is for Turkish speaking women of all ages living in	Beginning in March, Monday fortnightly, 9.30-12.00p.m Fawkner Community House, 79 Jukes Rd Fawkner	Free	Turkish Social Worker Coburg 9350 4000

	<p>Moreland who are isolated and would like to be with other Turkish women in a supportive and relaxed environment.</p> <p>It is also an opportunity for women to engage with other Fawkner Community House members and activities</p>			
Multicultural Women's group	<p>Age open. Speakers on topics chosen by the participants e.g. exercise, immigration, healthy eating etc.</p> <p>Arabic and English spoken</p>	<p>Weekly on Friday 11.00-2.00p.m Newlands Community Centre</p>	<p>Bring a plate</p>	<p>Arabic Social Worker Fawkner 9357 2444</p>
Spanish Women's Group	<p>Spanish Speaking Women's Group. All ages. + group participants enjoy a friendly warm and socially interactive atmosphere. Group participants are encouraged to focus on maintaining a healthy lifestyle. Guest speakers are invited to discuss and provide the group with information regarding health issues. The calendar of speakers on agreed topics include: legal and health issues, etc. This activity is design to reduce social isolation and to stimulate interaction.</p>	<p>Monthly on 1st Monday Moreland Community Health Service 93 Bell Street, Coburg – Sunroom – 10.00 – 12.00p.m Beginning in February 2006</p>	<p>Free</p>	<p>Italian Social Worker Coburg 9350 4000</p>
Arabic Speaking Women's Voice	<p>New group 2006. At this stage discussion and identifying issues and activities of interest and concern</p>	<p>Fortnightly Thursdays 10.00 2.00p.m Sussex Neighbourhood House, Sussex St Coburg</p>	<p>Bring a plate</p>	<p>Arabic Social Worker Fawkner 9357 2444</p>
Mental Health Programs				

Exchange	The Exchange is a day Program providing group activities for people living with mental illness. There are range of groups available in areas including physical health and well being, personal social and skill development, drama, music, art and ceramics. To find out more about the specific groups available, please contact the Exchange Team Leader	Groups usually meet at Vic Place 21 Victoria Street Coburg	TBC	Exchange Team Leader 9355 9900
Family Support Groups				
Jellybubbles Therapy Playgroup	Therapy playgroup run as a combined project between Family Programme and Children's Health Unit. Designed for parents who are experiencing parenting problems. Very hands on experiential group where parents and children work together on developmental and behavioural issues under the close supervision of therapists and family programme staff. Referrals to be forwarded to Foti Apostolopoulos. Pre-group interviews conducted.	Mondays Probably Term 2 and 4, 2007. Exact details still to be confirmed.	Free	Family Program intake worker Ph: 9355 9900
More than just the Baby Blues	This is a group for women who are experiencing, or having symptoms of post natal depression. It is an opportunity for women to tell their stories, in a safe and supportive and confidential environment This group will discuss topics such as: <ul style="list-style-type: none"> · Self esteem · What is PND · Assertiveness · Coping with expectations of mothering · Partner's thoughts 	TBC Please contact Family Program Intake worker 9355 9900	Free Free childcare available	Family Program intake worker Ph: 9355 9900
Single Parent's	A fortnightly or monthly get-together for single parents	Friday	Free	Social Worker

Support Group Let's do Lunch	in Fawkner (or who are willing to travel to Fawkner) Unfortunately, currently no childcare is available for this group.	1.00-onwards Fawkner Commencing February 2006		Fawkner 9357 2444
Young Mum's	Open on-going group for mums and pregnant women aged 15-25 with activities and educational components	Semester 1 & 2	Free Free Childcare available	Family Program intake worker Ph: 9355 9900
"Cuddles and Bubbles"	4-6 week interactive play-group focused on parent child attachment. For parents affected by Post Natal Depression.	Term 1 & 3	Free	Family Program intake worker Ph: 9355 9900
ABCD – Parenting Young Adolescents	Recognizes the challenges of parenting an adolescent and aims to promote stronger relationships between parents and their young person. The program is designed to give parents a better understanding of adolescence as a developmental life stage . The ABCD program focuses on parenting adolescents between the ages of 11-15 years and focuses on four key areas: adolescent development, communication skills, problem solving and parental self-care. Sessions will be held weekly over 5 weeks. <i>Free childcare available</i>	If interested please contact Family Program intake worker on 9355 9900	Free and Free childcare available	Family Program intake worker Ph: 9355 9900
Children's Groups				
SPOT group	A Speech Pathology /Occupational Therapy group aimed at children in 4 year old kinder who have both language and fine motor difficulties. Up to 8 children	Coburg site. Usually run on Mondays or Tuesday, for 1 hour	None	Children's Health Unit Team Leader 9355 9900

	attend for 6 weeks. Parents do not remain in the room during the group. <i>These groups are only available for children who are either Occupational Therapy and/or Speech Pathology clients at MCHS</i>	each week. Usually runs in Term 2 of each year		
School Readiness Group	A Speech Pathology / Occupational Therapy group aimed at children attending school the following year. Up to 8 children attend. Children must have difficulties in either language or social skills, plus poor fine motor / planning difficulties. Parents do not remain in the room. These groups are only available for children how are either Occupational Therapy and/or Speech Pathology clients at MCHS	Coburg site. Runs on Mondays or Tuesdays, for 1 hour each week. Usually runs in Term 4 of each year	None	Children's Health Unit Team Leader 9350 4000
Speech Pathology groups	A range of therapy groups are run by the Speech Pathologists at MCHS. The groups generally run for 1 hour a week for 5 weeks, and have between 4 and 6 children, with 1 – 2 staff. Parents remain in the room to observe the groups, and so alternative arrangements must be made for siblings. Children are invited to attend these groups according to their speech pathology needs. <i>These groups are only available for children who are speech pathology clients at MCHS.</i>	Groups run currently at the Coburg site, and at varying days. They are either 9.30 – 10.30 or 1.30 – 2.30	None	Children's Health Unit Team Leader 9350 4000
Cooking, Playing, Talking group	Practical sessions on how to foster a love of food, sensory experiences, and encouraging your child's development by preparing and sharing food together.	TBC	Gold coin donation per session	Children's Health Unit Team Leader 9350 4000
Healthy Little Ears	A group run by speech and audiology this year to encourage sensory awareness around the face and healthy routines around nose blowing			Children's Health Unit Team Leader 9350 4000

Foundations Early Childhood Intervention	<p>Service for children aged 2 through to 5 years. Focus is on communication, social interaction and development through play in a group setting.</p> <p>Parents and children interact as part of the group, and so alternative arrangements must be made for siblings.</p> <p>This offered through speech pathologists, intervention teachers and occupational therapists.</p> <p>Parents education/information sessions e.g. toileting, behaviour/parenting.</p> <p>Home visits and consultation to other early childhood settings.</p>	<p>Tuesday AM Wednesday AM Thursday AM Broadmeadows and Thornbury</p> <p>Wednesday pm Broadmeadows and Thornbury As arranged</p>	<p>\$100.00 per term</p> <p>Discount applies for family health card holders</p>	<p>Foundations Program Manager 0425749670 9302 3979</p>
Exercise Groups				
Hydrotherapy groups	<p>Run by a physiotherapist.</p> <p>For subacute or recurrent problems, which may be hard to exercise on dry land because of pain stiffness or instability.</p> <p>To mobilise and strengthen limbs and spinal musculature.</p> <p>Group of around 12 people.</p> <p>Once per week for 6 weeks.</p>	<p>Brunswick Thursday at 3.00pm</p> <p>Coburg Tuesday at 11.30am</p> <p>Fawkner Thursday at 3.00pm</p>	<p>\$3.70 to \$5.20 per session. (pay at the pool)</p>	<p>Physiotherapy Team Leader 9357 2444</p>
Tai Chi for arthritis	<p>Run by a physiotherapist for people with decreased mobility, reduced flexibility. Tai Chi is suitable for people with arthritis and helps to improve balance and flexibility, and to promote relaxation and pain</p>	<p>Coburg Thursday at 10:15am (Beginners) 11:15am (Advanced)</p>	<p>\$30 for pensioners or health care card</p>	<p>Physiotherapy Team Leader 9357 2444</p>

	<p>management. One hour session, once a week for 10 weeks.</p>	<p>Fawkner Wednesday at 11:00am (Beginners) 12:00 noon (Advanced)</p>	<p>holders, or, \$60 full price for the entire 10 sessions.</p>	
Chair aerobics	<p>Run by Allied Health Assistant or Vic Fit trained staff. For frail elderly, people with poor exercise tolerance, poor balance or those who are not suitable for hydrotherapy or any other land-based exercise groups. Exercise in sitting and in standing as able.</p> <p>One hour each session. Limited transport is available.</p>	<p>Coburg Tuesday 10:00am 11:00am Wednesday 10:45am 11:45am Fawkner Monday 12:00noon</p>	<p>\$3.00 per class.</p>	<p>Physiotherapy Team Leader 9357 2444</p>
Gym Groups	<p>Run by a physiotherapist. For people with chronic pain or recurrent symptoms, decreased general fitness, or who need further coaching on their home exercise program. To improve postural awareness, general fitness, strength, flexibility and self-confidence. Ongoing programs individually tailored including free weight training, stretching and mobilising exercises.</p>	<p>Brunswick Monday 9:30 am (Women) Friday 10:00 am Coburg</p>	<p>\$3.00 each session.</p>	<p>Physiotherapy Team Leader 9357 2444</p>

	Once a week, one hour session, with a maximum of 2 months for each participant.	Monday(Stretch and strengthen) 09.45 am (Women) Thursday 9:00am(at the Coburg Leisure Centre) Fawkner Thursday 9:30am (Women) Friday 9:30am		
Youth Groups (Co-Care)				
CoCare Speakers Bank	Young people who have had experiences of injustice, abuse, discrimination, mental health, racism or bullying and want to help make the world a better and safer place by educating others.	Contact Sue for training dates	Free	Sue 9380 9346
Y-GLAM	The Y-GLAM Performing Arts Project is a community theatre project that aims to support young people who are same sex attracted and/or transgender, aged 14 to 25.	Group meets every Monday, and theatre performances vary throughout the year.		Y-Glam worker 9355 9900
Human Relations & Sex Education Group	These groups run weekly for young people aged 10 to 25 with an intellectual disability. The group covers puberty, public & private, protective behaviours, laws about sex, social behaviours and sexual health information.	Weekly- times and dates TBC	FREE	Co-Care Human Relations Program Workers 9355 9900 or 9355 9900
Co-Care Groups in	Youth Health Programs are run in schools covering a	As booked throughout	FREE	Co-Care youth worker

Schools	variety of topics from self esteem, sexual health, body image, and mental health. The program can be individually tailored to the students' needs.	the year at various schools		9355 9900
Coburg Study Group	Free homework support to students in Years 6 to 10 who live or study in Moreland with qualified teachers and tutors. The group also provides access to the internet and computers, library staff, and books at the Coburg Library	Thursdays 4:00pm-5:30pm Coburg Library, Corner Victoria & Louisa Streets Coburg	FREE	Simon Vella on 9240 1111 or Co-Care Youth Worker 9355 9900