



Your Quarterly Magazine
July - September 2016

**Helping Kids Smile in
Kindergartens & Schools**

**It's Never Too Late to
Start Exercising**

**GPs Now Available Every
Weekday at Oakleigh**



What is Link Health and Community?

Link Health and Community is the name of your local community health and support service. We provide a large range of medical, health and support services that are aimed at improving the health and wellbeing of all residents living in the south-eastern suburbs of Melbourne.

Why should you choose to use Link Health and Community? Because our programs are developed in partnership with the local community to meet their health needs and are motivated by our aim to provide accessible and affordable health and support services to everyone.

We are a not-for-profit health service provider funded by both the State and Commonwealth Governments, and we have six sites, Chadstone, Clayton, Glen Waverley, Oakleigh, Brighton and Mulgrave. Some of our services attract a set fee, others are free of charge, and all our profits go back into improving and expanding services for you.

Please call us on 1300 552 509, via email: linkhc@linkhc.org.au or through our website www.linkhc.org.au.

How do I make an appointment?

Call 1300 552 509 or go online www.linkhc.org.au for all your appointments. For GP appointments at Brighton, please call 9596 3501.

Please have the following information ready:

- Pension or Healthcare card number and type (if you have one)
- Next of kin contact details
- Your doctor's details (if you have one)

Some of our services have no wait times while others are not always available immediately so you may have to be placed on a waiting list.

Also, if you need to change or cancel an appointment please give us plenty of notice, at least 24 hours if you can, so that we may offer your appointment to someone else.

Interpreters are also available FREE of charge and can be arranged for all your appointments.

What is Access and Coordination?

We assess your needs

We register your details

We make appropriate appointments with you

We send you confirmation of your appointments and other information you might need

We keep your information confidential

We help you to navigate the many services we offer



Our Sites....



Chadstone

Batesford Hub, Cnr Batesford Rd & Power Ave



Clayton

Rear, Level 1 Clayton Community Centre, 9-15 Cooke St



Glen Waverley

2 Euneva Ave



Oakleigh

8-10 Johnson St



Brighton

88 Asling St



Mulgrave - Corporate Services

1 Jacksons Rd

Our Services...

- Addiction Recovery
- Audiology
- Children's Services
- Counselling
- Diabetes Education
- Dietetics & Nutrition
- Exercise Physiology
- General Practitioners
- Health Promotion & Education
- Men's Responsibility Program
- LinkPETS
- New Life Program
- Occupational Therapy
- Oral Health (Dental)
- Physiotherapy
- Podiatry
- Psychology (including ATAPS)
- Service Coordination
- Speech Pathology
- Volunteers & Community Visitors

For information about our groups head to p. 12



It's Never Too Late to Start Exercising

Tasmanian-born Leila O'Brien was the youngest of 11 children who moved to Oakleigh in 1935.

Now at age 98, Leila has begun an exciting, new journey by taking part in an exercise program in Link HC's very own Oakleigh gymnasium.

Leila has osteoporosis and in the last 5 years, she has fractured the vertebrae in her spine twice. She was recently discharged into our care after a long stint at Monash Medical Centre and the Kingston Centre.

Leila now attends weekly one-to-one sessions with Exercise Physiologist Simon Gellie (pictured above with Leila), who provides gentle exercises for her in our specially constructed gymnasium.

Leila is now regaining her confidence and only needs to use her walker outdoors.

From the one-to-one program, Leila

will move into a group program and most importantly, will hopefully get back to her much loved carpet bowls.

Leila says, **"a diet of plain food, keeping active and the occasional glass of sherry, keeps me in good health."**

As a local resident for the past 81 years, Leila has certainly seen a lot of changes in Oakleigh. She is still an active community member and only recently retired (at age 96) as President of the Oakleigh Seniors Citizens Club where you will find her most weeks. "The club has meant a lot to me and meeting and talking with people, sharing food and the odd game of bingo keeps me going" says Leila.

To make an appointment with our Exercise Physiologists or to use our prescribed gym service at Oakleigh, please phone 1300 552 509 or via our website at www.linkhc.org.au.

Worthy Winner

Andrea Whitty won the Positive Ageing Leadership category at the prestigious Sir John Monash Awards ceremony, held on 11 May.

Andrea (pictured below) is a mother, a full time carer for her husband who suffers from rheumatoid arthritis and also a dedicated volunteer. Andrea is a member of the Positive Ageing Reference Group at Monash Council, contributing enormously to Monash Council's Positive Ageing Strategy. She is also a member of Link HC's Consumer Register and a past member of the Quality Improvement Committee.

Andrea's insight has led to many service improvements, as well as a review of committee structure and consumer participation. She presented at the Health Issues Centre Conference and was heavily involved in the Oakleigh Open Day.

"Her constantly positive outlook and willingness to contribute is an enormous help within our organisation" says Sally-Ann Nadj, Community Engagement Manager for Link HC.

If you're interested in becoming a volunteer, call our Volunteer Manager on 1300 552 509.



Dental Open For Extended Hours

Link HC's dental practice at Clayton is now open until 8:30pm on Tuesdays and Wednesdays and on Saturday mornings from 8:30am to 12 noon in order to provide people with greater access to see the dentist.

With 11 modern dental chairs and free 3-hour parking available onsite, our facilities are inviting and our dental clinicians' dedication to achieve healthier people participating in our communities is the "why" people are looking for when they rush for a dental appointment.

Public dental services are available for all children under 12-years of age and adult holders of Health Care or Pension Cards.

Our Private Practice is available to all and it provides a wide range of clinical services, such as teeth whitening and mouth guard fittings as well as onsite orthodontists.

For holders of a Medicare \$1,000 Child Dental Benefit Schedule voucher, if additional work is required for your child beyond this amount, then it's free of charge.

Our dental staff can care for all your oral needs as well as your family members too!



Helping Kids Smile in Kindergartens & Primary Schools

Link HC's Keeping Kids Smiling (KKS) outreach program is helping children in schools and kindergartens do what they enjoy best: smile.

This special KKS program was created in response to the National Oral Health Plan 2015-2024 data that shows:

- 40% of children experience decay at some stage in their life
- 51% of 6 year olds experience tooth decay
- Children in the lowest socio-economic areas experience 50% to 70% more decay, compared to children in advantaged areas
- Young children have the highest rate of preventable hospitalisations caused by dental conditions.

The KKS program creates a supportive environment which promotes good oral health and addresses the high intake of sugary food and drinks in young children.

It identifies children at high risk for oral disease and increases the family's awareness on timely access to oral health care. It also aims to reduce inequalities in dental access across priority groups and promotes the availability of our dental service within the local community.

The program had immense success as it doubled the number of preschool and primary school children who are now screened compared to last financial year.

KKS has been well received by all schools who have participated thus far, with many schools acknowledging and praising the benefits of the program. In appreciation of KKS efforts, it recently received a Recognition Certificate from Waverley Kidz Children Centre (pictured above).

For more information about KKS or Link HC's dental services, please call 1300 552 509 or www.linkhc.org.au.

General Practitioner Link



GPs Available Every Weekday at Oakleigh!

General Practitioners are now available for consultations every weekday at our Oakleigh site, and new patients are welcome.

Dr Lioudmila Martynova is based there on Monday to Friday between 9am - 5pm. Dr Lioudmila moved to Australia in 2001 and worked in Box Hill and Central Gippsland Health Services, and since 2009 was recently a GP at the Terang Medical Clinic.

She joins the popular Dr Prema Nayak who has been a GP at Link HC since the very beginning. Dr Prema's interests also extend to Family Medicine, Paediatrics, Womens and Children's Health and she is fluent in Hindi, Kannada, Tulu and understands basic Arabic

Dr Prema is available on Mondays 9am - 5pm, Wednesdays between

9am - 2pm and Thursdays from 8:30am - 4pm.

Bulk billing is available for young people up to 18 years, student card, health care card or pension card holders.

More General Practitioners are set to join Link HC and will be based across all sites including Glen Waverley. At our Clayton site, we now offer bulk billing General Practitioners for all patients.

Link HC is committed to providing greater accessibility for people to access our GP services, by offering extended hours, same day appointments and quality of care.

To make a GP appointment, call 1300 552 509, via our website www.linkhc.org.au or download the free *Link GP* app.

Free Hearing Tests

Hearing is precious and fragile.

Did you know that one in six Australians is hearing impaired, deaf or has an ear disorder?

It's Hearing Awareness Week during 20th - 27th August and to help the local community with their hearing, Link HC is offering free 30 minute hearing screenings during the month of September from our Oakleigh site.

Led by our experienced audiologist Sue Potter, these screenings will be available for school aged children, adults or seniors.

Some of the early warning signs of hearing loss include not understanding the conversation, difficulty hearing in noisy situations, believing that people are mumbling when they speak, or perhaps turning the TV up louder than others.

If a hearing loss is detected, you can be booked in for a diagnostic test with our audiologist, or advice and referral to other services will be provided.

To make an appointment for your FREE hearing test in September, call 1300 552 509.

Source: Hearing Awareness Week



Community Link

Be Aware, Active & Awesome

Link Health and Community in partnership with the Pinewood Community Bank and the City of Monash, held the inaugural **Be Aware, Active, Awesome** event on Friday 20 May at its Mulgrave site.

This free ½ day event comprised of an **AWARE** component, with a tight timetable, speakers from U3A Wheelers Hill, Pinewood Community Bank, Monash Oakleigh Legal Service, CentreLink, Monash Oakleigh Support and Information Service, Positive Aging Lifestyle and ourselves provided content that was both informative and engaging.

The **ACTIVE** component got everyone up and moving, with laughter yoga and drumming with participants finding that being active is indeed fun for all fitness levels.

Whilst the **AWESOME** component left people contemplative with relaxing Meditation and Tai Chi.

"I came for the Laughing Yoga, but walked away with so much more. Thank you." Judy

The day ended with a delicious lunch from family duo Tracey & Marko from the Mulgrave Farmers Market, whilst being entertained by the magical Monash Chorale group, all in all it was a wonderful way to finish off a terrific morning.

"Thanks for putting on this great event. We thought we were pretty updated with what's on in the community, but found that there is still so much to learn and get involved in." Maureen & Brian.

With a near 100% turnout for this FREE community event, along with some wonderful feedback from attendees throughout the morning - the overall consensus that it was in fact **AWESOME!**

We hope to run more of these events in partnership with our friends at Pinewood Community Bank and the City of Monash.

Pictures below are taken on the day and include the drumming and laughter yoga sessions and the wonderful Monash Chorale group.

If you would like to attend a future event, please register for our mailing list by emailing **Suzanne Williamson** on **swilliamson@linkhc.org.au**.



Counselling Link

Managing Pain

The final event in Community Conversations, a Health and Wellbeing Series jointly organised by Link HC and Monash Council, was a fascinating insight into the different ways of coping with all aspects of pain.

Held on Tuesday 3rd May at Batesford Community Hub, over 100 Monash residents braved the stormy weather and were treated to a captivating event with guest speaker Associate Professor Dr Craig Hassed (pictured below), who is an Australian expert and leader in mindfulness.

The attendees were then split into three groups and rotated through calming and energising activities, including a drumming workshop, Tai Chi session and art therapy. The evening concluded with a well-received laughter session!

Heather who regularly experiences pain said, **"A chronic condition is like a dragon - all scary and overwhelming. But even though you cannot make it disappear, you can equip yourself with the fighting techniques to be brave, manage and face the fire which the dragon spits."**

Link HC has health professionals who can provide advice for managing pain. Call 1300 552 509 for a confidential chat.



Youth Advocacy Campaign

Link HC is committed to a youth mental health response. As part of this process, we want to create a space for young people to tell us about their mental health issues and needs.

Currently within the Monash area, many young people's needs are not met, as mental health responses aren't promoting early interventions.

This is what Link HC is campaigning to change - because with the right treatment, people can get better.

Did you know?

- 75% of mental health problems arise before the age of 25
- Mental health is the most important challenge facing young people in Monash, and by schools/ agencies in greater Dandenong
- Mental disorders are the single greatest cause of 'healthy' life lost for young people aged between 15-24 years

Link HC held a Youth Advocacy Campaign event in May, which provided an opportunity for young people within Monash to become involved in these key mental health issues.

The event provided an opportunity to hear an inspiring true story from a headspace youth mental health ambassador who suffers from both anxiety and depression. In her role she helps others who are experiencing poor mental health.

The evening encouraged people to share their opinions and ideas, while also providing leadership positions to become part of the solution and make a difference.

If you would like to become involved in Link HC's Youth Advocacy Campaign, please contact Carmel Fox on 8822 8360.

HOW DO YOU RESPOND TO A STIMULANT OVERDOSE?



ASSESS danger from needles or bystanders.
Remove anything that might cause injury.



Seek **MEDICAL ASSISTANCE.**



REASSURE if disoriented.
Loosen clothing and move person away from stimulations.



Call person's name to **CHECK RESPONSE.**
Shake shoulders or rub your knuckles up and down sternum.



Put person in **RECOVERY POSITION**
and monitor.

More information and fact sheets can be found at www.overdoseday.com



National Healthy Bones Week - Are You Getting Enough Calcium?

You are never too young – or old – to protect your bones.

No matter what your age is, you can start making daily changes now to help your body maintain strong bones.

National Healthy Bones week (1-7 August) is encouraging all Australians to include the below three action points into their daily lives by:

- 1. Increase daily servings of calcium through milk, cheese or yogurt food products
- 2. Walk or including some other form of regular exercise
- 3. Spend time outdoors to increase Vitamin D exposure.

Poor bone health affects 2 in 3 Australians over 50 years, including a growing number of men. Yet osteoporosis isn't receiving the recognition it deserves, as it's still one of the most under-diagnosed and untreated diseases in Australia.

Unfortunately dairy foods are often associated with misconceived food myths and outdated information, which is why we've busted some common dairy food myths for you, provided by the

Healthy Bones Action week. You can enjoy eating dairy, while better understanding how it supports your own bone health.

1. "We already eat enough dairy foods"

Generally False. Most Australians don't eat the recommended daily amount of dairy foods (see below for recommended serves).

2. "I'll put on weight if I consume dairy products"

False. Eating 3 - 4 daily serves of dairy foods, as part of a balanced diet won't lead to weight gain.

For people trying to lose weight, by including 3-4 serves of milk, cheese or yogurt in a reduced-kilojoule diet can actually help accelerate weight and fat loss.



3. "I avoid dairy as I'm lactose intolerant"

You don't need to avoid dairy foods if you're lactose intolerant.

Cheese contains little lactose and the lactose in yogurt is partially broken down. If you're worried, there are low-lactose and lactose-free milks and yogurts available.

4. "Only reduced-fat milk is healthy"

False. All milk, whether it's regular or reduced-fat, is considered to be a nutritious food.

Reduced-fat milk is not suitable for children under 2 years of age because of the lower energy content. Similarly, regular-fat milk may be more appropriate for adults 70+, as it contains slightly higher energy content.

Building and maintaining healthy bones is important at every stage of life. Help spread the word about incorporating these key action points needed for building and maintaining healthy bones.

Are you getting enough calcium in your diet? Get your diet checked by making an appointment today with Link HC's experienced Dietitians by calling 1300 552 509.

Source: Healthy Bones Action Week.



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

Picture source: Eat for Health



Mental Health First Aid Workplace

Link HC takes mental health very seriously.

It has submitted an application to receive a gold recognition as a skilled workplace, due to the amount of staff who have recently completed the Mental Health First Aid (MHFA) course over the past 3 years.

Community organisation members have also attended the training.

The MHFA program, which is an in-depth two day course, teaches people how to assist someone who is developing a mental health problem or in a mental health crisis, until professional treatment is received or once the crisis is over.

The course provides practical strategies and information on mental health problems including depression, anxiety, psychosis and substance misuse.

It's vitally important that Link HC's staff members undertake this training, as it helps them to:

- Learn the signs and symptoms of mental health problems
- Where and how to get help
- What sort of help is most effective, based on previous research

Following completion, our staff have the knowledge and experience to deal with mental health problems or crises including:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Acute effects from alcohol or other drug misuse
- Aggressive behaviours

Our Link to PHN

Two staff members are now working closely with Primary Health Networks (PHN), in recognition of their experience and knowledge in their respective fields.

Michelle Cornelius, a Registered Nurse Division 1 and a GP Engagement Project Officer at Link HC, has been selected as part of Eastern Melbourne PHN's inaugural Clinical Council.

This advisory group brings together a wealth of leaders including GPs, specialists, academics and senior hospital administrators and has been established to incorporate the clinician's experience and knowledge at a strategic level to work with the EMPHN Board.

Dr Mohammad Daud Karimi, who is undertaking a study of the health and wellbeing needs of the Afghan Community on behalf of Link Health and Community, has been working in partnership with the South East Melbourne PHN in conducting focus group discussions on mental health.

The outcomes of the focus group discussions, held in May, will help inform prevention and early intervention strategies to address community wellbeing needs.

Congratulations Michelle and Mohammad for partnering with the Primary Health Networks and bringing community health issues to the federal table!

Active Link

Introduction to Strength Training

Learn about the benefits of strength training, practise correct techniques and build confidence.
Book now. Places are limited!

CHADSTONE	Date: 12th July - 2nd August; 23rd August - 13th September Day: Tuesdays Time: 1:30pm - 2:30pm Cost: \$8.00 per session Book: Access and Coordination 1300 552 509
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Strength Training

Our strength training aims to improve bone and muscle strength and flexibility. The group is run by our team of allied health assistants, overseen by our exercise physiologist. The selected exercises target the major muscle groups and have been chosen to improve strength in the types of movements you do everyday. Strength Training has been shown to be beneficial in the treatment of diabetes, heart disease, osteoporosis and arthritis. Regular exercise will also increase an overall sense of wellbeing and general fitness. Participants progress at their own pace to achieve and maintain their fitness. Attendance at our Strength Training Introduction Program is required prior to commencement.

OAKLEIGH	Day: Tuesdays or Thursdays	Time: 8:30am or 9:30am
GLEN WAVERLEY	Day: Mondays or Thursdays	Time: 8:30, 9:30 or 10:30am
	Cost: \$8.00 per session	
	Book: Access and Coordination 1300 552 509	

Hydrotherapy

Hydrotherapy is suitable for conditions such as arthritis, joint replacement, back pain and rehabilitation following surgery. It can improve strength, flexibility, balance, fitness and wellbeing. Assessment with a Link Health and Community Physiotherapist is required prior to commencement.

Monash Aquatic & Recreation Centre 626 Waverley Rd, Glen Waverley Melway Ref: 71 A4	Day & Time: Wednesdays 11:00am -12:00pm Day & Time: Thursdays 1:30pm -2:30pm or 2:30pm - 3:30pm Cost: \$8.00 per session Book: Access & Coordination 1300 552 509
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Strength and Balance

A 12 week exercise and education program for people with poor balance who are at risk of falls and/or have a history of falls. Program includes strength training, balance exercises and Tai Chi. Assessment by a Link Health and Community Physiotherapist is required prior to commencement.

GLEN WAVERLEY	Day: Tuesdays Time: 1:30pm - 3:00pm Cost: \$8.00 per session Book: Access and Coordination 1300 552 509
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Active Link

Chair Based Exercise

Chair-based exercise provides a safe and effective environment for people having difficulty with balance and mobility. Our group program can assist people to maintain or improve strength, range of movement, flexibility and coordination. Review with an Occupational Therapist, Exercise Physiologist or Physiotherapist is required before joining this group.

GLEN WAVERLEY	Day: Mondays Time: 1:30pm - 2:30pm or 2:30pm - 3:30pm
CLAYTON	Day: Wednesday 9:30am - 10:30am Cost: \$8.00 per session Book: Access and Coordination 1300 552 509

Tai Chi

Tai Chi is a series of slow, controlled movements or postures.

Regular practice of Tai Chi promotes and improves health and wellbeing, balance and mobility, co-ordination, flexibility, concentration, relaxation, strength and posture. Link HC's Tai Chi program is run on a term by term basis by trained Allied Health Assistants.

GLEN WAVERLEY	Day: Wednesdays (School terms only) Time: Level (1) 1:00pm - 2:00pm Level (2) 2:00pm - 3:00pm Cost: \$8.00 per session Book: Access and Coordination 1300 552 509
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Link Walkers

Walking groups are a great way to meet new people and have fun. Our walks run for approximately 50-60 minutes. The benefits of walking with a group include:

- Improve your heart and lung health
- Exercise whilst you socialise
- Build your confidence
- Enjoy the scenery at Jells Park

Outside Madeline's Cafe	Day: Wednesdays Time: 9:30am
JELLS PARK	Cost: FREE
WHEELERS HILL	Book: Access and Coordination 1300 552 509

LinkPETS

Supporting the Pet, Supports The Person.

The LinkPETS program coordinates volunteers to support people who are unable to fully care for their companion pet.

It is well known that a person's pet can be their best friend but being

older, frail or having a physical disability may restrict some pet owners in their ability to give the best care to their pet.

Everyday pet care tasks may be a struggle and just add to concerns about activities of daily living.

For more information please call the LinkPETS Program Coordinator on 1300 552 509.



Support Link

Parkinson's Support Group

This group provides an opportunity to meet other people with Parkinson's and their carers. Share and discuss issues about living with Parkinson's and gain information and access to resources to enhance your quality of life. Guest speakers regularly attend the group.

GLEN WAVERLEY	Day: 1st Thursday of the month Time: 1:30pm - 3:30pm Cost: \$8.00 per session, \$2.00 for carer or support person Book: Access and Coordination 1300 552 509
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Monash Diabetes Support Group

A support group for people living with diabetes to share their experiences, be updated with information and improve their diabetes.

GLEN WAVERLEY	Day: 2nd Thursday of the month Time: 1:00pm - 3:00pm Cost: \$8.00 per session, \$2.00 for carer or support person Book: Access and Coordination 1300 552 509
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Monash Aphasia Support Group

Aphasia is a communication disorder affecting the processing of language; it is caused by damage to the brain. This group provides social support, education, information and assistance in developing strategies and confidence in communicating with others. Family members welcome.

CHADSTONE	Day: Fortnightly Thursdays Time: 10:30am - 12:30pm Cost: \$8.00 per session Book: Access and Coordination 1300 552 509
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National Diabetes Week Nutrition Forum

Join us during National Diabetes Week for our nutrition forum and discover dietary tips to prevent and manage type 2 diabetes

CLAYTON	Date: 14 July 2016 Day: Thursday Time: 1:30pm - 3pm Cost: FREE Book: Access and Coordination 1300 552 509
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The 2016 Census Is Coming...

The Census of Population and Housing is a descriptive count of everyone who is in Australia on one night (9 August 2016). The Census is conducted in Australia every five years.

Like most agencies and service providers, Link Health and Community uses Census statistics for planning purposes. We need the Census to study changes in the local population and to enable us to respond to community needs.

The Census is not limited to citizens and permanent residents. It is important that everyone, living here permanently or as temporary residents, fills out the Census form. For more information, please contact the Australian Bureau of Statistics on www.abs.gov.au.



Support Link

Family Drug Support Groups

Our ongoing "Family Support Groups" provides understanding, education and support in the form of guest speakers, DVD's, topics and sharing by group members. Attending groups regularly can reduce feelings of fear, anxiety, depression, helplessness and shame. All welcome

CLAYTON	FAMILY DRUG HELP Day: 3rd Tuesday of the month Time: 6:00pm - 8:00pm Cost: FREE Book: HELPLINE 1300 660 068 or 9573 1761	GLEN WAVERLEY	FAMILY DRUG SUPPORT Day: Fortnightly Thursdays Time: 6:00pm - 8:00pm Cost: FREE Book: Debbie 0412 382 812
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New Life Peer Support

The New Life Program offers peer support groups for adults who want to engage in recovery from alcohol and other drug use.

GLEN WAVERLEY	Day: Thursdays Time: 6:00pm - 7:30pm Cost: FREE Book: Chris Forde 1300 552 509 or email: cforde@linkhc.org.au
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Men's Responsibility Group

A group for men wanting to say "no" to violent and controlling behaviour. Learn new ways of relating to your partner, children and others. Group facilitators are experienced in working with men who use controlling behaviour. Partners are offered resources and services. 20 weekly sessions are followed by monthly meetings for 6 months.

CLAYTON	Day: Wednesdays (School terms only) Time: 7:00pm - 9:00pm Cost: \$300 per program, \$100 per program with a Health Care Concession Card or \$20 per week, \$10 per week with HCC Book: Access and Coordination 1300 552 509
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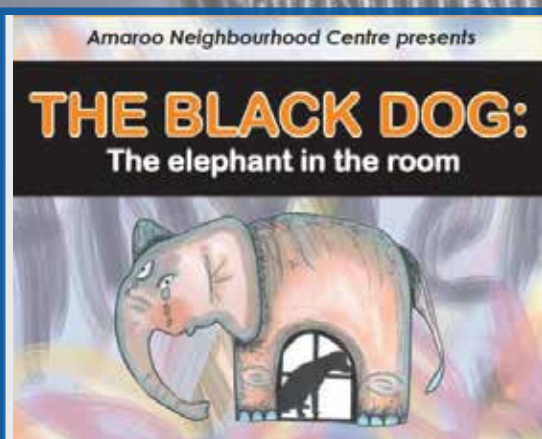


Exhibit your Art, Craft, Music, Movement and Writings of depression & anxiety.

The purpose of The Black Dog: An elephant in the room, is to break down mental health stigmas, and educate the community about how some people live with an elephant in their lives.

Amaroo invites the public to express themselves using Creative Therapies to open up discussions about what it is like to live with an elephant in the room, with a focus on depression and/or anxiety.

When: **Friday 30th September and Saturday 1st October 9am - 4pm**

Contact Art Therapist Emma Finch (A.Th.R.) on epfinch64@gmail.com or phone 0415 278 580

A FREE COMMUNITY EVENT

Social Link

Planned Activity Group

The group is aimed at socially connecting people and maintaining independence through fun and meaningful activities. Transport is available.

Mulgrave Neighbourhood House 36-42 Mackie Rd MULGRAVE	Day: Fridays (School terms only) Time: 10:00am - 2:00pm Cost: \$8.00 per session Book: Access and Coordination 1300 552 509
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Out and About with Link HC

The group provides opportunities for older adults to participate in weekly group-based outings within a supportive environment and meet others. Transport can be arranged for those within the City of Monash.

Meet beforehand at GLEN WAVERLEY	Day: Wednesdays Time: 1pm - 4pm Cost: \$8.00 per session Book: Access and Coordination 1300 552 509
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Drumming Circle

Experience the power and healing of drumming! Drumming has a calming effect on the body and an energising effect on the spirit. Please join us to create some beautiful energy together.

CHADSTONE	Day: Wednesdays Time: 1:30pm - 3:00pm Cost: \$10.00 per session, \$5.00 (Health Care Card holders) Book: Judy Avisar 1300 552 509 or email: javisar@linkhc.org.au
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World Dance

World Dance is a fun interactive way to meet new people and learn simple dance moves. The group is informal and provides opportunities for social interactions in a friendly environment. You can come along just to try, everyone is welcome.

CHADSTONE	Day: Thursdays Time: 1:30pm - 3:00pm Cost: \$10.00 per session, \$5.00 (Health Care Card holders) Book: Judy Avisar 1300 552 509 or email: javisar@linkhc.org.au
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Out and About With Link HC

This weekly activity group participates in different outings including park visits, picnics, exhibitions, movies, local community events and more! It's a great opportunity for older adults to get to know other people within a supportive and friendly environment.

Designed for people over 65 who can walk without assistance and can manage daily activities. To register, or for more information please call 1300 552 509.



Services for Children

Link Health and Community supports parents and families to understand and manage their child's health and development so they reach their full potential. We provide individual services and group programs:

Nutrition and Dietetics

For families with children who may need support with: infant feeding and weaning advice, fussy eating and challenging eating behaviours, growth concerns, overweight and obesity, vitamin and mineral deficiencies, constipation, diagnosed food allergies and education on age-appropriate portion sizes for children.

Occupational Therapy

The Occupational Therapist assesses and treats children with learning difficulties, handwriting problems, fine motor (hands and finger muscles) or gross motor (big body muscles) coordination concerns or delayed play skills.

Exercise Physiology

For children and adolescence aged 0-17 years. The Exercise Physiologist prescribes exercise programs to children and adolescents to assist with the development of physical activity skills and management of injuries and/or chronic conditions.

Oral Health

For all children 0-12 years & children 13-17 holding a concession card. The public dental program provides emergency & general services. Child Dental Benefits Scheme is Bulk Billed.

Physiotherapy

For children aged 0-12 years. The Physiotherapist provides a service for babies and children who are experiencing muscle or joint pain and/or movement problems.

Podiatry

For children and young people ages 0-18 years. The Podiatrist can detect and treat childhood foot problems.

Family Services

Our social work staff provide counselling services for children and parenting support to families where children are 17 years and under. This service also includes a Mandarin speaking social worker.

ps4kids - Counselling for 0-12 years

All children experience difficulties from time to time, sometimes additional support is helpful. Our highly trained psychologist and mental health social worker at ps4kids can help you, your child and your family work through and manage these difficulties. A referral is required and some eligibility criteria applies.

Speech Pathology

For children from 0-6 years not attending primary school. Speech Pathology aims to promote and develop effective communication skills in young children.

Audiology

For children 8 months-18 years. The Audiologist provides comprehensive hearing assessments to detect hearing loss.

Perinatal Depression Counselling

Link Health and Community provides perinatal (during pregnancy and after birth) depression services to women from low-income families. Women are able to receive up to 12 sessions of counselling from a specialist Perinatal Depression clinician. Referral must be made by a Medical Practitioner or Maternal Child and Health Nurse and some eligibility criteria applies.

Our Fees

At Link Health and Community our fees are set in line with State and Commonwealth guidelines and based on your income. When you call for an appointment you will be advised of the fees payable, please note our fees are subject to change. You may apply to have the fees reduced or waived if you are unable to afford them.

General Practice Fees at Clayton and Oakleigh

Bulk Billing Available to:

• Young people up to 18 years • Student card holders • Health Care Card Holders • Pensioners

Fees Payable:	On the day cost:	Medicare Rebate:	Gap Cost:
Standard Consultation	\$57.00	\$37.05	\$20
Long Consultation	\$92.00	\$71.10	\$20

Dental Services

Dental Fees for adults with CentreLink Health Care Card

Emergency	\$27.00
General course of care	\$27.00 per visit for 4 visits (Capped at \$108.00)
Partial Denture	\$65.50
Full Denture (upper and lower)	\$131.00

Dental Fees for children

0-17 years with a Health Care Card	No Fee - Child Dental Benefit Scheme. Bulk billed to Medicare
0-12 years without Health Care Card	\$32.00
13-17 years without Health Care Card	Prices vary according to treatment - please contact 1300 552 509

Private Dental Service

No Health Care Card? Come and see our private dentists who offer competitive rates. HICAPS available for on the spot private health rebates. Open Monday - Friday and Saturday morning. Please call 1300 552 509.

Did you know Link HC is open afterhours?



- Addiction Recovery Counsellors
- Dental Services
- General Counselling & ATAPS
- General Practitioners

Our Fees

Other Link HC Services

Individual appointments for adults			
	General Practitioners	Dietetics, Diabetes Education, Exercise Physiology, Occupational Therapy, Physiotherapy, Podiatry, Speech Pathology	Counselling, Addiction Recovery, ATAPS
Pension/HCC/Senior	Bulk Billed	\$10.00	No Fee
Low Fee	NA	\$10.00	No Fee
Medium Fee	NA	\$15.00	No Fee
Full Fee: Std Consult/Review Appt	\$57.00	\$45.00	No Fee
Full Fee: Long Consult/First Appt	\$92.00	\$95.00	No Fee

Individual appointments for children and young people			
	General Practitioners	Dietetics, Diabetes Education, Exercise Physiology, Occupational Therapy, Physiotherapy, Podiatry, Speech Pathology	Counselling, Addiction Recovery, ATAPS
Pension/Health Care Card Holder	Bulk Billed (up to 18 years)	No Fee	No Fee
Low Fee	NA	No Fee	No Fee
Medium Fee	NA	\$15.00	No Fee
Full Fee: Std Consult/Review Appt	\$57.00	\$45.00	No Fee
Full Fee: Long Consult/First Appt	\$92.00	\$95.00	No Fee

Please check website for opening times

Book your appointment today!

PH: 1300 552 509 or online at

www.linkhc.org.au





Contact us

We value your feedback at Link Health and Community. Feedback helps us to improve our services, develop new services and gives you a say in what we do!



In person



www.linkhc.org.au



Call us on 1300 552 509



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[LinkHealthCom](https://www.instagram.com/LinkHealthCom)



Email: linkhc@linkhc.org.au



Post: 2 Euneva Ave,
Glen Waverley VIC 3150

Where to find us

Link Health and Community at **Chadstone** is in the Batesford Community Hub, which is located at Batesford Reserve, 94 Batesford Road and on the corner of Power Ave. Melway Ref: 69 H1

The **Glen Waverley** site is at 2 Euneva Ave Glen Waverley, opposite Glen Waverley Secondary College on the corner of O'Sullivan Rd. Melway Ref: 71 C2

Link Health and Community **Clayton** is located on the First Floor at the rear of the Clayton Community Centre, 9 – 15 Cooke St. The Centre may be accessed from either the rear carpark, Centre Road or Dunstan Street. Melway Ref: 79 B3

The **Oakleigh** site is located 8-10 Johnson St and can be accessed via Mills Rd or Haughton Rd. Melway Ref: 69 F8

The **Brighton** site is located at 88 Asling St. Melway Ref: 67 G7

Corporate Services are located at 1 Jacksons Rd **Mulgrave**, corner Wellington Rd. Melway Ref: 80 K2

Consumer Approval

Consumers play very important roles at Link Health and Community. When you see the symbol below, it means that consumers have assisted in the development of the product and have given their sign of approval.



1300 552 509
www.linkhc.org.au



Link Health and Community
acknowledges the
support of the
Victorian Government



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