

What's on in your community



Did you know your patients have access to these Programs & Activities?

Program Name	Program Description	Patient Eligibility and Referral Requirements?	Location	Cost	Contact
North Yarra Community Health Service					
INNERSPACE Drug Safety Services	Primary health service for people who inject drugs includes needle & Syringe Program, counseling & support	For people with a history of injecting drug use	4 Johnston st Collingwood 3066	Free	9468 2800
Moreland Community Health Service					
GYM GROUP (Mixed)	Fridays from 10:00am. One hour program for men and women	For people with chronic pain or recurrent symptoms, decreased general fitness	Brunswick Community Health Service 11 Glenlyon Road, Brunswick	\$3.00 each session	Joseph Fung T: 9355 4905 E: josephf@mchs.org.au
Heart Foundation Walking-Brunswick Pram Walkers	Free, social, peer-led walking group for women or men with young children in the Brunswick area	Mothers or Fathers with children in prams are welcome	Meeting at the Brunswick Neighbourhood House, 43A DeCarle Street, Brunswick	Free	Jackie Evers 8319 7423 or email: jackiee@mchs.org.au
GYM GROUP (Women only)	Mondays from 9:30am, one hour program for women only run by 1 physiotherapist	For people with chronic pain or recurrent symptoms, decreased general fitness	Brunswick Community Health Service 11 Glenlyon Road, Brunswick	\$3.00 each session	Joseph Fung T: 9355 4905 E: josephf@mchs.org.au
Vietnamese Elderly Exercise Group	Exercise class for elderly Vietnamese community members who wish to improve their general fitness and flexibility	Members of the Vietnamese community, who live in the Moonee Valley and Melbourne LGAs and have their GP approval for this exercise class	58 Holland Court Flemington	Free	Dzung Nguyen on 8378 1600
Doutta Galla Community Health Services					
Refugee Health	Health Assessment and Service Coordination for newly arrived refugee communities in the Melbourne / Moonee Valley LGAs	Clients may self el-refer, be referred by GP New arrivals (less than 5 years) who have missed a complete Refugee Health Screen since arrival to Australia	Doutta Galla Community Health Service Kensington or a home visit if unable to attend the above named site.	Free	Ambi Kaur on 8378 1600
Make a Move Project - 'La Vita Bella' (The Beautiful Life)	A Home Based Falls Prevention Physical Activity (Otago Program) and Nutrition Program for 80+ Year Olds	80 years and over and living at home , Residing in City of Moonee Valley, At risk of falling or a history of falls	Home-based	Free	Sylvie Leber sylvie.leber@dgchs.org.au Tel: 8378 3528

What's on in your community continued



Program Name	Program Description	Patient Eligibility and Referral Requirements?	Location	Cost	Contact
Strength Training Program for People Over 55	Is an individualized strength training program for adults over 55 years of age.	Adults over 55 years of age living at or near the Flemington Housing estate.	Flemington Community Centre 25 Mt Alexander Road Flemington	\$3.00	Robyn Grant on 8378 1600 Email: robyn.grant@dgchs.org.au
Keeping Active at Kensington Community Recreation Centre	Gentle Exercise/ Circuit Class	Program no longer running		Gold coin donation	Rebecca on 9377 7100
Immunisation Services	Adult (Catch up) and Child / Baby immunisation services	All who live, work and / or study in the Moonee Valley & Melbourne LGAs	Doutta Galla Community Health Service. 12 Gower Street. Kensington 3031	Some costs for some of the unfunded immunisations	Carmen Bullen on 8378 1600
Family & Reproductive Rights & Education Program	African Community Access to Both Health Promotion Programs & Activities & Clinical Services	All who live, work and / or study in the Moonee Valley & Melbourne LGAs	Doutta Galla Community Health Service. 12 Gower Street. Kensington 3031	Free	Aisha El hag on 8378 1600
Chinese General Exercise Group	Elderly Chinese community members who wish to improve their general fitness and flexibility	Elderly Chinese clients who have their GP approval prior to joining this exercise class	Community Hall - 120 Racecourse Road Flemington	\$1.00 per person per session	Margaret Yung on 837 8160
Chinese Social Work Service	Social Security Issues; Housing; Material Aid; General Advocacy	Cantonese & Mandarin Speaking clients who live, work or study in the Melbourne & Moonee Valley LGAs. Self-referral	Doutta Galla Community Health Service - 12 Gower Street Kensington	Free	Margaret Yung on 8378 1600
Community Asthma Program (CAP)	The Community Asthma Program is a paediatric asthma education program	Referrals can be made via fax, or phone to our liaison staff at RCH	CAP sees families who live in the postcodes 3000 to 3099	Free	The CAP liaison staff on Ph: 9345-5295, Fax: 9345-6231
Vietnamese speaking community development worker	Case work: Social Security Issues, Housing. Material Aid, General Advocacy, services Referral, Quit smoking group work, Elderly group, Mothers group	Vietnamese clients Self referral or contact intake worker	Doutta Galla Community Health Service - 12 Gower Street Kensington	Free	Dzung Nguyen on 8378 1600