

**HEALTH. WESTERN  
WELLBEING. REGION  
EVERYONE. HEALTH  
CENTRE**

**FOOTSCRAY**

# 2010 WHAT'S ON

**JANUARY – JUNE 2010**

**CALENDAR OF EVENTS AND SERVICES**

**AT WESTERN REGION HEALTH CENTRE**



# WHAT'S ON

## GROUPS

### Back to Fitness

An exercise class for people returning to exercise. Helps you build your confidence and strength in movement. Held in hall at 60 Paisley St, Footscray.

### Boxing Fitness Training

The Boxing Group is conducted by Western Storm and is open to all participants of WRHC programs and local services.

### Fit & Strong

Exercises are suitable for people with diabetes, heart problems or generally unfit. Held in hall at 60 Paisley St, Footscray.

### Exercise to Music for Vietnamese People

(The Duc Theo Nhac Cho Nguoi Viet)  
Exercise with a physiotherapist, suitable for Vietnamese people wanting to be active. An Interpreter will be at each session. Held in hall at 60 Paisley St, Footscray.

### Happy Living with Arthritis

Group (Vui Song Voi Thap Khop)  
A self help group for Vietnamese people with arthritis or wanting to improve general health. Held at Maidstone Community Centre, 21 Yardley St, Maidstone.

### Hydrotherapy

Water exercise to help you move and feel better. Good for people with pain, arthritis or low fitness. Assessment required through physiotherapy or exercise physiology service. Held in pool at 27 Victoria St, Footscray and Maribyrnong Aquatic Centre, 1 Acquatic Dve, Maribyrnong.

### Night Owls Young Person's Group

A social activities group for people aged 16-30 years who have a mental illness. Register with WROS. Group leaves from WROS at 60 Droop St, Footscray.

### Pulmonary Rehab Exercise

Ongoing exercise maintenance with a nurse and a physiotherapist for people with Chronic Obstructive Pulmonary Disease. Also includes 2 monthly education sessions and afternoon tea.

### Swim/Gym Program

A swim and gym workout session for clients of all Intensive & Outreach services, at Maribyrnong Aquatic Centre, 1 Acquatic Dve, Maribyrnong.

### Safe & Strong

A graduated introduction to exercise for older people including aerobic, balance and strength exercises with a physiotherapist or exercise physiologist. Vietnamese interpreter present at Wed sessions. Held in hall at 60 Paisley St, Footscray

### Vietnamese Healthy Lifestyle Support Group (Nhom Tuong Tro Loi Song Khoe Manh Cho Nguoi Viet)

A group providing support, information & social activities for Vietnamese people.

### Western Storm Football and Cricket Teams

A football (in winter) and cricket (in summer), local league competition for participants of WRHC programs and local services. Western Storm also now offers a local street soccer program for African Youth.

### Women's Only Swimming

Held at Maribyrnong Aquatic Centre, an opportunity for women to swim with other women and children (boys to the age of 6 years).

### Women's Antenatal Clinic

Interpreters provided. Sunshine Hospital. Wed 9.00am – 4.00pm.

### Vietnamese Diabetes Self Management program

A program for Vietnamese Diabetics to improve knowledge of Diabetes and self management skills. 60 Paisley Street Footscray, 10am – 12 noon  
Contact Diabetes Educator 8398 4172.

### Let's Get Started Group

An 8 week program run by the Living Well Team focuses on assisting people with chronic health condition to achieve more positive health behaviour. Held at 72 Paisley St, Footscray in the Activities Room.

### Tai Chi for Beginners

Tai Chi is an ancient Chinese form of gentle physical exercise and suitable for everyone. Come and be a part of a new fun and FREE Tai Chi class at the: Footscray Senior Citizens Club on Wednesday's 10.30am – 11.30am. If you need assistance getting to the Footscray Senior Citizens Centre, you may be eligible for free Community Transport.

## COURSES:

### Foot Care Group

A one off group information session with a Podiatrist, providing advice on basic self foot care and footwear.

### Many Colours: Helping with Anxiety and Depression

An 8 week course for people with anxiety and/or depression. It aims to increase knowledge of these conditions and skills for managing their symptoms.

### Men's Cooking Classes

Learn simple, healthy eating and cooking techniques for one or two. Includes lunch. Held at Maidstone Community Centre, 21 Yardley St, Maidstone.

### Newly Arrived Women's Health Information Sessions

A six week course for newly arrived women which includes topics such as sexual and reproductive health; pregnancy and childbirth; immunisation; parenting and relationships; family violence prevention; and social support.

### Sharing Food Gaining Health (Song Khoe Song Vu)

An education & social activities program for Vietnamese people over 50, or with a disability, held at Quang Minh Temple, 18 Burke St, Braybrook. Our Lady of Perpetual Help, 46 Ballarat Rd, Maidstone.

### Shoe Shopping Trips

Learn how to choose suitable and supportive footwear with a Podiatrist. Bus leaves from 72 Paisley St, Footscray.

### Supermarket Tours

Learn how to choose healthy foods and how to understand food nutrition panels, on a visit to the supermarket with a Dietitian.

### Vietnamese Shoe Shopping Trips (Chuyen Di Mua Giay Nguoi Viet)

Learn how to choose suitable and supportive footwear with a Podiatrist and a Vietnamese interpreter. Bus leaves from 72 Paisley St, Footscray.

Group or Course Name	When	Cost	More information
Women's Antenatal Clinic	Wed 9am – 4pm	Free	Sunshine Hospital Ph: 8345 1727
Fit & Strong	Mon 11am – 12 noon Fri 10.30am – 11.30am (volunteer lead)	\$3 per session	Physiotherapist Ph: 8398 4142
Exercise to Music for Vietnamese People (The Duc Theo Nhạc Cho Nguoi Viet)	Wed 10am – 11am	\$3 per session	Community Access Worker & Interpreter Ph: 8398 4161
Happy Living with Arthritis Group (Vui Song Voi Thap Khop)	Every 2nd & 4th Wed of the month 10:30am – 1:30pm	\$10 for 12 months	Group Leader Mr. Huynh Ph: 9449 0614
Hydrotherapy	Mon & Thur - Maribyrnong Fri - Footscray	\$5 per session	For more details please call Exercise Physiologist Ph: 8398 4119
Night Owls Young Person's Group	Last Thurs of the Month 5pm – 8:30pm	\$5 - \$10	Community Mental Health Worker Ph: 8379 9414
Pulmonary Rehab	Mon 1pm – 2pm	\$3 per session	Community Health Nurse Ph: 9334 6699
Safe & Strong	Weds 11am – 11.45am Tues: 10.30am – 11.30am	\$3 per session	Exercise Physiologist Ph: 8398 4119 Physiotherapist Ph: 8398 4142
Swim/Gym Program	Tues 2pm – 4pm (Not at old Footscray pool) Contact Abode/WROS	Free	ABODE Ph: 9687 4499 or WROS Ph: 8379 9400
Western Storm Football & Cricket Teams	Training and games alternate each week	Free	Community Development Rec Worker Mob: 0431 125 265
Women's Only Swimming	Every 2nd Sunday evening 6:30pm – 8:30pm	\$5 adult \$3 conc. \$2.50 child	Maribyrnong Aquatic Centre Ph: 9688 0298
Foot Care Group	One off group information sessions run on demand	Free	To contact Podiatrists Ph: 8398 4173 or 8398 4174
Many Colours: Helping with Anxiety & Depression	Dates to be confirmed. For more information contact Counselling Intake or Counsellors.	Free	Counselling Intake Ph: 8398 4178 or Counsellors Ph: 8398 4154
Men's Cooking Classes	6 week course starts March Thurs 10:30am – 2pm	Free	Dianne Wilson (Dietitian) Ph: 8398 4132 Thurs/Fri
Newly Arrived Women's Health Information Sessions	On request from Community Groups	Free	Cath Shimmin Women's Health Nurse Ph: 8398 4144
Sharing Food Gaining Health (Song Khoe Song Vu)	8 week program run throughout the year	\$2 per session	Occupational Therapist Trinh Nguyen Ph: 9334 6640
Shoe Shopping Trip	First Thursday of every month 1:30pm – 4pm	Free	Podiatrist Ph: 8398 4174 or 8398 4173
Supermarket Tours	Group tours run once a month on demand	Free	Dietitian Ph: 8398 4112
Vietnamese Shoe Shopping Trip (Chuyen Di Mua Giay Nguoi Viet)	Dates to be advised	Free	Community Access Worker & Interpreter Ph: 8398 4161
Back to Fitness	Mon 10am – 11am	\$3 per session	Physiotherapist Ph: 8398 4142
Let's Get Started Group	Course running regularly. First group starts on 10 February from 10.00am to 11.30am for eight weeks.	Gold Coin Donation	Contact Living Well Team on Ph: 9334 6699
Tai Chi for beginners	Wed 10.30am – 11.30am Footscray Senior Citizens Club 130 Buckley St, Footscray	Free	Mary Jo, Maribyrnong City Council Ph: 9688 0107
Quit Smoking Group	Courses running regularly	\$10 for eight week course	Debra Starr Ph: 9334 6652

# SERVICES

## SERVICES AVAILABLE:

African Community Development  
Assistance with Aged Care & Housing  
Community Mental Health  
Community Nursing  
Counselling  
Dental  
Diabetes Education  
Nutrition & Dietetics  
Family Planning  
Health Promotion and Education  
Medical  
Men's Health  
Occupational Therapy  
Outreach Aged and Disability  
Physiotherapy  
Podiatry  
Primary Health Programs for Illicit Drug Users  
Psychiatric, Disability and Social Support  
Refugee Access Worker  
Refugee Health  
Speech Pathology  
Women's Health  
Youth Health



PH **8398 4100**

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[www.wrhc.com.au](http://www.wrhc.com.au)

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