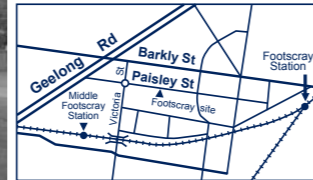


# Locations

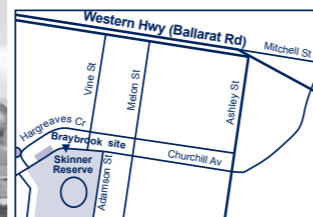
**HEALTH. WESTERN REGION HEALTH CENTRE**  
**WELLBEING. CENTRE**  
**EVERYONE.**

## Footscray



The Centre is conveniently located in Paisley Street, close to Footscray and Middle Footscray stations, tram and bus routes. Parking is also available nearby. MELWAYS ref 42 B4

## Braybrook



The Centre is conveniently located in Churchill Avenue, close to the Western Hwy. Parking is available nearby. MELWAYS ref 27 C12  
**BUS ROUTES:** From Footscray take Bus 220 along Ashley St until Churchill Ave, then catch Bus 408 from Highpoint which runs up Churchill Ave. From Sunshine take Bus 215 or 220 along Ballarat Rd to Vine St and walk up to Churchill Ave (approx 600m).



## A GUIDE TO YOUR

# HEALTH CARE SERVICES

### FOOTSCRAY

MEDICAL, COMMUNITY HEALTH, HOME AND COMMUNITY CARE, COUNSELLING & SUPPORT, VACP

72 - 78 Paisley Street, Footscray 3011

DENTAL CLINICS

72 - 78 Paisley Street, Footscray 3011  
 Phone 8398 4100 Fax 9689 9330

2 Geelong Rd, Footscray 3011  
 Phone 9687 3630 Fax 9689 7504

COMMUNITY MENTAL HEALTH (WROS)

60 Droop Street, Footscray 3011

HEALTH WORKS

4 - 12 Buckley Street, Footscray 3011

OUTREACH HOMELESSNESS & MENTAL HEALTH

86 Paisley Street, Footscray 3011

### BRAYBROOK

MEDICAL, COMMUNITY HEALTH & HOME AND COMMUNITY CARE

107 - 139 Churchill Avenue, Braybrook 3019

See inside of this brochure for phone / fax details

# We offer an extensive range of services across our two main locations in Footscray and Braybrook

Most of our programs and services are described below. Please refer to specific program brochures for further details.



## Community Health

### FOOTSCRAY

9.00am – 5.00pm Monday to Friday  
Phone 8398 4100

## Home & Community Care

### FOOTSCRAY & BRAYBROOK

9.00am – 5.00pm Monday to Friday  
Phone 8398 4100

- Adult and Paediatric Occupational Therapy
- Podiatry
- Diabetes Education
- African Community Worker
- Nutrition and Dietetics
- Refugee Health
- Paediatric Speech Therapy
- Youth Health
- Physiotherapy
- Pulmonary and Cardiac Rehabilitation
- Community Health Nursing
- Women's Health
- Exercise Physiology
- On-Site Interpreters
- Health Promotion and Health Education

## Medical Clinic

### FOOTSCRAY

8.30am - 5.30pm Mon, Tues, Wed, Fri  
8.30am - 8.00pm Thursday (by appointment)  
9.00am - 1.00pm Saturdays  
Phone 8398 4100

### BRAYBROOK

Please contact reception on 9334 6699 for information on the times doctors are available.

- The General Practitioners aim to provide the best possible care for:
- Family medical problems
  - Palliative care
  - Minor surgery
  - Drug and alcohol issues (Pharmacotherapy Services)
  - Preventative health problems
  - Industrial/occupational injuries and illnesses
  - Shared pregnancy care
  - Immunisation
  - Immigrant health

### BILLING INFORMATION

- Bulk billing for Medicare consultations
- WorkCover and TAC are billed directly to those organisations

## Dental Services

### FOOTSCRAY

8.15am – 5.00pm Monday - Friday  
Phone 8398 4150 to make an appointment.

### EXTENDED HOURS:

Paisley St. Clinic only. No emergencies.  
Pre-booked appointments only to 8.00pm on Tuesdays and Thursdays  
9.00am - 1.00pm Saturdays

General and Emergency Dental Services are available to eligible Victorians. Please note: Fees may apply depending on eligibility status and services provided. Phone 8398 4100 to find out if you are eligible for dental care and / or for further information. For after hours dental emergencies please phone the Royal Dental Hospital on 1300 667 689

## Community Mental Health Programs

9.00am - 5.00pm Monday - Friday  
WROS (Western Region Outreach Service)  
60 Droop St, Footscray Phone 8397 9400  
8.00am - 8.00pm Monday - Friday  
ROCKET (Youth Residential Rehabilitation Program)  
5 Bent St, St Albans Phone 9310 9100

WROS provides outreach-based psychosocial rehabilitation and support to people with mental health issues living in the City of Maribyrnong, Hobson's Bay and Wyndham. Specialised programs within WROS include the Vietnamese Mental Health Program, Horn of Africa Mental Health Program, Older Persons PDRS and youth focused programs.

ROCKET is a psychosocial residential program for young people aged between 16-24 who are experiencing mental health issues. Participants can be in the program for up to two years. The program focuses on supporting participants to work towards independent living.

## Outer West Mental Health Programs

OUTLOOKS  
48 Unitt St., Melton Phone 0747 6337  
HORIZONS  
2 Erica Ave., St Albans Phone 9364 1455

Outer West programs aim to provide quality psychosocial and day to day living programs for people over 16 years of age who have a mental illness and live in the Brimbank, Melton, Bacchus Marsh and Sunbury communities.

## Living Well Program

### FOOTSCRAY & BRAYBROOK

9.00am - 5.00pm Monday - Friday  
Phone 8398 4100

The Living Well team work with clients in the early stages of the following: Chronic Disease, Asthma, Chronic Obstructive Pulmonary Disease, Heart Disease, Hypertension and/or Diabetes. The program aims to enhance the client's capacity for self management and improve quality of life.

## Hospital Admission Risk Program (HARP)

### FOOTSCRAY

9.00am - 5.00pm Monday - Friday  
Phone 8345 0454 (Western Health)

The HARP teams work in partnership with other local health providers to support and assist clients with complex medical and psychosocial needs to optimally manage their health condition/s and maximise their independence and well being.

## Groups & Activities

### FOOTSCRAY & BRAYBROOK

9.00am – 5.00pm Monday - Friday  
Phone 8398 4100

As well as individual consultations, we offer a wide range of support groups and health activities. Some of these are:

- Diabetes education
- Exercise for all abilities
- Anxiety and Depression
- Healthy eating
- Hydrotherapy
- and many more...

## Counselling & Support

### FOOTSCRAY & BRAYBROOK

9.00am – 4.30pm Monday - Friday  
Phone 8398 4171 via Counselling & Support Intake Worker

### Generalist Counselling

Counselling, advocacy, practical assistance, information and community education. Individual and family counselling for depression, anxiety, family relationship and personal problems for residents of City of Maribyrnong.

### Integrated Family Violence Service (IFVS)

Specialist counselling for women and children who have experienced family violence and live in the West.

### Victims Assistance and Counselling Program (VACP)

The following range of services are provided for children, young people adults and families who have experienced or witnessed violent crime which may include family violence, all forms, or assault and murder:

- Counselling
- Referrals
- Practical assistance
- Information
- Advocacy
- Community education

## Outreach, Homelessness and Mental Health

9.00am – 5.00pm Monday - Friday  
Phone 9687 4499

Services include ABODE, ACACIA Intensive Mental Health Outreach Service, Recreation, Older Person's High Rise, SRS service and coordination support program. All of these services are designed to provide linkages to health, support, recreation and housing services for clients living in the cities of Maribyrnong, Hobson's Bay, Brimbank and Wyndham. These services target marginalised clients over the age of 18, who have little or no support services in place and who may struggle with the effects of a mental health issue, problematic drug and alcohol use, challenging behaviours, acquired brain injury, intellectual disability and housing instability.

## Health Works

### FOOTSCRAY

10.00am – 6.00pm Monday - Friday  
10.00am – 2.00pm Saturday (NSP only)  
Phone 9362 8100 Fax 9687 6035

Health Works is a free and confidential health service for people who inject drugs, with:

- A needle and syringe program (NSP) providing a wide range of sterile injecting equipment, as well as safe injecting education, health promotion activities and disposal facilities
- A Community Education Worker who liaises with other service providers and the broader community
- A health care team, providing holistic services to injecting drug users, including:
  - HIV, Hep B, Hep C and STI testing and treatment
  - Hep B vaccination
  - General medical
  - GP

Charges: All GP medical services at the centre will be BULK BILLED (except WorkCover) upon presentation of your Medicare card. A small fee may apply for other services.

“The Western Region Health Centre is a major provider of health and community support services in the Maribyrnong local government area and across the Western Suburbs. We seek to maximize the health and wellbeing of the communities we serve.”