For updated versions of the following Peninsula Health Community Health Groups & Activities Booklet

please email: jcolson@phcn.vic.gov.au

or visit their website:

Peninsula Health Community Health Groups & Activities
January - June 2011

Peninsula Health Community Health provides a broad range of affordable services for people living in Frankston and on the Mornington Peninsula.

These services aim to keep people active and healthy, as well as provide treatment and advice to assist people improve their health. This booklet provides details of our groups and activities for Terms 1 & 2. Information regarding any of our services is available by phoning your local Community Health Site and asking to speak with an Access Worker.

Community Health Locations

FRANKSTON COMMUNITY HEALTH
Frankston Integrated Health Centre
Hastings Road, Frankston, 3199
Phone: (03) 9784 8100
Fax: (03) 9784 8149
Melways Ref: 100A G11

HASTINGS COMMUNITY HEALTH
185 High Street, Hastings, 3915
Phone: (03) 5971 9100
Fax: (03) 5971 9106
Melways Ref: 154 F11

MORNINGTON COMMUNITY HEALTH
62 Tanti Avenue, Mornington, 3931
Phone: (03) 5970 2000
Fax: (03) 5975 8257
Melways Ref: 104 F11

ROSEBUD COMMUNITY HEALTH
38 Braidwood Avenue, Rosebud, 3939
Phone: (03) 5986 9250
Fax: (03) 5986 9251
Melways Ref: 169 K2
ANXIETY MANAGEMENT PROGRAM (AMP)
A group program for people who report experiencing symptoms of anxiety as their primary issue. Focus is on understanding anxiety, challenging unhelpful thinking habits, improving physical wellbeing and promoting positive breathing and relaxation.

Where: Frankston Term 1
When: Monday 10.00 – 12.00
Dates: February 14th, 21st, 28th; March 7th, 21st, 28th
How do I join: Phone your local community health service and ask to speak with the Access Worker

ENDING THE PAIN REIGN: Chronic Pain Management Program
A 4 week course for clients experiencing chronic pain. Topics include:
- Managing Stress
- Pain Education
- Exploring new ways of thinking/feeling (Cognitive Behaviour Therapy)

Where: Frankston Term 2
When: Thursday 10.00 – 12.00
Commencing: May 5th, 12th, 19th, 26th
How do I join: Phone your local community health service and ask to speak with the Access Worker

MORE TO LIFE: A Chronic Conditions Program
This 6 week group program focuses on psychological, emotional and behavioural strategies which can improve a person’s life while having a chronic health condition

Where: Frankston Term 1
When: Thursday 10.00 – 12.30
Dates: March 3rd, 10th, 17th, 24th, 31st, April 7th
How do I join: Phone your local community health service and ask to speak with the Access Worker

MOVING ON with your life
A 6 week program open to clients whose main issue is seeking strategies to more effectively deal with challenges and changes in their lives. Topics include: Self esteem and gaining confidence; setting and achieving goals; social skills and relating effectively and dealing with negative self-talk.

Where: Hastings Term 1 or Rosebud Term 2
When: Thursdays 10.00 – 12.00 or Wednesdays 1.00-3.00pm
Commencing: Feb 10th, 17th, 24th; March 3rd, 10th, 17th; April 27th, May 4th, 11th, 18th, 25th, June 1st
How do I join: Phone your local community health service and ask to speak with the Access Worker

OUT OF BOUNDS
An 8 week group program (or 1 day workshop) for parents/carers of young people (11-18) who are violent or abusive in the home. The group offers participants opportunities to develop strategies for managing their child’s behaviour in a supportive environment in which they can share their experiences. Is your child hurting or abusing you? Breaking things around the house? Do you feel you are losing control? Want to handle conflict better?

Where: Mornington Workshop Term 1 or Mornington Group Term 2
When: Thursday 9.30 – 3.30 or Thursday 10.00 – 12.30
Date: March 31st or May 5th, 12th, 19th, 26th, June 9th, 16th, 23rd, 30th
Cost ($): Gold Coin Donation or Gold Coin Donation
How do I join: Bookings are essential – please phone 5971 9100 and ask for Lynne Alexandra. Group co-facilitated by Anglicare staff
PLANNED ACTIVITY GROUP

The Planned Activity Groups provide social and skills based activities for older adults who are frail, socially isolated, has dementia or a disability. Whilst offering carer support the program provides its participants with the chance to enjoy social activities which assist in maintaining independence in the community. Groups are held at various locations.

<table>
<thead>
<tr>
<th>Mornington</th>
<th>Hastings</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>Mondays</td>
</tr>
<tr>
<td>Active older adults</td>
<td>Socially isolated adults</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Thursdays</td>
</tr>
<tr>
<td>Acquired brain injury or disability</td>
<td>Frail, mentally alert older adults</td>
</tr>
<tr>
<td>Fridays</td>
<td></td>
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<tr>
<td>Dementia specific</td>
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</tbody>
</table>

Rosebud (Rosewood House)
Tuesdays to Saturdays and alternate Sundays - Dementia and socially isolated older adults - Overnight respite also available

Where: Mornington Hastings Rosebud
When: Times will be provided when you speak with an Access Worker
Transport: Can be provided if required
Cost ($): $10.00 per session and includes a meal and refreshment
How do I join: Phone your local community health service and ask to speak with the Access Worker

PENINSULA DRUG & ALCOHOL PROGRAM (PenDAP)

With an office based in Frankston, PenDAP provides outreach services throughout the Mornington Peninsula. Participation in any PenDAP group requires an entry assessment. It is necessary for new participants to phone 9784 8100 and ask to speak with an Access Worker.

PenDAP groups are free except for the Drink Drive or Drug Drive Programs

CAUTIOUS WITH CANNABIS.
This program is part of a state-wide diversion initiative that was originally developed for individuals who have received a “cannabis caution”. However, the program has been opened up to other people wishing to know more about cannabis use and behaviour change. Participation in the program is voluntary and anyone is welcome.

The material will be delivered using a mixture of audio visual materials, individual and group based activities. A certificate of attendance will also be issued to all participants.

Where: Frankston
When: 9.00 – 11.00
Commencing: 10th Feb, 14th Apr, 9th Jun, 11th Aug, 13th Oct, 8th Dec - (Other group time if required may be negotiated if urgent)
How do I join: Phone Denise Wain on 9784 8110

DRINK DRIVE/DRUG DRIVE (Assessment Education Program)

A program for any person who is required by law to undergo Assessment Education programs and/or counselling for drink drive penalties, incurred by alcohol or substance abuse, and who wish to regain their drivers licence.

Phone Rob White on 9784 8111 Cost $150.00

NEW DIRECTIONS SUPPORT GROUP

For anyone having difficulty with their own drug and/or alcohol use, and who would like to make changes to their lifestyle. This is a relaxed and supportive environment to talk, and get support from, others with similar experiences.

Where: Frankston
When: Mondays 10.30am – 12 noon
How do I join: Phone Frankston Community Health Service and ask to speak with an Access Worker
REDD Alert Program (Recidivist Education Drink Driver Alert Program) A six week structured, educational, therapeutic course, developed for drink drivers who have accumulated three or more drink drive offences. The aim is to educate, challenge core belief systems, and develop strategies to promote and maintain positive behavioural change.

Where: Frankston  
How do I join: Phone Katherine Walsh on 9784 8109 or Neilsa Gillian on 9784 8105

RESET  
An education based recovery group for adults. Facilitators – Patrick McAlister & Leif Marshall

Where: Frankston  
When: Every Wednesday – 1.00pm-3.00pm  
Commencing: Ongoing  
How do I join: Phone Frankston Community Health and ask to speak with an Access Worker

SMART RECOVERY  
A cognitive behaviour therapy based AOD recovery group for adults.

Where: Frankston  
When: Every Friday 11am-12.30pm  
Commencing: Ongoing  
How do I join: Phone Frankston Community Health and ask to speak with an Access Worker

CONNECT FAMILY GROUP (FAMILY DRUG HELP)  
CONNECT is a self-help group for friends and family members affected by a loved one’s drug use. PenDAP can provide a referral to the CONNECT family group.  
CONNECT can help you to:
- Understand drug use
- Understand your own emotions
- Communicate effectively
- Realize that you are not alone
- Learn to get your life back to normal

Where: Frankston Community Health  
How do I join: Phone Karen Rhodes on (03) 8707 0939

KOORI GROUP PROGRAMS

KOORI WATER PROGRAM (Hastings)  
A joint partnership between Mornington Peninsula Shire & Peninsula Health to provide an aqua-aerobics class by a qualified fitness instructor. Classes are held at Pelican Park, Hastings. Emphasis is placed on increasing physical activity with a healthy meal included. You will need to have an assessment with a member of the Koori unit & physiotherapist prior to joining this group. Transport available if required.  
Sessions are conducted weekly at no cost but must meet the eligibility criteria (Times between 11.30am - 1pm)  
Contact Koori Team on 9784 100

KOORI DENTAL PROGRAM (Frankston & Hastings)  
Bookings essential. No cost. Contact: the Koori Team on 9784 8100

OPTOMETRY (Frankston site)  
Bookings are essential through the Koori Team on 9784 8100  
Cost: $10.00 for all prescription glasses.
KOORI KITCHEN/PROGRAM DAY (Frankston & Rosebud)
The Frankston Koori community kitchen was established to build confidence in a person’s health & wellbeing journey, and cultural connection, the Koori team offer meditation classes, gentle land based exercise programs, cooking workshops & cultural excursions. We have on a regular basis had services attend the Kitchen to engage with the community around projects being undertaken in the region.

Sessions are held weekly with a fortnightly rotation from Frankston & Rosebud sites in 2011 @ 2-4 Overton Road, Frankston & 240 Jetty Road, Rosebud – any further details you can contact the Koori Team on 9784 8100

KOORI GENTLE WATER EXERCISE CLASS (Frankston)
Held at Golf Links Road, Frankston. Transport provided. Run by physiotherapy staff from the Frankston Community Health Service. The Koori gentle water exercise class is a physiotherapy exercise class conducted in a group environment in warm water (34 degrees). It is not a “swimming” program, but rather a specific set of exercises designed by your physiotherapist to help meet your particular exercise/rehabilitation goals. You do not need to be able to swim. There are supportive rails that surround the pool for those less confident in the water, and you are supervised by a physiotherapist at all times. Our maximum number of participants will be 14. You will need to have an assessment with a member of the Koori unit & physiotherapist prior to joining this group.

Sessions are conducted weekly at no cost but must meet the eligibility criteria (Times between 2.00pm - 3.00pm every Thursday) Contact Koori Team on 9784 100

SATELLITE SERVICE (Hastings)
Every Monday, a member of the Koori Team attends Hastings Community Health Service to assist with any health issues for the Hastings site.

EDUCATION

DIABETES EDUCATION GROUPS
Finding out that you have diabetes can raise many questions. Take an active role in managing your diabetes by following a few simple steps to help you be in control and live well. These interactive groups include a Diabetes Educator, Dietitian, Physiotherapist, local GP and Podiatrist.

You will be offered First Steps – an initial 2 ½ hour information session followed by an individual session and then attendance at a 4 week education group.

<table>
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<tr>
<th>Where:</th>
<th>Frankston</th>
<th>Mornington</th>
<th>Hastings</th>
<th>Rosebud</th>
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<tbody>
<tr>
<td>When:</td>
<td>Dates and times will be provided when you speak with an Access Worker</td>
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</tr>
<tr>
<td>Cost ($)</td>
<td>$6.40 per session</td>
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<tr>
<td>How do I join:</td>
<td>Phone your local community health service and ask to speak with the Access Worker</td>
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LIFE – PREVENTION OF DIABETES
If you are at high risk of developing diabetes then this is the group for you. This Diabetes Australia group has been shown to delay the onset of diabetes in people who are at high risk.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>When:</td>
<td>Dates and times will be provided when you speak with an Access Worker</td>
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<tr>
<td>Cost ($)</td>
<td>Free</td>
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<tr>
<td>How do I join:</td>
<td>Phone your local community health service and ask to speak with the Access Worker</td>
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DAFNE (Dose Adjustment for Normal Eating)
One week Type One diabetes management program. Learn how to adjust your insulin for better blood glucose control and eat what you like, when you like.

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<tr>
<th>Where:</th>
<th>Frankston in August</th>
<th>Rosebud in November</th>
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<tbody>
<tr>
<td>Cost ($)</td>
<td>$60.00 (includes most meals &amp; snacks)</td>
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</tr>
<tr>
<td>How do I join:</td>
<td>Phone Erin Farnbach on (03) 5970 2023 or Jill Colson on (03) 9784 8374</td>
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</tbody>
</table>
FOOT CARE EDUCATION GROUP
Come and join our Podiatrists and find out how to keep your feet comfortable using safe, self management skills. The aim of the group is to encourage participants to retain their independence in looking after their own feet. The session covers topics such as skin and nail care, diabetes, footwear, foot pain, first aid and injury prevention. Please bring along any questions you may have to the group.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Frankston</th>
<th>Mornington</th>
<th>Hastings</th>
<th>Rosebud</th>
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<tbody>
<tr>
<td>When:</td>
<td>Groups run fortnightly or monthly all year</td>
<td></td>
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</tr>
<tr>
<td>Cost ($)</td>
<td>Nil</td>
<td></td>
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<tr>
<td>How do I join:</td>
<td>Phone your local community health service and ask to speak with the Access Worker</td>
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PULMONARY REHABILITATION PROGRAM (PRP)
Pulmonary Rehabilitation Programs are for:
- people living with chronic lung conditions
- maintaining or improving your fitness and muscle strength
- helping people feel better and stay well
- reducing shortness of breath
- improving breathing, balance, moods, feelings of control, bone density and independence
- increasing your ability to take part in more activities each week
- clearing mucus from chests
- assisting with weight control.

This six week education and exercise program designed to reduce disability associated with chronic lung diseases and thereby restoring one’s highest possible level of independent functioning. This group is for people with chronic obstructive lung diseases such as emphysema and chronic bronchitis. An individual assessment with the course facilitator is provided before commencing the group. Each sessions runs for 2 hours – 1 hour gentle, safe & monitored exercise + 1 hour of education. Referrals are accepted from respiratory physicians, hospital medical staff, respiratory nurses, GP’s allied health professionals and self referrals. Cost $5.00 per session and $10.00 for the course booklet this includes assessments before and after, 12 sessions, handouts and follow-up (or $70.00 altogether).

Locations

**Mornington**  Mornington Community Health – 62 Tanti Avenue, Mornington
Time: Tuesdays Afternoons – times to be advised
Thursdays Afternoons – times to be advised
How do I join: Phone Mornington Community Health Access on (03) 5970 2000 or Fax (03) 5975 8257

**Frankston**  Frankston Community Health – at the Frankston Integrated Health Centre building
Time: Tuesdays & Thursdays 1.30pm – 3.30pm
How do I join: Phone Frankston Community Health Access on (03) 9784 8100 or Fax (03) 9784 8149

**Chelsea**  Longbeach Place, 15 Chelsea Road, Chelsea
Time: Tuesdays & Thursdays 1.30pm – 3.30pm
How do I join: Phone Peninsula Health Access on (03) 9788 1377 or Fax (03) 9787 9954

**Rosebud**  Rosebud Community Health – 38 Braidwood Avenue, Rosebud
Time: Tuesdays & Thursdays 1.00pm – 3.00pm
How do I join: Phone Rosebud Community Health Access on (03) 5986 9250 or Fax (03) 5986 9251
CHRONIC HEART FAILURE REHABILITATION PROGRAM

This program is a 10 week education and exercise program for people with a diagnosis of chronic heart failure. The diagnosis may be new following an acute episode in hospital or the need may arise following a recent period of hospitalisation and deconditioning. The exercise is tailored to the individual with continual monitoring from heart failure nurses and a physiotherapist. Education is provided by a multidisciplinary team of health care providers. Prior to acceptance to the program an individual assessment is attended by a heart failure nurse.

<table>
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<tr>
<th>Where:</th>
<th>Frankston Community Health</th>
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<tr>
<td>When:</td>
<td>9.00am – 12 Noon Wednesdays</td>
</tr>
<tr>
<td></td>
<td>Term 1 - 2nd February to 6th April</td>
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<td></td>
<td>Term 2 - 27th April to 29th June</td>
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<tr>
<td>Cost ($)</td>
<td>Nil</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone Griet Hofer on (03) 9784 7305 or Judith Grant on (03) 9784 7976</td>
</tr>
</tbody>
</table>

QUIT SMOKING SUPPORT SERVICES

- Are for people who would like to stop or manage their smoking
- Are available in different styles to suit your individual needs
- Are available at Peninsula Health Community Health in Frankston, Mornington, Rosebud & Hastings
- Will support you to improve your health
- Reduce fear and anxiety about quitting
- Empower people to give up smoking

Three types of Quit Support are available:

QUIT FRESH START PROGRAMS

This group program is designed to help people recognise and understand:

- Why they smoke
- How smoking affects their lives
- Ways of quitting or managing their smoking
- Ways of changing behaviour and coping in smoking situations
- Ways to stay stopped

<table>
<thead>
<tr>
<th>Where:</th>
<th>Mornington, Hastings, Rosebud &amp; Frankston</th>
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<tbody>
<tr>
<td>When:</td>
<td>Day/Dates to be advised – 8 sessions (1.5 hours each) twice a week over 4 weeks</td>
</tr>
<tr>
<td>Cost ($)</td>
<td>$6.50 per session - Booklet $10.00</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Contact your local Community Health Service and ask to speak with an Access Worker</td>
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QUIT SHORT COURSE

This group program is based on the Fresh Start course but is shorter and combines support from Quit line’s phone call-back service (Quitline Phone: 137 848)

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<tr>
<th>Where:</th>
<th>Mornington, Hastings, Rosebud &amp; Frankston</th>
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<tbody>
<tr>
<td>When:</td>
<td>Day/Dates to be advised – 2 sessions (3 hours each) 2 weeks apart</td>
</tr>
<tr>
<td>Cost ($)</td>
<td>$6.50 per session - Booklet $10.00</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Contact your local Community Health Service and ask to speak with an Access Worker</td>
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INDIVIDUAL SESSIONS

If you prefer to speak individually with a health professional you can arrange individual sessions. These sessions are adapted to suit your specific needs.

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<thead>
<tr>
<th>Where:</th>
<th>Mornington, Hastings, Rosebud &amp; Frankston</th>
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</thead>
<tbody>
<tr>
<td>When:</td>
<td>Appointment to be arranged</td>
</tr>
<tr>
<td>Cost ($)</td>
<td>$6.50 per session</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Contact your local Community Health Service and ask to speak with an Access Worker</td>
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</table>
**CARDIAC REHABILITATION PROGRAM**

This program is suitable for anyone who has had a cardiac event or surgery. Seven week program which incorporates an exercise component and education session to maximize recovery and well being.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Rosebud Community Health – 38 Braidwood Avenue, Rosebud (Rear Rosebud Hospital)</th>
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<tbody>
<tr>
<td>When:</td>
<td>Wednesdays 10.30am – 12.30pm</td>
</tr>
<tr>
<td>Cost ($)</td>
<td>$6.40 per session</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone Rosebud Community Health on 5986 9250 and ask to speak with Access Worker who will organize a pre-assessment appointment for you.</td>
</tr>
<tr>
<td>Where:</td>
<td>Frankston Community Health - Integrated Health Centre Building (next to Frankston Hospital)</td>
</tr>
<tr>
<td>When:</td>
<td>Tuesdays &amp; Thursdays 9.00am – 11.30am</td>
</tr>
<tr>
<td>Cost:</td>
<td>$6.40 per session</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone Frankston Community Health on (03) 9784 8100 and ask to speak with an Access Worker</td>
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**HEALTHY FOOD BUS – No cost**

The Healthy Food Bus trips are run by volunteers. This service aims to assist residents living on the Mornington Peninsula, particularly those with limited transport options, to access more affordable fresh fruit and vegetables. Each bus visits different locations but may include fruit and vegetable wholesalers and retailers, meat and seafood retailers and Aldi Stores.

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<tr>
<th>Where:</th>
<th>Mornington</th>
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<tr>
<td>When:</td>
<td>Thursdays (Pension Week) – Bus will pick you up and drop you at home</td>
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<tr>
<td>How do I join:</td>
<td>Phone Mornington Community Health 5970 2000</td>
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<table>
<thead>
<tr>
<th>Where:</th>
<th>Hastings</th>
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<tbody>
<tr>
<td>When:</td>
<td>Runs every Thursday – Commences at Peninsula Parklands at 9.30am</td>
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<tr>
<td>How do I join:</td>
<td>Phone Hastings Community Health 5971 9100</td>
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<table>
<thead>
<tr>
<th>Where:</th>
<th>Rosebud</th>
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</thead>
<tbody>
<tr>
<td>When:</td>
<td>Runs on the Monday of “non pension week” - Bus will pick you up and drop you home. Bus starts from Mornington and will travel down to pick up Southern Peninsula Residents</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone Mornington Community Health 5970 2000</td>
</tr>
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</table>

**“IT’S ALL ABOUT ME”**

A 13 week social support/education program for young women aged 12-16 living in the Westernport Region. Includes education sessions on sexual health, body image, drug and alcohol, healthy cooking etc as well as introducing the young women to new recreational outlets with the support of local service providers. This is a partnership program between Peninsula Health and the Mornington Peninsula Shire. Suitable for at risk young women aged from 12-16 living or attending school in the Westernport Region and experiencing social isolation and or self esteem issues. Transport is provided to and from the program.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Shed Eleven – Marine Parade, Hastings</th>
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<tbody>
<tr>
<td>When:</td>
<td>Times &amp; Dates to be confirmed</td>
</tr>
<tr>
<td>Cost ($)</td>
<td>Nil</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone Carolyn Flanagan – Youth Health Worker on 9784 8167 for more information</td>
</tr>
</tbody>
</table>

**‘STEPPING ON’ - FALLS PREVENTION PROGRAM**

A comprehensive program running for 2 hours a week for 7 weeks. It is aiming to educate older adults on reducing their risk of falling. The program is facilitated by a Physiotherapist and Occupational Therapist with guest speakers. Carers/partners are also welcome. Topics include: home hazards, footwear, vision, community access, Vitamin D/Calcium and diet, balance, medications and personal alarms.

<table>
<thead>
<tr>
<th>Where &amp; When:</th>
<th>Locations and dates will be determined by the number of people interested in attending</th>
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</thead>
<tbody>
<tr>
<td>Cost ($)</td>
<td>$6.40 per session</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone your local Community Health Service and ask to speak with an Access Worker. Your name will be added to a waiting list and you will be contacted when a group is running in your area.</td>
</tr>
</tbody>
</table>
COMMUNITY KITCHENS

A Community Kitchen is a place where groups of about 6-8 people come together on a regular basis to meet and cook affordable, healthy meals. The program is for men and women of all ages to learn basic cooking skills in a friendly and relaxed environment. The participants decide what they would like to cook and take the food home or sit down and share a meal together at the end of the session. Participants need to provide their own containers to take the food home. **Cost is $5.00 per session unless otherwise stated.**

Locations

**Life Community Kitchen**  
Peninsula Life Church – 154 Browns Rd Rosebud  
Contact: Marian Stensholt on 5985 8147  
**When:** Every Tuesday from 10.30am – 1.00pm

**Frankston North Blokes Kitchen**  
(for the blokes…)  
Mahogany Neighbourhood Centre – 26 Mahogany Avenue, Frankston North  
Contact: Alan Brown at the Mahogany Centre on 9786 1445 or mahonganycentre@tpg.com.au  
**When:** Every Tuesday from 4.30pm – 6.40pm

**Hastings Community Kitchen**  
Hastings Community House – 185 High Street Hastings  
Contact: Lisa Glover on 5979 2918 or hastingsch@bigpond.com  
**When:** Every Friday from 2.30pm – 4.30pm

**Master Chef Focus Community Kitchen**  
Focus Dromana – 16 Beach Street, Dromana  
Contact: Joanne Corbyn on 5987 0988 or corbynj@focuslife.com.au  
**When:** Every Wednesday from 10.30am – 1.30pm

**Saucy Salvo’s Community Kitchen**  
Salvation Army – 17 Forest Drive (corner Stringybark Crescent) Frankston North  
Contact: Christine Adnams (Salv Army Frankston Nth Captain) on 9770 9833 or Christine.adnams@aus.salvationarmy.org  
**When:** Every Wednesday from 10.30am – 1.00pm

**Mahogany Community Kitchen**  
Mahogany Neighbourhood Centre – 26 Mahogany Avenue, Frankston North  
Contact: Phillip Day on 9789 8776 or philandmargday@bigpond.com  
**When:** Every Wednesday from 1.00pm – 3.30pm

**St. Marks Mixed Group Kitchen**  
St. Marks Uniting Church, 50 Barkly Street, Mornington  
Contact: Margaret Mitchell on (03) 5975 6429  
**When:** Mondays 12.00pm – 2.30pm

**Kitchen Wizards**  
Mahogany Neighbourhood Centre – 26 Mahogany Ave, Frankston Nth  
Contact Laura Sword on 9786 1445 or lsword@dov.org.au  
**When:** Tuesdays from 11.30am – 2.00pm

**Karingal Kitchen**  
Karingal Place, 103 Ashleigh Ave, Frankston  
Contact: Sonia McCann on 9786 6651 or sonia.mccann@frankston.vic.gov.au  
**When:** Tuesdays from 10.30am – 1.00pm
EXERCISE

TAI CHI FOR HEALTH
Traditional gentle form of Chinese Exercise – beneficial for arthritis sufferers. Classes are run by volunteers. Leaders are trained by Arthritis Victoria. Classes are held as per school terms.

Term 1  Commences 7th February  Term 2  Commences 26th April

<table>
<thead>
<tr>
<th>Locations</th>
<th>Days &amp; Times</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mornington</td>
<td>Mondays</td>
<td>Beginners</td>
</tr>
<tr>
<td>Masonic Lodge</td>
<td>9.30am – 10.30am</td>
<td></td>
</tr>
<tr>
<td>Cnr. Barkley Street &amp; Eastern Ring Road</td>
<td>9.30am – 10.30am</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Mornington</td>
<td>11.00am – 12.00</td>
<td>Advanced</td>
</tr>
<tr>
<td></td>
<td>11.00am – 12.00</td>
<td>Maintenance</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>10.00am - 11.00am</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Thursdays</td>
<td>10.30am – 11.30</td>
<td>Maintenance</td>
</tr>
<tr>
<td>David Collings Leisure Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dunns Road, Mornington</td>
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</tbody>
</table>

| Hastings                       |                       |                  |
| Hastings Community Health      | Tuesdays              | Intermediate      |
| 185 High Street, Hastings      | 2.00pm – 3.00pm       | Beginners        |
|                                | 3.00pm – 4.00pm       |                  |

Each class costs $4.00 and is payable in advance for the term. For further information or registration to join the class contact Keith Butler at Mornington Community Health on (03) 5970 2000

GENTLE WATER EXERCISE CLASSES
A general exercise class conducted in a warm water pool to help motivate and encourage people to be physically active. These fun sessions are particularly suitable for those who find it difficult to exercise on land due to pain. You will need to be assessed by a physiotherapist prior to joining a class. This can be organised for you when you make initial contact with the Access Worker.

Where:  Frankston
When:   Mondays 12.30-1.30pm  Wednesdays 12.00-1.00pm  Thursdays 3.00pm & 5.00pm
Cost ($)  $4.00 per session
How do I join:  Phone Frankston Community Health Service and ask to speak with an Access Worker (03) 9784 8100

Where:  Mornington
When:   Mondays 3.00pm  Tuesdays 3.00pm  Wednesdays 10.00am, 11.00am & 3.00pm
          Thursdays 3.00pm  Fridays 9.45am, 10.45am & 11.45am
Cost:   $4.00 per session
How do I join:  Phone Mornington Community Health Service and ask to speak with an Access Worker 5970 2000

BETTER HEALTH SELF MANAGEMENT
For carers or clients with chronic health conditions who wish to explore strategies to improve their quality of life and health status. The course includes:

- Relaxation
- Problem Solving Skills
- Managing Fatigue
- Medication
- Goal setting and action planning
- Dealing with anger, fear, frustration & depression
- Healthy Eating
- Making informed decisions

Where:  All sites (depending on demand)
When:   2 hourly sessions - 6 week duration
Cost ($)  $6.40 per session
How do I join:  Contact your local Community Health Service and ask to speak with an Access Worker
**AGESTRONG PROGRAMS**

Agestrong programs are designed for older people, especially if you have ceased exercise or have a sedentary lifestyle due to low confidence, fear of falls or chronic health problems. The programs are run by trained exercise leaders and are provided in a safe and supportive environment. They include exercises using resistance and weights to work the 8 major muscle groups of the body. Participants progress at their own pace and exercises are adapted to your needs. There are different levels, e.g. introductory, self management and chair based exercises.

The benefits are maintaining and restoring strength, improved glucose control, flexibility, balance and increased confidence.

<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Days &amp; Times</th>
<th>How do I join</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRANKSTON</strong></td>
<td></td>
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</tr>
<tr>
<td>Agestrong</td>
<td>Mahogany Neighborhood House</td>
<td>Mondays 10.00am Intro</td>
<td>Phone Frankston Community Health 9784 8100</td>
</tr>
<tr>
<td>Mahogany</td>
<td>Mahogany Avenue</td>
<td>11.30am Self Mgt</td>
<td>and ask to speak with an Access Worker</td>
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<tr>
<td></td>
<td>Frankston North</td>
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<tr>
<td></td>
<td></td>
<td>Thursdays 9.30am Self</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>11.00am Intro</td>
<td></td>
</tr>
<tr>
<td><strong>MORNINGTON</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Stay on Your Feet</td>
<td>David Collings Leisure Centre</td>
<td>Thursdays 12.45pm Intro</td>
<td>Phone Mornington Community Health 5970 2000</td>
</tr>
<tr>
<td></td>
<td>Dunns Road, Mornington</td>
<td>2.00pm Chair</td>
<td>and ask to speak with an Access Worker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fridays 1.00pm Self Mgt</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.15pm Self Mgt</td>
<td></td>
</tr>
<tr>
<td><strong>HASTINGS</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Stay on Your Feet</td>
<td>Pelican Park Recreation Centre</td>
<td>Mondays 12 Noon Self</td>
<td>Phone Hastings Community Health 5971 9100</td>
</tr>
<tr>
<td></td>
<td>Marine Parade</td>
<td>Mgt Intro</td>
<td>and ask to speak with an Access Worker</td>
</tr>
<tr>
<td></td>
<td>Hastings</td>
<td>1.30pm Intro</td>
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<tr>
<td></td>
<td></td>
<td>2.30pm Chair</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesdays 8.10am Self Mgt</td>
<td></td>
</tr>
<tr>
<td><strong>SOUTHERN PENINSULA</strong></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Live Well Strength</td>
<td>Rosebud Public Library</td>
<td>Tuesdays 1.00pm Self</td>
<td>Phone Rosebud Community Health 5986 9250</td>
</tr>
<tr>
<td>Training</td>
<td>McDowell Street, Rosebud</td>
<td>Mgt Intro</td>
<td>and ask to speak with an Access Worker</td>
</tr>
<tr>
<td></td>
<td>(next to Ritchie’s IGA)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Rosebud Community Health</td>
<td>Thursdays 10.30am Chair</td>
<td></td>
</tr>
<tr>
<td></td>
<td>38 Braidwood Ave, Rosebud</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rye Community Hall</td>
<td>Tuesdays 1.00pm Active</td>
<td></td>
</tr>
<tr>
<td></td>
<td>27 Nelson Street</td>
<td>Thursdays 9.00am Active</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rye</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Blairgowrie Community Hall</td>
<td>Mondays 1.30pm Intro</td>
<td></td>
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<tr>
<td></td>
<td>8 William Road</td>
<td>Fridays 1.30pm Intro</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Blairgowrie</td>
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</tbody>
</table>

**ROSEBUD PLAZA WALKS**

Join us for a walk through the Rosebud Plaza Shopping Centre. This program is run by a trained Walk Leader and is supported by volunteers. It is designed for everyone from the super-fit to complete beginners and you get to walk at your own pace. Walk in a group and make some new friends.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Rosebud Plaza Shopping Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>When:</td>
<td>Every Thursday at 7.45am</td>
</tr>
<tr>
<td>Cost ($)</td>
<td>Nil</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Turn up on the day or contact David Collings Leisure Centre by phoning 5975 0133</td>
</tr>
</tbody>
</table>
**BAYSIDE WALKING CLUB**
Join us for a walk through the Bayside Shopping Centre - Frankston. This program is run by a trained Walk Leader and is supported by volunteers. It is designed for everyone from the super-fit to complete beginners and you get to walk at your own pace. Walk in a group and make some new friends.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Bayside Shopping Centre - Frankston</th>
</tr>
</thead>
<tbody>
<tr>
<td>When:</td>
<td>Mondays at 7.45am, Wednesdays at 7.00am &amp; Fridays at 7.00am</td>
</tr>
<tr>
<td>Cost ($):</td>
<td>Nil</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Turn up on the day or contact Centre Management on (03) 9771 1700 (then press 3)</td>
</tr>
</tbody>
</table>

**CENTRO KARINGAL HEALTH WALKS**
Join us for a walk through the Centro Karingal Shopping Centre. This program is run by your local physiotherapist and trained Walk Leaders. It is designed for everyone from the super-fit to complete beginners and you get to walk at your own pace. Walk in a group and make some new friends.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Centro Karingal Shopping Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>When:</td>
<td>Mondays, Wednesdays &amp; Fridays at 7.45am and Tuesdays at 5.30pm</td>
</tr>
<tr>
<td>Cost ($):</td>
<td>Nil</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Contact Karingal Centro Management to collect a form to register</td>
</tr>
</tbody>
</table>

There are a number of walking groups that are run in the Frankston area and on the Mornington Peninsula. Details can be found by:

- **Phone:** 9784 8320
- **Email:** ageingwell@phcn.vic.gov.au
- **Web:** www.peninsulahealth.org.au/ageingwell

**BACK IN ACTION**
In this group the focus is on improving your function and ability to perform activities of daily living via a combination of flexibility, fitness and stability exercises. Participants receive an individual program tailored to suit their level and their condition. Supervision is provided by a physiotherapist and the Back in Action group is suitable for most age groups, including new mothers. Your exercise program will be devised and continually monitored by a Physiotherapist to ensure you get maximum benefit and continue to improve throughout the program. A physiotherapy assessment is required prior to joining the group.

<table>
<thead>
<tr>
<th>Where:</th>
<th>Frankston</th>
</tr>
</thead>
<tbody>
<tr>
<td>When:</td>
<td>Tuesdays &amp; Thursdays – times to be advised</td>
</tr>
<tr>
<td>Cost ($):</td>
<td>$6.40 per session if you attend once a week or $10.00 if you attend two sessions a week</td>
</tr>
<tr>
<td>How do I join:</td>
<td>Phone Frankston Community Health Service and ask to speak with an Access Worker</td>
</tr>
</tbody>
</table>

**GET MOVING – Exercise Group**
Sometimes we all need a little help to become a bit more physically active. Sometime we have issues or conditions where a specific set of exercises may help meet our recovery/management goals. Our Physiotherapists have a group that may be just what you need. Here you’ll meet peers who also need that bit of encouragement, guidance or exercise support. Our Physiotherapists will design a specific exercise routine to help you meet your goals. A physiotherapy assessment is required prior to joining the group.

<table>
<thead>
<tr>
<th>Where:</th>
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</thead>
<tbody>
<tr>
<td>When:</td>
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<td>How do I join:</td>
<td>Phone Frankston Community Health Service and ask to speak with an Access Worker</td>
</tr>
</tbody>
</table>
TAFE GYM GROUP
This group is run at the Chisholm Institute gymnasium and is an exercise program for clients with a variety of conditions, who have a potential for improving rehabilitation outcomes. It provides an opportunity for people to exercise at a moderate to high level in a gym environment and is designed for those returning to gym exercises, or as a progressing following rehabilitation.

Where: Frankston - Chisholm TAFE Gym – Fletcher Road, Frankston
When: Tuesdays & Thursdays – 9.00am – 10.00am
Cost ($) $6.40 per session if you attend once a week or $10.00 if you attend two sessions a week
How do I join: Phone Frankston Community Health Service and ask to speak with an Access Worker

PILATES
Pilates is a non-impact exercise that aims to strengthen the core muscles that support the spine. It involves breathing exercises and stretches that incorporate the use of the legs, arms, buttocks, back and abdominals. It helps you to focus on your movement and to correct poor posture and weak muscles.

Pilates is a suitable form of exercise for all levels of fitness and ability. It is also excellent for people with injuries as it allows you to strengthen your weak areas in a gentle and relaxed way. You will require an assessment by a Physiotherapist prior to commencing the classes. The classes are lead by a Qualified Pilates Instructor/Physiotherapist who can modify the exercises to suit your needs.

Where: Frankston Community Health – course runs for 6 consecutive weeks
When: Mondays 1.30pm – 2.30pm – Beginners
       3.30pm – 4.30pm – Self Manage - ongoing
Cost ($) $6.40 per session
How do I join: Contact Frankston Community Health and ask to speak with an Access Worker

AQUATIC PHYSIOTHERAPY – Hydrotherapy
Aquatic physiotherapy involves gentle rehabilitation exercise conducted in a warm water swimming pool. It is not a “swimming” program but rather a specific set of exercises designed by your physiotherapist to help meet your particular exercise/rehabilitation goals. You do not need to be able to swim. There are supportive rails that surround the pool for those less confident in the water and you are supervised by a physiotherapist at all times. You will need to have an assessment with one of our Physiotherapists prior to joining one of these groups.

Where: Frankston - Frankston Community Rehab Centre
When: Mondays 3.00pm – 4.00pm       Tuesdays 5.00pm – 6.00pm
       Wednesdays 10.00am – 11.00am    2.00 – 3.00pm
Cost ($) $6.40 per session
How do I join: Contact Frankston Community Health and ask to speak with an Access Worker

Where: Mornington - Classes held at Frankston Community Rehab Centre
When: Wednesdays 3.00 – 4.00pm
Cost ($) $6.40 per session
How do I join: Contact Mornington Community Health and ask to speak with an Access Worker

Are you looking for other exercise or activity programs in Frankston or on the Mornington Peninsula?

2011/2012 Physical Activity Directory for Older People
This directory lists over 200 physical activity and exercise programs for older people. The directory is divided into exercise types such as walking, water exercise and strength training to help you find a group that suits you. The cost and qualification of the leader is listed for each group. How do I get a copy? Phone “Ageing Well” on (03) 9784 8320 or download from our website: www.peninsulahealth.org.au/ageingwell
MEN’S SERVICES

MEN’S SHEDS

Westernport Men’s Shed
A relaxed shed where men can come and participate in group projects or work on their own hobbies. Currently running on a casual basis most weekdays. Activities include woodwork, cooking, metal work, gardening, furniture restoration, community projects and general hobbies. Run by volunteers from the community and all levels of skills and ability are most welcome.

Where: Hastings – 1973 Frankston-Flinders Road, Hastings (next to Hastings Neighbourhood Renewal Hub)
When: Most days – opens around 10.30am
Cost ($): Initial membership fee of $20.00. Gold coin donation for each visit. Some projects may incur other costs
How do I join: Contact Terry Kelly (Shed President) on (03) 5979 1594 or drop into the shed.

Rosebud/Rye Men’s Shed
Classes are casual and do not run to specific learning outcomes. Facilitated by volunteers.

Mondays: 9.30am – 11.30am Computer Group – moderate to advanced level
Wednesdays 10.00am – 12.00pm Computer Group – beginners (open to men and women)

Where: Rye Beach Community Centre – 27 Nelson Street, Rye  Phone: 5985 4462
When: As above
Cost ($): Gold coin donation for tea and coffee
How do I join: Contact Virginia Richardson on (03) 5971 9133

Frankston Men’s Shed
The Men’s Shed is a place where men of all ages can meet, share stories, hobbies, skills, experiences while participating in worthwhile activities. Activities at the Shed are Men’s Community kitchen, Social group, Gardening and Woodwork. Entry to the program is by referral. The programs focus is on good mental health and well being through social contact with other men. The shed operates over the following days

Mondays: 10.00am – 3.00pm  Tuesdays  9.00am – 2.00pm
Wednesdays: 9.00am – 2.00pm  Thursdays: 9.00am – 2.00pm

Where: Frankston Men’s Shed Cnr Hastings Rd & Dundas Street Frankston
When: As above
Cost ($): $5.00 (Mondays only – Community Kitchen) – Gold coin donation (Monday afternoons – Social Group)
How do I join: Contact Frankston Integrated Health Centre on 9784 8100 and speak with an Access Worker
Or for further information contact John Baarsma at the Shed (03) 9784 8403
COMMUNITY KITCHENS – For Men

A Community Kitchen is a place where groups of about 6-8 people come together on a regular basis to meet and cook affordable, healthy meals. These programs are for men of all ages to learn basic cooking skills in a friendly and relaxed environment.

Frankston North Blokes Kitchen  
(for the blokes…)
Mahogany Neighbourhood Centre – 26 Mahogany Avenue, Frankston North
Contact: Alan Brown on 0406 521 107 or phone the Mahogany Centre on 9786 1445
When: Every Tuesday from 4.30pm – 6.40pm

Men’s Shed Community Kitchen
Frankston Men’s Shed – Corner Hastings Road & Dundas Street, Frankston
Contact: John Baarsma (Men’s Shed Co-ordinator) on 9784 8403 or baarsma@phcn.vic.gov.au
When: Every Monday from 10.00am – 12.30pm

M.E.N.S. (Men Exploring Non-Violent Solutions)
The MENS behaviour change group is for men who have used violent, abusive and/or controlling behaviours within the family and who want to stop using these behaviours. A priority of the program is the safety of women and children. Entry to the group is via an assessment process.

When men choose to use their power to threaten, hurt, punish or control their partners or family they are committing Family Violence. **FAMILY VIOLENCE CAN DESTROY LIVES AND RELATIONSHIPS.** Men can choose non-violent solutions. In our groups men get to:

- learn about new ways to relate to others
- talk in a respectful environment
- encourage and support each other to become better men, partners and fathers
- focus on non-violent solutions

What happens when you call us?

When you contact us the first time, we will organise to:

- meet with you so you can tell us about your situation and behaviour and what you want to change
- give you information about how our program operates

If you are eligible, you will be invited to join our weekly sessions and work with other men who want to change their own behaviour and their families’ lives. Fees are kept to a minimum and can be negotiable in special circumstances.

The MENS Program is a program offered by Peninsula Health Community Health and is run with support from FamilyLife, Frankston.

**When:** Groups meet in the evenings
**Cost ($):** Fees are kept to a minimum
**How do I join:** Please phone your local Community Health Service and ask to speak with an Access Worker
Quit Smoking Support Services

What local Quit Support services are available?

Quit Fresh Start Program
8 sessions (1.5 hours each) – twice a week over 4 weeks

This group program is designed to help people recognise and understand:
• why they smoke
• how smoking affects their lives
• ways of quitting or managing their smoking
• ways of changing behaviour and coping in smoking situations
• ways to stay stopped

Quit Short Course
2 sessions (3 hours each) – 2 weeks apart

This group program is based on the Fresh Start Course but is shorter and combines support from Quitline’s telephone call-back service.

Individual Sessions
If you prefer to speak one-to-one with a health professionals you can arrange individuals sessions. These sessions are adapted to suit your specific needs.

To register for local Quit services contact Peninsula Health Community Health

• Frankston (03) 9784 8100
• Rosebud, Hastings & Mornington (03) 5986 9250

The money you save from quitting could get you here!