

HEALTH PROFESSIONALS

Community Health Nurse

The Community Health Nurse can discuss with you your concerns about how you are coping with your arthritis.

Physiotherapist

Assessment and treatment for people with arthritis.

Cost : Pensioners/Health Concession Cardholders
Parkdale

Occupational Therapist

Assessment and advice regarding management of activities of daily living for people with arthritis.

Podiatrist

Assessment and treatment of the Arthritic Foot (ie shoe inserts, corn and callus treatment)

Cost : Pensioners/Health Concession

Dietitian

Assessment and Advice regarding arthritis.

Cost : Initial Appointment \$25.00
Pensioners/Health Concession

Address all correspondence to
THE CEO
CENTRAL BAYSIDE COMMUNITY
HEALTH SERVICES

HEAD OFFICE
335 NEPEAN HIGHWAY PARKDALE
TEL 8587 0200 FAX 8587 0210

A range of other services are also available from the following venues

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE DANDENONG ROAD CHELTENHAM
TELEPHONE 9581 1111

CHELSEA

3/1 THE STRAND CHELSEA
TELEPHONE 9781 9333

CLARINDA

58 VINEY STREET CLARINDA
TELEPHONE 9552 4333

PLANNED ACTIVITY GROUPS

31 VENICE STREET MENTONE
TELEPHONE 9583 6970



**WE WELCOME YOUR
COMMENTS**

B-014 Dec 2005



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

ARTHRITIS
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335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Registration No. A0034938T
Working Smoke Free

ARTHRITIS SOMETHING CAN BE DONE

We know there are a number of things people can do to feel better. These things will not cure most kinds of Arthritis, but they will help to relieve pain, maintain and increase mobility, and prevent deformity. Also, each person with Arthritis is different. There is no one treatment that is right for everyone.

Central Bayside Community Health Services has many activities designed to help people with Arthritis. Some or one may be of help to you.

ARTHRITIS SUPPORT GROUP

This group meets monthly for education, exercise, social activities, sharing and support. Everyone is welcome! It is a good group to join after attending the Arthritis course to give you support to carry through on coping with your Arthritis.

Meets on the fourth Tuesday of the month from 10.00am to 12 noon at
Central Bayside
Community Health Services
31 Venice Street, Mentone.

EXERCISE CLASSES FOR ARTHRITIS

The classes are under the management of a Physiotherapist and are a general class, encompassing exercises for posture, strength, mobility and co-ordination.

Held every Wednesday at
Parkdale - 335 Nepean Highway Parkdale
11.30am to 12.30pm,
Clarinda - 58 Viney St Clarinda
Monday 11.00am to 12.00pm.
Chelsea - 3/1 The Strand Chelsea
Thursday 11.00am to 12.00pm.

AQUATIC PHYSIOTHERAPY

These classes meet weekly for a duration of 10 - 12 weeks for each person. They are conducted by a Physiotherapist in a warm, specially designed pool at the Bentleigh Bayside Community Health Centre.

Transport is available - a bus collects clients at 31 Venice St, Mentone, and transports them to the pool. You also have the option to drive yourself.

There are two sessions
every Friday morning
9.00am to 10.00am
10.00am to 11.00am

WATER EXERCISE CLASSES "OCTOPUSSIES"

This group combines the benefits of exercising in the water for warmth and buoyancy to social support and encouragement from others.

The leaders are trained through the Arthritis Foundation of Victoria. Classes held:

Monday : 11.30am to 12.30 noon
Tuesday : 11.00am to 12.00 noon
At Don Tatnell Pool,
Warren Road, Mordialloc.

**Contact Coordinator
ADASS 9583 6970**

MENTONE WALKING GROUP

Join us each Tuesday from
9.30am to 10.30am

for an hour walk in the local area.
You walk at your own pace, and can adjust
the walk for your own abilities.

There is no charge
for this group activity.

Participants meet at the car park
on Beach Road, diagonally across
from the Mentone Hotel.

Contact Dorothy Manning 9584 7469