

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

**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

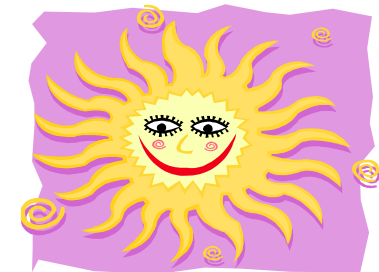


**WE WELCOME YOUR
COMMENTS**

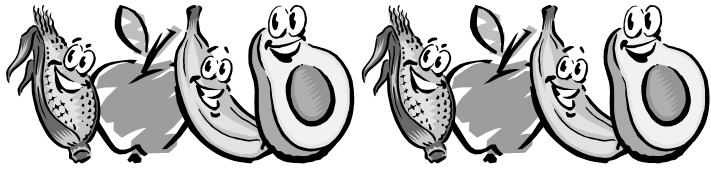


**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

**DIABETES
EDUCATION
PROGRAM**



**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**



The diabetes education team includes nurses, dietitians, podiatrists, and physiotherapists, psychologist and health coach.

We offer individuals with diabetes, their family, friends or care-givers an opportunity to learn about diabetes and its management.

Education can be provided

- (i) individually and/or
- (ii) in group programs

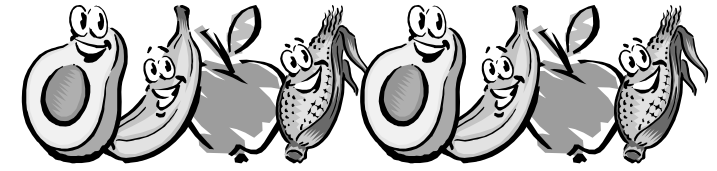
Referrals can be made by individuals or health professionals

- by (a) telephone, letter, fax
- or (b) a visit to the centre in person to arrange an appointment

You will need a doctors referral.

TOPICS COVERED INCLUDE

- What is diabetes?
- What to eat and good food choices
- Low fat cooking
- Reading food labels
- Medication for diabetes
- Blood glucose testing
- How to manage high or low blood glucose levels
- What to do when you are sick
- The importance of exercise
- Footcare and prevention of injury
- Dental health
- Good health for the future
- Self management



COST

Fees vary for individual clients, depending on their circumstances and the services provided.

APPOINTMENTS

Please allow 1 to 1 1/2 hours for your first appointment.

We can arrange an interpreter if you wish.

HOURS

9.00 A.M. - 5.00 P.M.
Monday - Friday