

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.

Values

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



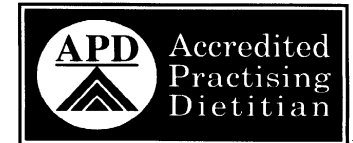
**WE WELCOME YOUR
COMMENTS**

B-021 Dec 2005



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

**DIETITIAN
NUTRITION
SERVICE**



**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**

A Dietitian's role is to assist individuals to make lifestyle changes; to enhance and support treatment of certain disorders; and to motivate individuals to make changes which will improve their general health and well being through sensible eating, regular exercise and a positive outlook.

Our Dietitians are accredited practicing dietitians and members of the Dietitians Association of Australia.

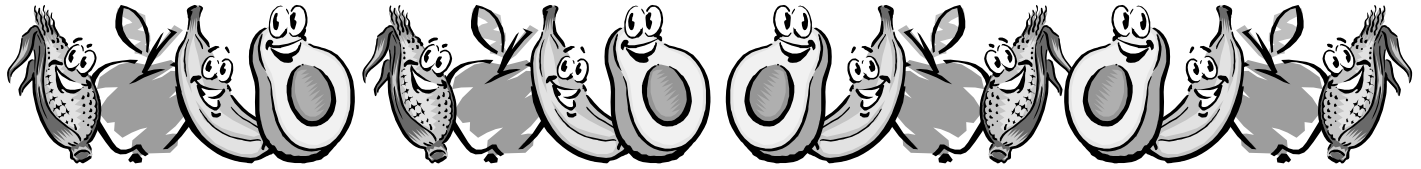
QUALIFICATIONS

A Dietitian must complete a Degree of Nutrition and Dietetics.

A continuing professional development program exists and dietitians who undergo the program are called:-
Accredited Practicing Dietitians (APD)

APPOINTMENTS

For all enquiries or to make an appointment please ring:-
Parkdale - 8587 0200
Chelsea - 9781 9333
Clarinda - 9552 4333



DIETARY GUIDELINES

1. Choose a wide variety of nutritious foods.
2. Control your weight by balancing food intake and physical activity.
3. Do not eat too much fat especially saturated fat.
4. Use sugar and foods containing sugar, only in moderation.
5. Eat more bread and cereals, fruit and vegetable.
6. Drink less alcohol.
7. Use less salt.
8. Eat foods containing Calcium.
9. Eat foods containing Iron.
10. Encourage and promote breast feeding.

DIETITIANS ARE ABLE TO ASSIST WITH :-

DIABETES EDUCATION

Dietary Control

Blood Glucose Monitoring

WEIGHT CONTROL

CARDIAC DISEASE

GASTROINTESTINAL DISORDERS

PALLIATIVE CARE

ANTENATAL/POSTNATAL

NUTRITION

NORMAL NUTRITION

HEALTH PROMOTION