

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 culture 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**

B-027 July 2006



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

**PLANNED
ACTIVITY GROUPS
OCTOPUSSIES**



**WATER EXERCISE PROGRAM
FOR THOSE WITH JOINT OR
MUSCLE PROBLEMS**

**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 following protocol is for Octopussies clients to enable them to get the best out of the program. All Octopussie clients need to be registered with Central Bayside Community Health Services. Any queries to be directed to Team Leader/Community Health Nurse Ph: 9583 6970

PROTOCOL FOR ATTENDANCE AT OCTOPUSSIS WATER EXERCISE

1. Octopussie attendees must follow Octopussie Pool Rules.
2. Attendees are required to follow directions of instructors at all times whilst in pool.
3. Attendees are responsible to work conscientiously through the exercise program and following directions of the instructors whilst in the pool.
4. It is expected that attendees will
 - (i) be able to dress/undress independently
 - (ii) be able to get in/out of pool independently
 - (iii) if unable to (i) or (ii) without assistance, they should bring their own carer.

5. If attendees have a chronic medical condition, requiring medication and/or supervision - attendees are responsible for provision of their own medication and/ or helper
6. If unable to attend please contact supervisor / co-ordinator on 95836970. A of 6 weeks or more may require a new referral and name returned to the waiting list if there are no vacancies available in the group.
7. Any changes in medical condition and/ or medication please ask Doctor for a new referral stating same.
8. If attendees are experiencing problems with the exercise program - please speak to instructors for ways to modify the program to personal needs.
9. Tag I.D.'s for bags will be provided for easy access to medication.
10. In case of an emergency pool staff will be alerted and will instigate emergency procedures.

RULES FOR POOL USERS

Bring bathers, towel to dry, towel to stand on for changing, pool footwear (clean non-absorbent thongs or scuffs). Do not bring or wear any valuables. Bring soap (optional) as not provided.

Do not attend:

With any infections (e.g. urinary tract, chest or if unwell)

With any open wounds, fever, or suffering with diarrhoea, after eating a heavy meal or drinking alcohol.

Procedure:

Register your attendance and pay pool entrance fee.

In the change room use toilet if needed, change into bathers and shower, (advisable to wear thongs).

Pay Octopussies Supervisor \$2

Enter the pool by the steps when advised by the instructor.

When leaving the pool replace foot wear, shower at body temperature and dress.

Make sure you have a drink after exercise session.

Morning Tea is supplied in community centre (30c donation).

Please respect the role of the instructors to ensure smooth running of the program.