

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.

Contact details:



Parkdale Main Office - CEO
335 Nepean Highway
Parkdale 3195
Telephone 8587 0200
Facsimile 8587 0210

Chelsea
3/1 The Strand
Chelsea 3196
Telephone 9781 9333

Clarinda
58 Viney Street
Clarinda 3169
Telephone 9552 4333

Planned Activity Groups
Day Programs for the Aged
and Younger Disabled
31 Venice St, Mentone 3194
Telephone 9583 6970

Adult Community Options
Main Office
Day Programs for Adults with
an Intellectual Disability
335 Nepean Highway
Parkdale 3195
Telephone 8587 0250

www.cbchs.org.au

Central Bayside Community Health Services

Please take the time to read this pamphlet.

Our staff will be happy to answer any questions that you might have.

Quality. Community. Wellbeing.



Do you or someone you know need help with their:

- Diabetes
- Child's Asthma
- Arthritis
- Feet problems
- Drug or Alcohol problem
- Gambling problem
- Family member with Dementia
- Nutrition and weight issues
- Physical Well-being
- Communication needs
- Assessment for home safety and independence
- Child's development

OR

You also may be eligible to access our:

- Counselling service
- Day programs for the Aged
- Doctor
- Paediatricians
- Family Planning Service
- Dental Clinic
- Day programs for adults with a disability

By the way, we can organise an interpreter for you.

If so, please call us on 8587 0200 for more information or to make an appointment.

Self-Management

CBCHS work in partnership with people with long-term health conditions to help them achieve their health goals. CBCHS have a self-management approach recognising the different things people do each day to improve their health and live well with the conditions they have. This approach is given as part of a team, where staff work with people, their GP and other health services to achieve the best possible care. CBCHS may be the experts in various health fields, but the person is the expert on themselves.

A "self-management" approach to health care means that CBCHS will discuss and support people to:

- engage in activities that improve their health;
- learn to cope with the effects a long-term health condition can have on their relationship with family and friends;
- follow a health care plan in partnership with health professionals that they feel comfortable with; and
- learn to monitor the signs and symptoms of their long-term health condition(s) and respond effectively to reduce the long term impacts of their condition(s).

A fee applies for most services however no one is denied a service due to an inability to pay.