



**CENTRAL  
BAYSIDE  
COMMUNITY  
HEALTH  
SERVICES**

# Central Bayside Community Health Services

## QUARTERLY NEWSLETTER

EDITION ► *Summer 2007-08*

### HEAD OFFICE

Parkdale  
Community Health Services  
335 Nepean Highway  
Parkdale 3195  
Telephone. 8587 0200  
Facsimile. 8587 0210

Chelsea  
Community Health Services  
3/1 The Strand  
Chelsea 3196  
Telephone. 9781 9333

Clarinda  
Community Health Services  
58 Viney Street  
Clarinda 3169  
Telephone. 9552 4333

Planned Activity Groups  
Day Programs For The Aged  
31 Venice Street  
Mentone 3194  
Telephone. 9583 6970

Adult Community Options  
Day Programs For People  
With An Intellectual Disability  
335 Nepean Highway  
Parkdale 3195  
Telephone. 8587 0250

Website [www.cbchs.org.au](http://www.cbchs.org.au)  
Email [info@cbchs.org.au](mailto:info@cbchs.org.au)

### CBCHS

Welcome to the latest edition of the CBCHS Quarterly Newsletter!  
This edition features an article about our Planned Activity Groups  
as well as an outline of how we can help you at CBCHS.  
I hope you find this newsletter helpful.

Warmest regards and look after your own health!

Chris Fox CEO

### Central Bayside Community Health Services



### 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 independence
- Pre-school child's development

### This is your Community Health Service!

### 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

### We can organise an interpreter for you!



Please call us on 8587 0200 for more information or to make an appointment.

## You Can Help

Central Bayside Community Health Services Inc. appreciates the gifts of supporters to help meet the ever-increasing needs of its community. If you can help, simply fill out this form and send it, along with your donation, to the address below.

*YES I would like to help*

Name \_\_\_\_\_

Address \_\_\_\_\_

Post code \_\_\_\_\_

Tel (H) \_\_\_\_\_

(W) \_\_\_\_\_

Enclosed is my donation of

\$25  \$50  \$75  \$100

other \$ \_\_\_\_\_

Enclosed is my cheque/money order payable to:

Central Bayside Community Health Services Inc.

or please charge my

Visa  B/Card  M/Card

Card No

\_\_\_\_\_

Name on card \_\_\_\_\_

Signature \_\_\_\_\_

Expiry Date \_\_\_\_\_

or you can make your credit card donation over the phone by calling 8587 0301

All donations of \$2 or more to CBCHS are tax deductible. Donations will be acknowledged and a receipt provided for taxation purposes.

### Further information

If you require any other information, please tick the appropriate boxes below and send this form to us.

Please send me information on how to include CBCHS in my Will

I would like to talk to someone, in strict confidence, about including CBCHS in my Will

Return your completed form to:

CEO  
Central Bayside Community Health Services Inc.  
335 Nepean Highway  
Parkdale 3195

## Central Bayside Planned Activity Groups (PAG)

deliver 24 activity programs for the aged, the disabled and the culturally and linguistically diverse populations living in the city of Kingston. The programs are delivered across four sites at Mentone, Parkdale, Chelsea and Clarinda. Programs are specifically designed to make people feel welcome and to have opportunity to foster relationships through engagement in meaningful and purposeful activity. The programs also offer opportunities for Carers to receive respite, with peace of mind knowing their loved one will be treated as a valued contributor to the program.

PAG have programs which cater for people with dementia, from the minimal to mild stages right through to the more advanced. PAG also cater for people who have had strokes or other physical conditions which inhibit their ability to socialise and interact with others. More recently PAG have developed an activity program for people from Chinese and Cook Island backgrounds, to enable them to share in their culture and life experiences.

Programs are carefully planned and designed with clients to ensure the program encapsulates their interests and hobbies. PAG pay particular attention to community outreach and encourage groups to visit different parts of the community on regular outings, whether it be for a coffee by the bay or a visit to the botanical gardens.



PAG is constantly evolving, developing new programs and innovative ideas in order to cater for the changing population within the community.

If you have a referral or would like to recommend someone to the service, please contact the Service Delivery Manager on **9583 6970**.

**Be a part of it!**

### **CBCHS WEBSITE**

To find out more information about us, general information, services, health promotion, events and publications, go to:  
**www.cbchs.org.au**