



Health Services



Disability Services



Aged Day Services



Child Services



Group Activities



Dental Services



Message from the CEO

Welcome to the Spring edition of our Quarterly Newsletter.

This year CBCHS is celebrating 30 years of service to the community. This is an opportunity to reflect on our past, celebrate our achievements and highlight where we are headed in the future as we work to deliver better health, wellbeing and support for our community.

The 30th anniversary of CBCHS also marks the milestone of 30 years of voluntary service for Board Chairperson Peter Spyker AM and Board Member Bill Nixon OAM. Both Peter and Bill were integral in establishing CBCHS and have played a key role in building the organisation over three decades.

I would also like to take this opportunity to acknowledge our other board members, staff, volunteers, members and clients who have contributed to the growth of CBCHS over the years. We look forward to a successful future ahead.

On 23 October, we will be hosting a special event to celebrate 30 years of CBCHS. I look forward to seeing many of you there.

Deb Stuart
CEO

30 Year Anniversary for CBCHS



In 1989 the Mordialloc Cheltenham Community Centre, now known as Central Bayside Community Health Services, officially opened in a converted church hall in Mentone.

Over thirty years, CBCHS has adapted to the growing needs of our local community to provide a wide range of health, disability, child, and aged care services to over 15,000 people each year.

From humble beginnings in the back of Peter Spyker's electorate office, we now provide services across seven sites and two satellite locations. We pride ourselves on providing equitable access, supporting those who are most vulnerable, involving our community in planning and improvement, and fostering an inclusive workplace that strives for innovation and customer service.

As we look toward the future, we acknowledge the importance of collaboration, partnering with our local community and recognising that together we can achieve better outcomes.

Then and now...did you know?

- CBCHS officially opened with just six staff members. Today we have a team of over 250 staff and 200 volunteers.
- 2019 marks 20 years at Parkdale. For ten years, our main site was located at Venice St, Mentone.
- The first CBCHS disability service started in 1992 with just a few clients. Today, we provide services and supports to around 150 clients across four locations as well as out in the community and in clients' homes.
- CBCHS opened with one dental chair in Chelsea in 1999, we now operate eight chairs out of our Parkdale site.



Opening the Mordialloc Cheltenham Community Centre in 1989.

New Dementia Nursing Service

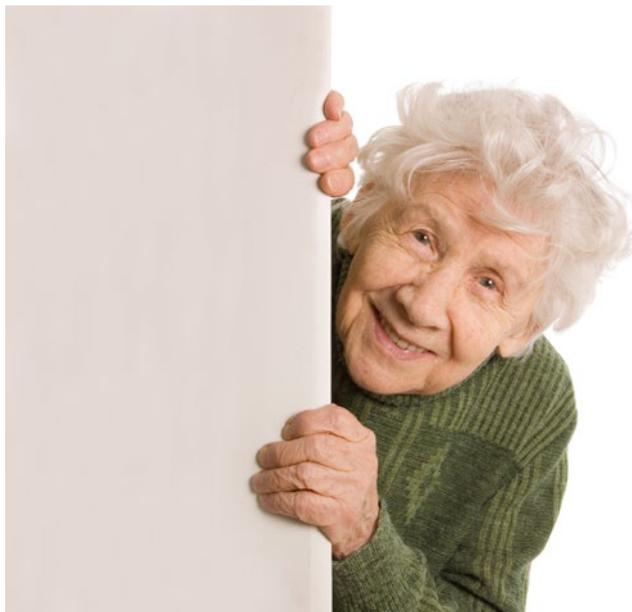
CBCHS is now offering a Dementia Nursing Service to assist people with cognitive decline and/or dementia to remain living independently at home.

With a focus on wellness, reablement and restorative care approaches, the service provides comprehensive assessment of physical, social and emotional wellbeing while offering advice and education for carers.

The service works as part of a multidisciplinary team which includes specialist medical and allied health services working with clients to develop care plans focusing on strengths, independence and interests.

The service is available to people with cognitive decline and/or dementia who are eligible for a Commonwealth Home Support Programme (CHSP) living in the City of Kingston. Out of area referrals will be considered on a case-by-case basis.

For more information, phone 8587 0200 or email intake1@cbchs.org.au



GLAD to be fighting hip and knee pain

Since commencing in November 2018, over 30 participants have completed the Good Life with Arthritis: Denmark (GLAD) program established at our Parkdale site.

The six-week education and exercise program caters to people with hip or knee osteoarthritis symptoms and reflects the latest research evidence to reduce symptoms of arthritis and improve quality of life.

Client satisfaction survey results have shown attendees report feeling more confident, in less pain and have an increased understanding of their condition. Many also appreciate the opportunity to meet others experiencing similar challenges.

“I really wish I had known about the program when I was first diagnosed with osteoarthritis. I used to believe there wasn't much I could do in my condition but now I know there are exercises I can do.”

“I am managing my pain better. I can exercise anywhere. It has educated me with information and I have met other people with the condition.”

For more information about GLAD, please contact 8587 0200.



GLAD participant Jocelyn with physiotherapist Luke.



Farewell to Peter



After 26 years at CBCHS, General Manager Aged & Disability Services, Peter Spyker Jnr has resigned to pursue other opportunities. Peter has been integral in building Adult Community Options into the fantastic disability service we have today. He has also played a key role in developing our social support groups and volunteering program. Peter will be missed by many staff, volunteers and clients at CBCHS and we wish him all the best in his future endeavours.



www.cbchs.org.au

Follow us on Facebook & Instagram @CentralBaysideCHS

Profile: Head of Business Development, Amrita Ahluwalia



Amrita Ahluwalia.

Who are you?

A 'recovering perfectionist' trying to unlearn perfection and let life happen! From being a self-inflicted workaholic, I have come a full circle to talk to butterflies in my garden and find magic in this miraculous life. I love being in love with my husband, going for long walks by the beach, and practicing yoga.

What attracted you to join CBCHS?

To find a 'purposeful' job, where I could help make an impact on some of the most special lives. This opportunity landed in my inbox one morning – it was a beautiful alignment of my skill set and the organisation's needs.

Job summary:

To support the strategic growth agenda of the organisation and find opportunities navigating through disruption caused by the NDIS and other Government policy changes. To deliver the best possible outcomes for our clients by engaging our staff and volunteers in the most innovative and efficient ways by streamlining processes, optimising services, identifying partnerships and strategic collaborations to realise a clear vision of sustainable growth, whilst maintaining service excellence.

What do you hope to achieve in the role?

A unified vision, bringing the organisation together on the journey of growth. It is my belief that sustainable growth happens when every person looks for better ways of doing things, challenging the status-quo and expecting more from themselves and their peers – that is what drives real transformation and growth. Some of the world's biggest success stories did not come from doing different things, they came from doing the same thing differently.

A couple of quotes that I penned down at important milestones of my life...

"When your mind sets forth to achieve it, 'Impossible' becomes 'I'm Possible'" – *Amrita Ahluwalia*

"Success lies in the relentless pursuit of doing better than your best" - *Amrita Ahluwalia*

Optometry service extends to Chelsea



Off the back of our successful partnership with the Australian College of Optometry to provide a quality and affordable eye care service at Parkdale, we are pleased to announce the program will now extend to Chelsea.

Commencing in September, the program will run on the second Friday of each month as a trial until December 2019. The service offers bulk billed eye examinations and subsidised glasses through the Victorian Eyecare Services (VES) for concession and health care card holders.

For information on how to make an appointment, please contact the Chelsea reception team on 9782 7633.

Memories of CBCHS

"Central Bayside's support for young adults with special needs and intellectual disabilities started out with only two venues and was known as South Ways. When we got the venue at 299 Cheltenham it opened up a whole new venue with day beds, tilt tables and a music bed. On Thursdays all of our venues come together for our Bump Music Program."



Jacquie Cowan, Adult Community Options Client & Volunteer.



www.cbchs.org.au

Follow us on Facebook & Instagram @CentralBaysideCHS



PARKDALE

335 Nepean Highway,
Parkdale 3195
P 8587 0200

Dental Clinic

P 8587 0350

CHELSEA

3/1 The Strand,
Chelsea 3196
P 9782 7633

CLARINDA

58 Viney Street,
Clarinda 3169
P 9552 0833

ADULT COMMUNITY OPTIONS

(Disability Services)
Parkdale (main site)
335 Nepean Highway,
Parkdale 3195
P 8587 0250

Other sites: Cheltenham,
Edithvale, Clayton South

SOCIAL SUPPORT GROUPS

31 Venice Street,
Mentone 3194
P 9581 8500
Groups operate at Clarinda
and Edithvale too.

Website www.cbchs.org.au
Email info@cbchs.org.au

Profile: Health Promotion



Tell us about the Health Promotion team?

Our team consists of Health Promotion Coordinator Siarn Wilson and Health Promotion Officers Perissa Amirinia and Melissa Rowland.

We work with City of Kingston schools, workplaces and sporting clubs to increase awareness of obesity prevention, sexual health and family violence prevention.

Health promotion actions focus on primary prevention where the goal is to help people stay well; preventing illness and injury in the first place.

Why is health promotion so important?

Primary prevention aims to influence societal attitudes, beliefs and norms. Using smoking as an example - it was once 'cool' and socially acceptable to begin smoking as a teenager. Smoking was allowed in pubs, restaurants and aeroplanes, advertised widely and even endorsed by doctors! Through ongoing advocacy, education, leadership, taxes and legislation, more people are quitting and fewer teenagers are starting to smoke. Smoking prevalence is at a record low 10.7% in Victoria, compared to 20.1% of adults in the UK.

What are some current health promotion initiatives?

In the last 12 months, the health promotion team has supported 51 different settings implementing primary prevention strategies across the City of Kingston.

We support preschools, schools and workplaces in the Achievement Program - a State Government initiative to create healthier environments across health priority areas like healthy eating, physical activity, sun protection, mental wellbeing and tobacco, alcohol and other drugs.

We work with preschools and schools to progress through the health benchmarks, build capacity of teachers and engage parents. We create healthy canteens, promote respectful relationships and deliver the infamous Ben & Molly Healthy Eating Puppet Show.

In partnership with other local health promoters we deliver other initiatives including the 16 Days of Activism Against Gender-based Violence campaign across the Southern Metro region beginning November 25.

Promoting healthy sporting clubs

CBCHS is seeking to partner with local sporting clubs in the City of Kingston to support healthy environments for members, participants, volunteers and spectators through healthy, profitable canteens and gender equitable sports clubs.

What are the benefits to a healthy and inclusive club?

- a larger, more diverse membership base bringing a range of skills and abilities to the club
- improved sporting performance – taking your club from good to great!
- increased sponsorship opportunities
- improved understanding of sports nutrition and everyday healthy food and drink choices
- the potential to increase canteen sales and club revenue; and
- a richer club environment in which members appreciate and learn from each other's backgrounds and experiences.

Whether you're looking to learn more or are not sure where to start when it comes to healthy changes, we are able to provide support and resources to assist.

Get in touch with the Health Promotion team to find out how we can support your club on **8587 0101** or prevention@cbchs.org.au.



Share your experiences!

We value feedback from our staff, volunteers, clients and their families. Your comments and suggestions will assist us to improve our service. You can provide your feedback via our online feedback form at www.cbchs.org.au or by completing a "Have your say" form available at reception areas. You can also email feedback to feedback@cbchs.org.au or send by mail to Quality and Compliance Coordinator, 335 Nepean Hwy, Parkdale, VIC, 3195.



www.cbchs.org.au

Follow us on Facebook & Instagram @CentralBaysideCHS