

To refer into groups or services, the first option is to ring **INTAKE** at the relevant site unless there are alternate contact details in the additional information column

Services and Groups	Newcomb 5260 3333	Belmont 5260 3778	Corio 52603800	Torquay & Anglesea 5260 3900	Additional Information
Arthritis support Group	*				Meet for a “cuppa and chat” and sometimes a guest speaker eg. OT.
Asthma Education	*	*	*		Community Health Nurses (CHN) By appointment
Australian Hearing				*	Ph: 5222 1277
Back to Fitness Group		*			8 session program x 1.5hrs includes 45min mod intensity exercise and Goal setting & relaxation techniques
Better Health Self Management Group	*	*	*	*	2 x 6 week BHSM programs are planned at all sites for each semester
Carer Respite Service	*				Ph: 1800 052 222
Cardiac Rehab Group			*		Also available at The Geelong Hospital & Bellarine Peninsula Community Health Service – Ocean Grove
CASA Centres Against Sexual Assault Service		*	*		All appointments made through Ph: 5222 4318
Cardiac Rehab Carers Group			*		For partners and Carers of people undergoing Cardiac Rehab Group. Run by Social Worker
Cardiology Clinic Outreach		*	*		Cardiology Specialist and Registrar appointments. Appointments through HARP

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Circuit exercise program				*	Transitional supervised program for older people starting exercise program with aim to move into community based programs.
Chronic Heart Failure Exercise Program – HARP	*	*	*		HARP
Coffee and Chat Group			*		
Community Nurse (previously District Nursing Service)	*	*	*	*	
Community Health Nurse	*	*	*	*	Clinics and Groups Key Worker Role
Chronic Obstructive Pulmonary Disease Education Groups & 1:1	*	*	*	*	Community Health Nurse
Deaf Community Health Education Sessions		*			
Diabetes Education	*	*	*	*	Education with Diabetes Educator Group programs - Conversation Map Group for people who are newly diagnosed or have pre-diabetes. - 2 hr x 4 week advanced course planned for each term each site. Includes CHN, dietician, physio. Podiatrist & psychologist
Diabetes Outreach Clinic	*				Diabetes Referral Centre outreach – GP referral is required. All referrals and enquiries to DRC Ph: 52267111
Dietetics	*	*	*	*	

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Diversitat Service			*		Provides Outreach Workers specifically for refugees. Ph: 5221 6044
Dental	*	*	*		Mon – Fri 8.30 – 5.00
Drug and Alcohol Counselling	*	*	*	*	Outreach can be arranged at any site
Glastonbury Worker			*		Provides outreach support for Refugees who have suffered trauma. All referrals Ph: 5222 6911
GP Div Psychology Service	*	*	*	*	GP Division program. Needs GP referral FREE
Hip & Knee OsteoArthritis Exercise Group	*	*	*		Referrals by practitioners only. 6 week program. X 60 min moderate intensity exercise
Hydrotherapy Group	*	*	*	*	1hr session x 8-10 in group doing individual exercise program at McKellar Centre Hydrotherapy pool
Immunisation Service	*	*	*		For all enquires Ph: 5226 7176 Other sites available
Intellectual Disability Sexual & Reproductive Health Education		*			By appointment
Language Group	*	*	*	*	\$5 For 4 year olds. Max 6 per group. Speech Pathologist does own Intake
Meet Your Feet Group	*	*	*	*	4 week x 2hr program with goal setting, Includes Podiatry, Physio, OT, Vision Aust sessions. FREE.
Mental Health	*	*	*	*	Mon – Fri 8.30 – 5.00

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Midwifery Clinic	*	*	*		Service comes from Baxter Maternity Outreach. All appointments to be arranged through Ph: 52267511
Needle & syringe Exchange	*	*	*	*	Mon – Fri 8.30 – 5.00
Occupational Therapy	*	*	*	*	
Podiatry	*	*	*	*	<u>Community Outreach service</u> Bannockburn and Apollo Bay Lismore – phone Torquay
Physiotherapy	*	*	*	*	
Psychology	*		*		
Renal Dialysis	*				Mon – Sat 7.30am to 9pm Also at South Geelong, Kardinia House and Rotary House. Ph: 52267111
SAFE Screening	*	*	*		Falls Prevention home assessment – Free
SHADES (Self Help Anxiety & Depression Education Sessions)					8 weeks x 2hrs. Includes Cognitive Behaviour Therapy & Goal Setting. Ph: 52217197. Needs GP referral.
Refugee Health Worker			*		
Refugee Women’s Health Group			*		6 weeks x 2 hrs, health and well being - language specific as required
Supermarket Tours	*	*	*	*	Dietician by appointment
Smoking Cessation Clinic	*	*	*	*	Clinic free. Nicotine Replacement Therapy available at cost price

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Social Work	*	*	*	*	
Speech Pathology	*	*	*	*	For children aged 5years and under, Adults with stuttering problems Speech Pathologist does own Intake
Quick Screen	*	*	*	*	1:1 falls risk screening for older adults – free
Walking Group			*		
Women’s Health (includes sexual and reproductive; morning after pill etc)	* **	*	* **		* By appointment with CHN ** By appointment with Dr Coral Thompson
Wound Management Clinical Nurse Consultant	*				Services Barwon Region as consult to HACC funded community nursing services and high level care PSRACS
Young Mum’s Groups	*				Prenatal Group – half day program, one per term Postnatal Group – 6 week program, one per term with ongoing group support