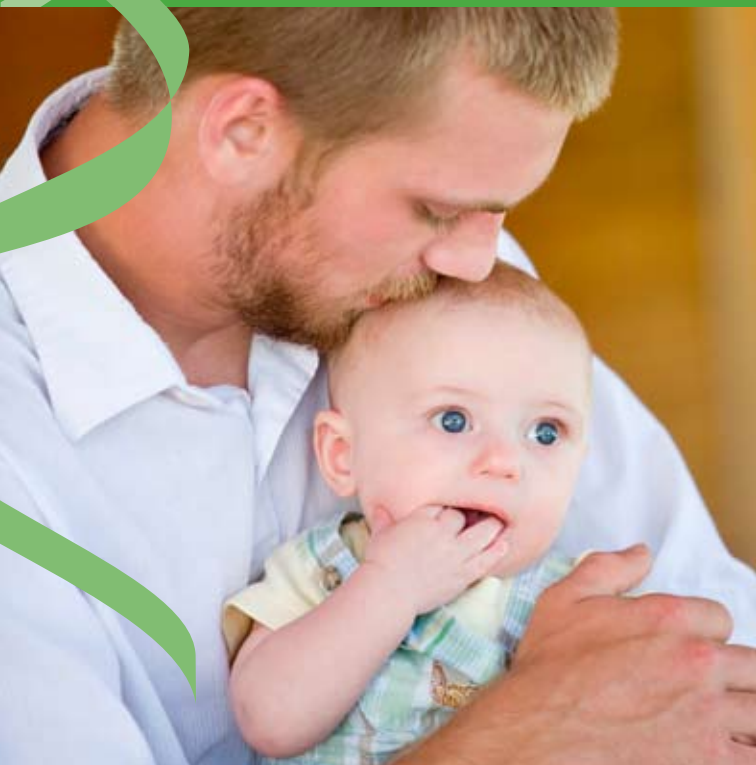


Healthy People – Healthy Communities

# Course Guide

Semester 1, 2010



Free Courses to  
Improve your Health



Government  
of South Australia

SA Health

# Course Guide

## Do It For Life

Make lifestyle changes for better health with the *Do It For Life* Program

We all know healthy eating, increasing physical activity, drinking less alcohol, reducing stress and not smoking are good for us. What's hard is knowing how to do the good things everyday. With Do It For Life you will work with a lifestyle advisor to make changes to improve your health and help prevent serious diseases like diabetes, emphysema or heart disease.

If you are eligible for the *Do It For Life* Program, you will work with a lifestyle advisor, free of charge, to develop a practical action plan to improve your health and possibly prevent you developing a serious disease. Whether you want to cut back on smoking and alcohol, eat healthier foods, stress less or be more active, it's easier with the support of your advisor.

For more information about eligibility criteria and to speak to a Lifestyle Advisor please call 1300 803 525.

## Southern Primary Health

### Services

Services are provided by a team of health care professionals such as social workers, speech pathologists, occupational therapists, child psychologists, primary health care nurses, nutritionists and community health workers, and include:

- > Counselling
- > Health information and referral
- > Aboriginal & Torres Strait Islander health care
- > Nutrition education and dietetics
- > Psychology (children under 4 and adult)
- > Social work
- > Speech pathology (children under 4)
- > Occupational therapy (children under 4)
- > Primary health care nursing
- > Community development projects
- > Health promotion
- > Harm minimisation program
- > Group programs for a range of physical, social and emotional health issues
- > Childbirth and parenting courses
- > Child development
- > Depression/anxiety/stress
- > Men's health
- > Women's health
- > Young people
- > Diabetes
- > Chronic conditions
- > Family violence groups for men/women/children
- > Child sexual abuse survivors
- > Hepatitis C information
- > Human relationships
- > Cancer support
- > Various support groups

Services are available throughout the southern region. For more information contact the centre closest to your home. Our services are free and a doctor's referral is not required.

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# Support and Self Management

## Relaxation and Meditation

Facilitated by Relationships Australia

This FREE course is about learning meditation and relaxation skills to create peace of mind, good health and wellbeing. Booking essential.

**Commences:** Wednesday, 28 April for 5 weeks,  
7pm to 9.30pm

**Venue:** SPH Noarlunga Village

**Contact:** Barbara, Ph: 8384 9262

## Meditation

An experienced facilitator will guide the meditation in a safe and relaxed setting. No need to book.

**Venue:** SPH Noarlunga Village

**Ongoing:** Fridays, 9.30am to 11am during school term.

**Contact:** Veronique, Ph: 8384 9266

**Venue:** GP Plus Health Care Centre Aldinga

**Ongoing:** Mondays, from 1 February, 1.30pm to 2.30pm for 7 weeks.

**Contact:** Christy, Ph: 8557 9500.

**Venue:** Clovelly Park Memorial Hall,

**Ongoing:** Thursday, 4 February for 8 weeks, 12noon to 1pm. Please book.

**Contact:** Maxine, Ph: 8277 2488

**Venue:** SPH Morphett Vale

**Ongoing:** Wednesdays from 21 April, 9.30am to 11am

**Contact:** Monica, Ph: 8325 8100

## Tai Chi for Arthritis

Gentle Tai Chi for people who have arthritis or other medical conditions that may limit their ability to exercise.

Cost: \$3.50 per week.

**Commences:** Monday, 25 January for 6 weeks, 3pm to 4pm

**Venue:** GP Plus Health Centre Aldinga

**Contact:** Ph: 8557 9500

## Mindfulness Yoga for Anxiety and Depression

For anxiety, depression and the effects of trauma.

**Ongoing:** Thursdays, from 4 February,  
9.30am to 11.30am

**Venue:** Clovelly Park Memorial Community Centre,  
16 York Avenue

**Contact:** Ph: 8277 2488

## Happiness and Well Being

Based on the new "Positive Psychology" using simple and practical daily strategies as a buffer against life's ups and downs.

**Commences:** Friday, 5 February for 6 weeks, 11am to 12.30pm

**Venue:** SPH Noarlunga Village

**Contact:** Chris, Ph: 8384 9266 or Lyn, Ph: 8392 4500

## Shaking the Blues

An 8 week series of therapeutic groups for people experiencing depression and anxiety.

**Contact:** Anne, Ph: 8384 9599

## Moving through Depression, Anxiety and Post Trauma

For people experiencing depression and anxiety and the issues of childhood trauma.

**Commences:** Wednesday, 3 February for 8 weeks,  
9.30am to 11.30am

**Venue:** SPH Inner Southern

**Contact:** Maxine, Ph: 8277 2488

## Letting Go of Depression

A self help and educational group for adults who have experienced depression and anxiety.

Please ring to register your interest.

**Contact:** Marian, SPH Morphett Vale.

Ph: 8325 8100 to register your interest

## Peri-Natal Depression Group

For women who experience significant adjustment issues, distress, depression or anxiety during pregnancy or after the birth of their baby.

**Commences:** Wednesday, 3 February, 12.30pm to 2.30pm  
**Venue:** SPH Inner Southern  
**Contact:** Maxine, Ph:8277 2488

## WELL: Post Natal Depression Group

For women who suffer from significant adjustment issues, distress, depression or anxiety after the birth of their baby.

**Commences:** Monday, 8 February for 8 weeks,  
10am to 12 noon.  
**Venue:** SPH Seaford  
**Contact:** Jane, Ph: 8392 4500

## Do It For Life

Make positive lifestyle changes for better health with the free Do It For Life program! You will work with a lifestyle advisor for support and motivation to improve your health and possibly prevent chronic disease. Advisors are located at Inner Southern, SPH Noarlunga, SPH Morphett Vale, SPH Seaford and Aldinga GP Plus Health Care Centre.

- > Cutting down/quit smoking
- > Cutting down/quit alcohol
- > Eating healthier
- > Getting fitter
- > Reducing stress

**Contact:** Ph: 1300 803 525 for more information about eligibility criteria.

## Living Well with Chronic Conditions

Support to manage your long term health problems.

**Venue:** Various locations throughout the Southern region.  
**Contact:** Ph: 1300 803 525

## Introduction to Weight Management

An information session for people who would like to manage their weight better. Information will be provided by a dietitian, psychologist, exercise physiologist and lifestyle advisor.

**Commences:** 25/2, 25/3, 22/4, 27/5, 24/6 & 22/7,  
9am to 12 noon.  
**Venue:** SPH Noarlunga Village  
**Contact:** Ph: 8384 9266

## Random Acts of Singing

Singing for fun, health and wellbeing – no previous experience needed!

**Commences:** Friday, 5 February, 1pm to 3pm for 8 weeks.  
**Venue:** SPH Noarlunga Village  
**Contact:** Libby or Chris, Ph: 8384 9266

## Life Death Life

For people who have experienced the death of someone close. Please ring to register your interest.

**Contact:** Marian, SPH Morphett Vale  
Ph: 8325 8100 to register your interest.

## Asthma and COPD Education

Nurse educators provide information and advice for people who have asthma and/or chronic obstructive airway disease.

Mondays between 10am and 3.30pm by appointment.

**Venue:** Emergency Dept, Noarlunga Hospital  
**Contact:** Ph: 8384 9288

## Noarlunga Consumer and Carer Advisory Group

Open to consumers of mental health services and their carers.

Last Wednesday of the month, 7pm to 9pm.

**Venue:** Afaire Clinic, Alexander Kelly Drive,  
Noarlunga Centre  
**Contact:** Helen Marshall, Ph: 8384 9599

## Cancer

### The Beautiful Vegie Patch Gardeners' Group

For people affected by a recent diagnosis of cancer.  
No crèche available.

Ongoing, Tuesdays, 10am to 12 noon.

**Venue:** SPH Seaford  
**Contact:** Deb, Ph: 8392 4500.

### Leukaemia Coffee Morning Group

Meets once a month.

Wednesdays, 10am to 12 noon.

**Venue:** SPH Noarlunga Village  
**Contact:** Judy, Ph: 1800 620 420 or  
Nicole, Ph: 8384 9266

### Prostate Cancer Support Group

First Wednesday of the month. 6.30 to 8.30pm.

**Venue:** Noarlunga Hospital  
**Contact:** Jules, Ph: 8325 8100 or  
John, Ph: 8382 6671

### Look Good... Feel Better

Workshops to help people undergoing or about to undergo treatment for cancer.

For more information on dates and locations,

**Contact:** Heather, Ph: 8370 4119 or  
Nicole, Ph: 8384 9266.

### Breast Cancer Support Group

Monthly, first Wednesday, 1pm to 3pm.

**Venue:** SPH Southern Women's  
**Contact:** Inara, Ph: 8325 0030 or  
Nicole, Ph: 8384 9266

### Cancer Survivors Group

Monthly, first Thursday, 10am to 12 noon.

**Venue:** SPH Noarlunga Village  
**Contact:** Nicole, Ph: 8384 9266

### Southern Ostomy Support Group and Visiting Service

For anyone with a prosthetic Stoma. Meets bi-monthly.

**Venue:** SPH Noarlunga Village  
**Contact:** Val Macey, Ph: 8381 1646

## Diabetes

### Diabetes Introduction Sessions

Group programs for people who have recently been diagnosed with Type 2 diabetes.

**Venue:** SPH Noarlunga Village.  
Fridays, 5/2, 26/2, 19/3, 9/4, 30/4, 21/5,  
11/6 & 2/7, 12.30pm to 3.30pm

**Contact:** Ph: 8384 9266

**Venue:** SPH Morphett Vale  
Mondays, 25/1, 22/2, 22/3, 3/5 & 21/6

Monday, 24/5 (Aberfoyle Pk Community Centre),  
9.30am to 12.30pm

**Contact:** Ph: 8325 8100

**Venue:** GP Plus Health Care Centre Aldinga  
Wednesdays, 3/2, 17/3, 5/5 & 23/6,  
1pm to 4pm

**Contact:** Ph: 8557 9500

**Venue:** SPH Inner Southern  
Thursdays, 21/1, 18/2, 18/3, 27/4, 20/5 & 24/6,  
9.30am to 12.30pm

**Contact:** Ph: 8277 2488

## Diabetes Refresher Days

An education session for people wanting to update their knowledge.

- Venue:** SPH Morphett Vale  
Wednesdays, 17/3 & 16/6,  
9.30am to 12.30pm
- Contact:** Ph: 8325 8100
- Venue:** GP Plus Health Care Centre Aldinga  
Wednesdays, 10/3 & 26/5,  
12.30pm to 3.30pm.
- Contact:** 8557 9500

## Diabetes Supermarket Tours

Learn how to make healthy food choices by reading and interpreting food labels. Booking essential.

- Venue:** Coles, Castle Plaza  
Edwardstown  
Thursday, 11/3, 22/4 & 17/6,  
9.30am to 11am
- Contact:** Ph: 8277 2488
- Venue:** Woodcroft Foodland  
Wednesday, 12/5, 9.30am to 11am
- Contact:** Ph: 8325 8100

## Diabetes Clinic

Individual appointments with a Primary Health Care Nurse and Dietitian.

- Venues:** SPH Noarlunga Village, SPH Morphett Vale,  
SPH Seaford, GP Plus Health Care Centre Aldinga  
and SPH Inner Southern.
- Contact:** Ph: 8384 9266, Ph: 8325 8100, Ph: 8392 4500,  
Ph: 8557 9500 and Ph: 8277 2488

## Diabetes Support Group

Offers support, information and the chance to meet new friends.  
Ongoing, third Wednesday of the month,  
ongoing, 10am to 12 noon.

- Venue:** SPH Noarlunga Village  
**Contact:** Rosalie, Ph: 8326 1359

## Youth

### Marion Youth – Healthy Eating Program

A 6 week program for young people aged 14 to 25 years in collaboration with the Community Foodies. Learn about healthy eating, what food you need for a healthy mind, body and soul. Learn how to read food labels and cooking on a budget.

- Commences:** Wednesday, 10 February,  
4.30pm to 6.30pm for 6 weeks.
- Venue:** “Cooinda”, Marion Council
- Contact:** Mandy or Kathy, SPH Marion Youth,  
Ph: 8377 1055

### Keep Safe, Stay Cool

A peer education project working with young people to prevent domestic violence and promoting healthy relationships.

Training on Thursdays during school terms, 4pm to 8pm

- Contact:** Irene, SPH Noarlunga Village,  
Ph: 8384 9266  
[www.keepsafestaycool.com.au](http://www.keepsafestaycool.com.au)

### Young Mums’ and Dads’ Group

For parents under 25 with children under 4 years to meet other parents, spend time with their babies and socialise.

- Ongoing:** Fridays during school term, 9.30am to 11.30am.
- Venue:** Meet at SPH Inner Southern
- Contact:** Imogen, Ph: 8277 2488

### Counselling - Sort it Sessions

Counselling support for issues such as: relationships, hassles at home or school, feeling blue or anxious, drug or alcohol issues, accommodation issues. For young people aged 12 to 25 years.

- Ongoing:** Drop in sessions on Mondays, 12noon to 4pm,  
Thursdays, 3pm to 7pm.
- Venue:** SPH Marion Youth
- Contact:** Ph: 8377 1055

## General and Sexual Health Clinic

See the nurse for: safe sex advice, male and female sexual health screening, STD information, advice, screening and treatment, pap smears, pregnancy tests, contraception, sex and relationship advice, immunisation and general health concerns. For young people 12 to 25 yrs.

Drop in clinics: Monday, 12noon to 4pm, Thursday, 3pm to 7pm. Appointments with a GP also available.

**Venue:** SPH Marion Youth

**Contact:** Ph: 8377 1055

## Relationship Violence No Way Program

Peer educators provide secondary school workshops to young people exploring issues such as friendships, bullying, relationship violence and sexual assault.

**Contact:** Judy, Ph: 8377 1055

## School Holiday Program

Up to eight activities for young people aged 12 to 16 years.

**Ongoing:** Every school holiday.

**Venue:** SPH Marion Youth

**Contact:** Linda, Ph: 8377 1055

## Friday Night Activities

A social and lifestyle group for young people aged 12 to 25 years.

**Ongoing:** Last Friday of the month..

**Venue:** SPH Marion Youth

**Contact:** Linda, Ph: 8377 1055

## African and Middle Eastern Group

A recreational, culture and education based program for young people aged 12 to 25 year old people whose cultural background is African or Middle Eastern.

**Ongoing:** Fortnightly, Mondays,  
5pm to 7pm (during school term)

**Venue:** SPH Marion Youth

**Contact:** Mandy, Ph: 8377 1055

## Amigos

Peer support and recreation group for young people aged 16 to 25 years who are experiencing mental health issues.

**Ongoing:** First and third Thursday evening of each month (during school term).

**Venue:** SPH Marion Youth

**Contact:** Emily, Ph: 8377 1055

## Rainbow Girls

A peer support and discussion group for young same sex attracted women under 30.

Fortnightly on Wednesday evenings.

**Venue:** SPH Marion Youth

**Contact:** SPH Southern Women's,  
Catriona, Ph: 8384 9555 or Emma, Ph: 8377 1055

## Other Youth Groups and Programs

Information on any groups or programs currently running at Marion Youth, e.g. managing anxiety and depression, drug and alcohol programs, programs for young parents, and healthy lifestyles.

**Venue:** SPH Marion Youth

**Contact:** Ph: 8377 1055

# Parenting

## Tucker for Tots

A program for parents/caregivers of children 1 to 5 years of age. Find out about healthy eating, managing fussy eating and food refusal. Light lunch provided.

**Commences:** Tuesday, 9 February for 4 weeks,  
11.30am to 1.30pm

**Venue:** Aberfoyle Park Community Centre,  
56 Sunnymead Drive.

**Contact:** Ph: 8270 5377

Free crèche if booked. Bring lunch for child.

**Commences:** Monday, 8 February for 4 weeks,  
1pm to 3pm

**Venue:** SPH Inner Southern

**Contact:** Ph: 8277 2488

## Parenting Eating and Activity for Child Health (PEACH)

A program which supports families to develop skills and confidence in living a lifestyle which promotes a healthy weight for their child and also focus on positive relationships. Facilitated by a psychologist and a dietitian.

Commences early 2010.

**Contact:** Louise, Ph: 8384 9266

## Baby Developmental Group

A group for mums who have babies 6 months of age and under. There will be play based activities for early development support. The group will include some parent time.

**Commences:** Monday, 8 February for 6 weeks,  
9.30am to 11.30am

**Venue:** SPH Noarlunga Village

**Contact:** Ali, Ph: 8384 9266

Free crèche available.

## Dad Factor

A program looking at the important role dads play in their children's lives. Topics covered include: how to communicate with children, how to handle stress and personal relationships, understanding and responding to children's behaviour and helping children to develop self confidence.

**Commences:** Wednesday, 10 February for 7 weeks,  
6.15pm to 8.15pm.

**Venue:** Hackham West Community Centre

**Commences:** Wednesday evening Term 2, 2010

**Venue:** Hackham West Community Centre

**Contact:** Richard or Brendan,  
Ph: 8384 1065 or Brian, Ph: 8384 9266

**Commences:** Wednesday, 17 February for 7 weeks,  
6pm to 8pm.

**Venue:** SPH Inner Southern

**Commences:** Wednesday, 19 May for 7 weeks,  
6pm to 8pm.

**Venue:** SPH Inner Southern

**Contact:** Andrew, Ph: 8277 2488

## Mums and Bubs Gentle Stretch and Yoga Class

**Ongoing:** Wednesdays, 9.45am to 10.45am  
during term time.

**Venue:** GP Plus Health Care Centre Aldinga

**Contact:** Ph: 8557 9500

## Early Childhood and Family Services

Individual and group services for children up to 4 years of age and their families. No GP referral required.

**Contact:** SPH Noarlunga Village, Ph: 8384 9266,  
SPH Morphett Vale, Ph: 8325 8100,  
SPH Seaford, Ph: 8392 4500,  
GP Plus Health Care Centre Aldinga,  
Ph: 8557 9500 and  
SPH Inner Southern, Ph: 8277 2488

## Ready, Set Playgroup

For parents with babies with young children who are involved in the Child & Youth Health Home Visiting Program.

Mondays from 1.45pm to 3pm during school terms.

**Venue:** Darlington Kindergarten, 12a Kurrajong Ave,  
Seacombe Gardens

**Contact:** Naomi, Ph: 8277 2488

## Seaford Baby Playgroup

For parents of babies aged under 12 months during school term.

Mondays from 1.45pm to 3pm during school terms.

**Venue:** SPH Seaford

**Contact:** Sally or Jacqui, Ph: 8392 4500

## Aldinga & Sellicks Community Playgroups

For children aged up to 4 years old and their parents.  
(\$3 per session).

**Commences:** Tuesdays and Wednesdays,  
9.30am to 11.30am during term time.

**Venue:** Aldinga Community Centre

**Commences:** Fridays, 10am to 12 noon during term time.

**Venue:** Sellicks Community Hall

**Contact:** Ph: 8557 9500

## Aldinga Baby Playgroup

For children aged up to 18 months and their parents,  
grandparents and caregivers.

Fridays, 1.30pm to 3pm during school term. (\$2 donation)

**Venue:** Aldinga Community Centre

**Contact:** Ph: 8557 9500

## Jump and Jive

A music and movement based group for children up to 4 years  
and is followed by a story and snack time.

Ongoing Wednesdays, 10am to 11am during school term.  
(\$3 donation)

**Venue:** Sellicks Community Hall

**Contact:** Ph: 8557 9500

## Parents on Monday

An opportunity for parents and carers of children to meet in a friendly relaxed environment. Tea, talk and create –for parents of children under 5. Creche available on site.

**Ongoing:** Mondays, 9am to 11am during school terms.  
(\$2 donation)

**Venue:** Aldinga Community Centre

**Contact:** Ruth, Ph: 8557 9500

## Child and Youth Health Drop In Clinic

Thursdays from 9.30am to 11am

**Venue:** GP Plus Health Care Centre Aldinga

**Contact:** Ph: 8557 9500

## Women

### Wisemove: A lifestyle program for women

A program for women who would like to feel better both mentally and physically and who want to take control of their own personal wellbeing.

**Commences:** Tuesday, 23 February, 1pm to 3pm

**Venue:** SPH Inner Southern

**Contact:** 8277 2488

Free childcare if booked.

### Create the Life you Want

This is a course about creating a life filled with purpose,  
excitement and joy.

**Commences:** Tuesday, 9 February for 8 weeks,  
12.30pm to 2.30pm

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## Domestic Violence Support Group

A group for Women who have experienced violence or abuse in their relationship/s. Free childcare if booked.

**Commences:** Thursday, 11 February for 8 weeks,  
10am to 12.30pm

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555.

**Commences:** Thursday, 4 February for 8 weeks,  
1pm to 3pm

**Venue:** SPH Inner Southern

**Contact:** Ph: 8277 2488. Booking essential.

## Stargazers

A support group for women parenting after a controlling, abusive, or violent relationship.

**Commences:** Term 2.

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## Whole Women – Weight and Health

The group will focus on an awareness of self-esteem, body image and eating behaviour, the benefits of healthy eating and physical activity and awareness of risk factors for chronic illness.

**Commences:** Wednesday, 3 February for 6 weeks,  
9.30am to 12 noon.

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## Community Sisters

A women's only space to share their stories through creative arts projects. A fun, free and informal art group for women who are looking for a relaxed and safe way to connect with other women, learn new skills and have a voice through creative art expression. No experience needed. Funded by the City of Onkaparinga. Bookings essential.

**Commences:** First and third Tuesday of the month,  
9.30am to 12 noon  
from 2 February to 30 March.

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

Free childcare available if booked.

## Community Sisters – Aldinga!

A women's only space to share their stories through creative arts projects. A fun, free and informal art group for women who are looking for a relaxed and safe way to connect with other women, learn new skills and have a voice through creative art expression. No experience needed. Bookings essential.

**Commences:** First and third Thursday of the month,  
9.30am to 12 noon  
from 4 February to 1 April.

**Venue:** Sellicks Community Hall, Riviera Road,  
Sellicks Beach.

Family day care available if booked.

**Contact:** Ph: 8557 9500

## Friendship and Personal Development Group

Laughter, sharing stories and connecting with women just like you and maybe trying some new fun activities.

**Commences:** Wednesday, 10 February for 7 weeks,  
12.30pm to 3pm.

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## Putting the Wheels Back On

A group for women with past experience of trauma and difficulties.

**Commences:** Wednesday, 10 February for 8 weeks,  
10am to 12.30pm

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## Transformations

For women who have experienced difficult times and want to make positive changes in their lives. There will be a chance to connect with other women and create a sense of hope and purpose for the future.

**Commences:** Friday, 14 May for 5 weeks, 10am to 12 noon

**Venue:** SPH Noarlunga Village

**Contact:** Megan: Ph: 8384 9266

## Introduction to Acupuncture and Acupressure for self-healing

Thursday, 25 February, 1pm to 3pm

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## Coping Creatively

Program explores the use of art forms to help manage the challenges that confront each of us.

**Commences:** Tuesday, 9 February for 6 weeks,  
10am to 12 noon.

**Venue:** SPH Inner Southern

**Contact:** Naomi or Fiona, 8277 2488

Free childcare if booked.

## Coffee Craft and Chat

Have a break from the children and meet other women. Come along for a range of easy, fun craft activities or simply to chat and enjoy the company of other women. No bookings required. Free childcare if booked.

Mondays during school terms, 12.30pm to 2.30pm

**Venue:** Family Connections, Hackham

**Contact:** Veronique, Ph: 8384 9266

## Fun and Games Group

Bring along your favourite cards or board games and enjoy an afternoon of fun and games.

Last Friday of each month, 1pm to 4 pm

**Venue:** SPH Southern Women's

**Contact:** Sally, Ph: 8384 9555

## Stretching and Relaxation

Mondays 10am to 11.30am and Fridays, 9am to 10.30am.

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

## International Women's Day

Thursday, 11 March, 10am to 1.30pm

**Venue:** To be advised.

**Contact:** Ph: 8384 9555

## Women's Legal Service

Every second Friday by appointment.

**Venue:** SPH Southern Womens,

**Contact:** Ph: 8221 5737

## Programs for Same Sex Attracted Women

New workshops and forums will be offered throughout 2010.

**Contact:** SPH Southern Women's, Ph: 8384 9555

### Challenging Homophobia Safely

A 3 hour evening workshop for lesbian and same-sex attracted women.

**Commences:** Term 1, 2010

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

### Dog Walking Friendship Group

Low key and informal social dog walking group for lesbian and same sex attracted women.

**Contact:** SPH Southern Women's for more information.  
Ph: 8384 9555

### Lez Talk

Safe and confidential discussion group for same sex attracted women, various topics and guest speakers.

**Commences:** 2 February - alternate Tuesdays during school terms, 7pm to 9pm.

**Venue:** SPH Southern Women's

**Contact:** Ph: 8384 9555

### Out for Tea Down South

A social gathering of same sex attracted women over coffee, dinner or both.

**Contact:** SPH Southern Women's, Ph: 8384 9555

## Men

### Moving Towards Responsibility...Men Stopping Violence and Abuse Group

**Enquiries:** Lloyd or Brian, Ph: 8384 9266

### Ordinary Blokes – Extraordinary Lives: Changing your Direction and Life

A program for men looking at ways to improve overall mental health and well-being: Topics include: self esteem, anxiety and depression, definitions of manhood, fathering, values and beliefs, anger and responsibility, grief and loss, stress and everyday life.

**Commences:** Thursday, 11 February for 8 weeks, 1pm to 3pm

**Venue:** SPH Inner Southern

**Contact:** Ph: 8277 2488

### Men's Breakfast

(Gold coin donation).

Second Friday of each month, 9am to 11am.

**Venue:** Hackham West Comm Centre.

**Contact:** Brian, Ph: 8384 9266 or Richard, Ph: 8384 1065

### Men's Chat Group

**Ongoing:** Wednesdays, 10.30am to 12.30pm.

**Venue:** Hackham Community Sports and Social Club

**Contact:** Dolph, Ph: 8384 9215.

## Pregnancy

### Pregnancy to Parenting Support (Antenatal Classes)

SPH Noarlunga runs information sessions for pregnant women and their support people.

- > Birth and the New Family
- > Labour and Childbirth Information session
- > Breastfeeding Information Session

**Contact:** Barbara, SPH Noarlunga Village. Ph: 8384 9262.

### Birth and Babies

A drop-in group for pregnant women and new mothers. Information about pregnancy, birth and parenting in a friendly, informal setting.

**Commences:** Tuesday, 2 February,  
1.30pm to 3pm during school term.

**Venue:** SPH Noarlunga Village

**Contact:** Barbara, Ph: 8384 9266

### Mums on the Move

A before and after baby exercise program during school terms.

**Ongoing:** Mondays, 9.30am to 10.30am.

**Venue:** Noarlunga Hospital

**Contact:** Neirmine, Ph: 8384 9233

## Multicultural

### Local Links

Information and referral for:

- > Refugees who have been in Australia for more than 6 months.
- > Migrant communities generally
- > African Playgroup

**Contact:** Marlies, Ph: 8277 2488

## Seniors

### Seaford Active Seniors

Social group for older people, who are not as mobile as they used to be but are still keen to live a full life.

Ongoing on Tuesdays, 1pm to 4pm.

**Venue:** SPH Seaford

**Contact:** Carmel, Ph: 8384 9215

### Living the Good Life

For those over 50 who have an enquiring mind and a sense of fun. Information, learning, facing life's challenges – all rolled into one! Limited transport available.

#### **Monday, 22 February, 2pm to 4pm:**

Let's be inspired. Have you thought what 2010 and the years beyond hold for you? Have we got you thinking? Well, let's be inspired by each other!

#### **Monday, 22 March, 2pm to 4pm**

The little 'black dog'. Come and find out how you can live with it, "train" it and help others who are touched by it. Also massage: The art of relaxation at your fingertips. Learn the importance of massage with a hands-on demonstration.

#### **Monday, 3 May, 2pm to 4pm**

Diabetes: Are you at risk of diabetes? What is pre-diabetes or border line diabetes? Find out about Type II diabetes and what you can do to enjoy a healthy lifestyle.

#### **Monday, 24 May, 2pm to 4pm**

Hearing Solutions: Have you noticed that people are not talking as loudly as they used to and the volume of the television needs to be higher? Could it possibly be hearing loss? Come and have your hearing tested.

#### **Monday, 28 June, 2pm to 4pm**

Eating for one or two: Lost interest in cooking and finding it difficult to cook for just one or two people? Find out more about what you're eating and what food labels really mean.

**Venue:** SPH Seaford, SEM Centre, cnr

Grand Boulevard & Main St, Seaford.

**Contact:** Carmel, 8384 9266

## Linking Southern Seniors Physical Activity Options

Held during school terms. Safe effective physical activity to suit all levels of fitness. Chair based activities included. Limited transport available.

Tuesdays, 1.30 to 2.15pm

**Venue:** SPH Seaford

**Contact:** Carmel, Ph: 8384 9266

## Volunteering

### Community Visitors Scheme

Have you got time for a cuppa and a chat with a lonely resident in an aged care facility? The Community Visitors Scheme is seeking friendly visitors with an hour a fortnight to spare. We offer support, social and learning opportunities, travel reimbursement and are flexible and family friendly!

**Contact:** SPH Inner Southern. Ph: 8277 2488

## Aboriginal & Torres Strait Islander People

### Aboriginal Family Clinics

Thursdays and Fridays, 9.15am to 4pm

**Venue:** SPH Noarlunga Village

Mondays and Tuesdays, 9.15am to 4pm.

**Venue:** 11 Wingfield Avenue, Clovelly Park

**Contact:** Ph: 8179 5943 for both clinics.

## Do it for Life

Support and motivation for adults:

- > Cutting down/quit smoking
- > Cutting down/quit alcohol
- > Eating healthier
- > Getting fitter
- > Reducing stress

**Contact:** Warwick, SPH ATSI Lifestyle Advisor,  
Ph: 8384 9266 or Ph: 8179 5925.

## Aboriginal Maternal Infant Care

Supporting Aboriginal and Torres Strait Islander women who are pregnant or have a newborn to access services, information and antenatal care.

**Contact:** Keara, Ph: 8384 9266

## Nunga Mums and Bubs Program

Fortnightly on Mondays during school term, 11am to 2pm.

**Contact:** Keara or Pamela, Ph: 8384 9266

## Nunga lunches

Wednesdays, during school terms at SPH Noarlunga Village Auditorium, 12 noon to 2pm

Health information, socialising, networking.

**Contact:** Theresa, Ph: 8384 9266.

## Women's Group

Tuesdays fortnightly during school term, 11am to 2pm.

**Contact:** Ngala, Ph: 8384 9266.

## Men's Group

Fortnightly on Thursdays during school term, 11am to 2pm.

**Venue:** SPH Noarlunga Village or as advised.

**Contact:** Des or Bo, Ph: 8384 9662.

## Child and Youth Health: Drop in Clinic

Wednesdays from 10am to 12 noon and 1pm to 3pm,  
SPH Noarlunga Village

## Aboriginal Kinship program

Working with people who want to reduce or stop their alcohol or drug intake.

**Contact:** SPH ATSI Health Team, Ph: 8384 9256

## Indigenous Youth Zone

A recreational and culture based program for young 12 – 25 year old ATSI youth. Aboriginal youth worker available for ongoing one to one support and assistance.

**Venue:** SPH Marion Youth

**Contact:** Ph: 8377 1055 for times and dates of programs.

# Southern Primary Health

## Inner Southern

1140a South Road  
Clovelly Park  
South Australia 5042

Phone: 8277 2488

Fax: 8277 5629

Hours: Mon to Fri 8.45 to 5pm

Counselling by appointment.

## Marion Youth

249 Diagonal Road  
Warradale  
South Australia 5046

Postal Address: PO Box 388, Oaklands Park. SA 5046

Phone: 8377 1055

Fax: 8377 1511

Hours: Mon & Wed 10.30 to 5pm, Tuesdays by  
appointment. Thurs 12noon to 7pm  
Fri 10.30am to 4pm

General Counselling and Sexual Health Clinic drop-in:

Hours: Monday 12 to 4pm and Thursday 3 to 7pm

## Noarlunga Village

Alexander Kelly Drive  
Noarlunga Centre  
South Australia 5168

Phone: 8384 9266

Fax: 8384 9248 or 8384 9727

Postal address: PO Box 437, Noarlunga Centre. SA 5168

Hours: Mon to Wed, Fri 8.30am to 5pm.  
Thurs 8.30am to 8pm

Intake worker on duty between 9am to 1pm

## Aboriginal & Torres Strait Islander Team

Alexander Kelly Drive  
Noarlunga Centre  
South Australia 5168

Phone: 8384 9266  
Fax: 8384 9248  
Postal address: PO Box 437, Noarlunga Centre. SA 5168  
Hours: Mon to Fri, 8.30am to 5pm

## Southern Women's

Alexander Kelly Drive  
Noarlunga Centre  
South Australia 5168

Phone: 8384 9555  
Fax: 8384 9557  
Postal Address: PO Box 437, Noarlunga Centre. SA 5168  
Hours: Mon – Fri 9am to 5pm  
Quick support: 2 to 4pm daily except for Thursday

## Morphett Vale

GP Plus Health Care Centre  
211 Main South Road  
Morphett Vale  
South Australia 5162

Phone: 8325 8100  
Fax: 8325 8199  
Postal Address: PO Box 17, Woodcroft. SA 5162  
Hours: Mon – Fri 8.45am to 5pm  
Intake worker on duty from 9am to 1pm

## Seaford

Seaford Ecumenical Mission Centre  
cnr Grand Boulevard and Main Street  
Seaford  
South Australia 5169

Phone: 8392 4500  
Fax: 8327 2678  
Hours: Mon – Fri 9am to 5pm  
Late appointments: Tuesday evenings by arrangement.

## GP Plus Health Care Centre – Aldinga

Pridham Boulevard  
Aldinga  
South Australia 5173

Phone: 8557 9500  
Fax: 8557 9577

Provides integrated and accessible services with a specific emphasis on the needs of the local community including access to doctors for after hours medical care during the evenings and on weekends.

## For more information

### **Southern Primary Health**

**Inner Southern**  
**Phone: 8277 2488**

**Marion Youth**  
**Phone: 8377 1055**

**Noarlunga Village**  
**Phone: 8384 9266**

**Aboriginal & Torres Strait  
Islander Team**  
**Phone: 8384 9266**

**Southern Women's**  
**Phone: 8384 9555**

**Morphett Vale**  
**Phone: 8325 8100**

**Seaford**  
**Phone: 8392 4500**

**GP Plus Health Care Centre – Aldinga**  
**Phone: 8557 9500**

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

