

Healthy People – Healthy Communities

Course Guide

Semester 2, 2010



Free Courses to
Improve your Health



Government
of South Australia

SA Health



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.

Course Guide

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

Getting a Handle on Anxiety and Worry

This course will look at the many forms of anxiety and causes of worry. Ways to manage these will be explored.

Commences: Wednesday, 4 August for 5 weeks,
7pm to 9.30pm

Venue: SPH Noarlunga Village

Contact: Barbara, Ph: 8384 9262

The Assertive Option

This course is about confidently saying what you want to express. Helpful information will be provided with the chance to practice new skills.

Commences: Wednesday, 6 October for 5 weeks,
7pm to 9.30pm

Venue: SPH Noarlunga Village

Contact: Barbara, Ph: 8384 9262

Happiness for Health and Well Being

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

Contact: Chris, Ph: 8384 9266 or
Lyn, Ph: 8392 4500 to register your interest.

Meditation

An experienced facilitator will guide the meditation in a safe and relaxed setting.

Fridays, 9.30am to 11am during school term.

No need to book.

Venue: SPH Noarlunga Village

Contact: Ph: 8384 9266

Wednesdays, 9.30am to 11am during school term.

No need to book.

Venue: SPH Morphett Vale

Contact: Ph: 8325 8100

Monday, 26 July, 1.30pm to 2.30pm for 8 weeks.

No need to book.

Venue: GP Plus Health Care Centre Aldinga

Contact: Christy, Ph: 8392 4500

Thursday, 5 August for 8 weeks, 10.30am to 11.30am.

Please book.

Venue: Clovelly Park Memorial Hall,

Contact: Maxine, Ph: 8277 2488

Mindfulness Yoga for Anxiety and Depression

For anxiety, depression and the effects of trauma. Please book. Creche may be available.

Thursday, 5 August for 8 weeks, 9.30am to 11am

Venue: Clovelly Park Memorial Community Centre,
16 York Avenue

Contact: Ph: 8277 2488

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, 4 August 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.

Contact: Marian, SPH Morphett Vale.

Ph: 8325 8100 to register your interest.

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

Allergy – Living with the Risk of Anaphylaxis

One hour sessions, fortnightly, aiming to increase patient and carers confidence living with the risk of anaphylaxis, a serious allergic reaction.

Topics with include:

- > Allergen avoidance
- > Understanding your anaphylaxis action plan
- > How to give your adrenaline auto injecting device
- > Communicating the risk

Venue: SPH Morphett Vale or FMC Paediatric Clinic

Contact: Ph: 8204 4910. Bookings essential.

Eczema Education Workshops

The aim of these monthly 2 hour workshops is to improve the ability of families to manage their child/young person's eczema by providing appropriate knowledge and skills. Presented by specialist allergy and dermatology nurses.

Topics include:

- > Stages of eczema
- > Importance of skin care
- > Trigger factors
- > Understanding treatments including a demonstration on "how to do wetwraps"

Venue: SPH Morphett Vale or FMC Paediatric Clinic

Contact: Ph: 8204 4910. Booking essential.

Random Acts of Singing

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

Commences: Friday, 30 July, 1pm to 3pm for 8 weeks

Commences: Friday, 15 October, 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.

Wednesdays between 9am and 2pm 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: Adaire Clinic, Alexander Kelly Drive,
Noarlunga Centre

Contact: Helen Marshall, Ph: 8384 9599

Cancer

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: 8392 4500

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: 8392 4500

Breast Cancer Support Group

Monthly, first Wednesday, 1pm to 3pm.

Venue: SPH Southern Women's

Contact: Inara, Ph: 8325 0030 or
Nicole, Ph: 8392 4500

Cancer Survivors Group

Monthly meetings.

Venue: SPH Seaford

Contact: Nicole, Ph: 8392 4500

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, 23/7, 13/8, 3/9, 24/9, 15/11,
26/11 & 17/12,
12.30pm to 3.30pm

Contact: Ph: 8384 9266

Venue: SPH Morphett Vale

Mondays, 19/7, 16/8, 6/9, 11/10, 8/11 & 6/12,
9.30am to 12.30pm

Contact: Ph: 8325 8100

Venue: GP Plus Health Care Centre Aldinga

Wednesdays, 28/7, 8/9, 20/10 & 1/12,
1pm to 4pm

Contact: Mandy, Ph: 8557 9500 or 8392 4500.

Venue: SPH Inner Southern

Thursdays, 22/7, 19/8, 23/9, 21/10 & 25/11,
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, 1/9 & 24/11,
9.30am to 12.30pm
- Contact:** Ph: 8325 8100
- Venue:** GP Plus Health Care Centre Aldinga
Wednesdays, 18/8 & 17/11,
12noon to 3pm
- Contact:** Ph: 8557 9500
- Venue:** SPH Noarlunga Village
Wednesday, 6 October & Monday, 6 December
10.30am to 1.30pm
- Contact:** Ph: 8384 9266

Diabetes Supermarket Tours

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

- Venue:** Seaford Foodland, Tuesday, 10/8,
Wednesdays, 6/10 & 8/12,
9.30am to 11am
- Venue:** Aldinga Coles,
Wednesdays, 8/9 & 3/11,
9.30am to 11am
- Contact:** Ph: 8392 4500.
- Venue:** Woodcroft Foodland
Wednesdays, 11/8 & 17/11,
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,
10am to 12 noon.

Venue: SPH Noarlunga Village

Contact: Rosalie, Ph: 8326 1359

Youth

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

Counselling - Sort it Sessions

For young people aged 12 to 25 years.

Ongoing: Mondays, 12 noon to 4pm,

Thursdays, 3pm to 7pm

Venue: SPH Marion Youth

Contact: Ph: 8377 1055

General and Sexual Health Clinic

For young people aged 12 to 25 years.

Drop in clinics: Mondays, 12 noon to 4pm and

Thursdays, 3pm to 7pm.

Appointments with a GP also available.

Venue: SPH Marion Youth

Contact: Ph: 8377 1055

Relationship Violence No Way Program

Secondary school workshops for young people exploring issues such as friendships, bullying, relationship violence and sexual assault.

Contact: Judy, Ph: 8377 1055

School Holiday Program

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

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

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

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, 4 August for 7 weeks,
6.15pm to 8.15pm.

Commences: Wednesday, 20 October for 7 weeks,
6.15pm to 8.15pm

Venue: Hackham West Community Centre

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

Commences: Wednesday, 28 July for 7 weeks,
6pm to 8pm

Venue: SPH Inner Southern

Contact: 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

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

Child and Youth Health Drop In Clinic

Thursdays from 9.30am to 11am

Venue: GP Plus Health Care Centre Aldinga

Contact: Ph: 8557 9500

Getting to Know Your Baby

Regular 6 week courses run by Child and Family Health Nurses.

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, 7 September for 10 weeks,
1pm to 3pm.

Venue: SPH Inner Southern

Contact: 8277 2488

Free childcare if booked.

Explore Your Local Community

Come and have fun with other women exploring what is around the corner in your local community.

Wednesdays, 4 August and 8 September, 10am to 1.30pm

Venue: Meet at SPH Southern Women's

Contact: Ph: 8384 9555

Assertive Communication

This Relationships Australia course is about learning skills to help you get your message across confidently in a clear, honest and respectful way which can lead to improved relationships.

Commences: Tuesday, 3 August for 6 weeks,
12.30pm to 2.30pm

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

Venue: SPH Southern Women's

Contact: Ph: 8384 9555

Free childcare available if booked.

Straight (or not) and strong – Your bones and osteoporosis

What is osteoporosis, how it occurs, eating and physical activity, hormones and menopause and falls prevention.

Commences: Monday, 2 August for 4 weeks,
10am to 12 noon.

Venue: SPH Southern Women's

Contact: Ph: 8384 9555

Domestic Violence Support Groups

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

Commences: Thursday, 29 July for 8 weeks,
10am to 12.30pm

Commences: Thursday, 21 October for 8 weeks,
10am to 12.30pm

Venue: SPH Southern Women's

Contact: Ph: 8384 9555

Commences: Tuesday, 27 July for 8 weeks,
10am to 12 noon

Commences: Thursday, 14 October for 8 weeks,
12.30pm to 2.30pm

Venue: SPH Inner Southern

Contact: Ph: 8277 2488. Bookings essential.

Stargazers

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

Commences: Wednesday, 28 July for 8 weeks,
9.30am to 12.30pm

Venue: SPH Southern Women's

Contact: Ph: 8384 9555

Massage for Better Health

An introductory session to talk about the particular health benefits of massage.

Thursday, 5 August, 1pm to 3pm

Venue: SPH Southern Women's

Contact: Ph: 8384 9555

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

Fridays, 9am to 10.30am

Venue: SPH Southern Women's

Contact: Ph: 8384 9555

Women's Legal Service

Every second Friday by appointment.

Venue: SPH Southern Women's,

Contact: Ph: 8221 5737

Programs for Same Sex Attracted Women

Rainbow Girls

Peer support/discussion group for same sex attracted women under 30.

Fortnightly on Monday evenings.

Venue: SPH Marion Youth

Contact: Vanessa or Renee, Ph: 8377 1055 or
SPH Southern Women's, Ph: 8384 9555

SLADE (Formerly Lez Talk)

Southern lesbians are discussing everything (SLADE) in 2010!

Take part in this safe and confidential fortnightly discussion group and forum for all same-sex attracted women.

Commences: Alternate Tuesdays from 27 July 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

Women's Surfing for Beginners

All same-sex attracted women and their straight female friends are welcome to try this session. Cost: \$25

Saturday, 25 September, 1pm to 3pm

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

Men

Ordinary Blokes – Extraordinary Lives: Changing your Direction and Life

For men looking at ways to improve overall mental health and well-being. Topics covered include: definitions of manhood, fathering, values and beliefs, anxiety, emotional development, intimacy, men and responsibility, grief and loss, stress and everyday life.

Commences: Thursday, 22 July for 8 weeks, 6pm to 8pm

Venue: SPH Inner Southern

Contact: Ph: 8277 2488

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

Enquiries: Lloyd or Brian, Ph: 8384 9266

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

An informal chat group for older men. Guest speakers, regular outings. Transport provided if required.

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.

- > Labour and Childbirth Information sessions
- > Breastfeeding Information Session

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

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.

Fourth Monday of the month, 2pm to 4pm

Venue: SPH Seaford, SEM Centre,
cnr Grand Boulevard & Main St, Seaford.

Contact: Carmel, 8384 9266

Connecting through Conversation

An opportunity for older people to connect with others through stimulating discussion on topics of interest.

First and third Monday of the month.

Venue: SPH Seaford

Contact: Carmel, Ph: 8384

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: 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: 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

Aldinga Nunga Playgroup

Friday mornings during school term, 10.30am to 12.30pm

Contact: Pamela, Ph: 8384 9266

Nunga lunches

Wednesdays, during school terms at SPH Noarlunga Village Auditorium, 12 noon to 1pm

Health information, socialising, networking.

Contact: Theresa or Allan, 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: Bo or Dave, 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.

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.

