

Community Services for Heart Health and Wellbeing



Inner North West
PRIMARY CARE PARTNERSHIP



Cardiac Rehabilitation

Do you have a heart problem?

Yes

Have you attended cardiac rehabilitation?

Cardiac Rehabilitation provides education, information and support to you and your family or carers, helping you to adopt a healthy lifestyle, feel more confident and connect with others.

Yes

Group and individual support is available in your community to help you manage your heart health!

No

Speak to your GP about making a referral to Cardiac Rehabilitation

Contact your local Community Health Service

cohealth

Sites across Northern, Western and Central Melbourne

T: (03) 9411 4333 (Collingwood, Fitzroy, Melbourne CBD)

T: (03) 9377 7100 (Flemington, Moonee Ponds, Niddrie)

www.cohealth.org.au

Merri Health

Local Government Areas: Moreland and Darebin Service Access

T: (03) 9388 9933

www.mchs.org.au

North Richmond Community Health Service

Local Government Areas: Yarra

T: (03) 9418 9800

www.nrhc.com.au

Access Health and Community

Local Government Areas: Yarra and Boroondara

T: (03) 9885 6822

www.iehealth.org.au

Contact your local Leisure Centre

Moonee Valley City Council

Healthy Ageing Exercise Programs
www.mvcc.vic.gov.au/for-residents/disability-and-older-adults/healthy-ageing-programs.aspx

Leisure Centres

www.mvcc.vic.gov.au/experience-moonee-valley/swimming-pools-and-leisure-centres.aspx

City of Melbourne Recreation Centres

www.melbourne.vic.gov.au/community/sports-recreation/pages/recreation-centres.aspx

City of Yarra

www.yarracity.vic.gov.au/services/Yarra-Leisure

Active Moreland Aquatic and Leisure Facilities

www.activemoreland.com.au/aquatic-and-leisure-centres

Other Lifestyle Programs

COTA

Living Longer, Living Stronger Programs
T: 1300 135 090

www.cotavic.org.au/programs-events/strength-training

Lift for Life

Resistance training programs
T: 1300 211 311

www.liftforlife.com.au

Pronia (formerly known as Australian Greek Welfare Society)

Cardiac education & exercise program
Greek speaking. Based in Brunswick
T: (03) 9388 9998

www.pronia.com.au/what-we-do/aged-care/centre-based-activities

Heart Foundation

Walking groups run by peers
T: 1300 362 787

www.heartfoundation.com.au

University of the Third Age

Social & walking groups
www.u3a.org.au/Social

Cardiomyopathy Association of Australia

Peer support groups

www.cmaa.org.au/support-meetings.html

Find an Exercise Physiologist

www.essa.org.au/find-aep

Remember.....Your Heart, Your Health!

You can **TAKE CHARGE OF YOUR RECOVERY** through:

- Regular GP check ups
- Setting recovery goals
- Taking medications as prescribed
- Looking after your emotional and physical health
- Asking your GP about a care plan

Your GP is an important partner in managing your heart health in the longer term.

Better Health Channel

Health Information and Service Finder

www.betterhealth.vic.gov.au



Useful information for heart health and wellbeing

Heart Foundation	<i>My Heart My Life</i> – free mobile phone app	www.heartfoundation.org.au/your-heart/living-with-heart-disease/my-heart-my-life-free-mobile-phone-app
	Health Information Line	T: 1300 362 787
	<i>Living Well with Heart Disease</i> – resources	www.heartfoundation.com.au
Beyond Blue	Information and support for good mental health	www.beyondblue.org.au
Lifeline	Crisis telephone counselling	T: 1300 13 11 14
QUIT	Smoking cessation support	T: 13 78 48
	Stress management and relaxation – resources	www.quit.org.au/staying-quit/managing-stress/managing-day-to-day-stress
NPS Medicines Line	Information on prescription, over-the-counter and complementary (herbal, 'natural', vitamin and mineral) medicines	T: 1300 633 424
ABC	<i>Wellbeing</i> – relaxation resource	www.abc.net.au/health/healthyliving/mindmood/meditation
Eat For Health	Advice about the amount and kinds of foods that we need to eat for health and wellbeing	www.eatforhealth.gov.au
Baker IDI	Health Fact sheets and healthy recipes	www.baker.edu.au/health_fact_sheets
COTA Victoria	<i>Active Ageing</i> – programs/events	www.cotavic.org.au/programs-events/strength-training T: 02 6154 9740
Real Time Health	<i>Speaking from Experience</i> – video resources	www.education.realtimehealth.com T: (03) 9534 7222
Carerlinks North	Free information and assistance for carers	www.mchs.org.au/services/services-for-carers/ T: 1800 052 222
Health InfoNet	<i>Australian Indigenous Heart Health</i> – resources	www.healthinfonet.ecu.edu.au/health-infrastructure/health-workers/resources/health-promotion-resources
Neighbourhood Houses	Find your local Neighbourhood House	www.anhlc.asn.au
Planned Activity Groups (PAG)	Social, community based, group activities	Contact your local community health service or local council