

WHAT IS THE COST?

Our fees vary depending on the type of service you receive, and in some cases your level of income.

As a not-for-profit organisation partly funded by Government, we provide free and lower-cost services for Health Care and Pension Card holders. For more information on eligibility and fees for our services, please contact us.

All services are free for Aboriginal and Torres Strait Islander people.

ARE YOU INTERESTED IN VOLUNTEERING? WE HAVE MANY OPPORTUNITIES AVAILABLE!



If you need an interpreter, please let us know at the time of booking. Interpreters are available free of charge.



LOCATIONS AND CONTACT DETAILS

PARKDALE

335 Nepean Highway Parkdale 3195

CHELSEA

3/1 The Strand Chelsea 3196

CLARINDA

58 Viney Street Clarinda 3169

MENTONE

31 Venice St Mentone 3194

CHELTHENHAM

299 Centre Dandenong Rd Cheltenham 3192

EDITHVALE

6-8 Edithvale Rd Edithvale 3196

CLAYTON SOUTH

45 Oakes Avenue Clayton South 3169

Phone: 8587 0200

Email: enquiries@cbchs.org.au

www.cbchs.org.au



**CENTRAL BAYSIDE
COMMUNITY HEALTH SERVICES**

BETTER HEALTH, WELLBEING AND SUPPORT FOR OUR COMMUNITY



CBCHS acknowledges:

- The traditional owners of the land on which we provide services, the Boon Wurrung people of the Kulin Nation and pay respect to elders past and present.
- The funding support of the Victorian and Commonwealth Governments.



Central Bayside Community Health Services (CBCHS) is a not-for-profit organisation providing a wide range of services to deliver better health, wellbeing and support for our community.

We offer lower-cost services for Health Care and Pension Card holders and are a registered NDIS and My Aged Care provider.

We provide services at our centres, in the community, at your home, online and via Telehealth.

WHAT WE DO

- Help people of all ages improve their health and wellbeing
- Support people with disability achieve their goals and aspirations
- Help people live independently in their own homes and participate within the community
- Enhance quality of life through social support



NDIS DISABILITY SERVICES

- Day Support Programs – Groups and Individual
 - Centre-based
 - in the Community
 - at your Home
- Support Coordination
- Child Development Services



CHILD SERVICES

- Child Development Groups
- Child Psychology
- Dietitian
- Occupational Therapy
- Paediatricians
- Physiotherapy
- Speech Pathology



HEALTH SERVICES

- Chronic Disease Nursing
- Counselling (individual & group)
- Dementia Services
- Diabetes Education & Support
- Dietetics
- Drug and Alcohol Support
- Hand Therapy
- Occupational Therapy
- Physiotherapy
- Podiatry
- Relaxation Services
- Withdrawal Nursing Support

Bulk Billing Medical Services

- Geriatrician (Aged Care Specialist)
- Paediatrician (Child Specialist)
- Endocrinologist (Diabetes Specialist)



AGED SERVICES (MY AGED CARE)

- Dementia Program for clients and carers
- Chronic Disease Nursing
- Social support, activity and outings groups
- Social volunteer visits through the Community Visitors Scheme



DENTAL SERVICES

- Free and low-cost dental care for eligible children and adults provided from our Parkdale Dental Clinic



GROUP ACTIVITIES

We offer many groups to support health and wellbeing including:

- Addictive Behaviour Support
- Aquatic Physiotherapy
- Better Balance
- Gentle Exercise
- GLA:D Osteoarthritis Program
- Mindfulness
- Pilates
- Relaxation
- Strength Training
- Tai Chi
- And more!

Please check our website for the latest group activities.

