



Catalogue of Programs February - May 2021





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# WHAT IS the HOP?

The Healthy Outreach Program (the HOP) offers services and activities to help people wanting to begin healthier and happier lifestyles who may not be used to accessing mainstream services.

The HOP aims to provide social, fun, and accessible activities with support in place to help people get closer to reaching their goals. All programs are free and people on Centrelink benefits are encouraged to take part. A choice of involvement levels is available - see overleaf.

Enquiries: [thepop@cihealth.com.au](mailto:thepop@cihealth.com.au)

## rkshop

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dose of DESMOND!  
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w about type 2  
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## 2.5 hr workshops

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## Diabetes Self-Management Workshops

January to March 2021



Just been diagnosed?  
About to start a new medication?  
Need to get on track?  
**Then come along to a  
free diabetes workshop.**

As part of your NDSS registration you are entitled  
to attend Diabetes WA's workshops for free.

  
**If you've got it, we get it.**  
The NDSS Agent in WA is Diabetes WA

  
The NDSS is administered by Diabetes Australia

First published June 2020, V2.0 December 2020. NDSS Helpline: 1800 637 700. [ndss.com.au](http://ndss.com.au)

Diabetes WA has a comprehensive COVID-19 plan in place to keep you safe during your workshop, strictly following the WA Roadmap. For details go to [diabeteswa.com.au/covid-safe](https://diabeteswa.com.au/covid-safe)

### SMART Series 2.5 – 3 hr workshops

#### CarbSmart (type 2 or gestational diabetes)



Confused about Carbs? Learn how you can choose the type and amount that are healthier choices for you.

#### FootSmart (type 1 or type 2 diabetes)



Your feet are made for walking – so let's keep them healthy! This session will teach you all you need to know about checking and caring for your feet.

#### MedSmart (type 2 diabetes)



This workshop helps you understand how your medications can help you manage your diabetes and how to address any concerns you have about taking your medication.

#### MonitorSmart (type 2 diabetes)



This workshop will help you learn how to effectively monitor your blood glucose levels and what other health checks are recommended.

#### ShopSmart

(type 1, type 2, gestational diabetes)



What's really going into your trolley? This workshop will help you to understand how to read food labels, and how to make the best food choices for your health and wellbeing.

### Diabetes LIVE – get tips at home

If you can't yet get to a workshop, check out Diabetes WA LIVE - a series of current topics on diabetes management. You can participate from the comfort of where you live in WA, using a computer, tablet or smartphone. To see all book in, go to [diabeteswa.com.au/events](https://diabeteswa.com.au/events)

### DESMOND One Day workshop



Whether you are new to diabetes or have been living with diabetes for a long time, ensure that you get your hands on everything you need to know about diabetes, including information about medications. Meet people who are just like you.

### Connect with Diabetes 2



Are you not ready for a workshop but want to learn more about diabetes? This two-hour information session is for people with diabetes, carers and those interested in learning more.

### Other Workshops 2 – 3 hr

#### Living with Insulin



Learn all about insulin products and equipment, the importance of looking at glucose levels.

#### Ready Set Go, Let's Move



This session gives people with diabetes and exercise tips on how to start exercising and stay motivated.

**Note:** This is not a

#### Insulin Pump Workshop



This practical session is designed to get the most from your pump and its features.

# THE HOP LEVELS OF INVOLVEMENT

## HOP to Good

- Subscribe to newsletter
- Attend some of the Partner Programs
- Optional: Complete Wellness Web

## HOP to Better

- Complete short questionnaire and follow-up
- Subscribe to newsletter (can be done verbally through engagement officer or HOP staff)
- Record attendance
- Attend selected HOP and/or partner programs
- Complete Wellness Web
- Optional: Limited telephone counselling

## HOP to Best

- Wellness check and follow-up
- Follow up health assessments after 2-3 months
- Access to monthly sessions with dietitian
- Subscribe to newsletter (can be done verbally through engagement officer or HOP staff)
- Full access to telephone motivational and/or therapeutic counselling
- Attend any HOP and/or partner program(s)
- Complete Wellness Web



**DIABETES WA PROGRAMS****HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best****DESMOND—Melville**

One day workshop to learn the ins and outs of type 2 diabetes.

**WHEN**

22 March

**WHERE**

Melville

**DURATION**

8:45-4:30pm


**ZOOM SESSIONS AND ONLINE WORKSHOPS**

Suited to anybody wanting to learn more about diabetes who has access to a computer.

**See the range of programs overleaf**

**FIND OUT MORE**

**<https://www.diabeteswa.com.au/manage-your-diabetes/programs-and-resources/>**



Wellness checks will be arranged to suit participants by the HOP team. These will be conducted by Allied Health Professionals to assess your current health and habits alongside a discussion around personal goals and expectations.

**WELLNESS CHECKS****HOP LEVEL - Hop to Better/ Hop to Best**



## PARTNER PROGRAMS

### ON MY FEET

On my Feet aims to help physical and mental wellbeing providing a chance both exercise and socialise in a fun environment with the help of volunteers. This program is suited to homeless people in the Fremantle/Melville area.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

#### ON MY FEET—Fremantle Park

##### WHEN

Monday 6:30 pm

##### WHERE


Fremantle Park, Ellen Street, Fremantle

##### DURATION

1 hour

##### FIND OUT MORE

<http://www.onmyfeet.org.au/exercise-groups/>



## HOP PROGRAMS

### POOL WALKING - Fremantle

Supervised Pool Walking sessions are run by an exercise physiologist and aim to help people who are better suited to low intensity exercise. Personalised advice on mobility and joint problems is available.

**HOP LEVEL - Hop to Better/ Hop to Best**

#### POOL WALKING TIMETABLE

##### WHEN

Tuesdays 16 February - 27 April, 3-4pm

##### WHERE

Fremantle Leisure Centre

##### DURATION

1 hour per week



## HOP PROGRAMS

### HEAL™

The Healthy Eating Activity and Lifestyle (HEAL™) program helps people improve health and wellbeing through improved awareness of healthy eating and increased physical activity. The two-hour sessions involve one hour of physical activity and one hour of interactive education.

**HOP LEVEL - Hop to Best**



## PARTNER PROGRAMS

### ACTIVE LIGHT

Active Light are low intensity, light exercise sessions run in the fresh air at Applecross. Friendly mentors help people improve their physical health at their own pace.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

### ACTIVE Light - Applecross

#### WHEN

Tuesday 8:30-9.30am

#### WHERE

Jeff Joseph Park, Applecross

#### DURATION

1 hr (ongoing)

#### FIND OUT MORE

<https://www.melvillecity.com.au/things-to-do/community-sport-and-recreation/active-in-the-park>

### ActiveLink

ActiveLink supports eligible City of Melville residents of all abilities to participate in sport, recreation, hobbies, and other activities. ActiveLink provides vouchers to contribute to the costs associated with accessing community recreation, hobby and leisure activities.

#### FIND OUT MORE

<https://www.melvillecity.com.au/our-community/community-health-and-wellbeing/your-mental-and-physical-health/activelink-for-people-facing-challenges>





## PARTNER PROGRAMS

### BEFRIEND WALKING GROUP

This walking group is organized by a Befriend volunteer and enables people to meet and socialize while walking in a friendly, safe and informal setting. There is an option to purchase (at own expense) a social coffee after the walk.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

#### BEFRIEND WALKING GROUP - South Fremantle

**WHEN**

Tuesday 9-10.30am

**WHERE**

South Beach Café, 9 Ocean Road, South Fremantle

**DURATION**

1 - 1.5 hours (ongoing)

**FIND OUT MORE**

<https://befriend.org.au/>

## HEAL™ TIMETABLE

#### HEAL™ University of Notre Dame

**WHEN**

Thursdays 4th March-22 April 1-3pm

**WHERE**

University of Notre Dame, Sports Science

**DURATION**

8 weeks (2 hours per week)

#### HEAL™ LeisureFit Melville

**WHEN**

Wednesdays 10 March-28 April 1:30-3:30pm

**WHERE**

LeisureFit Melville

**DURATION**

8 weeks (2 hours per week)

#### HEAL™ Fremantle Women's Health Centre

**WHEN**

Mondays 12 April -31 May 1-3pm (women only)

**WHERE**

Fremantle Women's Health Centre

**DURATION**

8 weeks (2 hours per week)



## HOP PROGRAMS

### SAFE SEATED EXERCISE

Safe Seated Exercise sessions are an accessible option run by an exercise professional. They are suitable for people who have not exercised for a long period and/or have mobility issues. Those who want more of a challenge will be guided to do so safely.

A dietitian will be available to answer questions relating to food choices or gut issues.

**HOP LEVEL - Hop to Better/ Hop to Best**



## PARTNER PROGRAMS

### RECLINK STREET GAMES

Reclink Street Games are exercise sessions mimicking gameplay (AFL, cricket etc.) that are run by qualified exercise instructors and supervised sports science students.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

#### RECLINK STREET GAMES - Fremantle

##### WHEN

Wednesday 10 - 11.30am

##### WHERE

Princess May Park, Fremantle

##### DURATION

1.5 hours (per week), ongoing

##### FIND OUT MORE

**<https://www.reclink.org/programs/reclink-national-program/reclink-street-games-princess-may-park-fremantle>**



## PARTNER PROGRAMS

### HEART FOUNDATION WALKING GROUP

Heart Foundation Walking (HFW) Groups are one hour walking sessions run by volunteers. There is an option to purchase (at own expense) a social coffee after the walk. Sign up with HFW to attend.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

#### HFW GROUP - Fremantle

**WHEN**

Friday 8 - 9am plus the option to go for coffee together afterwards

**WHERE**

The Meeting Place, 245 South Terrace, Fremantle

**DURATION**

1.5 hours (ongoing)

**FIND OUT MORE**

<https://walking.heartfoundation.org.au/walking/location/south-fremantle-s-perth-wa>

## SAFE SEATED EXERCISE TIMETABLE

#### SAFE SEATED EXERCISE Willagee

**WHEN**

Mondays 1 March - 29 March 10-12am

**WHERE**

Yarning circle outside Willagee Library

**DURATION**

4 weeks (2 hours per week) - casual attendance is OK

#### SAFE SEATED EXERCISE Davis Park

**WHEN**

Fridays 9 April - 30 April 12-1pm

**WHERE**


Davis Park, Beaconsfield

**DURATION**

4 weeks (2 hours per week) - casual attendance is OK

## HOP PROGRAMS

### WHEELS-IN-MOTION - Palmyra



Wheels in Motion are dance classes for people with disabilities run by a professional dance teacher. Carers are invited to attend.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

### WHEELS-IN-MOTION TIMETABLE

#### WHEN

Last Saturday of the month, March, April & May 10.30am-12

#### WHERE

Stock Road Senior Citizens Club Inc. 38 Waddell Road, Palmyra

#### DURATION

1.5 hours per month for 3 months

## FOOD SENSATIONS® FOR ADULTS TIMETABLE

### **Food Sensations® for Adults - Melville Cares**

#### WHEN

Fridays, 10am-12:30pm: April 16th, 23rd, 30th & May 7th

#### WHERE

Melville Cares, Palmyra

#### DURATION

4 weeks (2.5 hours per week)

#### FIND OUT MORE

[Foodbank.org.au/healthyeating](http://Foodbank.org.au/healthyeating)

### **Food Sensations® for Adults - Meerlinga**

#### WHEN

Thursdays, 10am-12:30pm: May 13th, 20th, 27th & June 3rd

#### WHERE

Meerilinga, 85 Rennie Crescent Hilton

#### DURATION

4 weeks (2.5 hours per week)

#### FIND OUT MORE

**[Foodbank.org.au/healthyeating](http://Foodbank.org.au/healthyeating)**





## PARTNER PROGRAMS

### **FOOD SENSATIONS® for Adults**

*Food Sensations* for Adults is a nutrition and cooking program run by Foodbank WA nutritionists and dietitians. The program helps people learn about healthy eating, budgeting, meal planning, food safety and label reading in a friendly, social environment.

Partner:



Government of Western Australia  
Department of Health

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**



## PARTNER PROGRAMS

Healthy lifestyle activities run by partnering agencies that are free

Partner programs can be accessed through the partner organisations. Participants are encouraged to choose to also join the HOP and benefit from the wellness checks at the level of their choice.

**Please access the partner websites for details about these programs**



## PARTNER PROGRAM **PLUS**

### **LOW IMPACT CIRCUIT TRAINING PLUS OPTIONAL PERSONALISED ADVICE FROM A DIETITIAN - Fremantle**

FremantleMind Inc. group fitness sessions are run by a qualified Personal Trainer in a supportive and safe setting.

All sessions are staffed by registered mental health professionals and a Dietitian is available periodically to provide personalised advice in an informal and non-judgemental manner. A range of other free programs, including yoga, are also on offer.

#### **WHEN**

Mondays 9-10am

Dietitian fortnightly 10-11am, April & May

#### **WHERE**

FremantleMind, 3 Beach Street, Fremantle

#### **DURATION**

1-2 hours weekly, ongoing

#### **FIND OUT MORE**

**<http://fremantlemind.org.au/>**



## PARTNER PROGRAMS **St PATS EXERCISE**

St Pats exercise are informal weekly exercise sessions run by a sports scientist and prac students from Notre Dame.

**HOP LEVEL - Hop to Good/ Hop to Better/ Hop to Best**

### **ST PATS EXERCISE Fremantle**

#### **WHEN**

Wednesdays 9.30—10.00am

#### **WHERE**

St Pats, 12 Queen Victoria Street, Fremantle

#### **DURATION**

Ongoing (30 minutes per week)

#### **FIND OUT MORE**

**<https://stpats.com.au/choir/recreation/>**