













































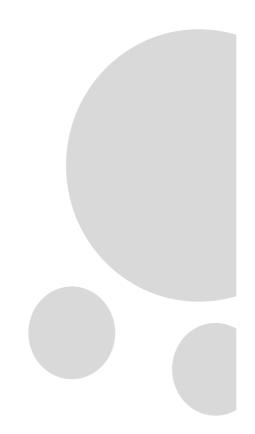








Catalogue of Programs February - May 2021







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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: thehop@cihealth.com.au

#### rkshop

ly diagnosed or have tes for some time make dose of DESMOND! ust like you and learn w about type 2 tion on food choices

#### 2.5 hr workshops

et to attend a to learn more about and-a-half hour eople with type 2 at risk of diabetes.

#### 1r workshops

lin, the different ment available and the ng after your blood

е

you the facts on se and provides tips rcising and how to

i fitness program.

on will show you how nefit out of your insulin 'es.

f webinars covering ort of home regardless webinar topics and



# 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.





The NDSS Agent in WA is Diabetes WA

First published June 2020, V2.0 December 2020, NDSS Helpline; 1800 637 700, 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

#### 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 you blood glucose levels and what other are 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.

### **DESMOND** One Day wo

Whether you are new been living with diabet sure that you get your Meet people who are ju everything you need to kno diabetes, including informat and medications.

#### Connect with Diabetes 2



Are you not ready y workshop but want diabetes? This twoinformation session is for p diabetes, carers and those

#### Other Workshops 2-3 h

#### Living with Insulin



Learn all about insu products and equip importance of looki glucose levels.

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



This session gives v diabetes and exercion how to start exe stay motivated.

Note: This is not a

#### Insulin Pump Workshop



This practical session to get the most ber pump and its featur

#### 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 comfo of where you live in WA, using a computer, tablet or smartphone. To see all book in, go to diabeteswa.com.au/events

# THE HOP LEVELS

# **OF INVOLVEMENT**

# P to Good

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

# P 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 <u>any</u> HOP and/or partner program(s)
- Complete Wellness Web



Wellness checks will be arranged to suit participants by the HOP team. These will be conducted by Allied Health Professionals to asses 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**

## **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/manageyour-diabetes/programs-and-resources/



# 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**

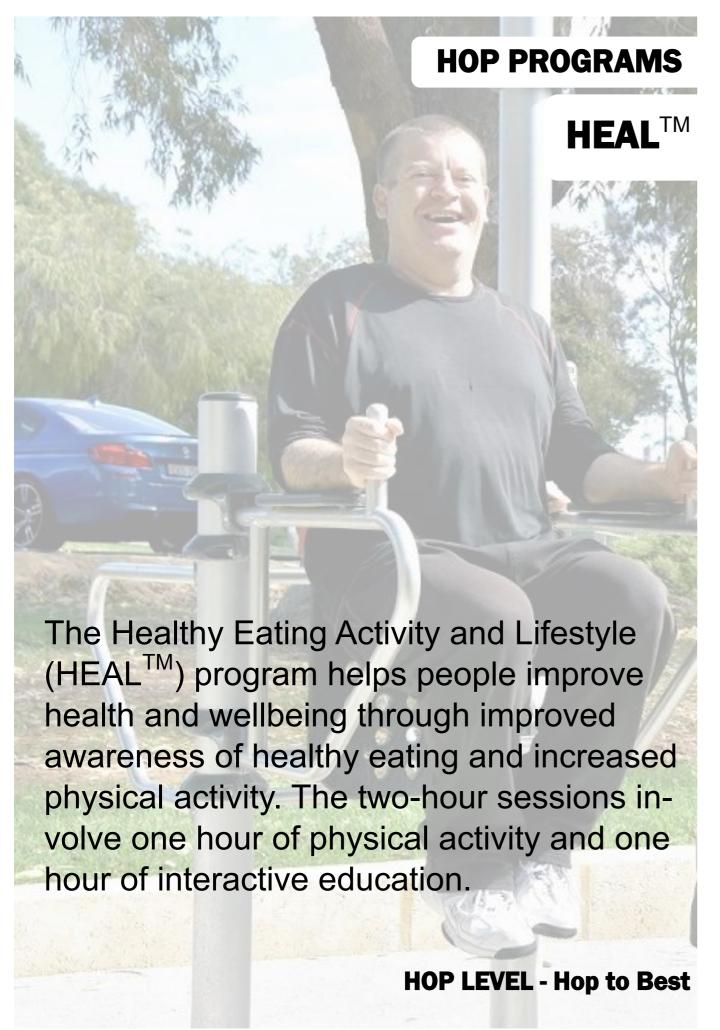
Tuesdays 16 February - 27 April, 3-4pm

#### WHERE

Fremantle Leisure Centre

#### **DURATION**

1 hour per week



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# 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 acitvities.

#### **FIND OUT MORE**

https://www.melvillecity.com.au/our-community/ community-health-and-wellbeing/your-mental-andphysical-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**<sup>™</sup> **TIMETABLE**

# **HEAL**<sup>TM</sup> 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**<sup>TM</sup> LeisureFit Melville

#### **WHEN**

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

#### **WHERE**

LeisureFit Melville

#### **DURATION**

8 weeks (2 hours per week)

# **HEAL**<sup>TM</sup> Fremantle Women's Health Centre

#### WHEN

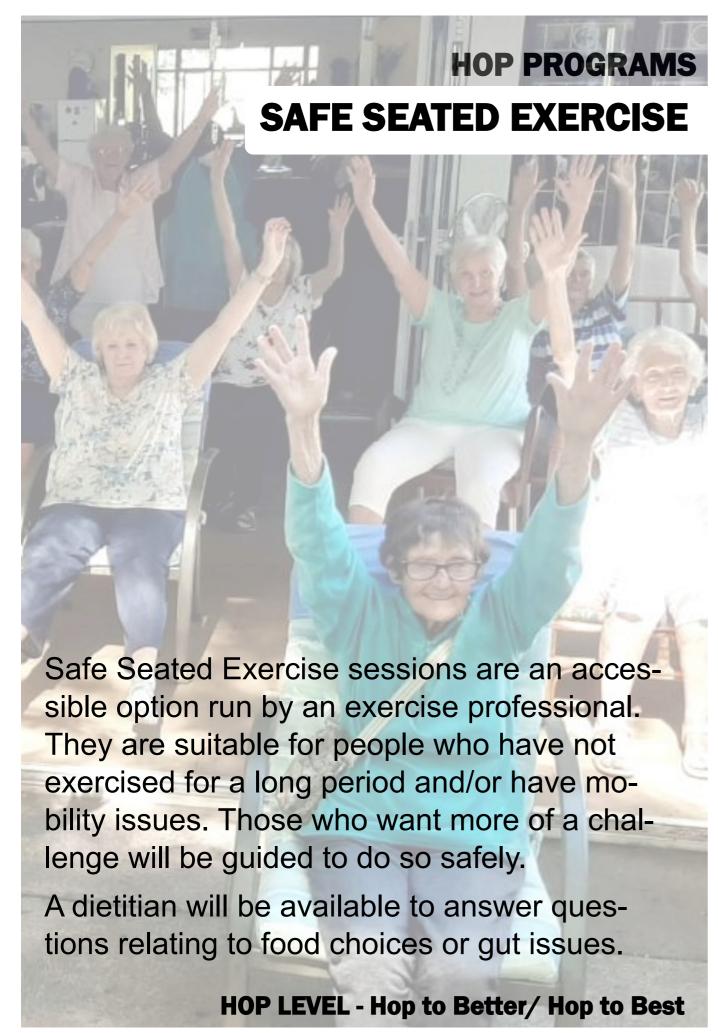
Mondays 12 April -31 May 1-3pm (women only)

#### **WHERE**

Fremantle Women's Health Centre

#### **DURATION**

8 weeks (2 hours per week)





# 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/reclinknational-program/reclink-street-gamesprincess-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

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# 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**

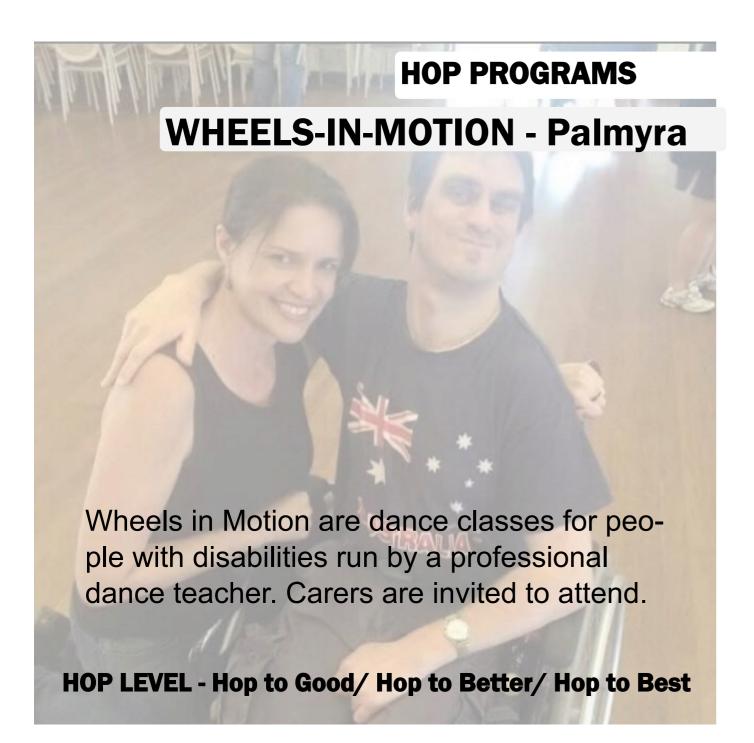
Fridays 9 April - 30 April 12-1pm

#### **WHERE**

Davis Park, Beaconsfield

#### **DURATION**

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



#### 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

## 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



# **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.



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

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# **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/

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# 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/