



**GROUPS CALENDAR
SPECIALISED GROUPS**

GROUP NAME	DATE & TIME	VENUE	COST	ELIGIBILITY	CONTACT
St Kilda Police and Citizens Youth Club "Masterclass" Over 50s	Monday, Wednesday, Fridays 11am-12pm	PCYC	\$3 members, \$4 non members	Anyone over 50 with chronic health problems	PCYC 95347584
Diabetes Support Group	2 nd Wednesday of the month 1.30pm-3pm	Mitford Street	Gold coin donation is welcome	All adults with type I or type II diabetes and their carers Note: priority given to those living in the cities of Port Phillip or Stonnington	adminenquiries@ischs.org.au
Access Health Nutrition Clinic and Drop In	4 th Wednesday of the month 10am-12pm	Salvation Army Crisis Service Access Health Program	Free	Anyone registered with Access Health and as a client with ISCHS	Access Health Program 9536 7780
Balance Basics	TBA (6 week program)	TBA	\$4	Anyone with an interest in falls prevention	Leonie Zabarauska 9525 1300
Best Foot Forward Workshop	Monthly	Alternates between: <ul style="list-style-type: none"> • St Kilda • Prahran • South Melbourne 	\$6 (includes \$4 foot file)	People interested in learning to care for their own feet	adminenquiries@ischs.org.au



Exercise for Diabetes	Once a week for six weeks	Variety of locations around the inner south of Melbourne	Under \$10 per session	All adults with type I or type II diabetes Note: priority given to pensioners and Health Care Card holders who live or work in the cities of Port Phillip and Stonnington	adminenquiries@ischs.org.au
Falls Prevention Education	Different times from Monday to Friday 9am -5pm	<ul style="list-style-type: none"> • St Kilda • Prahran • South Melbourne 	Varies depending on the particular service or group	Clients at risk of falling or interested in learning about prevention	adminenquiries@ischs.org.au
Hustling to Health	Friday, 5pm-10:00pm	10, Inkerman St, St Kilda	Free	Street based sex workers	sexworker@sexworker.org.au