

Support for diabetes in and around Braybrook

Optometrists

Eye health examination

Australian College of Optometry
Phone: 9334 6622

My Optometrist
Phone: 9687 5551

KC McLennan, Sunshine
Phone: 9311 2134

Exercise Physiologists

Prescribe physical activity for diabetes management

cohealth Braybrook and Footscray
Braybrook Phone: 9334 6699
Footscray Phone: 8398 4100

Physical Activity

Walking group

Braybrook Community Centre, Maidstone
Phone: 9334 6600

Duke Street Community House
Phone: 9311 9973 Email: dukest@dsch.org.au

Walking group, table tennis, tai chi for arthritis

Braybrook Maidstone Neighbourhood House
Phone: 9317 5610 Website: www.bmnh.org.au

Men's exercise sessions

Sons of the West
Phone: 9680 6355 Website: www.sonsofthewest.org.au

Swimming pool and gymnasium

Maribyrnong Aquatic Centre (MAC)
Phone: 9032 4100 Website: www.maribyrnong.vic.gov.au

Sports equipment hire

Braybrook Community Hub
Phone: 9188 5800

Walking group, women only yoga, Vietnamese tai chi, Vietnamese arthritis group, ballroom dancing

Maidstone Community Centre
Phone: 9688 0543 Email: maidcomm@maribyrnong.vic.gov.au

Parkrun (5km - against the clock)

Website: www.parkrun.com.au/maribyrnong

Meditation, yoga, tai chi class

Braybrook Community Hub
Phone: 9188 5800 Website: www.maribyrnong.vic.gov.au

Active Maribyrnong program

Maribyrnong City Council
Website: maribyrnong.vic.gov.au

Sourcing Healthy Food

Growing fruit and vegetables

The Braybrook Commons
Community Garden
Email: bccgmembership@gmail.com
or bccgardens@gmail.com

Braybrook Maidstone
Neighbourhood House
Phone: 9317 5610
Website: bmnh.org.au

Supermarket tours

Diabetes Australia
Phone: 1300 136 588

Community kitchen and garden, West Footscray/ Maidstone Harvest Sharing

Maidstone Community Centre
Phone: 9688 0543 Email: maidcomm@maribyrnong.vic.gov.au

Healthy Eating

Sons of the West
Phone: 9680 6355

Diabetes Educators

Assistance with diabetes management and education

cohealth Braybrook and Footscray
Braybrook Phone: 9334 6699
Footscray Phone: 8398 4100

Central West Medical Centre
Phone: 9687 4400

ISIS Primary Care Sunshine
Phone: 9313 5000

Podiatrists

Check the health of feet

cohealth Braybrook and Footscray
Braybrook Phone: 9334 6699
Footscray Phone: 8398 4100

Back in Motion Braybrook
Phone: 9687 2700
Email: braybrook@backinmotion.com.au

Central West Medical Centre,
Braybrook
Phone: 9687 4400

ISIS Primary Care Sunshine
Phone: 9313 5000

Westside Health and Sports Clinic
Phone: 9311 1278
Website www.westsidehealth.com.au

Chemist

Pharmacist advice, diabetes medical needs and National Diabetes Services Scheme (NDSS)

Discount Chemist
Phone: 9689 7788

Churchill Avenue Community Pharmacy
Phone: 9311 2981

Braybrook Pharmacy
Phone: 9311 1493

Low Price Pharmacy
Phone: 9317 0180

Dietitians

Discuss food options for living with or preventing diabetes

cohealth Braybrook and Footscray
Braybrook Phone: 9334 6699
Footscray Phone: 8398 4100

Central West Medical Centre
Phone: 9687 4400

Joslin Clinic
Phone: 9912 2000

ISIS Primary Care Sunshine
Phone: 9313 5000

Diabetes Groups/ Services

Diabetes Self-Management Group

Braybrook Maidstone
Neighbourhood House and cohealth
Phone: 9317 5610
Email: office@bmnh.org.au

Pre-diabetes education group

Life! (Diabetes Vic)
Phone: 1300 136 588

Living Well

ISIS Primary Care Sunshine
Phone: 9313 5000

Diabetes clinic

Central West Medical Centre
Phone: 9687 4400

Baker IDI Clinic
Phone: 9318 5233

General Practitioners

Diabetes Management and Coordination

Central West Medical Centre
Phone: 9687 4400

Braybrook Medical Centre
Phone: 9311 8505

cohealth Braybrook
Phone: 9334 6699

Western Family Practice
Phone: 9312 2253

Joslin Clinic
Phone: 9912 2000

Ashley Street Medical Centre
Phone: 9318 7781
Email: drmklee8@gmail.com

Sunshine Ultimate Care Clinic
Phone: 9912 2000

Barkly Street Medical Clinic
Phone: 9687 2472



More information at
www.diabetesoutwest.org.au