

Our golden age



Celebrating 50 years of community care

IN THIS ISSUE:

- Update from BCHS CEO Mandy Hutchinson
- This Girl Can Week
- What's on in November
- Family Day Care's dynamic duo
- World Diabetes Day
- Community Health First report launched
- Meet Dr Haris, our new men's health doctor
- Our services, plus more.

Save the date Bendigo! We want to celebrate 50 years of community health with you, our amazing community, on Friday, November 29.

It will be a free, fun-filled family event at White Hills' Garden for the Future from 4-7pm. Our theme is Together We Grow, and that is certainly what we have done for the last 50 years. Our humble beginning in Eaglehawk and Long Gully expanded into sites across Greater Bendigo as the desire for better healthcare access grew over the years. We now proudly offer more than 50 services across our seven sites.

At our Fun Fair you can discover our 50+ services plus enjoy food trucks, children's activities, live music and performances, and a free BBQ (and ice creams). We can't wait to see you there!



Acknowledgement of Country

Bendigo Community Health Services acknowledge we live, work and enjoy Dja Dja Wurrung and Taungurung Country. We extend our appreciation to the Djaara and Taungurung peoples. We pay respect to Elders past and present for their continued holding of memories, traditions, culture and community aspirations. We recognise sovereignty has never been ceded and express our sorrow for the personal, spiritual and cultural costs of colonisation and their lasting impact. May we walk forward together in harmony and the spirit of healing. It was and always will be Aboriginal land.



We support people to develop and maintain their personal, gender, sexual, cultural religious and spiritual identity.

BCHS is proud of:



Quality Improvement Council
'Yes ... we are a QIC accredited organisation'



Together we grow and embrace a fresh new brand



Bendigo Community Health Services

HAVE YOU NOTICED?

Together we grow. We wrap ourselves around our community. We are evolving and growing to meet the needs of our clients.

We have a new-look brand and logo!

It was developed over many months of consultation with our staff and clients. It retains a touch of green as a nod to our past and introduces a beautiful and confident new colour suite that will soon feature in our uniforms, signs and resources.

BCHS CEO Mandy Hutchinson said the new branding was a beautiful homage to the past and future of community health in Bendigo.

“Our team is pretty special,” she said. “They do their best to provide services that make a difference to our community. I am proud to be part of the BCBS team.

“The brand is also inspiring the design of a new website. I am enjoying seeing our new beautiful logo around and can’t wait to launch our new website later this year.”

Get social with us:



www.bchs.com.au

GIRL, YES YOU CAN!

It's time to lace up your shoes ladies! Bendigo Community Health Services (BCHS), Sports Focus, Vichealth and the City of Greater Bendigo (CoGB) are hosting a week of female-friendly activities in November as part of the This Girl Can movement.

BCHS Health Promotion officer Moni Sonsuwan said the week was about creating more opportunities for women to be active, no matter their age, background, or abilities.

"We'd love to see anyone who hasn't exercised in a while, or who might be looking at trying a new sport or returning to a sport they once loved," she said.

Jo Cahill, of Sports Focus, said the program would also connect women with many of the city's diverse sports organisations. "We hope the clubs and groups involved will provide inclusive spaces to support women and girls to be active well into the future," Jo said.

Activities will run from November 10 to 17.



BCHS' Moni Sonsuwan, Jo & Isabelle Cahill of Sports Focus, Kristy Bennett of CoGB & BCHS' Steph Paddon.

To book an activity visit the Sports Focus website:
sportsfocus.com.au/this-girl-can-bendigo-event-registration/

Activities

Elmore

Tuesday, November 12:

- BOXHIIT, 9.30am

Thursday, November 14:

- Roller Derby, 6.30pm

Heathcote

Tuesday, November 12:

- Chair Yoga, 10.30am

Thursday, November 14:

- Move, Groove & Stretch (5-12 years), 4pm

Friday, November 15:

- Walking Heathcote, 9.30am

Activities



Bendigo

Sunday, November 10:

- Paddling, 10.30am
- Roller Derby, 6.30pm

Monday, November 11:

- HIIT, 7am and 12pm
- Cardio & Kids Tennis, 9.30am
- Walking, 9.30am
- Outdoor Gym, 1.30pm
- Badminton, 7.30pm

Tuesday, November 12:

- Cardio & Kids Tennis, 9.30am
- Intro to Gym, 11am
- Mums & Bubs Yoga (0-2 years), 2pm
- Self Defence, 5.30pm
- HIIT, 5.30pm

Wednesday, November 13:

- HIIT, 7am and 12pm
- Football, 5.45pm
- Swimming, 7pm

Thursday, November 14:

- Pentanque, 9.15am
- Mums & Kids Yoga (0-5 years), 10.30am
- Volleyball, 4pm
- HIIT, 5.30pm

Friday, November 15:













- HIIT, 7am and 12pm
- Walking Football, 10.15am
- Self Defence, 11am
- Swimming, 7pm

Saturday, November 16:

- Kennington Parkrun, 8am
- Bendigo Botanic Gardens Parkrun, 7.45am
- HIIT, 9am
- Body Balance, 3pm

Sunday, November 17:

- Rowing, 10am
- Tennis & Pickleball, 10.30am
- FREE lunch from 12pm.

SUN	MON	TUE	WED	THU	FRI	SAT
					1  Movember starts	2
3	4  supported playgroup - White Hills	5  supported playgroup - Kangaroo Flat	6  supported playgroup - Eaglehawk	7  supported playgroup - Heathcote	8  supported playgroup - Long Gully	9
10 This Girl Can Week starts 	11	12	13	14 World Diabetes Day 	15	16
17 Eaglehawk Children's Festival 	18	19 International Men's Day 	20	21	22	23 Heathcote Community Smiles Day 
24 	25 International Day for the Elimination of Violence Against Women	26	27	28	29 BCHS Fun Fair - White Hills 	30

What's on in November...

Medical clinic opening hours

Bendigo Central

includes our Sexual and Reproductive Health Hub

Address: 165-171

Hargreaves Street

Phone: (03) 5406 1200

Email: bchs@bchs.com.au

Monday-Thursday:

8am-5pm

Friday: 8am-4.30pm

Saturday/Sunday: Closed

Kangaroo Flat

Address: 19 Helm Street

Phone: (03) 5406 1200

Email: bchs@bchs.com.au

Monday-Thursday:

8am-5pm

Friday: 8am-4.30pm

Saturday/Sunday: Closed

BCHS' Eaglehawk services have moved to various temporary locations while we refurbish.

The medical practice has moved to 75 Mitchell Street, Bendigo.

Phone: (03) 5406 1200

Email:

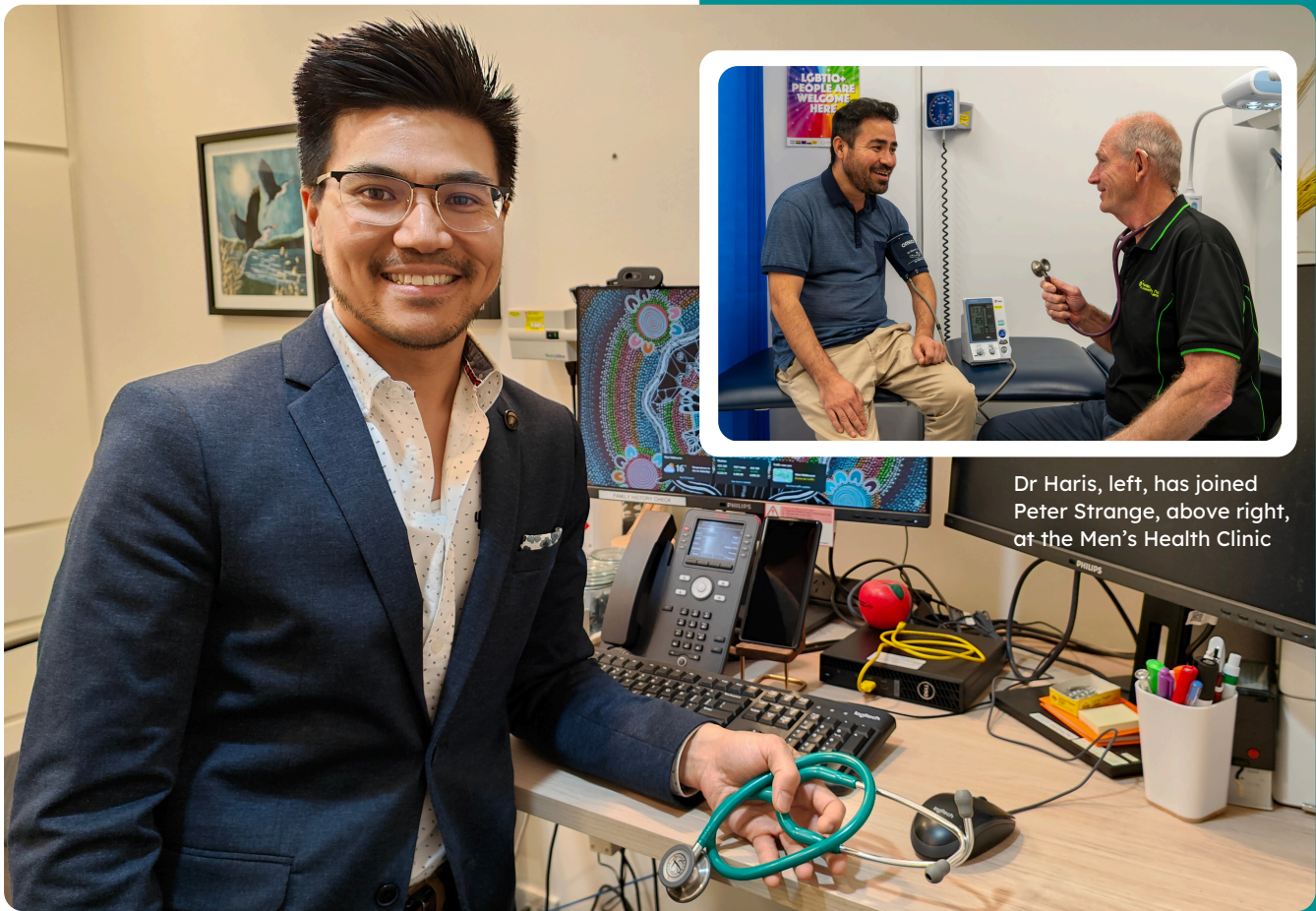
bchs@bchs.com.au

Monday-Thursday: 8am-5pm Friday: 8am-4.30pm

Saturday/Sunday: Closed

The allied health services have moved to:

- Active Living Program & Physiotherapy - 501A Napier Street, White Hills and 19 Helm Street, Kangaroo Flat
- Podiatry - 19 Helm Street, Kangaroo Flat and 165-171 Hargreaves Street, Bendigo
- Forensic mental health - 165-171 Hargreaves Street, Bendigo
- Chronic disease management - 165-171 Hargreaves Street, Bendigo and 75 Mitchell Street, Bendigo
- Sexual health nurse - 165-171 Hargreaves Street, Bendigo.



Dr Harris, left, has joined Peter Strange, above right, at the Men's Health Clinic

DR HARRIS' MEN'S HEALTH MISSION

The BCHS Sexual Health Hub is excited to welcome Dr Harris Noor to the Men's Health team.

Dr Harris has joined Nurse Practitioner Peter Strange on Tuesdays to provide all things men's health - including:

- Male physical body concerns, testosterone, and steroid use
- Prostate health
- Urinary problems
- Penile and testicular concerns
- Sexual difficulties
- Sexually transmissible infection (STI) counselling and testing
- Cardiovascular (heart) health
- Mental health
- Alcohol or other drug problems
- Intimate relationship issues and family violence
- Immunisation (except travel vaccines).

Dr Harris has been a doctor for 11 years, and a specialist GP with BCHS for the past five years. Joining the Men's Health Clinic enables him to dedicate a day a week to men's health.

"I certainly recognise that a lot of men don't make their own health a priority, which is something I

want to improve by reducing the barriers to accessing care," Dr Noor said.

"Peter Strange has championed men's health for quite some time and he has done a brilliant job holding down the men's health clinic on his own.

"I look forward to helping develop the clinic, including offering skills training to GP registrars. Having a doctor in clinic means we can supervise junior doctors who are training in this space."

Dr Noor said BCHS plans to build on the clinic to become a Centre of Excellence for men's health.

"I'm looking forward to seeing men come along to the clinic to discuss their health issues, particularly if there are things they feel they can't discuss with their current GP," he said.

"Likewise, if other GPs are not comfortable working in this space, they can refer their patients to us, and of course patients can also book with in us directly."

All men are welcome to make an appointment on 5406 1200.



World Diabetes Day

The wellbeing of those living with diabetes will be at the heart of World Diabetes Day this year.

The focus on November 14 will be on the physical, mental and societal wellbeing of the 1.9 million Australians living with diabetes and what they face each day.

Bendigo Community Health Services (BCHS) is proud to deliver a specialised Diabetes Clinic to support those in Greater Bendigo living with the chronic disease. Shoutout to our fantastic diabetes educators Debra Butcher, Cara Jamieson and Jessie Gladman, pictured above. Thank you for all your hard work.

Did you know...

BCHS offers group-based exercise programs for people with type 2 diabetes out of our White Hills site.

The program, funded by Medicare, consists of eight, one hour exercise sessions and involves a combination of aerobic and resistance-based exercises. Individuals will have an assessment with an exercise physiologist prior to starting the sessions.

For more information visit bchs.com.au.

UPDATE FROM THE CEO

It's been a big and busy year for Bendigo Community Health Services (BCHS), so I wanted to let you all know what we've been up to recently.

Special mentions

We are all so excited for our Bendigo Family Day Care team who are national finalists in the Excellence in Family Day Care Awards. Congratulations to Tamarra, Bec, Jen, Terrie, Julie and FDC Educators - we can't wait to hear the outcome on November 23.

We are also super proud of Nido and Kaye who recently presented at the Federation of Ethnic Communities' Council of Australia Conference.

In October, it was fabulous to be part of Headspace's coming of age 13th birthday! It was an awesome celebration hosted by our Youth Ambassadors.

Community health showcase at Parliament House

Along with Health Promotion team members, Natalia and Christine, I was pleased to attend the Community Health Showcase at Parliament House in October. It was great to listen to the Minister for Health Mary-Anne Thomas MP and her reflections on Community Health, and to launch the Impact Report. You can read more about the report on page 8.

Department of Health visit

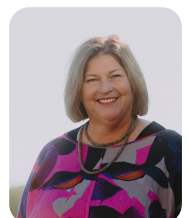
We were thrilled to host the Board of the Department of Health in October. They were interested in visiting our Sexual and Reproductive Health Hub. The visit was a great success and an opportunity to show off our wonderful service, led by Practice Manager Ella with Dr Karishma, Mary-Anne and Sybilla speaking about the services and their vision for the future with great passion.

17th National Rural Health Conference Perth

I was fortunate to attend the above conference which brings together people from across the country and all disciplines with an interest in rural health. I presented on Advancing Rural and Regional Health Equity and Community Wellbeing in Victoria.

Together We Grow Fun Fair

We warmly invite the community to celebrate 50 years of community care at our Fun Fair in White Hills on November 29. There will be much to enjoy and we hope to see you there!



Mandy Hutchinson



Building towards our future

Podiatry, exercise physiology and chronic disease management clinicians, GPs and professional staff who, until last October called our Eaglehawk building home, returned to the site to tour the works-in-progress last month.

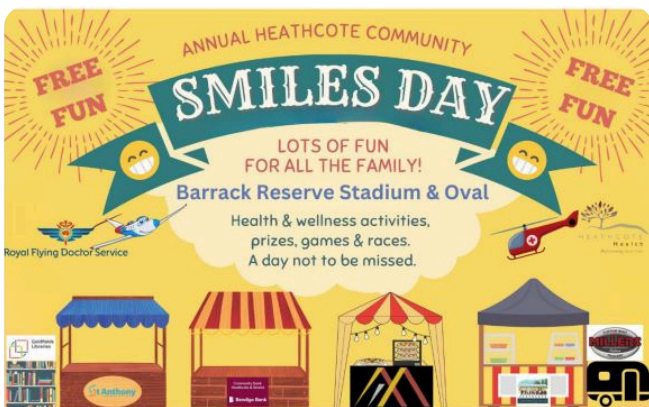
They agreed on two things; the new building is going to be awesome, and gee, they miss Eaglehawk.

They learnt about the accessibility, security and technology of the new site;

walked through the foyer, the community space, clinical rooms, gym, quiet rooms and more.

The building has been designed specifically for purpose, right down to tiniest of details. The roof is now almost complete, windows are going in, and the external walls will be started soon. It's all coming together!

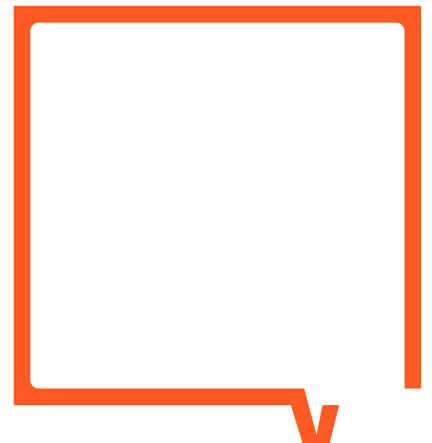
Thanks for the tour EBD Architects and Franklin & Walsh Builders.



SATURDAY
23 NOVEMBER 2024
11AM TO 2PM

The 16 Days of Activism Against Gender-Based Violence campaign runs from November 25 to December 10. Use the space below to tell us what respect means to you.

TO ME,
RESPECT IS...



16 DAYS OF ACTIVISM
AGAINST GENDER-BASED VIOLENCE

RESPECT VICTORIA

To read the full Community Health Impact Report 2023-24, go to: www.communityhealthfirst.org.au/impact-report



Northern District Community Health CEO Penny Wilkinson, the Honourable Maree Edwards MP, Minister for Health Mary-Anne Thomas with Mandy.

IMPACT REPORT LAUNCHED

The health needs of people within the Bendigo region were championed at a Parliament House event in October.

Bendigo Community Health Services (BCHS) CEO Mandy Hutchinson met with CEOs from 23 other community health services, and representatives from the Victorian Government at the launch of Community Health First's Community Impact Health Report.

Community Health First is an initiative of Victoria's 24 registered independent community health organisations. The report, which included results from its 2024 Client Sentiment survey, delves into the state of the community health sector while also detailing Victorians' views and experiences of essential community services provided.

When Victorians were asked about what concerns them the

most when it comes to seeking support for current and future healthcare needs the following issues arose the most:

- Time spent waiting for an appointment (49%)
- Availability of service near home (46%)
- Quality of services available (37%)
- Cost of appointments or treatments (37%).

“Our community deserves only the best from us, that’s why BCHS supports the call for more investment.”

The report highlights how community health has implemented and scaled new programs that address many major challenges facing our communities, including escalating rates of chronic disease, social isolation and family violence.

In response to the findings of

the Client Sentiment survey, Community Health First is calling for a 10% funding increase from the Victorian Government. It's a call Mandy wholeheartedly supports.

“Our commitment to reach people who need us the most by building trusting relationships with our community and by responding with agility in times of need, coupled with an investment in upstream health prevention, is clear.

“There is tangible passion about the work we do; the responsibility to do our best to reduce health inequity & improve health and wellbeing through the social determinants of health,” Mandy said.

“Our community deserves only the best from us, that’s why BCHS supports the call for more investment.”

FAMILY DAY CARE'S DYNAMIC DUO

Bendigo Family Day Care (BFDC) is a national finalist in the Excellence in Family Day Care Awards.

The nomination places the dedicated local team in the country's top four for Family Day Care coordination, but in keeping with their ethos of putting families first, they're using the news to encourage more educators to join them.

"The entire team is absolutely thrilled," BFDC coordinator Tamarra Tie says. "Top four in all of Australia is absolutely crazy ... we just need more educators to support families, as we are in dire need to recruit more people willing to run a small profitable business from their home."

BFDC has been recognised for providing outstanding support to educators, and for the wider impact they have on children, families and the community. The service, run by Bendigo Community Health Services, has been doing just that for 44 years.

We are here to do what we can to meet individual needs and not just offer a 'one size fits all' method," Tamarra says.



"It's personal. Each educator and family meld into each other's lives and together ride the highs and lows of family life together, but just like a family, they work through it all together."

Any qualified Early Childhood Educator seeking to start their own home-based business with the support of an outstanding team can contact Tamarra and Bec by sending an email to fdc@bchs.com.au



Child safety commitment

Bendigo Community Health Services values children from all backgrounds. We are dedicated to making our community a safe, nurturing and welcoming place for children to grow and develop. We are committed to making sure ALL children reach their individual potential. We will do this by supporting families to keep children safe, healthy, happy; helping families support children to reach their full potential; and effectively advocating for children and being a champion for quality outcomes in child health and wellbeing. Visit bchs.com.au to read our child safety commitment in full.



Our services at a glance

Did you know we run more than 50 services supporting the community?
Find out more about how we can help you and your family at www.bchs.com.au

ALCOHOL AND OTHER DRUGS

ALCOHOL AND OTHER DRUGS COUNSELLING (ADULT & YOUTH)

Brief and ongoing counselling support, assessment and referrals for individuals and families affected by alcohol and drug use. Youth alcohol and drug counselling provides supportive counselling for young people 16 to 25 years.

ALCOHOL AND OTHER DRUGS CARE AND RECOVERY COORDINATION

Provides support, advocacy and referral for individuals accessing treatment programs.

FAMILY DRUG SUPPORT

Our qualified alcohol & drug counsellor provides support and education to families experiencing challenges related to the use of drugs or alcohol.

MOBILE DRUG SAFETY WORKER

An experienced harm reduction worker is available to individuals anonymously to access NSP services and receive harm reduction education, information and support.

NEEDLE SYRINGE PROGRAM (NSP) OUTREACH TEAM

NSP provides clean injecting equipment, safe sex and health information, harm reduction education, support and referral to health and welfare services.

Phone: 1800 636 514

7.30pm-10.45pm Tuesday – Saturday.

NON-RESIDENTIAL WITHDRAWAL SERVICE (HOME BASED)

Provides non-residential withdrawal treatment and support services in conjunction with your medical practitioner.

RESIDENTIAL WITHDRAWAL SERVICE (NOVA HOUSE)

An adult residential program for people undertaking alcohol and or drug withdrawal for individuals 21 years and over who live in Victoria. An assessment process is required to ensure people are suited for Nova House.

SPECIALIST PHARMACOTHERAPY

Specialist Alcohol and Other Drug practitioners provide Opiate Replacement Therapy. This includes LAIB (Long acting Injectable Buprenorphine), Buprenorphine and Methadone.

PEER SUPPORT WORKER

Our qualified, lived experience worker is there to provide assistance and support to help you navigate your AOD journey.

CHILD AND FAMILY SERVICES

CHILDREN'S HEALTH SERVICES

Providing specialist children's health and allied health services for children, adolescents and their families.

EARLY CHILDHOOD INTERVENTION

Provides group programs for children 2-5 years who have a self or managed NDIS plan.

FAMILY DAY CARE

Provides quality education and care for children up to 12 years of age in the homes of approved educators.

FAMILY SERVICES

Family Services offers an outreach service that assists children and parents to identify goals and respond to their unique needs and concerns.

Family Services takes the time to get to know what the family's strengths and challenges are for children and young people and then works together with parents and carers to make plans to address these needs.

PAEDIATRIC PHYSIOTHERAPY AND PODIATRY

Provides assessment, management and support for children and adolescents.

PHYSIOTHERAPY

Provides assessment, management and support for adolescents and adults who have concerns with mobility and acute/chronic pain

SMALLTALK SUPPORTED PLAYGROUP AND IN HOME SUPPORT

With a qualified facilitator, Smalltalk uses a set of strategies that parents can use to enhance the home learning environment for children from birth to school age. The Smalltalk program is delivered through 5 supported playgroups and can be offered to individual families in their home.

COUNSELLING AND MENTAL HEALTH

CULTURALLY SENSITIVE COUNSELLING

Available to people of refugee background and in a relaxed private space, talk about your worries and start to find ways to cope with them. You will receive acceptance, support and respect in a safe and non-judgmental environment.

COUNSELLING AND MENTAL HEALTH

Short to medium term counselling, holistic assessments, referral adults working towards better health and well-being. Includes depression, anxiety, relationship issues, family difficulties, grief and loss.



**Bendigo
Community
Health
Services**

Bendigo
75 Mitchell St

Bendigo
165 Hargreaves St

Kangaroo Flat
19 Helm St

White Hills
501A Napier St

Elmore
46 Jeffrey St
Tel: 5432 6001
Fax: 5432 6101

EDUCATION & PARTNERSHIPS

HEALTH PROMOTION AND EDUCATION

A range of programs and initiatives that empower individuals to gain the skills, knowledge and confidence needed for better health and wellbeing. We also offer skilled speakers are available to address groups on health and wellbeing issues.

HEALTH JUSTICE PARTNERSHIPS

BCHS clients have access to free and confidential legal advice from a lawyer provided by Loddon Campaspe Community Legal Centre.

WORKPLACE AND EMPLOYMENT HEALTH

Supporting workplaces to assess and develop specific workplace health programs to suit their needs.

STAYING HEALTHY

DIABETES SERVICE

Nurse-led clinic providing information, education & clinical care to people living with diabetes. Referral required. Includes Type 1, Type 2 & other types of diabetes, CGM starts and reviews available.

COMMUNITY DIABETES CLINIC

Short-term doctor-led clinic for people living with Type 2 diabetes requiring medical intervention and management. GP or specialist referral required.

ELMORE SOCIAL SUPPORT GROUP

Offers support to frail, aged or disabled men and women to assist to maintain independence in the Elmore Community.

EXERCISE PHYSIOLOGY

Offers exercise & lifestyle support to assist in the prevention & management of health conditions and injuries.

FALLS AND BALANCE EXERCISE PROGRAM

A group exercise program designed to reduce falls risks in adults, increase strength and improve balance.

MEDICAL PRACTICE

Doctors offering bulk billing general practice services at Mitchell Street.

QUIT SMOKING PROGRAM

Free program to help reduce or quit smoking.

PODIATRY

Provides assessment, management and support for children, adolescents and adults with mobility and function issues, foot care and monitoring of foot health.

STRENGTH TRAINING

Providing an opportunity for older adults to complete a personalised exercise program in a supervised group. We aim to support individuals to improve or maintain strength, balance, mobility and function.

TYPE 2 DIABETES EXERCISE PROGRAM

A group program offering exercise and lifestyle support for people with Type 2 diabetes.

SEXUAL & REPRODUCTIVE HEALTH HUB

Blood borne virus (BBV) and sexually transmissible infection (STI) prevention, testing and treatment, including PrEP and PEP. Contraception education and services. Pregnancy testing, care and termination. Endometriosis and Pelvic Pain clinic. Women's health including managing periods, menopause, and cervical screening tests. Trans and gender diverse sexual health.

MEN'S HEALTH CLINIC

Annual check-ups, health assessments and referral information for men and gender diverse people.

FORMER REFUGEES

HUMANITARIAN SETTLEMENT SERVICES PROGRAM (HSP)

Supports newly arrived humanitarian arrivals of refugee background in Australia with a range of services to address immediate needs and ongoing orientation to their new country.

REFUGEE HEALTH NURSE

Supporting service agencies to better understand and deliver health care to refugees where they live. Contact our central office.

SETTLEMENT ENGAGEMENT TRANSITION SUPPORT SERVICES (SETS)

use intake, assessment, goal plans, referrals and advocacy as cornerstones of practice. Utilising a range of engagement strategies including groups, individual and family settings the service aims to equip people with knowledge and confidence to make informed decisions and goals.

REFUGEE AND CULTURAL DIVERSITY TEAM MIGRANT AND REFUGEE HEALTH

Co-designed culturally specific health information and education opportunities to build health and wellbeing, safe sustainable living and capacity to access services.

YOUTH

HEADSPACE BENDIGO

Supports young people between the ages of 12 and 25 years who are experiencing difficulties. Phone: 5406 1400.

YOUTH COUNSELLING SERVICE

For young people under 25 years, individual sessions and support available. Includes alcohol and drug counselling.

YOUTH HEALTH SERVICES

Provides a youth friendly health service including GP's, nurses and counsellors.

**For appointments or more information
call: 5406 1200**

Fax for all sites: 5441 4200

PO Box 1121, Bendigo Central, Vic 3552



FRIDAY

NOVEMBER 29

4 - 7 PM

GARDEN FOR THE

FUTURE

BOSQUET ST

WHITE HILLS

Together we grow FUN FAIR

Bendigo Community Health Services is celebrating 50 years of care, and everyone's invited to celebrate.

- ✓ Discover our 50+ services
- ✓ Free BBQ & ice cream
- ✓ Food trucks
- ✓ Children's activities
- ✓ Live music & performances



www.bchs.com.au

 **Bendigo Community
Health Services**