

GIFT THE LOVE



Choose a cause and help us make a difference

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You decide the amount and we'll make the most of it. That's our promise as we launch our very first festive appeal: The BCHS Gift of Love.

Until the end of December, the appeal is raising funds for three BCHS projects that make a practical difference to people experiencing hardship in Bendigo.

CEO Mandy Hutchinson said all appeal donations – no matter how big or small – send a beautiful message that Bendigo is a community that cares about each other.

"We see the overwhelming need in our community through the work that we do, and we know many challenges could be quickly overcome if we had the extra funds to meet specific needs," Mandy said.

"That's why we're asking people to do something amazing as we head into the giving season and put some of their gift budgets aside for one of our three great causes."



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'



BCHS' GIFT



Purchase plants and landscaping supplies for a therapeutic garden for those receiving treatment and support for alcohol or drug dependence.



Support children to have what they need in 2026, including school uniforms, quality clothing, sports equipment and toys.

Help us make hard times easier in our community

FROM PAGE 1

The community can make a tax-deductible donation to any one of the above causes. In return, donors will receive a tax receipt, a social media tile to share if they wish, and a certificate to print and keep or gift to a loved one so they know a Gift of Love has been passed on in their name for Christmas.

"Donating as little as \$5 will buy someone experiencing homelessness a cup of coffee," Mandy said.

"A contribution of \$50 will buy some native plants for our therapeutic garden, or \$100 will provide a newly-arrived refugee child with a school uniform to begin their education in Bendigo in 2026.

"Whatever the amount, we will make the most of it to make a difference to the life of someone doing it tough.

**"Simply make your choice,
then make an easy, secure
online donation of any dollar
amount you like to make a
wonderful gift of love."**

**Get social
with us:**



www.bchs.com.au

OF LOVE APPEAL

[Click here to donate today](#)



Meet the immediate day-to-day needs of people experiencing homelessness in Bendigo.



JANE'S ROAD WITH INROADS

Jane* first sought the help of the BCHS InRoads team in September 2024 at the Bendigo Library (pictured above).

With a history of trauma, homelessness and a life-changing diagnosis that left her with chronic anxiety, she made it clear the only help she was willing to accept was non health related.

When our InRoads Community Connector first met Jane it had been 18 months since her last health appointment. Her main needs at the time were regular access to food and hygiene products and safety planning.

Our Community Connector began the fragile task of building trust, letting Jane set the pace to the interactions with her. The aim was always to make sure Jane felt comfortable, heard, validated and safe.

In this environment it was possible to give Jane the basics in life and eventually move towards receiving medical

care again for her complex health needs.

Change has come in its own time, but there is a notable difference for Jane now, thanks to the careful and considered support from her Community Connector.

It's the gentle reminders, the warm cuppa on a cold morning or a nutrient-rich 'up and go' before an appointment that makes all the difference. It's the ability to sit with someone until their nerves are settled enough to walk into the appointment.

For Jane, it's in the calls to the services before an appointment to discuss her situation and find alternative options to sitting in the waiting room.

It's in the way Jane presents herself now, taking the lead in her own health appointments instead of relying on someone else to speak for her. It's knowing she has an advocate she can trust to step in to de-escalate incidents when her

expressions of fear or pain are misinterpreted.

Improving health care access for those at risk of, or experiencing, homelessness is what the InRoads team do. The work is opportunistic, but the impacts are viscerally felt by all says Program Lead Clare Woods.

"Jane is one of many people we are working with," she says. "We are all about meeting people where they're at."

"Community Connector Karl Quast said to me, 'I once offered a gentleman a place to sit and talk. He accepted. When he spoke, there was presence of psychotic phenomena, disordered thinking and delusions. I had no idea what to say so I just listened attentively. After a long while he made the remark: 'I don't even know what I'm talking about but it's nice to have someone sit and listen'."

"I think that sums up just one part of our work beautifully."

***Name has been changed.**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 World Aids Day 	2	3	4	5	6
7	8 Nurse Practitioner Week starts 	9	10	11	12	13 Bendigo Community Farmers Market 
14 Eaglehawk Christmas Carols @ Canterbury Park 	15	16	17	18	19 Last day of term 4 for Victorian schools 	20
21 Rotary Club of Bendigo Christmas Carols @ Rosalind Park 	22	23	24 Christmas Eve 	25 Christmas Day	26 Boxing Day 	27
28	29	30	31 New Year's Eve 			

What's on in December...

BCHS holiday period hours

All sites and services will close from **12pm Wednesday, December 24, 2025**.

Our Central site will be open between December 29 and January 2 for the following services:

- Sexual and reproductive health
- Medical practice services
- Refugee health

All sites will reopen to the public from **Monday, January 5, 2026**.

If you have an emergency call **000** immediately.

For non-emergency medical advice or care we recommend you try:

- Nurse On Call **1300 606 024**, or
- healthdirect GP Helpline **1800 022 222**.

Top tips to support your mental health from our counselling team

- 1. Diet, sleep and exercise:** These are the foundation of good mental health. To recharge your mental wellness battery, eat healthy, get a good night's sleep and get out for a walk.
- 2. Practice gratitude:** Deliberately focus on the good things in your life. Use this prompt to help: I'm grateful for _____ because _____.
Make a list of 5-10 things every day.
- 3. Notice your feelings, and check the facts:** Feelings are not facts. Practice noticing that you are having a feeling, and then practice communicating your needs clearly and with respect.
- 4. Give and receive hugs (consensual of course!):** Physical touch releases feel-good hormones. Cuddle the kids, grandparents, and your pets.
- 5. Sing and dance (with others):** When we move in time with others, we feel a sense of belonging and connection, which is important to all social beings.

YOUTH AGE CHANGES GO LIVE

Young people are being urged to reach out for help if they need it as age restriction changes come to social media platforms.

On Wednesday December 10, young people in Australia aged under 16 lost the ability to keep or create accounts on specific social media platforms including: Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, Twitch, X (formerly Twitter) and YouTube.

headspace Bendigo Centre Manager Lindsay Rose said proactively preparing for the new law by doing things like taking control of their digital imprint could help young people control how the changes affect their mental health.

The youth mental health service has curated a special edition newsletter on the social media age restrictions aimed at young people, families and professionals.

“The newsletter covers the basics from what they are and why they

SPECIAL EDITION



Newsletter



Social media age limits

Who they affect. What they are. When they start. Why they exist.

From December 10, 2025, a new law comes into effect restricting the age of users for many social media platforms. The new law is called the Online Safety Amendment (Social Media Minimum Age) Bill 2024.

It means young Australians under 16 won't be able to keep or create accounts on specific social media platforms. While the list is still evolving, currently the platforms include: Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, Twitch, X (formerly Twitter) and YouTube.

The restrictions have been put in place to minimise the negative impacts social media can have on young people, especially their mental health and wellbeing. The legislation also aims to hold social media companies accountable for ensuring the safety of young people using their platforms.

PLUS:

- **Family / schools:** Talking to young people about the restrictions
- **Young people:** Preparing for the change, and how to stay safe and connected
- **Frequently asked questions,** plus helpful links and resources

exist through to tips for families, schools and young people and frequently asked questions,” Lindsay said.

“We don't have all the answers, but our newsletter is a great resource with tips for a healthy headspace, advice and links to a variety of websites – like headspace and the eSafety Commissioner – to help cut down the noise around these changes.

“If you feel like you're struggling to cope, please reach out and connect with family, or friends, or Elders, or us here at headspace Bendigo.

“You're not alone and your feelings are valid.”

Family and other trusted adults also have a crucial role to play in helping young people navigate the new social media age limits.

Understanding a young person's current usage and then opening a conversation about the impacts the changes will have is key, but can be tricky, Lindsay said.

“Be informed before you start the conversation and then be curious.

“Ask questions, explore how they're feeling and, if they're open to it, brainstorm alternative things to do and ways to connect with their circle.”

[Click here to read the newsletter](#)



Members of headspace Bendigo's Youth Ambassador group at the awards ceremony in November.

In it together

Yo, they won!

headspace Bendigo's Youth Ambassador group has taken out the award for Teamwork and Collaboration at the City of Greater Bendigo's Youth Awards with YO Bendigo.

They have been recognised for their outstanding collaboration and teamwork in the spirit of success. Their dedication to working together has made a significant impact in our community showcasing the power of unity and shared goals.

“We are so proud of our Youth Ambassadors,” said headspace Bendigo's Youth Community Engagement Worker Haylee Kennedy. “Thank you for the work you have completed together and your commitment to making Greater Bendigo a better place for all.”



Enrol for our 2026 smalltalk program

There's nothing small about the talk that happens at our smalltalk Supported Playgroup sessions.

Designed to help parents be their best selves, the basis of this free program is a set of evidence-based strategies that can be used to provide an environment for kids to thrive in.

Run by a qualified facilitator for two-hours a week during school terms, each session focuses on a different parenting strategy to promote learning and development for your little one. Sessions can be in the comfort of your own home or in a group setting.

"Our sessions provide the time, space and resources for families to come along and have quality time together, all while meeting other people and potentially making lifelong friendships," smalltalk program facilitator Tiffany Holschier says.

"There is so much to learn in the supported playgroup - not just for the children but for the parents too," agrees parent and participant Asmaa.

"Anyone who feels lonely, overwhelmed or simply needs someone to listen should come and join one of the groups.

"They are genuinely supportive, welcoming and make a real difference for families like ours."

We have spots available in 2026 for our smalltalk Supported Playgroups. To register your interest simply fill in our [online referral form here](#).

COMMUNITY CALL OUT

Join our Community Advisory Committee



Bring your voice to the planning, design, delivery and review of our community and health services.

Expressions of interest from people within the Greater Bendigo region are now open for our Community Advisory Committee. We are interested in hearing from all ages and backgrounds, including people living with a disability, Aboriginal and Torres Strait Islander peoples, and those with a broad range of lived experience.

An information session will be held at the BCHS Eaglehawk site at 3 Seymoure Street on Wednesday, December 17, 2025 at 5pm.

If you'd like to know more come along to the information session or fill out an [expression of interest form here](#) by January 31, 2026.

Help shape mental health care

BCHS has teamed up with Mind in asking mental health services clients to help inform the future of care.

The Consumer and Carer Feedback Survey will help both services understand what they're doing well, and where they can improve. The results will lead to better, safer and more inclusive services for everyone.

So, if you've received mental health care, or supported someone who has, at BCHS or Mind, please take the [short survey via this link](#), or this QR code.



NURTURING AFTER NATURE'S FURY

As the BCHS Flood Recovery program draws to a close, its dedicated support worker Oscar Malyon reflects on a tremendous three years.

Stepping into my role as a Flood Recovery Support Worker with BCHS, I remember feeling a mixture of nerves, curiosity and determination. The position was brand new, and none of us knew exactly what to expect but we knew the community needed us. We were allocated to provide support in four LGAs affected by the 2022 flood event—Greater Bendigo, Campaspe, Loddon and Mount Alexander.

We hit the ground running, ready to meet with residents and begin what would be a long and emotional recovery journey.

In those early days, our small and cramped office at the old Eaglehawk site became our makeshift control room. We filled the walls with whiteboards covered in phone numbers, contact details and referral pathways. Space was tight, but our focus was clear: build a program that could guide people through some of the most challenging months and



years of their lives. We spent untold hours canvassing, networking, and building relationships with the many stakeholders involved in emergency recovery. These partnerships proved essential as we helped clients rebuild homes, access mental health support, and navigate the complicated process of returning to some sort of stability.

Much of our time was spent on the road, visiting clients in their homes, or back at the office making phone calls. Each person we met had a deeply personal story about their experience of the flood, filled with fear, loss and resilience.

Hearing these accounts was often confronting, but always deeply humbling. By the end of the first year, we had supported over 100 flood affected households. The personal and professional growth we experienced that year was enormous. Together, we shaped a program grounded in compassion, responsiveness, and genuine connection. A program we are proud of.

After a second flood event in 2024, we quickly realised our work was far from over and our household numbers grew close to 150, reflecting both the need in our community and the trust placed in our service.

Though the program is now coming to an end, looking back, I feel incredibly honoured to have supported so many remarkable people through such challenging times. This journey has been intense, emotional and deeply rewarding. It has reminded me of the resilience of our communities and the power of genuine, person-centred support.

I am grateful to be part of a team that shows up, listens, adapts, and remains committed no matter how unpredictable the path becomes. Enjoy the holidays and stay safe everyone.



[Click to read what \(from left\) Sue, CEO Mandy Hutchinson, our first nurse Denise Main and former executive Karen Riley said at our AGM.](#)

Golly Gough!

At the recent BCHS annual general meeting, former CEO Sue Clarke gifted us her personally signed 1975 Gough Whitlam poster.

The Gough Whitlam government was instrumental in the beginning of community health back in Bendigo in 1974.

"It's time," Sue said "To gift this treasure to its rightful place."

Gough signed the goods for Sue when she met the man on the occasion of our 30th anniversary in 2005. She says he had firm, fond memories of granting Eaglehawk the funds to establish one of Australia's first community health services.

The AGM beautifully closed off our 50th anniversary year. Thanks for the poster, Sue. It's going straight to the pool room!

Championing equity

Bendigo Gender Equity Coalition is chasing the goal of an equitable culture in the region. To help advance that message the Coalition held a 16 Days of Activism event in early December to demonstrate the impact gender equity in sport can have in the wider world.

Pictured right, BCHS CEO and Gender Equity Coalition Chair Mandy joined gender equity champions Tricia Currie and Alice Henderson, plus Bendigo City Football Club reps Jess Howard, Ruby Flanagan and Glen Springate to share and reflect on the club's experience of levelling the playing field.

"When gender equity is prioritised, it challenges the inequality and disrespect that drive violence against women, and fosters safer, more inclusive communities free from family violence, gender-based harm, and discrimination," said Mandy. "Together, we're building momentum for real change, through collaboration, shared learning, and collective advocacy."



WE LIKE TO MOVE IT, MOVE IT

Our top five free ways to get moving in the Bendigo region this summer.

Whether you're enjoying some time off this summer, looking for a way to enjoy the warm weather in the early hours or lingering sun after work, there are lots of places you can get moving in the Greater Bendigo region.

This top 5 list features in Health Promotion's physical activity guide which we're excited to say will launch in early 2026.

1 Outdoor fitness equipment

Check out one of the many outdoor fitness stations across the region. You can find them at

- Browning Street, Kangaroo Flat
- Long Gully Splash Park
- Ewing Park Recreation Reserve, Bendigo
- Lake Neangar, Eaglehawk
- Wright Street, Heathcote.

2 Long Gully Splash Park

Grab a picnic and some towels and head down to the Long Gully Splash park to cool off. The park is great for little ones, with a zero-depth splash park and heated water, and accessible to all, with no steps to the play area. The park is checked daily by Belgravia staff.

There are toilets, changing areas,



shaded seating areas, BBQs and picnic tables. The water runs from 9am to 8pm December to March.

- See the [Long Gully Splash Park website](#) for more information.

3 Basketball

Grab some mates and shoot some hoops at a local basketball court. You can find them at:

- Truscott Reserve Playspace, California Gully
- Long Gully Splash Park
- Weeroona College, Epsom
- Janelle Drive Play Space, Maiden Gully
- Bendigo Health Kids Rehabilitation Play Space, Bendigo
- Ewing Park Recreation Reserve, Bendigo
- Londonderry Reserve, Bendigo
- Battunga Park Playspace, Strathfieldsaye
- Ross Park Playspace, Kennington
- Olympic Parade Playspace, Kangaroo Flat
- La Trobe Sports Centra, Flora Hill
- Bluestone Street Playspace, Huntly

4 Walk, run or cycle

Take a shady walk, run or cycle through one of the region's beautiful gardens, parks or reserves.

Try one, or all, of the following

- White Hills Botanic Gardens
- Valley of Liquid Ambers, Heathcote
- Canterbury Park Gardens, Eaglehawk
- Kangaroo Flat Native Botanic Gardens
- Rosalind Park, Bendigo

5 Swim at Lake Eppalock

Cool off with a swim at Lake Eppalock, just a 25-minute drive from Bendigo. Around the lake, you can find designated swimming areas with sandy beach-style entry to the water, making for a fun and accessible activity for all ages. Facilities include electric BBQs, undercover picnic areas, public boat ramps and toilet blocks.

- [Click here for more about Lake Eppalock](#)

HOT TIPS

- Beat the heat and get moving early in the morning or later in the afternoon.
- Don't forget to slip, slop, slap, slide and seek.
- Invite a friend to join you.
- Stay hydrated.

Read the full column at bchs.com.au

LEADING THE WAY FOR WOMEN

BCHS has welcomed the Victorian Department of Health's Bridging the Gender Pain Gap report - released in November - following its inquiry into women's pain.

BCHS encouraged women in Bendigo to share their own stories via the inquiry, having had a long-term front-row seat to the challenges locals have faced to have their pain taken seriously.

The report highlighted medical gender bias and barriers in the healthcare system, which routinely led to denial or dismissal of pain, misdiagnoses, delayed diagnoses, and lack of pain relief and treatment for many women.

BCHS Sexual and Reproductive Health Hub Clinical Lead Doctor Karishma Kaur said the report confirmed what they already knew.

"The report shows that there is a huge amount of medical misogyny," Dr Kaur said. "For years we've been hearing the stories ourselves."

Dr Kaur said she was pleased to see the report included practical



Nurse Mary-Anne and Dr Karishma Kaur have welcome the report's recommendations.

recommendations to improve models of care and service delivery for Victorian girls and women experiencing pain.

She said BCHS had already adopted some recommendations, such as use of the pain relief Pentrox during Intrauterine Device insertions; a procedure women opt for to use long-acting reversible contraceptives, to ease painful, heavy periods or

conditions such as endometriosis.

"It was great to see the inquiry lead to Premier Jacinta Allan announce that Pentrox — or the green whistle — would be offered at Sexual and Reproductive Health Hubs that offer IUDs," Dr Kaur said. "We've been offering Pentrox for a year already as part of our commitment to taking women's pain seriously, with wonderful results for our clients."

Festive fun & dinosaur delights for FDC families



Bendigo Family Day Care celebrated a big year of love and learning with many of our littlest clients this month.

Children, educators, parents, grandparents and carers gathered at the [Discovery Centre Bendigo](#) for fun, exploration and a surprise visit from Santa. Pictured here with the big guy are our superstar BFDC coordinators Bec and Tam - who were full of thanks for the year that was.

If you're a qualified early childhood educator seeking a new opportunity in 2026 - contact us. Our dedicated duo can support you to operate a home-based business doing what you love.

Call 5406 1382, email fdc@bchs.com.au or [fill out an online EOI](#).

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 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.



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 Eaglehawk.

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.

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

**Fax for all sites: 5441 4200
PO Box 1121, Bendigo Central, Vic 3552**

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 GPs, nurses and counsellors.



**To our wonderful
community,**

**Merry
Christmas**

**May your festive season
and new year be
happy and safe.**

