

NEW AGED CARE

Dave and
Gabrielle.

Read the
full story at
bchs.com.au

BCHS takes counselling into residential homes

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For BCBS' Gabrielle Canfield there's one thing that doesn't age: the need for help.

The mental health clinician has spread her focus across a number of different teams in her time at the service, but right now she's working with the generalist counselling team on a project she holds dear – delivering counselling services in residential aged care facilities.

"It's one of my loves, working in the older persons care side of things," she says. "I'm proud to help deliver this initiative, especially given the research into older person emotional and psychological health around the prevalence of anxiety, depression, grief and loss as they transition to the next stage of their life."

BCBS' generalist counselling team secured funding from the Murray Primary Health Network (PHN) earlier this year to provide Psychological Therapy Services (PTS) to residents at Benetas Kangaroo Flat and Golden Oaks, Golden Square.



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'



Peaceful purpose

Last month, in the quiet of the early evening at Rosalind Park, we lit candles in a symbol of our shared hope for peace. Along with partners Bendigo Interfaith Council and City of Greater Bendigo, we acknowledge the deep suffering being experienced in many countries around the world at the moment and hold space in our hearts for those in our community who are personally impacted and affected.

"Bendigo is a place shaped by many cultures, stories and traditions and we stand together tonight as a community of care, respect and peace," said BCHS CEO Mandy Hutchinson. "If you are struggling, please know that you are not alone. There is always someone to reach out to either through our services at BCHS or many of the other wonderful services here in Bendigo."

Taking the time to talk it out

FROM PAGE 1

About a month ago, Gabrielle and colleague Anthony Thomas began group and one-to-one counselling services. It's been incredibly beneficial by providing a process of reablement for participants as they move into a different living environment, says Gabrielle who specialises in Reminiscent Therapy.

"Reminiscent therapy is impactful," she says. "It fires up the neurological synapses in a person the more they talk about the past. Going back through the memory like this keeps a person's memory operating while also growing social capacity, especially if it's done in a group setting as everyone gets to know a bit about each other."

The mental health needs of older people are increasing. Recent studies have shown that two of the biggest mental health struggles older people face when moving into assisted care are loneliness and depression. The service is also currently provided in other facilities in the Bendigo region by St John of God and the hope is for PTS to be permanently funded, but for now that remains up in the air.

"There's a service here that is required," Gabrielle says. "Mental health is important no matter your age."

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KEVIN'S CALL TO ACTION

 **BCHS**
NEW PODCAST



with KEVIN PITTMAN

The latest episode of the BCHS podcast is out and asks some big questions about the future of health and social services, with researcher and commentator Kevin Pittman.

“Any age group we look at, we find that people are less healthy than those of the same age in the previous generation. So, baby boomers, for example, are substantially less healthy at 80 than their parents were,” he says.

Kevin is the former BCHS Company and Board Secretary and exposes just some of the challenge we'll need to overcome in just the next 10 years.

“When we think about disability care, aged care, childcare, all of those human services, the three big challenges we all face are going to be increasing demand, static or reducing or dwindling government funding, and increasing shortages of staff,” Kevin says.

The half-hour podcast episode unpicks these challenges and demonstrates how each inflates the other. Kevin says a whole-of-society approach will be needed to address them, including increased government funding, skilled immigration and personal responsibility for our health. “There are no simple, straightforward answers, but thinking about them means that people may come up with ideas,” he says.

For this, and our previous, episodes search for the Bendigo Community Health Services podcast on Spotify and Apple Podcasts, [or listen in here](#).



Mental note to self: prioritise you!

October is Mental Health Month and our Health Promotion team is ready for a big month of sharing the '5 Ways to Wellbeing'.

This beautifully simple checklist introduces ways to improve your psychological and emotional health, based on extensive international research.

A healthy mind is just as important as a healthy body for your overall wellbeing. Like physical fitness, you can strengthen your psychological health in lots of small day-to-day ways. The 5 Ways to Wellbeing can lead to improved mental health. They are:

- **Take notice:** Of your thoughts and feelings, use your five senses to become mindful of what's around you.
- **Keep learning:** Set yourself a new challenge. Learn something new or rediscover an interest.
- **Give:** Helping others can boost happiness and life satisfaction. Anything from giving a smile to volunteering.
- **Connect:** With those around you. Socialising with people and developing strong relationships contributes to good health and wellbeing.
- **Be active:** Start simple, find physical activities you enjoy. Being active keeps your body and your mind working well.

Check the back of this newsletter for our mental health month calendar featuring a host of ideas to support yourself this October.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Mental Health Month starts	2	3	4
5	6	7 Elmore Field Days starts	8	9 headspace Day 	10 World Homeless Day 	11 Bendigo Community Farmers Market 
12 	13 National Nutrition Week starts Podiatry Week starts	14	15	16 Global Peer Support Day 	17 	18 Fun Loong Fun Day - Hargreaves Mall 
19	20 Children's Week event: Mr Ants Show @ Bendigo Library 10.30am	21	22 Eaglehawk Explorers walking group 	23	24	25 Bendigo Agricultural Show 
26 The Bloomin' Good Market - Rosalind Park 10am 	27 White Hills Wanderers walking group 	28	29 Bendigo Cup 	30	31	

What's on in October...

Volunteer call out: Can you help?

Our Settlement Services team do some truly amazing work, supporting refugees as they arrive in Bendigo.

We're set to welcome more than 80 people to find peace and safety in Bendigo in the next few months. It's an incredibly busy time.

Do you understand the rental market? Have you been a tenant before? Can you be an advocate? Settlement Services is searching for a volunteer who can support the team with different aspects of housing.

You may be applying for private rentals, filling in documents, taking a family to an inspection, and maybe even helping to fill out a condition report.



So, if you're good with admin, have a driver's license, and wish to gain a unique experience within a passionate, loveable team - contact us!

If you'd like to assist in their journey, contact the team's Senior Leader Martine Street for details on 5406 1200 or martinestreet@bchs.com.au

EAGLEHAWK'S GRAND AFFAIR

Last month's official Eaglehawk site opening felt like a reunion as well as a celebration of something new, with many past staff – even an OG from 51 years ago – joining us to mark a milestone for community health in this city.

"This new facility sends a strong message to the community that your health matters," said Dr Jas, one of the BCHS GPs to serve the community of Eaglehawk.

The event was about welcoming the community in and through the doors of their community health service.

Eaglehawk legend Brian Bourke was in the crowd; he's enjoying the new-look onsite gym. "It's terrific," he declared. "The staff are very good, and they even let me though the door here on this machine." Brian said it was "so good" to see this investment in his community.

Fellow local Lyn Parker was also there, representing her late husband Bill, who spoke at the first 1976 site opening. Bill was on the committee to campaign for community health in the 1970s, and later served as chair.

Architect Dr Darragh O'Brien said extensive research and consultation with staff and community informed the building design, for good reason.

"Public architecture has been found to contribute to a sense of dignity, and belonging in a community, with measurable positive impacts on health and wellbeing," Darragh said. "It is hoped this rejuvenated facility will do the same for Eaglehawk."

BCHS CEO Mandy Hutchinson said the site was more than a building. "Our hope is that the people of Eaglehawk see this as their place – a space that belongs to the community, designed with pride, and built for the future."

Premier Jacinta Allan Member for Bendigo East, Member for Bendigo West Maree Edwards and Federal Member for Bendigo Lisa Chesters also took part in the day.



From top: Premier Jacinta Allan with BCHS Board Member Michael Carney; Dja Dja Wurrung Elder Jason Kerr; Mandy with past and present BCHS staff; the Eaglehawk Brass Band play us in; and Eaglehawk local Brian is already getting use of the onsite gym.

"The Eaglehawk site is the beating heart of community health, not just in Bendigo, but Australia," the Premier said, acknowledging the then-Eaglehawk and Long Gully Community Health Centre was the second centre to open nationally, in 1974.

Jacinta, who officially opened the site alongside BCHS Board Director Michael Carney, spoke of standing in the same spot Gough Whitlam stood to open this site in 1976 and of her long association with BCHS starting 30 years ago.

"We've got a great history here and it's endured," she said.

"BCHS has been a cornerstone of our community since 1974 and we're backing them to continue delivering high-quality care for generations to come.

"This massive refurbishment is making sure more residents can access the care they need in modern, state-of-the-art facilities."

Thank you to Dja Dja Wurrung Elder Uncle Jason Kerr for the beautiful smoking ceremony, the Eaglehawk Brass Band, singer/songwriter Nay Ye Thwey, the Rotary Club barbecuers, our partners, guests, staff and clients. We had a day to remember!



Job vacancies

headspace Mental Health Clinician (Access & Response)

- Fixed Term Position, 45.6 hours per fortnight (0.6 FTE)
- Applications close Monday, October 20 at 10pm

This role sits within headspace Bendigo's multidisciplinary Access & Response team. Its key function is to be the first clinical intervention point for young people seeking access to mental health supports. The Access & Response team works closely with the Therapeutic Team.

headspace seeks to support the health and wellbeing of young people through direct therapeutic care and support. The service also leads coordinated care and referral pathways internally to other headspace programs and across the wider BCHS program profile.

To successfully apply you will need:

- Tertiary qualification with current relevant registration (for example, AHPRA, AASW).
- Demonstrated ability to complete psychosocial assessments, risk assessments and AOD screening, care planning, case coordination and management of young people aged 12-25 years.
- Ability to participate in clinical, operational and group supervision.
- Demonstrated ability to work as part of a multidisciplinary team.
- Current Working with Children check, current Driver's License and willingness to obtain a National Police check.

For more information visit the Careers page on bchs.com.au.

SERVICE SPOTLIGHT

Peer Support

As an organisation with more than 50+ services, we'd really like to highlight the wonderful and hardworking people who work at Bendigo Community Health Services and what we can do for you, so welcome to Service Spotlight. If you see anything featured in here that you'd like more information about, please email bchs@bchs.com.au.

BCHS' peer support and lived experience workforce is an important part of how a number of teams within our organisation deliver their services. Here, find out how you can access a dedicated peer support worker in the AOD space.

Name of the service.

Peer Support - for People Experiencing or Recovering from Drug and Alcohol Issues.

What does the program aim to achieve?

The Peer Support program provides guidance, practical support and encouragement for people experiencing or recovering from drug and alcohol issues. We focus on relapse prevention, developing coping strategies, and helping participants build resilience and confidence in their recovery journey. The program also runs structured groups such as Skills for Life and Relapse Prevention at Nova House and provides support to people on the waitlist while they await allocation to a clinician.

Who can access the service and how?

Anyone can access peer support. This includes people currently using substances, those who no longer use but feel at risk of relapse, and individuals who have completed treatment and would like ongoing support. Peer support can be accessed by contacting our service directly on (03) 5406 1200.

What would you like the community to know about the service? Peer support is a safe, non-judgmental space where people can connect with others who have lived experience of substance use and recovery. Lived experience workers understand the challenges of addiction and recovery firsthand, which allows them to provide the type of support that's needed.

Other things to know...

Peer support is about connection, understanding, and empowerment. By sharing lived experiences, Lived experience workers help reduce feelings of isolation, normalize the recovery process, and inspire hope that long-term recovery is possible.

THE POWER IN PEER SUPPORT

Ahead of Global Peer Support Day on October 16, two BCHS peer support workers offer insight to their unique roles.

“Peer support work is so powerful,” says Bendigo Community Health Services (BCHS) Peer Support Worker Angela Thomas. “It’s not about telling someone what to do, it’s about walking alongside someone who truly understands.”

Angela is one of three dedicated peer support workers at BCHS. The health service utilises this often-unseen workforce across its Mental Health, Alcohol & Other Drug (AOD) and Loddon Children’s Health & Wellbeing Local services.

“I know firsthand how isolating it can feel when you’re struggling with alcohol and other drugs, mental health or simply life’s challenges,” Angela says.

“Peer support is built on shared experience... it helps people feel less alone, builds confidence and encourages people to access other supports – whether that’s detox, counselling, housing, or just finding community again.”

Fellow peer support worker and Family Engagement Lead Caity Woods agrees.



Above left: Jo and Angela speak to BCHS Communications Officer Lauren for a podcast episode titled Embedding Lived Experience into BCHS. [Listen to it here.](#)

“I utilise my real-life experiences as a parent of a disabled and neuro-diverse child to help parents feel less isolated while they are going through the diagnosis process,” she tells. “Having a non-judgemental, non-clinical lens can make a huge difference in client experience.”

Lived experience is an essential and critical part of a peer support worker role. It can create lasting change, says Senior Leader of Insights and Analytics Jo Rasmussen.

“Peer support workers can be a role model for recovery,” they say.

Embedding workers like Angela and Caity within the services they deliver is emerging as best-practice for organisations around the globe. It’s a move all three welcome.

“For me, peer support isn’t just about sharing my story,” Angela says. “It’s about using my experience to inspire hope, offer practical strategies, and remind people they are not alone. Recovery is possible, and connection is the key that helps unlock it.”

Global Peer Support Day is on October 16. For more information visit peersupportworks.org.

Taking children’s safety seriously

October 18 – 26 is Children’s Week, and BCHS is once again marking the time with a focus on child safety.

The service is committed to meeting to the national Child Safe Standards. The 11 standards require organisations involving children to have policies, procedures and practices to keep them safe. Adhering to the standards ensures BCHS takes deliberate steps to safeguard children from abuse and neglect. It means the service puts children’s safety and wellbeing first.

This is the second year BCHS has run its Child Safe Standards Blitz in which it promotes the standards to all staff, and the ways in which everyone is responsible for meeting them.



Exemplary examples of care are shared, as well as resources and information on keeping children safe. BCHS will also launch a kid’s activity book, which promotes children’s rights and engages them with some fun, happy and healthy pencil-and-paper activities. Look out for copies in the waiting rooms after October 21.

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.

Expo a great body of work

To mark World Sexual Health Day on September 4 BCHS held the second Love Your Body Expo.

Staff and students from Kalianna School attended the expo and a whopping 62 per cent of students gave feedback that they've left the Expo with an increased confidence in managing their sexual health and wellbeing.

The day consisted of informative presentations from BCHS' own sexual health nurse Sybilla; a short and sweet 'Yeah, Nah Consent' session with Brit from YacVIC; Breaking down LGBTIQ+ and Diversity with Maree; and 7 Tips to

Healthy Headspace with Haylee and Molly from headspace Bendigo.

Throughout the day, students browsed stalls and activities from several organisations including ARC Justice, Anglicare Bendigo, WHLM, CERSH and YacVIC. Interactive activities included condom demonstrations, reproductive system labelling, badge making and even penis and vulva origami.

A huge thank you to everyone involved. With students rating this year's Love Your Body Expo 3.7 out of 5 stars, we hope to see it back bigger and better than ever in years to come!



FINDING ORDER WITH FOOD

The fraught relationship between behaviour and food, and how you can support your young person.

In any given year, around 4 per cent of Australians are living with an eating disorder, and almost one-third of these are young people aged 10-19. Eating disorders are often undetected, can take years to be formally diagnosed and as high as 3 in 4 people who meet criteria for an eating disorder do not seek professional help.

A vast proportion of the population is also engaging in disordered eating behaviours and practices that don't meet the threshold for an eating disorder. Disordered eating is a larger and more complex issue, with many behaviours minimised or even normalised (think skipping meals, avoiding food groups, and fasting for long waking periods with the intention of weight loss or maintenance).

Young people and disordered eating in Australia

- ABS data shows that in 2023, 18-19 year olds are eating 774kj less than they were in 2011-2012
- Only 50 per cent of young people surveyed ate breakfast every day, and almost 3 in 10 often or always skipping breakfast.
- Over 1 in 3 adolescents are engaging in disordered eating behaviours in any given year.



Major factors for young people and eating disorders

Dieting is one of the strongest precursors for developing an eating disorder. Obsession and restriction around food are all concerning behaviours and can worryingly be masked as "clean eating and lifestyle choices." Early onset and frequency of dieting is also associated with poorer physical and mental health.

Body image is another major driver for young people to engage in dieting or disordered eating, with 80 per cent of young women reporting they fear "getting fat".

Other risk factors for eating disorders can include:

- Physical health conditions that require dietary modification (such as coeliac disease, Crohn's disease and diabetes)
- Mental health conditions like depression, anxiety (in particular social anxiety and obsessive-compulsive disorder).
- Neurodiversity (such as ADHD and ASD).

Lead the way for young people

Setting the example is the best way to promote healthy eating behaviours and body image. Here's how:

- **Focus on food function:** So, when discussing food intake talk to how different foods provide different nutrients and how it can fuel the body (for example, improving focus, energy levels and stamina). Avoid linking food choices with weight gain or loss.
- **Be neutral about body image:** While being positive about your young person's appearance is not a bad thing it places importance on how they look. This can make natural body changes and transitions more difficult when they happen. Similarly to above, focus on performance, function and strength when discussing people's bodies.
- **Practice what you preach:** If you are skipping meals, not prioritising your intake and talking negatively about your body it creates a confusing narrative and normalises these behaviours to anyone listening.
- **Promote regular, intuitive and mindful eating:** Eating a meal or snack every 3-4 hours you're awake is recommended, so try limiting distractions and sitting down together to eat.

If you need it, support is available via eheadsace 7 days a week from 3pm-10pm (AEDT) or call 1800 650 890.

Read the full column online here

RHIANNON MAKES INROADS

People sleeping rough have the lowest life expectancy of any demographic in this country with life expectancy 30 years less than the general population. A contributing factor to this statistic is inaccessible health services. These factors are the driving force behind the Bendigo Community Health Services' InRoads program.

Rhiannon Engi, an InRoads Community Connector, supports people at risk of or experiencing homelessness by helping to link them with health and other services. She's spent the past eight months seeing just how immense a challenge it is for the individuals she supports to access healthcare; to even step foot inside a GP clinic.

"I've witnessed the stigma and bias directed at people even while I was present to advocate for them," she says. "It's given me a glimpse of what they endure alone every day and helped me understand why accessing healthcare can feel overwhelming."

Between Rhiannon and Karl Quast, BCHS has two InRoads Community Connectors on the streets of Bendigo each weekday. They walk alongside the city's most vulnerable, offering care, time and practical support.

They're connected with 65 people experiencing homelessness in the CBD at the moment. Rhiannon says no two days are the same for anyone involved.

"But I can guarantee if anyone makes a comment about how quiet it is, shit will hit the fan, and you can forget about any lunch break," she says. "Some days are full of appointments, phone calls, and advocacy. Others are about crisis support or simply sitting for hours listening to someone and their current struggles ... the work is shaped by people's lives."

Rhiannon says building a bridge



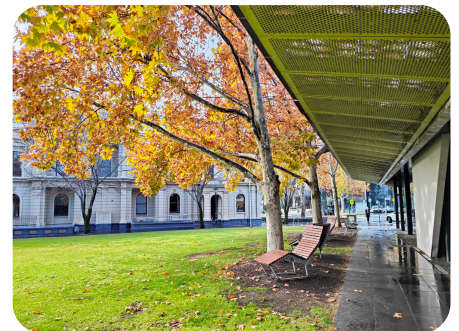
Above: Rhiannon says while the job is tough it is rewarding. Below: The Bendigo Library gardens is where Rhiannon and Karl can often be found helping people.

between her clients and the much-needed service access is highly complex and can involve barriers including having no Medicare card or ID, unpredictable transport, no phone credit, or nowhere to keep medication.

"My role is to be real and honest. To acknowledge the truths of both sides. And to find ways to encourage connection."

Rhiannon has long been a champion of the underdog. Before joining the InRoads programs, she was a Home Care Package care manager, working with elderly clients to keep them in their own homes. It's perhaps this ethos that has led the individuals Rhiannon supports to embrace her presence in their lives.

"Far from the stereotypes, I've been cared for and looked after by the people I'm supporting," she says. "That mutual respect and humanity is what makes this work so meaningful."



Results of the team's dedication are showing, Rhiannon says. It's in the news that one man sleeping rough long-term, who had lost access to medication, found a GP after being advocated for. Now, six months on, he says he's doing much better, is receiving his medication and is housed.

Rhiannon hopes more advocacy moments will end like this to change that dire life expectancy stat. "Reaching the clinic, or even making it partway through an appointment, represents growth, persistence, and courage," she says. "And that's something to celebrate."

We are pleased to share the story of Rhiannon's work ahead of World Homeless Day on October 10, in the hope it contributes to breaking down barriers to care and understanding.

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.



October 2025

5 Ways to Wellbeing Action Calendar

Scan the QR code
for our 5 Ways to
Wellbeing Guide
Book



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 <u>Learn about the Frogs of Bendigo</u> 10-12pm @ Riley St Natural Reserve	6 <u>5 Ways Mental Health Talk @ Marong House</u> 2 - 3pm		1 Write down your mental health goal for this month	2 Put out your neighbours bins for them	3 <u>Try mindful colouring.</u>	4 <u>Heathcote Food & Wine Festival</u> 11am - 5pm
12 Shout a cuppa for your friend or work colleague!	13 Check in with a friend or family member.	7 Share a joke with someone	8 <u>FREE Tai Chi @ Hargreaves Mall</u> 10 - 10:45am	9 <u>Headspace Day.</u> See their self-guided activities!	10 <u>World Mental Health Day</u>	11 <u>Bendigo Community Farmers Market</u> 9am - 12:30pm
19 <u>Do today's Wordle on the NY Times</u>	20 <u>Check out a wellbeing podcast via ABC Listen!</u>	14 <u>Explore one of Bendigo's walking or cycling tracks.</u>	15 Write a kind note to yourself and put it on your fridge!	16 <u>Music in the Mall - Lunchtime Jams</u> 12 - 2pm	17 Donate Blood! Book an appointment <u>here</u>	18 <u>FREE Funloong Fun Day @ Hargreaves Mall</u> 11am - 2pm
26 <u>Bloomin Good Market</u> 10am - 2pm	27 <u>Visit the Bendigo Chinese Museum.</u>	21 <u>Read up on the 5 Ways to Wellbeing!</u>	22 Allow someone to go ahead of you in the queue.	23 <u>Attend an event at a Goldfields Library!</u>	24 <u>Try out Smiling Minds meditation app!</u>	25 <u>Head to the Bendigo Agricultural Show!</u>
		28 <u>Start your day with a 5-minute stretch from Get Active Victoria!</u>	29 Start your day with a cuppa in the sun	30 <u>Bike or walk to work today (from home or park further away!)</u>	31 <u>Need dinner inspo? Check out No Money No Time!</u>	Developed by the BCHS Health Promotion Team

Victorian Seniors Week

How have you been doing the 5?

Share your photos & tag us on:

Facebook @ Bendigo Community Health Services

Instagram @ BendigoCommunityHealth

