

LIFE-SAVING



Lisa Walklate holds a box of the overdose reversal medication.

BCHS a site for Naloxone dispensing machine trial

IN THIS ISSUE:

- Former refugees find a place to call home
- Norma's 20-year class achievement
- Vape education video series launched
- Alana's home away from home for little learners
- Health Matters column - Why PCOS is now PMOS
- Women give green whistle the green light for pain relief
- Our services, plus more.

In what's being described as a life-saving move, Bendigo Community Health Services (BCHS) Central site will be one of 10 locations included in the Victorian Government's bid to reduce preventable drug deaths.

Announced at the start of the month by State Minister for Mental Health Ingrid Stitt, a vending machine will soon be installed for the community to anonymously access the overdose reversal medication in nasal spray form. The machine will be free to use and accessible 24/7. Each Naloxone box dispensed from the machine will contain two doses as well as instructions for use.

Deputy Operations Manager Alcohol and Drugs (AOD) Services Lisa Walklate said BCBS' inclusion in the trial isn't an indication that anything is wrong in Bendigo, rather it's an opportunity to provide stigma free access to a life-saving medication.



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.

Naloxone machine trial to help prevent deaths

FROM PAGE 1

“Having the ability to discreetly access Naloxone through a vending machine will empower anyone in the community to have this overdose reversal tool easily in their possession,” she said.

“For years now we have been advocating for anyone who uses opioids and opioid-based medication, and their families and friends, to have it on hand for emergencies.

“It’s a practical and proven way to reduce the harms associated with drug use as it really can mean the difference between life and death, especially as there’s no quality control in ‘recreational’ drug manufacturing.

“This trial is a good thing for Bendigo. It’s good for Victoria and it will save lives.”

Naloxone temporarily reverses the effects of an overdose by helping a person breathe again. It works on heroin, potent synthetic opioids and prescription opioids like fentanyl and morphine. It’s safe, non-addictive, non-intoxicating, has no side effects and if another dose is needed before help arrives, it can be administered.

BCHS’ AOD Outreach Coordinator Peta Brady provides training for organisations and individuals on how to administer Naloxone. She also coordinates our Needle and Syringe service to the community, ensuring people using intravenous drugs are doing so safely.

Peta said the trial will help Naloxone reach further into the community, meaning more fatal overdoses will be prevented.

“We need to be looking out for each other, and this is one way to do it,” she said.

“My hope is that through this dispensing machine trial Naloxone will be accessed by those we don’t see on Outreach and who don’t present to our health services.



BCHS is proud of:



Quality
Improvement
Council
‘Yes ... we are
a QIC accredited
organisation’



**Get social
with us:**



www.bchs.com.au



Click here to
read the full
story at
bchs.com.au

Graduates from the latest round of our Essential Life Skills program with BCHS and Bendigo TAFE staff.

A place to call home

It's been one year and one month since Lay Eh Htoo Paw (pictured right) arrived in Australia.

She's had much to learn but that hasn't deterred her, with the former refugee recently graduating from BCHS' Essential Life Skills program.

"Taking this course has been like receiving a lifesaver," she says.

"Before, I knew very little about this country. I felt like a child who did not understand much. Now, this course has given me confidence, and I have grown into someone who can share knowledge with others and support my ideas with strong evidence."

Lay Eh was one of more than 30 Karen people of refugee background who took part in the most recent round of our orientation program, attending weekly classes on housing, taxation, Australian law, social support, English, education, employment, training and so much more.

Run by BCHS's bilingual Settlement Services team, in partnership with Bendigo TAFE, the program is an important pathway for new arrivals.



"What I value most here is the community... People around me welcome and encourage me from all sides."

Lay Eh Htoo Paw

"We find the groups that join us for our program are so committed to learning because they want the best start possible on their new journey," says BCHS Settlement Services worker Nay Chee Aung.

"It's hard to absorb all of the new information that comes with starting a new life and we are so happy to run the program and walk beside them for as long as we can, supporting them to learn the skills they need to move forward as members of our community."

For three years Lay Eh worked in education as she waited in a Thai refugee camp for the opportunity to start over in Australia. She says learning is something she will

always value because of the opportunities it can provide.

"When I reflect on my life journey, I feel very happy to be here," she says.

"I have come from a place where I had no clear goals for my future, to a place where I now have the freedom to take many opportunities. My goals are not completely clear yet but as long as I keep trying I believe I will reach them.

"I see everything as an experience, steps on a ladder that will lead me to success. I will keep learning. No matter what, this is my present and my future."

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 	3 The Push-Up Challenge starts	4	5 WORLD Environment DAY	6
7	8 White Hills Wanderers walking group 	9	10	11	12 	13 A Parade of Quilts exhibition - Prince of Wales Showgrounds
14 Refugee Week starts 	15 Men's Health Week starts 	16	17	18	19 	20 Bendigo Braves v Melbourne Tigers - Red Energy Arena
21  Winter solstice	22	23	24 Eaglehawk Explorers walking group 	25	26 Electric Wonderland @ Rosalind Park	27
28	29 School holidays start 	30				

What's on in June...

Norma's 20-year achievement

She came for the classes but stayed for the camaraderie and now, all of a sudden, it's been 20 years since Norma became our exercise physiology client.

"Joel picks up on everything! He won't let us get away with anything if we're doing it wrong," Norma (pictured right with Joel) told us, as our ever-popular exercise physiologist laughed without denying it.

"You can see how our groups provide a great social aspect along with the physical benefits," Joel added. "But seriously, some clients only stay for our 10-session pass while others might attend for 10 years. Then there's Norma. We all think it's amazing that Norma has attended for 20 years."

"As long as I'm here and fit enough to drive I'll be coming to the classes," she said as she picked up her weights to begin her session.

We love to hear it, see you at the next class Norma!



VIDEO SERIES LAUNCHED

Lived experience vaping education resources available now



BCHS has joined forces with the City of Greater Bendigo (CoGB) and launched a series of videos to support parents, carers and educators to help young people navigate issues around vaping.

Escape the Vape features four short videos and aims to increase awareness of the harms of vaping, build young people's capacity to reject vaping, upskill local health professionals and provide education support to parents and schools.

"The videos feature parents with lived experience and local health professionals and provide information on the health effects and harms of vaping, how to talk to a young person about vaping and intervention and support strategies," said Council Community Partnerships Manager Amy Holmes.

"It can be very hard for parents and carers of young people aged 10 to 18 to navigate the topic of vaping with young people and the aim of the videos is to provide tools to help them do this. We also recognise that parents lead incredibly busy lives, so each video has been designed to be short, just a few minutes long and easy to watch."

For the BCBS Health Promotion team the videos sit alongside the Prevention of Vaping program, which they deliver in local schools to grade 5 and 6 students. The session delivers essential information on the risks and harms of vaping, with the goal to give kids the knowledge and confidence to say no to vaping.

"Primary school is a vital time when kids are curious and starting to be influenced by the things that they see and by people around them," said Senior Health Promotion Officer Steph Paddon.

"Parents need support too though," added Senior Leader Integrated Health Promotion Natalia Smith.

"We're excited to support this video resource especially given parents are at the forefront of efforts to encourage young people not just to quit but to not even pick up a vape in the first place," she said.

"This video series is a real asset to parents and educators and will provide them with further support on how to encourage young people to make positive and healthy choices."

Escape the Vape videos

Signs a young person may be vaping

How to talk to a young person about vaping

Understanding the health effects of vaping

Intervention and support strategies

Scan the QR code to see the videos online



Prevention of Vaping upcoming school sessions

Term 3
Holy Rosary Heathcote
Victory Christian College
(Strathdale campus)

Term 4
Big Hill Primary School
Eaglehawk Primary
Huntly Primary

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.



Job vacancies

Welfare Worker - Nova House

- Ongoing Position - 45.6 hours per fortnight (0.6 FTE).
- Applications close Monday, June 22 at 10pm

Join our compassionate team and support people through their most challenging times at our residential detox unit Nova House.

What you'll do:

- Provide comprehensive care including assessment, care planning and discharge support.
- Help maintain a clean and therapeutic living environment.
- Run lifestyle programs, therapeutic group and educational sessions.
- Work alongside nurses, counsellors and other health professionals.
- Deliver culturally responsive, person-centered care that respects each individual's story.

To successfully apply you will need:

- A Certificate, Diploma or Degree in Welfare, Community Development, Youth Work, Social Work, Counselling or other health science related field, which meets the registration requirements of the specific discipline in Victoria.
- A commitment to attaining the AOD minimum core competencies (if not already achieved) under your own undertaking within the first year of employment.
- Current employee Working with Children, First Aid and CPR checks and Driver's Licence.

Plus a number of other criteria.

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

SERVICE SPOTLIGHT

Parent Program

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.

Our Parent Group Program is run by Annette Clemments at the Loddon Children's Health and Wellbeing Local - for which BCHS is the lead agency. It offers parents and carers of children aged 0-11 support in a safe space with others experiencing challenges.



Who can access the program and how?

Sessions are open to families with children aged 0-11 who live in the City of Greater Bendigo, Campaspe Shire, Central Goldfields Shire, Loddon Shire, Macedon Ranges Shire and Mount Alexander Shire.

What would you like the community to know about the program? Various sessions are available including parent group information sessions, longer parenting programs, one-to-one sessions and school holiday parent and child sessions. All programs are run by Social Worker Annette Clemments and mental health staff are on hand to provide extra support if needed.

Other things to know...

Term 2 is almost finished and the Parent Program has school holiday sessions to support parents and their children. Groups are small (5 children with 1 parent), run for an hour and are fun, educational and interactive.

Tuesday, June 30

Time & Topic: 10.30am, Worry (4-6 year olds)

Time & Topic: 1.30pm, Social skills (7-11 year olds)

Location: Loddon Children's Health & Wellbeing Local, 19 Helm Street, Kangaroo Flat.

Thursday, July 9

Topic: Managing feelings

Time: 10.30am, 4-6 year olds
1.30pm, (7-11 year olds)

Location: Loddon Children's Health & Wellbeing Local, 19 Helm Street, Kangaroo Flat.

ALANA'S HOME AWAY FROM HOME FOR LITTLE LEARNERS

Alana McCallum's days are filled with the sound of children's laughter, and she wouldn't have it any other way.

The early childhood educator made the switch from a long daycare setting to Bendigo Family Day Care (BFDC) a year ago and hasn't looked back.

"[Having] freedom, work and family life balance, having my kids home during the school holidays, the ability to go to their school events and miss out less, the list goes on," she says of her favourite things about being a BFDC educator. "As a mum these things are so important to me.

"But, as an educator, now I get to actually be with the kids properly, encouraging their learning and developments.

"Our days together are busy too! We love being outside, sandpit digging and running races are happening always! We love dance parties inside too. We are also really into cafes now, so we are constantly making cups of tea and cookies.

"We also love heading out and about when we can, visiting different places around Bendigo – different parks, Parky's and the Discovery Centre are our favourites. Then, after lunch we rest and have quiet time."

It was the "vibe" of the Family Day Care setting that enticed Alana to reach out to BFDC after 15 years working in mainstream daycares.

"It's a more intimate setting," she explains. "It's less like a daycare and more like just being with family and friends.

"I still follow a program that aligns with the current Early Years Learning framework, and support each child's individualised



development and goals... Having a smaller group of children means I can give everyone the attention and care they deserve.

"I want my children, and their families, to feel like I am an extension of their lives; that my place is a second home and a second family.

"I love my job," she continues. "Being with the kids and enjoying life with them is what I love the most. Teaching them things and helping them develop into their own little people is the most rewarding thing."

FAMILY DAY CARE AUSTRALIA
**Excellence in
Family Day Care
Awards 2026**

Celebrating 15 Years!



Behind every little learner enrolled at Bendigo Family Day Care (BFDC) is one of our early childhood educators cheering them on. And behind every educator is our dedicated duo Tam and Bec.

Nominations are now open for the annual Excellence in Family Day Care Awards.

If you've got an a BFDC educator that you love, or if you love our service as a whole, you can fill in a nomination form by scanning the QR code here. Nominations close on July 2.



Dr Katrina's fellowed and here to stay!

There's a reason for Dr Katrina's beautiful smile!

She has officially completed extended skills registrar training at our Sexual and Reproductive Health Hub and has become a fellow of the Royal Australian College of General Practitioners.

We're grinning from ear to ear too because Dr Katrina has decided to stay at the Hub, meaning you can make appointments with her on Mondays and Thursdays for all your sexual health needs.

"I've had excellent support across my 15 months of training," Dr Katrina says.

"The GPs here are really passionate about what they do, and they look out for one another both professionally and personally. It really is a fantastic team to be part of."



WHY PCOS IS NOW PMOS

Women across the world are celebrating this name change, and with good reason.

PCOS has had a name change to PMOS – Polyendocrine Metabolic Ovarian Syndrome and yes, as the news has previously reported, it is a landmark moment in women's health.

The new name is a mouthful, I know, but it's an important change as it helps to shift how we view PMOS and better understand it.

Formerly Polycystic Ovarian Syndrome, PMOS affects 1 in 8 women and never had anything to do with abnormal ovarian cysts (rather referring to an increased follicle count), so the name PCOS was confusing and misrepresented the complexity of the syndrome.

PMOS is not a single condition, but a collection of associated features related to hormonal imbalance. These features include irregular periods, increased risk of cardiovascular disease, diabetes and obesity, acne and excessive hair growth, fertility concerns and increased risk of mental health conditions such as anxiety and depression.



This sounds like a foreboding list, but not all people with PMOS have all of the above. To get a PMOS diagnosis you need to meet two of these three criteria:

1. Irregular periods
2. Have an increased number of follicles on one of your ovaries on ultrasound (or elevated AMH levels on a blood test)
3. Hyperandrogenism (basically acne and excessive hair growth or certain hormones changes on a blood test).

While the diagnostic criteria and appropriate management have not changed, the new name will help to break the perceived association with abnormal cysts on the ovaries and reduce stigma about the condition being solely related to the reproductive system. The name change to 'polyendocrine metabolic' is intended to highlight the multi-

system syndrome relating to multiple hormonal pathways, as insulin resistance is a key feature not in the diagnostic criteria but now referenced in the name.

For those who have a PMOS diagnosis, or are advocating for one, they have said they feel a sense of validation. One client told us: "For me personally, it better reflects the impacts on my whole body. It's not just an issue with my reproductive system now, it takes into consideration my hormones, my weight, insulin and mental health."

There are many options for the management of PMOS and the best results are achieved with a multidisciplinary team starting with diet and lifestyle changes. If lifestyle measures are not quite enough, there are medication options that can be prescribed both by primary care GPs and other specialists like Gynaecology and Endocrinology. Whilst there are potential fertility implications for PMOS, many women with the condition go on to have healthy pregnancies.

If you think you may have PMOS book in with one of Sexual Health Hub GPs. Scan the code for more.



GREEN WHISTLE'S GREEN LIGHT

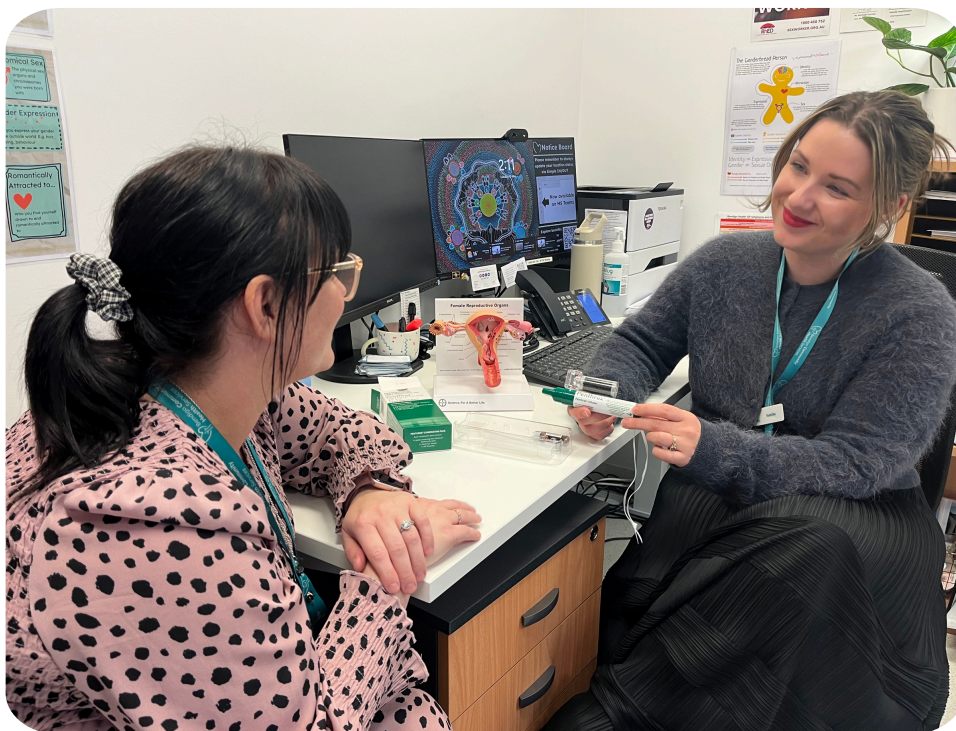
The use of Pentrox is having a positive impact on the pain women feel during an IUD insertion. That's the sentiment coming from the BCHS Sexual and Reproductive Health Hub.

This year alone, more than 50 clients have taken up the fast-acting pain management option while getting a long-acting contraceptive. The Hub's Senior Leader Kathlyn Crisp says Pentrox – also known as the green whistle – is safe, dignified and readily available.

“We are committed to taking women's pain seriously, and we want women to have a positive experience when they come into the Hub, that's why we've been offering Pentrox as a pain relief option during IUDs for nearly 18 months now,” she says.

“We've also noticed that clients are being proactive and are asking about the green whistle during their consultations. Clinical staff do offer it to every client regardless of expression of interest, but the surge in social media and education has meant that clients are feeling empowered to ask the question, which is just fantastic.”

Feedback from our clients has



been overwhelmingly positive too. One says:

“It definitely helped. It greatly reduced my stress and anxiety and helped me relax. I still felt some intense, painful moments, however I know this would have been so much worse if it wasn't for the whistle. Apart from the intense moments, the overall process was not that painful or uncomfortable. I am extremely grateful that it was an option. I would not have had the IUD if this kind of relief wasn't available.”

BCHS nurse Sybilla Marchingo says having a variety of pain

relief options available is necessary as everyone tolerates pain differently.

“Pentrox provides a strong form of pain relief by relieving anxiety and relaxing muscles, but we have a myriad ways that we try and distract and help with pain, from Pentrox all the way down to lollipops and stress balls,” she says.

“Everything we offer is to make sure people have as comfortable experience with us as possible.”

Our Sexual and Reproductive Health Hub is here for you

BCHS' dedicated Sexual and Reproductive Health Hub is a specialist team dedicated to supporting people of all genders and sexual orientations. Book in with the team to discuss:

- Menopause or perimenopause
- Contraception options
- STI testing
- Cervical screenings
- Unplanned pregnancy support
- And so much more.

To book in at our Hub call 5406 1200. Visit the [BCHS' SRH Hub webpage](#) for the full list of services.

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.

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. Trans and gender diverse sexual health.

ENDOMETRIOSIS AND PELVIC PAIN CLINIC

Women's health including managing periods, menopause, and cervical screening tests.

ACCESS AND INCLUSION

INROADS

Community Connectors supporting people at risk of or experiencing homelessness to connect with health services.

**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

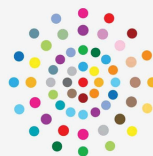
Supports young people between the ages of 12 and 25 years who are experiencing difficulties. Phone: 5406 1400.

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.



Refugee Week

Coordinated by
Refugee Council of Australia

A Million Stories
14 – 20 June 2026



refugeeweek.org.au | #RefugeeWeekAU



COORDINATED BY



Refugee Council
of Australia

EVENT PARTNER



MAJOR PARTNERS



Multicultural
NSW



PARTNERS



The Victorian Foundation
for Survivors of Trauma Inc.



LIFE WITHOUT BARRIERS



SUPPORTERS



FIND OUT MORE ABOUT
REFUGEE WEEK



Thu-Trang, a former refugee from Vietnam, with her two children. Discover her story at refugeeweek.org.au. Photo by Attie Moheballi.