

INROADS MADE



\$600,000 to keep program's momentum going

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Support for those experiencing homelessness in Bendigo has had a huge win with Bendigo Community Health Services' InRoads program securing \$600,000 from the Victorian Government.

InRoads Senior Program Lead Clare Woods said it was meaningful recognition of the enormous impact the team's Community Connectors – Karl Quast and Rhiannan Engi – have had.

"This is an exciting win for health equity," Clare said.

"I am so proud of this program and what it's achieved. Our model of care is to meet people where they are, and that so often means at a time in a person's life when they feel incredibly vulnerable and uncertain.

"Karl and Rhi do an amazing job of walking alongside over 70 individuals, offering care, time and practical help. This funding ensures they can continue to do that."



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.

Two-year funding a big win for health equity

FROM PAGE 1

InRoads is comprised of the Community Connections and Health Access programs, respectively. Community Connections began in 2023 thanks to funding from the Department of Justice and Community Safety (DJCS). The program then joined forces with the Murray Primary Health Network (PHN) funded program Homeless Health Access to form InRoads.

The continued funding from Murray PHN and this new funding from the state government's Violence Reduction Unit (VRU) means the program can look to the future and deliver services through to June 2028.

The VRU was established in December 2025 and works directly with community organisations, including BCHS, to help connect Victorians with targeted early interventions, when and where they're needed.

"From BCHS to the City of Greater Bendigo to the Bendigo Library, to local MP Maree Edwards to the DJCS, MPHN and now to the VRU, it's been a whirlwind of collective advocacy to secure continued funding but those who come in contact with InRoads see the positive impact it has on lives firsthand and want to see its continuation, and we're so grateful for the support," Clare said.

"We really have had some inspiring moments of success in the program, and we want to keep that momentum going. Our support doesn't end at one success, or at one person attending one appointment. We acknowledge that progress isn't linear. It's an immense privilege to walk alongside people and support them the way we do."

InRoads is supported by funding from the Department of Justice and Safety's Community Support Fund.

"InRoads saved my life"

Read Sarah's story and how she's turning things around with the help of Community Connector Karl at our website. Click the link to the right.

[There's more to this story... click here to read it in full](#)

BCHS is proud of:



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



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with us:



www.bchs.com.au



“It’s a simple, easy-to-use nasal spray that bides time for a person to receive proper medical care.”

Carlotta Standen
BCHS Practice Manager
Community Pharmacotherapy



‘Every home should have it’

Chances are you, or someone you know, has an opioid-based prescription in your medicine cupboard at home, but do you also have naloxone on hand? That’s the question on Carlotta Standen’s mind right now.

If you don’t, you should, says the Bendigo Community Health Services Practice Manager for Community Pharmacotherapy.

“People who are prescribed opioid-based medication know they’re taking an opioid,” Carlotta says. “That’s why we always recommend, and so do GPs now, having a box or two of the overdose reversal medication naloxone as well, just in case.

“It’s a simple, easy-to-use nasal spray that bides time for a person to receive proper medical care. Every home should have it.”

Opioid-based medications may be prescribed for people with long-term health conditions and include Oxycontin, Targin, MS Contin, Norspan and Fentanyl.

“In an ideal world people would only take these types of medications for a short period of time,” Carlotta says. “Unfortunately, chronic health conditions exist.”

When it comes to taking and storing opioids ‘just in case’ is a phrase that shouldn’t be taken lightly, Carlotta believes. Nor should there be the assumption it’s only people who use illicit drugs who can become addicted.

“Many people who are prescribed opioids by their doctor might not identify that they are at risk of becoming addicted or overdosing, but opioids like any other medication can cause toxicity which can lead to an overdose,” Carlotta says.

“Through no fault of their own this can happen, an opioid-based medication could have built up in a person’s system, or two medications could have reacted, causing a situation to become life threatening. This can happen even by following your GP’s prescribed dose.

“This is why having naloxone at home is critical. It can save lives.”

A consultant pharmacist with more than 20 years’ experience, Carlotta helped co-design the Opioid Safety Toolkit which launched nationally last year. Designed to empower, educate and support safe and effective use of prescription opioids, it’s a project Carlotta is proud of.

“Addiction doesn’t discriminate,” she says. “Because of that we need to have things like the Opioid Safety Toolkit that are comprehensive, features evidence-based information and can help you create a safety plan when taking opioids for pain relief. Naloxone forms a big part of this.”

In June, a naloxone dispensing machine was installed at the BCHS Central site as part of the state government’s bid to reduce preventable deaths. To date it has dispensed 146 boxes.

The machine is free to use, accessible 24/7 and each box of dispensed contains two doses as well as instructions for use.

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Eaglehawk Explorers walking group	6	7	8 Bendigo Community Farmers Market
9	10 smalltalk Supported Playgroup - Kangaroo Flat	11 smalltalk Supported Playgroup - Huntly	12 smalltalk Supported Playgroup - Bendigo Central	13 smalltalk Supported Playgroup - Old Church on the Hill	14 smalltalk Supported Playgroup - California Gully	15
16	17	18	19	20 Daffodil Day	21	22 CURIOSITY exhibit - Discovery Centre Bendigo
23	24 White Hills Wanderers walking group	25	26	27	28 Bendigo event: International Overdose Awareness Day	29
30 Wear it Purple Day	31					

What's on in August...

Save the date: International Overdose Awareness Day

Help mark 25 years of this remembrance event at the Bendigo Library Gardens on Friday, August 28.

Reflecting on why the event is still needed BCHS AOD Outreach Coordinator Peta Brady says overdose is complex issue.

"Stigma and isolation around overdose is still at an all time high," she says. "The event is about providing a safe space where people can come and reflect, remember and know they're not alone in their loss."

Organisations and services there on the day will include BCHS, The Salvation Army, Australian Community Support Organisation, BDAC, Ambulance Victoria, YSAS, Maryborough District Health Service, Thorne Harbour & Rainbow Hub.

From 11am - 2pm and featuring a BBQ, live music, resources and support.



PENINGTON

 International Overdose Awareness Day

SONYA'S HERE FOR YOU

Dedicated support at BCHS for former patients of Simon Gordon

Sonya Oper is no stranger to advocacy and support roles.

A social worker with extensive experience working in the health and family violence sectors, she's joined BCHS to provide targeted support and care for those in the region who were patients of former Melbourne gynaecologist Simon Gordon.

As the newly installed Care Navigator, Sonya is a trusted point of contact for those women or gender diverse people, helping them to understand what supports are available and to actively assist with referrals and connections.

"The pain felt by former patients of Simon Gordon is real, it's as real as endometriosis pain," Sonya said.

"I'm here to ensure anyone wanting, or needing, follow-up care can get it in a safe and supportive environment. Any appointments will be done at a client's pace and will focus on what matters the most to them right now in terms of their health and wellbeing."

Based in BCHS' Endometriosis and Pelvic Pain Clinic, Sonya will work alongside GPs, allied and mental health services as well as specialist clinics and hospitals to provide education and support easy navigation through the health system.

"Making an informed decision about your own health care is a right that everyone deserves to have," Sonya said.

"Once I've met with a patient and we've discussed their main goals and any barriers, we can move forward - using established partnerships with other providers if need be - to put a care plan in place that will ensure they can thrive."



"My time with a patient is about getting to know them and their situation, what they want from the health care system and how I can get them there. It's about connection in every sense of the word."

Sonya Oper

She stressed that if someone coming in didn't want to discuss their experience with Simon Gordon, they didn't have to.

"Everyone's needs are different," she said.

"While some patients may find it helpful to talk about their past experiences, others may not and that's okay. My time with a patient is about getting to know them and their situation, what they want from the health care system and how I can get them there. It's about connection in every sense of the word."

To book an appointment with Sonya call 5406 1200.

*Please note: Referrals are not needed for this free service, nor is evidence of being a former patient of Simon Gordon.

FAMILY DAY CARE AUSTRALIA

Excellence in Family Day Care Awards 2026

Celebrating 15 Years!



BFDC nominated in Excellence awards

Fifteen educators at Bendigo Family Day Care (BFDC) have been nominated in the Excellence in Family Day Care awards for 2026.

The awards are celebrating 15 years and BFDC Coordinator Tamarra Tie said she was proud of the recognition.

“We have an exceptional team with us and we are so pleased that the families who receive care through us think the same,” she said. “To have so many nominated in the Educator of the Year category is just amazing.”

Huge congratulations to the following educators:

- Alana McCallum
- Angela Lloyd
- Marisol Zegarra Vidarte
- Carrie McNamara
- Casey Seidel
- Debra Richards
- Jegatha Benny
- Jessica Johnson
- Joanne Morris
- Jordana Golden
- Kylie Jacka
- Kylie Thompson
- Linda Yanner
- Renee Hinds
- Wendy Whelan.

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.

SERVICE SPOTLIGHT

Bendigo Family Day Care

As an organisation with more than 50+ services, we'd really like to highlight the wonderful and hardworking people who work at BCHS 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 Bendigo Family Day Care (BFDC) team has been servicing the Bendigo and Loddon regions since 1980 as the lead family day care service for the area. Read more on this beautiful service below.



What would you like prospective early childhood educators to know about BFDC?

We are a service that is committed to child safety and the rights of the child. Our goal is to work with you as an advocate for all children, to bring joy, security and attachment with a circle of security-safe hands approach. You can set your own work hours and days and you are paid 100% of your earnings on a fortnightly basis. Our goal is to have fun with and get to know you and your family. We respect and foster your individual values, skills, interests and philosophy. We will support you to build a successful, profitable, yet community-minded business that is family-based care. Your home is your home, and we love that.

Who can apply to be an educator with BFDC and how?

Educators with a minimum of Certificate 3 in Early Childhood Education & Care are welcome to apply. If you're unsure whether you meet the qualification requirements and are still keen, we encourage you to give the office a call and talk it out with us.

Other things to know...

We don't have any educator levies. We work with and for you and your families, doing all enrolments, advertising, policies, regulatory requirements. We have such a large waiting list on file that we had to close it in June this year. If being an educator is your passion, please call us on (03) 5406 1382, we would love to talk you through what it truly looks like and how easy it is to set up a successful FDC business with us. You could also fill out our Prospective Educator form online by scanning this QR code.



MENOPAUSE MADE US DO IT!

The BCHS Community Room at Eaglehawk was packed out last month for our very first community information night on menopause and perimenopause.

Filled with people wanting to learn, talk and share experiences around perimenopause and menopause the night featured staff from the BCHS Sexual and Reproductive Health Hub including Dr Una, Dr Karishma, nurse practitioner Lou and nurse Mary-Anne, pictured right.

“Every woman’s experience with perimenopause and menopause is different,” said Dr Karishma.

“With this night we wanted to provide education that empowers women with knowledge so they can make informed decisions around their health.

“It was a fantastic night and so good to see such a high level of engagement from community members who not only were sharing their experiences but learning from one another too around topics that are not often discussed enough.”

Common questions related to symptoms of perimenopause and menopause, hormone replacement therapy, sleep disturbances, mood changes, weight gain and how to know when to seek medical advice.



“The range of perspectives from the panel was very much appreciated by those in the room as practical strategies to improve wellbeing during this transitional stage of life was discussed,” said Dr Karishma.

“We really wanted people to go home knowing perimenopause and menopause are not conditions women simply have to put up with and that there are evidence-based treatments and supports available.”

“There’s so much information online, and it’s hard to work out what is important. It can become overwhelming,” one attendee told us. “The information was factual and informative - I thought this was a brilliant session.”

Our caring team at the BCHS’ Endometriosis and Pelvic Pain Clinic can support you through these life stages. Call 5406 1200 to book an appointment.

Architecture Award for BCHS Eaglehawk site

The community love it. BCHS staff love it. And now the Victorian Architecture Awards have named our Eaglehawk site as the overall winner for the Victorian Regional Architecture Prize.

“This result was frankly unexpected given the quality of other entries in this category,” said lead architect Darragh O’Brien. “We are delighted to be the overall winner.”

“Transforming our 50-year-old site into a modern health service setting was no mean feat,” said BCHS CEO Mandy Hutchinson. “Congratulations to Evidence Based Design, Darragh and everyone involved. This is a well-deserved accolade.”



FROM HE-MAN TO HUMAN

Why more men in the gender equity space will help our boys navigate harmful stereotypes

As a child of the 80s, I grew up watching Saturday morning cartoons like Masters of the Universe, with characters defined by their image as by their names, such as “He-Man” and “She-Ra”.

I’ll be honest, it wasn’t very good, and basically an advertisement for Mattel toys, but there were awesome swords, magic, space ships and the villain was always bested. Also, I was 12 so it ticked all my boxes.

He-Man was effortlessly perfect - blond, bronzed and impossibly muscular. Additionally, he was immortal and wise (although I had to look that up, as it wasn’t something I remember from the show). He was one of many archetypal characters and concepts of masculinity I was presented with.

The Gender Equity Coalition recently ran the Respect Bendigo Forum on gender equity and being a part of that made me reflect on the images that can define masculinity, particularly for young men. I know, as a young man, I felt the



unrest of not fitting that masculine stereotype of physical strength and stature. I was short, scrawny, pale, freckly and academic but I wanted to be brave and liked and maybe a little bit heroic. I wanted to fit in.

He-Man was not academic. Who needs to hit the books when you’re super strong, a powerful prince and everyone adores you? Sure, the show was fun to watch, but it also promoted something unreasonable.

Our boys and young men are now potentially exposed to an endless stream of even more dangerous images and expectations. Social media presents strength, power and wealth as inherently masculine and connects these with an entitlement to treat women as being less.

In this context, being a man means being powerful and being a powerful man means no woman is going to tell you what to do. Worse still, if you

aren’t strong or powerful, you can still treat women with disrespect. That’s not power, that’s abuse.

We do our sons a disservice by not addressing this. We need to let them know that strength or power can be wonderfully positive, and achieved in many ways, but they don’t exclude being compassionate, inclusive and respecting women as equals. Not He-Man, but human.

Sometimes it seems impossible to overcome the stereotypes, but having sons of my own showed me the positive effect of having a conversation with a loving male who really cares for them.

When they were teenagers and exploring these stereotypes, I’d been lucky to be a part of sessions like the Respect Bendigo Forum and was informed enough to help them detangle the awesome bits of being a man without any need to exclude all the wonderful elements of being a human and humane.

I’m so grateful for that learning, mostly from amazing women who work in this space. We need more men to be there as well, helping our young men through this maze, allowing them to be great humans.

headspace Plus is coming to Bendigo

“We can expand our services, deepen integration across the care system, and reach more young people with the support they need.”

That’s what’s in store for young people in our region, says headspace Bendigo Centre Manager Lindsay Rose as the youth mental health service receives Federal Government funding to deliver the headspace Plus Model of Care.

Young people and families will receive more integrated support with mental health, physical and sexual health, alcohol and drugs and vocational services. The service will have greater capacity to recruit a larger specialist workforce, build even stronger community connections through increased outreach activities and health promotion, as well as improving partnerships with families to support young people.



There’s more to this story!

Click [this link to read the full story at the headspace Bendigo website](#), or scan this QR code.





Individuals and organisations part of the GEC and present at the forum were presented with memberships certificates.

GEC EVENT BUILDS MOMENTUM

High turnout at Respect Bendigo Forum creating a movement

What could a Bendigo Saturation Model to reduce gendered violence look like? That was one of the biggest questions discussed at the Respect Bendigo Forum last month.

Hosted by the Gender Equity Coalition (GEC), the forum brought together a wide cross section of individuals, workplaces and community groups in Bendigo to hear from Respect Victoria, a primary prevention agency focused on preventing family violence before it happens by addressing drivers of gender inequity.

Sharing details on Respect Ballarat's journey in the wake of the deaths of Samantha Murphy, Rebecca Young and Hannah McGuire, the forum heard how the community came together in support of the initiative's vision, the challenges they've faced as well as what they've learned along the way.

It was an inspiring day filled with hope and collaboration, said GEC Chair Mandy Hutchinson.

"The presence of so many people from so many different organisations and groups across

Bendigo really reflected the shared commitment everyone has toward creating real change when it comes to gender equity and reducing violence against women," said Mandy.

"Gender equity isn't simply about fairness. It is one of the most effective ways we can prevent violence against women and create healthier, stronger communities for everyone."

The room heard from Respect Victoria's CEO Helen Bolton on the works that align with Respect Ballarat; Manager & Coordinator of Prevention Emma Mahony on what was involved in engaging the community; while Director for Strategy, Policy and Impact Jacque O'Brien gave an evaluation of Respect Ballarat and what lay ahead for it.

Other highlights from the day included hearing what gender equity work was already being done locally by organisations like Zonta Bendigo, Women's Health Loddon Mallee and the Greater Bendigo against Family Violence Committee; a panel conversation primarily focusing on the Respect Ballarat Model and what that could look like in Bendigo; as well

as breakout discussion groups where participants workshoped ideas and initiatives that could support each of the GEC's priority areas.

The forum was so well received that the GEC has gained 35 new individual members and two organisations, said GEC Project Worker Alice Henderson.

"With such a cross section of the community being inspired to join our push for gender equity I'm excited to see what initiatives we can develop for the community to get behind," she said.

Mandy agreed with Alice, adding:

"Real change happens when we work together. Ending gender-based violence isn't the responsibility of one organisation or one sector. It is a movement, and movements are built by people coming together with courage, compassion & a shared commitment to doing better."

Interested in joining the GEC? Scan the QR code for more information.



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.



Bendigo Business Excellence Awards 2026

WINNER

Not-For-Profit Award



**“Thank you so much.
This award belongs to our staff and our community.**

For more than 50 years BCHS has been part of this community, driven by a simple belief that everyone deserves access to health and care, regardless of their circumstances. Today, our 300 incredible staff, Board and volunteers continue to uphold this vision with pride.

**I’m so proud of what we do, why we do it,
and the community we are privileged to serve.”**

Mandy Hutchinson
Bendigo Community Health Services CEO