



Health Promotion in Greater Bendigo

Community

A short guide on how our team can support you & your community.

 healthpromotion@bchs.com.au

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Meet the team

We would love to hear from you:
healthpromotion@bchs.com.au



Natalia Smith
(she/her)

Senior Leader Integrated
Health Promotion



Steph Paddon
(she/her)

Senior Health Promotion
& Community Engagement Officer



Sebastian Goscha
(he/him)

Health Promotion
& Community Engagement Officer



Christine Steele
(she/her)

Health Promotion
& Community Engagement Officer



Kasthury Shanthakumar
(she/her)

Health Promotion
& Community Engagement Officer



Pooja Mathuria
(she/her)

Health Promotion & Community
Engagement Officer



Tegan Hartley
(she/her)

Health Promotion & Community
Engagement Officer

How we can help

Purpose

Our Health Promotion team is passionate about improving the health and wellbeing of everyone in the community. The places we live, learn and play shape us and can influence our health and wellbeing.

We have many programs and initiatives that can help you improve the health and wellbeing for staff, children and families at your school.

How much do we cost?

All of our programs are **FREE** and there is no cost to your setting.

Our work focuses on:

- Increasing healthy eating
- Increasing physical living
- Improving wellbeing
- Reducing harm from smoking and vaping
- Tackling climate change and its impact on health
- Preventing all forms of violence
- Improving sexual and reproductive health.



“Health promotion is the process of enabling people to increase control over, and to improve their health.”

World Health Organisation

Walking Groups

We coordinate two free weekly community walking groups.

Members of the group come along to improve health and fitness, expand social connections and explore local spaces. The official walk goes for one hour, at your own pace. If you are aged 18 or over come join us! No referral necessary.

Mondays

White Hills Wanderers

- Meet at 9.30am
- Entrance of Garden for the Future in Bosquet Street, White Hills.



Wednesdays

Eaglehawk Explorers

- Meet at 9.30am
- Gym equipment beside Lake Neangar in Simpsons Road, Eaglehawk.



Stall and Community Engagement



Stalls or events

We attend a range of community events within Greater Bendigo, where we provide information and resources to target audiences.

This may include general information about our services or specific resources, such as mental wellbeing.

Health & Wellbeing education sessions

We can provide other evidence-based, and tailored education sessions.

We cover health topics such as:

- Mental Health & Wellbeing
- Physical Activity/Active Living
- Healthy Eating
- Alcohol, Smoking & Vaping
- Sexual & Reproductive Health.



Although sessions are delivered at no cost, settings are encouraged to register with our other health promotion programs to receive ongoing support.

Fresh Fruit Stands

We understand that cost of living pressures are impacting our community. We also understand that this is a barrier to eating healthy, which we heard in our 2024/25 Community Needs Survey.

We have implemented 20 **free** fresh fruit stands at BCHS sites, community and neighbourhood houses and libraries. They will be restocked weekly from March 2026 until late 2026.

Stands can be found at the following locations:

- All BCHS sites
- headspace Bendigo
- Haven Home Safe
- Bendigo, Eaglehawk, Heathcote and Kangaroo Flat libraries
- Eaglehawk Community House
- Heathcote Community House
- Long Gully Neighbourhood Centre
- Bendigo Neighbourhood Hub.



FRIENDS Resilience Program

The FRIENDS Resilience Program is best practice for prevention of anxiety and depression, promoting resilience in families, schools and communities. It supports participants to thrive by increasing:

- Resilience
- Confidence
- Self esteem
- Social and emotional skills
- Peer relationships
- Positive attitudes towards learning and the school environment.

Delivered by our trained staff at no cost, this program can be tailored to suit the needs of your community.

Examples of the program structure include:

- x10, 1-hour sessions (10 weeks)
- x5, 2-hour sessions across 5 weeks
- x2, ½ day sessions (3-4 hours)



Rochester Secondary College students after completing the FRIENDS program



FRIENDS
RESILIENCE

This evidence-based program is endorsed
by the World Health Organisation.



The 5 Ways to Wellbeing



Our team can support your setting to implement different aspects of the 5 Ways program.

We can work directly with you to understand the needs of your community and support by:

- Providing resources, like flyers, for your spaces.
- Sharing resources and newsletter inclusions for families.
- Hosting a 5 Ways stall at wellbeing events.
- Delivering 5 Ways education sessions to students.
- Offering an annual October action calendar with local mental health event information.



This preventative mental health program aims to support people to build wellbeing practices into their everyday lives through the 5 actions of:

- Take Notice
- Be Active
- Give
- Connect
- Keep Learning

VIC Kids Eat Well

Sports Clubs

Local sports clubs play a big role in the health and wellbeing of our communities. Healthy and delicious foods and drinks give children the fuel, nutrition, and hydration they need to perform, play, concentrate and be at their best.

Are you a sporting club and would like to introduce healthier food and drink options to your canteen or menu?

We can support you to work towards the following key action areas:

- Refresh the fridge – give sugary drinks the boot and let water take the spotlight.
- Switch up the snacks – ditch the sweets and offer healthy snacks to kids.
- Change up the menu – give fruit and veggies a chance to shine.
- Put the ‘fun’ into fundraising and marketing – add health appeal to meal deals and fundraising.
- Boost breakfast – fuel their day with nutritious options at breakfast club.



Have a canteen, lunch orders or breakfast club? If you achieve small and large bites you can receive up to **\$500 in rewards** for your school!



Resources

Let's Get Moving

In this publication we've scoped all of the free and fee-based places to move across Greater Bendigo.

Greater Bendigo Healthy Catering Guide

This guide features local food businesses who offer healthy catering options. The information is updated each year.

Let's Talk Lunchboxes - Kinders

A guide to inspire parents and caregivers on nutritious lunchbox ideas for kindergartners.

Let's Talk Lunchboxes - Primary

A guide to inspire parents and caregivers on nutritious lunchbox ideas.

Raising Healthy & Active Toddlers

This video is designed to help parents and caregivers of toddlers with healthy eating and active play ideas.

Active Schools

In this publication we have developed safe travel routes for participating Greater Bendigo schools, students and their families.

