

**Where you can find Bendigo  
Community Health Centre sites:**

**EAGLEHAWK**

3 Seymoure Street, Eaglehawk  
Telephone: 5406 1200

**Opening hours:**

Monday-Thursday: 8am-5.15pm.  
Friday: 8am-4.30pm.  
Saturday-Sunday: Closed.

**KANGAROO FLAT**

19 Helm Street, Kangaroo Flat  
Telephone: 5406 1200

**Opening hours:**

Monday to Thursday: 8am-5.15pm.  
Friday: 8am-4.30pm.  
Saturday-Sunday: Closed.

**BENDIGO CENTRAL**

165-171 Hargreaves Street, Bendigo  
Telephone: 5406 1200

**Opening hours:**

Monday to Thursday: 8am-5.15pm.  
Friday: 8am-4.30pm.  
Saturday-Sunday: Closed.

**POSTAL ADDRESS**

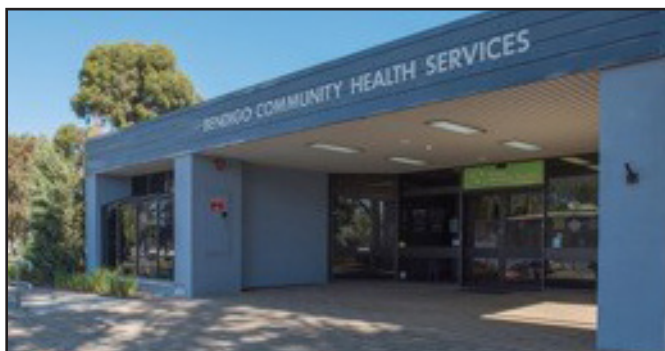
PO Box 1121  
Bendigo Central, Vic 3552



**Who is Bendigo Community Health Services and what do you offer?**

Bendigo Community Health Services is a place you can go for health care, no matter who you are, where you live or how much you earn.

We are a not-for-profit organisation with more than 50 health and wellbeing services available mostly free of charge but some at minimal cost.



Our main services include medical practices, men's health, women's health, allied health, child and family services, settlement services, sexual health, mental health and counselling, alcohol and other drugs support.

Connect with us at

**[www.bchs.com.au](http://www.bchs.com.au)**



# Diabetes Education Service

Chronic Disease Management

## What is a diabetes educator?

Diabetes Educators are health care professionals with training/experience in diabetes education and management.

A Diabetes Educator supports a person with diabetes to develop knowledge and skills to manage their own condition.

- Help people live well with diabetes
- Minimise the impact of diabetes on their lives
- Reduce the risk of developing diabetes related complications.

## When should I see an educator?

- When first diagnosed with diabetes.
- When your medication changes
- Regularly as part of your ongoing care
- When you think you need some help.
- When you are experiencing or planning a change in your life that may affect your diabetes such as pregnancy, a new health condition or just want to get back on track.
- We are experts in setting up and helping you manage continuous glucose or flash glucose management systems.



## Where is your service?

Our Eaglehawk site - 3 Seymoure Street. The team provides outreach services to our Central site at 165-171 Hargreaves Street. Telehealth consultations are available for eligible consumers. Our contact number is 5406 1200.



## What does the service cost?

An appointment with a Diabetes Educator costs \$15. Some fees may be waived at the discretion of a Diabetes Educator in cases of financial hardship. Some services may be bulk-billed through Medicare with the appropriate referral from your GP.

## How do I access your service?

A referral from GP or health professional is needed for our diabetes education services. Self-referral is accepted in some circumstances.

Your referral should include:

- Contact details and reason for referral
- Medical history
- Current medication list
- Diagnostic pathology (new diabetes)
- Results of recent cholesterol and kidney function tests.
- Recent HbA1c
- Any other relevant information
- Recent GP Management Plan if completed

## How else can you help people with diabetes?

We offer many other services for people with diabetes including dietitian advice, medical care, podiatry, counselling and exercise physiology.

## Do you run a diabetes exercise group that I can join?

Yes. Our Exercise Physiologists will show you the safe and right way to exercise to help manage your diabetes. Call our Active Living Program team on 5406 1200 to learn more.