

Clinic milestone



Operations Manager Primary Health Services Christine Gibbins, CEO Mandy Hutchinson, MP Lisa Chesters, Dr Karishma Kaur and Senior Leader Sexual and Reproductive Health Hub Kathlyn Crisp gathered at BCHS' Bendigo Central location to mark the Endometriosis and Pelvic Pain Clinic's first anniversary and Endometriosis Awareness Month.

Endo service marks one year supporting women to thrive

IN THIS ISSUE:

- BCHS is here to help clients of the Well Women's Clinic
- White Hill Wanderers walking group
- AOD traineeships
- What's on in March
- Job vacancies
- Endometriosis Awareness Month
- Families flourishing under parent program
- Our services, plus more.

The Endometriosis and Pelvic Pain Clinic is celebrating and expanding. "We're really proud of the service we provide," says Dr Karishma Kaur.

"We have a big team now and all our clinicians work really hard to provide the best service to the community. Last year we saw a huge uptake of the service thanks to GP referrals, and we know local GPs feel supported having somewhere to send their clients to."

BCHS CEO Mandy Hutchinson praised the leadership the multidisciplinary team have shown since the clinic began. "We're really proud of our role that we play in the region... from educating peers to the expertise that we give to women to take control so they can live good, healthy lives."

MP Lisa Chesters visited the clinic during Endometriosis Awareness Month.

Read more about the Endo clinic's big year on page 7.



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 ensuring continuity of care after the Well Women's Clinic closes

We're here for you. That is the message from Bendigo Community Health Services' Sexual and Reproductive Health Hub following the closure of the Women's Health Loddon Mallee Well Women's Clinic on February 28.

"Rest assured your care will remain our top priority," says BCHS Senior Leader of Sexual and Reproductive Health Hub Kathlyn Crisp. "We are ready to pick up on the great work that Women's Health Loddon Mallee have been doing in this space."

"Our clinic is a safe and inclusive space for the community. We offer specialised services for women such as menopause support, contraception, pregnancy options including medical terminations and sexual health care like cervical cancer screening and STI testing and treatment. We also do longer appointments to ensure women seeking help feel heard and cared for."

The Sexual and Reproductive Health Hub runs Monday to Friday out of BCHS' Central Site at 165-171 Hargreaves Street. Call 5406 1200 to make an appointment.



BUILT CONNECTIONS

Alcohol and Other Drugs staff at our Wanyanimbik Wayawan Wellbeing Centre were thrilled to receive a very special donation last month.

This cute little kid's table, chairs and block set were crafted by people undertaking a Community Corrections Order who were unable to access mainstream community work due to illness or injury. In a twist of fate, some of the handiwork was done by our own clients, who were proud to see their creations being used and enjoyed at the centre.

We're working to make our spaces at BCHS more accessible and welcoming to children, as part of our commitment to the Child Safe Standards. Big thanks to Bendigo Corrections for initiating this wonderful donation.

BCHS is proud of:



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



Get social
with us:



www.bchs.com.au



The White Hills Wanderers meet and walk weekly.

WALK YOUR WAY TO FITNESS & FRIENDS

Are you aged 18+ and looking for a walking group? You won't find better than the White Hills Wanderers.

This weekly group for fun and fitness is supported by the BCHS Health Promotion team. Organiser and health promoter Moni Sonsuwan says with the weather cooling, now is a great time to join. The happy and welcoming walkers loop the Bendigo Botanic Gardens and Garden For the Future each Monday morning from 9am.

"We welcome all levels of fitness, and in fact the group is a great option for anyone seeking to get back into exercising," she says.

Moni says people have joined for various reasons, including building bone strength to counteract osteoporosis, building their social connections and simply improving physical fitness.

Moni encourages others to "come along and try it". "You don't have to come every week, but most people have stayed and kept coming for the social side of it, and now they're quite committed," she says.

The group is free to take part in. Simply come along to the meet up point at the Bosquet Street Garden For the Future entrance at 9am Mondays.

For more information contact Moni on 5406 1281 or monthirasonsuwan@bchs.com.au

Interest high for our AOD traineeships












From builders to bar staff, a full room of diverse community members gathered at BCHS' Wyanimbik Wayawan Wellbeing Centre to explore our new Alcohol and Other Drugs (AOD) 12-month long traineeships last week.

AOD Operations Manager Cilla Boucher said the team was thrilled with the interest and enthusiasm in the room from the 27 potential applicants.

"We welcomed people aged from 19 to 61 and from incredibly varied backgrounds... Many shared they've always felt drawn to this field, but their lives took different paths. Now they're ready for meaningful change," she said.

At the information session, current trainees Jason and John shared their experiences. "I love what I do now," John said.

"I've felt supported throughout the entire journey and I'm genuinely excited about my future in this field."

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Endometriosis Awareness Month starts
2 Clean Up Australia Day 	3	4	5	6	7	8 International Women's Day 
9	10	11	12	13	14	15 Holi Festival 
16 SPAN Suicide Awareness Walk 	17	18 National Playgroup Week 	19	20 National Close the Gap Day 	21 National Ride2School Day 	22
23	24	25	26	27	28	29 Pride in the Park Festival 
30 Bendigo Sustainability Festival	31					

What's on in March...

Medical clinic opening hours

Bendigo Central

includes our Sexual and Reproductive Health Hub

Address: 165-171

Hargreaves Street

Phone: (03) 5406 1200

Email: bchs@bchs.com.au

Monday-Thursday:

8am-5pm

Friday: 8am-4.30pm

Saturday/Sunday: Closed

Kangaroo Flat

Address: 19 Helm Street

Phone: (03) 5406 1200

Email: bchs@bchs.com.au

Monday-Thursday:

8am-5pm

Friday: 8am-4.30pm

Saturday/Sunday: Closed

BCHS' Eaglehawk services have moved to various temporary locations while we refurbish.

The medical practice has moved to 75 Mitchell Street, Bendigo.

Phone: (03) 5406 1200

Email: bchs@bchs.com.au

Monday-Thursday: 8am-5pm Friday: 8am-4.30pm

Saturday/Sunday: Closed

The allied health services have moved to:

- Active Living Program & Physiotherapy – 501A Napier Street, White Hills and 19 Helm Street, Kangaroo Flat
- Podiatry – 19 Helm Street, Kangaroo Flat and 165-171 Hargreaves Street, Bendigo
- Forensic mental health – 165-171 Hargreaves Street, Bendigo
- Chronic disease management – 165-171 Hargreaves Street, Bendigo and 75 Mitchell Street, Bendigo
- Sexual health nurse – 165-171 Hargreaves Street, Bendigo.

WINTER IS COMING... SO IS THE FLU

Now is the time for workplaces to book in to prepare for the upcoming flu season

Bendigo Community Health Services is once again bringing the flu vaccine onsite to workplaces within the region, ensuring easy access to winter protection.

BCHS nurse immuniser Heather Hinton said workplaces that offer employees free and easy access to the influenza vaccination also reduced the impact of sick leave on operations and productivity.

“It also demonstrates that your organisation cares about employees’ health and wellbeing, which can increase morale,” Heather said.

From offices and factories to not-for-profits and emergency services providers to schools and childcare centres, BCBS administered more than 2,800 vaccines last year to organisations in Bendigo, Loddon Shire, Campaspe Shire, and Mount Alexander Shire.

“I feel safe and confident,” declared CFA district support officer Sue after getting her jab from Heather and Kate last year.

Heather said immunising staff against the flu also helps protect the wider community.

“If you catch the flu, you risk spreading it to vulnerable people at risk of serious complications,” she said.

“Influenza is a potentially fatal disease estimated to cause more deaths than road accidents every year: between 1500 and 3500



Nurse immunisers Kate and Heather are gearing up for a busy time.

influenza deaths annually.”

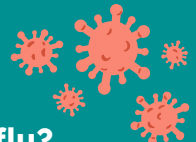
BCBS has provided a trusted local workplace immunisation program to more than 330 organisations annually over 15 years, and there’s a good reason why workplaces keep an annual booking.

“People who get vaccinated against influenza every year are better protected than those who don’t get vaccinated,” Heather said.

Workplaces can call BCBS on 5406 1477 or email healthylifestyles@bchs.com.au for a free quote on the cost of immunising staff.

It’s a great way of working together to create a healthier community.

Flu FAQ



What is the flu?

It’s a highly contagious viral infection of the respiratory tract that is spread by contact with fluids from coughs and sneezes.

When is the best time to get immunised?

Early autumn is an ideal time.

What are common flu symptoms?

- Sudden high temperature (38 deg C or higher)
- Dry cough
- Body aches, especially of the head, lower back and legs
- Feeling extremely weak and / or tired.

By Bethany Knight



Job vacancies

Community Health Nurse - Diabetes Educator

- Ongoing, 76 hours per fortnight (1.0 FTE)
- Applications close March 10.

We're seeking a registered nurse and diabetes educator to support our valued clients. Join a small team of dedicated professionals in caring for community.

Primary responsibilities include: providing coordinated clinical practice nursing care for consumers of BCHS medical practice; participating in the coordination of education opportunities to enhance self-management abilities; and increasing community awareness.

It is essential that applicants have the following:

- Current registration with the Australian Health Practitioners Regulation Agency (AHPRA) as a registered nurse.
- Current registration, or evidence of commitment to registration as a Credentialed Diabetes Educator with the Australian Diabetes Educators' Association (ADEA) and a professional health qualification in a relevant field of practice.
- Demonstrated contemporary knowledge and skills in provision of practice nursing services and an understanding of diabetes self-management and health coaching education in a community health setting.

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

SERVICE SPOTLIGHT

Community Health Nurse at the Bendigo Multidisciplinary Centre (MDC)

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.

When survivors of sexual assault reach out for help the Community Health Nurses at Bendigo MDC are there. Here, Pam Manna explains what they do, how the program can be accessed, and the type of support that is offered.

What does the program aim to achieve?

MDC Community Health Nurses (MDC-CHNs) are female nurses providing specialised health services that respond to victim survivors' immediate and long-term needs after sexual assault.

Who can access the program and how? Referrals can come from MDC partners and the community. Anyone affected by sexual assault can access the program, including self-referrals, family/friends, and professionals. Note: Adult alleged sex offenders are not permitted to access the MDC or the CHN program.

What would you like the community to know about the program?

The MDC-CHN service is free, and you do not need a Medicare card. The nurse will help you to identify any physical / mental health and wellbeing needs and connect you to specialised services to help meet your requirements and health goals.

Anything else to add...

MDCs across the country have been developed to improve responses to sexual offences and child sex abuse. The centres are a hub where child protection practitioners, specialised police investigators, sexual assault counsellors / advocates and CHNs work together to provide a holistic response to victims of sexual abuse from a single location.

**The term 'victim/survivor' is used in the MDC context to emphasise that sexual assault victims survived their experience.*

Bendigo MDC: 03 5441 0430 (Office hours)
Victorian Sexual Assault Crisis Line (24/7): 1800 806 292
(After hours calls from Bendigo MDC number divert here)
Safe Steps Family Violence Response Centre (24/7):
1800 015 188



Above: A still from one of the clinic's new TV ads. Right: Dr Karishma Kaur is a fierce advocate for women's health.



Case study

A 34-year-old female patient from a rural town two hours from Bendigo attended Bendigo's Central Endometriosis and Pelvic Pain Clinic after being referred by her GP.

As she was travelling, it was ensured that she was booked on a day when she could see the GP, nurse and pelvic physio all on the same day, so she only needed to attend the clinic in person once.

At her first appointment with the nurse and GP, the patient identified that she had decided to try a Mirena to treat her menorrhagia and dysmenorrhea, but was waiting on an insertion appointment locally, which had a two-three month wait. The clinic offered for her to have the Mirena inserted at our clinic the same day, which she accepted.

The patient attended her physio appointment while our nurse and GP prepared for the Mirena procedure with our emergency stock. After this, the patient had her Mirena inserted and then went to the pharmacy to source a replacement for our stock.

For her six-week Mirena check, we connected the patient with a nurse practitioner who we support with mentoring, and who is based just a 15-minute drive from the patient's hometown.

The patient was exceptionally grateful for the care she had received and left the clinic in tears at how well she had been treated.

Endo clinic's big year

Bendigo Community Health Services is marching into Endometriosis Awareness Month by marking its Endometriosis and Pelvic Pain Clinic's first birthday.

The 'invisible illness' affects close to 1 million Australian women and community demand for the clinic has meant that its multidisciplinary team has already seen in excess of 180 patients.

"It's really heartening to see that figure," says the clinic's doctor, Karishma Kaur. "We hoped our message that women don't need to learn to live with endometriosis would reach far and wide and it certainly feels like it has."

Once engaged with the clinic, patients may see a range of medical and allied health professionals, such as a GP, nurse, physiotherapist and psychologist, ensuring a holistic approach to the management of endometriosis and its effects.

"We remain fierce advocates for equitable healthcare for regional and rural people and referrals have come in from GPs across Victoria," Dr Kaur says.

"We are dedicated to offering personalised treatment plans, expert guidance, and compassionate support to help our patients manage their condition effectively.

"The feedback that we've had has been positive and it's so motivating to hear stories about how the clinic has made a lasting impact on someone's life."

Officially launched on International Women's Day last year, early intervention care and treatment has been the team's focus, but attention is now turning to education and awareness of the condition and referral pathways.

"TV and radio ads launched this month to coincide with Endometriosis Awareness Month, plus we're also working to create culturally appropriate resources for Karen and Dari women in our community," Dr Kaur says.

Acceptance into the clinic is via referral from a GP. Speak to your doctor about accessing the service, or for more information see the [clinic webpage](#).





Making smalltalk with a local playgroup

It's a free playgroup with a program designed to help parents be their best selves and it's right here in Bendigo.

smalltalk Supported Playgroup runs during school terms in Heathcote, Kangaroo Flat, Eaglehawk North, Huntly and California Gully. Program facilitator Tiffany Holschier has more than 14 years' experience in childcare and says the sessions are about guidance.

"Parents are a child's first teacher and smalltalk just want to help both parents and their kids to thrive," she says.

"We're different to other playgroups because I can provide ongoing support with referrals, etc. We have local services come share information with families too - people like speech therapists, dentists, maternal and child health nurses and even librarians."

For more email Tiffany at TiffanyHolschier@bchs.com.au

Families flourishing under parent program

The age-old saying is that it takes a village to raise a child, and the Parent Group Program wants to be part of yours.



Run by the Loddon Children's Health & Wellbeing Local in partnership with Bendigo Health,

the program offers parents and carers of children aged 0-11 a safe space to meet with others experiencing challenges involving mental wellbeing and parenting. One participant who wishes to remain anonymous says, "I learnt a lot about anxiety and what happens when the brain gets overwhelmed, and how to help my child settle."

Mental health staff are on hand to provide support, and all programs are run by Social Worker Annette Clemments, pictured above. "Through our various sessions, we're aiming to equip children and families with the skills to support their emotional wellbeing," Annette says. "There's something for everyone."

"We've got our parent group information sessions, longer parenting programs, one-to-one consultations, plus our school holiday parent and child sessions, which we're actually trialing to meet fortnightly right now. The feedback we've had from participants has been fantastic."

Each session features a different topic ranging from autism, ADHD, anxiety and anger to building social skills, parent mental health and tuning into kids. All sessions are open to families with children aged 0-11 who live in the Loddon region.

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.



www.playgroupaustralia.org.au

Bethany's community heart reaps reward



BCHS People and Culture officer Sophie, Bethany and Communications officer Lauren at the awards night.

We value storytelling at BCHS; for its power to inform, educate and unite community. We know that we are stronger when we share our stories.

That's why we sponsored Bendigo TAFE's Professional Writing and Editing Student of the Year Award this year, offering a short internship to the winner.

Huge congratulations to Bethany Knight who received the award for her dedication to her craft, and for using her skills to amplify the voices of her hometown of Rochester. Bethany has spent her diploma year largely writing the stories of her community in the aftermath of the 2022 flood event, while rebuilding her own home and life post the disaster.

Look out for this rising storyteller's pieces throughout this newsletter. It's been wonderful having you Bethany!

HAPPY NOWRUZ FROM BCHS

For the first time, this year BCHS will celebrate Nowruz with our staff. We're a little late to the party, as the celebration originated more than 3000 years ago.

Nowruz means 'new day' in Persian. It marks the beginning of the Persian New Year and holds cultural and spiritual significance, symbolising renewal, rebirth, and the triumph of light over darkness.

BCHS Bicultural Community Worker Sahar says Nowruz celebrates nature's revival, encouraging a fresh start, unity, and spiritual growth.

"Nowruz is celebrated in Iran, Afghanistan, Azerbaijan, India, Kazakhstan, Uzbekistan, Tajikistan, Turkey, and many parts of Central Asia, the Caucasus, the Balkans, and the among the Persian diaspora around the world," she says, which includes people in Bendigo.

"In Bendigo, Nowruz holds special significance within the Afghan and Iranian communities. At Bendigo Community Health Services, the celebration of Nowruz unites these communities, honoring their rich cultural traditions and providing a space for connection and understanding."



The motto of Nowruz is Renewal, Rebirth, and Reconciliation, celebrating new beginnings and promoting peace, unity, and positive change worldwide.

BCHS staff, including event organisers Sahar and Zahir, will gather on March 20 for a lunch of traditional food, a Haft sin table of symbolic items and a jumping over candle, which are all elements of this special annual event.

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 www.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 Mitchell Street.

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 GP's, nurses and counsellors.





BCHS INTERNATIONAL WOMEN'S DAY 2025 WORD SEARCH

Find the words listed below and mark them.

E	N	M	D	I	M	T	I	O	T	E	S	G	R
Y	T	I	N	U	M	M	O	C	I	S	A	Q	T
I	R	U	A	E	G	N	T	L	S	Y	F	S	C
N	E	T	Q	C	Y	E	C	M	N	O	E	E	I
C	C	I	G	E	I	S	E	R	R	R	T	I	S
L	O	I	N	Y	S	T	P	C	N	Y	Y	E	E
U	G	L	B	E	B	H	S	R	A	T	O	B	E
S	N	B	O	P	P	G	E	L	E	C	T	Q	I
I	I	O	O	E	A	I	R	E	S	D	M	I	S
O	T	O	Y	I	I	R	E	O	W	O	C	G	C
N	I	E	Q	U	I	T	Y	I	W	O	M	E	N
I	O	C	E	L	E	B	R	A	T	I	O	N	S
I	N	W	S	E	Q	U	A	L	T	U	I	U	P
Y	O	P	P	O	R	T	U	N	I	T	Y	I	S

- WOMEN
- RECOGNITION
- EQUITY
- OPPORTUNITY

- INCLUSION
- RESPECT
- CELEBRATION
- SAFETY

- RIGHTS
- IWD
- COMMUNITY
- EQUAL