

# COAT DRIVE REVIVED



Pristine staff Leanne, Jess, Sharon and Cassie with Steph from BCHS.

## Help us spread the warmth this winter!

### IN THIS ISSUE:

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- The dream team immunisation duo up for a national award
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- Read about the essential projects we are advocating for to better Bendigo
- Our services, plus more.

The whole of Bendigo is invited to take a rummage through their cupboard and join the six-week **1000 Coats Campaign** as Bendigo Community Health Services and Pristine Drycleaners join forces once more to make the colder months more bearable for our most vulnerable.

Together, we're seeking 1000 donations of quality, used winter coats to those who need them most.

New owner of the High Street drycleaning and laundry service, Rob Willis, said it was his staff who encouraged him to take up the challenge of adding an extra 1000 items to the job list.

"They loved taking part in previous years, as it's a way that we can show some support for our community, and do something practical and positive to give back," Rob said.



### 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 proud of:



Quality  
Improvement  
Council

'Yes ... we are  
a QIC accredited  
organisation'



## New AOD recruits ready for next chapter

The BCHS Alcohol and Other Drugs service has welcomed new trainees Martin, Aysha, Brohgan and Jacob to the team. The four new recruits answered the call to change careers and bolster the AOD workforce in central Victoria. They will spend the next 12 months undertaking a formal qualification in Alcohol and Other Drugs while gaining hands-on experience in a supportive environment, rotating across our AOD services, including residential withdrawal, care & recovery coordination pharmacotherapy, counselling and family drug support.

# Call for 1000 coats

### FROM PAGE 1

Staff member Cassie added; "We know from previous years that there will be so many people who are thankful for it."

BCHS is coordinating the donations, which can be dropped off at its main two sites at 19 Helm Street, Kangaroo Flat and 165 Hargreaves Street, Bendigo, or at [Pristine Drycleaners](#).

BCHS Executive Leader Community Partnerships & Integration Dale Hardy said once professionally cleaned at Pristine, the donated coats would be gifted to clients. "Many of our clients are bearing the brunt of devastating cost-of-living pressures.

"The hard reality is that many people in Bendigo will be opting not to turn heaters on this winter. And then there are those who don't even have a roof over their heads," Dale said.

BCHS provides services to people experiencing homelessness, to parents making choices between meals and heating, and to children who may have grown out of last year's winter clothing, with no easy replacements.

As such, BCHS and Pristine are looking for warm coats for all ages and stages of life, in good wearable condition. We can do this, let's go Bendigo!

**Get social  
with us:**



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



# DUO'S SHOT FOR BIG AWARD

Veronica and  
Dr Michael Barclay.



**“We get a hundred percent catch-up for every individual within six months of their first visit. It’s actually quite special because not everywhere achieves that.”**

Veronica Steegs

Veronica Steegs and Dr Michael Barclay of the BCHS Refugee Health Clinic have reached the shortlist for the Public Health Association of Australia’s annual Immunisation Award, thanks to their outstanding efforts to reach 100 per cent immunisation rate for all newly arrived refugees to Bendigo.

The award is for improving access to, coverage and timely delivery of the National Immunisation Schedule to hard-to-reach populations, in this case, people arriving from places of conflict, persecution and human rights abuses, being Sudan, Afghanistan and Thailand.

The clinic uses interpreters, they give out information in language, they draw on the support of BCHS’ bicultural workers, and they encourage their clients to ask questions.

“We get a hundred percent catch-up for every individual within six months of their first visit,” Veronica said. “It’s actually quite special because not everywhere achieves that. We also offer flu and COVID immunisations.”

Veronica goes even further to make the process easier on her clients – launching a mini-investigation for each person to determine what immunisations they may or may not have already had before arriving in Australia.

For Karen clients, she starts with asking if they have a Child’s Card for themselves or their children.

These flimsy cards, filled out by hand, may be their only official proof of immunisation.














“I’m able to get more information from the cards than what is just on the computer, like health assessments that are being done over in the camp,” she said. “It’s very time intensive, but it’s worth it. These little Child’s Cards are like gold when people come with them.”

Veronica shuffles some examples of the cards on her desk; pastel coloured, creased and carrying so much more than the brief information noted by hand.

“Sometimes you can smell the wood fires the people cooked on,” she said. “You can smell the camp.”

The Public Health Association of Australia Awards will be announced in Adelaide in June.

See [bchs.com.au](http://bchs.com.au) for the full story.

SUN	MON	TUE	WED	THU	FRI	SAT
				1  Exercise Right month starts	2	3
4	5 National Family Day Care Week starts 	6	7	8 Fun in Hargreaves Mall - Music in the Mall 	9	10 Illumin8 Festival of Light and Peace @ the Great Stupa of Universal Compassion
11 Mother's Day 	12 National Road Safety Week starts 	13	14	15  Nature in the Library @ Kangaroo Flat	16	17 IDAHOBIT Day 
18 Kangaroo Flat Family Fun Day	19 National Volunteer Week starts 	20	21	22 Australia's Biggest Morning Tea 	23	24
25	26  National Sorry Day	27	28	29	30 Elmore Be Well Be Connected Expo	31  World No Tobacco Day

## What's on in May...

# 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](mailto: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](mailto: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](mailto: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.



# MAY THE FORCE BE WITH HP

**Our Health Promotion team do not stop! And this month is no exception to their fun and action-filled schedule.**

Our expert team of qualified health promoters are leaders in their field, called upon to educate and engage all ages and areas of community to improve the overall health and wellbeing of Bendigo.

As well as their continued work with schools right across the region to deliver sexual health sessions, bike education, and programs around friendships and relationships, they'll be facilitating a Young Parents Group, plus cooking lessons and CPR training this month.

They know their stuff, and they're super friendly. Seek them out and say hello at the following community events and activities:



**Kangaroo Flat Family Fun Day**  
Sunday, May 18 from noon to 3pm  
at Kangaroo Flat Primary School

**White Hills Wanderers walking group**  
Each Monday 9.30 – 10.30am at the  
Garden for the Future in White Hills.

**Eaglehawk Explorers walking group**  
Each Wednesday from 9.30 to 10.30  
at Lake Neangar, Eaglehawk.

**Elmore Be Well, Be Connected Expo**  
Friday, May 30, from 10am to 2pm  
at the Elmore Community Hub.

## Healthy Choices Forum

### What is it?

The chance to build connections between food & beverage suppliers & a range of facilities & venues to learn about & promote healthy food & drink options to customers.

### Who is this event for?

- Local and regional food and drink suppliers/distributors with healthy options.
- Local facilities (such as hospitals, health services, aquatic and recreation facilities and sporting clubs).

### Event details

Thursday, June 19. 10am - 2pm  
at the Bendigo Tennis Centre.

Bookings are essential, to reserve your space please [register online](#) by **5pm Wednesday, May 21.**



## Excitement building over the reopening of BCHS' Eaglehawk site

Hello there!

This is our medical centre staff (from far left) Christine, Leah and Kat, EBD architect Darragh and our Fleet and Facilities Leader Sean. We cheekily interrupted and snapped them while they were touring our building site in Eaglehawk recently.

We've called the Seymoure Street address home since 1976, however locals will barely recognise it when we move back in mid-year.

We simply can't wait to share this new space with our clients, staff and the wider community.

It's big, bright and beautiful – so, fittingly reflective of BCHS!



## Job vacancies

### General Practitioner - Sexual & Reproductive Health

- Ongoing, 15.2 hours per fortnight (0.2 FTE)
- Applications close May 15

We are seeking a General Practitioner (GP) to join our multidisciplinary Sexual and Reproductive Health team.

The role is grounded in the professional values, knowledge, theories, and practice of a competent well-rounded leader of medicine in this field. The GP – Sexual and Reproductive Health will have expert skills, and function with a high degree of autonomy and accountability.

Responsibilities will include, but are not limited to:

- Deliver culturally safe and sensitive practice to new arrivals.
- Provide advanced medical assessment skills including examination and diagnostic investigations, treatments and chronic disease management and/or procedural skills for consumers.
- Consult and/or refer to other healthcare professionals when patients require care outside their scope of practice.
- Perform as an advocate and promote an active partnership with patients and their carer or representative.
- Maintain accurate clinical records to an advanced GP standard.

For more information visit the Careers page on [bchs.com.au](http://bchs.com.au).

## SERVICE SPOTLIGHT

Podiatrist Emma Miller

*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](mailto:bchs@bchs.com.au).*

**She may be very new to BCHS, but Em has hit the ground running within our podiatry team. Here she tells us why she loves getting people to appreciate just how much their feet do for them.**

### How long have you been with BCHS?

One month.

### Tell us about the best part of your job.

I really like working in multidisciplinary clinics and educating people about their feet and how different health conditions can affect the feet. I love having a good old chinwag with my patients too; learning about them and getting surprising tidbits that they may not realise is an important piece of info for their health care providers.



### What would you like the community to know about podiatry?

Podiatrists help with any foot concern; cutting nails is just the tip of the iceberg of what we can do for people. I love to collaborate and have found that podiatry works really well as part of chronic disease management.

### What's your go-to place in Bendigo?

I'm a bit of a foodie so I love a good café, or anywhere that caters with gluten free options. Currently my favourite is Crooked Kitchen Café. I am open to recommendations!

**Random fact:** I'm originally from the Mornington Peninsula, but I most recently spent five years in the Latrobe Valley working in community health there. My hobby this year is learning to sew!





Our movement magicians, Exercise Physiologists Ash and Joel.

# MAKE A MOVE IN MAY

Who moves you?

That's the question being asked this Exercise Right Month as the annual awareness initiative kicks off for the month of May.

From improving cardiovascular health to boosting mood and reducing stress, regular exercise at any stage of your life is essential, says BCHS Exercise Physiologist Ashleigh Oliver.

"Whether you do it by yourself or in a group setting, moving your body each day can have huge impacts for your overall health and wellbeing," she says. "Exercise needs differ from person to person, but all individuals will experience a wide range of benefits. Regular exercise can help lower cholesterol and blood pressure, improve heart and blood vessel health, maintain muscle strength and bone mass, and help maintain or achieve a healthy weight."

According to Exercise Right, which is a public health initiative created by Exercise and Sports Science Australia, less than 50% of Australians consistently meet exercise guidelines. On top of that, most Australians spend more than 40% of their waking hours inactive. It's stats like this that Ashleigh and colleague Joel Wharton want to change.

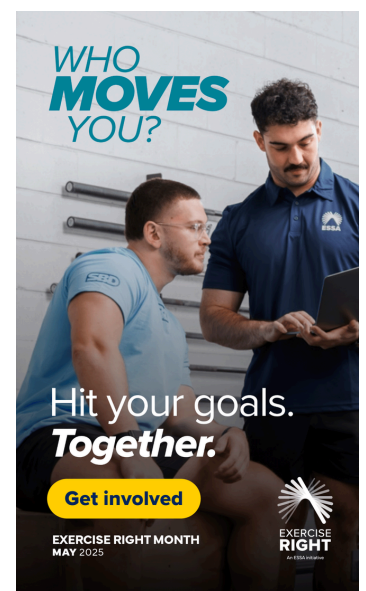
"We are passionate about helping individuals improve their wellbeing and quality of life through designing clients' individualised exercise programs tailored to their needs," Ashleigh says.

"We work with people who have chronic diseases as well as providing rehabilitation after injury and it's so rewarding to see the changes take place in real time."

For info about our Exercise Physiology programs you can [enquire online](#), or talk to your doctor about being referred to Ashleigh or Joel.

Each week this month we'll be highlighting the importance of exercise in relation to a specific topic on our socials.

Visit



# ANGELA'S HOMECOMING

For Angela Lloyd there's no place like home, and that's exactly the type of environment she strives to provide for the families she looks after.

As well as being an educator in the family day care space, Angela also sent her children to Bendigo Family Day Care when they were young, the benefits of which she still sees today.

"The relationships they built have lasted," she tells. "For example, my son, who is 22 now, was in family day care and he went right through until he finished primary school and he had the same educator the whole time. She's just like an auntie to him."

Angela has explored all avenues of the early childhood industry in her 25-year career, most recently working for the Department of Education, but she's been drawn back to family day care.

"It's hard work but was an easy choice to come back to family day care and be an educator again," she says. "It's the flexibility that has brought me back to it, not just for me, but for parents too. I have the flexibility to make my own hours, and to be able to respond to what families need."

With space for children to explore all the nooks and crannies, both inside and out, Angela has once again opened her home, and while it may only be three days a week, those three days are joyous and filled with learning opportunities.

"I like to be outside with the kids, especially the



little ones," she tells. "I love watching them see everything... looking up at the sky and trying to understand what it is that they're observing - the change of the breeze or a bird in the sky."

With her career coming full circle for now, Angela's advice to those considering starting their own home-based business is simple. "Definitely do it," she says. "It's so worthwhile... you're helping raise the future."

For more information on joining Bendigo Family Day Care as an educator email [fdc@bchs.com.au](mailto:fdc@bchs.com.au).

## La Trobe graduates contribute to community health



We just love how our staff go to the nth degree to be the best they can be for our clients!

Congratulations to Tim and Ta Na (above) who have both graduated from Bendigo's La Trobe University.

Tim Barry is the newest member of the BCHS Forensic Mental Health team, having completed a three-month placement with the service, and a Master of Social Work.

"I was looking for a placement that was really going to test my values," he says. "Two weeks in and I knew I wanted to do this."

"The more I got to see people come through, I started to see they had their own stories and part of the reason their lives were like this was they didn't have all the things that other people take for granted."

Ta Na Moo has also recently rejoined the Cultural Diversity

team after graduating from La Trobe's Bendigo Campus with a Bachelor of Business/Marketing.

A proud member of the local Karen community, Ta Na is now using his skills, and his voice, to deliver essential health information in language.

"My primary role is developing and designing flyers, posters and videos to engage the community," says the Karen Community Engagement Officer.

Currently, Ta Na is producing a two-part animated video in Karen on Type 2 diabetes and a brochure to promote culturally sensitive counselling to those who may need it.



# BETTERING BENDIGO



**BCHS is advocating for a number of essential projects that require government and/or philanthropic support. Together, we know that we can grow and greatly improve our community.**

## Community Paediatric Clinic

BCHS provides the only bulk billing paediatric service in the Loddon Mallee region.



Despite our multidisciplinary nurse-led model triaging children based on need, families are waiting up to 12 months for an appointment with a paediatrician. We make the most of limited staff and resources, but we need more of both to meet current and increasing demand and complexity within our community.

## headspace GP Clinic

Local youth trust headspace Bendigo. Having a specialist youth GP onsite is encouraging and allowing young people to access health services beyond mental health and wellbeing, in a place they feel welcome, safe and comfortable.

The headspace funding model does not cover the cost of a GP service. We need a properly-funded primary health service utilising the MBS, within the headspace model. Without it, there will be less early intervention care for local youth.

## Refugee & migrant health resources

BCHS has delivered Settlement Services to refugees since 2010, assisting our clients to settle in Bendigo and establish jobs, education, homes, meaningful community connections and participation in the social, economic, and cultural life of the city. To complement initial settlement needs, we have initiated culturally-appropriate clinical services; GPs, nurses and counsellors, plus programs to build health and service literacy and safe living.

As conflicts heighten and foreign aid is cut overseas, refugees are arriving with more complex health needs. Our current Refugee Health Clinic is operating at capacity and with short-term funding.



## CP@Clinic (community paramedics)

We know many people are putting off visiting GPs due to rising costs, while others can't access doctors due to shortages across the region. A CP@clinic can help fill the gap and make use of a ready-made workforce of community paramedics either at the start of their careers, or post having worked in the ambulance system.

CP@clinic is an evidenced-based model, developed in Canada by McMaster University and adapted to the Australian setting by Sunraysia Community Health Services.

We require funding to trial a CP@Clinic locally.

## Community Connector service

Homelessness in Bendigo has increased 93.4 per cent since 2016. This fact is changing the CBD, particularly around the library.

Since June 2023, a Community Connections Project Worker, based at the library, has supported people in vulnerable situations to access health and economic care, housing/shelter, food, safety and more.

Funding for the role is due to end in December 2025. Without this now-vital program, we predict huge impacts on clients, library staff and the wider Greater Bendigo community.

Read more details about these essential projects and others we've identified at [bchs.com.au](https://bchs.com.au)

# 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](http://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.



NATIONAL RECONCILIATION WEEK 2025

# Bridging Now to *Next*

27 MAY –  
3 JUNE  
#NRW2025



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AUSTRALIA