

# A PIVOTAL PILOT



Clare Woods  
heads up  
BCHS'  
Health  
Access  
Program.

## The people and program aiming to improve the lives of those experiencing homelessness

by Emma Sartori

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An ambitious new program has quietly launched at Bendigo Community Health Services aiming to reconnect those experiencing homelessness with health and social services as well as community.

Placing two Community Connectors on the streets of Bendigo's CBD, the Health Access Program (HAP) is a trauma-informed, low-barrier model of care aimed at improving health care access for those at risk of, or experiencing, homelessness; an issue that has been at the forefront of Bendigo minds for a number of years now.

"The Health Access Program is focused on building trust and working at an individual's pace to reconnect with health and social services," project lead Clare Woods says. "It's about meeting people where they're at."

It's opportunistic work and Clare can't speak highly enough of the team she delivers the program with - Karl Quast and Rhiannon Engi.

**CONTINUED PAGE 2**



### 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.

# Program bridging the gaps

## FROM PAGE 1

They are there not just for vulnerable individuals but for services around Bendigo who come into contact with them.

“Our Community Connectors bridge the gap between a service’s policies and an individual’s day-by-day capacity,” Clare says. “They also offer conversation, kindness and care when it’s needed most.”

“The health systems in place now are too rigid, set up for the few not the many. If we were to set up systems around the most vulnerable in our community and build out from there all services would be much more inclusive and accessible.”

The 2021 Census found 571 people were experiencing homelessness in Greater Bendigo: a 94 per cent increase since 2016 and four times the state average. Currently the team is supporting 37 individuals, with many accessing the service through the Bendigo Library, where Community Connector Karl is based. The program is slowly building and now has access to a nurse practitioner and GP to deliver primary health care.

Clare is proud to report the team has an 80 per cent success rate of program participants attending appointments. This is no small feat given the day-to-day challenges an individual may be facing, including stigma. And then there’s the issue of funding.

Current funding is through BCHS, the City of Greater Bendigo, Goldfields Library and the Murray Primary Health Network. But Clare says they only have enough to run the program until the end of the year, which could affect what they have achieved.

“The program’s model of care is already showing strong results,” Clare says. “I will do anything [to keep the program going]. I really believe in this program. I really believe in the model of care that we’ve developed. Rarely does a program support collaboration between so many different services and rarely is it so effective.”



Rhiannon Engi



Karl Quast

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# HEY EAGLEHAWK, WE HAVE A DATE!



The total refurbishment of the BCCHS Eaglehawk site is almost complete, with clients to be welcomed back from Monday, August 4.

BCCHS CEO Mandy Hutchinson said it was an exciting time for staff and clients, who were looking forward to heading home to the flagship site next month.

The new-look building has transformed the neighbourhood, thanks to its sleek, curved metal-clad façade and external landscaping. “The design by EBD Architects really respects the suburb and adds to the local streetscape,” Mandy said. “Internally, it’s just as stunning.”

The building, constructed by locals Franklin and Walsh, features lovely, light-filled spaces of high ceilings and clerestory windows. The clinical rooms are welcoming yet cutting edge. The allied health gym is fully equipped for our exercise physiology clients, and the community room will be available for hire.

As of August 4, the following services will be moving back to our Eaglehawk site:

- Medical practice – GPs and nurses
- Exercise Physiology & Physiotherapy
- Podiatry
- Visiting services including Chronic Disease Management, Counselling & Mental Health
- Clinical Labs pathology
- Family and Children services.

“For now, we’ll be working hard to ensure the community knows where they can find us,” Mandy said. “Later in the year, when the weather warms up, we will be inviting everyone onsite to celebrate an official launch with a family-friendly event promoting health, wellbeing and community connections.”

Keep up-to-date with plans on our socials.



## Refugee Clinic wins national award

It was high fives all round for BCCHS nurse Veronica Steegs, Dr Michael Barclay and our wider refugee health support teams for taking home the Public Health Association of Australia’s 2025 GSK Immunisation Award.







It’s all thanks to their outstanding and unique efforts to reach a 100 per cent immunisation rate for all newly arrived refugees to Bendigo.

It’s massive, national recognition for our small, hardworking team with the big community health heart. 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 Myanmar.

“There’s so many barriers to healthcare for these people,” Veronica said. “And when there’s barriers, that’s when things get missed or people aren’t looked after properly. When they come here, we try to break down those barriers, for example, language.”

The clinic uses interpreters, gives out information in language, draws on the support of our bicultural workers, and encourages their clients to ask questions.

“We get 100 percent catch-up for every individual within six months of their first visit. It’s actually quite special because not everywhere achieves that.”

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 	4 Electric Wonderland @ Rosalind Park starts	5
6  NAIDOC Week starts	7	8  National Diabetes Week starts	9	10	11	12
13	14	15 Family-friendly film 10.30am @ Bendigo Library	16	17	18 	19 Australian Sheep & Wool Show @ Bendigo Showgrounds
20 Electric Wonderland @ Rosalind Park ends	21 Victorian schools return - Term 3 	22	23 Eaglehawk Explorers walking group	24	25	26
27	28 White Hill Wanderers walking group	29	30 	31 Music in the Mall - Lunchtime jams @ 11am		

## What's on in July...

# Eaglehawk relocation news

The following services will return to the Eaglehawk site:

- Medical Practice – GPs and nurses
- Podiatry
- Exercise Physiology and Physiotherapy\*
- Family and Children services
- Visiting services including Counselling and Mental Health, AOD and Chronic Disease Management
- Clinical Labs Pathology.

\*Please note: Allied Health services will operate in White Hills and Eaglehawk. You will have the option to continue in Napier Street or attend our new-look Eaglehawk site.

To our valued clients, please note the following key dates in our relocation process:

- **Wednesday, July 30:** the BCHS Mitchell Street Medical Clinic will be closed from 2.30pm to finalise packing.
- **Thursday, July 31 and Friday, August 1:** disruptions may be experienced as our teams for Podiatry, Exercise Physiology, Physiotherapy and Chronic Disease Management finalise packing.

### Eaglehawk location details

Please note location and contact details for the BCHS Eaglehawk site remain the same:

- Address: 3 Seymoure Street
- Phone: 03 5406 1200.

**Our refurbished Eaglehawk site will open to the public from 8am on Monday, August 4.**

# PROGRAM GOES GLOBAL

## Ground-breaking cancer program receives an international audience

The cancer journey is daunting for anyone. But even more so for people of refugee background. When BCHS learnt of an increase in late-stage cancer diagnosis among the local Karen community, the service's [Cultural Diversity](#) team took action.

For the past 18 months BCHS has been partnering with the Loddon Mallee Integrated Cancer Services (LMICS) to implement the State Government-funded Cancer Support for People of Refugee Background in Bendigo program.

Last month, this pioneering work was highlighted internationally at the CNSA/ICCN Cancer Nurse Congress.

BCHS Cultural Diversity staff Abbie Lockwood, Lisa Carson and Nido Taveesupmai travelled to the Adelaide Convention Centre to present on what the team has learnt about cancer and the refugee community and implications in clinical practice.

"We had lots of questions from nurses working in areas that have high former refugee populations, like we do in Bendigo," Abbie said. "In many cases, service providers have no guidance on how to make the cancer journey easier for those communities, so we were thrilled to share our work."



From left, Abbie, Nido, Lisa and Monita at the congress in Adelaide.

The presentation focused on the barriers to care, and how health providers can best overcome them.

Lisa said to wind back the concerning instances of diagnosis, there is a need to increase knowledge of and access to culturally-safe cancer prevention, screening, treatment and care.

"Plus, we need to increase people's confidence to access services," she said.

**"Feeling safe in the space before getting into the details about the cancer may be the difference between someone engaging or not."**

Nido said BCHS, together with LMICS, has worked with the local communities, cancer service providers, cancer peak bodies and content experts to develop a wide range of interventions. These include cancer-related

resources in language which dispel fears, myths and barriers to accessing care.

"We have also developed education sessions for the community, to increase their knowledge of cancer services available to them," Nido said.

The team was joined by Monita Mascitti-Meuter, St Vincent's Inclusion Diversity Equity Lead, who presented on the hospital's Talk To Me app, a free language tool that supports communication in 18 languages, for interactions in-between those times an interpreter would be used.

As part of this project, the app was recently expanded to include a category for cancer care phrases, as well as Karen and Dari languages.

For tools and resources the team has developed visit the [BCHS website resources page](#) and search the topic, 'Cancer'.



## Job vacancies

### Early Years Speech Pathologist

- Fixed Term Position, 76 hours per fortnight (1.0 FTE)
- Role is split between Treehouse Paediatrics and the Loddon Children's Health and Wellbeing Local

Treehouse Paediatrics and the Loddon Children's Health and Wellbeing Local are excited to offer a new unique early career program that will provide an early career speech pathologist with an opportunity to work across the two organisations. BCHS is the lead agency for the Loddon Children's Health and Wellbeing Local.

The program has been designed to provide recent speech pathology graduates with a supportive and nurturing environment to develop specialised knowledge, skills, and experience in the paediatric field.

To successfully apply you will need:

- Tertiary qualification with current relevant registration.
- Membership with Speech Pathology Australia.
- Knowledge and appreciation of working as part of a multidisciplinary team.
- Passion for advocating and working under a neurodiversity affirming framework.
- A current employee Working with Children Check and Driver's Licence.

Plus a number of other selection criteria.

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

## SERVICE SPOTLIGHT

### Community Diabetes Clinic

*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).*

**Our Chronic Disease Management team are here for you. They can help you manage your diabetes with support that's tailored specifically to your needs. Read on to find out how...**

#### **Name of the program.**

Community Diabetes Clinic.

#### **What does the program aim to achieve?**

The Clinic, which is supported by the Bendigo Health Endocrinology Clinic, provides short-term, doctor led support for people living with Type 2 diabetes who require medical intervention and management. We want to help you improve self-management skills and your quality of life.

#### **Who can access the program and how?**

Adults living with or newly-diagnosed with Type 2 diabetes can access the clinic through a GP or specialist referral, which is required.

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

The clinic is located at the BCHS Central site in Hargreaves Street. From August 2025 it can be found at our new-look Eaglehawk site. Our Credentialed Diabetes Educators can help you develop the knowledge and skills to manage your condition. You will need to bring the following to your appointment:

- Diabetes medicine
- Blood glucose record book
- Blood glucose meter
- A supportive family member or friend, if required
- Some food if your appointment is near your usual meal or snack time as some appointments may be an hour or more.

#### **Other things to know...**

National Diabetes Week is coming up. It runs from July 13 to 19. For more information visit [Diabetes Australia](https://diabetesaustralia.com.au) | [Support for people living with diabetes](https://supportforpeoplelivingwithdiabetes.com.au).



Jo, Ange and Lauren at the recording of a BCHS podcast episode.

## THE VALUE OF A PERSON'S PAST

Lived and living experience may be terms you've heard of and wondered, what's that all about?

A recent BCHS podcast episode unpacked the importance the service is placing on lived experience, both within its staff and the wider community.

The conversation, with BCHS Senior Leader Insights and Analytics Jo and AOD Peer Worker Ange, sought to answer a number of questions, including what is lived and living experience? Why is it important and how is BCHS incorporating it into its day-to-day operations?

Jo said lived experience or peer worker roles allowed BCHS to embed people within the service who may have walked a similar path to their clients. A peer support worker uses their lived experience, plus skills learned in formal training, to deliver services in support of others.

"It leads to better outcomes for people who use our services," Jo said. "It's got so much potential and I'm just so excited to be part of it."

In 2025, BCHS named Lived and Living Experience as one of its five organisational values, stating: 'We value our communities, their backstories, lived and living experiences and cultures and learn from them to tailor our services'.

Jo is leading the work of increasing and supporting lived experience staff, such as Ange, who has been part of BCHS' Alcohol and Other Drugs service for four years.

Ange supports people while they're waiting to see an AOD counsellor, plus runs a weekly Skills for Life group. "I love it," she says. "I hope I make a difference in the way that they feel heard and seen and I hope I show them that there can be a light at the end of the tunnel."

Hear Jo and Ange's stories, and learn more about lived and living experience on the BCHS 50<sup>th</sup> Anniversary Podcast, now on Spotify, Apple podcasts and the [BCHS website](#).

## Ditch the plastic, wrap it naturally!

The BCHS Health Promotion team are big fans of beeswax wraps and encourage everyone to give them a go.

"Say goodbye to single-use plastic wrap and hello to beeswax wraps," is their message towards sustainability in the home.

Health Promoter Christine says unlike ye olde single use plastic wraps, beeswax alternatives can be used up to 100 times.

"They're also cheaper in the long run, they keep your fruit and vegetables fresher for longer and they can be made at home," she said.

"You can use them to wrap any leftover food, school lunches or anything you want to freeze."

She said they're fun and easy to make using tools most people would already have at home as well as cotton fabric, beeswax and coconut oil.

Christine recommends checking out this [link for easy instructions](#).



# HORMONES HOLLERING?

**Hot flushes, mood swings and the mystery of the missing periods...**

**By DR KARISHMA KAUR**

Let's be honest — menopause doesn't exactly have the best PR team. It's often whispered about like a dirty secret, blamed for everything from bad moods to forgotten birthdays, and barely gets a mention in most health chats. But here's the thing: every woman goes through it. So why not talk about it — openly, honestly, and maybe even with a bit of humour?

## **Perimenopause: The Sneaky Prelude**

Before menopause officially kicks in, there's the warm-up act: perimenopause. This can start in your 40s — or even late 30s for some — and it's the body's way of saying, "Hey, changes are coming!"

One month your period is right on schedule, the next it ghosts you completely, only to return with a vengeance. You're hot, then cold, then cranky, then crying at a dog



food commercial. Welcome to hormone rollercoaster land.

## **Menopause: Not the End, Just a New Chapter**

Menopause itself is defined as 12 months without a period. The average age in Australia is around 51, but it's different for everyone. Some breeze through with barely a hiccup. Others? Not so lucky.

Common symptoms include:

- Hot flushes (aka spontaneous combustion)
- Night sweats (like you slept in a sauna)
- Mood swings (no explanation needed)
- Brain fog (where did I put my keys... and my brain?)
- Vaginal dryness (yep, we're going there)
- Sleep issues

• Low energy and libido  
Does it sound like fun? Not particularly. But it is manageable.

## **So, What Helps?**

Start with the basics: move your body regularly, eat good food, cut back on alcohol and caffeine (yes, sorry), and try to sleep (we know — it's hard when your bed feels like lava).

But also: talk to your GP. Seriously. There are safe and effective options, including Menopausal Hormone Therapy (MHT), non-hormonal meds, and other supports tailored to your needs.

## **Hot Tip (pun intended): You're Not Alone**

This stage of life can be freeing. No more periods, no more contraception worries, and a growing sense of not caring what others think (in the best way).

Menopause is not the beginning of the end — it's just the end of the beginning. So grab a fan, a sense of humour, and some good information, and embrace the new you. Let's stop whispering and start talking. Your future self will thank you.



## **Let's talk about SexRurality!**

Staff from our Sexual and Reproductive Health Hub and Health Promotion teams headed to Shepparton last month for the SexRurality Conference hosted by the Centre for Excellence in Rural Sexual Health (CERSH).

The conference is Victoria's only Rural Sexual Health Conference and BCHS is proud to have had a number of staff presenting over the two days. Dr Louise Manning was a keynote speaker, giving a rural GP's perspective on sexual and reproductive health outside of the Big Smoke. She also spoke about identifying priorities for reducing abortion stigma in the healthcare workforce. Meanwhile, Senior Health Promotion and Community Engagement Officer Steph Paddon and Senior Leader Integrated Health Promotion Natalia Smith presented on their work educating local youth on sexual health through the Love Your Body expo.

We are all about empowering through education, thanks for the opportunity CERSH!

# A Pristine revival: 850+ coats donated



The Pristine team is pictured here with BCHS executive leader Dale, who presented them with a certificate and other goodies in recognition of their work and care.

The Pristine Drycleaners crew in High Street would have to be one of Bendigo's hardest working teams. They barely had time to stop for this photo, among the whirring, pressing, steaming and churning of the factory. And yet, they had the thought to care for others.

For six weeks from May through to June, they put time aside to clean a total 850+ donated coats. We've already passed hundreds of warm, clean coats onto clients and community, and will continue to do so until the hangers are empty.

We cannot thank Pristine enough for their vital part in our combined coat drive. Likewise everyone who has donated.

Our social workers, clinicians and other staff are reporting how lovely it is to give a coat to someone who needs one.

## MEN'S CLINIC IN DEMAND

With patient engagement up at Bendigo Community Health Services Men's Health Clinic, now is the time to invest not just time but money, says Clinic doctor Haris Noor.

Joining the Clinic last October, in partnership with nurse practitioner Peter Strange, Dr Haris says it's heartening to see men in the Greater Bendigo region heeding the message that their health matters too.

"We've seen a consistent increase in the number of men coming in for health check-ups - ranging from routine assessments to more complex health concerns," he says. "Since my arrival, we've also expanded our range of services to meet the diverse needs of our male patients.

"We now offer more comprehensive medical assessments and are managing increasingly complex sexual health issues. Minor procedures and surgeries involving male genitals are also now available in-clinic."

Dr Haris attributes the increase in patient engagement to his and Peter's efforts to create a non-judgmental and male-friendly atmosphere at the clinic, saying flexible appointment times and clear communication was encouraging patients to follow up.

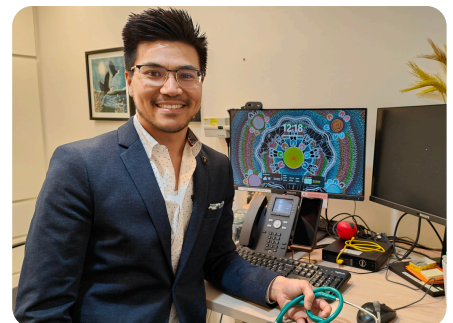
Normalising check-ups was also a factor, with Dr Haris stressing the importance of preventative care.

**"Regular check-ups are like servicing your car - they help avoid breakdowns."**

"A yearly health check is recommended for most men, even if they feel well," he says.

"With one in five men dying before the age of 65, preventative care is absolutely vital. It can reduce the risk of heart disease, diabetes, cancer, and other chronic conditions that affect quality and length of life."

While Dr Haris is heartened to see so many men in the community reaching out about their health he



is concerned there isn't enough investment in the area, which could lead to poorer outcomes.

"Our Men's Health Clinic is in high demand, but limited funding only allows it to run one day per week," he says. "Every preventable health setback, illness, and death represents lost productivity, pressure on our healthcare system, and strain on families, work places and communities."

He believes more dedicated health programs will make a difference.

"Men's health is underfunded," he says. "Ideally, I'd like to see more ring-fenced funding instead of fragmented, short-term grants that disappear."

# 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.

## 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.

**For appointments or more information  
call: 5406 1200**

**Fax for all sites: 5441 4200  
PO Box 1121, Bendigo Central, Vic 3552**



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YOU ARE INVITED



# Join us in celebrating Karen Traditional Wrist Tying Ceremony

Please come and join us in celebrating our annual Karen Traditional Wrist Tying Ceremony. This is a fantastic opportunity to learn about us as we share our culture through traditional dances, music, and food.

Date: 09/08/2025

Time: 9:30 AM -12:30 PM

Location: Bendigo Neighbourhood Hub

Address: 155 Crook St, Strathdale Vic 3550

This event is brought to you by Karen communities of Bendigo.

For more information please contact

Eh Soo - 0498 326 179

Eh Thout - 0486 002 376

Designed by NC