

# BENDIGO, ORDER UP!



Fox and Giraffe Cafe manager Ruby with BCBS Health Promoter Sebastian.

For a copy of the guide visit [bchs.com.au](http://bchs.com.au)

## Updated healthy catering guide launches

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- BCBS welcomes call for more investment into health infrastructure

Bendigo Community Health Services is excited to have launched an updated version of the Greater Bendigo Healthy Catering Guide, developed in collaboration with City of Greater Bendigo.

The guide has a fresh new look and features a host of local food businesses who offer healthy catering options - including lake precinct favourite Fox & Giraffe.

Health Promotion Officer Sebastian said the guide will support workplaces, community groups or anyone seeking healthier catering options to make an easy choice.

"Fox and Giraffe is a great example of a local business going the extra mile to offer healthy option," he said. "They're also the first caterer to be included on the Healthy Eating Advisory Service Catering for Good directory within the Bendigo region."

Sebastian said the local healthy catering guide can be found on the [Resources & Publications page](http://www.bchs.com.au) of [www.bchs.com.au](http://www.bchs.com.au)



### 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'



## Eaglehawk Site Grand Opening

**FRIDAY, SEPTEMBER 12**

**11.30am - 1.30pm**

**3 Seymoure St, Eaglehawk**

**All welcome!**



Bendigo  
Community  
Health  
Services

The melodic notes of the Eaglehawk Citizens Brass Band will once again ring out across BCHS' Eaglehawk site nearly 50 years after they first performed at the location.

The popular local band was on hand at the original grand opening in 1976 and we are excited for them to join other musicians at the official grand opening of our newly-refurbished site.

The community is invited to 3 Seymoure Street from 11.30am-1.30pm to celebrate with us. There will be:

- Official and guest speakers
- Guided tours
- Live music
- Barbecue and refreshments
- Children's storytime.

We can't wait to see you there!

#### The following services have returned 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: Our Allied Health services will operate in White Hills and Eaglehawk. You will be able to choose which site you wish to attend.

**Get social  
with us:**



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



# Commissioner's caring impact

Last month BCHS welcomed Victorian Commissioner for LGBTQIA+ Communities Joe Ball to its central location.

It was a truly amazing opportunity to speak directly to Joe, who represents the lived experience voice in government.

He met and chatted with staff from the Sexual and Reproductive Health Hub, touring through the Hargreaves Street site before meeting with CEO Mandy Hutchinson. Joe's warmth, empathy and generosity shone through and left staff feeling proud and hopeful for the work they do.

Joe also visited [headspace Bendigo](#), meeting with parents and young people who openly shared their powerful stories, worries,



Victorian Commissioner for LGBTQIA+ Communities Joe Ball with BCHS staff.

ideas and hopes for a better future for LGBTQIA+ people and their families.

During Joe's visit to Bendigo both headspace Bendigo and BCHS attended a roundtable hosted by Zoe Belle Gender Collective Inc Women's Health Loddon Mallee and Centre for Non Violence for an inspiring and powerful



conversation about commitment and diversity.

Mandy said she was grateful for the invitation and the Commissioner's visit, affirming: "We are proud to be bold allies, and are deeply committed to ensuring equitable and accessible health care for our LGBTQIA+ community."

## TO OUR COMMUNITY,

We see the immense devastation of recent natural disasters, ongoing conflict and human rights abuses around the world, and in Australia. Particularly towards people in minority groups.

We support people to develop and thrive within a nurturing environment.

We want people of all cultural backgrounds, religions, gender identities, sexualities and abilities to feel safe with us, and within our city of Greater Bendigo.












We acknowledge the loss of life, deep suffering and ongoing grief felt by many.

At this time of overwhelming unrest and suffering around the world, we call for our community to act with compassion, respect & kindness towards each other.

Remember, your own wellbeing is important too.

For anyone who needs support right now, BCHS can help. We offer a caring counselling service, including culturally sensitive counselling.

If you need to speak to someone, please call us on 5406 1200, or headspace Bendigo on 5406 1400.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Sexual Health Month starts	2	3	4	5	6
7	8	9 	10 World Suicide Prevention Day	11	12  Grand opening of BCHS' Eaglehawk site 11.30am	13
14	15 smalltalk Supported Playgroup - Heathcote 	16 smalltalk Supported Playgroup - Kangaroo Flat	17 smalltalk Supported Playgroup - Eaglehawk North	18 smalltalk Supported Playgroup - Huntly 	19 smalltalk Supported Playgroup - California Gully	20 Bloom After Dark - Conservatory Gardens 6.30pm 
21 Zero Emissions Day 	22	23	24 Eaglehawk Explorers walking group 	25	26 Harvest Moon Festival at the Dai Gum San Chinese Precinct	27 AFL Grand Final 2.30pm 
28 The Bloomin' Good Market - Rosalind Park 10am 	29 White Hills Wanderers walking group 	30				

## What's on in September...

# Simple sustainability switches

September 21 is Zero Emissions Day. The BCHS Health Promotion team is marking the moment with three top tips to encourage everyone to minimise their use of fossil fuels.

Health Promoter Christine says the day shows what a cleaner, greener, zero-emission society could look like, through making sustainable changes to the way we live.

Her first tip is an easy one; use your own shopping bags. "They can be fashionable, they're reusable, and help save money and waste, so it's a no brainer." Just one reusable bag can replace hundreds of single-use bags annually, so it's a big return for a small effort.



Tip two; try an e-scooter. Christine says they're cheap to use, they help the environment, and they're good fun. You can find them parked around Bendigo. Give one a go!

Tip three; turn off then unplug

appliances at the wall. Yep, it's true. This simple move saves money on your electricity bill and prolongs the life of your appliances. Follow BCHS on social media for more environmental health messages throughout the year.



# A HEFTY DOSE OF REALITY

## Setting the record straight on five myths associated with established drug therapy treatments.

Opioid dependence is a serious health problem, but there are well-established treatments that can help. Opioid pharmacotherapy or Opioid Agonist Therapy (OAT), like methadone or buprenorphine, help reduce cravings, limit withdrawal symptoms, and lower the risk of overdose or death.

Even though these treatments have been shown to work well for many years, there are still myths and misunderstandings about them which can cause people to feel shame or stop them from seeking help. They can also affect how health professionals view this treatment. It's time to tell the truth about these myths.

### Myth 1: It's just replacing one drug with another.

This is one of the most common myths. Pharmacotherapy isn't just swapping one drug for another. Methadone and buprenorphine are long-lasting medications that are carefully given in controlled doses.



Instead of making people feel "high," these medicines help them feel stabilised, and let them live their life. Studies show that people using OAT live longer, healthier, and more stable lives.

### Myth 2: People aren't really in recovery if they're on methadone or buprenorphine.

Recovery is about more than just stopping drug use. It's about being healthy, safe, connected to others, and having a sense of purpose. For many people, OAT helps them repair relationships, rebuild their lives, keep a job, and escape the chaos of using drugs. Saying someone isn't in recovery just because they take medication adds to the stigma.

### Myth 3: Treatment should be short-term.

Evidence shows that taking a longer approach is better. Short-term

treatments can lead to relapse and higher risk of overdose, while long-term treatment gives the best chance for success. Treatment should be based on each person's needs, not a set time limit.

### Myth 4: Pharmacotherapy keeps people sedated.

When doses are carefully managed, people on methadone or buprenorphine don't feel sedated. They can simply go about life. Sedation can happen at the beginning of treatment or if the dose isn't right, which is why regular check-ins with a doctor, nurse or pharmacist are important.

### Myth 5: Pharmacotherapy is only for people who use illegal drugs.

Anyone can become dependent on opioids, even if they were prescribed by a doctor for pain. Medications like oxycodone, morphine, or fentanyl can be prescribed for things like surgery or injuries, but they can still lead to dependence. Pharmacotherapy helps anyone who is dependent on opioids, whether originally prescribed by a doctor or obtained illegally.

**To read this column in full visit [bchs.com.au/busting-the-myths-of-opioid-pharmacotherapy](https://bchs.com.au/busting-the-myths-of-opioid-pharmacotherapy)**

## Sun, snags at Bendigo's Overdose Awareness Day

What's that say? Free sausages?! Can I have one Dad?

The smell of sizzling snags was a big drawcard for Bendigo's International Overdose Awareness Day event at the Library Gardens on September 5.

Our Alcohol and Other Drugs staff were proud to be part of the action alongside a host of amazing Bendigo services. Jacob played the blues. Brohgan had a refresher crash course in CPR. Marty & the team gave out Naloxone - the life-saving overdose-reversal nasal spray.

And Hooch? As it turns out the pooch had already eaten two bangers, proving puppy dog eyes really do get you everything. But seriously, accidental overdose is avoidable. Educate yourself and be part of the solution by [clicking here](#).





## 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

### Lung function assessment

*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 Workplace Health and Wellbeing Program offers a number of fee-for-service health checks for businesses. The lung function test, also known as a spirometry assessment, is available for employees who may be exposed to hazardous substances in the course of their work.**

#### **Name of the service.**

Lung function (spirometry) assessment.

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

The test assesses lung function and capacity by measuring how much, and how quickly, air can be exhaled in a single breath. It may help to diagnose respiratory conditions.

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

Any business can access the health check through our Workplace Health and Wellbeing Program. Recent businesses to take up spirometry testing have included those in the welding, sandblasting and painting industries.

**What would you like the community to know about the service?** The assessment goes for 30 minutes and involves completing a minimum of three spirometry readings. Our team will then interpret and analyse the results, and provide an explanation of the assessment. Results are compiled and a report of the results is provided to the individual who will then be asked to consent to release of the report to their organisation.

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

Kate and Heather (right) are our Workplace Health and Wellbeing team. To book a lung function test email [healthylifestyles@bchs.com.au](mailto:healthylifestyles@bchs.com.au) For details on other health checks the team provides visit [bchs.com.au/workplace-health-wellbeing-program/](https://bchs.com.au/workplace-health-wellbeing-program/).





# SIMPLE DESIRE, BIG CAREER

**Little learners are thriving from Sue's life on the land as she marks 30 years at Bendigo Family Day Care.**

It's second nature for Axedale's Sue Harkins to treat all the children in her care like family.

The community-minded Bendigo Family Day Care operator had a simple desire in the beginning – to be available for her children after school and during the holidays. That's grown into big things with Sue marking 30 years as an early childhood educator this year.

"Children are great," she says. "It's so nice to see them grow from little babies to kinder kids and beyond. Seeing the children grow and develop, I find it so rewarding to be a part of that."

Life on the land is also something Sue has cherished, and with a hobby farm as the backdrop to her day care setting learning has never been so fun or realistic for the kids who arrive each day.

"Everyone loves the small farm set up," she laughs.

"While we don't have a typical day, I do love exploring with the kids each day. We look for birds and bugs. We explore how the garden and trees change, and how the vegetable seeds grow when you water them."



Left: Axedale's nan: Sue Harkins received recognition for her 30 years as a popular early childhood educator with Bendigo Family Day Care at a dinner recently. Above: Kids love the animals on Sue's farm.

Of course, from the rural setting comes rural living with community a key feature, and in Axedale Sue is at the heart of it. She's been a CFA member for 25 years and is also on a few committees. For the nan to three (officially, and unofficially to an entire rural community) nothing compares to the feeling she gets being an early childhood educator.

"I love children learning and growing with me," she says.

"I love helping families in any way I can. Having grandchildren has really made me appreciate that the children who come to me often do because they don't have the

privilege of being cared for by their grandparents. That's why I treat all children as if they are part of my family."

From the CFA to farm life and family day care, Sue is leading by example says BFDC Supervisor Tamarra Tie.

"Not only are the children in Sue's care learning about the land and the cycles of life, they are seeing firsthand a sense of belonging and what it means to be part of a community," she says. "Sue is such a valued part of the Bendigo Family Day Care community. We are so thankful for the impact she has had over her 30 years."

## Wendy's big win!

Bendigo Family Day Care's Wendy Whelan (right) has been announced as a Regional Educator of the Year winner in the 2025 Excellence in Family Day Care Awards. She now goes into the running for National Educator of the Year and we couldn't be more proud. Congratulations Wendy!

BFDC has also been nominated in the Service of the Year and Coordinator of the Year categories, to be announced later this month. Good luck!



### 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](https://bchs.com.au) to read our child safety commitment in full.



# HEALTH SERVICES WELCOME

## Infrastructure Victoria report highlights the dire need for more funding into sites for community health services

Despite providing services to one in 10 Victorians, registered community health receives just 0.3 per cent of the Victorian Government's \$2 billion annual health infrastructure budget. That's the finding of an independent report, released late last month.

Infrastructure Victoria's report shows a funding increase of just 1.5 to 3 per cent would allow community health organisations to expand services and, in turn, help cut hospital emergency department presentations.

## BCHS Eaglehawk site leads the way locally

The redevelopment of BCHS' flagship Eaglehawk site is the ideal case study for improving infrastructure to improve health and wellbeing.

The approximately \$7 million project was funded by BCHS and the Victorian Government's Health Infrastructure Fund. The new-look site opened to the public on August 4.

CEO Mandy Hutchinson said this major project showed community health services had the knowledge of what their communities needed, and the expertise to plan and manage big developments.

"Clients are describing the site as welcoming, dignified and safe, while staff feel equipped to provide the highest standard of care," Mandy said.

"Similarly, our new Wanyanimbik Wayawan Alcohol and Other Drugs Wellness Centre has become a space of healing and empowerment.

[Read the report here](#)



Top: BCHS' new-look Eaglehawk site.  
Above: Just one of the rooms at BCHS' Wanyanimbik Wayawan Wellbeing Centre.

**"These sites show what is possible when State Government partners with us to deliver infrastructure that embodies our values of dignity, respect and inclusion."**



"Imagine what could be achieved if our Central and Kangaroo Flat sites reflected the same standard," Mandy (pictured above) said.



# CALL FOR MORE INVESTMENT



**“An expanded community health sector could save the Victorian government upwards of \$550 million in emergency department costs.”**

**Anna Robinson**  
Community Health  
First Chair

which represents Victorian metropolitan, regional and rural community health services.

In a [Community Health First media release](#), Chair Anna Robinson said with increased health infrastructure funds, services could future-proof for population growth.

She said 45 per cent of eligible Victorians missed out on accessing community health services over the last five years. And by 2036, demand in growth areas is expected to more than double.

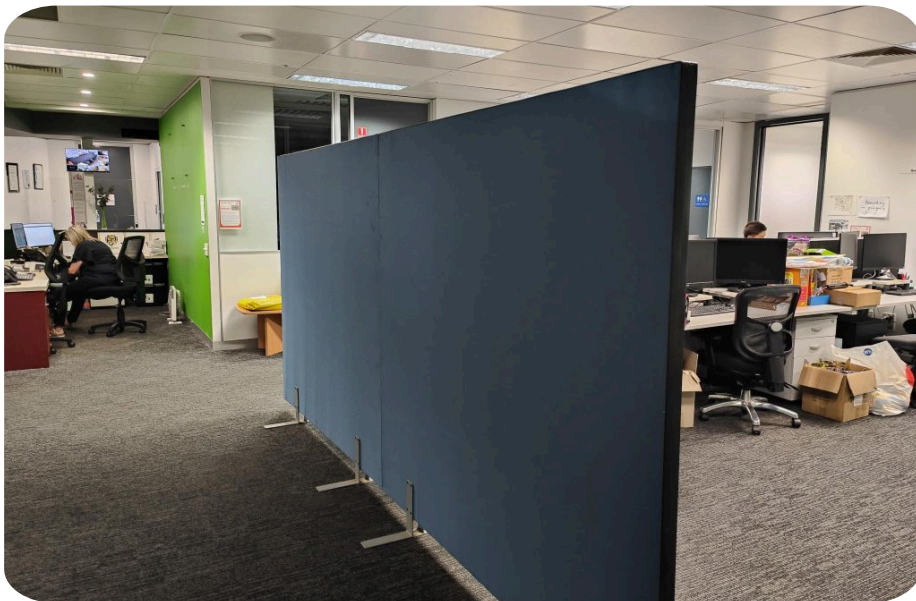
“There is a clear need for sustained and strategic infrastructure funding,” Anna said.

“Community health is already delivering value – now we need the infrastructure to match.”

She said a strong community health sector meant fewer ambulance callouts, reduced emergency department strain, and a healthier population.

“An expanded community health sector could save the Victorian government upwards of \$550 million in emergency department costs.”

**BCHS has welcomed the report findings in the expectation it will lead to more projects like Eaglehawk being realised in Bendigo and across the state.**



BCHS' Kangaroo Flat (top) and Central (above) sites are cramped and tired-looking.

## **Need for infrastructure that reflects values is critical**

Mandy said another \$25 million was needed to fulfill the community health needs of Greater Bendigo.

“Both our central Bendigo (above) and Kangaroo Flat sites are tired, overcrowded, and compromise the privacy, dignity and safety of clients and staff,” she said. “We have run out of room for our corporate staff.

“We do not have enough clinical rooms to meet demand, or even

accommodate our current number of clinicians,” she said. “We need to refurbish and extend our Kangaroo Flat site, and re-fit or purchase a new central site to take us into the next 50 years of community health.

“We know what we need to improve services, and it starts with the infrastructure to expand.”

## **Community Health First advocates for all**

The infrastructure report was thanks to the lobbying of Community Health First,

# 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 [bchs.com.au](http://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.







**Bendigo  
Community  
Health  
Services**

Eaglehawk  
3 Seymoure St

Bendigo  
165 Hargreaves St

Kangaroo Flat  
19 Helm St

White Hills  
501A Napier St

Elmore - 46 Jeffrey St  
Tel: 5432 6001  
Fax: 5432 6101

North Bendigo -  
Wanyanimbik Wayawan  
137a Holdsworth Road

## 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 Eaglehawk.

### 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 GPs, nurses and counsellors.

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

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



5406 1200

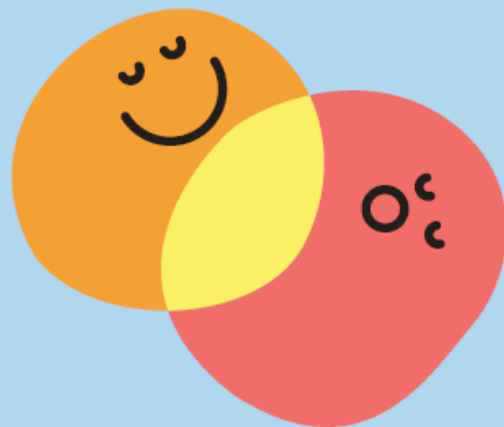


bchs.com.au

# Everybody's doing it.

Sex is a normal part of life. Talking about your sexual health should be too.

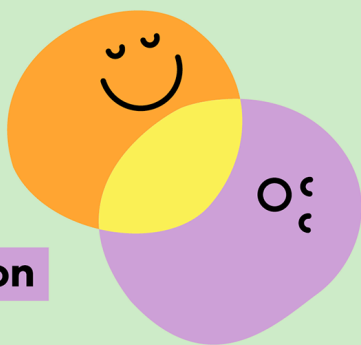
There's a lot more to sexual health than just sex! It's about whether you feel safe and comfortable too. Communication is key: before, during and after sex.



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Government

Department  
of Health

## The four C's of safer sex.



Communication

Consent

Condoms

Contraception

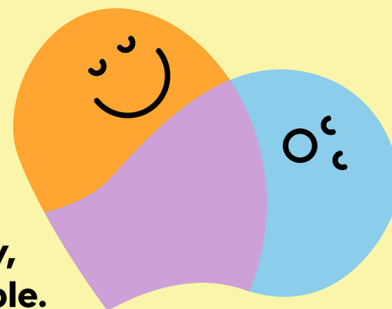


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## STIs happen.

And if found early and treated quickly, most are curable. Get checked, get treated.



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of Health

## Safer sex protects everyone.



**Communication, consent and protection are important.** Talk with your partner. See your doctor, nurse or health worker. Get confidential sexual health checks regularly.

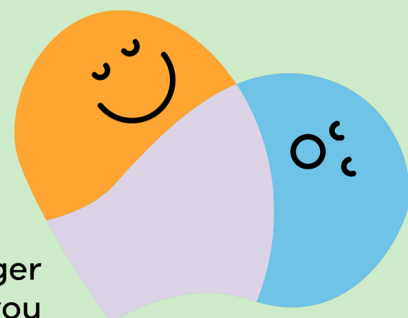


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of Health

## Quick. Confidential. Affordable.

Sexual health checks at least every 12 months can prevent longer term issues for you and your family.



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