

AUGUST 2024 NEWS

Bendigo | Eaglehawk | White Hills | Kangaroo Flat | Elmore



Site revamp forges ahead in Eaglehawk



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The total refurbishment of Bendigo Community Health Services' (BCHS) Seymoure Street site in Eaglehawk is well underway and on schedule for completion in autumn, 2025. Works started on the 48-year-old building last August, with local builders Franklin & Walsh contracted to bring the multimillion dollar plans to fruition.

BCHS CEO Mandy Hutchinson said once complete, the site will feature more usable space, state-of-the-art equipment, expanded services and dedicated community areas. "We're investing where community health began in Bendigo, in the beautiful suburb of Eaglehawk," Mandy 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 Jaara 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 proudly support the LGBTIQA+ communities.

BCHS is proud of:



Care that connects

Welcome to the very first edition of BCHS' community newsletter. We hope it will keep you informed about the important services we provide across the Greater Bendigo region and beyond.

I am very proud to be the CEO of BCHS, especially as we celebrate 50 years of community health.

At a recent celebration that marked 50 years of community health in



Victoria, Professor Fran Baum, a health equity academic, talked about the three As central to community health:

- Availability: The right place and time.
- Affordability: Free or low cost.
- Acceptability: A safe space culturally and inclusive.

I believe BCHS upholds these concepts and values. Since I commenced in January this year, I've witnessed the passion the staff and volunteers of BCHS have for the work we do every day. There is a deep sense of walking with people on their journey, listening intently, offering support and expertise, and allowing people to make the choices they need to so they can live the life they want.

We hope you will join us to celebrate our story of 50 years of care at our community event in November this year.

Mandy Hutchinson

Refurbishing for health & wellbeing

From Page 1

"Not only will the site ensure we can meet the changing and growing health needs of the community, it's also going to add to the suburb's architectural legacy," Mandy explained. "The contemporary façade will be backlit at night, so will be a beautiful addition to the neighbourhood."

Go to page 4 for a list of where to currently find the Eaglehawk-based services.









BCHS Board Chair Melanie Eddy with Family Services' longest-serving staff member Paula May, who recently retired from her 45-year career.

BCHS' golden jubilee

Bendigo Community Health Services (BCHS) is celebrating a golden year, with July 1, 2024, marking half a century since the then-Eaglehawk and Long Gully Community Health Centre opened in Bright Street.

It was the result of a sustained campaign to improve the health of people in the historic goldfields suburbs. BCHS Board Chair Melanie Eddy said the not-for-profit had a proud history of passionately serving the community.

"As we celebrate this milestone year, we remember those that fought so hard 50 years ago to provide better access to care for those in the Eaglehawk area."

By 1976, Eaglehawk had outgrown its tiny weatherboard community health building and moved into a purposebuilt site in Seymoure Street. In 1991 the Eaglehawk and Kangaroo Flat centres, plus the Bendigo Regional Drug and Alcohol Service and the Playhouse Childcare Centre amalgamated to form Bendigo Community Health Services.

Today, BCHS features services across medical, allied health, drug and alcohol, family services, cultural diversity, settlement services, mental health and more. "We have now built a dedicated and committed community health service delivering over 50 programs to those most in need," Melanie said.

"And as a board, we are looking forward with excitement at what's to come. We believe our plan connects purpose with impact, community and culture and will position us to withstand a complex and unstable external political and funding environment."

Take our community health survey now



BCHS has launched its first community health survey focusing on healthy eating, active living and a reduction in smoking and vape use.

With smoking being the largest preventable death in Australia and a large percentage of Bendigo residents struggling to meet the recommended daily intake of vegetables and physical activity, Facilitator and Health Promotion Officer Christine Steele said the survey is a chance for locals to help improve BCHS health programs and services.

"This survey is a chance for all Bendigo residents to use their voice and share their experiences, thoughts and beliefs about the struggles and motivations of eating healthy, being physically active and stopping smoking and/or vaping. The results will be used to design future health programs locally."

Scan the QR code to take the survey.



Medical clinic opening hours

Bendigo Central

Address: 165-171 Hargreaves Street Phone: (03) 5406 1200 Email: <u>bchs@bchs.com.au</u> Monday—Thursday: 8am—5pm Friday: 8am—4.30pm Saturday/Sunday: Closed

Kangaroo Flat

Address: 19 Helm Street Phone: (03) 5406 1200 Email: <u>bchs@bchs.com.au</u> 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 1200Email: bchs@bchs.com.auMonday–Thursday: 8am–5pmFriday: 8am–4.30pmSaturday/Sunday: ClosedSaturday

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.

August 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 Jeans for Genes Day	3 Parkrun – White Hills and Kennington
4 National Aboriginal and Torres Strait Islander Children's Day	5 Smalltalk playgroup – White Hills	6 Smalltalk playgroup – Kangaroo Flat	7 Smalltalk playgroup – Eaglehawk North	8 Smalltalk playgroup – Heathcote	9 Smalltalk playgroup – Long Gully	10 Parkrun – White Hills and Kennington
11	12 Smalltalk playgroup – White Hills	13 Smalltalk playgroup – Kangaroo Flat	14 Smalltalk playgroup – Eaglehawk North	15 Smalltalk playgroup – Heathcote	16 Smalltalk playgroup – Long Gully	17 Karen Wrist Tying Festival Parkrun – White Hills and Kennington
18	19 Smalltalk playgroup – White Hills	20 Smalltalk playgroup – Kangaroo Flat	21 Smalltalk playgroup – Eaglehawk North	22 Smalltalk playgroup – Heathcote	23 Smalltalk playgroup – Long Gully	24 Parkrun – White Hills and Kennington
25 Daffodil Day Wear it Purple Day	26 Smalltalk playgroup – White Hills	27 Smalltalk playgroup – Kangaroo Flat	28 Smalltalk playgroup – Eaglehawk North	29 Smalltalk playgroup – Heathcote	30 Bendigo Overdose Awareness Day Smalltalk playgroup – Long Gully	31 Parkrun – White Hills and Kennington

What's on...



The big help that smalltalk offers

By Emma Sartori

Tiffany Holschier knows only too well that it's quality interactions with her kids that matter over quantity. The full-time working mum-of-three brings that personal experience as well as her 14 years in childcare to her role as a smalltalk supported playgroup facilitator. She has seen with her own eyes the difference the playgroup makes.

"I had one mum and her little boy come in (after leaving a challenging home situation) and he had behavioural issues from stuff he had seen at home. In one term he became a completely different kid, it was amazing," she says.

smalltalk is a free playgroup with a program designed to help parents be their best selves using a set of evidencebased strategies to provide an environment for kids to thrive in. Her role, Tiffany assures, is to provide guidance to goals that parents who attend the sessions set. "Parents are a child's first teacher and at smalltalk we just want to help both parents and their kids to thrive."

Of the sessions Tiffany says: "While group settings can be daunting, quite often parents will end up sharing information with each other about how they're handling a particular stage with their child and it's just so rewarding to help facilitate that conversation and to see parents realise they're not alone in what they're experiencing."

The sessions are available in White Hills, Kangaroo Flat, Eaglehawk North, Heathcote and Long Gully. For more information contact Tiffany on 0498 642 909.

headspace Bendigo push it real good

The team from headspace Bendigo spent June pushing extra hard to raise muchneeded funds for mental health programs and services.

The annual event challenges Australians to complete a set number of push-ups that represent the number of lives lost to suicide in Australia.

The local team had 110 supporters and together everyone completed 186,924 push-ups and raised a whopping \$11,412.



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 <u>www.bchs.com.au</u> to read our child safety commitment in full.



Job vacancies

Family Services Practitioner

Please note we have two positions available:

- Ongoing 60.8 hours per fortnight; and
- Fixed term to January 31, 2025 – 45.60 hours per fortnight.

Come and work with our Family Services team to actively support families to achieve outcomes in the best interests of children and young people and assist families to connect with formal and informal networks that will support them to sustain change in the best interests of children and young people.

The practitioner will also develop, participate in and facilitate group sessions with children, young people and families.

The team promotes the safety, stability, wellbeing, development and cultural safety of children, young people and their families, and builds capacity and resilience for children, families and their communities.

Applications close Monday, August 12, 10pm.

See <u>www.bchs.com.au/careers</u> /current-jobs for more details.

Annual NAIDOC week unites the community



Stephen Korp, Haylee Kennedy, Josie Gower, Lahni Stephenson and Brian Turner at the unveiling of Josie's mural during NAIDOC week.

Josie's mural one for all young mob

Bendigo Community Health Services was a proud sponsor of this year's NAIDOC Week program and what a week it was! We had a presence at the official Flag Raising ceremony, the Knuldoorong art exhibition opening, at Aunty Lyn's recognition of Elders at the Star Cinema, the BDAC Family Day, the Indigenous footy round, plus headspace Bendigo launched a mural by local artist Josie Gower at Catherine McAuley College.

The Palawa Trawlwoolway woman was enlisted to create the work by headspace Bendigo, which is a proud supporter of First Nations young people, and also to meet with students from the school and their Koorie Education Worker Stephen Korp.

For Josie, the meetings were a crucial part of planning her mural. "The students showed me some of their art and they shared what they wanted to see on the mural," she said. "Projects like these are so crucial to our community, especially when it comes to young mob. I hope it gives people a view into the connection First Nations people have with Country."



Garden for the Future. Image courtesy of the City of Greater Bendigo.

Save the date for our community event

To mark our 50th anniversary, BCHS will hold a twilight Community Wellbeing Event from 4pm on **Friday, November 29** at the Garden for the Future in White Hills.

Everyone is welcome to come along, check in with their health and enjoy lots of free, family-friendly activities and entertainment. Stay for the free barbecue, bring a picnic or indulge in the food vans. Keep an eye on our social media for more info.

bendigo Community Health services

MEN'S HEALTH CLINIC

Bendigo Community Health Services Central Site 165-171 Hargreaves St, Bendigo

For an appointment, please phone 5406 1200

The BCHS Men's Health clinic is committed to the health and wellbeing of men in our community. All you need to get started is a 45-minute consultation with Peter, our men's health nurse practitioner.



Bendigo Family Day Care's big nominations



It takes a team of very special people to manage and operate Bendigo Family Day Care – from our staff coordinators to the many dedicated educators opening their homes and hearts to children.

We know the people at Bendigo Family Day Care are superstars but it's awesome to see them recognised further afield through this year's national Excellence in Family Day Care Awards nominations.

Congratulations to coordinators Rebecca Fitzpatrick and Tamarra Tie, and to the following educators:

Jegatha Benny

- Trudy Cook
- Betty Garley
- Sue Harkins
- Sue Hicks
- Carey Hoggan
- Kylie Jacka
- Cathy Long
- Carrie McNamara
- Donna McArthur
- Jo Morris
- Doris Rechter
- Deb Richards
- Casey Seidel
- Kylie Thompson
- Debra Towerton
 - Wendy Whelan.





Five top tips for eating well on a budget

- Check your fridge and pantry for items you already have.
- Plan your weekly meals, and stick to the plan.
- Shop for seasonal fruit and vegetables for the best deals.
- Opt for local or home brand products.
- Remember, frozen fruit and vegetables are just as good as fresh.

Have you seen the Take the First Stepthemed busses rolling around Bendigo? take the FIRST STEP



ealthy Active TING LIVING



Endometriosis help is here

Bendigo Community Health Services now features one of Australia's first endometriosis and pelvic pain clinics.

With the debilitating and complex condition affecting at least one in nine Australian women, BCHS has established a specialist team of health professionals to care for those with endometriosis symptoms.

Dr Karishma Kaur explained the clinic focuses on early intervention and treatment. "We are dedicated to offering personalised treatment plans, expert guidance, and compassionate support to help our patients manage their condition effectively," she said.

Patients complete a cycle of care with the clinic, during which time they will see a range of medical and allied



health professionals, such as a GP, nurse, physiotherapist and psychologist. "We provide information about endometriosis, treatment options, and self-care strategies," Dr Kaur said. "Additionally, we offer emotional support and guidance to help navigate the challenges associated with endometriosis and pelvic pain." Ask your GP for a referral. Above from left: Nurse Mary-Anne McCluskey, physiotherapist Shirein Henry, Dr Karishma Kaur and psychologist Mary Sandilands.

BCHS plates up a winning idea

By Lauren Mitchell

A new go-to kitchen staple is being embraced by Karen people in Bendigo.

Launching last month, Bendigo Community Health Services' melamine healthy eating plate has been a hit within the community. More importantly, it's doing its job of promoting a healthy diet for some of the city's newest residents.

"We wanted to help the community better understand healthy eating in a way that's targeted to their cultural diet," said Cultural Strategic Health Project Worker Megan O'Keefe. "This idea came from the plates that are created from kinder kids' drawings.

"We used the Healthy Eating Guide in a plate format so people could get an idea of the quantities and type of food to eat to address their dietary requirements."



Megan O'Keefe and Po Tu Tu, of BCHS' Cultural Diversity team.

Karen Refugee Project Workerthe platePo Tu Tu designed the plate, withfor good!input from the wider CulturalDiversity team, highlightingThe plateDiversity team, highlightingThe platefoods that Karen people relateat commuto, and presenting the plate ineducationa way that's easy to understand.Healthy Lu

Po Tu Tu said his clients are very impressed – to a point that some need encouragement to use

the plate, and not just keep it for good!

The plate is being distributed at community events and education sessions, such as Healthy Lunchbox sessions for Karen parents to learn how to pack a great and healthy school lunch for their children.



Warming winter donation

Staff at Coliban Water initiated their own National Refugee Week donation drive after hearing the stories of those who arrive in our city with very little during our Understanding Karen Culture sessions. "We've got a lot of people arriving in September, and they'll be freezing," said BCHS Settlement Services leader Martine Street. "This donation of warm clothes and blankets will mean so much to them."

Our services at a glance

bendigo, Community Health services

Did you know we run more than 50 services supporting the community? Find out more about how we can help you and your family at www.bchs.com.au.

ALCOHOL AND OTHER DRUGS

ALCOHOL AND OTHER DRUGS COUNSELLING (ADULT & YOUTH)

Brief and ongoing counselling support, assessment and referrals for individuals and families affected by alcohol and drug use. Youth alcohol and drug counselling provides supportive counselling for young people 16 to 25 years.

ALCOHOL AND OTHER DRUGS CARE AND RECOVERY COORDINATION

Provides support, advocacy and referral for individuals accessing treatment programs.

FAMILY DRUG SUPPORT

Our qualified alcohol and 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 WITHDRAWL 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 nonjudgmental environment.

COUNSELLING AND MENTAL HEALTH

Short to medium term counselling, holistic assessments, referral adults working towards better health and wellbeing. Includes depression, anxiety, relationship issues, family difficulties, grief and loss.

Call 5406 1200 for an appointment

Email: bchs@bchs.com.au

 bendigo, Community Health services

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. 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 PLANNED ACTIVITY 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 fall 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.

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 CULTRUAL 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

Bendigo 165 Hargreaves Street

Kangaroo Flat 19 Helm Street Bendigo 75 Mitchell Street

White Hills 501A Napier Street Elmore 46 Jeffrey St Tel: 5432 6001 Fax: 5432 6101

