

Premier opens new AOD wellbeing centre



Inset: Lisa Chesters MP, Maree Edwards MP, Aunty Marilyn Nicholls, Premier Jacinta Allan, BCHS CEO Mandy Hutchinson and BCHS Executive Leader Dale Hardy.



Premier Jacinta Allan speaks at the opening.

IN THIS ISSUE:

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- BCHS makes submission to Women in Pain inquiry
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- Our services, plus more.

Bendigo Community Health Services has a new, dedicated multi-million dollar wellbeing centre for people seeking support with dependency issues.

Premier The Hon Jacinta Allan MP officially opened the centre on August 30, marking a major milestone during community health's 50th year in the city.

Privately situated off Holdsworth Road, Wanyanimbik Wayawan has been established thanks to almost \$4 million from the Victorian Government's Regional Health Infrastructure Fund.



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 LGBTIQ+ communities.

BCHS is proud of:



Quality Improvement Council

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



BCCHS Alcohol and Other Drugs staff members at the opening.

A CENTRE TO HELP HEAL

From Page 1

Wanyanimbik Wayawan means 'finding myself' in the local Djarra language, based on the BCCHS philosophy of discovery, not just recovery.

"Alcohol and Other Drugs (AOD) services and treatments can be confrontational for people, and so we have sought to create a calm and quiet building that encourages healing," BCCHS CEO Mandy Hutchinson said.

"This is a place where people can come to build self-care and resiliency skills that can then be transferred into everyday life."

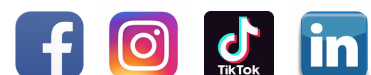
The building features a warm and welcoming entrance foyer, working areas for staff, private clinical spaces with frosted glass walls, open, social areas and spaces for group therapies. "Most importantly, it's allowing us to provide a multi-disciplinary service with better, patient-centred care and wrap-around support," Mandy said.

Mandy praised the Victorian Government for recognising the increasing need for AOD services, and meeting those needs via all-important funding opportunities.

"We've been pleased to deliver on the needs of central Victorian people," she said.



Get social with us



www.bchs.com.au

Digging the social side of Elmore

The Elmore Social Support Group have a spring in their step, thanks to the delivery of some raised garden beds.

Group coordinator Judy Ryan and Senior Leader of Integrated Health Promotion Natalia Smith did a great job on the shovels preparing the beds for planting. It's definitely handy to be multi skilled at BCHS!



The Elmore Social Support Group empowers its members to keep enjoying what they love, to try new things, foster friendships and learn new skills.

It facilitates a full calendar of activities, which includes a day out every Friday. A two-course lunch is available, as is

transport if needed.

The group operates Mondays, Wednesdays and Fridays from 9.30am to 3pm and costs \$16 a day with a meal, or \$6 a day without a meal.

For more, including eligibility details, call Judy on 5406 1558 or 0408 33 3014.



HEADSPACE EQUIPS TRADIES WITH MENTAL HEALTH TOOLS

Don't trade in on your mental health, this was the message Bendigo TAFE students learned recently at a tradies mental health event.

Staff and students from the Charleston Road Campus connected with a number of organisations, including with Haylee, Dean and Asher from headspace Bendigo. "This was our first tradies mental health event," Haylee said.

"It was great to see the number of students navigating our remote-control car track whilst wearing our famous goggles that give you the illusion of how your vision is impaired when affected by alcohol and drugs.

"This was a great way to remind students about the importance of taking care of yourself and cutting back on things that have a negative effect on your mental health and wellbeing."



Medical clinic opening hours

Bendigo Central

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

Kangaroo Flat

Address: 19 Helm Street
Phone: (03) 5406 1200
Email: bchs@bchs.com.au
Monday–Thursday:
8am–5pm
Friday: 8am–4.30pm
Saturday/Sunday: Closed

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

The medical practice has moved to 75 Mitchell Street, Bendigo.
Phone: (03) 5406 1200 **Email:** bchs@bchs.com.au
Monday–Thursday: 8am–5pm Friday: 8am–4.30pm
Saturday/Sunday: Closed

The allied health services have moved to:

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

SUN	MON	TUE	WED	THU	FRI	SAT
1 Dementia Awareness Month starts	2	3	4 Women's Health Week starts	5	6	7
8	9	10 World Suicide Prevention Day	11	12 R U OK? Day	13	14
15 Bendigo Annual Tulip Display may start	16	17	18	19	20	21 YoBendigo Youth Fest
22	23 School holidays start	24	25	26	27 AFL Grand Final public holiday	28
29 World Heart Day	30					

What's on in September...



ALL IN THIS TOGETHER

BCHS now features a new leadership team to fulfill our new organisational structure.

We have welcomed the following trusted and local health leaders to their new roles:

Operations Manager Primary Health Christine Gibbins, Operations Manager Mental Health & AOD Services Cilla Boucher, Chief Operating Officer Naveen Tenneti, CEO Mandy Hutchinson,

Executive Leader Organisational Support Cathy Gaskell, Executive Leader Community Partnerships & Integration Dale Hardy and Operations Manager Family Services Julie Cairns.

“It’s a really exciting time for us as we begin work on our new strategic direction, which will strengthen and foster a culture of care, both within and outside of BCBS,” Mandy said.

BCBS event fun for the whole family



BCBS will mark 50 years of community health at our Community Wellbeing Event on Friday, November 29 from 4pm to 7pm.

We’ve booked food vans, ice cream carts and a Bendigo Rotary Club BBQ to feature alongside a showcase of our services, and a host of family-friendly entertainment. Local singer/songwriter Emma Black will perform, as well as the Male Afghan Dancers, local Karen Dancers and Bollywood Dancers.

There’ll be exercise tips and activities, art therapy, children’s games, giveaways and more. Save the date Bendigo!

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 www.bchs.com.au to read our child safety commitment in full.



Job vacancies

Senior Leader Information Management and Technology

- Ongoing, 76 hours per fortnight (1.0 FTE)
- Applications close Monday, September 16, 10pm.

Reporting to the Executive Leader Organisational Support, oversee all aspects of our information systems and technology infrastructure. This includes developing and implementing IT strategies, managing IT projects, ensuring the security and integrity of our data, and providing technical training and support to staff.

Other vacancies

Paediatric Nurse - Pathway to Good Health Program

- Applications close Monday, September 16, 10pm.

Care Coordinator - Pathway to Good Health Program

- Applications close Monday, September 16, 10pm.

Homeless Persons Health Access Project Lead Worker

- Applications close Monday, September 16, 10pm.

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

VALIDATE OUR PAIN, LOCAL WOMEN TELL STATE INQUIRY

by Emma Sartori

We have nothing to lose and everything to gain by addressing women's pain with a cohesive, multi-service, life course approach, BCHS has affirmed in its submission to the Victorian Department of Health's Inquiry into Women's Pain.

Being "dismissed by doctors and teachers", told their symptoms were "behavioural or mental health issues", as well as "poor support and no education around endometriosis" were recurring themes in BCHS' interviews. BCHS CEO Mandy Hutchinson said she was proud of the submission. "The recommendations, proposed solutions and implementation strategies we have made reflect BCHS' values and vision for equitable healthcare. It's informative, purposeful and takes into account the experiences of women and girls from myriad of backgrounds.

"The impact of women's pain extends beyond medical diagnoses, with employment, social relationships, and mental health all profoundly affected. We can already see, through our Endometriosis and Pelvic Pain Clinic, just how much of a difference the right type of care can make.

"It's multi-disciplinary and person-centric and in its first six months the clinic has received 95 referrals. Just think of the difference that is already being made to the lives of those 95 women and everyone connected to them."

BCHS has proposed the following strategies in its submission:

- Enhanced medical training
- Public education campaigns and initiatives
- Workplace policies and policy advocacy
- Funding and healthcare policy reform
- Specialised health hubs
- Research and advocacy
- Community engagement
- Workplace collaboration.



BCHS CEO Mandy Hutchinson with Ged Kearney MP and Lisa Chesters MP.



Trainees John Taylor and Jason Hardy and with AOD's Lisa Walklate at BCHS' new wellbeing centre, Wanyanimbik Wayawan.

Trainees find dream roles in AOD team

by Lauren Mitchell

Most of us have dreamt of an extreme career change at some point in life. Former tradies Jason Hardy and John Taylor are living theirs, thanks to a State Government initiative to bolster Victoria's alcohol and other drugs workforce.

Former bricklayer Jason and baker John are BCHS' first AOD trainees. "It's a massive change," Jason said. "I'd been laying bricks for ten years, but I'd wanted to do something like this for a while."

John had been a baker for 20 years before working as a meat inspector. A shoulder injury led him to study Community Services at Bendigo TAFE.

"Sheenah came down to TAFE one day and gave us a hilarious speech," John said of BCHS' Senior Leader of Alcohol and Other Drugs Clinical Services. Sheenah Van Eck's talk stayed with John, and when the traineeships were advertised, it provided a foot in the door of a dream job.

"It's good being part of the bigger team of the BCHS family," John said. "The team here are really great, really supportive and welcoming."

John and Jason work in intake, at residential detox centre Nova House, at the pharmacotherapy clinic,

and within BCHS' new Wanyanimbik Wayawan Wellbeing Centre.

"Not only do you get to learn about the industry, you get to learn about yourself along the way," John said. "I think that's the biggest reward ... We can all change and adapt. We can make positive changes."

State-wide, there are approximately 40 trainees currently embedded in alcohol and other drugs services.

TAKE OUR HEALTH SURVEY

Share your thoughts on:

- Healthy eating
- Exercise
- Smoking & vaping

If you're aged 18+ scan the QR code to take the five-minute survey.

NEW DRUG THREAT WARNING

A synthetic drug more lethal than fentanyl is on the rise and it's one not to be messed with, says BCHS Mobile Drug Safety Worker Tim Townsend.

Nitazenes have been found in drugs including cocaine, meth, synthetic cannabis, MDMA, counterfeit pharmaceuticals and heroin.

"There seems to be no pattern in which drugs have been detected adulterated with nitazenes," he says.

But recent data shows a pattern of sorts: an increase in unintentional drug-induced deaths in Australia, with seven in 10 of these deaths involving two or more drug types. Understanding what to do when someone has overdosed has never been more critical, says Tim.

"You can overdose on drugs whether they are illicit or prescribed, and it's preventable," he says. "Knowing where to get and how to use

NITAZENES

WHAT WE KNOW...

- **First detected in Australia in 2021, there are now multiple varieties circulating.**
- **Some nitazene varieties are as potent or up to 20 times as potent as fentanyl.**
 - **Fentanyl is 100 times stronger than morphine and 50 times stronger than heroin.**
- **Nitazenes have been found in cocaine, meth, weedvape, MDMA, heroin and counterfeit pharmaceuticals.**
- **Naloxone can reverse a nitazene overdose but due to its strength may require multiple doses.**
- **Contact BCHS on 1800 636 514 for help.**

medication like Naloxone or Nyxoid can mean the difference between life or death.

"Naloxone and Nyxoid reverse an opioid overdose by blocking the body's opioid receptors... allowing a person to breathe.

"BCHS' Mobile Needle Syringe Program (NSP) and the BCHS Pharmacotherapy Clinic can provide free Naloxone and Nyxoid and we can show you how to safely administer the medicines."

The substance to International Overdose Awareness Day

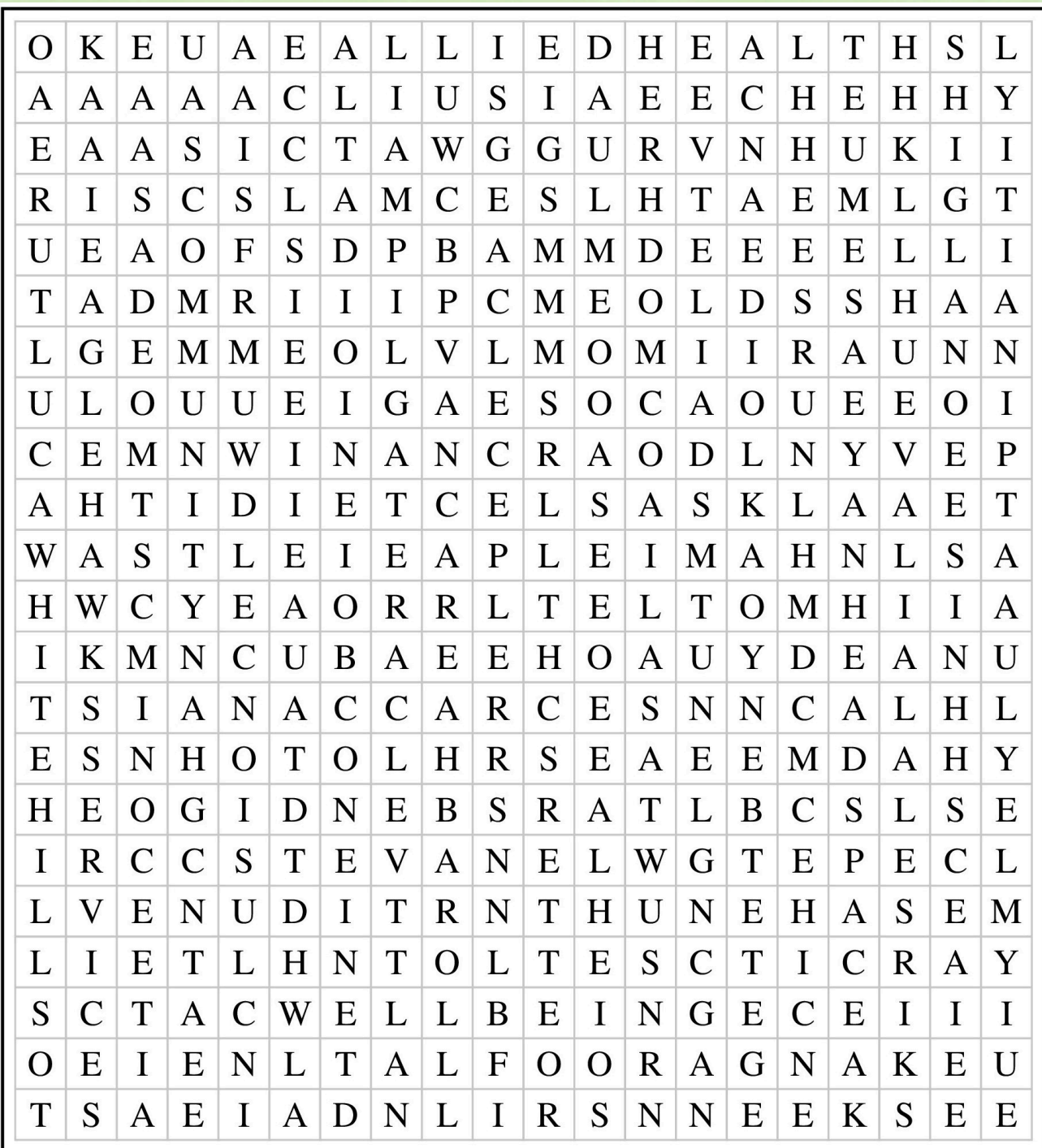
The theme was 'together we can', and together we did mark a day special to many.

Organisations and the community gathered in the Bendigo Library Gardens to remember loved ones lost as part of International Overdose Awareness Day on August 30. It was also a chance to try to understand and reduce the stigma around overdosing.

"Educating the community about drugs and overdosing was a key component to the day, but it was also a day about the insight grief and grace can bring people in the absence of a loved one," said Salvation Army's Overdose Prevention Practitioner Nicole Nowell.



BCHS staff were on hand to chat about our services at the event.



WORD SEARCH

Mental exercises like puzzles help keep your mind strong by building new brain cells and strengthening the connection between them. Get your brain ticking over with our BCHS-themed word search to mark Dementia Awareness Month.

- | | | |
|---------------|---------------|------------------|
| Allied health | Dementia | Medical practice |
| BCHS | Diversity | Mental health |
| Bendigo | Eaglehawk | Nova House |
| Care | Elmore | Nurse |
| Community | Headspace | Services |
| Culture | Inclusion | Wellbeing |
| | Kangaroo Flat | White Hills |

Our services at a glance

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

ALCOHOL AND OTHER DRUGS

ALCOHOL AND OTHER DRUGS COUNSELLING (ADULT & YOUTH)

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

ALCOHOL AND OTHER DRUGS CARE AND RECOVERY COORDINATION

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

FAMILY DRUG SUPPORT

Our qualified alcohol & drug counsellor provides support and education to families experiencing challenges related to the use of drugs or alcohol.

MOBILE DRUG SAFETY WORKER

An experienced harm reduction worker is available to individuals anonymously to access NSP services and receive harm reduction education, information and support.

NEEDLE SYRINGE PROGRAM (NSP) OUTREACH TEAM

NSP provides clean injecting equipment, safe sex and health information, harm reduction education, support and referral to health and welfare services.

Phone: 1800 636 514

7.30pm-10.45pm Tuesday – Saturday.

NON-RESIDENTIAL WITHDRAWAL SERVICE (HOME BASED)

Provides non-residential withdrawal treatment and support services in conjunction with your medical practitioner.

RESIDENTIAL WITHDRAWAL SERVICE (NOVA HOUSE)

An adult residential program for people undertaking alcohol and or drug withdrawal for individuals 21 years and over who live in Victoria. An assessment process is required to ensure people are suited for Nova House.

SPECIALIST PHARMACOTHERAPY

Specialist Alcohol and Other Drug practitioners provide Opiate Replacement Therapy. This includes LAIB (Long acting Injectable Buprenorphine), Buprenorphine and Methadone.

PEER SUPPORT WORKER

Our qualified, lived experience worker is there to provide assistance and support to help you navigate your AOD journey.

CHILD AND FAMILY SERVICES

CHILDREN'S HEALTH SERVICES

Providing specialist children's health and allied health services for children, adolescents and their families.

EARLY CHILDHOOD INTERVENTION

Provides group programs for children 2-5 years who have a self or managed NDIS plan.

FAMILY DAY CARE

Provides quality education and care for children up to 12 years of age in the homes of approved educators.

FAMILY SERVICES

Family Services offers an outreach service that assists children and parents to identify goals and respond to their unique needs and concerns.

Family Services takes the time to get to know what the family's strengths and challenges are for children and young people and then works together with parents and carers to make plans to address these needs.

PAEDIATRIC PHYSIOTHERAPY AND PODIATRY

Provides assessment, management and support for children and adolescents.

PHYSIOTHERAPY

Provides assessment, management and support for adolescents and adults who have concerns with mobility and acute/chronic pain

SMALLTALK SUPPORTED PLAYGROUP AND IN HOME SUPPORT

With a qualified facilitator, Smalltalk uses a set of strategies that parents can use to enhance the home learning environment for children from birth to school age. The Smalltalk program is delivered through 5 supported playgroups and can be offered to individual families in their home.

COUNSELLING AND MENTAL HEALTH

CULTURALLY SENSITIVE COUNSELLING

Available to people of refugee background and in a relaxed private space, talk about your worries and start to find ways to cope with them. You will receive acceptance, support and respect in a safe and non-judgmental environment.

COUNSELLING AND MENTAL HEALTH

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

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. 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.

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

Bendigo
165 Hargreaves Street

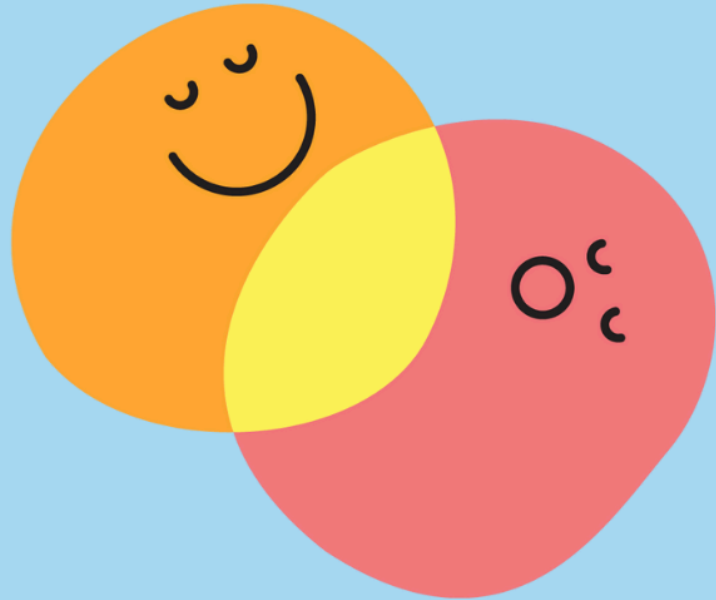
Kangaroo Flat
19 Helm Street

Bendigo
75 Mitchell Street

White Hills
501A Napier Street

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

Everybody's doing it.



Getting checked, that is.

Sexual health checks are quick,
confidential and affordable.

Book in a check at least every
12 months for peace of mind.

For more on our sexual health checks
call BCHS on (03) 5406 1200.