

13 and thriving



Happy birthday headspace Bendigo!

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by Emma Sartori

From little things, big things have grown.

This year headspace Bendigo is celebrating 13 years of helping local youth be in a healthy headspace. Since it first started operating in the region, community need has driven the youth mental health organisation's growth from a humble front at the Bendigo Library to its office in Pall Mall.

To mark its coming of (teen)age headspace Bendigo is holding an Open Day on headspace Day, Wednesday October 9, from 11am-4pm and everyone is invited. It's a chance to show off recent renovations and, in keeping with the theme of headspace Day, to Pause. Reflect. Reconnect.

"It's a funny irony that our service is entering its teen years," headspace Bendigo Manager Lindsay Rose says.

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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"



Above: headspace Bendigo's Pall Mall office. Below: Manager Lindsay Rose.

STILL HERE FOR YOU



From Page 1

"Young people today juggle a lot, from emotional turmoil to wondering about the future to balancing online and offline demands. That mix of emotional, social and intellectual challenges can be overwhelming, and it's okay to ask for help; we're here for you.

"This headspace Day we will also be taking our own advice; we will pause to celebrate the wonderful achievements and people who have been involved with headspace Bendigo over the last 13 years. We will be reflecting on our journey and reconnecting with the community by swapping stories & sharing memories."

National headspace Day is an annual event dedicated to advocating for and supporting the mental health and wellbeing of all young Australians. The aim of pausing, reflecting and reconnecting is to encourage self-care.

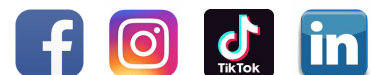
"When you pause, reflect and reconnect you are taking positive steps to build your resilience and mental health," Lindsay says. "What's happening in your life is important and taking the time for self-care will help you to navigate life's challenges with more confidence."

As for what's important to headspace Bendigo, Lindsay says the team has a number of birthday wishes. "We would love to have increased staffing levels; more group-based therapy options; and more free/low cost support options for youth."

**Use the healthy headspace action plan on the back of this newsletter to Pause. Reflect. Reconnect.*



Get social with us



www.bchs.com.au

BCHS ADDS A DOSE OF IN-HOME HELP

by Lauren Mitchell

Clients of refugee background are getting an extra dose of help to ensure they're on the right track with their medicines.

Bendigo UFS Community Pharmacist Jessica Thornton is now providing a regular service to clients as part of the In-Home Medicines Review Program. Running for approximately 20 years, the program ensures people who are taking multiple medications are visited for all-important reviews.

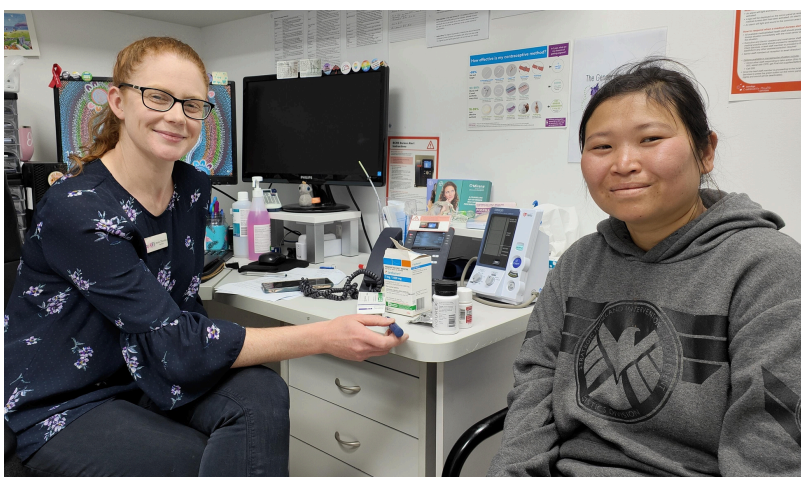
In her time at the program Jessica had never been to the house of a Karen person, but BCBS Refugee Nurse Veronica Steegs recognised a need for the service for her clients, so invited Jessica to start undertaking in-home reviews, in-house at BCBS, after referral from our doctors.

“Our clients feel comfortable coming here,” Veronica said, also explaining that often clients of refugee backgrounds have limited understanding of western medicines. That, coupled with English literacy barriers, and being in a very new environment, makes this in-house program very welcome.

“We’ve had instances with people not understanding their medication or misusing medication,” she said.

So far Jessica has worked with BCBS clients, via a phone interpreter, from our Hargreaves Street office.

“It’s about having the time to explain their medicines in detail, clear up any misunderstandings or concerns they may have, and help them feel more comfortable taking their medications,” she said. “Often they have a lot of questions and concerns, and that’s where we can help.”



BUFS Community Pharmacist Jessica Thornton and Mu Kaw Say.



Themes emerge in our health survey

Limited time and affordability are recurring barriers being mentioned in BCBS’ first community health survey.

Facilitator and Health Promotion Officer Christine Steele said respondents were naming the two issues for questions about both healthy eating and active living.

“There has been a total of 135 responses so far, which is great,” she said. “It’s clear from the data that people want to eat healthy, and they want to live active lives however are struggling with factors potentially outside their control.

“[But] having people to be active and be healthy with are emerging as key motivators for people to live the way they want to, which is a positive thing.”

The survey will close on December 31, 2024.

Scan the QR code to take the survey.



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 Mental Health Month starts 	2	3	4 smalltalk pop up play-group – Garden for the Future 	5
6	7 School goes back – Term 4	8	9 headspace Day 	10 World Mental Health Day 	11	12 Zinda Festival – Garden for the Future
13	14 Allied Health Professions Day 	15	16	17	18	19 Fun Loong Fun Day 
20	21 National Water Week Storytime – Bendigo Library 	22	23	24	25 Bendigo Show 	26 Bendigo Show
27	28	29 Trivia & Afternoon Tea – Eaglehawk Community House 12.30–1.30pm 	30	31		

What's on in October...



Feeling the love

The BCHS Health Promotion and Sexual & Reproductive Health teams marked World Sexual Health Day with the inaugural Love Your Body expo.

Held on September 4, the theme was talking about sex in a way that was open, positive and evidence based with students from Marist College and Kalianna School taking part.

Students completed an evaluation survey and rated Love Your Body 3.6 stars out of 5. Additionally, 71% of students reported increased confidence to manage their sexual health and wellbeing.

LAW TO LOG OFF TEENS HAS MUCH TO CONTEMPLATE



By Emma Sartori

Families are in unprecedented territory when it comes to social media and Bendigo Community Health Services (BCHS) believes there is much to consider before imposing legislation that bans teenagers from the various platforms.

In an announcement that has caused much debate, Prime Minister Anthony Albanese last month said the federal government would introduce a bill by the end of the year that would ban teenagers, potentially aged between 14 and 16, from social media sites such as Facebook, X (formerly Twitter), TikTok and Twitter.

Through education sessions and programs delivered to school students by the BCHS Health Promotion team, it is clear young people have a complex relationship with technology, and specifically social media.

“There is much good when it comes to social networks,” the team said. “They provide a way to express individuality, a sense of community, connection and the ability to access mental health support whenever needed. But there is also, inevitably, challenges: Cyberbullying, addiction, anxiety and other mental health issues, and behavioural issues.”

BCHS CEO Mandy Hutchinson said the details of a social media ban for teenagers need to be well thought out.

“We need to know, how will a ban impact young people seeking mental health and primary care support? How will families be supported to introduce the ban if their child is already on social media; what support and/or education will be provided?”

BCHS calls on the state and federal governments to consider the following about the proposed legislation:

- Ensuring young people’s voices are at the heart of any future discussions and potential changes.
- Consideration of online gaming platforms and how they are regulated – will they be part of the ban?
- Will there be any programs or services introduced to replace social media accounts being inaccessible for the banned age group?
- Will the legislation include parameters around advertising, and will a target approach be adopted to reduce exposure to social media sites?
- Self-declaration of age isn’t working. How will age restrictions be implemented, regulated & monitored?
- Will there be consequences of breaching the ban, and for harmful content, for companies and individuals?

WORKPLACES CAN ACHIEVE WITH US

There's no need for Bendigo schools, workplaces and kindergartens to suffer a moment of FOMO when it comes to the Achievement Program, because any of the above can join.

Our Health Promotion team are proud advocates for and coordinators of the Achievement Program, which supports places of work and learning to create healthier environments for everyone.

The program focuses on healthy eating, physical activity, mental health and wellbeing and more. Participants work towards meeting benchmarks in these key areas, in return for some amazing rewards, such as sporting equipment, gardening goods and healthy cooking appliances.

Marong Neighbourhood House have been gifted a garden bed and worm farm, new microwave, toastie maker



and air fryer for their part in the program. "It's all about giving back to the community here in Marong, and at the same time connecting them with Bendigo Community Health Services," says Health Promotion Officer Ella, pictured above with Toni from the house.

Want to be involved? Call us on (03) 5406 1200.

Name our mascot

I'm a growling grass frog!
I'm an endangered species who lives in the Bendigo Creek.

Did you know, frogs are very sensitive. They need a healthy environment to live and thrive, just like people! That's why BCHS has chosen me as its Child Safety Standards Week mascot. What do you think my name should be?

Pick up a colouring sheet from a BCHS site, colour me in, give me a name and place your work in the special box in our waiting room. The winner will receive a healthy prize pack.



The theme for Children's Week from October 19-27 is 'Children have the right to a clean and safe environment'.

It's something we take seriously at BCHS, and will form the basis of our own activities to promote the work we're doing to keep children safe.

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.



A green thumb get together

Any green thumb will say there's an element of trial and error when it comes to gardening to local conditions. So, imagine how much there is to learn when arriving from a different country.

Bendigo Community Health Services' new Food Hub Project session is helping fast-track the learning process for Karen people, thanks to a partnership between our Refugee and Cultural Diversity team and the food growing brains trust that is Bendigo Foodshare and Long Gully Neighbourhood Centre.

Last month, 12 Karen people took part in the

project's first gardening education sessions. Participants attended a 1.5-hour theoretical session, following by a two-hour hands-on session at the flourishing Long Gully Neighbourhood Centre Community Garden.

Refugee Project Worker Nido said during the practical session, participants were taught how to mix compost, how to make a wicking bed, and how to make a small green house.

"They all enjoyed the session thoroughly," he said. "They went away with knowledge of how, when and what to grow in Bendigo, plus two wicking pots each with plants in them."



COME CELEBRATE WITH BCHS

Plans for a Fun Fair to mark 50 years of care are ramping up at BCHS. The November 29 fair's theme is Together We Grow. It's a free event to showcase our 50+ services, plus provide some fun time out with family and friends.

Entertainment includes much-loved local singer/songwriters Nay Ye and Emma Black, while Bollywood, Karen and Afghan dancers will bring some colour and action to the stage. Connected Circus will entertain children of all ages with their amazing activities, as will our Family Services team. The Fun Fair will be at the Garden for the Future in Bosquet Street, White Hills, from 4-7pm on Friday, November 29.



DONNA'S DAY CARE DELIGHT

by Lauren Mitchell

Early childhood educators - they're the superstar supports of families everywhere, providing guidance, encouragement and making huge contributions to children's wellbeing and healthy development.

This Early Childhood Educators Day Bendigo Family Day Care's Donna McArthur told us what she loves the most about her job.

From the moment you step through the front gate of Donna's Kangaroo Flat home, you know you're somewhere special.

There's a little rowboat-turned sandpit in the garden, the patio of tiny tables and outdoor toys, the warm welcome at the door and the sound of happy kids in the living room.

For the lucky children here, it's akin to coming to nanna's house, and that's the way Donna loves it.

The early childhood educator began her own home-based business in 2020, with the support of Bendigo Family Day Care.

"I found working in a childcare centre didn't work for me," she said. "[Bendigo Family Day Care coordinators] Bec and Tam came out to visit me and looked through my home and I found it was a really easy process," she says on taking the leap from working in a centre, to welcoming children into her home.

"Once those kids walk through that door, that's the highlight of my day."

"I just embrace it. I love teaching them and knowing they're learning with me."

Most days Donna cares for four children under the age of five. Often, they're siblings, learning and having fun together.

"They learn so much from each other, when you have a one-year-old and a four-year-old together for the day, it's amazing what they pick up from one another," Donna said.

"We also do a lot of spontaneous learning. If the kids ask if they can cook scones today, we can.

"If they want the paddling pool up because it's 40 degrees, of course we can. At Family Day Care the kids don't miss out.

"If the kids want to get muddy, they can. The kids are happy, and I really know them."

Are you an educator looking for a change? For information on joining Bendigo Family Day Care, call Rebecca Fitzpatrick and Tamarra Tie on 5406 1200 or email fdc@bchs.com.au.

ALLIED WITH YOU

Allied health professionals are the second largest clinical workforce in Australia and the role they play in the health and wellbeing of everyone can't be underestimated.

They provide essential care for people of all ages and abilities. They work to identify and assess issues, provide treatment, and to support recovery and reablement. Often, allied health interventions can reduce or remove the need for medical intervention.

Monday, October 14 is Allied Health Professions Day and Bendigo Community Health Services (BCHS) is proud to celebrate our range of allied health professionals including exercise physiologists, occupational therapists, physiotherapists, podiatrists, psychologists, social workers, speech pathologists and assistants. This year's theme is StrongerTogether and it highlights the benefits of multidisciplinary team-based care.

We caught up with some of our staff to find out what being an allied health professional means to them.

Lindsay Rose - headspace Bendigo Manager

What was your inspiration to become an allied health professional?

I always wanted to work with people, however it



wasn't until I had my own engagement with a youth service in my teens that I knew I wanted to pursue social work.



What's the most rewarding outcome you've witnessed for one of your patients?

A young person I worked with six to eight years ago stopped me in the street and just said, "Thank you, without you I wouldn't be where I am today – working and living life."

What drives you in your work?

I'm driven by the passion to always seek to improve the service that we can provide to our community.

What is your hope for the allied health sector?

That it continues to attract quality, purpose-driven candidates to the field.

Caitlyn Bowe - Podiatrist

What does the theme StrongerTogether mean to you?

Working together to achieve the best outcomes for our patients.



What's the most rewarding outcome you've witnessed for one of your patients?

Helping to keep patients wound free and able to go about their day to day lives.

What was your inspiration to become an allied health professional?

Being able to help the community and being able to work within a team.

What is your hope for the allied health sector?

To continue to strive for excellence and to keep collaborating so well together.

Watch www.bchs.com.au for more on Allied Health Professions Day on October 14.



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



headspace
National Youth Mental Health Foundation

What's in your healthy headspace action plan?



Use the following questions to help discover activities that can help you manage your mental health and wellbeing.

Further support

If you need to speak to someone urgently, please call:

Lifeline

13 11 14

Kids Helpline

1800 55 1800

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

1 What activities do you enjoy and make you feel good?

e.g. listen to music, write down my ideas, eat breakfast each day.

2 When do you enjoy doing these activities?

e.g. before bed, twice a week.

3 How do you know if these activities are helping you?

e.g. I'll laugh, I'll sleep, I'll feel more confident to handle tough times.

4 What could stop you from doing these activities?

e.g. I'm busy, I don't have equipment, I am not sure how.

5 Where can you get support when needed?

e.g. ask a friend to join you, research online, borrow equipment.

6 What things help you to focus on study or work?

e.g. meditating for 5 minutes before starting, taking regular breaks to move your body.

You could try these things to help make your changes stick:

- write it down
- set a reminder
- plan it with family or friends
- take note of any benefits
- think about why it's important to you.