Directory of Health & Community Services in Campaspe
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This directory of health and community services includes service contact details and service descriptions in a comprehensive, alphabetical listing to help you find the services you need. It covers the areas of Colbinabbin Echuca, Girgarre, Gunbower, Kyabram, Lockington, Rochester, Rushworth, Stanhope, Tongala, Toolleen and surrounding districts within the Shire of Campaspe.

This directory is an initiative of the Campaspe Primary Care Partnership (PCP) funded by the Victorian government Department of Health. This directory will be updated every three years, the next update is due in 2015.

Acknowledgements

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Please note that fees apply to some services. Please check with your service provider.

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Njernda Aboriginal Corporation provides a number of programs including Health, Housing, Childcare and Family Services.

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<td>Provides a safe and confidential place for young people aged between 14 - 25 years. The centre offers a 16 week Residential Journey to Heal the Spirit. The stay is then followed by a Post Support Program over a time decided by staff and the young person themselves.</td>
<td></td>
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<th><strong>Berrimba Childcare</strong></th>
<th>5481 1900</th>
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<th><strong>Family Support</strong></th>
<th>5482 6566</th>
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<tr>
<td>Provides help to individuals &amp; families strengthen, empower and be in charge of their destiny. Programs include Stolen Generation/Bringing Them Home, Spiritual Emotional and Wellbeing, Youth Worker and Community Support Workers.</td>
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<tr>
<th><strong>Housing/SAAP Program</strong></th>
<th>5480 6252</th>
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<td>To assist community in transitional housing such as: emergency accommodation, crisis housing and all temporary housing, also to assist and support in the Office of Housing matters.</td>
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<th><strong>Justice</strong></th>
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<td>The Local Justice Program supports Aboriginal community members with court matters and with community based orders including young people.</td>
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<th><strong>Medical Centre</strong></th>
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<th><strong>Ngurelban Services</strong></th>
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<tr>
<td>Provides healing services and activities which connect, reconnect and strengthen our peoples relationship with each other, with the land, with our Elders, our communities, our ancestors, our culture and our history. The Ngurelban Aboriginal Healing Service (NAHS) is jointly managed by all Aboriginal communities within the Southern Loddon Mallee.</td>
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</table>
Aboriginal Services

Yakapna Healing Centre 5480 6252
Provides an Intensive Support Service coupled with Culturally Sensitive Therapeutic Practices preventing the need for children to be placed away from home because of safety concerns; or enabling the safe return of children to the care of their family following placement in the out of home care system.

Emergency Relief Program 5482 6566
Provides resources to support Community Members facing emergency hardship situations.

Legal Advice

Victorian Aboriginal Legal Service 1800 064 865
Aboriginal Family Violence Prevention and Legal Service Victoria 1800 105 303

Advocacy

Provides advice and information, ensuring that choices and the provision of services which meets the needs of the individual are available to all community members.

Disability:

Regional Information and Advocacy Council – RIAC
Shepparton 1800 221 944
Bendigo 1800 462 480

Public Housing:

Advocacy and Rights Centre
Bendigo 1800 639 121
Office of the Public Advocate 1300 309 337
Aged Care Advocacy 1800 500 853
Accommodation Support/Housing

- Community Living & Respite Services 5480 2388
- Murray Human Services Residential Services 5480 6611
- Njernda Aboriginal Corporation 5480 6252
- St Luke’s Anglicare 5480 1120

Aged Care Assessment Service (ACAS)
The Aged Care Assessment Service is an assessment for people who may be considering residential care or respite. An assessment may also determine if people are eligible for a Package including “Community Aged Care Packages” or “Extended Aged Care in the Home Packages”.

- Bendigo Health 5454 7589

Carer Support Services
Carer Support Services supports carers of people who are frail or aged, or who have a disability, mental or chronic illness with information, referral, advocacy and respite planning and provision. Carers of all ages are welcome to contact the service. CSS incorporates the Commonwealth Carer Respite Centre, which provides planned and emergency support and respite.

- Bendigo Health 5482 0808

Case Management Services
Provides support for people with a disability, chronic illness or age related frailty who; have complex needs affecting their independence, want to remain living at home in their local community for as long as possible or, have a carer who needs support in order to maintain their caring role.
Case management provides individualised support based on the identification of needs and goals. It involves the implementation and coordination of appropriate services and resources to meet agreed goals focused on maintaining and/or gaining independence and encouraging positive involvement within the community.

- Bendigo Health 5454 7833
- Benetas 1300 23 63 82
- Care Connect 1800 116 166
Dementia Support
The Dementia Behaviour Management Advisory Services (DBMAS) is a nationwide network of services funded by the Australian Government. The program provides clinical support for people caring for someone with dementia who is demonstrating behavioural and psychological symptoms of dementia which are impacting on their care. The role of the DBMAS program is to improve the quality of life of people with dementia and their carers where the behaviour of the person with dementia impacts on their care.

Dementia Behaviour Management Advisory Services 1800 699 799

Disability Support
Provide support to people whom have sensory, physical, and/or intellectual disabilities or an acquired brain injury through wide variety of services including homecare, personal care, and respite and group activities. Also provide services to people through brokerage including Department of Veterans Affairs, post acute care and workers compensation.

Community Living & Respite Services 5480 2388
Interchange Loddon Mallee Region Inc. 1300 799 421 5441 1599

Murray Human Services
Kyabram 5853 1990
Echuca 5480 6611
Shire of Campaspe 1300 666 535

Foot Care
The aim of the foot care program is to work in conjunction with local podiatrists to assist with the foot care of eligible residents across the Shire of Campaspe.

Shire of Campaspe 1300 666 535

Home Care
The aim of Home Care is to maintain a safe, secure and healthy home environment to enable frail older people and people with disabilities to live independently at home and in the community.

Shire of Campaspe 1300 666 535
Information & Referral
Commonwealth Carelink Centres promote and encourage independent living and flexibility to make choices about support needed to remain at home. The Loddon Mallee Commonwealth Carelink Centre is operated by Bendigo Health and provides a central point for information about and referral to health and community services provided within the region. Commonwealth Carelink Centres target their services towards individuals, clients, carers, general practitioners, health professionals and service providers.

Carelink 1800 052 222

Library Services for Seniors
Books in a variety of formats, Books on Wheels, Words on Wheels, The Library Initiative, Volunteerism, Broadband for Seniors

Campaspe Regional Library 1300 666 535

Meals on Wheels
The Shire of Campaspe Meals on Wheels services offers fresh meals across the municipality to those deemed nutritionally ‘at risk’. Frozen or cooked chilled meals are also available, delivered by volunteers across the municipality.

Shire of Campaspe 1300 666 535

Personal Care
The aim of personal care services is to enable older people and people with disabilities to live independently at home and in the community by providing assistance with personal care tasks they would normally do for themselves, but because of illness, disability or frailty they are unable to perform unaided.

Shire of Campaspe 1300 666 535

Planned Activity Group
Planned Activity Group services aim to prevent social isolation and to maintain consumer independence through supporting or (re) creating social networks and through provision of activities which enhance the physical, intellectual and social well being of consumers and carers.

Shire of Campaspe 1300 666 535
Vision Australia (Echuca & Rushworth) 5445 5700
Kyabram & District Health Services 5857 0236
Rochester & Elmore District Health Service 5484 4465
Lockington 5486 2544
Property Maintenance
The aim of property maintenance is to maintain a safe, secure, healthy home environment to enable frail older people and people with disabilities to live independently at home and in the community.

Shire of Campaspe 1300 666 535

Residential facilities - Aged Care
Provides homes for people assessed as needing care in an aged care facility operated by an organisation that has been approved by the Australian Government. If you have been assessed and approved as needing care in an aged care home, the Australian Government may contribute to the cost of your accommodation and care. The amount that you will need to pay will depend on your assets and income.

Echuca
- Glanville Village - Echuca Regional Health 5485 5465
- Echuca Community for the Aged 5480 5000
- Brolga Apartments
- Cunningham Downs Village
- Illoura Village
- Wharparilla Lodge

Kyabram
- Henley Apartments 5853 2771
- Sheridan Nursing Home 5857 0209
- Warramunda Village Inc 5852 2611

Tongala
- Tongala Aged Care Complex 5859 0800

Rochester
- Rochester & Elmore District Hostel 5484 4403
- Rochester Nursing Home 5484 4429

Rushworth
- Waranga Aged Care Hostel 5851 8050
- Waranga Nursing Home 5851 8000
Respite Care
Respite services aims to support the caring relationship by providing carers of frail older people and people (of any age) with a disability with a break from their caring responsibilities. Services also aim to provide an opportunity for the person being cared for to have a break, or an outing without their usual carer. Respite provides facility-based and in-home flexible respite care for children, young people and adults with disabilities or acquired brain injuries to allow for their families or carers free time.

Shire of Campaspe 1300 666 535
Interchange Loddon Mallee 1300 799 421
5441 1599

Residential Facilities:

Echuca
Glanville Village 5485 5465
Community Living & Respite Services 5480 2388

Kyabram
Sheridan Nursing Home (High Care, Secure) 5857 0209
Warramunda Village (Low Needs) 5852 2611

Tongala
Tongala Aged Care Complex 5859 0800

Rochester
Rochester & Elmore District Hostel 5484 4465

Rushworth
Waranga Aged Care Hostel 5851 8050

Rural Access
Aims to develop and implement projects which respond to needs and community priorities, ensures that the needs of people with disabilities are the focus of community planning and develops easy ways for people to access information they need about services, community activities and issues.

Shire of Campaspe 1300 666 535
**Transition Care Program**

The Transition Care Program (TCP) provides care and restorative services for a short term period for older people who have been in hospital. By offering low level therapy and support it allows people to be discharged quicker and continue their recovery out of the hospital system, while appropriate long term care is arranged. An Aged Care Assessment is required to confirm eligibility for TCP.

TCP services can be provided either in your own home or in a bed based service.

- **Echuca Regional Health** 5485 5916
- **Rochester & Elmore District Health Service** 5484 4301
- **Kyabram & District Health Services** 5857 0220

**Veterans Home Care**

The Veterans’ Home Care (VHC) program is designed to assist those veterans and war widows/widowers who wish to continue living at home, but need a small amount of practical help, such as low level home care.

**Veterans’ Home Care Assessment Agency** 1300 550 450
Campaspe Early Childhood Intervention Service (CECIS)
CECIS provides early intervention services and support for children with disability or developmental delays, aged 0 - 6 years, living in Campaspe Shire. The service is based at Kyabram and District Health Services and is provided by a trans disciplinary team within a key worker model. Services include Speech Pathology, Occupational Therapy, Physiotherapy, support for early learning and play/social development as well as inclusion support for children in kindergarten, childcare and children transitioning to school.

Any enquiries are welcome directly to CECIS but all referrals are completed via Specialist Information and Referral Team (SIRT) in Bendigo who are the central intake for Loddon Mallee Region.

Kyabram & District Health Services 5857 0261

Child Care Facilities

Colbinabbin
Colbinabbin Kindergarten 0429 101 511

Echuca
ABC Learning Centre Good Start Echuca 5482 1088
Berrimba Child Care Centre (Njernda) 5480 6330
Campaspe Community Children's Centre 5480 2547
Echuca Day Nursery & Kindergarten ABC 5482 3410
Echuca Holiday & After School Care Programs YMCA 5482 4503

Girgarre
Girgarre Community Cottage 5854 6482

Kyabram
ABC Learning Centre Kids in Care Kyabram 5852 2844
Unwin St Occasional Child Care 5853 1304
Kyabram Community & Learning Centre Child Care 5852 0027

Rochester
Rochester & District Childcare Centre 5484 1979

Rushworth
Rushworth Kinder & Child Care 5856 1591

Stanhope
Stanhope Occasional Child Care & Kindergarten 5857 2297
Family Support Services

Integrated Family Services offers support and assistance for families with children under the age of eighteen. Integrated Family Services aims to work with the most vulnerable families of the community in a way that identifies and addresses their needs in order for them to build capacity in order to meet the needs of the children. Family Support Services are funded by Department of Human Services and are free to eligible community members.

- Echuca Regional Health 5485 5800
- DHS Child Protection 13 12 78
- Kyabram Community Learning Centre 5852 0000
- * Also servicing Rushworth
- Njernda Family Services 5482 6566
- St. Luke's Child First 1800 260 338

Library Services for Children

Large range of picture books, easy readers, nonfiction for assignments, comics, magazines, audio and DVDs. New parent talks, Rhymetime, Storytime, River Readers Book Club, Holiday activities, Summer Reading Club, Premiers Reading Challenge, Pre-school and school visits, your tutor homework help (www.yourtutor.com.au).

- Story Time Monthly Sessions – 10.30 until 11.30
  - Echuca: Every Friday
  - Kyabram: 2nd Tuesday
  - Rochester: 4th Tuesday
  - Rushworth: 3rd Thursday
  - Tongala: 1st Thursday
- Campaspe Regional Library 1300 666 535

Maternal and Child Health Nursing and Centres

The Maternal & Child Health Nurses empower and support parents to meet the demands of early parenthood by monitoring the health, growth, development, wellbeing of the infant, child and family. This free service provides 10 Key Age and Stage consultations.
Central Booking Maternal & Child Health at

Shire of Campaspe 1300 644 964
Echuca
Girgarre
Gunbower
Kyabram
Lockington
Rochester
Rushworth
Stanhope
Tongala
Colbinabbin
Njernda Medical Centre 5480 6252
Maternal Child & Health Line 24hrs 13 22 29

Parenting Services
Provides information, education and support for parents of children aged 0-18 years through groups and individual consultations.

CentaCare Loddon Mallee Regional Parenting Service 1800 461 444
Centacare Echuca 5438 1300
*Refer also to Family Counselling services above.

Perinatal Services
Bendigo Health Perinatal Emotional Health Program 1300 363 788

Pre-School Field Worker
Pre-school Field Workers provide support and information for families of children with additional needs who are enrolled in state funded pre-schools. They also work closely with early childhood staff and families to ensure children with additional needs are ready for school.

St Luke’s 5480 1120
School Dental
The Dental Clinic treats patients of all ages. The team is made up of Dentists, Dental Hygienists and Dental Assistants. Areas of service include Early Childhood, School Dental Service and Youth and Adult Dental (must have Health Care Card/ Pension Card). The Dental Clinic is located in the Leichardt Street building at Echuca Regional Health.

Echuca Regional Health  5485 5820

Specialist Information and Referral Team (SIRT)
SIRT is the central intake team for Early Childhood Intervention Services (ECIS) in Loddon Mallee Region. They accept referrals directly from families or professionals who have concerns regarding children with developmental delays/disability, aged 0 – 6 years. If children are not deemed eligible for ECIS the SIRT team will provide further information regarding support services available for families in their local shire/municipality.

Central Intake  1300 35 36 14
## Churches & Welfare Groups

### Colbinabbin

- Anglican 5432 6058

### Echuca

- Anglican Church of Australia 5482 1105
- Assembly of God 5480 6775
- Baptist 5482 6350
- Catholic 5482 1127
- Church of Christ 5482 2440
- City Church RSL Hall 5482 3250
- Community Church 5482 6174
- Jehovah’s Witness 5482 1728
- St. Vincent De Paul 5482 3568
- Salvation Army 5482 6722
- Seventh Day Adventist 5482 5581
- Trinity Lutheran Church 5821 5206
- Uniting Church 5482 1430
- Epicentre 5480 2517

### Kyabram

- Assembly of God 0438 531 795
- Anglican (Meals Monday 5.30pm) 5852 1039
- Baptist 5853 1573
- Community Church 5853 1010
- Uniting 5852 1849
- St. Vincent De Paul 5853 2473
- Salvation Army (24hr contact, food services) 5853 1337
- Presbyterian 5852 1026

### Lockington

- Anglican 5486 2466
- Uniting 5486 2355
Rochester
Anglican 5484 2577
Assembly of God 5484 3018
Catholic 5484 1073
Presbyterian 5484 1927
St. Vincent De Paul 5484 3584
Salvation Army 5484 1364
Uniting 5484 1923

Rushworth
Anglican 5856 1063
Catholic 5856 1440
Presbyterian 5856 1703
St. Vincent De Paul 5857 2280

Stanhope
Anglican 5857 2374
Presbyterian 5832 6494
Salvation Army 5853 1337

Tongala
Anglican 5859 0102

Community Based Transport
A community car providing transport to all eligible consumers to access medical appointments and important events/activities outside of local area or in Melbourne.
Shire of Campaspe 1300 666 535
Rushworth Community House 5856 1295
Girgarre Community Centre 5854 6482
GV Community Transport 5831 8515
Lockington Bush Nursing Centre: Community Car 5486 2544

Neighbourhood and Community Houses
Echuca
Echuca Neighbourhood House 5482 6914
261 High Street, Echuca
Email: echucanhouse@bigpond.com
Crossenvale Community Hub
28 Boothman Street, Echuca
Email: crossenvale.hub@bigpond.com

**Girgarre**
Girgarre Community Cottage
27 Olympic Street, Girgarre

**Kyabram**
Kyabram Community & Learning Centre
21 Lake Road, Kyabram
Email: kclc@kyabram.com

**Lockington**
Lockington & District Business Centre
9-11 Lockington Road, Lockington. PO Box 171, Lockington
Email: ldbc@lockingtons.own.net.au

**Rochester**
Rochester Community House
51A Mackay Street, Rochester. PO Box 220, Rochester
Email: rochcommho@communityhouse.org.au

**Rushworth**
Rushworth Community House
67 High Street, Rushworth. PO Box 201, Rushworth
Email: admin@rushcomhouse.org.au

**Stanhope**
Stanhope Business Centre
23 Birdwood Avenue, Stanhope
Email: stanhopebc@mcmedia.com.au

**Tongala**
Tongala Community Activities Centre
Mangan Street, Tongala
PO Box 121, Tongala
Email: admin@tcac.org.au
Senior Citizens Centres

- Echuca 54823 216
- Kyabram 5852 1942
- Rochester 5484 1525
- Rushworth/Colbinabbin 5856 1322
- Stanhope 5857 2362
- Tongala 5859 0750

Service Groups

Apex
- Echuca 5482 4722

Legacy
- Echuca 5480 9867

Lions
- Echuca 5482 6182
- Gunbower 5487 1383
- Kyabram 5853 2068
- Rochester 5484 3350
- Lockington 5486 2329
- Rushworth/Colbinabbin 5856 1755
- Stanhope 5825 3542
- Tongala 5859 0795

RSL
- Echuca/Moama (sub branch) 5480 9293
- Kyabram 5852 2048
- Rushworth 5856 1474
- Stanhope 5857 2362
- Tongala 5859 0345

Rotary
- Echuca 0427 016 161
- Kyabram 5852 3111
- Rochester 5484 9246
**Probus**

- Echuca 5483 7631
- Kyabram 5852 1740

**Support Groups**

- Alzheimer's Association Victoria 1800 639 331
- Anti Cancer Council 131 120
- Arthritis Foundation of Victoria 1800 011 041
- Arthritis Support Group Rochester 5484 3258
- Books on Wheels Volunteer Group 1300 666 535
- Cancer Support Group 5852 0000
- Commonwealth Carer Respite 1800 068 978
- Department of Veteran Affairs 1800 555 254
- Diabetes Support Group Rushworth 5856 1295
- Echuca Moama Stroke Support Group 0438 251 453
- Heart Support Group Echuca/Rochester 5482 5196
- Koori Ladies Group 5852 0000
- Multiple Sclerosis Support Group Echuca 5482 6914
- Multiple Sclerosis Support Group Kyabram 5852 0000
- National Heart Foundation 1300 362 787
- Osteoporosis Victoria 1800 011 041
- Perinatal Support Group 1300 363 788
- Post Natal Depression 5482 6914
- Veterans Support Service 5482 2000
- Vision Australia Bendigo 5445 5700
Alternative exercise can be classes for individuals that include Tai Chi, Pilates, Yoga and Walking Groups.

**Echuca Neighborhood House**  5482 6914
- Tai Chi
- Qigong
- Meditation
- Walking Group

**Kyabram Community Learning Centre**  5852 0000
- Cardio Blitz
- Meditation
- Raging Ageing Fitness
- Tai Chi
- Zumba

**Lockington & District Business Centre**  5486 2683
- Zumba

**Rochester Community House**  5484 3600
- Aerobics
- Strength & Balance
- Tai Chi
- Zumba

**Rushworth Community House**  5856 1295
- Bush Walking
- Pilates
- Tai Chi

**Strength and Balance Program**
A group based activity that uses light weights and that will gradually increase your muscle strength. The strength and balance training is delivered in partnership with the Shire of Campaspe and local health and community services. Strength training has benefits no matter what your age, but it is particularly important for people over 50.

**Kyabram Community Learning Centre**  5852 0000
- Strength Training
- Weight Works

**Shire of Campaspe**  1300 666 535
**Fitness for Older Adults**

Provides gentle exercise, including aerobic warm up and seated exercises and stretches for older adults.

- Echuca Regional Health 5485 5800
- Rochester & Elmore District Health Service 5484 4465
- Shire of Campaspe 1300 666 535

**Financial Counselling**

Rural Financial Counselling Service provides service to primary producers and small business.

- Goulburn Murray Hume AgCare (Kyabram) 5851 3421
- St. Luke’s 5480 1120

**Gambler’s Help**

**Gambling and financial counselling**

This is a free and confidential service that is available to all people affected by gambling including family members and friends. Provides counselling that can help address the underlying issues that may lead to a gambling problem. Provides a service for individuals and families who are experiencing financial difficulties. Also provides advice about legislation relating to debt payment and recovery; advocates and negotiates on behalf of the client and provides access to various resources to address financial difficulty.

- St Lukes 1800 244 323
- Gambler’s Help Statewide Helpline 1800 858 858
- www.gamblinghelponline.org.au
Aboriginal Health

Allied health services are available for Aboriginal and Torres Straight Islanders, providing counselling, information, support and advice to Aboriginal and Torres Straight Islanders, as well as standard medical services with general medical practitioners available for consultations with families and singles of the aboriginal community.

Njernda Medical Centre 5480 6252
- Antenatal Care
- Diabetes Education
- Endocrinologist
- Immunisations
- Maternal & Child Health Services
- Nutrition Education
- Pap Screening
- Podiatry
- Psychologist

Family Support 5482 6566

Drug & Alcohol - Baroona Healing Centre 5481 3100

Echuca Regional Health 5485 5800
- Aboriginal Liaison Officer
- All other Acute, Primary, Allied Health & Rehabilitation Programs

Kyabram Community & Learning Centre 5852 0000
- Koori Ladies Program

Accident & Emergency

Urgent hospital admission and services.

Rural Ambulance Victoria 000

Nurse on Call 1300 606 024

Echuca Regional Health 5485 5000

Asthma Education

Provides information and support for individuals and/or families to improve their skills in asthma management. Also provides education in emergency asthma management for sporting, workplace and childcare groups, as well as education in medications regarding technique and administration.

Echuca Regional Health 5485 5800

Kyabram & District Health Services 5857 0243
Breast Care Support

McGrath Breast Care Nurse - Echuca Regional Health 5485 5234
Echuca Regional Health 5485 5226
Kyabram and District Health Services 5857 0240

Cancer Support Services
Providing clinical and emotional support and education for patients and their families with any type of cancer.

General Cancer Support
Bendigo Health – Rural Health Team 5454 6000
Echuca Regional Health 5485 5226
Kyabram Community & Learning Centre 5852 0000
Kyabram & District Health Services 5857 0200

Cardiac Rehabilitation Program
A program which provides information and support to consumers with heart disease or associated cardiac health problems. Information about diet, activities, risk factors, relaxation and exercise is available to consumers and their families.

Echuca Regional Health 5485 5801
Kyabram & District Health Services 5857 0243

Chronic Disease Management
Chronic disease management programs provide care planning, comprehensive assessment, self-management education programs, ongoing monitoring and review for consumers with diabetes, respiratory, cardiac or other complex conditions.

Kyabram & District Health Services 5857 0243
- Diabetes Self Management
- Respiratory Program
- Cardiac Rehabilitation & Heart Failure Program

Echuca Regional Health 5485 5801
- Aboriginal Chronic Illness Coordination
- Hospital Admission Risk Program
- Pulmonary Rehabilitation programs
- Diabetes Self Management
- Cardiac Rehabilitation
**Community Rehabilitation Centre**  
Provision of rehabilitation therapy to community based consumers.  

Echuca Regional Health  5485 5801

**Continence Advisor**  
The continence advisory service provides information on a wide range of continence issues and products available and facilitates referral to appropriate services for assessment and ongoing management.

Bendigo Health Regional Continence Service  5454 8077  
Echuca Regional Health  5485 5801  
Kyabram & District Health Services  5857 0200  
National Continence Helpline (8am - 8pm)  1800 330 066  
Rochester & Elmore District Health Service  5484 4465

**Counselling**  
Information & referral, counselling and support to improve the quality of life for parents, children, individuals and families.

**Family Counselling**  
* See Children & Family Services

**Generalist Counselling**  
Echuca Regional Health  5485 5800  
Loddon Mallee Murray Medicare Local  5481 1300  
* via GP referrals  
Rochester & Elmore District Health Service  5484 4465  
Kyabram & District Health Services  5857 0243  
* Also Servicing Girgarre, Rushworth, Stanhope, Tongala  
Rushworth - Waranga Community House  5856 1295

**Dental Services**  
These available services in the Shire of Campaspe area provide dental care for those who require all forms of dental treatment.

Echuca Regional Health  5485 5820

**Diabetes Education**  
Diabetes education services, delivered by diabetes nurse educators provide consumers with individual assessment, counselling, education and group programs aimed at increasing skills for self management of diabetes.
Dietetics
Provide therapeutic nutritional advice to consumers in the community to improve and compliment their medical wellbeing.

Dietetics

Disability Support Services & Respite
* Refer to Aged and Disability

Discharge Planning
Services include homecare, personal care, home nursing, transport, respite care, allied health short term case management. The provision of additional services for up to 4 weeks following discharge from hospital is also included. Need to be identified through an initial needs assessment.

District Nursing
Provides various aspects of nursing care to clients within their homes. The range of services provided includes hygiene, assessment and assistance, medication supervision, wound care management, monitoring and support of people with chronic illness. District nursing provides skilled nursing care by appropriately qualified and experienced registered nurses. Nursing care is provided on a regular or as required basis to assist the sick, aged, frail and disabled.
Health Services

Goulburn Valley Health Rushworth 5851 8020
Kyabram & District Health Services 5857 0240
Lockington & District Bush Nursing Centre 5486 2544
Rochester & Elmore District Health Service 5484 4422

Drug and Alcohol Services

Alcohol and other drug counselling for individuals and their families, providing community education and information, group programs and alcohol and other drug withdrawal.

Echuca Regional Health 5485 5800
- Counselling
- Drink Driver Education
- Drug Diversion
- Pharmacotherapy
- Rural Outreach Diversion
- Youth Alcohol & Drug Program

Needle & Syringe Exchange Program

Echuca Regional Health 5485 5800
Kyabram & District Health Services 5857 0200
* Also Servicing Stanhope 5857 2400
Rochester & Elmore District Health Service 5484 4465

Eating Disorders

The Loddon Campaspe Southern Mallee Eating Disorders Service (EDS) consists of a team of clinical psychologists and a consultant psychiatrist, who work together with general practitioners across the region to treat people with anorexia nervosa and bulimia nervosa, providing education to GPs in detecting and managing eating disorders, as well as ongoing consultation and support in treating people with eating disorders.

Bendigo Health 1300 363 788

Health Promotion

The aim of health promotion within the Shire of Campaspe is to promote good health and prevent ill health by building healthy public policy, strengthening community action, developing personal skills, creating supportive environments and reorienting health services.

Echuca Regional Health 5485 5800
Kyabram & District Health Services 5857 0243
Rochester & Elmore District Health Service 5484 4465
Health Services

Waranga Community Health Rushworth 5851 8021

Hospitals / Health Services
Echuca Regional Health
9-27 Francis Street, Echuca, VIC, 3564 5485 5000

Kyabram & District Health Services
Fenaughty Street, Kyabram, VIC, 3620 5857 0200
35 Birdwood Avenue, Stanhope, VIC, 3623 5857 2400
12 Purdy Street, Tongala, VIC, 3623 5857 0245

Rochester & Elmore District Health Service
Pascoe Street, Rochester, VIC, 3461 5484 4400

Goulburn Valley Health Rushworth
14 Coyle Street, Rushworth, VIC, 3612 5851 8000

Midwife & Childbirth Education
Offers services such as one to one care throughout pregnancy, birth and parenting provided in your own home, a free breastfeeding support service to mothers who are experiencing difficulties/concerns with breastfeeding. Other services include antenatal bookings, coordinating childbirth education sessions and postnatal domiciliary home visiting.

Kyabram and District Health Service offers a midwife led birthing service - The CaHM Program. This service is provided by a core group of midwives for women experiencing a low risk pregnancy.

Echuca Regional Health 5485 5000
Kyabram & District Health Services 5857 0200
Rochester & Elmore District Health Service 5857 0200

* Bookings made through Kyabram District Health Service

Mental Health

Child & Adolescent Mental Health (CAMHS)
Child and Adolescent Mental Health Service is community based and offers services to persons 0 - 18 years who are displaying emotional, relationship, personal care or behavioural disturbances that impact on family and social relationships and/or their functioning in school or workplace.

Echuca Community Mental Health 5480 7419
Psychiatric Regional Triage Service 1300 363 788
Adult Community Mental Health
Adult Community Mental Health Services is a service for persons between 18 - 64 years. Services include assessment and referral to acute inpatient, residential and non-residential rehabilitation, case management, crisis assessment and treatment, mobile intensive support and treatment and other generic health services.

- Echuca Community Mental Health 5480 7419
- Rushworth - Waranga Community Health 5831 5399
- Psychiatric Regional Triage Service 1300 363 788

Aged Persons Mental Health Service
The Aged Persons Mental Health Service (APMHS) provides specialist assessment and treatment for aged persons with a mental illness.

- Echuca Community Mental Health 5480 7419
- Psychiatric Regional Triage Service 1300 363 788

St. Luke’s Recovery Focused Mental Health
St Luke’s Recovery Focused Mental Health Services provide psychosocial rehabilitation and support to people between 16 - 64 years who experience disability as a result of a diagnosed mental illness.

- St Luke’s 5480 1120

Occupational Therapy
An occupational therapist can help improve your independence and safety with daily activities both at home and in the community. The techniques and equipment used are specialised to suit your needs and may include home modifications. Services include: splinting, relaxation therapy, home assessment, provision of aids, personal alarm system, activities of daily living, rehabilitation, A&EP applications, wheelchair assessment & prescription, upper limb function, information on driving assessment, back care education, cognitive function.

- Echuca Regional Health 5485 5801
- Kyabram & District Health Services 5857 0243
- Rochester & Elmore District Health Service 5484 4465
- Rural Health Team – Bendigo Health 5454 7102

Palliative Care
Palliative care consists of a multi disciplinary team providing care for persons with a life threatening illness, their families and carers. This service assists in supporting sick, frail, aged and disabled people in the community.
Pathology
Echuca Regional Health 5485 5000
Kyabram & District Health Services 5852 3520
Rochester & Elmore District Health Service 5484 4430
Goulburn Valley Health Rushworth 5851 8020

Pharmacy (Hospital Based)
Echuca Regional Health 5485 5000

Physiotherapy
Physiotherapy deals with a large range of movement disorders. The Physiotherapist can provide a personalised program aimed at achieving maximum comfort, mobility and independence.

Echuca Regional Health 5485 5801
Kyabram & District Health Services 5857 0243
Rochester & Elmore District Health Service 5484 4465
Rural Health Team – Bendigo Health 5454 7102
Rushworth – Waranga Community Health 5851 8000

Podiatry
Podiatry services provide treatment, advice and education to help resolve or prevent foot problems in people with specific medical conditions.

Echuca Regional Health 5485 5801
Rochester & Elmore District Health Service 5484 4465
*Services Rushworth and Stanhope
Rural Health Team – Bendigo Health 5454 7102
*Services Kyabram
Rushworth – Waranga Community Health 5822 1855 (private) 5484 4465 (HACC)

Post-Natal Depression
Support for mothers experiencing post natal depression.
Counselling

Echuca Regional Health  5485 5800
Echuca Neighbourhood House - parenting support  5482 6914
PANDA - Post & Antenatal Depression Association  1300 726 306

Support/Therapeutic Groups

An 8 week therapeutic and support group based on cognitive behavioral therapy for women who are experiencing post-natal depression or needing additional emotional support through early parenting.

* Also see Social Work & GP’s
‘Branching Out’ Program: Echuca Regional Health  5485 5800

Pre-diabetes Lifestyle Modification Program - Life!

A prediabetes lifestyle program for people with an AUSDRISK scale of 12 or more and aged over 50 years (over 18 years ATSI) or with a history of gestational diabetes or heart disease. The program consists of 5 fortnightly sessions over 10 weeks and a final sixth session 8 months later.

   Echuca Moama Family Medical Practice  5480 6001
   Kyabram & District Health Services  5857 0243
   Rochester & Elmore District Health Service  5484 4465
   Rushworth - Waranga Community Health  5851 8020

Pulmonary Rehabilitation

Pulmonary rehabilitation is an eight-week education and exercise rehabilitation program for people with long term respiratory conditions such as emphysema.

   Echuca Regional Health  5485 5801
   Kyabram & District Health Services  5857 0243
* See also Chronic Disease

Social Work

Counselling support and referral services are offered for a range of personal and family problems. Various educational and support groups are offered according to need throughout the year.

   Echuca Regional Health  5485 5800
   Kyabram & District Health Services  5857 0243
* Also servicing Rushworth
   Loddon Mallee Murray Medicare Local  5481 1300
   Rochester & Elmore District Health Service  5484 4465
   Rushworth - Waranga Community Health  5831 5399
Speech Pathology
Speech Pathology can assist you if you have communication or swallowing difficulties due to stroke, disease, injury, and cancer or hearing loss.

- Echuca Regional Health 5485 5801
- Kyabram & District Health Services 5857 0243
- Rural Health Team - Bendigo Health 5454 7102
- Rushworth - Waranga Community Health 5857 0276

Urgent Care Centres
Serviced by general practitioners from local medical clinics who are on-call at all times.

- Kyabram & District Health Services 5857 0200
- Rochester & Elmore District Health Service 5484 4400

Women’s Health Clinic
The Well Women’s Clinic offers pap testing; breast self examination instruction, pregnancy testing and information on contraception, menopause, continence, osteoporosis, sexually transmitted infections, and fertility awareness information.

- Echuca Regional Health 5485 5801
- Kyabram & District Health Services 5857 0243
- Lockington & District Bush Nursing Centre 5486 2544
- Rushworth - Waranga Community Health 5857 2400

Hearing

- Acoustic and Digital Hearing - Rod Newlyn 1800 814 616
- Victorian Deaf Society 5441 7677
- Rushworth - Waranga Community Health 5857 2400

Housing & Accommodation
To provide and assist people in housing support, information referral and advocacy.

- Centre for Non Violence - Emergency Accommodation & Support 5443 4945
- HAVEN 5442 4288
- St. Luke’s (Adult & Youth Accommodation Support) 5480 1120
The immunisation program is provided by registered nurse immunisers who provide education, information and vaccination services. Yearly Flu Programs are offered and can be conducted at workplaces.

Your GP Practice/Clinic *(refer to Medical Practices section)*
Shire of Campaspe 1300 666 535

**Shire of Campaspe sessions are held on the following days in your area:**

**Colbinabbin**
Date: First Thursday every second month (February - December)
Venue: Maternal & Child Health Centre (Recreation Reserve)
Time: 2pm to 2.30pm

**Echuca**
Date: First Thursday of each month
Venue: Function Room, Shire of Campaspe office (Heygarth St)
Time: 9am to 10.30am
Date: Third Thursday of each month
Venue: Function Room, Shire of Campaspe office (Heygarth St)
Time: 6pm to 7pm

**Girgarre**
Date: Third Monday every second month (February - December)
Venue: Girgarre Kindergarten (Winter Rd)
Time: 1pm to 1.30pm

**Gunbower**
Date: Third Thursday every second month (January - November)
Venue: Maternal & Child Health Centre (Wilson Street)
Time: 11.30am to 12noon

**Kyabram**
Date: First Monday of each month
Venue: Senior Citizens Clubroom (Lake Rd)
Time: 9.30am to 10.30am

**Lockington**
Date: Third Thursday of each month
Venue: Lockington Bush Nursing Centre (Panoo Rd)
Time: 10am to 10.30am
Nanneella
Date: First Thursday every second month (January - November)
Venue: Nanneella Hall (Nanneella-Echuca Rd)
Time: 1.30pm to 2.00pm

Rochester
Date: First Thursday of each month
Venue: Rochester & Elmore District Health Service (Village Drive)
Time: 12noon to 12.30pm

Rushworth
Date: Third Monday of each month
Venue: Maternal & Child Health Centre (High St)
Time: 11.45am to 12.15pm

Stanhope
Date: First Monday of each month
Venue: Community Health Centre (Birdwood Ave)
Time: 11.30am to 12.00 noon

Tongala
Date: Third Monday of each month
Venue: Tongala Community HUB (Mangan St)
Time: 10am to 10.30am

Immunisation
CVGT 5481 3500
Sureway 5480 1380
Workways 5480 9992
*Also servicing Gunbower and Kyabram

Disability Employment
Worktrainers 5480 6422
Commonwealth Rehabilitation Services 1800 277 277
Echuca
- Echuca Moama Family Medical Practice 5480 6001
- Echuca Primary Care Clinic 5485 5864
- Medical Consulting Suites (Echuca Regional Health) 5485 5864
  5485 5865
- Njernda Aboriginal Medical Clinic 5482 3075
- Rich River Health Group 5480 6700

Kyabram
- Kyabram Regional Clinic 5852 1888
- Scope Medical Centre 5853 1094

Rochester
- Campaspe Medical Centre 5484 4480
- Rochester Medical Practice 5484 1304

Rushworth
- Rushworth Medical Clinic 5856 1329

Tongala
- Kyabram Regional Clinic 5852 1888

Lockington
- Elmore Medical Practice at Lockington
- Bush Nursing Centre 5486 2544

Gunbower
- Cohuna Clinic 5456 2609

Stanhope
- Kyabram Regional Clinic 5852 1888
Men’s sheds can help connect men with their communities and mainstream society by addressing isolation, loneliness and depression.

- Echuca Moama: 5482 1502
- Rochester: 5484 3600
- Tongala: 5859 0800
- Kyabram: 5852 2611
- Rushworth: 5856 1295

**Pharmacies**

**Echuca**
- Amcal Pharmacy: 5482 6666
- ERH Pharmacy: 5485 5000
- Rich River Pharmacy - NDSS: 5482 1134
- Barlow Weller Pharmacy - NDSS: 5480 6011
- Echuca Square Pharmacy: 5482 3777
- Chemist Warehouse Echuca: 5482 1017

**Kyabram**
- Kerr’s Amcal Pharmacy - NDSS: 5852 1023
- Ian Collie Guardian Pharmacy - NDSS: 5852 1213

**Tongala**
- Tongala Pharmacy: 5859 0309

**Rochester**
- Rochester Chemmart Pharmacy - NDSS: 5484 1025

**Rushworth**
- Rushworth Pharmacy - NDSS: 5856 1402

**Stanhope**
- Kerr’s Amcal Pharmacy Depot - NDSS: 5857 2205

* NDSS = The National Diabetes Services Scheme delivers diabetes-related products at subsidised prices and provides information and support services to people with diabetes.
Useful Websites

Health & Community Services Directory and e-Referral System
www.connectingcare.com

Better Health Channel
www.betterhealth.vic.gov.au

Commonwealth Carelink
www.commcarelink.health.gov.au

Human Services Directory
www.humanservicesdirectory.vic.gov.au

Vision & Sight

Echuca Optical Service 5482 6121
Horsfalls Optometrists 5482 1975
Rushworth - Waranga Community Health 5851 8021
Vision Australia 1300 84 74 66
Adolescent Services

- Alcohol and Other Drugs Counselling  5485 5800
- CAMHS (mental health)  5480 7419
- Financial Service - St Lukes  5480 1120
- Headspace (Bendigo)  5434 3939
- Kyabram Community Learning Centre – Youth Group  5852 0000
- St. Luke’s (Adult & Youth Accommodation Support)  5480 1120
- Youth Early Psychosis Service (YEPS)  5484 2509
- Youth Connections  5482 4601
- Youth Prevention & Recovery Centre  1300 363 788

Help lines

- Anglicare Victoria  1800 809 722
- Kids Helpline  1800 551 800
- Life Line  13 11 14
- Mental Health Service  1800 363 788
- Sexual Assault (CASA)  1800 806 292
- Suicide Help Line  1300 651 251
- Pregnancy Counselling Australia  1300 737 732

Library Services for Young People

- Graphic novels, young adult collection, newspapers and magazines, free internet via PC and wireless, books in a variety of formats, book chats, author visits and writing workshops. Internet and genealogy training, adult literacy, online resources.

  - Campaspe Regional Library  5482 1997

Youth Participation Programs

- Campaspe Cohuna Local Learning & Employment Network  5482 6055
- Epicentre - Arena Youth Program  5480 2517
- Shire of Campaspe Youth Participation & Access and Youth Council  5481 2200
## Emergency Contact Numbers

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For further information:
We welcome any suggestions you may have or, for further information please contact:

Campaspe Primary Care Partnership
PO Box 164, Rochester Victoria 3561

**Telephone** (03) 5484 4485

**Fax** (03) 5484 2291

**Email** administration@campaspepcp.com.au

Additional service information is available on the internet: www.connectingcare.com - This site provides links and an e-referral system to health and community services within different municipalities around Victoria.