

Healthy Eating

Eating well can be key to happy and healthy living. By choosing water, and fresh fruits and veggies, you may get sick less often, have more energy and enjoy the benefits of a sharper mind.

Dieticians & Community Kitchens

Dieticians are at Rochester and Elmore District Health Service Primary Care, Echuca Regional Health, Kyabram District Health Service, and home visits for HACC services can be arranged.

Food Services & Meals on Wheels

Shire of Campaspe 1300 666 535

Other Services

Njernda Aboriginal Corporation Services

Home maintenance, home care, personal care, respite, immunisation, transport, podiatry, optometry, health assessment, planned activities, shopping, and GP medical services.

Shire of Campaspe Services

Services available in assessment, home care, personal care, foot care, respite, property maintenance, falls prevention, immunisation, social support, exercise classes and community based transport.

Medication Reviews

Managing your medications can be made easier with a 'Medscheck' or a Home Medication Review. Chat to your GP or pharmacist for more details.

Health Assessments for 75 + Years

These are available with your GP—contact your doctors clinic to arrange an appointment.

Counselling Services

Contact your local health service or GP for more information.

Community and Primary Health Centres

Echuca Regional Health Hopwood Centre

5485 5801

Kyabram District Health Service Primary

& Allied Health

5857 0200

Njernda Aboriginal Corporation

5480 6252

Tongala Health

5857 0245

Stanhope Health

5857 0451

Rochester and Elmore District Health

Service Primary Care

5484 4465

Waranga Community Health

5851 8021

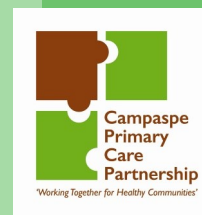


The Healthy Ageing Project

is supported by

the Victorian Government

Campaspe Primary Care Partnership



Campaspe Healthy Ageing Information

Healthy Ageing Project

Campaspe Primary Care Partnership

Version 1—printed 2015

Contact administration@campaspepcp.com.au for more information

Be Active

It's never too late to start moving. Being active with family and friends and in the community can keep you healthy and happy. Any activity is better than nothing at all! Join an activity group, take up golf or bowls, go for a walk, get out into the garden or try something new like dancing, aqua-aerobics or yoga.

Strength and Balance Classes

Strength and Balance classes work to strengthen muscles, retain bone density, improve balance and keep joints flexible.

Echuca, Gunbower, Lockington, Toolleen and Rochester	1300 666 535
Ky Community Learning Centre	5852 0000
Kyabram District Health Service	5857 0200
Moama YMCA	5482 2517
Tongala Health	5857 0245
Rochester Community House	5484 3600
Rushworth & Colbinabbin	5856 1295
Rochester & Elmore District Health Service	5484 4465

Falls & Balance Clinic

At Echuca Regional Health 5485 5801

Shire of Campaspe 'Map My Town'

Mobility Map

Walking, cycling and wheelchair maps to assist in staying active. 1300 666 535 or access it online.



Emotional Health & Happiness

Staying linked in the community and taking efforts to keep your mind strong helps healthy ageing. Healthy eating, life-long learning, staying fit and connecting with others are great ways to boost your life.

Planned Activity Groups

Planned Activity Groups aim to increase connection and maintain independence through supporting or reforming social networks.

Shire of Campaspe	1300 666 535
Vision Australia	5445 5700
Kyabram District Health Service	5857 0200
Lockington	5486 2544
Rochester & Elmore District Health Service	5484 4465

Community Centres & Neighbourhood Houses

These centres offer ongoing courses and options to engage in a range of activities, events and programs for those of all ages to learn new things and meet others with similar interests. Some programs that are on offer include dancing, tai chi, gentle exercise and walking groups.

Crossenvale Community Centre	5480 3583
Echuca Neighbourhood House	5482 6914
Girgarre Community Cottage	5854 6482
Ky Community & Learning Centre	5852 0000
Lockington Business Centre	5486 2683
Rochester Community House	5484 3600
Rushworth Community House	5856 1295
Tongala Community Activities Centre	5859 1268

Getting Out and About

Whether it's just a regular cuppa and chat or learning a new life skill, being social has many benefits to your health and happiness as you age.

Volunteering

You can meet new people, develop new skills, belong to and contribute to our community and have fun. Volunteering programs are available at the Shire of Campaspe Echuca Regional Health, Rochester & Elmore District Health Services, Kyabram District Health Service and Waranga Aged Care.



Campaspe Library Services

Events, resources and opportunities to learn new skills are available at the Echuca, Kyabram, Rochester, Rushworth and Tongala branches with depots at Colbinabbin, Girgarre, Gunbower, Lockington, Stanhope and Toolleen. Books on Wheels, and Talking Newspapers are some of the resources available to assist in healthy ageing. Contact the Community Outreach Coordinator on 5481 2404.

Senior Citizen and Probus Clubs

These are in Gunbower, Kyabram, Lockington, Rochester, Rushworth, Stanhope, Echuca, Tongala and Toolleen. Contact the Shire of Campaspe for information on Senior Citizen Clubs. Find your local Probus Club online at www.probussouthpacific.org/directories/lookup