

# Campaspe Directory of Health & Community Services

January 2009

This directory of health and community services includes service contact details and service descriptions in a comprehensive alphabetical listing to support better access to services for consumers in 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 Human Services, who have committed to updating this resource every three years.

## Acknowledgements

This guide was developed by the PCP Service Coordination Steering Committee with valuable input and support from Margaret Gow, Echuca Regional Health, Bree Hamilton, Shire of Campaspe, Michele Hansen, Goulburn Valley Health Waranga, Di Roberts, Kyabram and District Health Services and Gabrielle Cavallaro, Campaspe PCP to whom the Campaspe PCP extend sincere thanks.

# INDEX

	Page
<b>Advocacy</b>	5
<b>Aged &amp; Disability</b>	
• Accommodation Support/Housing	6
• Aged care assessment service (ACAS)	6
• Carer Support Services	6
• Case Management Services	6
• Disability Support	7
• Home Care	7
• Information & Referral	7
• Meals on Wheels	7
• Personal Care	8
• Planned Activity Groups	8
• Property Maintenance	8
• Residential Facilities - Aged Care	8
• Respite Care	9
• Rural Access	10
• Veterans Home Care	10
<b>Children &amp; Family Services</b>	
• Child Care Facilities	11
• Early Childhood Intervention Services	11
• Family Counselling	12
• School Dental	12
• Parenting	12
• Pre-School Field Worker	12
<b>Community Groups</b>	
• Churches & Welfare Groups	13
• Community Based Transport	14
• Neighbourhood and Community Houses	15
• Senior Citizens Centres	16
• Service Groups	16
• Support groups	17

	Page
<b>Health Services</b>	
• Aboriginal Health	18
• Accident and Emergency	19
• Asthma Education	19
• Cancer Support Services	19
• Cardiac Rehabilitation Program	19
• Chronic Disease Management	20
• Community Rehabilitation Centre	20
• Continence Advisor	20
• Counselling	21
• Dental Services	21
• Diabetes Education	21
• Dietetics	22
• Disability Support Services & Respite	22
• District Nursing	23
• Domiciliary Midwife & Childbirth Education	23
• Drug and Alcohol Services	23
• Eating Disorders	24
• Exercise: Strength & Balance	24
• Fitness for Older Adults	25
• Health Promotion	26
• Housing & Accommodation	26
• Hospitals/Health Services	26
• Mental Health	27
• Occupational Therapy	28
• Palliative Care	28
• Physiotherapy	29
• Pharmacy (Hospital Based)	29
• Podiatry	29
• Post-Natal Depression	29
• Pulmonary Rehabilitation	30
• Reflexology	30
• Social Work	30
• Speech Pathology	31
• Women's Health Clinic	31

	Page
<b>Immunisation</b>	32
<b>Maternal and Child Health</b>	
• Early Childhood Intervention Services	34
• Maternal & Child Health Nursing & Centres	34
<b>Medical Practices / GP Clinics</b>	35
<b>Pharmacy</b>	36
<b>Useful Websites</b>	36

Please note \* denotes service fee/charges apply

## 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 221944

Bendigo 1800 462480

Swan Hill 5032 0082

### **Public Housing**

Advocacy and Rights Centre

Bendigo 1800 639 121

## Aged and Disability Services

### 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 7588
----------------	-----------

### 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 Care Group	5482 0808
---------------------------	-----------

### Case Management Services

Provides support for clients 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 the setting of and regular review of client goals. It involves the implementation and coordination of appropriate services and resources to meet agreed goals via a process that is primarily focused on maintaining and or gaining independence and encouraging positive involvement within the community.

Bendigo Health Care Group	5454 7833
---------------------------	-----------

## Aged and Disability Services

### 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
Murray Human Services	5480 6611
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

#### *Carelink*

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
----------	--------------

### Meals on Wheels

The Shire of Campaspe Meals on Wheels services offers fresh meals across the municipality. Frozen or cook chilled meals are also available, delivered by volunteers across the municipality.

Shire of Campaspe	1300 666 535
-------------------	--------------

## Aged and Disability Services

### 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 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 Groups

Planned activity 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

• Pat Hayes Centre 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

#### Echuca

Glanville Village – Echuca Regional Health 5485 5465

Echuca Community for the Aged 5480 5000

• Brolga Apartments 5482 3600

• Cunningham Downs Village 5480 5000

• Engelbert Lodge 5482 3600

• Illoura Village 5480 5000

• Wharparilla Lodge 5480 5000

## Aged and Disability Services

### Residential facilities – Aged Care

#### Kyabram

Henley Apartments	5853 2771
Sheridan Nursing Home	5857 0445
Warramunda Village Inc	5852 2611

#### Tongala

Tongala Aged Care Complex	5859 0800
---------------------------	-----------

#### Rochester

Rochester & District Hostel	5484 4403
Rochester & District 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
Community Living & Respite Services	5480 2388
Rural Health Team Bendigo Health	5454 7102

## Aged and Disability Services

### Respite Care

#### Residential Facilities:

#### Echuca

Glanville Village	5485 5465
Engelbert Lodge	5482 3600
Wharparilla Lodge	5480 5000

#### Kyabram

Sheridan Nursing Home (High Care, Secure)	5857 0445
Warramunda Village (Low needs)	5852 2611

#### Tongala Aged Care Complex

Rochester & District Hostel	5859 0800
Waranga Aged Care Hostel	5484 4403
Waranga Nursing Home	5851 8050
	5851 8000

### Rural Access

Aims at developing and implementing 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
-------------------	--------------

### 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
---------------------------------------	--------------

## Children & Family Services

### Child Care Facilities

#### Echuca

ABC Learning Centre	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	5482 4503

#### Girgarre

Girgarre Community College	5854 6482
----------------------------	-----------

#### Kyabram

ABC Learning Centre	5852 2844
Unwin St Occasional Child Care	5853 1304
Kyabram Community & Learning Centre Child Care	5851 0000

#### Rochester

Rochester & District Childcare Centre	5484 1979
---------------------------------------	-----------

#### Rushworth

Rushworth Kinder & Child Care	5856 1591
-------------------------------	-----------

#### Stanhope

Stanhope Occasional Child Care & Kindergarten	5857 2297
---	-----------

### Early Childhood Intervention Services

Services for children aged 0-6 years/school entry, diagnosed with a disability that has known developmental implications. Services include speech pathology, occupational therapy, physiotherapy and other support services.

Kyabram & District Health Services	5857 0276
------------------------------------	-----------

**\*See also: Maternal & Child Health Services**

## Children & Family Services

### Family Counselling

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

Echuca Regional Health	5485 5800
Kyabram Community Learning Centre	5852 0000
<i>Also servicing Rushworth</i>	
St. Luke's Echuca (Family Counselling)	5480 1120

### School Dental

The School Dental Service is situated in one of the Primary Care buildings at Echuca Regional Health.

Echuca Regional Health *	5485 5820
--------------------------	-----------

### Parenting

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
--	--------------

**\*Refer also to Family Counselling services above.**

### 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
-----------	-----------

## Community Groups

### 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

Uniting Church 5482 1430

#### 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

## Community Groups

### Churches & Welfare Groups

#### 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
Salvation Army	5853 1337
St. Vincent De Paul	5857 2280

#### Stanhope

Anglican	5857 2374
Presbyterian	5832 6494

#### Tongala

Anglican	5852 1543
----------	-----------

### Community Based Transport

Providing transport to eligible consumers to access medical appointments and important events outside of local area. A community car provides transport for all members of the community wishing to attend appointments or other activities in the municipality 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

## Community Groups

### Neighbourhood and Community Houses Echuca

Echuca Neighbourhood House  
261 High Street, Echuca 5482 6914

Crossenvale Community Hub  
28 Boothman Street, Echuca  
Email: [crossenvale.hub@bigpond.com](mailto:crossenvale.hub@bigpond.com) 5480 3583

### Girgarre

Girgarre Community Cottage  
27 Olympic Street, Girgarre 5854 6482

### Kyabram

Kyabram Community & Learning Centre  
21 Lake Road, Kyabram 5852 0000

### Lockington

Lockington & District Business Centre  
9-11 Lockington Road, Lockington  
PO Box 171, Lockington  
Email: [ldbc@lockingtons.own.net.au](mailto:ldbc@lockingtons.own.net.au) 5486 2683

### Rochester

Rochester Community House  
51A Mackay Street, Rochester  
PO Box 220, Rochester  
Email: [rocjhcommho@communityhouse.org.au](mailto:rocjhcommho@communityhouse.org.au) 5484 3600

### Rushworth

Rushworth Community House  
67 High Street, Rushworth  
PO Box 201, Rushworth 5856 1295

## Community Groups

### Neighbourhood and Community Houses

#### Stanhope

Stanhope Business Centre  
23 Birdwood Avenue, Stanhope  
Email: stanhopebc@mcmmedia.com.au 5857 2866

#### Tongala

Tongala Community Activities Centre  
Mangan Street, Tongala  
PO Box 121, Tongala  
Email: tcoadmin@iinet.com.au 5859 1268

### Senior Citizens Centres

Echuca 54823 216  
Kyabram 5852 1942  
Rochester 5484 1525  
Rushworth/Colbinabbin 5856 1322  
Stanhope 5857 2362  
Tongala 5859 0505

### Service Groups

#### Apex

Echuca 5482 4722  
Rochester 5484 1868  
Stanhope 5857 2523

#### 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

## Community Groups

### Service Groups

#### RSL

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

#### Rotary

Echuca	5480 6667
	5452 3527
Kyabram	5852 3111
Rochester	5484 9246

#### Probus

Echuca	5483 7631
Kyabram	5852 1740

### Support Groups

Aged Persons Mental Health Service	5480 7419
Alzheimer's Association Victoria	1800 639 331
Anti Cancer Council	131 120
Arthritis Foundation of Victoria	1800 011 041
Commonwealth Carer Respite	1800 068 978
Department of Veteran Affairs	1800 555 254
Diabetics Information and Management	5485 5800
Diabetes Support Group Rushworth	5856 1295
National Heart Foundation	1300 362 787
Osteoporosis Victoria	1800 011 041
Post Natal Depression	5482 6914
Rochester Arthritis Support Group	5484 3258
Vision Australia Bendigo	5445 5700

## Health Services

### 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 Aboriginal Corporation 5480 6252

- Health House/ Medical clinic
- Financial Advice
- Legal Advice
- Emergency Relief
- Drug & Alcohol Counselling
- Podiatry
- Immunisations
- Pap Screening
- Antenatal Care
- Diabetes Education
- Nutrition Education
- Maternal & Child Health Services

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

Kyabram & District Health Services 5857 0200

- All Acute, Primary, Allied Health & Rehabilitation Programs

## Health Services

### Accident & Emergency

Urgent hospital admission/services.

Rural Ambulance Victoria	000
Nurse on Call	1300 606 024
Echuca Regional Health	5485 5000
Kyabram & District Health Services	5857 0200
Rochester & Elmore District Health Service	5484 4400

### 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

### 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

#### *Breast Cancer Support*

Echuca Regional Health	5485 5226
Kyabram & District Health Services	5857 0240

### Cardiac Rehabilitation Program

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

Echuca Regional Health	5485 5800
Kyabram & District Health Services	5857 0243

## Health Services

### 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 Program
- Stanford Better Health Self Management

Echuca Regional Health 5485 5800

- Hospital Admission Risk Program
- Pulmonary Rehabilitation programs
- Diabetes Self Management
- Cardiac Rehabilitation
- Stanford Better Health Self Management

Rushworth – Goulburn Valley Health 5832 3100

- Healthy Heart & Lung Program
- Stanford Better Health Self Management

Rochester & District Health Service 5484 4465

- Stanford Better Health Self Management

### Community Rehabilitation Centre

Provision of rehabilitation therapy to community based clients.

Echuca Regional Health 5485 5000

### 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.

Kyabram & District Health Services 5857 0200

Rochester & Elmore District Health Services\* 5484 4465

National Continence Helpline (8am - 8pm) 1800 330 066

## Health Services

### Counselling

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

#### *Family Counselling*

\*See Children & Family Services

#### *Financial Counselling*

Rural Financial Counselling Service (Kyabram) 5851 3421

Please note: this service is only provided for primary producers and small businesses.

St. Luke's 5480 1120

#### *Generalist Counselling*

Echuca Regional Health 5485 5800

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

#### *Alpha Dental Services*

Rushworth – Waranga Community Health\* 5851 8000

Rochester & District Health Services 5484 4465

### 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.

Echuca Regional Health\* 5485 5800

Kyabram & District Health Services 5857 0243

Lockington & District Bush Nursing Centre 5486 2544

Rochester & Elmore District Health Service 5484 4465

Rural Health Team – Bendigo Health\* 5454 7102

Rushworth – Waranga Community Health 5857 0243

## Health Services

### Dietetics

Provide therapeutic nutritional advice to clients in the community to improve and compliment their medical wellbeing.

Echuca Regional Health*	5485 5000
Kyabram & District Health Services*	5857 0243
Rochester & Elmore District Health Service*	5484 4465
Rural Health Team – Bendigo Health*	5454 7102
• Servicing Rushworth	
Rushworth – Waranga Community Health	5857 0276
* Provided by Kyabram Community Health	

### Disability Support Services & Respite

Support the caring relationship by providing carers of frail older people and people with disabilities with a break from their caring role, by assisting and supporting individuals to remain living independently at home in the community.

Campaspe Early Childhood Intervention Services  
5857 0276

For more information see: Children & Family Services

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

For more information see: Aged & Disability – Disability Support & Respite Care

## Health Services

### 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.

Echuca Regional Health*	5485 5231
GV Health - Waranga*	5851 8020
Kyabram & District Health Services	5857 0240
Lockington & District Bush Nursing Centre*	5486 2544
Rochester & Elmore District Health Service*	5484 4400

### Domiciliary 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, postnatal domiciliary home visiting, and co-ordination of lactation clinic

Echuca Regional Health	5485 5000
Kyabram & District Health Services	5857 0200

### 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
<ul style="list-style-type: none"><li>• Counselling</li><li>• Drink Driver Education</li><li>• Drug Withdrawal</li><li>• Drug Diversion</li><li>• Rural Outreach Diversion</li><li>• Youth Alcohol &amp; Drug Program</li></ul>	

## Health Services

### 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 Care Group 1300 363 788

### Exercise: Strength & Balance Programs

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

#### Echuca

Shire of Campaspe 1300 666 535

#### Colbinabbin

Kyabram & District Health Services 5857 0243  
Shire of Campaspe 1300 666 535

#### Gunbower

Shire of Campaspe 1300 666 535

## Health Services

### Exercise: Strength & Balance Programs

#### Kyabram

Kyabram & District Health Services	5857 0243
Kyabram Community and Learning Centre	5852 0000

#### Lockington

Shire of Campaspe	1 300 666 535
-------------------	---------------

#### Rochester

Shire of Campaspe	1 300 666 535
Rochester & Elmore District Health Service	5484 4465
Rochester Community House	5484 3600

#### Rushworth

Rushworth Community House	5856 1295
Shire of Campaspe	1 300 666 535

#### Stanhope

Shire of Campaspe	1 300 666 535
-------------------	---------------

#### Tongala

Kyabram & District Health Services	5857 0245
Shire of Campaspe	1 300 666 535
Tongala Community Health	5859 1396

#### Toolleen

Kyabram & District Health Services	5857 0243
Shire of Campaspe	1 300 666 535

#### Fitness for Older Adults

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

Echuca Regional Health	5485 5800
Rochester & Elmore District Health Service	5484 4465

## Health Services

### 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. Health Promotion and education in the community provides a catchment-wide plan for integrating health promotion activities across its member organisations.

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

### Housing & Accommodation

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

EASE – Emergency Accommodation & Support	5443 4945
Loddon Mallee Housing Services	5442 4288
St. Luke's (Adult & Youth Accommodation Support)	5480 1120

### Hospitals/Health Services

Echuca Regional Health 17 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 – Waranga (Rushworth) 14 Coyle Street, Rushworth, VIC, 3612	5851 8000
---	-----------

## Health Services

### *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.

Echuca Regional Health	5485 5277
Kyabram & District Health Services	5857 0220

### **Mental Health**

#### *Child & Adolescent Mental Health*

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

## Health Services

### Mental Health

#### *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 5000
Kyabram & District Health Services*	5857 0240
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.

Echuca Regional Health	5485 5000
GV Hospice	5822 2530
Kyabram & District Health Services: District Nursing	5857 0243
Rochester & Elmore District Health Service	5484 4400
Rushworth - Waranga District Nursing	5851 8020

## Health Services

### 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 5000
Kyabram & District Health Services*	5857 0243
Rochester & Elmore District Health Services*	5484 4465
Rural Health Team – Bendigo Health*	5454 7102
Rushworth – Waranga Community Health*	5851 8000

### Pharmacy (Hospital Based)

Echuca Regional Health	5485 5000
------------------------	-----------

### 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 5800
Rochester & Elmore District Health Service*	5484 4465
Rural Health Team – Bendigo Health*	5454 7102
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 - Ev Holzer	5482 6914
PANDA – Post & Antenatal Depression Association	1300 726 306

## Health Services

### Post-Natal Depression

#### *Support/Therapeutic Groups*

An 8-week therapeutic and support group based on cognitive behavioural 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

### 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 5800

Kyabram & District Health Services 5857 0243

See also Chronic Disease

### Reflexology

Holistic natural therapy which assists the body to begin it's own natural healing process in order to promote wellness, healing and growth by supporting the body, mind and soul of individuals within the community.

Lockington & District Bush Nursing Centre\* 5486 2544

Rochester & Elmore District Health Services\* 5484 4465

### 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

Murray Plains Division of General Practice 5456 4086

Rochester & Elmore District Health Service 5484 4465

Rushworth – Waranga Community Health 5831 5399

## Health Services

### 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 5000
Kyabram & District Health Services*	5857 0243
Rural Health Team – Bendigo Health*	5454 7102
Rushworth – Waranga Community Health*	5857 0276

### Women's Health Clinic

The Well Women's Clinic is run by a Women's Health Nurse for women with no abnormal symptoms. 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 5800
Kyabram & District Health Services*	5857 0243
Lockington & District Bush Nursing Centre*	5486 2544
Rochester & Elmore District Health Services*	5484 4465
Rushworth - Waranga Community Health*	5857 2400



## Immunisation

- Kyabram** Date First Monday of each month  
Venue Senior Citizens Clubrooms (Lake Rd)  
Time 9.30am to 10.30am
- Stanhope** Date First Monday of each month  
Venue Community Health Centre (Birdwood Ave)  
Time 11.30am to 12.00noon
- Tongala** Date Third Monday of each month  
Venue Tongala Community Health (Purdey St)  
Time 10am to 10.30am
- Rushworth** Date Third Monday of each month  
Venue Maternal & Child Health Centre (High Street)  
Time 11.45am to 12.15pm
- Girgarre** Date Third Monday every second month  
(February - December)  
Venue Maternal & Child Health Centre  
(School Road)  
Time 1pm to 1.30pm
- Lockington** Date Third Thursday of each month  
Venue Maternal & Child Health Centre  
(Panoo Road)  
Time 10am to 10.30am
- Gunbower** Date Third Thursday every second month  
(January - November)  
Venue Maternal & Child Health Centre  
(Wilson Street)  
Time 11.30am to 12noon

## Maternal & Child Health

### Early Childhood Intervention Services

Services for children aged 0-6 years/school entry, diagnosed with a disability that has known developmental implications. Services include speech pathology, occupational therapy, physiotherapy and other support services.

Kyabram & District Health Services 5857 0276

### Maternal and Child Health Nursing

The Maternal & Child Health nurses empower and support parents to meet the demands of early parenthood by monitoring the health/growth/development and wellbeing of the infant, child and family.

Maternal & Child Health - Shire of Campaspe 5481 2200

### Maternal & Child Health Centres

Echuca	5482 1292
Girgarre	5854 6607
Gunbower	5487 1382
	0417 374 720
Kyabram	5858 1808
Lockington	5486 2543
Njernda	5480 6252
Rochester	5484 1197
Rushworth	5851 8700
Stanhope	5857 2400
Tongala	5859 1153

## Medical Practices/GP Clinics

### Echuca

Nish Street Medical Practice	5480 6001
(After Hours)	0419 599 499
Rich River Health Group	5480 6700
Njernda Aboriginal Medical Clinic	5482 3075
Echuca Primary Care Clinic	5485 5864
After Hours Clinic	5485 5874

### Kyabram

Kyabram Regional Clinic	5852 1888
Dr Peter T Tisdall	5852 2981

### Rochester

Campaspe Medical Centre	5484 4480
Rochester Medical Group	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
-------------------------	-----------

## Pharmacy

### Echuca

Amcal Pharmacy	5482 6666
ERH Pharmacy	5485 5000
Rich River Pharmacy	5482 1134
Godfrey's Pharmacy	5480 6011
Echuca Square Pharmacy	5482 3777

### Kyabram

Kerr's Amcal Pharmacy	5852 1023
Ian Collie Guardian Pharmacy	5852 1213

### Tongala

Tongala Pharmacy	5859 0309
------------------	-----------

### Rochester

Prigg's Chemart Pharmacy	5484 1025
--------------------------	-----------

### Rushworth

Rushworth Pharmacy	5856 1402
--------------------	-----------

### Stanhope

Kerr's Amcal Pharmacy Depot	5857 2205
-----------------------------	-----------

## Useful Websites

Health & Community Services Directory and e-Referral System

[www.connectingcare.com](http://www.connectingcare.com)

Better Health Channel

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Commonwealth Carelink

[www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

Human Services Directory

[www.humanservicesdirectory.vic.gov.au](http://www.humanservicesdirectory.vic.gov.au)

## Emergency Contact Numbers

Name	Phone Number
Police, Fire & Ambulance	000

## Emergency Contact Numbers

Name	Phone Number

# Frequently Used Contact Numbers/References

Name	Phone Number

# Appointments

Date	Place