



Maryborough & District **HEALTH SERVICES DIRECTORY 2024**



Affordable Retirement Living



Care as it should be

Havilah provides high-quality residential aged care, respite services and independent living that is affordable for all.

Founded in 1995, the philosophy of care at Havilah is to ensure all residents' choices are respected. We provide individualised care in an atmosphere of support where each individual's emotional, spiritual, psychosocial and health needs are met.

Havilah is committed to continuous quality improvement.

HAVILAH ON HARKNESS STREET is a 110-bed residential facility. All rooms have private ensuite facilities and are surrounded by spacious and visually attractive communal areas.

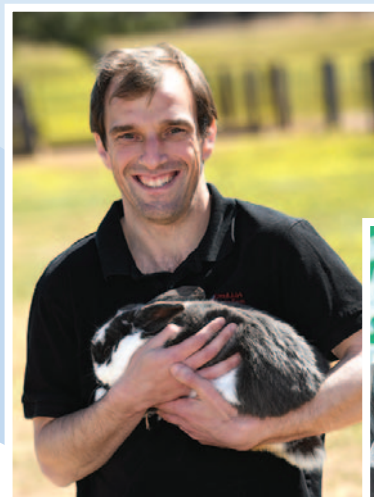
HAVILAH ON PALMERSTON STREET provides care in modern, self-contained units. Each unit offers a spacious single or twin bedroom, walk-through robes, private ensuite and lounge area. Thirty rooms include kitchenettes and bathrooms that offer freedom and convenience to residents.

THE TERRACE — our newest complex adds a further 24 aged care beds to the organisation's existing two campuses. The Terrace is a two-story residence offering the option of spacious single or twin-bedroom apartments, with adjoining walk-through robes leading to an ensuite bathroom.

*All our facilities offer 24-hour, 7 days a week care.



Contents



- 4.....MDHS Year in review with CEO Nickola Allan
- 5.....Hospital development on track
- 6 - 9MDHS - healthcare, community support and careers
- 11.....Warm welcome at farm stay
- 12.....Tips for telehealth
- 13.....Walk to wellness
- 14 - 15 ...ASTERIA continues community connections
- 19.....Supporting parents and children in the goldfields
- 21.....Fidget fun
- 26.....Not-for-profits caring for the community
- 27.....Quick guide to health services

On the cover

Brooke Drummond and her daughter Billie enjoy the support and advice they receive from Central Goldfields Maternal and Child Health Service.

Registered nurses, midwives and early parenting practitioners guide parents through the early years of their child's life – from birth to school age.

As well as offering age-and-stage consultations, nutritional advice, immunisations and education sessions, the service promotes invaluable social interaction through parents' groups and playgroups.



Photo: Prealene Khera

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Transforming local health services

MDHS: The year in review

At Maryborough District Health Service (MDHS) we're more than a health service provider. We provide programs and services for all ages and abilities, from birth to end-of-life in the home, hospital and community.

Our staff also provide a loving home at three residential aged care communities, which recently received four and five star ratings from the Aged Care Commission.

At MDHS our vision is to change the healthcare story with our community.

In a nutshell that means improving health and wellbeing, but it's so much more than that.

In addition to tackling health issues we're focused on working with our partners, consumers and community to improve social and financial outcomes. This comes in many ways such as encouraging healthy habits to prevent disease, celebrating culture and diversity, reducing barriers to care, building strong social connections, and providing safety and security through education, housing services and employment.

Over the past year we've made some significant gains on that journey. Our team:

- Celebrated one year of implementing our new maternity model of care described as a gold standard of care to support local families through pregnancy, labour and post-birth.
- Joined the state-wide Houses for Parliament Campaign to successfully advocate the Victorian government for more funding for social housing as a collective.
- Opened a new student accommodation facility to provide a comfortable and convenient place to stay for future healthcare workers as they gain valuable experience in rural health.
- Created more opportunities for locals to live, work and learn by providing nurse training opportunities in Maryborough through Bendigo TAFE and supported nurse graduates to kick start their career in our Transition to Practice program.
- Worked with local families, schools, kinders and pre-schools on education and screening programs to improve oral health, healthy eating and physical activity, get ready for school, celebrate culture and inspire career pathways.
- Added new in-home support services to help eligible residents live safely and independently in their home.

As a big part of this transformation, we started main



construction on the Maryborough Hospital redevelopment, moved dental and family services into refurbished facilities, and upgraded dining facilities at Avoca and Wattle Rise residential communities.

Last year we were proud finalists at the Victorian Public Healthcare Awards for Excellence in Women's Health. This year we're building on this with plans to expand services in our Well Women's Clinic and strengthen our partnership with BreastScreen Victoria.

Thanks to the effort of our amazing community we raised the funds needed for new mammography equipment through campaigns such as the MDHS Oncology fundraiser and MDHS Charity Golf Day.

We're grateful to the generous donors, sponsors, community groups, volunteers and auxiliary members who make a valuable contribution to our local health service.

This year we're looking forward to expanding our volunteers program, and are seeking more consumers to work with us to improve the experience for our patients, residents, families and carers. If you are interested in opportunities, please get in touch. The rewards are enormous.

Nickola Allan
Chief Executive Officer



The Minister for Health Infrastructure Mary-Anne Thomas MP and Member for Ripon Martha Haylett MP joined us to turn the first sod in July.

Maryborough Hospital Redevelopment Progress Update

Bigger, better hospital on the way

The redevelopment of Maryborough and District Hospital is on track for progressive completion from the end of 2024. When complete, it is estimated staff will treat an additional 4,000 patients annually.

Early works were completed in mid-2023 to pave the way for the new build.

Since main construction started in mid-2023, the foundations have been laid. Concrete slabs for the lower ground, ground floor and around a third of the first floor are complete as the structure continues to grow steadily.

Early works complete

- ✓ Access to Urgent Care Centre
- ✓ Demolition of buildings
- ✓ Off street parking at north-end of hospital
- ✓ Service relocations
- ✓ Refurbished facilities for allied health, dental services and co-located services.

Better care, close to home

This significant investment will transform services with a new Urgent Care Centre and a 32-bed inpatient unit. A maternity unit with two birthing suites means more women can give birth closer to family and loved ones.

The new build will include operating theatres, recovery spaces and a day medical centre with clinical imaging and pharmacy. There will be consulting suites, a reception area and more onsite parking.

Patient-centric design

Architects worked closely with Maryborough District Health Service to incorporate staff, patient and community input for a modern design.

The layout prioritises improved patient flow to foster a better patient experience and improved access to primary and community health services.

The design process involved consultations with staff, patients, and the Dja Dja Wurrung community through a Wartaka process.

Heritage considerations, landscape integration, and a broader community survey further informed the hospital's design.

Purposeful partnerships

The project is delivered by the Victorian Health Building Authority (VHBA) in partnership with Maryborough District Health Service (MDHS), Silver Thomas Hanley (architects), Fairbrother Construction (main works) and SJ Weir (early works).

For more information visit vhba.vic.gov.au, read the updates on the hospital redevelopment at mdhs.vic.gov.au or follow MDHS on Facebook.



An artist's impression of the Maryborough and District Hospital.



View onto construction of the new hospital from the south west in December 2023.



The concrete is poured into the prepared formwork for the ground level.



Builders at work to level and smooth the concrete on the ground level.

Connecting our community to care

Service snapshot

Maryborough District Health Service (MDHS) provides person-centred care across all life stages at campuses in Maryborough, Avoca and Dunolly. Our dedicated team of clinicians and caregivers provide quality care to patients, residents and clients through a range of medical, nursing, community, allied health and residential aged care services.

Acute services

Services include admitted and non-admitted services such as urgent care, surgical services, maternity, dialysis, oncology, specialist clinics and medical imaging.

Our theatre operates six days a week in partnership with consulting surgeons from large regional centres by referral. Specialists provide surgery including ear, nose and throat, obstetrics and gynaecology, urology, general surgery, dental and endoscopic surgery.

Urgent care

Our 24-hour Urgent Care Centre (UCC) is located at Maryborough Hospital. The UCC is staffed by experienced nurses with support from the Victorian Virtual Emergency Doctor (VVED) service. Local General Practitioners (GP) and Visiting Medical Officers (VMO) are on-call to attend medical emergencies.

We provide care for a range of injuries and illness following a triage assessment to ensure patients are treated in order of urgency. The most seriously ill or sickest patients will always be seen first.

In an emergency we can provide initial resuscitation and life-saving interventions. We aim to stabilise patients in a critical condition for transfer to a larger hospital.

In an emergency call triple zero (000)

For non-urgent or non-life threatening situations:

- Book in with your local GP
- Talk to a pharmacist
- Contact the VVED - a free virtual care service which operates 24 hours a day, seven days a week. All you need is a personal device with a camera and an internet connection. Visit www.vved.org.au. No referral needed.
- Call Nurse on Call on 1300 60 60 24 for free health advice 24/7.
- Visit My Emergency Doctor for 24/7 online consultations with senior specialist emergency doctors via video call or telephone via myemergencydr.com/westernvictoria.

Oncology services

We provide outpatient and inpatient support for patients in our local catchment area. Our trained oncology nurses provide specialist services such as chemotherapy, immunotherapy, intravenous immunoglobulin, blood transfusions and iron infusions.

Our partnership with Ballarat Regional Integrated Cancer Centre allows patients to plan and receive part of their course of treatment close to home, in consultation with their oncologist.

Maternity services

Our maternity team provides care during the pregnancy, birth and early parenting journey for families in our community. Our Midwifery Group Practice is staffed by midwives, who are supported by local GP obstetricians and other experts, as part of our multidisciplinary care team.

Under our model we provide continuity of care with one midwife from the early days of pregnancy through to six weeks post-birth, with support from other midwives and the care team.

If you are unable to birth with us, we can coordinate referrals to a larger hospital, be on-call to support you, and care for you when you return home. Families can self-refer, without GP referral.



Proud new parents Chloe and Mitch with baby Bonnie, who was born at Maryborough Hospital.

Dialysis

Dialysis patients can receive their treatment locally in our six-chair Dialysis Unit. We help provide services for visiting clients where possible.

Medical imaging

Our extensive, high-quality imaging service is located next to the Urgent Care Centre, and operates Monday to Friday in Maryborough.

We provide CT scanning, x-ray, ultrasound, echocardiography and bone densitometry to inpatients and outpatients referred by hospital clinics, specialists and GPs.

We also provide x-ray and ultrasound services at St Arnaud on Tuesday, Thursday and Friday, in partnership with East Wimmera Health Service.

Dental services

Our dental team provides public dental care, denture care and emergency care for children and adults with a concession card by appointment. Dental services include check-ups with x-rays, preventative treatment, fillings, extractions and dentures by appointment.

Palliative care

We provide specialist multidisciplinary care and advocacy for people with a terminal illness in the hospital setting and at home.

Our palliative care team aims to provide the best possible quality of life for clients, residents, carers and families, involving clients in all aspects of decision-making. Our focus is on providing relief from the symptoms, pain and stress of a serious life-illness, regardless of diagnosis.

Hospital in the home

Our team of nurses and allied health professionals can provide acute admitted care and support to public hospital patients in the comfort of their own home while they remain under the care of their hospital doctor.

Allied health

Our allied health team provides specialist services and support in our hospital, clinics and residential care facilities. We help clients recover following illness or injury, or manage a condition due to disease, ageing, disability, lifestyle or life challenges. We offer:

- **Speech pathology** to diagnose and treat communication disorders at all ages.
- **Dietetics** to promote health and treat medical conditions through improved eating and nutrition.
- **Occupational therapy** to help people of all ages safely and independently undertake daily activities and prevent falls.
- **Physiotherapy** to prevent, treat and manage movement disorders or recover from injury.

First Nations support

We have two Aboriginal Hospital Liaison Officers dedicated to providing support to members of the Aboriginal and Torres Strait Islander community and their families. Their role is to help families navigate the health system and make informed decisions along their health journey. They help ensure care is inclusive and culturally sensitive.



Say hello to Aboriginal Hospital Liaison Officers Kimberley Williams and Tonya Fedel who are here to support First Nations people on their journey through the health system.

- **Exercise physiology** to help clients meet goals in managing a health condition through coaching and education.
- **Group programs** to help people stay active or manage a condition through education and gentle exercise. Includes falls prevention, cancer wellness and healthy eating, activity and lifestyle (HEAL) programs.
- **Counselling and social work** to help individuals, families and groups identify and deal with challenges such as loss, grief, relationships, mental health, inequality or injustice.
- **Specialist alcohol and other drugs services** including counselling, assessment and withdrawal support services, as well as treatment for Hepatitis C and opioid substitution.
- **Housing services** to connect people experiencing or at risk of homelessness to emergency, transitional and social housing, and support.

Community and preventative health

We work with our service partners and run a whole range of community-led healthcare programs and services to provide care and support for residents when they need it and help our communities stay healthier and more connected.

- **District nursing** – home based services and care for eligible clients to maintain health, independence and quality-of-life in the home.
- **Transitional care** – short-term support for clients needing extra time and support to get well before returning home from hospital or rehabilitation, or moving to residential care.
- **Wound clinic** – specialist nursing service providing a holistic approach to care for people living with a chronic wound.
- **Avoca primary care clinic** – nurse-led services such as simple wound dressings and stitches removal by appointment three days a week.
- **Chronic/complex disease management** – programs to support people with chronic conditions manage their condition or complex needs, and reduce the risk of hospitalisation.
- **Diabetes education** – assessment, review and one-on-one education and support for people living with diabetes, including glucose monitoring and medication review.
- **Home support** – in-home support services include personal care, hygiene, domestic help, meals, food preparation, transport, social support and more for eligible residents in the north Pyrenees.
- **Smoking cessation** – assessment, information, support and advice to help clients quit smoking and enjoy associated health benefits.
- **Family violence support** – we work in partnership with service providers to support people affected by family violence, including children.
- **Best start and school readiness** - early years support for families and caregivers to help them provide the best care and environment for their children aged from birth to eight years, as well as prepare for school.

Well Women's Clinics

Our female-led clinics are run by nurses in Avoca, Dunolly and Maryborough to help women stay well at any age.

A confidential space for breast and cervical screening (including self-collection) and advice on contraception and family planning, period problems, all stages of menopause, reproductive health, preventative health, continence and referral.

Come in for a comprehensive health check.



Residential care

We provide residential aged care in our three modern campuses at Wattle Rise Maryborough, Avoca and Dunolly. Our team of registered and enrolled nurses, hospitality services staff and allied health workers provide high-quality care to residents.

The wellbeing of our residents is enhanced by our Wellness and Lifestyle team comprised of a nurse practitioner, physiotherapist, occupational therapist and lifestyle coordinator. Our lifestyle team provide a daily program of activities designed to meet the interests and needs of each resident.

Staff are guided by the Montessori philosophy of care to provide a meaningful community and quality-of-life in a homelike environment. This includes a range of spiritual and lifestyle activities to build social connections and boost wellbeing.

Our four and five star rated facilities are accredited by the Aged Care Quality and Safety Commission.



June, Lyn and Patty enjoy some quality time with some of the new residents at Dunolly Residential Community.

We use a quality governance framework to ensure the highest standards of safe and respectful resident-focused care.

Respite care

We can provide short-term respite care on a planned or emergency basis for residential aged care residents living in the community who need support, or as a trial if considering long-term care.

Find out more

Did you know you can self-refer to our maternity service and many community and allied health services? For more information about our services and referrals contact us on 03 5461 0333 or visit mdhs.vic.gov.au.

We work closely with co-located and visiting services including:

- Anglicare Victoria
- Bendigo & District Aboriginal Cooperative
- Centre Against Sexual Assault
- The Orange Door
- Centre for Non-Violence
- Loddon Campaspe Community Legal Centre
- Bendigo Health Podiatry
- Psychiatric services – information, assessment and referral available 24/7
 - Bendigo region including Central Goldfields - 1300 363 788
 - Ballarat region including Avoca – 1300 661 323

Live, work and learn

As a leading rural healthcare provider in the Central Goldfields, Maryborough District Health Service (MDHS) is always on the lookout for passionate people to join our diverse, fun and supportive team.

With a new \$115 million hospital on the way, now is an ideal time to join us as we expand our world-class facilities and services.

As one of the largest employers in the region, MDHS offers varied career opportunities in healthcare, aged care, allied health, corporate services, education, building and maintenance, environmental services, hospitality and support services.

With a culture of lifelong learning, MDHS is also an ideal place to start or advance your career through work experience, student clinical placements and graduate nursing programs.

Prospective nurses can pursue a Diploma of Nursing at the Maryborough campus through Bendigo TAFE. The Transition to Practice graduate program facilitates a

seamless transition from student to competent registered or enrolled nurse.

MDHS provides nursing students the opportunity to get paid while studying through the Registered Undergraduate Student of Nursing (RUSON) program.

Second and third-year undergraduate nurses can enhance their skills while undertaking paid positions in a clinical setting.

Beyond professional growth, MDHS offers enticing benefits including access to affordable country living, a values-driven team in a supportive environment, training and development, flexible work arrangements, salary packaging and social club activities.

Support is provided through health, wellbeing and employee assistance programs, with the added perk of new onsite accommodation for students.

Explore a rewarding career in a thriving healthcare environment at mdhs.vic.gov.au/careers.

Get involved

Are you looking for a rewarding way to make a positive impact in your local community?

Help support Maryborough District Health Service as a volunteer. Volunteers play a vital role in assisting staff, residents and patients to enhance person-centred care at our three campuses.

Alternatively, become a consumer representative and offer your feedback and insights to enhance the

health service. Join committees, help shape patient information, participate in focus groups or share your patient experiences.

Contributing your valuable skills, time and effort will help improve service delivery while you reap the many rewards of volunteering.

To find out more visit mdhs.vic.gov.au/get-involved.



Live, work and learn in the Central Goldfields

Maryborough District Health Services is a leading rural healthcare provider and one of the largest employers in the region. We're changing the healthcare story as we embark on a major transformation to improve health outcomes in the region.

With a new \$115 million hospital on the way, MDHS is the perfect place to start or develop your career. Be part of the change in a fun and supportive environment, with training and education to meet your needs. For more information visit mdhs.vic.gov.au/careers.



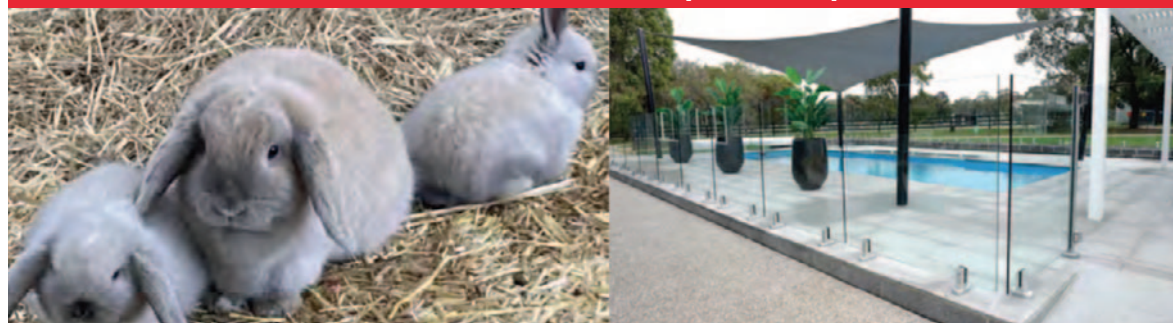
Maryborough District Health Service
(03) 5461 0333 | mdhs.vic.gov.au



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www.cjrespitefarm.com.au



Respite stays on a country farm

Julie and Chris Gilbertson opened Chris and Julie's Respite Farm in Daisy Hill in 2011, providing fully supported farm stays for adults with a disability. The farm has proved extremely popular with clients, who look forward to their country getaways.

"Having worked in the disability field for well over 20 years, we dreamt of a beautiful place for adults with a disability to enjoy quality supported holidays and the opportunity to experience all aspect of farm life," Julie said.

"Our clients love coming here to visit us and have some fun time away from their regular home environments."

Clients come to the farm from as far as Warracknabeal and Warrnambool, with the business offering a relaxing farm-style experience at the main home and adjacent cottage.



The farm also provides amenities such as an inground pool, a Discovery Barn filled with activities and sensory spaces, and plenty of animals to interact with, including rabbits, chickens, miniature horses, alpacas and sheep.

"We live here on the farm and guests come and stay for anywhere from three days, to three weeks, to three months," Julie said.

"We are also able to offer emergency respite should the need arise.

"Part of our service is that we pick up and drop off the clients, so families have one less thing to worry about when organising respite care."

Currently the farm can host eight clients at a time, but they would love to expand this – as well as create a permanent housing option, particularly for young people who've had road trauma or a disability who are now living in aged care homes because there's nowhere else to go.

They recently submitted a proposal to council to build four new houses on their 20-acre property.

Clients regularly enjoy local tourism activities, cafes and restaurants and the movies at Paramount Theatre.



Telehealth tips

Telehealth refers to a consultation with a healthcare provider by phone or video call.

Many GPs, specialists, and other healthcare providers in regional areas now offer a telehealth consultation as an alternative to face-to-face appointments.

New to the concept of telehealth? The following tips will help your telehealth consultation run smoothly.

Before your appointment

- Write down important information such as medications you are taking and the doses, and the symptoms or specific concerns you may have.
- Write down a list of questions you would like to ask your health care practitioner. Keep this succinct, as telehealth consultations are time-based just like a regular doctor's appointment.
- If you are having a phone consultation, you will just need your mobile or landline phone. Make sure you confirm who is calling who (i.e. does the doctor call me/do I call the doctor?) and keep that time free by blocking it out on a calendar or in a diary.
- Make sure your devices are fully charged so they don't drop out before your appointment!
- If you are having a video consultation, ask the practice what they use (eg Skype, WhatsApp) and download the relevant app or ask someone to help you do this. The practice will likely email you information before your appointment – check your email for instructions on how to log on, use related technology, and access the link for your appointment. Click on the link before your scheduled appointment to make sure it works and familiarise yourself with the platform and process.

Directly before the start of your appointment

- Find a quiet spot free from distractions so you won't be interrupted during your call.
- If you're using video conferencing, close other applications on your device to improve your internet connection and reduce potential distractions.
- Place your device somewhere stable so it won't move around during the call.
- Make sure you have paper and a pen so you can take notes.

During your appointment

- For video calls, access the link and enter your consultation about 5 to 10 minutes before the scheduled appointment time. You will usually be in a virtual waiting room until your practitioner is ready to see you.
- Be patient while waiting for your visit. Just like a regular in-person office visit, providers sometimes run behind schedule.
- Speak clearly so the doctor can hear you. If you have a bad connection, try moving to another area of your house.
- Make sure to ask your doctor or practice team for contact details for any follow up questions you may have.

After your appointment

- If you forgot to ask a question or need help to better understand your care, contact your provider or their office after your appointment.
- If your provider made recommendations for follow-up care (for example, a future appointment, specialist referral, lab work, imaging, or prescriptions) be sure to action them as soon as possible.

Steps to fitness

Whether it's a quiet stroll along the street or a determined effort to reach 10,000 steps, the benefits of walking are physical, emotional, psychological and even social.

In the goldfields we are lucky enough to have a choice of walking options – either open the front door and circumnavigate the block or hop in the car for a short drive to a lovely bush destination.



Lake Victoria, Princes Park

A gravel walking/cycling track forms a circuit around the lake with a variety of trees and water birds to see along the way.

Goldfields Reservoir parkrun

A free, fun, and friendly weekly 5-kilometre community event at the Goldfields Reservoir every Saturday at 8:00am. Walk, jog, run, volunteer or spectate, register at: goldfieldsreservoir@parkrun.com

Bush walks

A number of walking tracks wind through Paddy's Ranges State Park, Craigie State Forest, Lillicur State Forest and Amherst Reef Geological Reserve.

Pop into the Visitor Centre at Maryborough Railway Station for a handy guide to help you plan your walk.

Walking tours

While at the Visitor Centre, pick up a copy of the Welcome to Maryborough Self-Guided Tour. The brochure contains a detailed map of significant landmarks and heritage buildings to explore as you walk through Maryborough.



A wholistic approach to fitness, health & wellness



- 25 metre indoor pool • Program pool • Toddler pool • Spa
- Fully equipped gym • Group fitness classes • Stadium sports



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101 High Street, Maryborough
Ph: 5460-5999 | www.priceline.com.au



ASTERIA is a not-for-profit community based organisation providing tailored support and services to people with disability.



National Disability Insurance Scheme:

ASTERIA is a registered NDIS provider offering you choice in how you use your supports to build skills and capability. Talk to our customer service team about your NDIS plan.

We have a broad range of services including;

- Individual and Group Support
- Accommodation Options
- Support Coordination
- Supported Employment

Individual and Group Supports:

ASTERIA's Community Options and Living program provides individuals with high quality support. We aim to assist in maintaining and developing skills through a wide range of activities based on individual needs, strengths and interests.

Programs of Support are group activities based on personal choice. Participants have the opportunity to join group programs both on-site and in the community.



Supported Independent Living/Accommodation Options:

ASTERIA can provide short, medium and long term accommodation options for participants in modern, fit-for-purpose facilities located in Maryborough and Bendigo.

Support Coordination:

ASTERIA offers Support Coordination to NDIS participants who are funded for Support Coordination in their plans. Support Coordinators assist participants to understand their plan, and assists sourcing providers, services and supports to help participants achieve their goals.

Container Deposit Scheme:

ASTERIA is an over the counter refund point, for the Container Deposit Scheme operated by Visy. Customers can exchange eligible drink containers for 10 cents at 64-68 Nelson Street, Maryborough between 8am-3pm Monday-Saturday.

ASTERIA – Services, Support and Innovation



High Achievers:

In recent times ASTERIA was named as a Finalist in the Australian Disability Services Awards; in the Victorian Disability Awards; and in the Community Achievement Awards for regional Victoria.

Supported Employment:

Supported Employees at ASTERIA Business Services develop work and job skills whilst on-the-job and under the supervision of supportive staff. If you have NDIS funding for supports in employment, and would like to join our team, please contact us today!

Business Services:

An array of commercial services are offered to the community including:

- Garden care and maintenance - mowing, trimming, small landscape projects, pruning, rubbish removal etc
- Car wash including larger and trade vehicles
- Domestic and trade cleaning
- Gutter (spouts) cleaning
- Horticulture - seedlings, natives and other plants available
- Packaging
- Labelling and mail-outs

For more than five decades, ASTERIA has developed a well-deserved reputation in the Central Goldfields for providing excellent support, accommodation and employment for people living with disability throughout Maryborough and surrounding districts.

ASTERIA is recognised for its service to and support of participants, and its innovative approach.

A registered nurse is part of the ASTERIA team, supporting complex care participants and in the main, those whose reside in supported accommodation.

In 2023, among other things, ASTERIA will finalise plans for the redevelopment of its Christian Street site and for the transformation of the Ripples on the Res facility into a commercial café and hospitality training venue.

"ASTERIA has a focus on community-based activities and meaningful employment opportunities for participants" says CEO Annie Constable.

"With ASTERIA you have peace of mind that support provided is backed by a long-standing organisation structure and resources".



ASTERIA SERVICES

Respected | Recognisable | Reputable

Business Services, 64-68 Nelson St, Maryborough | Community Options & Living, 20 Christian St, Maryborough

www.asteria.net.au | asteria@asteria.net.au | Ph: 1800 001 992



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(Dentist)

Dr Puneeta
(Dentist)

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MARYBOROUGH CHIROPRACTIC

We are a family-run business committed to providing friendly, professional and high quality service from the reception desk through to treatment room and beyond. We are country people giving back to the country community.

- Team of caring and professional practitioners
- 20+ years of experience
- Referrals welcome but not needed
- Supplying a range of chiropractically approved pillows, mattresses, bases and bedding

Dr. Greg Sim
Chiropractor
Bach.App.Sci.BachClinicalSci.Chiro

<https://www.wellnesshq.org>

ARARAT	MARYBOROUGH	BALLARAT
30 Elizabeth St (03) 5352 5777	90 Nolan St (03) 5460 4344	205 Doveton St Ballarat Central (03) 5352 5777

E: wellnesshq.central@gmail.com

CLARENDON MEDICAL CENTRE

General Medical Practice

Opening Times
Monday – Friday 8:30am – 5:00pm

Saturday Clinic
9:30am – 11:30am

This clinic is rotated between the Clarendon Medical Centre and Nightingale Clinic

Doctors at Clarendon Medical Centre

- Dr Francois Nieuwoudt
- Dr Gavin Cuff
- Dr Elizabeth Prinsloo
- Dr Kamaljit Mann
- Dr Daniel de Villiers
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MATERNAL AND CHILD HEALTH

Council's Maternal and Child Health Service is a free health service for all families with children, from birth up until school age.

Our staff will guide you through your early parenting years to support your child's development, growth, nutrition, general wellbeing and safety.

Our team consists of Maternal and Child Health Nurses who are registered nurses, midwives with additional qualifications in maternal and child health and community health, and an Early Parenting Practitioner.

Our services includes:

- 10 Key age and stage consultations
- Health and developmental monitoring
- Health, parenting, nutritional and child safety information, support and advice
- Breast feeding information and support
- New parents groups
- Education sessions
- Immunisation information
- Community linkages



We're located at the Goldfields Family Centre,
100 Napier Street, Maryborough.

Visit www.centralgoldfields.vic.gov.au/maternalandchildhealth or call **5461 6550** to speak with an MCH nurse or arrange an appointment.

Support for parents in the shire

As the Maternal and Child Health Coordinator for the Central Goldfields Shire, Hannah Castles understands the importance of support for young families in the community.

As well as offering advice on pregnancy, birth and postnatal health, the service runs regular new parents' groups. As Hannah explained, these groups offer connections at an important time in a family's life.

"For anyone who has a had a new baby, we try to link them with other parents in the same situation," Hannah said.

"In Maryborough, we have people who have lived here forever and have existing networks; but those networks may not have babies so it can be hard to find those new connections.

"Or there are people who might be new to the area and have been busy working; when they have a baby, they realise they don't actually know anybody in the area.

"Our groups have been really good in the last few years. We've got them going from low numbers a few years ago to now 60 to 70 percent attendance."

Another change that Hannah has noticed in the past few years is the involvement of both parents in the early years of a child's development.

"Historically, maternal and child health was thought of as very much 'women's business'," Hannah said.

"But, over time, the service has evolved to be a more holistic opportunity to be there with families and walk with them. Our consult rooms used to be fine with only



Brooke Drummond with her daughter Billie

one parent so it can be a bit harder to accommodate in our space – this is testament to the fact that dads want to be involved and want to be part of their child's life, which is wonderful."

The free service is offered to all families with children from birth to school age. Qualified staff offer advice and support on child health, development and learning; infant and child behaviour; immunisation; nutrition and feeding, including breastfeeding assessment; child safety; parental emotional health and wellbeing; and family planning.

They also work closely with other agencies and health providers and can provide outreach and referrals for at risk and vulnerable families.



CENTRAL GOLDFIELDS SHIRE Immunisation Service

Council's immunisation service is accessible, convenient and available to all members of the Central Goldfields Shire community.

We provide regular community immunisation sessions at various venues across the Shire, including Maryborough, Dunolly, Carisbrook, and Talbot.

Session days and times vary to ensure all people can come along, including out-of-business hours options.

The immunisation service includes:

- Free National Immunisation Program (N.I.P) vaccinations as per the Victorian Immunisation Schedule, as well as catch-up vaccination programs
- Additional vaccines available for purchase for those who do not meet the eligibility criteria for funded vaccines (Meningococcal B vaccine, influenza, shingles vaccine, chicken pox vaccine and whooping cough)
- School-aged immunisations for students in years 7 and 10
- An influenza vaccine program for residents, available at all community immunisation sessions
- Annual corporate influenza vaccine program for businesses
- Advice and support for residents with vaccination-related enquiries

For more information:

Appointment bookings:
www.centralgoldfields.vic.gov.au/immunisation
Contact: 0428 894 724
Email: immunisation@cgoldshire.vic.gov.au





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Fidget toys – commonly known as ‘fidgets’ – have become a popular addition to the classroom and the home in recent years.

Fidgets are handheld tools made to help calm a person’s nerves, relieve stress and serve as a short-term distraction in overwhelming situations or overstimulating environments

Fidget toys give the hands something to do so the mind can effectively redirect its attention, and when needed, relax and refocus. They are also believed to improve learning ability although there have been no scientific studies to prove this so far.

Fidget toys come in many different forms, such as fidget spinners, fidget cubes and rubber band balls.

Personal preference will guide you when choosing a fidget; some people prefer soft, squishy textures while other prefer metal spinners.

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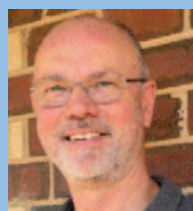
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Not-for-profit organisations



Maryborough Volunteer Resource Centre

The Maryborough Volunteer Resource Centre assists members of the local community to find their ideal volunteer positions, while also helping organisations in the Central Goldfields Shire recruit volunteers.

P: 0497 667 480 | E: maryboroughvrc@gmail.com | [f](#) maryboroughvrc



Maryborough Community House

Maryborough Community House aims to meet community needs through community building activities as well as providing services and education programs. Building venue hire available by arrangement.

P: 5461 4551 | 23 Primrose Street, Maryborough
Monday to Thursday 9.00 am to 4 pm, Friday 9 am to 3 pm
E: reception@mchvic.org.au | W: mchvic.org.au

Mill House Neighbourhood House

Mill House Neighbourhood House provides social, educational and recreational activities for the local community in a welcoming and supportive environment.

P: 5461 3185 | 88-90 Burke St, Maryborough | Tuesday to Thursday 9am-4pm
E: coordinator@millhousenh.org.au | W: www.millhousenh.org.au

HALT

Hope Assistance Local Tradies (HALT) is a national grass-roots suicide prevention charity that aims to remind tradies, members of sports clubs, and workers in blue-collar industries that they are valued by their community, and direct them to support services, both local and national, should they need them. To book Jeremy to speak to your staff or group, please call 0409 756 274.

E: jeremy@halt.org.au | W: halt.org.au

Riding for the Disabled

RDA Maryborough provides horse-related activities to improve the quality of life for adults and children with physical and intellectual disabilities.

11-13 Johnson Street, Maryborough | Tuesday 9:00 am to 1:30 pm
E: rdmaryborough@gmail.com | W: rdav.asn.au/centre/maryborough

Youthrive Victoria

Youthrive Victoria focusses on supporting rural and regional young people across Victoria via several initiatives including scholarships, leadership development camps, mentoring, and The Rural Youth Network (RYN).

P: 03 6281 8303 | 85A Albert Street, Creswick, Victoria, 3363
E: info@youthrivevic.org.au | W: www.youthrivevictoria.org.au

Dunolly & District Neighbourhood Centre

The Dunolly Neighbourhood Centre provides services to strengthen community ties for all Dunolly and District residents through training, leisure activities and general support. Our Neighbourhood Pantry provides ongoing support for families, and we assist residents in finding the right help at the right time.

P: 03 5468 1511 | Havelock Street, Dunolly (at the top of Bull Street)
Monday-Thursday 9.30am - 3.00pm
E: admin@dunnhc.com.au | [f](#) dunollyneighbourhoodcentre/

Pride Goldfields

Members and Supporters of the LGBTIQ+ Community

The last Sunday of the month, 2pm to 5pm

MILL HOUSE: 88-90 Burke Street, Maryborough

Mill House Neighbourhood House

www.millhousenh.org.au

Find us on facebook: Pride Goldfields Group

Open Invitation

LOOK FOR THE RAINBOW FLAG

Health Services Directory

CHIROPRACTIC

Maryborough Chiropractic : 5460 434416

COUNSELLING & THERAPY

Bendigo Health Carer Gateway : 1800 422 73721

John Warner Family Therapist : 0413 987 04424

Sols Psychological Health & Wellbeing : 0491 280 51124

COMMUNITY SERVICES

Central Goldfields Shire Council : 5461-061018-19

DENTAL

Clarendon Street Dental Practice : 5461-1155.....16

Maryborough Dental Practice : 5461-1142.....16

Maryborough Family Dental Clinic : 5461 2388.....22

EDUCATION

Highview College : 5459-100025

DISABILITY SUPPORT

ASTERIA Services : 1800 001 99214-15

Venture Care Support Services : 0455 261 58920

HEALTH & FITNESS

Maryborough Sports & Leisure Centre : 5461-430012

HEARING SERVICE

Acoustic Health

Bendigo 4418-2820 : Swan Hill 5032-4646.....23

Hearing Australia : 5461-9600

(Tues to Thurs 8.30am - 5pm)24

HOSPITAL

Maryborough District Health Service : 5461-03334-9
& Back Page

MEDICAL CENTRE

Clarendon Medical Centre : 5461-010017

PAIN MANAGEMENT

Muscular Pain Management : 0408 510 14217

PHARMACIES

Dunolly Pharmacy : 5468-152221

Priceline Pharmacy : 5460-599913

PHYSIOTHERAPY

Ace Allied Health : 5470-508224

PODIATRY

Maryborough Podiatry & Foot Clinic : 0450 507 659.....17

RESPIRE SERVICES

Chris & Julie's Respite Farm : 5461 523410

Wattle Tree Country Retreat : 5463 2554.....21

RETIREMENT LIVING

Havilah Hostel : 5461-73872

SLEEP TECHNICIAN

Jill Maruca : 0419 554 01117

Other Services

13YARN : 13 92 76

National crisis support line for Aboriginal and Torres Strait Islander people 24 hours a day, 7 days a week.

Asthma Australia : 1800 278 462

Beyond Blue : 1300 224 636

Carers Australia : 1800 422 737

Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

DirectLine confidential alcohol & drug counselling : 1800 888 236

Headspace : 1800 650 890

Supporting young people aged between 12 and 25 and their families going through a tough time.

Kids Helpline : 1800 551 800

A private and confidential counselling service specifically for young people aged between 5 and 25.

Lifeline : 13 11 14

Maryborough & Districts Mental Health Carers Support Group : 0428 378 583

A carer led support group for mental health carers.

Maryborough Men's Shed – 42A Newton Street : 0418 658 822

Maryborough Men's Shed reduces social isolation, for men living in rural and remote areas, enabling positive social interactions, and enhancing health and wellbeing. Open Tuesday & Thursday.

Maternal & Child Health : 5461 6550

Nurse On Call : 1300 606 024

Poisons Information : 131 126

MensLine Australia : 1300 789 978

Helping men to deal with relationship problems in a practical and effective way.

Police

Maryborough, Talbot, Carisbrook: 5460-3300
Avoca : 5465-3300 • Dunolly : 5468-1100

QLife : 1800 184 527 (3pm-12am)

Australia's first nationally-oriented counselling and referral service for LGBTI people.

Quitline : 13 78 48

Relationships Australia : 1300 364 277

A provider of relationship support services for individuals, families and communities.

#SayNO2familyviolence – 24 Hour Help Lines : 1800 737 732

A Maryborough Rotary Initiative.

VAHS (Victorian Aboriginal Health Service) : 03 9419-3000

Connecting you to GREAT care



At Maryborough District Health Service our purpose is to connect our community to GREAT healthcare across all stages of life from our campuses in Avoca, Dunolly and Maryborough.

Our vision is to change the healthcare story as we embark on a major transformation to improve health outcomes in the region.

We have a new \$115 million dollar hospital on the way to expand programs and services.

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Acute services

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- Hospital in the home
- Maternity
- Medical care
- Medical imaging and diagnostics
- Oncology
- Palliative care
- Post-acute care
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Residential communities

- Residential aged care
- Respite care
- Lifestyle, wellness and reablement

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Community services

- Aboriginal hospital liaison
- Alcohol, drug and Quit services
- Chronic disease management
- Counselling and social work
- Dental services
- Dietetics
- District nursing and transitional care
- Early years support for families
- Exercise physiology
- Family violence support
- Healthy living and rehabilitation
- Home palliative care
- Home support
- Housing services
- Nurse-led clinics
- Occupational therapy
- Physiotherapy
- Speech pathology
- Women's health clinic



Maryborough District Health Service

(03) 5461 0333 | mdhs.vic.gov.au