

The objectives, programs and activities of CDCH are designed to ensure:

Individuals and community groups are empowered to achieve self direction in personal well-being and community health;

Health outcomes and general social well-being of the people in the surrounding region are improved; and

Community members receive the highest quality, accessible and responsive primary health, preventative care and community support services.

For more information on group programs, please refer to the **CDCH Group Programs 2015** brochure or check our website www.cdchcastlemaine.com.au

Volunteers at CDCH

Volunteers at CDCH provide a valuable service to their Community, and to the Centre.

If you would like to be a volunteer at CDCH, please register your interest by phoning Reception and making an appointment with the Volunteer Coordinator.

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

www.cdchcastlemaine.com.au



Castlemaine
District
Community
Health

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm

COMMUNITY HEALTH
Information Resources Promotion

Fees for Services

Physiotherapy \$10.00

Diabetes Nurse Educator \$10.00

Dietitian \$10.00

Community Health Nurse \$10.00

Counselling services Free

Should payment of any fee stop you from using our services, please make this known to the Receptionist.

*Your Health
Your Community
Your Community Health Centre*

Printed March 2015

Services

*Facilitating
Better Health*

Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These may be conducted on an individual or group basis.

CDCH is part of your community

Services at CDCH

Our staff include:

*Alcohol & Other Drug Counsellors
Alcohol & Drug Withdrawal Nurse
Generalist Counsellors
Psychologist & Family Therapist
Family Services Workers
Community Development Workers
Health Promotion Workers
Community Health Nurse
Exercise Physiologist
Physiotherapist
Dietitian
Diabetes Nurse Educators
Administrative Support Staff*

Visiting Specialist Medical Services

*Endocrinologist—diabetes specialist
Australian Hearing Services—audiology
Central Victorian Cardiology—cardiac diagnostics
Cardiologist—heart specialist
Dental Prosthetist—dentures & plates*

Alcohol & Other Drugs

- ◇ Counselling and referral for members of the community by appointment
- ◇ Rural withdrawal service
- ◇ Needle & Syringe Exchange Program (NSEP)
- ◇ Youthinc, referral and education to divert young people from the criminal justice system

Generalist Counselling

Counselling and support services to individuals, couples, and families, Family therapist available.

Mount Alexander Family Services

Outreach support for families dealing with a range of challenging issues *Ph: 5479 1099*

Psychological Services

Requires a mental health plan from your GP

Community Development & Health Promotion

Working with different communities and groups within the community to support social, mental and physical wellbeing

Youth Health

Individual advice, advocacy & referral

School Health Education

A range of health programs available for primary and secondary schools

Asthma Services

Information, counselling, education and resources for clients with asthma and the people who support them

Diabetes Services

Education, counselling and advice for clients with diabetes and their families.

National Diabetes Supply Scheme (NDSS)—government subsidised blood glucose monitoring equipment and testing supplies

Diabetes Self Help Group

Drop-in session every month

Nutrition & Dietetic Services

Nutrition, education and support
Make a Change weight loss group

Group Exercise Programs

Tai Chi Groups for Arthritis
Strength Training Groups
Walking Groups
Community Gym
Heart Moves

Gender Health

Women's & Men's health and mental wellbeing group programs

For more information on access, session times or booking details, refer to our website www.cdchcastlemaine.com.au or call Reception on 5479 1000

Fees apply to some services, please enquire at Reception