Active and Healthy Ageing Mapping

June 2016

Document prepared for the Department of Health and Human Services Health Promotion Team
by Bendigo Loddon Primary Care Partnership

Primary Care Partnership
BENDIGO LODDON

Active and Healthy Ageing Mapping

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BENDIGO LODDON

HEALTHY & ACTIVE LIVING

Policy & Guiding Documents

Planning Networks

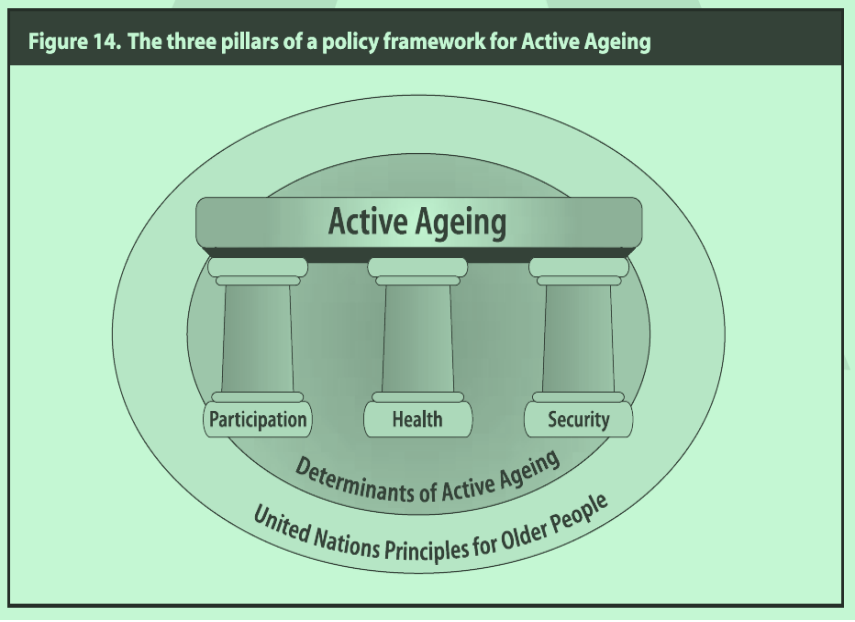
HEALTHY EATING	PHYSICAL ACTIVITY	EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT	SOCIAL PARTICIPATION	SOCIAL INCLUSION	AGE FRIENDLY ENVIRONMENT
• Community Meals • Delivered meals • Food Swap • Shopping Tours	• Aqua • Badminton • Bowls Club • Croquet Club • Dancing • Darts • Equine • Exercise • Fishing • Golf • Planned Activity Group • Shooting • Strength Training • Tai Chi • Tennis Club • U3A • Walking Group • Yoga	• Library • Mental Health • Technology	• Art & Craft • Book Club • Church • CWA • Environmental Group • Games Group • Garden Group • Historical Society • Hobby Club • Lions Club • Men in Shed's • Music Group • Neighbourhood House • Probus • Red Hat Ladies • Rotary Club • Senior Citizen • Singing Group • Social Group • Veterans • Volunteering	• Commissioner for Senior Victorians • Seniors Online	• Carer Support • Carers Victoria • Centrelink • Community Bus • Community Service Providers • COTA • Diabetes • Elder Abuse Prevention • Home Care • Housing Support • My Aged Care • Personal Alert • Personal Care • Property Maintenance • Scooter Recharge • Seniors Festival • Seniors Online • Telelink • Veterans Support • Victorian Eye care Service

Active and Healthy Ageing Mapping

INTRODUCTION

Victoria's population is ageing with a projected increase in those aged 85 years an over to quadruple by 2051.[i] The Victorian government are taking a proactive approach to population ageing and are looking to increase the protective factors that have been proven to enhance health and wellbeing. In 2016 Active and Healthy Ageing Advisors will promote healthy ageing approaches across the state in a more sustainable and ongoing way.[ii] As the initial step in the development of the Active and Healthy Aging Advisor role, the Department of Health have identified the need for a complete regional mapping of programs that support active and healthy ageing.[iii]

The World Health Organisation (WHO) has adopted the term "active aging" to summarise "the process of optimising opportunities for health participation and security in order to enhance quality of life as people age".[iv] In 2002 WHO released the Policy Framework for Active Ageing with action required on three basic pillars, health, participation and security.[v] The mapping is to align with the three pillars of Participation, Health and Security to ensure a holistic approach to enabling healthy aging is achieved.[vi]



Participation

- Provide education and learning opportunities throughout the life course
- Encourage people to participate fully in family community life, as they grow older.

Health

- Prevent and reduce the burden of excess disabilities, chronic disease and premature mortality
- Reduce risk factors associated with major diseases and increase factors that protect health throughout the life course.
- Develop a continuum of affordable, accessible, high quality and age friendly health and social services that address the needs and rights of women and men as they age

Security

- Ensure the protection, safety and dignity of older people by addressing the social, financial and physical security rights and needs of people as they age.
- Reduce inequities in the security rights and needs of older women

Active and Healthy Ageing Mapping

EXECUTIVE SUMMARY

In April 2016 the Primary Care Partnerships (PCPs) across the Bendigo Loddon Region were contracted to complete a mapping project of all healthy & active ageing programs, networks, guiding documents and policies. This document relates to the City of Greater Bendigo and Loddon Shire geographical areas. The Healthy Ageing Mapping document provides details for programs and initiatives that target or are predominantly attended by people over the age of 55. Areas for inclusion are healthy eating, physical activity, emotional wellbeing and cognitive development, social participation, social inclusion and age friendly environments.

Methods for data collection involved liaison with the Department of Human Services, local councils, Community Health providers, Hospitals and Neighbourhood Houses. A further desktop search was used to collect and collate the remaining information. In addition, several key documents such as Primary Care Partnership Strategic Plans, Integrated Health Promotion Plans and Municipal Public Health and Wellbeing Plans were also analysed in order to identify strategies congruent with active and healthy ageing.

The data showed a huge variety of programs that would support someone who was living close to a township of notable size, physically able, cognitively capable and socially inclined. However, access to programs of relevance greatly diminished for people who don't have access by motor vehicle, live remotely, have a disability, experience poor mental health, have low English speaking abilities or who are full time carers. Unfortunately it is this group that are most in need of social connection, access to support programs and opportunities to exercise, yet they are the least serviced group.

That being said there are some excellent "out of the box" programs being run that target or support the access of some of the most disadvantaged groups. Take for example Heathcote Community House Food Swap initiative or a broad range of Community Kitchens & Community Garden's offered throughout the Bendigo Loddon PCP catchment.

Innovative physical activity programs being offered included chair based yoga at Bendigo Neighbourhood Hub and St John of God hospital's personalised hydrotherapy program catering for each individual's physical ability. Heathcote Health offer a Friday Men's Group including a bus service to and from the group, thus enabling access for those without transportation.

There were many social participation activities that really targeted the isolated, for example the Volunteer Visiting Program providing regular home visits to those needing social support. Varying 'out and about' activity groups are running including but not limited to, the Eaglehawk Community House Community Cuppa or

Boort District Health's Social Film Club offering opportunities for isolated older people to get out and enjoy the company of others with the added access support of a bus collection and drop service.

It would be remiss not to mention the ' Threads', our Community Sewing Classes which is intended to be a social occasion that aims to engage and bring together women from the migrant community and sewing beginners from the broader community based in Bendigo. Other programs and services of note include the East Loddon Community Bus service increasing access opportunities for those without transport. There are also a range of Carer Support Programs aimed at providing carers with a break from their caring responsibilities

It is acknowledged that there are some limitations to the mapping undertaken, for example capturing the capacity of the workforce to respond to the increasing ageing population through workforce development opportunities. Because of the nature of the data it is a non-exhaustible pool of information, meaning some gaps will have occurred as not everything has been possible to map.

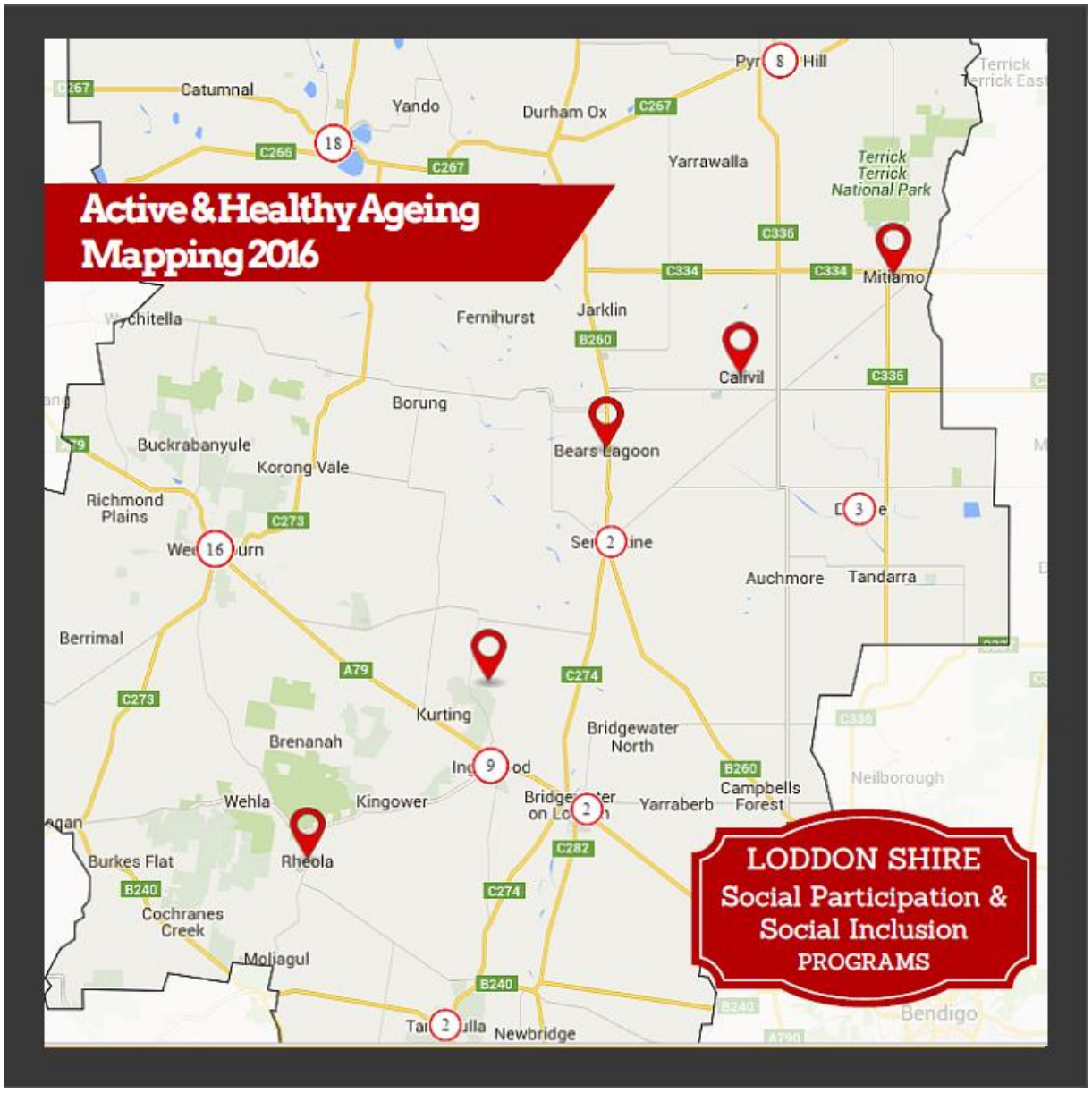
A recommendation is that the information collected is used to develop "hot spot" maps for each category across Victoria. These maps show the geographical clusters of programs available and therefore highlight the areas where few or no programs exist. Included in this document is an example of what these maps look like for Bendigo Loddon PCP catchment.

This information collation has taken months by professionals who are well networked and have the support of The Department of Human Services. The question raised is how does an ageing person who doesn't have internet access even begin to find out about these services? According to the Australian Bureau of Statistics, between 2012-2013 only 46% of people over the age of 65 were internet users meaning that 54% of people in this age group would not be able to use the internet to find out about the many services and programs listed in this document. This challenge needs to be considered in service access strategic planning for individual health and community services. Strategies for consistent sharing of this information with those at which it is targeted need to be developed in order for those most in need to be serviced and connected.[vii]

I would like to thank De Gilby from the Loddon Mallee Region Department of Health and Human Services Bendigo office for support of this project and Rachel McInnes at Bendigo Loddon PCP for her leadership, design and attention to detail in the successful completion of this project.

Eileen Brownless
Executive Officer Bendigo Loddon PCP

Active and Healthy Ageing Mapping



Primary Care Partnership
BENDIGO LODDON

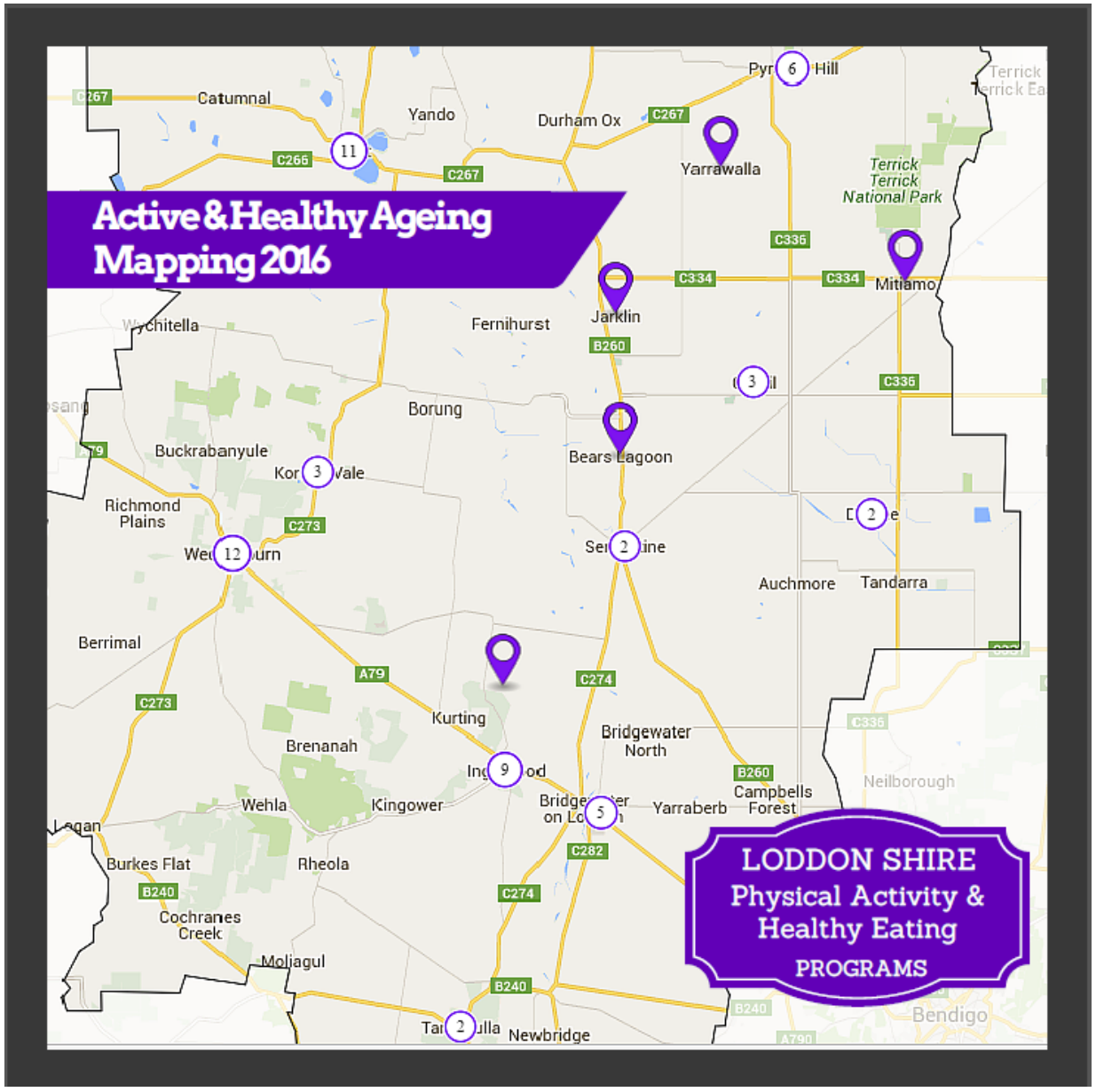
Quick Stats

- 65 programs dedicated to increasing social participation and inclusion were mapped in the Loddon Shire
- 66.1% of social participation and inclusion programs were offered in townships with populations above 1,000
- In 2011 the Loddon Shire has a population of 7,464
- 1.4% of the population are Aboriginal or Torres Strait Islander
- 546 people or 7.3% of the Loddon population reported needing help in their day-today lives due to disability
- 47% of the population are over the age of 50.
- 62.4% of households earned less than $1,000 per week
- The Shire covers 669,414 hectares (6,694km2)

Pin = 1 Program/Service

Marker = Multiple Programs/Services

Active and Healthy Ageing Mapping



Primary Care Partnership
BENDIGO LODDON

Quick Stats

- 60 programs dedicated to increasing physical activity and healthy eating were mapped in the Loddon Shire.
- 53.3% of social participation and inclusion programs were offered in townships with populations above 1,000
- In 2011 the Loddon Shire has a population of 7,464
- 1.4% of the population are Aboriginal or Torres Strait Islander
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Marker = Multiple Programs/Services

Active and Healthy Ageing Mapping

Quick Stats

- 101 programs dedicated to increasing physical activity & healthy eating were mapped in the City of Greater Bendigo Shire.
- 76.2% of physical activity and healthy eating programs were offered in townships with populations above 1,000.
- In 2015 The City of Greater Bendigo has a population of 109,437
- 1.4% of the population are Aboriginal or Torres Strait Islander. (2011)
- 5,515 people or 5.5% of the population reported needing help in their day-today lives due to disability. (2011)
- 34.8% of the population are over the age of 50.
- 45.4% of households earned less than $1,000 per week.
- The Shire covers 299,903 hectares (2,999km2)

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Marker = Multiple Programs/Services

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

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- 1.4% of the population are Aboriginal or Torres Strait Islander. (2011)
- 5,515 people or 5.5% of the population reported needing help in their day-today lives due to disability. (2011)
- 34.8% of the population are over the age of 50.
- 45.4% of households earned less than $1,000 per week.
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Pin = 1 Program/Service

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ACKNOWLEDGEMENTS

Bendigo Loddon Primary Care partnership would like to acknowledge the contributions and support of the following organisations and the many other unlisted contributors to this document.

1. Bendigo Community Health Services
2. Bendigo District Aboriginal Cooperative
3. Bendigo Health
4. Bendigo Neighbourhood Hub
5. Boort District Health
6. City of Greater Bendigo
7. Department of Human Services
8. Dingee Bush Nursing Centre
9. Eaglehawk Community House
10. Heathcote Health
11. Inglewood and District Health Services
12. Inglewood Community house
13. Loddon Shire council
14. Pyramid Hill Neighbourhood House
15. Wedderburn Community House

Active and Healthy Ageing Mapping

DEFINITIONS

Physical Activity	An activity that a person of age 55 + could reasonably be expected to participate in that requires any bodily movement produced by skeletal muscles that requires energy expenditure.
Healthy Eating	Programs that provide people with healthy food or educate people about eating a variety of foods that supply the nutrients you needed maintain health, feel good, and have energy.
Social Inclusion	Provision of certain rights to all individuals and groups in society, such as employment, adequate housing, health care, education and training.
Social Participation	People's social involvement and interaction with others. Activities such as volunteering, making donations, participating in sports, and recreational activities are all forms of social participation.
Emotional Wellbeing and Cognitive Development	Programs that support an individual to be able to function in society and meet the demands of everyday life by increasing cognitive function and mental health.
Age friendly environments	Physical environments that support health promoting activities, safety, access and inclusion.

Active and Healthy Ageing Mapping

HEALTHY EATING								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/ Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
COMMUNITY MEALS Community Based Meals	Loddon Council	Loddon Senior Citizens clubs	Community Care department by calling (03) 5437 7999		All/ Low-socio economic/Disability	**HEALTHY EATING**	Not Stated	There is a fee per meal based on the recommended fees from the Department of Health, and are dependent on income. Each client's ability to pay is individually assessed
COMMUNITY MEALS TALK & TUCKER	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Wednesday 12-2, once a month	All/ Low-socio economic/Disability	**HEALTHY EATING** Social Inclusion Age friendly environment	Not Stated	$12/session includes meal Transport is free of charge within 30km radius 25-35 clients/session average
COMMUNITY MEALS Community Lunch	Eaglehawk Community House	19 Bright Street, Eaglehawk	(03) 5446 8322	Fortnightly on Tuesdays 12noon-1pm	All/ Low-socio economic/Disability	**HEALTHY EATING**	Not Stated	Gold coin donation
COMMUNITY MEALS Community Evening Meal	Eaglehawk Community House	19 Bright Street, Eaglehawk	(03) 5446 8322	6-7pm Tuesdays	All/ Low-socio economic/Disability	**HEALTHY EATING** Please join us for a meal prepared by St John of God Hospital.	Not Stated	Gold Coin Donation
COMMUNITY MEALS Tastes of Loddon	Wedderburn Community House	Wedderburn Community House Dining Room	Jude Raftis coordinator 03 5494 3489	6:30pm on the last Saturday of the month	All/ Low-socio economic/Disability	**HEALTHY EATING** A two course set menu showcasing produce grown or made in Loddon region.	Not Stated	$30pp
COMMUNITY MEALS Community lunches	Wedderburn Community House	Wedderburn Community House	Jude Raftis coordinator 03 5494 3489	Wednesdays at 12noon	All/ Low-socio economic/Disability	**HEALTHY EATING** Healthier Eating - A two course lunch	Not Stated	$9pp
COMMUNITY MEALS Community Kitchen	Bendigo Community Health Services	171 Hargreaves Street Bendigo 3550			All/ Low-socio economic/Disability	**HEALTHY EATING**	Not Stated	

Active and Healthy Ageing Mapping

HEALTHY EATING								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/ Further Comments**
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DELIVERED MEALS Meals on Wheel Food Services	City of Greater Bendigo		In order to get an assessment for HACC services contact the Home Care Assessment Team on (03) 4408 6580.	Hot meals are delivered Monday to Friday between 11.30am and 12.30pm. For those who eat their main meal in the evening, chilled meals are delivered between 9.30am and 10.30am and should be refrigerated. Weekend meals are delivered chilled on Friday morning Meals are also delivered on public holidays which fall on a week day (Monday to Friday) *Exception - Meals are delivered hot on Christmas Day.	HACC Clients	**HEALTHY EATING** Food Services provide nutritious and diet specific meals delivered to the client's home.	Not Stated	An assessment is required to determine a person's eligibility to receive HACC Food Services
DELIVERED MEALS Meals on Wheels Loddon	Loddon Council	Boort, Bridgewater, Inglewood, Pyramid Hill and Wedderburn		Delivered daily Monday to Friday. Frozen meals may be provided for people who are living outside of these townships or who require weekend	All/ Low-socio economic/Disability	**HEALTHY EATING** Meals on wheels provide a nutritious meal to eligible clients who may be unable to prepare meals or undertake shopping for food. Meals on wheels may also be provided for a short period of	Not Stated	There is a fee per meal based on the recommended fees from the Department of Health, and are dependent on income. Each client's ability to pay is individually assessed

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				meals. Frozen meals are delivered weekly.		time, say if you have been unwell or in hospital.		
FOOD SWAP	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	First Saturday of each month	All/ Low-socio economic/Disability	**HEALTHY EATING**	Not Stated	
SHOPPING TOURS	Bendigo Community Health Services	171 Hargreaves Street Bendigo	5434600		All/ Low-socio economic/Disability	**HEALTHY EATING** Groups of people are taken to their most frequented supermarket and taught how to make healthier product choices.	Not Stated	

Active and Healthy Ageing Mapping

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AQUA Heathcote Hydrotherapy Group	Heathcote Hydrotherapy Group	Hydrotherapy	5433 2177	Thursday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	
AQUA Personalised Hydrotherapy	St John of God	133-145 Lily Street, Bendigo VIC 3550	Allied Health 54343261	45 minute session running from 7:45am - 5pm	People with injury or frailty	**PHYSICAL ACTIVITY**	Not Stated	$19 or $17 concession Must have an appointment with the physio and initial screening.
AQUA Arthritis Group	St John of God	133-145 Lily Street, Bendigo VIC 3550	Allied Health 54343261	12 noon Thursdays	People with Arthritis	**PHYSICAL ACTIVITY**	Not Stated	$19 or $17 concession Must have an appointment with the physio and initial screening.
AQUA Ai Chi	St John of God	133-145 Lily Street, Bendigo VIC 3550	Allied Health 54343261	Friday 12 noon	People with injury or frailty	**PHYSICAL ACTIVITY** Tai Chi in the water	Not Stated	$19 or $17 concession Must have an appointment with the physio and initial screening.
AQUA BDAC water move and groove	Bendigo District Aboriginal Cooperative	Anne Caudle Centre 100 Barnard Street Bendigo	Trina Dalton-Oogjes Program Manager Home Based Care (03) 5442 4947	Start Date TBA	Aboriginal	**PHYSICAL ACTIVITY**	Not Stated	Transport to and from the program. Free
AQUA Aerobics Heathcote	Heathcote Pool	Heathcote	0409 035 794	Tuesday & Thursday	All, general population	**PHYSICAL ACTIVITY**	Not Stated	$6 per session
AQUA Moves Hydrotherapy Eaglehawk	Peter Krenz Leisure Centre	Eaglehawk	5446 9222	Monday, Wednesday & Friday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	$12 per class
BADMINTON Boort Badminton Club		Boort Community Centre 9 Malone Street Boort VIC 3537	Douglas Perryman	5455 2875	All, general population	**PHYSICAL ACTIVITY**	N/A	

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BOWLS CLUB Pyramid Hill Bowling Club		Pyramid Hill Bowling Club 98 Victoria Street Pyramid Hill VIC 3575	Marie Scott 03 5455 7328 0429 703 816 andrewmariescott@gmail.com		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Bendigo East bowling club	Bendigo East bowling club	33 Lansell street Bendigo	5443 5765		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Bendigo golf bowling club	Bendigo golf bowling club	Golf course Rd Epsom	5448 4206		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Bendigo VRI bowling club	Bendigo VRI bowling club	126/130 Mitchel St Bendigo	5443 8578		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Bendigo bows club	Bendigo bows club	169/183 Barnard St Bendigo	5443 4045		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Calivil Bowls Club	Calivil Bowls Club	Prairie West Rd CALIVIL	5436 6224		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Dingee Bowling Club	Dingee Bowling Club	Rochester Rd DINGEE	5436 8278		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Elmore bowls club	Elmore bowls club	Elmore hunter Rd Elmore	5432 6233		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Golden square bowling & croquet club	Golden square bowling & croquet club	1 Wade St Golden Square	5443 4167		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Heathcote bowling club	Heathcote bowling club	1 Heriot street Heathcote	5433 2284		All, general population	**PHYSICAL ACTIVITY**	N/A	

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BOWLS CLUB Inglewood Ladies Bowling		Inglewood Bowling Club Storm Lane Inglewood VIC 3517	Phyllis McEwan 5438 3135		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Korong Vale District Bowling Club		Korong Vale Sports Centre Pakenham Street Korong Vale VIC 3520	Judy Matthews 5494 7272		All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Serpentine Bowling Club		Serpentine Bowling Club Peppercorn Way Serpentine VIC 3517	Frank Maher, President 03 5437 8209	The Serpentine Bowling Club operates seasonally from September to April.	All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Wedderburn Indoor Bias Bowls		Wedderburn Mechanics & Literary Institute Hall High Street Wedderburn VIC 3518	Denise Nichols 0417 391 944	The group meets every Monday evening all year round with a short break over December-January holiday period. Game start time is 7.30pm at the Wedderburn Hall. New members welcome. Wear a pair of soft soled shoes. Everything else supplied.	All, general population	**PHYSICAL ACTIVITY**	N/A	

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Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
BOWLS CLUB Boort Indoor Bowls		James Boyle Hall, Nolen Park Godfrey Street Boort VIC 3537	Allen Stringer 5455 2375	Starts in March until October. Held on Thursday nights at the James Boyle Hall from 7:30pm.Come along, teams are made up on arrival	All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWLS CLUB Boort Lawn Bowls Club		Boort Lawn Bowls Club Godfrey Street Boort VIC 3537 -	5455 2280	Playing days Saturdays and Wednesdays (mixed for both days). Diggers Charity Day in March. Memorial 4's Tournament (any combination) Easter	All, general population	**PHYSICAL ACTIVITY**	N/A	
BOWS CLUB Bridgewater Bowling Club	Bridgewater Bowling Club	8-10 Main Street BRIDGEWATER	5437 3073		All, general population	**PHYSICAL ACTIVITY**	N/A	
CROQUET CLUB Bendigo croquet club	Bendigo croquet club	11 Clarence Ave Bendigo	0428 426 642		All, general population	**PHYSICAL ACTIVITY**	N/A	
CROQUET CLUB Boort Lakeside Croquet Club	Boort Croquet Club	Boort Lakeside Croquet Club Lakeview Street Boort VIC 3537	Julie Puttick 0427 554 252 5455 4384		All, general population	**PHYSICAL ACTIVITY**	N/A	
CROQUET CLUB Eaglehawk croquet club	Eaglehawk croquet club	Eaglehawk	5446 8650		All, general population	**PHYSICAL ACTIVITY**	N/A	
CROQUET CLUB Golden Square croquet club	Golden Square croquet club	Golden Square	5447 2161		All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CROQUET CLUB Quarry Hill croquet club	Quarry Hill croquet club	Bendigo			All, general population	**PHYSICAL ACTIVITY**	N/A	
DANCING Blue Eucy Boot scooters		St Augustine Inglewood Anglican Church Hall 67 Sullivan Street Inglewood VIC 3517	Jean Bound 5438 3035	Social sessions are held once a month on Sundays 1.00 pm -5.00 pm, at the St Augustine Church Hall.	suitable for all ages, men, women & children	**PHYSICAL ACTIVITY** Blue Eucy Boot scooters are a community dance group, catering for all levels.	N/A	
DANCING Wedderburn	Wedderburn Community House	Mechanics Institute Wedderburn	Jude Raftis coordinator. 03 5494 3489	Tuesday 7-9pm	All, general population	**PHYSICAL ACTIVITY** Ballroom dancing and 50s rock and roll dancing class. Runs for 10 weeks. Culminates in concert performance.	Not Stated	$80pp per 10 week course
DANCING Bush Dancing	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	Contact Mary: 5442-1153		All, general population	**PHYSICAL ACTIVITY** A Group of people who enjoy Bush Dancing	Not Stated	
DARTS Loddon Darts Association			Leonie Munro 0411 896 460 secretary@loddondarts.com http://www.loddondarts.com/	The Loddon Darts Association hold weekly competitions on Tuesday nights.	All, general population	**PHYSICAL ACTIVITY**	N/A	
EQUINE Northern Victorian Quarter Horse Association		Northern Victorian Quarter Horse Association Buckley Road Pyramid Hill VIC 3575	Jess Lee, Secretary 0417 313 801 nvqhasecretary@gmail.com Website : Australian Quarter Horse	The club meets on the second Sunday of each month from 10am to 4pm at Pyramid Hill, off Leitchville-Pyramid	All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
			Association	Road.				
EXERCISE Aerobics for Seniors Bendigo	Bendigo U3A	Bendigo	5444 0362	Monday & Thursday Weekly	Seniors	**PHYSICAL ACTIVITY**	Not Stated	U3A membership
EXERCISE Heart Moves Eaglehawk	Peter Krenz Leisure Centre	Eaglehawk	5446 9222	Friday Weekly	Older adults with a focus on cardiac health	**PHYSICAL ACTIVITY**	Not Stated	$5 per session
EXERCISE Friday Men's Group	Heathcote Health	Rear of the Activity Centre at HH	Bookings/Assessments Via HACC office on 5431 0916 Program Specific information on 5431 0992 (Linda) Or Richard	Friday 10am- noon	All abilities- Men only	**PHYSICAL ACTIVITY** **SOCIAL INCLUSION**	Not Stated	No cost. No meal provided. Some transport options available HACC eligibility criteria applies. No waitlist. Attendance levels between 4-10.
EXERCISE Wednesday "Day Room" Chair Based Exercise	Heathcote Health	Activity Centre at HH	Bookings/Assessments Via HACC office on 5431 0916 Program Specific information on 5431 0992 (Linda)	Wednesday 10am - 2pm	Older adults with reduced mobility	**PHYSICAL ACTIVITY**	Not Stated	$10 per session including transport and meals. HACC eligibility criteria applies. No waitlists. Any gender. Attendance levels 12-20. A chair based exercise program facilitated by an OT (through Bendigo Rural Health team) included in morning program

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
EXERCISE Gym Groups	St John of God	133-145 Lily Street, Bendigo VIC 3550	Allied Health 54343261	1 hour sessions starting from 7:30am – 5pm	All, general population	**PHYSICAL ACTIVITY** Individual programs designed for each person's physical abilities.	Not Stated	$19 or $17 concession Must have an appointment with the physio or exercise Physiologist and initial screening.
EXERCISE Friday "Day Room"	Heathcote Health	Activity Centre at HH	Bookings/Assessments Via HACC office on 5431 0916 Program Specific information on 5431 0992 (Linda)	Friday 10am- 2pm	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$10 per session including transport and meals. HACC eligibility criteria applies. NO waitlists. Any gender. Attendance levels 8 to 15
EXERCISE Exercise to music Fitness for older adults Eaglehawk	Bendigo Health Rural Health Team	Eaglehawk Senior Citizens Centre	**Fitness For Older Adults programme** coordinator on 54547102 for an initial appointment	Monday 9:15-10:15	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults Spring Gully	Bendigo Health Rural Health Team	Bendigo Retirement Village	**Fitness For Older Adults programme** coordinator on 54547102 for an initial appointment	Monday 10:30 - 11:30am	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults Golden Square	Bendigo Health Rural Health Team	Golden Square Senior Citizens Centre	**Fitness For Older Adults programme** coordinator on 54547102 for an initial appointment	Tuesdays 9:30-10:30am & Tuesday 10:45-11:30am	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
EXERCISE Exercise to music Fitness for older adults Kangaroo Flat	Bendigo Health Rural Health Team	St Mary's Hall Church Street Kangaroo Flat	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Tuesdays 9-10am	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults East Bendigo	Bendigo Health Rural Health Team	Connect Church East Bendigo	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Wednesdays 1-2pm	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults White Hills	Bendigo Health Rural Health Team	Lake Weeroona Pavilion	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Friday 9-10am	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults Strathfieldsaye	Bendigo Health Rural Health Team	Strathfieldsaye Sports Club, Club Court	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Friday 9:15-10:15am	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults Charlton	Bendigo Health Rural Health Team	Charlton Senior Citizens Centre	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Wednesdays 9-10am	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
EXERCISE Exercise to music Fitness for older adults Bridgewater	Bendigo Health Rural Health Team	Bridgewater Memorial Hall	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Thursday 1:30-2:30pm	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
EXERCISE Staying Active Bendigo	Bendigo U3A	Bendigo	5444 0362	Monday & Thursday Weekly	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	U3A membership
EXERCISE Chair Based Exercises Heathcote	Heathcote U3A	Heathcote	5433 2925	Friday Weekly	Older adults with reduced mobility	**PHYSICAL ACTIVITY**	Not Stated	
EXERCISE Strong People Stay Young	Bendigo Community Health Services	171 Hargreaves Street Bendigo	54341600		Older Adults	**PHYSICAL ACTIVITY** Designed for people aged 50+ to increase strength through weight training.	Not Stated	
FISHING Boort Angling Club		Ring Road Boort VIC 3537	Alan Wilson 0409 798 352 alan.wilson58@bigpond.com		All, general population	**PHYSICAL ACTIVITY** Members are welcome who have an interest in fishing and sailing - See more at: http://www.loddon.vic.gov.au/Lists/Community-Directory/Boort-Angling-Club#sthash.5NmA9ngV.dpuf	N/A	
FISHING Heathcote Angling Club			Joan Underhill 0422 100 930 5439 1275		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Women's Golf Bendigo District Inc.			Postal address: PO Box 2370, BENDIGO MAIL CENTRE VIC 3554 Irene Murdoch Phone: 5442 4375 Email: secretarygcv@gmail.com		Women	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
GOLF CLUB Raywood golf club	Raywood golf club	Raywood	5436 8328		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Bendigo golf course Epsom	Bendigo golf course	Epsom	5448 4206		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Axedale golf club Axedale	Axedale golf club	Axedale	7243		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Belvoir park golf club Golden Square	Belvoir park golf club	Golden Square	5435 3370		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Boort Golf Club	Boort Golf Club	PO Box 166	5455 2288		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Bridgewater Golf Course	Bridgewater Golf Course	PO Box 81	54373272		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Calivil Golf Course	Calivil Golf Course	1334 Pyramid Rd	5436 6224		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Elmore golf club Elmore	Elmore golf club	Elmore	5432 6233		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Heathcote golf course Heathcote	Heathcote golf course	Heathcote	5433 2551		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Inglewood Golf Course	Inglewood Golf Course	Inglewood	5438 3471		All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
GOLF CLUB Jarklin Golf Course	Jarklin Golf Club	Jarklin	5437 9288		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Korong Vale Golf Club	Korong Vale Golf Club	Korong Vale	5494 7211		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Marong golf course	Marong golf Club	Marong	N/A		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Mitiamo Golf Course	Mitiamo Golf Club	Mitiamo	5436 5221		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Neangar park golf course Eaglehawk	Neangar park golf Club	Eaglehawk	N/A		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Pyramid Hill Golf Course	Pyramid Hill Golf Club	Pyramid Hill	5455 7348		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Quarry Hill golf course	Quarry Hill golf Club	Quarry Hill	N/A		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Tarnagulla Golf Club	Tarnagulla Golf Club	Tarnagulla	5438 7558		All, general population	**PHYSICAL ACTIVITY**	N/A	
GOLF CLUB Wedderburn Golf Course	Wedderburn Golf Club	Wedderburn	5494 3133		All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
PLANNED ACTIVITY GROUP	City of Greater Bendigo Shire		In order to get an assessment for HACC services contact the Home Care Assessment Team on (03) 4408 6580.	Monday to Saturday, excluding public holidays.	The groups can be both mixed and gender specific and can also be an opportunity for carers to have respite from their caring roles. Occasional care is also available	**PHYSICAL ACTIVITY** **SOCIAL INCLUSION** **HEALTHY EATING** Planned Activity Group (PAG) provides social, intellectual, physical, and emotional stimulation to help clients maintain living and social skills.	Not Stated	Transport to and from the venue is provided. In accordance with Council's No Lift Policy, clients are required to be able to access transport vehicles with minimal assistance. An assessment is required to determine a person's eligibility to receive HACC Planned Activity Group.
PLANNED ACTIVITY GROUP BDAC	Bendigo District Aboriginal Cooperative	High Street Eaglehawk	Trina Dalton-Oogjes Program Manager Home Based Care (03) 5442 4947	Tuesday and Thursday 10am -2pm	Aboriginal	**PHYSICAL ACTIVITY** **SOCIAL INCLUSION** **HEALTHY EATING** Every week is different at PAG. We have presentations from a variety of health practitioners such as occupational therapists and dieticians. We also facilitate a number of activities including art and craft, luncheons at various locations and short day trips.	Each session is evaluated to determine if it was of any benefit to the group members. We then run a focus group 3 times a year where we explore in more detail what is and isn't working well with the PAG groups.	We provide transport to and from each PAG session. Sessions are free.

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
PLANNED ACTIVITY GROUP Planned Activity Groups & Day Centre	Inglewood District Health Service				Older Adults	**PHYSICAL ACTIVITY** **SOCIAL INCLUSION** **HEALTHY EATING** Our PAG and Day Centre aims to provide care that promotes an Active Service Model. This process actively encourages you to define your own needs, goals, and the manner and timeframes in which we can assist you to meet your needs. This means we develop a care plan with input from you or your carer, with a focus on your goals and what you would like to achieve by working with us.	Not Stated	
PLANNED ACTIVITY GROUP Elmore Planned Activity Group	BCHS	46-48 Jeffrey Street ELMORE, 3558, VIC	54341600		Older Adults	**PHYSICAL ACTIVITY** **SOCIAL INCLUSION** **HEALTHY EATING** Offers support to frail, aged or disabled men and women to assist to maintain independence in the Elmore community.	Not Stated	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
PLANNED ACTIVITY GROUP Loddon Shire	Loddon Shire Council		Planned Activity Group Coordinator on (03) 5437 7999		The groups can be both mixed and gender specific and can also be an opportunity for carers to have respite from their caring roles. Occasional care is also available	**PHYSICAL ACTIVITY** **SOCIAL INCLUSION** **HEALTHY EATING** The Planned Activity Groups in Loddon Shire are known as 'Still Going Strong' groups. These groups are designed to enhance people's independence by promoting social inclusion and general wellbeing.	Not Stated	The Planned Group Activity Program is funded by the Victorian government's Home and Community Care (HACC) program. Council subsidises meals and transport. Transport to and from the venue is provided. An assessment is required to determine a person's eligibility to receive HACC Planned Activity Group.
SHOOTING Boort Clay Target Club		Situated on the edge of the Big Lake Boort-1.5km east on Boort-Pyramid Hill Road.	5455 2152 0417 747575	Shoot held first Sunday every month.	All, general population	**PHYSICAL ACTIVITY**	N/A	
STRENGTH TRAINING Pryme Movers Strength Training Eaglehawk	Peter Krenz Leisure Centre	Eaglehawk	5446 9222	Thursday Weekly	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$4.50 per session
STRENGTH TRAINING Inglewood Wedderburn Tarnagulla Korrongvale	Inglewood District Health Service	Inglewood Wedderburn Tarnagulla Korong Vale	Admin Phone 5317 000 Inglewood Mon 11:30-1, Wed 12:2:30, Fri 9-10:30 Wedderburn Mon 2-3, Wed 11-12, Fri 12:30-1:30 Tarnagulla Tues Thurs 10:30-12 Korrongvale Wednesdays 9:15 – 10:30		Older Adults	**PHYSICAL ACTIVITY**	Annual Evaluation	$3 per session

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
STRENGTH TRAINING Eaglehawk	Bendigo Health Rural Health Team	Stewart Cowen Community Rehabilitation Centre	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Tuesday 1-4pm, Wednesday 9am-12pm, Friday 9am-12pm and 1-4pm	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
STRENGTH TRAINING Staying Strong	Boort District Health	BDH / Deanne Smith AHA	54515200	Monday/Wednesday/ Friday	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$3/session Transport is free of charge within 30km radius
STRENGTH TRAINING Strength training Heathcote	Don's Fitness		5433 2211		Older Adults	**PHYSICAL ACTIVITY**	Not Stated	
STRENGTH TRAINING Let's go with Lauren Strength training Heathcote		Heathcote	5431 0992	Monday & Wednesday Weekly	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	
STRENGTH TRAINING Inglewood	Inglewood District Health Services	3 Hospital St, Inglewood VIC 3517	(03) 5431 7000		Older Adults	**PHYSICAL ACTIVITY**	Not Stated	
STRENGTH TRAINING East Bendigo	Bendigo Community Health Services	15a Merino Court, East Bendigo, 3555	5448 1600	Tuesdays and Thursdays 8.00am - 10.30am	Older Adults	**PHYSICAL ACTIVITY** Strength training can help to improve strength, fitness, flexibility, quality of life and a range of disorders	Bendigo Strength Training Program - Ev	$6 per session Average of 50 clients
STRENGTH TRAINING Kangaroo Flat	Bendigo Community Health Services	Y's Men's Service Club Lockwood Road, Kangaroo Flat	Phone: 5430 0500 Mondays: 8am - 10am, 10.15am - 12.30pm Tuesdays: 7.45am - 10.30am Wednesdays: 8am - 10am , 10.15am - 12.00pm Thursdays: 8am - 10am, 10.15am - 12.30pm Fridays: 8am - 10am, 10.15am - 12pm		Older Adults	**PHYSICAL ACTIVITY** Strength training can help to improve strength, fitness, flexibility, quality of life and a range of disorders	Bendigo Strength Training Program - Ev	$6 per session Average of 240 clients

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
STRENGTH TRAINING Strath Haven	Bendigo Community Health Services	Strath Haven Bendigo Corner Edward and Condon Streets, Bendigo	5448 1600	Monday 2.00pm - 3.30pm Thursday 3.00pm - 4.30pm	Older Adults	**PHYSICAL ACTIVITY** Strength training can help to improve strength, fitness, flexibility, quality of life and a range of disorders	Bendigo Strength Training Program - Ev	$6 per session Average of 40 clients each session
STRENGTH TRAINING Wedderburn	IDHS & Wedderburn Community House	Wedderburn Community House	Jude Raftis coordinator 03 5494 3489	Mondays 2-3pm, Wednesdays 11am-12noon and Fridays 12:30-1:30pm	60+	**PHYSICAL ACTIVITY** Strength training can help to improve strength, fitness, flexibility, quality of life and a range of disorders	Not Stated	
STRENGTH TRAINING Elmore	Bendigo Community Health Services	At the Christine Cummings Activity Centre (behind the Medical Centre)	Sandra Holmberg Lifestyle Program Facilitator Tel: 5432 6001	Tuesdays 10.30am - 11.30am Thursdays 10.30am - 11.30am	Older Adults	**PHYSICAL ACTIVITY** Strength training can help to improve strength, fitness, flexibility, quality of life and a range of disorders	Bendigo Strength Training Program - Ev	A medical certificate is required before you start; contact Elmore Primary Health for a medical form and a first visit appointment.
TAI CHI Eaglehawk	Eaglehawk Community House	19 Bright Street, Eaglehawk	(03) 5446 8322	Thursday 7-8pm	All, general population	**PHYSICAL ACTIVITY**	Not Stated	$5 per session
TAI CHI BDAC	Bendigo District Aboriginal Cooperative	Anne Caudle Centre 100 Barnard Street Bendigo	Trina Dalton-Oogjes Program Manager Home Based Care (03) 5442 4947	Start Date TBA	Aboriginal	**SOCIAL PARTICIPATION** In addition to providing a Men in Shed's program we are looking to link young guys with older men as a youth mentoring opportunity through this program.	Weekly evaluation feedback forms collected.	Transport to and from the program. Free

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
TAI CHI Eaglehawk	Bendigo Health Rural Health Team	Eaglehawk Senior Citizens Centre	**Fitness For Older Adults programme** coordinator on 54547102 for an initial appointment.	1st Monday of the month 9:15-10:15	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5
TAI CHI	Bendigo Community Health Services	Bendigo	54481600		People with arthritis and diabetes	**PHYSICAL ACTIVITY** A low-impact exercise class to develop strength, balance and posture for people with arthritis and diabetes.	Not Stated	
TAI CHI Introduction to Tai Chi Bendigo	Bendigo U3A	Bendigo	5444 0362	Friday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	U3A membership
TENNIS CLUB Axe Creek	Axe Creek Tennis Club	Cnr Axe Creek Road & Strathfieldsaye Road			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Axedale	Axedale Tennis Club	Axedale			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Bears Lagoon	Bears Lagoon Tennis Club	Bears Lagoon Lawn Tennis Courts 5984 Loddon Valley Hwy BEARS LAGOON	Tania Twigg 03 5437 9258		All, general population	**PHYSICAL ACTIVITY** Member of the Inglewood & District Lawn Tennis Association	N/A	
TENNIS CLUB Bendigo district RSL Tennis Club	Bendigo district RSL Tennis Club				All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
TENNIS CLUB Bendigo	Bendigo Tennis Association	Nolan St Bendigo			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Boort Lawn Tennis Club	Boort LTC	Goddfrey St BOORT			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Bridgewater Lawn tennis Club	Bridgewater Lawn Tennis Club	Calder Highway BRIDGEWATER			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Calivil Lawn Tennis Club	Calivil Lawn Tennis Club	Prairie West Road CALIVIL			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Calivil North Tennis Club	Calivil North Tennis Club	Yarrawalla Recreation Reserve PYRAMID HILL			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Dingee & District Tennis Club		Dingee Recreation Reserve Dingee-Rochester Road Dingee VIC 3571	Michelle Diss 5436 8297		All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Emu Creek Tennis Club	Emu Creek Tennis Club	Emu Creek road Strathfieldsaye			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Epsom Tennis Club	Epsom Tennis Club	Howard St Epsom			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Heathcote Tennis Club	Heathcote Tennis Club	Wright street Heathcote			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Huntly Tennis Club	Huntly Tennis Club	96 Telford street Huntly			All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
TENNIS CLUB Inglewood Lawn Tennis Club	Inglewood Lawn Tennis Club	Calder Highway INGLEWOOD			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Ironbark Tennis Club	Ironbark Tennis Club	Don street Ironbark			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Kangaroo Flat Tennis Club	Kangaroo Flat Tennis Club	Station street Kangaroo Flat			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Kennington social Tennis Club	Kennington social Tennis Club	Neale St Kennington			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Lockwood tennis club	Lockwood tennis club				All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Loddon Valley Tennis Association		Loddon Valley Tennis Association Pyramid Hill VIC 3575	03 5455 7264		All, general population	**PHYSICAL ACTIVITY**	N/A	The Loddon Valley Tennis Association (LVTA) was created from the Pyramid Hill and Wandella associations. It comprises of up to eight teams from the surrounding district.
TENNIS CLUB Longlea Tennis Club	Longlea Tennis Club	Longlea lane Longlea			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Maiden Gully Tennis Club	Maiden Gully Tennis Club	Beckhams Rd Maiden Gully			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Mia Mia Tennis Club	Mia Mia Tennis Club	Reserve road Metung			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Powlett Lawn Tennis Club		Inglewood and District Lawn Tennis Club Calder Highway Inglewood VIC 3517	Christine Gilmore, Secretary 03 5438 8381		All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
TENNIS CLUB Pyramid Hill & District Lawn Tennis Club	Pyramid Hill & District Lawn Tennis Club	Abbattoir Road PYRAMID HILL			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Raywood Tennis Club	Raywood Tennis Club	Macauley street Raywood			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Redesdale Tennis Club	Redesdale Tennis Club	Recreation reserve Redesdale			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Sedgwick Tennis Club	Sedgwick Tennis Club	Sedgwick recreation reserve Sedgwick			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Serpentine Tennis Club	Serpentine Tennis Club	Loddon Valley Highway SERPENTINE			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB South Bendigo Tennis Club	South Bendigo Tennis Club	150 Neale St Bendigo			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Spring Gully Tennis Club	Spring Gully Tennis Club	Spring Gully road Spring Gully			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB St Judes (Bendigo) Tennis Club	St Judes (Bendigo) Tennis Club	Corner Taylor & Bailey St California Gully			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB St Liborious Tennis Club	St Liborious Tennis Club				All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
TENNIS CLUB Strathdale Park Tennis Club	Strathdale Park Tennis Club	Strathdale Park Strathdale			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Strathfieldsaye Tennis Club	Strathfieldsaye Tennis Club	Uxbridge St Strathfieldsaye			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Woodvale Tennis Club	Woodvale Tennis Club	Janaway Rd Woodvale			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Woodvale Tennis Club	Woodvale Tennis Club				All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Yarrawalla Tennis Club	Yarrawalla Tennis Club	Jarklin-Yarrawalla Rd YARRAWALLA			All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB United Tennis Club		Located at: Haggar Street, Eaglehawk	Postal address: 36 Harveys Lane, EAGLEHAWK VIC 3556 Mary Preston Phone: 5446 1515 0434769862 Email: marypreston@impulse.net.au		All, general population	**PHYSICAL ACTIVITY**	N/A	
TENNIS CLUB Wedderburn Lawn Tennis Club	Wedderburn Lawn Tennis Club	Chapel Street WEDDERBURN			All, general population	**PHYSICAL ACTIVITY**	N/A	

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
U3A Bendigo		193-197 High Street KANGAROO FLAT 3555	Postal address: PO Box 274, BENDIGO VIC 3552 Lyn Goodall 5447 1812 u3abgo@bigpond.com home.vicnet.net.au/~u3abgo/		Older Adults	**PHYSICAL ACTIVITY** Activities and courses to keep your mind and body active in your life's 3rd age Courses include: Aerobics for seniors, Art Groups, Walking groups, Chess, Choir, Computer users group, Creative and story writing, Cribbage, Meditation and many others.	Not Stated	
U3A Heathcote			Sally Healy 5433 5363		Older Adults	**PHYSICAL ACTIVITY**	Not Stated	
WALKING GROUP Heathcote Walkers Group	Heathcote Walkers	Heathcote	5433 3098 (Carol)	Tuesday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	$3 per walk or $45 annually
WALKING GROUP BDAC	Bendigo District Aboriginal Cooperative	Rosalind park Lake Neanger Lake Weeroona	Trina Dalton-Oogjes Program Manager Home Based Care (03) 5442 4947	October – March. Call for location and dates	Aboriginal	**SOCIAL PARTICIPATION**	Evaluation undertaken regularly	Transport to and from the program. Free
WALKING GROUP Bendigo Market Place indoor Movers	Bendigo Health Rural Health Team	Bendigo Market Place	Fitness For Older Adults programme coordinator on 54547102 for an initial appointment	Monday & Thursdays 7:45am Bendigo Market Place	Older Adults	**PHYSICAL ACTIVITY**	Not Stated	$5 per class
WALKING GROUP Inglewood	Inglewood Community Neighbourhood House	33 Brooke St, Inglewood VIC 3517	03 5438 3562 0418 278 666 info@icnh.org.au	Monday 9-10am followed by morning tea	All, general population	**PHYSICAL ACTIVITY**	Not Stated	50c for bottomless cup of tea.

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
WALKING GROUP Elmore		In front of Elmore Primary Health Services 46 Jeffrey Street Elmore	Sandra Holmberg Lifestyle Program Facilitator Tel: 5432 6001	Tuesdays 9.00am - 10.00am Thursdays 9.00am - 10.00am	All, general population	**PHYSICAL ACTIVITY** Benefits of Walking: Increased energy levels Reduce risk of heart disease Increased muscle tone Improved mental wellbeing Improve bone density	Bendigo and Elmore Walking Group - Evalu	
WALKING GROUP Eaglehawk	BCHS	Lake Neanger main car park, Napier Street	Kathleen Shatwell Walking Lifestyle Program Coordinator 5448 1600	Tuesday and Thursday 9:15am - 10:15am	All, general population	**PHYSICAL ACTIVITY** Benefits of joining walk programs: Meet new people Increase energy levels Improve bone density Increase muscle tone Improve mental wellbeing Reduce risk of heart disease	Evaluation undertaken	$20 annual fee
WALKING GROUP	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441-2515	Thursdays 10am - 11:30am	All, general population	**PHYSICAL ACTIVITY** Come along and join our free walking group that will be a gentle stroll around the tracks of Strathdale Park (near Bendigo Neighbourhood Hub). Walk will be followed by cuppa & chat.	Not Stated	
WALKING GROUP Strathdale	BCHS	Kennington Reservoir main car park, Reservoir Road	Kathleen Shatwell Walking Lifestyle Program Coordinator 5448 1600	Wednesday and Friday 9:15am - 10:15am	All, general population	**PHYSICAL ACTIVITY** Meet new people Increase energy levels Improve bone density Increase muscle tone Improve mental wellbeing Reduce risk of heart disease	Evaluation undertaken	$20 annual fee

Active and Healthy Ageing Mapping

PHYSICAL ACTIVITY								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
WALKING GROUP Walking Eaglehawk	Peter Krenz Leisure Centre	Eaglehawk	5446 9222	Tuesday & Thursday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	
WALKING GROUP Walking for Fitness	Bendigo U3A	Bendigo	5444 0362	Monday & Thursday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	U3A membership
WALKING GROUP Walking Friends Heathcote		Heathcote	5433 2060	Monday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	
WALKING GROUP Strathdale	Bendigo Neighbourhood Hub	Strathdale	5441 2515	Thursday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	Free
WALKING GROUP Inglewood	Inglewood Community Neighbourhood House	Inglewood	5438 3562	Monday & Thursday Weekly	All, general population	**PHYSICAL ACTIVITY**	Not Stated	Free
YOGA Chair Yoga Strathdale	Bendigo Neighbourhood Hub	Strathdale	5441 2515	Tuesday Weekly	People with lower mobility	**PHYSICAL ACTIVITY**	Not Stated	$5 per class

Active and Healthy Ageing Mapping

EMOTIONAL WELLBEING & COGNITIVE DEVELOPMENT								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	
LIBRARY Book Exchange	Dingee Bush Nursing Centre	21 King St, Dingee VIC 3571	(03) 5436 8309	Mon-Fri 8:30-4:30	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT** A place to exchange books much like an open library.	N/A	
LIBRARY Heathcote Library	Goldfields Libraries	125 High Street Heathcote 3523	(03) 5433 3734	Monday Closed Tuesday Closed Wednesday Closed Thursday 9:00am - 1:00pm Friday 9:00am - 12:30pm 1:30pm - 5:00pm Saturday 9:00am - 12:00pm Sunday Closed	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	
LIBRARY Bendigo Library	Goldfields Libraries	259 Hargreaves St Bendigo, Victoria 3550	(03) 5449 2700	Monday 9.00am - 6.00pm Tuesday 9.00am - 7.00pm Wednesday 9.00am - 6.00pm Thursday 9.00am - 7.00pm Friday 9.00am - 6.00pm Saturday 10.00am - 3.00pm Sunday Closed	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	
LIBRARY Eaglehawk Library	Goldfields Libraries	Mechanics Institute Hall 1 Sailors Gully Road, Eaglehawk, Victoria 3556	(03) 5446 7577	Monday Closed Tuesday 10:00am - 5:00pm Wednesday Closed Thursday Closed Friday 9:00am - 12:00pm Saturday 9:30am - 12:30pm Sunday Closed	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	

Active and Healthy Ageing Mapping

EMOTIONAL WELLBEING & COGNITIVE DEVELOPMENT								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	
LIBRARY Kangaroo Flat Library	Goldfields Libraries	267 High Street Kangaroo Flat, Victoria 3555	(03) 5447 8344	**Monday** 9:30am - 5:00pm **Tuesday** 9:30am - 5:00pm **Wednesday** 9:30am - 5:00pm **Thursday** 9:30am - 6:00pm **Friday** 9:30am - 5:00pm **Saturday** 9:30am - 12:30pm **Sunday** Closed	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	
LIBRARY Pyramid Hill Library	Goldfields Libraries	Pyramid Hill Neighbourhood House 22 Kelly Street Pyramid Hill, Victoria 3575	(03) 5455 7129	**Monday** 10:00am - 2:00pm **Tuesday** 10:00am - 4:00pm **Wednesday** 10:00am - 4:00pm **Thursday** 10:00am - 4:00pm **Friday** 10:00am - 12:00pm **Saturday** Closed **Sunday** Closed	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	
LIBRARY Mobile Library	Goldfields Libraries		(03) 5449 2790	**Monday** Dingee 9.00am - 10.00am Elmore 11.00am - 12.00pm & 1.00pm - 2.30pm Axedale 3.30pm - 4.30pm **Tuesday** Bridgewater 9.00am - 10.00am Inglewood 10.30am - 12.30pm Wedderburn 2.00pm - 4.30pm **Wednesday** Korong Vale 9.30am - 10.30am Boort 11.00am - 1.00pm & 2.00pm - 3.00pm **Thursday** Tarnagulla 10.00am - 11.30am Moliagul 12.00pm - 12.30pm Dunolly 2.00pm - 5.00pm **Friday** Charlton - fortnightly 10.00am - 12.30pm & 1.30pm - 4.30pm	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	

Active and Healthy Ageing Mapping

EMOTIONAL WELLBEING & COGNITIVE DEVELOPMENT								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	
MENTAL HEALTH Bendigo Health Aged Persons Mental Health Service		Crn Condon and Crook Street Strathdale 3550	P.O. Box 126 Bendigo 3552 Ph: (03) 5454 7604 Fax: (03) 5454 7620 AH: 1300 363 788 (also emergency and new referrals)		Older Adults with mental health conditions	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	N/A	
TECHNOLOGY Basic Computers	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441-2515	9:30am Tuesdays	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT** Designed for absolute beginners; this 16 week course takes you from the first clicks of a mouse, to introducing you to using programs; saving files, using USB devices, browsing the internet and using an email account.	Not Stated	$80
TECHNOLOGY Absolute beginners computer course	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	10 Week program. Call for dates and times	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT** Designed for beginners; this 10 week course takes you through revision of what you may already know and helps you to know more about the programs available and where you have and can save files, using other devices to save files, using email and surfing the internet. This class is meant to extend the first Absolute Beginners class, but can accommodate for Absolute beginners also.	Not Stated	Concession Members $50 Concession Non Members $60 Full paying Members $70 Full paying Non Member $80

Active and Healthy Ageing Mapping

EMOTIONAL WELLBEING & COGNITIVE DEVELOPMENT								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	
TECHNOLOGY Computer Support	Long Gully Neighbourhood Centre	52-54 Derwent Drive, Long Gully Vic 3550	(03) 5442 1165 or (03) 5443 0998	Tuesday 1-3pm	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	Not Stated	
TECHNOLOGY Tech Savvy for Seniors Inglewood	Inglewood Community Neighbourhood House	33 Brooke St, Inglewood VIC 3517	03 5438 3562 0418 278 666 info@icnh.org.au	Quarterly. Call for next available	Seniors	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT**	Not Stated	$50 for bottomless cup of tea.
TECHNOLOGY Introduction to Computers	Eaglehawk Community House	19 Bright Street Eaglehawk	5446 8322	Mondays 1pm-2pm	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT** Provides participants with the skills required to operate a personal computer.	Not Stated	$5
TECHNOLOGY Intro to your iPad or android tablet	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441-2515	1pm Tuesdays	All, general population	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT** If you've got an iPad or tablet and haven't used it much, come and find out how, in this 12 week course. A few of these sessions, we will be running as free 'Learn-an-app' workshops open-to-all	Not Stated	$50

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ART & CRAFT Boort Arts & Culture		Boort Resource & Information Centre 119 Godfrey Street Boort VIC 3537	Paul Haw 5455 2802 pchaw@activ8.net.au	Meet first Tuesday every month at Boort Resource & Information Centre	All, general population	**SOCIAL PARTICIPATION**	Not Stated	
ART & CRAFT Boort Regional Arts Group		Godfrey Street Boort VIC 3537	0419 399 228 letoose@yahoo.com Boort Regional Arts Group -	The Boort Regional Art Group (BRAG) meet weekly on Monday mornings. For those that like to dabble in artwork of any description – pastels, watercolour, oils, and acrylic – all are welcome.	All, general population	**SOCIAL PARTICIPATION**	Not Stated	
ART & CRAFT Mud brick Motley Theatre Group Heathcote			Maree Hingston 0409 565 432 5433 3802 chaddie@activ8.net.au		All, general population	**SOCIAL PARTICIPATION**	Not Stated	
ART & CRAFT UFO Craft Inglewood	Inglewood Community House	33 Brooke St, Inglewood VIC 3517	03 5438 3562 0418 278 666 info@icnh.org.au	Thursday 1-4pm	All, general population	**SOCIAL PARTICIPATION**	Not Stated	$2
ART & CRAFT Heathcote Craft & Learning Group			Jan Rowe 0417 526 339 5433 2281		All, general population	**SOCIAL PARTICIPATION**	Not Stated	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ART & CRAFT Art Space	Eaglehawk Community House	19 Bright Street Eaglehawk	5446 8322	Mondays 7-9pm	All, general population	**SOCIAL PARTICIPATION** Join other amateur artists in a social, artistic, creative environment. Bring your own easel if you have one and your own materials. Share and gain knowledge from each other.	Not Stated	$5
ART & CRAFT Water Colour Social Group	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441-2515	1pm Fridays	All, general population	**SOCIAL PARTICIPATION** This is a social group of painters who meet each Friday to paint together. If you're a painter yourself, and would like to join them, get in touch.	Not Stated	
ART & CRAFT Photo Book Social Club	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441-2515	10am Fridays	All, general population	**SOCIAL PARTICIPATION** This is a social group of photobook making enthusiasts who meet each Friday morning to chat, and share their latest creations. If you're like making Snapfish or Vista Print type photo books and think you'd like company, get in touch.	Not Stated	
ART & CRAFT Loddon Arts		Coach House Gallery and Museum 53 High Street Wedderburn VIC 3518	5494 3342 loddonarts@exemail.com.au http://www.wedderburn.vic.au/coach-house-gallery-museum	Open Times are Tuesday, Wednesday, and Thursday 10.00am – 3.00pm and Sunday 10.00am-3.00pm. New members welcome.	All, general population	**SOCIAL PARTICIPATION** Loddon Arts is a group of volunteers who operate the Coach House Gallery-Museum. The group organise local artists to exhibit their works at the gallery.	N/A	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ART & CRAFT Heathcote Poetry Group			Maggie Murphy maggiemurphy@bigpond.com		All, general population		Not Stated	
ART & CRAFT Inglewood Craft Group		Inglewood Craft Group 81 Grant Street Inglewood VIC 3518	Maree Martin 5438 3524	Inglewood Craft Group meets at the Inglewood Fire Station every Tuesday during school term, 9.30am	All, general population	**SOCIAL PARTICIPATION**	Not Stated	
ART & CRAFT Heathcote Quilters Group			Toni McCrohan tonimccrohan@hotmail.com		All, general population		Not Stated	
ART & CRAFT Heathcote Stitch Group		54 Hospital St Heathcote 3523	Fiona Butler 0412 344 695		All, general population		Not Stated	
ART & CRAFT Scrapbooking, card making, crocheting	Long Gully Neighbourhood Centre	52-54 Derwent Drive, Long Gully Vic 3550	(03) 5442 1165 or (03) 5443 0998	Mondays 9-lunch and Fridays 10-2	All, general population	**SOCIAL PARTICIPATION** Scrapbooking, card making, crocheting, craft group	Not Stated	
ART & CRAFT Wedderburn Patchwork Group		Wedderburn College Hospital Street Wedderburn VIC 3518	Hilary MacKay, President 03 5494 3325 weddpatchgroup@gmail.com	Meet fortnightly on Tuesday's at 7:30pm during school term at Wedderburn College staff room. The group also meet once a term for Sunday sewing at the Wedderburn Visitor Information Centre between 9am and 5pm.	All, general population	**SOCIAL PARTICIPATION** The group mainly focuses on patchwork/quilting however do enjoy knitting, crocheting, embroidery, felt work, tie dying, and other crafts.	Not Stated	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ART & CRAFT Quilters Heathcote			Joan McIntyre 5433 3024		All, general population		Not Stated	
ART & CRAFT Scrap Booking	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	First Monday of the Month 1-3pm	All, general population	**SOCIAL PARTICIPATION** Have you ever wanted to become a Scrap Booker? Well, you are not alone! Join the Scrap Book Club and share ideas and techniques on how to become the world's best Scrap Booker. It's a friendly crew that will offer tips and tricks to help build a valuable and fun piece to share with your family and friends.	Not Stated	
ART & CRAFT Knitting Circle	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441 2515	Tuesdays 10am	All, general population	**SOCIAL PARTICIPATION** All crafters of any kind are very welcome to come along and sew; cross-stich, crochet, quilt, make jewellery or whatever it is that you dabble in, along with this very welcoming group.- On some Tuesdays we will a have a creative tutor doing special workshops like paper collaging and mosaic making-	Not Stated	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ART & CRAFT 'Threads', our Community Sewing Classes	Bendigo Neighbourhood Hub	155 Crook Street Strathdale	5441 2515		Migrant Community	**SOCIAL PARTICIPATION** These classes are intended to be a social occasions that engage women from our migrant community and sewing beginners from our broader community. Anyone who wants to learn to sew, or has the basics but could use some guidance is most welcome to come along, socialise, sew and be involved.	Not Stated	
BOOK CLUB East Loddon Book Discussions			Marcia Lourie 5436 8383		All, general population	**SOCIAL PARTICIPATION**	Not Stated	
BOOK CLUB Heathcote Book Group			Lena Wilkinson 5433 2945		All, general population	**SOCIAL PARTICIPATION**	Not Stated	
CHURCH Bears Lagoon Anglican Church		Loddon Valley Highway Bears Lagoon VIC 3517	Coral Maxted 03 5437 9261		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Heathcote & District Uniting Church			Rev Ian Davey 0417 387 761 5433 2434		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH World Revival Church of Victoria		80 High Street Heathcote 3523	Tim & Kim Happs (03) 5433 3282 happywithans@hot		All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
			mail.com					
CHURCH Boort Anglican Church		51 Lakeview Street Boort VIC 3537	Kerry Baker 03 5455 2630 kerrybaker@bigpond.com		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Boort Assembly of God		Boort Resource & Information Centre 119 Godfrey Street Boort VIC 3537	5494 3365	Meet every Sunday 6pm for fellowship at Boort Resource & Information Centre	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH St John's Anglican Church Heathcote			5433 2552 PO Box 453 Heathcote 3523		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH St Mary's Catholic Church Heathcote		59 Ebden Street Heathcote 3523	Fr Anthony Joseph 5433 2030		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Boort Baptist Church		Boort Baptist Church 21 Armstrong Street Boort VIC 3537	Stephen Field 5455 2183 0425 756 067 stephen@boortbaptist.org.au	Meet every Sunday 10.30am for worship	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Boort Catholic Church		St Patrick's Catholic Church Lake View Street Boort VIC 3537	5457 1201 quambatook@ballarat.catholic.org.au		All, general population	**SOCIAL PARTICIPATION** St Patrick's Catholic Church Boort. Mass rotation each month -contact Parish Presbytery for more information	N/A	
CHURCH Boort Church of Christ		Boort Church of Christ 3 Victoria Street Boort VIC 3537	Ken Streader 5455 2024	Meet every Sunday 9am	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CHURCH Boort Uniting Church		Boort Uniting Church 8 King Street Boort VIC 3537	5455 2431		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Bridgewater Holy Trinity Anglican Church		Bridgewater Holy Trinity Anglican Church Calder Highway Bridgewater on Loddon VIC 3516	5437 3258	Services are 8.30 on the first Sunday of the month and 10.15 on the fifth Sunday of the month.	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Dingee Uniting Church		Dingee Uniting Church 11 King Street Dingee VIC 3571	5436 8204		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Inglewood Anglican Parish Church		Inglewood Anglican Parish Church 67 Sullivan Street Inglewood VIC 3517	Enquiries to Rev Erin Tuinean or Rev Alipate Tuinean 03 5491 1656 Sunday Services 10.00 am each week, the 5th Sunday Service is alternated with our sister parish, Donald/Charlton Parish. Holy Trinity Bridgewater, High Street, Bridgewater on Loddon. Sunday services 1st Sunday 8.30 am. St Johns Newbridge, Sunday services 2nd and 4th Sundays 8.30 am. St John the Baptist Rheola, Sunday service 3rd Sunday 8.30 am		All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CHURCH Inglewood St Mary's Catholic Church		Inglewood St Mary's Catholic Church 87 Southey Street Inglewood VIC 3517	5438 3029	Mass times every Sunday: 8.00am (except 1st Sunday) 8.00am Bridgewater 1st Sunday	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Newbridge St Johns Anglican Church		St Johns Anglican Church 2102 Wimmera Highway Newbridge VIC 3551	03 5438 7313 janh@skymesh.com.au Website : St John the Evangelist Newbridge	Service times are 2nd and 4th Sundays of the month at 8.30am. Check the Diary on the website for any changes to the normal schedule.	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Powlett Uniting Church		Powlett Uniting Church Wedderburn-Serpentine Rd Powlett Plains VIC 3517	Heather Last 03 5438 3344		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Pyramid Hill Presbyterian Church		Pyramid Hill Presbyterian Church 68 Victoria Street Pyramid Hill VIC 3575	Presbyterian Church, Secretary 03 5455 7362		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Serpentine- St Joseph's Catholic Church		St Joseph's Catholic Church Serpentine VIC 3517	PO Box 26 Serpentine VIC 3518		All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CHURCH Anglican Parish of Kangaroo Flat		PO Box 1369, KANGAROO FLAT VIC 3555 anglicankf@tpg.com.au	Rev. Bryn Jones 5447 7427	Sunday worship: 9am and 11am	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Bendigo Baptist Church		757 McIvor Highway JUNORTOUN 3551	Pastor David Lovell Phone: 5449 3033 Email: office@bendigobaptist.org.au Website: www.bendigobaptist.org.a Postal address: PO Box 27, JUNORTOUN VIC 3551	Our Celebrations, held at 9:30am (Eaglehawk Campus), 10:30 or 6pm (Junortoun Campus) on Sundays	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Common Ground Church			Postal address: PO Box 848 , MAIDEN GULLY VIC 3551 Rev'd. Brendan McDonald 0423 700 770 Email: info@commongroundlife.com.au Website: Common Ground Church	Sunday morning at 10am at the Maiden Gully Hall	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CHURCH Connect Church		35 Solomon Street BENDIGO 3550	Jo Marks Phone: 5441 3133 Email: info@connectchurch.com.au Website: www.connectchurch.com.au	10am weekly Sunday morning Church service - Kids Ministry 10am weekly Sunday morning (school term) - Youth Ministry 7pm weekly Friday night (school term)	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH History Makers Church		6 Kairn Road KENNINGTON 3550	Phone: 5445 2600 Email: info@victorycc.com.au Website: www.historymakers.org.au	Sunday Service - 10am	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Kangaroo Flat Baptist Church		32-38 Church Street KANGAROO FLAT 3555	Ron Giles Phone: 5443 9251 Email: pastor@kangarooflatbaptist.org.au Website: www.kangarooflatbaptist.org.au		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH St Clement's Anglican Church		629 Midland Highway WHITE HILLS 3550	Postal address: 492 Napier Street, WHITE HILLS 3550 Rev. Gordon Lingard Phone: Parish Office - 5444 1875 Email: apbn@bendigotelco.net.au	Sunday - 4.00pm Cuppa before worship	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CHURCH St John's Presbyterian Church		Cnr Forest and Mackenzie Streets BENDIGO 3550	Postal address: PO Box 744, BENDIGO 3552 Rev Philip Burns Phone: 5443 6189 Email: bendigopc@gmail.com Website: St John's Presbyterian Church	services: Sundays 10:30am	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH St Liborius Parish		50 Panton Street EAGLEHAWK 3556	Fr Junjun Amaya 5446 8235 eaglehawk@sandhurst.catholic.org.au St Liborius Parish		All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH St Luke's Anglican Church		490 Napier Street WHITE HILLS 3550	Postal address: 492 Napier Street, WHITE HILLS 3550 Rev. Gordon Lingard 5444 1875 - Parish Office 0416 965 465 apbn@bendigotelco.net.au	Monday - 9.30am Meditation Wednesday 3.30pm Meditation Wednesday 4.00pm Evening Prayer	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Rheola St Johns Anglican Church		Rheola St Johns Anglican Church Rheola VIC 3517	Ellen Roberts 03 5438 8282	Service times are 8.30am on the third Sunday of each month. Please check the parish diary for any changes to service times.	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CHURCH Wedderburn St Peter's Catholic Church		Wedderburn St Peter's Catholic Church 72 Ridge Street Wedderburn VIC 3518	Fr Paul Mercovich, Parish Priest 03 5491 1614 charlton@ballarat.catholic.org.au	First week 8.30am Sunday Mass; second week 8.30am Sunday Assembly; third week 7.00pm Saturday Vigil; fourth week Saturday 7.00pm Lay Led Assembly.	All, general population	**SOCIAL PARTICIPATION**	N/A	
CHURCH Wedderburn Uniting Church		Wedderburn Uniting Church 62 High Street Wedderburn VIC 3518	Wedderburn Uniting Church, Secretary 0487 659 175 wedderburnuca@yahoo.com.au	9.00 am every Sunday with a change for the fifth Sunday of the month, please check the church notice board for more information.	All, general population	**SOCIAL PARTICIPATION**	N/A	
CWA CWA Bendigo Northern Group Axedale Bendigo Golden Night Kangaroo Flat Heathcote Heathcote Knights	Victorian Country Women's Association	The Country Women's Association of Victoria Inc. 3 Lansell Road TOORAK VIC 3142	http://www.cwaofvic.asn.au 03 9827 8971		Women	focus on friendship, personal development and advocacy	N/A	The CWA is a self-funded volunteer philanthropic organisation

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ENVIRONMENTAL GROUP The Ironbark Gully Friends			Postal address: Bendigo swordcraft Group (BSG) PO Box 1362, BENDIGO VIC 3552 Jacky Vincent 0478 360 120 Email: jacky.vincent@gmail.com Website: The Ironbark Gully Friends		All, general population	**SOCIAL PARTICIPATION** The Bendigo Community Forest Garden project aims to construct a shared path along the full length of the Ironbark Gully and to convert some 16ha of disused land alongside the gully into a community garden and wildlife habitat.	N/A	
ENVIRONMENTAL GROUP Friends of Kooyoora			0417 338 578 kooyoorafriends@gmail.com www.kooyoorafriends.org.au/		All, general population	**SOCIAL PARTICIPATION** A friends group is a team of people who are interested in and support a particular park, conservation reserve or species of native flora or fauna. Friends groups are autonomous, but work in partnership with Parks Victoria.	N/A	
ENVIRONMENTAL GROUP Friends of Terrick Terrick National Park		Terrick Terrick National Park Sylvaterre-Tims Lake Road Terrick Terrick VIC 3535	5480 9254 http://users.mcmedia.com.au/~stocky/terrick_terrick.html#friends		All, general population	**SOCIAL PARTICIPATION** A friends group is a team of people who are interested in and support a particular park, conservation reserve or species of native flora or fauna. Friends groups are autonomous, but work in partnership with Parks Victoria.	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ENVIRONMENTAL GROUP Loddon Plains Landcare Network			Michael Moore 5494 3542 http://www.lpln.org/ Loddon Plains Landcare Network Wedderburn VIC 3518		All, general population	**SOCIAL PARTICIPATION** The Loddon Plains Landcare Network (LPLN) supports like-minded people who are interested in their natural environment and activities to enhance natural values. The network involves more than 300 land managers responsible for approximately 300,000 ha of private land.	N/A	
GAMES GROUP Bendigo Bridge Club		Long Gully Community Centre 23-29 Havilah Road LONG GULLY 3550	Postal address: PO Box 648 , BENDIGO VIC 3552 Kevin Gunn 0477 905 340 (club) 0407 823 373 (Kevin) Email: bendigo.bridge@gmail.com Website: Bendigo Bridge Club	Monday & Friday 1:30 - 5:00 Tuesday Supervised 7:15 - 10:30 @ Quarry Hill Croquet Club - Olinda St Wednesday 7:30 - 11:00	All, general population	**SOCIAL PARTICIPATION**	N/A	
GAMES GROUP Pantry Bingo	Eaglehawk Community House	19 Bright Street, Eaglehawk	(03) 5446 8322	Fortnightly on Tuesdays from 1pm-2:30	All, general population	**SOCIAL PARTICIPATION** Just like regular bingo but instead you play for pantry items. Please bring an item from your pantry to donate. A fun activity to get involved in.	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
GAMES GROUP Bendigo Chess Club Inc.		Toorak House, 135 Mollison Street BENDIGO 3550	Postal address: PO Box 983 , BENDIGO VIC 3552 Nigel Barrow / Max Mollard Phone: 5442 5647 (ah) Email: barrow_nigel@hotmail.com Website: Bendigo Chess Club Inc.	Wednesday evenings: 7:15pm-8:00pm Social Chess/Juniors 8:00pm til late -	All, general population	**SOCIAL PARTICIPATION**	N/A	Competition Chess Yearly membership: $15 ($10 concession) + Weekly subscriptions: $2.50 ($1.50 concession) or Weekly subs paid annually in advance (includes yearly membership): $130 ($80 concession)
GAMES GROUP Bendigo Gaming Group			Postal address: 50 Cohn Street, NORTH BENDIGO VIC 3550 Ralph Shipard 0423 626 618 Email: rshipard@gmail.com Website: Bendigo Gaming Group	Alternating Tuesdays and Wednesdays, as well as additional times on weekends. For a precise timetable please go to our website.	All, general population	**SOCIAL PARTICIPATION** We are a group of people from the Bendigo community who are interested in playing a variety of modern board games. Our group is very social and welcoming and also hosts social nights for our members as well as the general public at certain points during the year.	N/A	
GARDEN GROUP East Loddon Garden Club			Norma Winchcomb 5436 6352		All, general population	**SOCIAL PARTICIPATION**	N/A	
GARDEN GROUP Community Garden	Long Gully Neighbourhood Centre	52-54 Derwent Drive, Long Gully Vic 3550	(03) 5442 1165 or (03) 5443 0998	Staffed by a Community garden facilitator between 9am-3pm on Tuesdays and Thursdays	All, general population	**SOCIAL PARTICIPATION** Open to anyone wanting to garden.	Not Stated	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
GARDEN GROUP Wedderburn Garden Club		RMB 550 Wedderburn Junction VIC 3518	Glennys White, Secretary 03 5494 3086		All, general population	**SOCIAL PARTICIPATION** A garden club is an organized group of people with a shared interest in gardening, gardens, and plants. The group meet regularly with organised outings to visit gardens and places of interest.	N/A	
GARDEN GROUP Bendigo Orchid Club Inc.		Long Gully Community Centre	Postal address: PO Box 705, BENDIGO VIC 3552 Kevin Lawlor Email: klawlor@ceosand.catholic.edu.au Website: Bendigo Orchid Club Inc.	7.30pm on the 2nd Friday of each month	All, general population	**SOCIAL PARTICIPATION**	N/A	
GARDEN GROUP Heathcote Community Garden	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930		All, general population	**SOCIAL PARTICIPATION** A community garden at Heathcote community house. Pop in for a look at our plants and take home some information and some ideas about growing your own food producing garden.	Not Stated	
GARDEN GROUP Garden Maintenance Crew	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	9am Tuesdays	All, general population	**SOCIAL PARTICIPATION** Providing gardening support to those who are finding it difficult to keep on top of their gardening.	Not Stated	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
GARDEN GROUP	Eaglehawk Community House	19 Bright Street Eaglehawk	5446 8322	Monday 9:00am till 12Noon – Weekly	All, general population	**SOCIAL PARTICIPATION** Anyone with a passion for all things gardening then feel free to come along and help out in our garden	Not Stated	
HISTORICAL SOCIETY Heathcote McIvor Historical Society Inc.			Liz Murfitt 0438 353 507 5433 3776		All, general population		N/A	
HISTORICAL SOCIETY East Loddon Historical Society		20 Haig Street Mitiamo, VIC 3573	elhs@bigpond.com		All, general population	**SOCIAL PARTICIPATION** Formally known as the Mitiamo Public Hall built in 1885, this venue is now a museum. It houses a varied collection of local memorabilia and maintains an extensive variety of local historic community and family records. Open every Tuesday from 11.00 am -3.00 pm or by appointment. Entry charge per person. Tour groups welcome.	N/A	Become a 'Friend of the Society' for a small annual fee.
HISTORICAL SOCIETY Boort Historical Society		93 Godfrey Street Boort, VIC 3537			All, general population	**SOCIAL PARTICIPATION** The Boort Historical Society's Court House Museum houses an extensive collection of items of significant historical interest. The Museum is open from 2:00 PM to 4:00 PM each Friday or at other times by appointment for an opening fee.	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HISTORICAL SOCIETY Korong (Wedderburn) Historical Society		Rooms 26 High Street Wedderburn, VIC 3518	koronghist@yahoo.com.au	Open Mondays 10.00am -12.00pm or by appointment.	All, general population	**SOCIAL PARTICIPATION** Meetings held fourth Monday of odd months, at 26 High St Wedderburn. Situated in the old Shire of Korong building the historical society houses the collections of Korong Rate Books, Inglewood Advertiser, Korong Vale Lance, Wedderburn Express, Masons records, Korong Bush Nursing records, Avoca Forest School records and district Hall Committee records. It also holds a collection of photos and information on local families, schools, churches, events and gold mining history.	N/A	
HISTORICAL SOCIETY Pyramid Hill Historical Society McKay Street Pyramid Hill, VIC 3575			pyhhist@bigpond.com President Arthur Young ph 03557201 Secretary Helen Stevens ph 0481367585 Archivist Margaret Williamson ph 03557192	The museum is open to the public on Tuesdays from 10am to 3pm and on the first Sunday of each month from 2pm to 4pm, all other times are by appointment	All, general population	**SOCIAL PARTICIPATION** The Pyramid Hill (Gordon Shire) Historical Society was formed in 1965 and since then has undertaken the enormous task of collecting, documenting and cataloguing over 6000 historically significant items.	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HISTORICAL SOCIETY Tarnagulla & District Historical Society					All, general population	**SOCIAL PARTICIPATION** Tarnagulla is a township that grew quickly in the Victorian Gold Rush. Today it is a small community with a wealth of history. The Tarnagulla & District Historical Society gives you an insight into the history of the surrounding area and includes the Tarnagulla Borough and Bet Bet Shire historical records.	N/A	
HOBBY GROUP Bendigo Wood turners Inc.		104 Eaglehawk Road IRONBARK 3550	PO Box 1259, BENDIGO VIC 3552 John Phillips 5449 6330 0488 666 006 jmphillips54@gmail.com Bendigo Woodturners Inc	Each Tuesday ,Thursday and Saturday morning from 9 am to 12 noon	All, general population	**SOCIAL PARTICIPATION**	N/A	
HOBBY GROUP Woodwork Group	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	Thursdays 10am-2pm	All, general population	**SOCIAL PARTICIPATION** Join the Wood Working group! It's only $5 for the day allowing you access to tools of the trade and some good advice. Start building that thing you've always wanted to. Or make some friends. We 'wood' love to see you!	Not Stated	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOBBY GROUP Central Victoria Caravan Club Inc.			PO Box 10 , BENDIGO VIC 3552 Robyn Fleming 0418 537 782	3rd Tuesday of each month. Caravan rallies one weekend a month to various locations within a maximum of 300km radius of Bendigo	All, general population	**SOCIAL PARTICIPATION**	N/A	
HOBBY GROUP Central Victoria Morris Minor Car Club Inc.		Uniting Church Meeting room, 10 Church Street, Kangaroo Flat	PO Box 2754, BENDIGO DELIVERY CENTRE VIC 3554 Lynne Crichton 54473131 crichtonlynne@gmail.com Central Victoria Morris Minor Car Club Inc.	first Friday of each month at 7.30pm	All, general population	**SOCIAL PARTICIPATION** To arrange, encourage and promote an interest in Morris models, to encourage the rebuilding and improvement of Morris models, and the installation of safety equipment in them.	N/A	
HOBBY GROUP Central Victorian Ford Mustang Owners Club			205 Mackenzie Street West, KANGAROO FLAT VIC 3555 John Chapman 0407 844 379 jonreec@bigpond.net.au		All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOBBY GROUP Golden City Collectors Association Inc. of Bendigo			PO Box 3066 , BENDIGO VIC 3554 Gregory Penna 5443 5375 0427 400 930 pennagregory@gmail.com Golden City Collectors Association Ltd	General Meeting held on the second Tuesday of each month at the Quarry Hill Community Hall, 51 Hamlet Street, and Quarry Hill from 7.30pm - followed by 'Show & Tell' and a light supper. Alternate A/H telephone contact numbers	All, general population	**SOCIAL PARTICIPATION** Provides a club face and central contact for people who share the passion and interests of collecting.	N/A	
HOBBY GROUP Jadis Rod and Custom Car Club			PO Box 1138, KANGAROO FLAT VIC 3555 Norman Perrow 5441 1895 0419 874 436 nperrow@hotmail.com		All, general population	**SOCIAL PARTICIPATION**	N/A	
HOBBY GROUP Heathcote & District Car Club Inc.			Clynton Robinson 0418 100 102 5433 2996		All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOBBY GROUP Swordcraft		Shadforth Soccer fields on Fenton Street, Bendigo VIC 3550	Fenton Street BENDIGO Unit 1 / 5 Praed Street , BENDIGO VIC 3550 Simon Vincent 0466 831 123 Email: Bendigo@Swordcraft.com.au Website: Swordcraft	Wednesday nights (Between 6:30pm - 10:30pm)	All, general population	**SOCIAL PARTICIPATION** We are a medieval Live Action Role Play group. We provide a show to onlookers. Our goals are to provide exercise, entertainment and release for our participants. We provide all the materials you require for your introduction to Medieval re-enactment as well as any safety measures we can.	N/A	
HOBBY GROUP Veteran, Vintage and Classic Club Bendigo Inc.		club rooms 112-118 Inglis Street West Bendigo,	Postal address: PO Box 1002, BENDIGO VIC 3552 Colin Butler (club secretary) Phone: 5458 1482 0414 664 261 Email: secretary@vvccbendigo.org.au Website: www.vvccbendigo.org.au	7:30 pm on the first Thursday of each month	All, general population	**SOCIAL PARTICIPATION** The club is active; we run the FOVVCVC's Bendigo swap meet each November. We aim to encourage the restoration, preservation and use of Veteran, Vintage and Classic Vehicles, Steam, Standing Engines and Special interest Vehicles.	N/A	
HOBBY GROUP Wedderburn Historical Engine & Machinery Society		Wedderburn Engine Park Korong Vale Road Wedderburn, VIC 3518	loddonvisitorinformation@loddon.vic.gov.au	A swap meet and market is held annually in May. The major attraction, the annual Twilight Engine Rally is the second weekend in September	All, general population	**SOCIAL PARTICIPATION** Wedderburn Historical Engine & Machinery Society is affiliated with the National Historical Machinery Association Australia..	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOBBY GROUP Bendigo 4WD Club Inc.			Postal address: PO Box 325, GOLDEN SQUARE VIC 3555 Diana Forrest 0411 185 638 Email: info@bendigo4wdclub.org.au Website: www.fwdvictoria.org.au/bendigo	Second Wednesday of each month (except January) at the Foundry Complex, 1 Old High Street, Golden Square. Meetings start at 8:00pm. Meals are available from 6:00pm.	All, general population	**SOCIAL PARTICIPATION** The Club has always been family orientated, with a wide variety of trips to cater for every need. Easy to extreme, Navigational and night drives, Day and weekend trips and great social gatherings, create a warm and friendly environment.	N/A	
HOBBY GROUP Bendigo Bonsai Club Inc.		Community of Christ Hall	Postal address: PO Box 889, BENDIGO VIC 3552 Ellen Jenkins Phone: 5441 2147 Email: secretary@bendigobonsaiclub.org	The club meet at 1.30pm on the 4th Saturday on each month (except for December & January) at the Community of Christ Hall. Havlin Street West, Bendigo	All, general population	**SOCIAL PARTICIPATION**	N/A	
HOBBY GROUP Bendigo Camera Club		Lake Weeroona Pavilion, Bendigo	Postal address: 1/64 Averys Road , EAGLEHAWK 3556 Val Densworth Phone: 5446 1251 0429 864 371 Email: graeme.harvey1@bigpond.com Website: www.bendigocc.blogspot.com	Second & Third Tuesday of each month. 7:30 pm	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOBBY GROUP Bendigo Caravan Club Inc.		Kangaroo Flat Sports club	Postal address: PO Box 2508, BENDIGO MAIL CENTRE VIC 3554 Laurel Broad Phone: 5437 3276 Email: lmbroad@impulse.net.au		All, general population	**SOCIAL PARTICIPATION** The club meets at the Kangaroo Flat Sports club on the last Monday of each month (exc Dec) at 7:30pm. Some members arrive at 6:00 for dinner prior to the meeting.	N/A	
HOBBY GROUP Bendigo Coin and Collectables Club Inc.			Postal address: PO Box 589, BENDIGO VIC 3552 Pam Baker Phone: 5444 0308 Email: pamelia@iprimus.com.au		All, general population	**SOCIAL PARTICIPATION**	N/A	
HOBBY GROUP Bendigo Gem Club		10 Galvin Street BENDIGO 3550	Paul Scott - President Phone: 5442 3691 Email: president@gembendigo.org.au Website: Bendigo Gem Club	Thursdays, 10am - 4pm.	All, general population	**SOCIAL PARTICIPATION** Workshops and demonstrations, Stone cutting, Faceting, Silver Smithing, Field Trips and the Annual Exhibition- held the second week in September	N/A	
HOBBY GROUP Bendigo Gliding Club			PO Box 846, BENDIGO VIC 3552 Mark Kerr 0417 005 986 secretary@bendigogliding.org.au	Normally operating at the airfield weekends and public holidays.	All, general population	**SOCIAL PARTICIPATION** Air experience flights. Flying training and recreational soaring. No previous experience or knowledge is required. All training is provided.	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOBBY GROUP Bendigo Model Railroaders Inc.		139 Wills Street BENDIGO 3550	Postal address: PO Box 136, GOLDEN SQUARE VIC 3555 Peter Whitaker Phone: 5442 7635 Email: bendigomodelrailroaders@gmail.com	Wednesday 7:30 to 9:30 pm & Saturday: 1:30 to 5:30 pm Meeting: Last Thursday of month at 7:30pm	All, general population	**SOCIAL PARTICIPATION** Enjoy meeting and running model trains with like members of the community.	N/A	
HOBBY GROUP Bendigo Radio Controlled Aircraft Club Inc.		Kangaroo Flat YMCA	Postal address: PO Box 2401 , BENDIGO MAIL CENTRE VIC 3554 Gary Schmedje 0413 692 006 Email: secretary@brcac.asn.au Website: www.brcac.asn.au	Last Monday of the month at the Kangaroo Flat YMCA from 7.30 pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
LIONS CLUB Eaglehawk Lions Club		Hall on the corner of Hodgson & Growler Street Eaglehawk	Postal address: PO Box 5 , EAGLEHAWK VIC 3556 Belinda Hawken 0437 797 894 Email: eaglehawklionsclub@hotmail.com Website: Eaglehawk Lions Club	2nd & 4th Tuesday of every month	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
LIONS CLUB of Bendigo		RADIUS Disability Services Centre, Harcourt Street, Bendigo	Postal address: PO Box 239, BENDIGO VIC 3552 Maxene McHardy Phone: 5442 7658 Email: lionsclubofbendigo@gmail.com	2nd Thursday of the month (Dinner) 6.30 pm for 7.00 pm 4th Thursday of the month (Business) 7.00 pm for 7.30 pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
LIONS CLUB of Strathfieldsaye		Old Shire Hall, Eppalock Road, Strathfieldsaye	Postal address: PO Box 243, BENDIGO VIC 3552 Jim McGregor Phone: 5439 3389 0409 196 293 Email: strathfieldsaye@lions201v1-4.org.au Website: Strathfieldsaye Lions Club	2nd & 4th Mondays	All, general population	**SOCIAL PARTICIPATION**	N/A	
LIONS CLUB East Loddon Lions Club		East Loddon Lion's Den Pyramid-Yarraberb Road Dingee VIC 3571	5436 6220 eastloddonlionsclub@gmail.com	First Tuesday of the month for a business meeting at 7.30pm at the Lion's Den and every third Tuesday of the month for a dinner meeting 7.00pm (8.00pm during daylight savings time) at various locations.	All, general population	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
LIONS CLUB Inglewood Lions Club		Inglewood Lions Club 89 Brooke Street Inglewood VIC 3517	Alan Saunders 5438 3206	Meetings are held 7.30pm first Monday of the month at the Inglewood RSL Hall.	All, general population	**SOCIAL PARTICIPATION** A group of people who are dedicated to making their communities a better place to live, work and grow	N/A	
LIONS CLUB Heathcote			Greg Speirs 5433 2558 greg.speirs@bigpond.com		All, general population		N/A	
LIONS CLUB Pyramid Hill Lions Club		Pyramid Hill Lions Club Railway Station Pyramid Hill VIC 3575	Bill Quinn, President 03 5455 7521 0427 888 102 billquinn1953@gmail.com	Meetings are held second Wednesday at Railway Station and fourth Wednesday of the month, at Victoria Hotel, Barber Street for a dinner meeting, 8.00pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
LIONS CLUB Wedderburn Lions Club		Wedderburn Mechanics & Literary Institute Hall Corner High and Reef Streets Wedderburn VIC 3518	Alan Mulraney, Secretary 03 5494 3723 0429 427 005 weddlions3518@gmail.com	Meetings are held 7.30pm first and third Wednesday of the month at the Wedderburn Lions Club Rooms	All, general population	**SOCIAL PARTICIPATION** A group of people who are dedicated to making their communities a better place to live, work and grow.	N/A	
MEN IN SHEDS Bendigo Men in Sheds	Salvation Army in partnership with City of Greater Bendigo	65 Mundy Street Bendigo, VIC 3550	David Reid Phone: 03 5440 8456	Woodwork & craft Mon to Thur 7.30am - 4pm Fri 7.30am - 2pm 65 - 71 Mundy St	Over 55 and retired must have 75% mobility	**SOCIAL PARTICIPATION**	Not Stated	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
MEN IN SHEDS Boort Men's Shed Project		2A Malone Street Boort, VIC 3537	Greg Currie Phone: 03 54510200	Tuesdays & Thursday morning Volunteering, Social, Wood working, recycling	Men	**SOCIAL PARTICIPATION**	Not Stated	
MEN IN SHEDS BDAC	Bendigo District Aboriginal Cooperative	119 Prouses Road Site	Trina Dalton-Oogjes Program Manager Home Based Care (03) 5442 4947	Start Date TBA	Aboriginal	**SOCIAL PARTICIPATION** In addition to providing a Men in Shed's program we are looking to link young guys with older men as a youth mentoring opportunity through this program.	Not Stated	Transport to and from the program. Free
MEN IN SHEDS Kangaroo Flat Men's Shed		56 Thomas Street Kangaroo Flat, VIC 3555	Terry Knight Phone: 0407 827 288		Men	**SOCIAL PARTICIPATION**	Not Stated	
MEN IN SHEDS Marong & District Men's Shed		16 High St Marong, VIC 3515	Michael Shay Phone: 0417 261 272		Men	**SOCIAL PARTICIPATION**	Not Stated	
MEN IN SHEDS Heathcote Community House	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	Mondays 10am - 2:30pm Woodwork workshop Wednesdays 10am-2:30pm Scale modelling Thursday 10am-2:30pm Men's Shed	Men	**SOCIAL PARTICIPATION** Woodwork, scale modelling and socialising.	Not Stated	
MEN IN SHEDS Wedderburn Men's Shed		Boort Road Wedderburn, VIC 3518	Geoff Maxwell Phone: 03 54943206		Men	**SOCIAL PARTICIPATION**	Not Stated	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
MEN IN SHEDS Bendigo Inc.		21 Cunneen Street Long Gully, VIC 3550	Jim Stein Phone: 03 54437613 Mobile: 0457 104 718		Men	**SOCIAL PARTICIPATION**	Not Stated	
MEN IN SHEDS Pyramid Hill Men's Shed	Pyramid Hill Neighbourhood House	Pyramid Hill Men's Shed 28 Kelly Street Pyramid Hill VIC 3575	Bill Pearson 0439 088 507 phnh@bigpond.com		Men	**SOCIAL PARTICIPATION** The Men's Shed goal is to advance the well-being and health of members and to encourage social inclusion.	Not Stated	
MUSIC GROUP Keyboard Lesson Group	Dingee Bush Nursing Centre	21 King St, Dingee VIC 3571	Phone:(03) 5436 8309	Thursday 12-1:30pm	Men	**SOCIAL PARTICIPATION**	Not Stated	Free
PROBUS Club of Bendigo Inc.		Masonic Centre, McIvor Hwy Bendigo	66 Beilharz Road , RAVENSWOOD VIC 3453 Lynwood Stork 5435 3569 secretary@probusclubofbendigo.com.au www.probusclubofbendigo.com.au		Older Adults	**SOCIAL PARTICIPATION**	N/A	
PROBUS Probus Club of Golden Square Inc.		Abundant Life Christian Fellowship - 113 Mackenzie Street, Golden Square	PO Box 426, GOLDEN SQUARE VIC 3555 Glenda Lewis 5447 9453 0427 506 533 gs.probus@gmail.com	3rd Thursday of each month 9.30am	Older Adults	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
PROBUS Probus Club of Kangaroo Flat (Mixed) Inc.		St Mary's Complex, High Street Kangaroo Flat	PO Box 1280, KANGAROO FLAT VIC 3555 Melva Friswell 5447 1886 0408 509 974 probuskangarooflat@gmail.com	Every second Wednesday of the month	Older Adults	**SOCIAL PARTICIPATION**	N/A	
PROBUS Probus Club of Strathdale Inc. (mixed)		the Bendigo Club	PO Box 209, Strath Village VIC 3550 Cheryl Hodges 03 4433 8519 0409 807 028 cherylhodges@bigpond.com	4th Wednesday of each month.	Older Adults	**SOCIAL PARTICIPATION**	N/A	
PROBUS Strathfieldsaye Combined Probus Club Inc.		Strathfieldsaye Uniting Church	PO Box 1029, STRATHFIELDSAYE VIC 3551 Ruth Johnston 5439 4721 0407 827 686 ptbkgj@gmail.com	2nd Thursday of the Month 10am	Older Adults	**SOCIAL PARTICIPATION** Activities: Bowls, Guest Speakers, Trips and Tours, Caravanning Group, Cards, Scrabble, Craft, Wine appreciation group, Special events, Walking group	N/A	
ROTARY CLUB Bendigo Strathdale Rotary Club Inc.		NANCY LONG Dining Hall, Latrobe University, Bendigo Gate 9 Sharon Street, Flora Hill, VIC,	PO Box 492, BENDIGO VIC 3552 Mary Preston 0455 129 907 rcbendigostrathdale@gmail.com Bendigo Strathdale Rotary Club Inc.	Tuesday at 6pm start Finished by 8pm.	All, general population	**SOCIAL PARTICIPATION** Support for Community service organisations. Activities to encourage members to be involved with the community. Support for International projects.	N/A	

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					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ROTARY CLUB Rotary Club of Eaglehawk		Mechanics Institute School Street California Gully	www.eaglehawkrotary.org.au	Wednesday 6pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
ROTARY CLUB Rotary Club of Sandhurst		Restaurant 18eightseven Bendigo TAFE	www.bendigosandhurstrotary.com.au	Wednesday 7am	All, general population	**SOCIAL PARTICIPATION**	N/A	
ROTARY CLUB Rotary Next Generation		The Shamrock Hotel Crn Pall Mall & Williamson Streets	www.rotarynextgeneration.com.au	Wednesdays 6:30pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
ROTARY CLUB Rotary Club Golden Square		The Foundry Hotel High Street Golden Square	www.bendigosouthrotary.org.au	Thursday 6pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
ROTARY CLUB Rotary Club Strathdale		The Bendigo Club 22 Park Street Strathdale	www.rotarybendigo.org.au	Tuesday 12:30	All, general population	**SOCIAL PARTICIPATION**	N/A	
ROTARY CLUB Rotary Club Kangaroo Flat		Rotary Gateway Function Centre 26 High Street Kangaroo Flat	www.rotaryclubofkangarooflat.org	Monday 6pm	All, general population	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZEN Tarnagulla Senior Citizen Centre		Commercial Road, Tarnagulla			Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Boort Senior Citizens		Godfery Street Boort	5455 2260		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Eaglehawk		6 Darling Street, Eaglehawk VIC 3556	5446 9151	Friday: 1.15pm to 4.00pm	Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS East Loddon Senior Citizen Centre		Prairie West Road, Calivil	5436 6353		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SENIOR CITIZENS Elmore		4 Clarke Street, Elmore VIC 3558	5432 6126 Tuesday: Bowls - 1.30pm to 4.00pm Wednesday: Choir practice - 9am to 4.00pm Thursday: Meeting 2nd Thursday of each month at 12 noon, followed by Bowls - 1.30pm to 4.00pm		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Heathcote		RSL Hall, High Street, Heathcote VIC 3523	5433 2725 Monday: Yoga - 9.30am, Cards & bowls - 1.30pm to 4.30pm, Square dancing - 7.00pm Tuesday: Bowls & socialising – 1.30pm to 4.30pm, Bingo 2nd & 4th of each month at 1.00pm Wednesday: Yoga – 9.30am, Cards & bowls – 1.30pm to 4.30pm Thursday: Line dancing – 7.00pm Friday: Cards & bowls – 1.00pm – 4.30pm Saturday: Yoga – 9.30am		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Marong		Community Hall, High St, Marong VIC 3515	5435 2413	Wednesday 2nd & 4th week of the month: Carpet & bias bowls, cards, board games & trips - 10.30am to 4.00pm	Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Spring Gully		Spring Gully Hall 2 Spring Gully Road, Bendigo VIC 3550	5442 2178	Monday: Cards, bingo, bowls & luncheons - 9.00am to 4.00pm	Senior Citizens	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SENIOR CITIZENS Strathdale		155a Crook Street, Strathdale VIC 3550	5441 1665 Monday: Solo – 1.00pm to 3.30pm Tuesday: Indoor bias bowls – 1.00pm to 3.30pm, Cards – 1.00pm to 3.30pm, Solo (cards) – 11.30am to 3.00pm Wednesday: Cards – 1.00pm to 4.00pm Thursday: Walking Group – 9.00am to 11.30am, Indoor bias bowls – 1.00pm to 4.00pm, Cards – 1.00pm to 3.30pm Friday: Cards – 1.00pm to 4.00pm Other activities are Concerts, Trips and Luncheon days (soup, hot dogs, pie or pastie, salad, chicken and sweets)		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Strathfieldsaye		Mandurang Hall, Mandurang Rd, Strathfieldsaye VIC 3551	5439 3343 Tuesday: Bowls, bobs, scrabble & cards - 1.30pm to 3.30pm. Afternoon tea at 3.30pm Monthly luncheons with speakers and bus trips.		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Inglewood Senior Citizen Centre		75 Grant Street, Inglewood	(03) 5438 3043		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Pyramid Hill Senior Citizen Centre		McKay Street, Pyramid Hill	(03) 5455 7256		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	
SENIOR CITIZENS Wedderburn Senior Citizens		12-14 Peter Street Wedderburn VIC 3518	5494 3378		Senior Citizens	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SINGING GROUP Goldfields Choir		Inglewood Town Hall Verdon Street Inglewood VIC 3517	Laurie May 5438 3410	Rehearsals at the Inglewood Railway Goods Shed each Wednesday (excluding school holidays) from 7.30PM - 9.00PM	All, general population	**SOCIAL PARTICIPATION** A group of people from the surrounding district who enjoy singing and performing together.	Not Stated	
SINGING GROUP Heathcote	Heathcote Community House	55 Hospital Street Heathcote Victoria, 3523	5431 0930	Fridays from 1.30pm to 3.00pm	All, general population	**SOCIAL PARTICIPATION** Open to all who love to sing- a good voice is not necessary- we sing old songs as a group. Lyrics provided	Not Stated	
SOCIAL GROUP Club 5 to 8	Loddon Shire Council		Community Care department on (03) 5437 7999.		Age 50+	**SOCIAL PARTICIPATION** The club aims to broaden members' social experience, develop new interests and friendships. Join us for a range of trips including the latest musicals, week-long adventures, day trips and overnight trips.	Not Stated	
SOCIAL GROUP Over 60s	Eaglehawk Community House	19 Bright Street, Eaglehawk	(03) 5446 8322	12 noon – 1pm Tuesdays fortnightly	Age 60 +	**SOCIAL PARTICIPATION** Come and enjoy lunch and a chat with others. Guest speakers, activities and outings.	Not Stated	Gold Coin Donation
SOCIAL GROUP The Man Cave	Eaglehawk Community House	19 Bright Street, Eaglehawk	(03) 5446 8322	1-3pm Wednesdays	Men	**SOCIAL PARTICIPATION** A social interaction and working group for men. Come and be part of this group and have some fun and meet some new people while making new friends.	Not Stated	Gold Coin Donation

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
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					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SOCIAL GROUP Down The Street	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Fridays 9-1230	All, general population	**SOCIAL PARTICIPATION** Physical Activity Social Inclusion Cognitive and emotional wellbeing	Not Stated	$3
SOCIAL GROUP Creative Living	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Wednesday 12-3, once a month	All, general population	**SOCIAL PARTICIPATION** Healthy Eating Physical Activity Cognitive and emotional wellbeing	Not Stated	$12/session includes meal Transport is free of charge within 30km radius 6 clients/session average
SOCIAL GROUP Monday You, Us & A Bus	Heathcote Health	Varied locations. Outings & Itineraries provided At booking	Bookings/Assessments Via HACC office on 5431 0916 Program Specific information on 5431 0992 (Linda)	Hours set depending on location/activity/ program itinerary	Active Seniors	**SOCIAL PARTICIPATION** Encourage participants to remain active & independent. Prevent social isolation and encourage linkages to other groups (Senior Citizen/ Coffee Club/ PAG)	Not Stated	$7.40 per session which includes transport & staff/volunteer support. All meals and activities are at participants own expense. HACC eligibility criteria applies. Sessions are booked by participants according to interest and attendance levels can vary between 6 and 16. NO wait list. Any gender.
SOCIAL GROUP TUESDAY GROUP	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Tuesdays 10-3	All, general population	**SOCIAL PARTICIPATION** Health Eating Physical Activity Social Inclusion Age friendly environment	Not Stated	$12/session includes meal Transport is free of charge within 30km radius &/or $4 charge if going on special outing 6 clients/session average
SOCIAL GROUP Ladies & Laughs	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Thursdays 11-3	All ladies	**SOCIAL PARTICIPATION** Healthy Eating Physical Activity Cognitive and emotional wellbeing Social Inclusion	Not Stated	$12/session includes meal Transport is free of charge within 30km radius &/or $4 charge if going on special outing 6 clients/session average

Active and Healthy Ageing Mapping

SOCIAL PARTICIPATION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/ Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SOCIAL GROUP Film Club	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Friday 130 every 2nd and 4th week of the month	All, general population	**SOCIAL PARTICIPATION** Cognitive and emotional wellbeing Aged friendly environment Social Inclusion	Not Stated	$3/session Transport is free of charge within 30km radius
SOCIAL GROUP Men On The Move	Boort District Health	BDH / Maree Stringer PAGASS	54515200	Monthly	All men	**SOCIAL PARTICIPATION** Healthy Eating Physical Activity Cognitive and emotional wellbeing Social Inclusion Age friendly environment	Not Stated	$12 for a meal Transport is free of charge within 30km radius &/or $4 charge if going on special outing 6 clients/session average
SOCIAL GROUP Chicks with attitude	Pyramid hill Neighbourhood House	22 Kelly St, Pyramid Hill VIC 3575	(03) 5455 7129	Every 2nd Monday	Women	**SOCIAL PARTICIPATION**	Not Stated	
SOCIAL GROUP Golden Gadabouts Bendigo (Red Hat Ladies)	Red Hat Society		goldengadabouts@gmail.com		Older Women	**SOCIAL PARTICIPATION**	Not Stated	
SOCIAL GROUP Community Cuppa	Eaglehawk Community House	19 Bright Street Eaglehawk	5446 8322	Monday 10am -11am	All, general population	**SOCIAL PARTICIPATION** Anytime, please feel free to call in and get to know others in your community while enjoying some freshly cooked treats from our kitchen and a nice hot cuppa.	Not Stated	

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SOCIAL PARTICIPATION								
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					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SOCIAL GROUP WOW Bendigo – WOW Willing Older Workers			Postal address: PO Box 222 , EPSOM VIC 3551 John Daley / Neil Gemmill 0484 682 922 Email: wow.bendigo@gmail.com Website: WOW Bgo		Older Adults	**SOCIAL PARTICIPATION** Wow offers hop, encouragement and sharing to mature aged people who find themselves unemployed, without benefits. Others are welcome, but those with no benefits usually feel anxious, fed up and overwhelmed. WOW members help each other by sharing and working on projects to reduce isolationism	Not Stated	
VETERANS Kangaroo Flat		231 Station Street KANGAROO FLAT 3555	PO Box 1256, KANGAROO FLAT VIC 3555 Craig Chilver 5447 8312 -Craig 0419 355 721 - j.chilver@bigpond.com		Veterans	**SOCIAL PARTICIPATION**	N/A	
VETERANS Boort RSL				Monthly meetings are held on the third Tuesday of the month at 8.00pm.	Veterans	**SOCIAL PARTICIPATION** The Returned and Services League of Australia is a support organisation for men and women who have served or are serving in the Australian Defence Force (ADF).Boort RSL is a small sub branch who hold annual services for ANZAC Day and Remembrance Day.	N/A	

Active and Healthy Ageing Mapping

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					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
VETERANS Heathcote RSL			John McClure 5433 3269 jmcclure@iinet.net.au PO Box 87 Heathcote 3523		Veterans	**SOCIAL PARTICIPATION**	N/A	
VETERANS Inglewood-Bridgewater RSL		Inglewood-Bridgewater RSL 89 Brooke Street Inglewood VIC 3517	0418 407 590		Veterans	**SOCIAL PARTICIPATION** The Returned and Services League of Australia (often abbreviated to RSL) is a support organisation for men and women who have served or are serving in the Australian Defence Force (ADF).	N/A	
VETERANS Wedderburn-Korong Vale RSL Sub-branch		Wedderburn-Korong Vale RSL Sub-branch 112 High Street Wedderburn VIC 3518	Robert McKenzie, President 0478 545 341 wedderburnrsl@telstra.com	The venue is open once a week on Fridays from 5.30pm.	Veterans	**SOCIAL PARTICIPATION**	N/A	
VETERANS The Legacy Club of Bendigo Inc.			Postal address: 11 Mackenzie Street, BENDIGO 3550 The Secretary Phone: 5443 6332 Fax: 5442 8868 Email: legacy@benleg.com.au Website: Legacy		Veterans	**SOCIAL PARTICIPATION**	N/A	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

SOCIAL PARTICIPATION								
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VOLUNTEERING Discharge Lounge Meet and Greet Administration Acute Wards Outpatients Rehabilitation Palliative Care – Hospice, Day Hospice, Community and Bereavement Residential Aged Care Bendigo Health Foundation Day Procedures Psychiatric Services Aboriginal Services	Bendigo Health	Bendigo Campuses	Volunteer Services – Sharon Walsh 03 5454 7690 volunteers@bendigohealth.org.au Mail: Volunteer Services PO BOX 126 Bendigo VIC 3550	Tailored to the individual	**SOCIAL PARTICIPATION** Social participation + Volunteers undertake a four week (1 x full-day a week for 4 x weeks) orientation program with up to 20 other volunteers where they have the opportunity to learn about Bendigo Health while building relationships with each other. Volunteers are expected to attend 2 out of 4 volunteer information sessions throughout the year as an opportunity to hear about any changes or opportunities for volunteers. These meetings will often have up to twenty other volunteers within the group which promotes togetherness and builds on social relationships. Volunteers are offered ongoing education – some of which is relevant to their role as volunteers and some of it is to provide connection for our volunteers. These education sessions have included First Aid, Mental Health First Aid, Understanding Dementia, Supporting You Supporting Others, and Laughter Workshop. Volunteers also have access to health promoting activities such as; Access to the Bendigo Health Gym where they can attend out of hours to keep themselves fit and well. Bendigo Health has commenced a monthly walking		Not Stated	300 volunteers contributing an approximate 26,000hrs per year. To be eligible to become a volunteer at Bendigo Health, all volunteers must: Be 18 years or older Undergo a National Volunteer Police Check (paid for by Bendigo Health) Complete a Working with Children Check, (if deemed necessary for your role) Commit to a minimum of twelve months service and a minimum of 3 hours a week Complete relevant orientation and training Attend ongoing information and education sessions Sign and agree to our conditions of volunteering including confidentiality Keep us updated with any changes in availability or contact details - See more at: http://www.bendigohealth.org.au/Healthy_Communities_volunteers.asp?PageID=152#sthash.J8Em6Zmb.dpuf

Active and Healthy Ageing Mapping

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Gift shop / Lollie Trolley					group for volunteers where the group walks around Kenning Reservoir together and then sit down for a cuppa afterwards – aimed to build social relationships for anyone who is interested. Volunteers have been invited to attend the LIFE Program which is designed to promote healthy eating and exercise in order to prevent Diabetes and other conditions. Volunteers have been offered to attend a Healthy Lifestyle 9 week course that also looks at various topics in regard to healthy living including diet and exercise. Volunteers are offered activities throughout National Volunteer Week such as a Recognition Ceremony and a Trivia Night along with several morning / afternoon teas to build rapport and celebrate the contribution of our volunteers.			Free access to Gym Free ongoing education Free walking Group Free social gatherings
VOLUNTEERING Volunteer Visiting Program	City of Greater Bendigo	City of Greater Bendigo	(03) 4408 6590		All, general population	**SOCIAL PARTICIPATION** Volunteer visiting is designed to link clients with volunteers who visit people in the home. It is an individual service designed to encourage companionship.	Not Stated	
VOLUNTEERING Serpentine & District Red Cross		Serpentine & District Red Cross Serpentine VIC 3517	Helen Canfield, Secretary 03 5437 3237		All, general population	**SOCIAL PARTICIPATION** Red Cross helps people around the world offering relief in times of crisis.	Not Stated	

Active and Healthy Ageing Mapping

SOCIAL INCLUSION								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
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COMMISSIONER FOR SENIOR VICTORIANS			Gerard Mansour Commissioner for Senior Victorians GPO Box 4541, Melbourne Vic 3001 Telephone 03 9096 1052 (metro) Mobile Phone Number:1300 253 942 (regional) Email:CommissionerForSeniorVics@dhhs.vic.gov.au		Seniors	**SOCIAL INCLUSION** Gerard Mansour is a highly respected and passionate advocate for the needs of older people. With over 25 years of leadership experience within the aged and wider community services sectors, Mr Mansour contributed significantly to industry capacity building, policy development and enhancement of services for older Australians	N/A	
SENIORS ONLINE VICTORIA	Victorian Government		1300 797 210 https://www.seniorsonline.vic.gov.au/		Seniors	**SOCIAL INCLUSION**	N/A	
GRANDMOTHERS AGAINST DETENTION OF REFUGEE CHILDREN			https://www.facebook.com/Grandmothers-Against-Detention-Of-Refugee-Children-Bendigo-845609712157255/events?ref=page_internal	For dates and details of monthly meetings, coffee and chat sessions, local rallies and more visit the Facebook page.	Grandparents	**SOCIAL INCLUSION** Bendigo people advocating for the release of refugee children held in detention. This group is not politically aligned with any political party Grandmothers Against Detention of Refugee Children' demand that these children with their families should be freed immediately into the community.	N/A	

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
CARER SUPPORT Carer Wellbeing Program	Bendigo Community Health Services	Various Sites	54481600		Carers	**AGE FRIENDLY ENVIRONMENTS** Supports the health and wellbeing needs of mental health carers and assists mental health carers to access a broad range of services to improve their health and wellbeing.	Not Stated	
CARER SUPPORT Heathcote Carers' Group	Heathcote Health	39 Hospital Street Heathcote 3523	Sandy Whytcross 5431 0902		Carers	**AGE FRIENDLY ENVIRONMENTS**	Not Stated	
CARERS VICTORIA			https://www2.health.vic.gov.au/ageing-and-aged-care/supporting-independent-living/supporting-people-in-care-relationships		Carers	**AGE FRIENDLY ENVIRONMENTS** The Support for Carers Program supports carers of older people, older carers and carers of younger people with dementia.	N/A	
CENTRELINK Centrelink for Older Australians			132 300		Older Australians	**AGE FRIENDLY ENVIRONMENTS**	N/A	
COMMUNITY BUS East Loddon Dingee		5436 8300	east.loddon.p12@edumail.vic.edu.au eastloddonbus.com/		All, general population	**AGE FRIENDLY ENVIRONMENTS** East Loddon Community Bus is booked via East Loddon P12 College or online via the website.	Not Stated	

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
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					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Baptcare		391 Hargreaves St, Bendigo	Ph. 5444 0464		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Aged care assessment required
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Bendigo Health Case Management Services		Havlin St, Bendigo	Ph. 5454 7833		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Care Beyond Measure		66 Garsed St,	Ph. 5444 5662		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY City of Greater Bendigo Community Services Home & Community Care (HACC)		195 - 229 Lyttleton Tce, Bendigo	Ph. 4408 6590		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Haven Home Assist		Forest St, Bendigo	Ph. 5445 8111		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Aged care assessment required
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Lilley Lodge Aged Care Facility		9 Brown St, Bendigo North	Ph. 5449 2400		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Aged care assessment required

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Mirridong Aged Care Facility		92 - 100 McIvor Highway, Bendigo	Ph. 5442 4011		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Aged care assessment required
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Senior Helpers		Level 1, 21 View Pt. Bendigo	Ph. 5410 0760		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Uniting AgeWell Strath-Haven Community Services		131 - 149 Condon St, Strathdale	Ph. 5434 3000		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Aged care assessment required

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Villa Maria		7/269 High St, Golden Square	Ph. 1300 650 615		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Aged care assessment required
COMMUNITY SERVICE PROVIDERS THAT PROVIDE CARE TO ASSIST PEOPLE TO CONTINUE TO LIVE IN THE COMMUNITY Australian Home Care Services		125 Wills St, Bendigo	Ph. 1300 303 770		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	
COTA COUNCIL OF THE AGEING VICTORIA			Level 4, Block Arcade 98 Elizabeth Street Melbourne VIC 3000 Tel: (03) 9654 4443 Fax: (03) 9654 4456 cotavic@cotavic.org.au www.cotavic.org.au			**AGE FRIENDLY ENVIRONMENTS** To advocate for, resource and mobilise older people to create an age-friendly Victoria	N/A	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
DIABETES Bendigo Diabetes Support Group	BCHS	Various Sites	54481600		People with diabetes	**AGE FRIENDLY ENVIRONMENTS** Facilitated by diabetes educators in collaboration with Diabetes Australia. Provides an opportunity for people living with diabetes to get together and share their experiences, make friends and learn from guest speakers such as Bendigo health professionals.	Not Stated	
DIABETES Type 2 Diabetes group	St John of God	133-145 Lily Street, Bendigo VIC 3550	Allied Health 54343261	8 Week program	People with diabetes	**AGE FRIENDLY ENVIRONMENTS**	Not Stated	Medicare Funded
ELDER ABUSE AWARENESS DAY				June 15 every year	All, general population	**AGE FRIENDLY ENVIRONMENTS** The purpose of WEAAD is to provide and promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.	Not Stated	

Active and Healthy Ageing Mapping

Primary Care Partnership
BENDIGO LODDON

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
ELDER ABUSE PREVENTION	Seniors Rights Victoria		1300 368 821 www.seniorsrights.org.au		All, general population	**AGE FRIENDLY ENVIRONMENTS**	N/A	
HOME CARE CoGB	City of Greater Bendigo		In order to get an assessment for HACC services contact the Home Care Assessment Team on (03) 4408 6580		HACC Clients	**AGE FRIENDLY ENVIRONMENTS** Home Care supports a safe and hygienic home environment by completing domestic tasks which the client is unable to manage independently.	Not Stated	There is an hourly fee for the home care service. Fees for home care services are based on the recommended fees from the Department of Health, and are dependent on income. Each client's ability to pay is individually assessed An assessment is required to determine a person's eligibility to receive HACC Home Care HACC
HOME CARE Loddon	Loddon Shire Council		Community Care department by phone (03) 5437 7999, by mail to PO Box 62, Serpentine VIC 3517		HACC Clients	**AGE FRIENDLY ENVIRONMENTS** Home Care supports a safe and hygienic home environment by completing domestic tasks which the client is unable to manage independently.	Not Stated	There is an hourly fee for the home care service. Fees for home care services are based on the recommended fees from the Department of Health, and are dependent on income. Each client's ability to pay is individually assessed An assessment is required to determine a person's eligibility to receive HACC Home Care HACC

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOME CARE Veterans home care			VHC Assessment Agency on 1300 550 450		Veterans	**AGE FRIENDLY ENVIRONMENTS** Veterans Home Care (VHC) is an Australian Government Department of Veterans Affairs program designed to assist veterans and war widows/widowers who wish to continue living independently in their own home and local community, but who need a small amount of practical help. Services include domestic assistance, personal care, respite care and safety-related home and garden maintenance.	Not Stated	
HOUSEING SUPPORT Housing for seniors		The properties are located in Dingee, Pyramid Hill and Serpentine.	Community Care Department on (03) 5437 7999		Older Adults	**AGE FRIENDLY ENVIRONMENTS** Loddon Shire Council manages a number of properties consisting of 1 or 2 bedroom self-contained units, providing accommodation to older residents.	Not Stated	age – the nominated target group for tenants is 'aged person' people at risk of homelessness or living in inappropriate accommodation connection to the local area income and asset levels – does not exclude applicants but may be taken into account in determining priority permanent residency of Australia

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
HOUSING SUPPORT Department of Health Public Housing			Ph. 5434 5555		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	Not Stated	
HOUSING SUPPORT Department of Veteran Affairs (Bendigo)			Ph. 5454 7300		Veterans	**AGE FRIENDLY ENVIRONMENTS**	Not Stated	
HOUSING SUPPORT Movable Units Scheme			Ph. 1300 655 049		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	Not Stated	
MY AGED CARE			1800 200 422 www.myagedcare.gov.au		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	
PERSONAL ALERT VICTORIA			https://www2.health.vic.gov.au/ageing-and-aged-care/supporting-independent-living/personal-alert-victoria		Older Adults	**AGE FRIENDLY ENVIRONMENTS**	N/A	Must be assessed by Local councils aged care services
PERSONAL CARE CoGB	City of Greater Bendigo		In order to get an assessment for HACC services contact the Home Care Assessment Team on (03) 4408 6580		HACC Clients	**AGE FRIENDLY ENVIRONMENTS** Personal Care assists clients with their personal hygiene.	Not Stated	An assessment is required to determine a person's eligibility to receive HACC Personal Care HACC

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
PERSONAL CARE Loddon	Loddon Shire Council		Community Care Department by phone (03) 5437 7999, by mail to PO Box 62, Serpentine VIC 3517		HACC Clients	**AGE FRIENDLY ENVIRONMENTS** Personal Care assists clients with their personal hygiene.	Not Stated	There is an hourly fee for the personal care service. Fees for personal care services are based on the recommended fees from the Department of Health, and are dependent on income. Each client's ability to pay is individually assessed. An assessment is required to determine a person's eligibility to receive HACC Personal Care HACC
PROPERTY MAINTENANCE Property Maintenance CoGB	City of Greater Bendigo		In order to get an assessment for HACC services contact the Home Care Assessment Team on (03) 4408 6580		HACC Clients	**AGE FRIENDLY ENVIRONMENTS** Property Maintenance provides assistance with maintaining the home in a safe and habitable condition.	Not Stated	An assessment is required to determine a person's eligibility to receive HACC Property maintenance HACC
PROPERTY MAINTENANCE Property Maintenance Loddon	Loddon Shire Council		Community Care Department by phone (03) 5437 7999, by mail to PO Box 62, Serpentine VIC 3517		HACC Clients	**AGE FRIENDLY ENVIRONMENTS** Property Maintenance provides assistance with maintaining the home in a safe and habitable condition.	Not Stated	There is an hourly fee for the property maintenance service. Fees for property maintenance are based on the recommended fees from the Department of Health, and are dependent on income. Each client's ability to pay is individually assessed. HACC assessment required.

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SCOOTER AND WHEELCHAIR CHARGE POINTS	City of Greater Bendigo	**Bendigo Library** (located behind the stairwell next to the photocopier) - Hargreaves St, Bendigo **Kangaroo Flat Library** - 267 High St, Kangaroo Flat **Heathcote Visitor Information Centre** - Cnr High and Barracks St, Heathcote **Bendigo UFS, Hargreaves Street Pharmacy** - 379 Hargreaves St, Bendigo Bendigo Bank - **Fountain Court Arcade** (near lifts) - Cnr High & Mitchell St, Bendigo **Bendigo Marketplace** (located on column near Dick Smiths Electronics) - 37 Garsed St, Bendigo **New Victoria Hotel** - 48 High St, Eaglehawk **Kangaroo Flat Community House** - 21 Woolcock Av, Kangaroo Flat **Long Gully Neighbourhood Centre** - 52-54 Derwent Drive, Long Gully **Bendigo UFS, View Street Pharmacy** - Cnr View St & Barnard St, Bendigo **Bendigo Prince of Wales Showgrounds** - Holmes Rd, North Bendigo **Bendigo Railway Station** (located inside, opposite the café) – Railway Pl, Bendigo **Bendigo TAFE, City Campus** (located in Building P, Library) – McCrae St, Bendigo (Access via Gate 9) **MatchWorks** - 34 Pall Mall, Bendigo **OAPL Health and Mobility Centre** - 401-405 High St Golden Square			People with wheelchairs or scooters.	**AGE FRIENDLY ENVIRONMENTS**	Not Stated	
SCOOTER AND WHEELCHAIR RECHARGE	Loddon Shire	Boort Resource and Information Centre (BRIC) - 119/121 Godfrey St Boort Pyramid Men in Shed's House – 28 Kelly St, Pyramid Hill Wedderburn Community House - 24 Wilson St, Wedderburn Contact Rural Access on (03) 5494 1200 or email lodddon@bendigo.vic.gov.au			People with wheelchairs or scooters.	**AGE FRIENDLY ENVIRONMENTS** locations where people with electric scooters and wheelchairs can recharge their devices	Not Stated	

Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
SENIORS FESTIVAL	CoGB			October	Seniors	**AGE FRIENDLY ENVIRONMENTS** The festival includes a full program of activities and events in the region for seniors to get involved, including guided tours, concerts, open days, activities to try and much more.	Not Stated	Victorian Government and City of Greater Bendigo
SENIORS ONLINE VICTORIA	Victorian Government		1300 797 210 https://www.seniorsonline.vic.gov.au/		Seniors	**AGE FRIENDLY ENVIRONMENTS** A webpage for seniors promoting health information, providing connection through online games and advertising services and information relevant to seniors.	N/A	
TELELINK			(03) 4408 6590	Monday to Friday, excluding Public Holidays.	Telelink provides people from ethnic backgrounds who may be socially isolated with weekly group telephone meetings. The groups are led by a trained facilitator and clients are able to have conversations in their own language.	**AGE FRIENDLY ENVIRONMENTS**	N/A	There are currently Italian, Filipino, German and Multicultural groups.

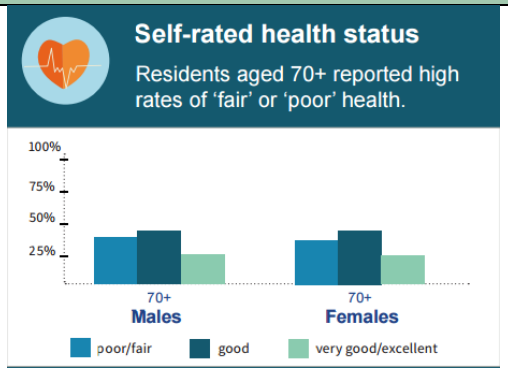
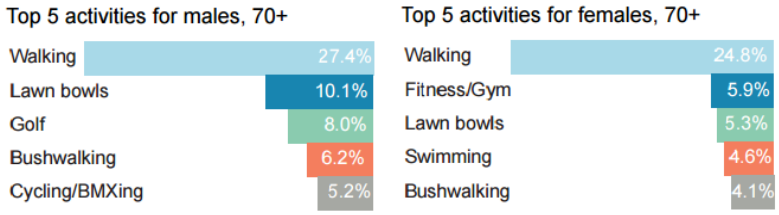
Active and Healthy Ageing Mapping

AGE FRIEDNLY ENVIRONMENTS								
Activity/Program/Strategic Plan/Framework	**Organisation**	**Location & Contact**	**Contact**	**When/Frequency**	**Target Group**	**Health Focus including brief description**	**Evaluation**	**Additional Information/Further Comments**
					All general population Aboriginal, CALD/Refugee LBGTI, Disability Low-socio economic	**Health Focus** • **Physical Activity** • **Healthy Eating** • **Social Inclusion** • **Cognitive and emotional wellbeing** • **Age friendly environments**	**Yes/No – please attach or include evaluation outcomes if available**	**Access** **Cost, Transport Attendance, Waitlist** **Funding Sources** **Commonwealth, State, Private** **Target Group** **Age, Gender**
VETERAINS SUPPORT Central Victorian Veterans' Support Centre			Ph. 5444 1871		Veterans	**AGE FRIENDLY ENVIRONMENTS**	N/A	
VETERAINS SUPPORT Veterans Assessment Service: Care Connect			Ph. 1800 116 166		Veterans	**AGE FRIENDLY ENVIRONMENTS**	N/A	
VICTORIAN EYECARE SERVICE (VES)	Cartwright & Associates Shop 18 Killians Walk Bendigo 3550 Eye care Plus Bendigo 440 HargreavesStreet Bendigo 3550		5443 5137 or 5443 9738		hold a Pensioner Concession Card in their own name and hold a Victorian pension card with the permanent residential address in country Victoria	**EMOTIONAL WELLBEING AND COGNITIVE DEVELOPMENT** (VES) provides optometry care at low cost for persons who hold a pensioner concession card or health care card and live in rural Victoria	N/A	(VES) provides optometry care at low cost for persons who hold a pensioner concession card or health care card and live in rural Victoria

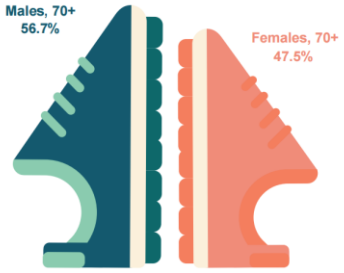
Active and Healthy Ageing Mapping

POLICY/DOCUMENTS						
Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
Ageing is everyone's business	Commissioner's report Victorian Government	Report	A set of six 'building blocks' has been identified as the basis for an integrated approach for action to address social isolation and loneliness among older people from state and local government, funded services, community-based organisations and community members. Consequently, an integrated and coordinated approach is proposed, in partnership with a broad range of key stakeholders including local government, businesses, peak bodies and community organisations. The aim is to enhance the benefits to the state of Victoria associated with our ageing population at the same time as reducing the risks and costs associated with premature decline in individual wellbeing and capacity caused by loneliness and isolation.		https://www.seniorsonline.vic.gov.au/services-information/commissioner-for-senior-victorians	
Age Friendly Victoria Initiative	Victorian Government	Initiative	The initiative aims to promote the inclusion of older people and support services, business and community leaders to better plan for the needs of seniors and enhance the quality of life for people as they age.	$2.2 million over four years in grants for age-friendly projects led by councils.	https://www.seniorsonline.vic.gov.au/get-involved/age-friendly%20victoria	
Well for Life A Healthy Approach to Ageing November 2015	Victorian Government	Booklet	This booklet is for older people who want to follow a healthy approach to ageing in their everyday lives. Research shows the earlier you commit to a healthy lifestyle, the better your chances of ageing well. And the more physically active and connected with others you are, the better you can feel regardless of age, even if you have some health issues. The stories and information in this booklet show the importance of health and wellbeing as you grow older.		Well for Life.pdf	
Well For Life Improving Emotional Wellbeing for older people at home	Victorian Government	Booklet	This information resource includes: • practical guidelines for identifying barriers to people's emotional wellbeing • suggestions about how to recognise opportunities to encourage emotional wellbeing • a series of help sheets with practical strategies • an education package.		https://www2.health.vic.gov.au/ageing-and-aged-care/wellbeing-and-participation/healthy-ageing/well-for-life	

Active and Healthy Ageing Mapping

POLICY/DOCUMENTS						
Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
Active Living Census	City of Greater Bendigo	Census	 People aged 70+ comprise approximately 11.8% of the total population of Greater Bendigo. **Meeting fruit & veg guidelines** Over half of males (51.9%) and females (55.3%) aged 70+ met fruit dietary guidelines. Rates of meeting veg guidelines were much lower (males 13.1% and females 15.2%). Residents aged 70+ were less likely than other adults to report difficulty eating the recommended amount of fruit and vegetables each day.  Over 50% of residents aged 70+ were motivated to increase their level of participation in physical recreation activities. Respondents aged 70+, (females = 65.1%; males = 62.2%) mentioned personal issues (low motivation / embarrassment / poor health) as a barrier to participating more frequently in activities at higher rates than the total sample.		https://www.bendigo.vic.gov.au/Services/Community/Healthy_Together_Bendigo/Active_Living_Census#.V0UtJDV95QI	

Active and Healthy Ageing Mapping

POLICY/DOCUMENTS						
Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
			Seniors were most likely to report using open spaces for Health and Fitness (identified by approximately 57% of open space users aged 70+), and to use off-road walking and cycling tracks for Health and Recreation (identified by approximately 85% of track users aged 70+). **Senior's Physical Activity** Exercise 30 minutes, 4 or more times a week  			
Positive Ageing Strategy 2011-2014	City of Greater Bendigo	Strategy	A range of key needs and key actions were developed using the community consultation to address these desired futures. The desired futures and the key needs are: **1. Social Connections** *Older people will have a sense of belonging and safety because they are socially connected to their community, friends and neighbours.* • Places to meet • Information that facilitates access. • A range of regular and local opportunities for social interaction. • Opportunities for intergenerational interaction. **2. Healthy Mind and Body** *Older people will have the environment, facilities, services and programs that enable and encourage them to maintain healthy bodies and minds*. • Access to health checks and screenings. • Fitness programs. • Activities and programs that stimulate the mind. **3. Housing,** *Older people will have access to affordable and appropriate housing and will be supported in their accommodation choices.*		https://www.bendigo.vic.gov.au/About_the_City/Publications/Documents_listing/Positive_Ageing_Strategy#.VzKmYk9f3Z0 CoGB Positive Ageing Stretegy.pdf	

Active and Healthy Ageing Mapping

POLICY/DOCUMENTS						
Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
			• Diverse range of affordable housing. • All housing developments meet universal design principles. • Alternative housing options for older people. • Information on housing options for older people. **4. Physical Environment** *Older people will be able to access and feel safe in public spaces that encourage visitation and social interaction.* • Public amenities accord with universal design principles. • Outdoor spaces are safe and friendly. • Good pedestrian access. **5. Transport** *Older people will have access to suitable and flexible transport to enable them to lead active and fulfilled lives.* • Information on all available transport options. • Flexible community based transport. • o Public transport that meets changing local needs.			
Positive ageing strategy	Loddon Shire Council	Strategy	CURRENTLY NO STRATEGY AVAILABLE			
Greater Bendigo Public Health and Wellbeing Plan 2013-2017	City of Greater Bendigo	Municipal Public Health Plan	"The highest priorities are increased levels of health services, more accessible active transport options, and access to more diverse and sustainable housing - strong support needed for the ageing population." **Strategies** • Implement the review of the Aged Services Review (CP 2.6.3). • Implement and review the Positive Ageing Strategy. • Engage with the Positive Ageing, Farming, Heritage and Youth Advisory Groups for Council Strategic Planning.		 Greater_Bendigo_Public_Health_and_Well	
Loddon Shire Council Municipal Public Health and Wellbeing Plan 2013-2017	Loddon Shire Council	Municipal Public Health Plan	"In light of our extremely limited resources we are challenged in effectively meeting all the needs of our ageing population…" **Priority 1** Promoting social connections Positive ageing that keeps people connected with each other, supports involvement in the community and is underpinned by resilience and coping **Outcomes:** Older people are supported to live at home and be more independent in, and connected to, the community		 Loddon Municipal-public-healt	

Active and Healthy Ageing Mapping

POLICY/DOCUMENTS						
Name	Organisation	Document Type	Summary of Key Themes	Funding Attached	URL Link	Additional Information/Further Comments
			Indicators Higher participation rate in HACC and community wellbeing programs Identification of, and response to, scooter safety issues **Key Projects** • Continue to facilitate the 5-8 social activity program • Continue to reframe the services provided by the Home and Community Care (HACC) program to reflect the Active Service Model philosophy. • Establish a healthy ageing engagement group to act as a consultative and advisory body for Council to support the establishment of partnerships to promote healthy and positive ageing through a diversity of mental, social and physical opportunities. • Scooter safety • Audit for, and respond to, requests or complaints regarding scooter access so that motorised scooters can move around the community safely • Continue to advocate for placement of scooter and electric wheelchair charge points throughout the community • Scooter & electric wheelchair charge locations are considered as part of any new public facility/streetscape developments • Partner with RoadSafe Central Victoria to deliver motorised scooter skills based workshops to community			
2014-2017 Heathcote & Districts Community Plan	City of Greater Bendigo	Plan	The median age of people in Heathcote was 53 years compared to the Victorian and Australian median ages of 37 years, indicating Heathcote has an older average age. Support the retention of acute, sub-acute, aged, primary care, community and urgent care services at Heathcote Health - Secure funding to construct a community hub, hydrotherapy pool and gymnasium - Establish a sustainable operating model for the Heathcote Lions Club Independent Living Units Develop programs and resources to enhance social inclusion, access and integration opportunities for those who have a disability, are disengaged, vulnerable or suffering from mental illness Work with government bodies to review opportunities to improve residential aged care & primary care services and infrastructure - Establish a dementia village and centre of excellence for		FINAL_Heathcote_Districts_Community_Pl	
IHP Plan BCHS	Bendigo Community Health Services	Integrated Health Promotion Plan	"In addition to the health priority areas, BCHS will also target vulnerable population groups within the community, including older adults." The BCH IHP plan makes reference to • The physical activity guidelines for older Australians and; • Enabling all older Aboriginal people to access the information, support and		BCHS Plan IHP 2013-2017.pdf	

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POLICY/DOCUMENTS						
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			culturally appropriate service response that will maximize their health and wellbeing. **Strategies** • Conduct sexual health information sessions Men in sheds 4x 1 hour sessions plus week end camp • Develop and coordinate activities for Seniors Week and Dahlia and Arts Festival • Conduct walking group lifestyle programs at a range of accessible locations for participants (i.e. Strathdale, Eaglehawk, Kangaroo Flat and Elmore) • Pilot a tailored chair based stretching program at Long Gully Neighbourhood House • (NEW PROGRAM – to replicate across CoGB) • Provide one weekly walking group facilitated by a volunteer • Provide supervised strength training sessions at a range of venues across the City of Greater Bendigo and Elmore • Development of individual strength training programs • Participate in community events including Seniors Week and Men's Health Week			
IHP Plan Bendigo Health	Bendigo Health	Integrated Health Promotion Plan	No ageing focused objectives or strategies.			
IHP Plan Heathcote Health	Heathcote Health	Integrated Health Promotion Plan	**Priority Area 1** – Physical Activity **Target Group** – Older people **Objective 1** Increase physical activity participation for older people in Heathcote and surrounding areas by 2017. **Strategies** - There are at least four opportunities for exercise for older adults by June 2014 - Increase opportunities to participate in physical activity **Priority Area 2** – Mental Health **Strategies** - Work with local community groups to have a combined Seniors Week activity in Heathcote to support social connectedness Improve community relationships. - Support and implement opportunities that increase community capacity to develop and foster healthy supportive relationships That the older people in the community express improved relationships with community groups.		UPDATED FINAL Heathcote Health 201	

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Women's Health Loddon Mallee	Women's health Loddon Mallee	Integrated Health Promotion Plan	500,000 Victorian workers received a free, confidential WorkHealth check as part of WorkSafe Victoria's WorkHealth program. Gender disaggregated data arising from the results of the health checks shows that, perhaps contrary to expectations, that increasing age is correlated with increasing activity. Worksafe - Percentage of women who are physically inactive Age 60+ 60.4% Age 24 and under 74.5%		Womens Health Loddon Mallee IHP Pla	
IHP Plan Inglewood	Inglewood District Health Service	Integrated Health Promotion Plan	**Priority 1 Physical Activity** In the Loddon Health and Wellbeing Plan Community Survey 83% of respondents indicated that people, especially older people, in Loddon do not do enough physical activity, respondents identified more effort is needed to improve the health and wellbeing of older people and that this could be achieved by introducing more affordable and accessible activities, as well as possibly introducing adult exercise equipment within local parks. Research also suggests that chronic disease management can be improved with an increase in physical activity. Increased physical activity can prevent ill health from falls, heart disease, osteoporosis, Type 2 diabetes and some cancers. Recent data for the BLPCP Community Health and Wellbeing Profile highlights that the Loddon Shire has the highest incidence of Type 2 diabetes in Victoria, with the number of residents with diabetes doubling between 2001 and 2011. As a proportion, the prevalence of diabetes in Loddon Shire residents increased from 2.3% in 2001 to 6.5% in 2011. In 2011, 4.6% of residents reported having Type 2 diabetes. **Strategies** Facilitate & Deliver Strength Training 2 days a week to 3 locations. Support & maintain current Strength Training Groups, by attending each session once every 3 months. Source funding opportunities to deliver Dance Your Way to Health (DYWTH) Program in 2 communities **Priority 3 Promoting Mental Health** The Promoting Mental Health Strategy will aim to raise awareness of mental health protective factors for older people. In 2011, it has been reported that 13% of the population in the Loddon Shire live in isolation, and in Wedderburn this rate sits at 23%, compared to Victoria 10%. The Department of Health have recognised in recent publications the link between social isolation and a decline in mental health. Relationships are important since they provide		IDHS IHP Plan 2013-2017 (Updated	

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			people with networks of support. While mental health is related to social isolation, the causal link is hard to establish. People with a mental illness may be unable to participate fully in the community because of the difficulties they face in everyday functioning, while the experience of social isolation may play a role in the onset and development of poor mental health and/or illness.			
IHP Plan NDCHS	Northern District Health Service	Integrated Health Promotion Plan	Please see Southern Mallee PCP Healthy Ageing Mapping Document			
Bendigo PCP Strategic Plan	Bendigo Loddon PCP	Strategic plan			BLPCP Strategic Plan.pdf	
Department of Health Primary Health Networks Grant Programme Guidelines February 2016 – Version 1.2	Murray Primary Health Network	Programme Guidelines	1.5.2. Flexible Funding 1.8. National Priorities and Performance Management PHNs are expected to work to improve health outcomes for their communities. The grant programme for all areas under the Framework. Unable to obtain contracts at the local level, but these are being reviewed in June 2016.	Yes – Commonwealth	http://www.health.gov.au/internet/main/publishing.nsf/Content/F4F85B97E22A94CACA257F86007C7D1F/$File/Primary%20Health%20Network%20Grant%20Programme%20Guidelines%20-%20V1.2%20February%202016.pdf	National PHN Performance Management Framework includes: Aged Care (and also, Mental Health, Aboriginal & Torres Strait Islander Health, Population Health, Health Workforce and eHealth). Aged Care Discussion Paper - https://ahha.asn.au/sites/default/files/images/phn_discussion_paper_seven_-_phns_and_aged_care.pdf One of the first of eight Health Pathways that are being created

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						are for localised referrals to Hospital Admission Risk Program (HARP).
Aged Care Roadmap	Murray Primary Health Network		Department of Social Services released the Aged Care Roadmap, "developed by the Aged Care Sector Committee to outline what is required to realise a sustainable, consumer-led aged care market, where consumers have increased choice and control of what care and support they receive, as well as where, how and when they receive it.		https://www.dss.gov.au/sites/default/files/documents/04_2016/strategic_roadmap_for_aged_care_web.pdf	The Productivity Commission's 2011 Inquiry Report Caring for Older Australians recommended fundamental reform of the aged care system to address limited consumer choice, inconsistent inequitable Government subsidies and user contributions, and variable quality. Changes have been progressively introduced in response to the Commission's report and are delivering improvements.
Bendigo Health Strategic Plan 2013-18	Bendigo Health	Strategic Plan	**Goal: Support our patients, residents, families and communities to take care of themselves and each other** **Objective 1.1** **Educate, inform and empower our community to take control of their health and their health care.** Our priorities include: promotion of healthy ageing…		http://bstrat2.grindstone.com.au/images/BendigoHealth_StratPlanFullVersionDownload_v2.pdf	

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			Process indicators – 3. By January 2015 all people presenting to Bendigo Health with lifestyle related chronic disease receive relevant advice and education Goal: Empower our staff and volunteers to care for our community **Objective 2.1** **Build a high performing workforce.** **Our priorities include: greater staff and volunteer engagement and support**			
Bendigo Health Research & Development Agenda DRAFT 2015		Research & Development Agenda	Bendigo Health research priorities identified as; Population health/healthy communities Chronic Disease Management Healthy ageing	It lists current research areas of the priorities listed on pp 9-10 of document, and identifies funding organisations (DoH, La Trobe, Monash, The Women's Hospital and Bendigo Health).	http://www.bendigohealth.org.au/Content/Docs/BH%20Research%20Agenda%20March%202015.pdf	Document is at draft stage, but the Research and Development (R&D) agenda for Bendigo Health assists both the organisation and partners to focus energy and resources into identified priority areas that improve the health of the community. This aims to better connect service planning and delivery across the care continuum. The Bendigo Health R&D agenda demonstrates how the organisations research activities contribute to the pursuit of the Bendigo Health vision.

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NETWORKS						
Name	Organisation	Network Focus	Contact	When/Frequency	Membership	Additional Information/Further Comments
Positive Ageing Advisory Group	City of Greater Bendigo	Formed in February 2011, the Positive Ageing Advisory Group oversees the implementation of the *Positive Ageing Strategy*. They have a role in raising community awareness about ageing issues and how governments, business and community can build a culture that responds to the needs and aspirations of older people. They also have a role in information exchange between community and local government, contributing to the development of policies and programs, and providing feedback and advice to the City. Advisory Group members include interested older residents and people from community groups or services who work with older people. There are three areas that the Advisory Group have prioritised: transport, housing and social connections. Working groups have been formed to focus on topics.	Anne Maree			
Victorian Active Ageing Partnership	Arthritis and Osteoporosis Victoria supported by Victorian Government	The purpose of the VAAP is to increase opportunities for participation in physical activity for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely older people not currently involved in physical activity. The VAAP started in October 2015 and will run for three years.	Ms Genevieve Nolan Manager, Victorian Active Ageing Partnership	VAAP annual research and practice forum August 2016 Contribute to the e newsletter.	Subscribe to regular e newsletter http://arthritisvic.us10.list-manage1.com/subscribe?u=3a0725b7e537366a4bade8ff5&id=ce81c55426	

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Aged Care Steering Committee	Murray Primary Health Network	Focus on Residential Care in the City of Greater Bendigo. It meets quarterly with a range of representatives. Chaired by Murray Primary Health Network. Working groups are currently focusing on: - after-hours access - medication management And are meeting monthly to progress this work.	Chris Fishley Health Systems Coordinator Murray Primary Health Network cfishley@murrayphn.org.au phone 0344085618 mob 0419434236	Steering Group – quarterly Working Groups – monthly	Ranges from Directors of Nursing to pharmacy and allied health professionals	
Advance Heathcote	Advance Heathcote	In November 2014, Advance Heathcote Inc. was established to implement and drive the 2014-2017 Heathcote & District Community Plan. The views, hopes and aspirations of our community are the basis of this current Community Plan. (See Heathcote and Community Plan under Policy/Documents).	http://www.heathcote.org.au/advance-heathcote-inc Cherrie Coote			
Health & Wellbeing Theme Group	Heathcote Health	Provides the responsibility for the Health and Wellbeing Theme in the Heathcote Community Plan				
Bendigo Rural Health Team	Bendigo Rural Health Team	To provide health promotion and information sessions. Chair based exercise programs		Each Wednesday for exercises. Monthly for health promotion sessions		
PAG- Social Support Network	Varied in the Loddon Mallee Region	To offer support/feedback and benchmarking to PAG's across the region		Bi-monthly		
Service Providers Meetings	Various supplies to Heathcote Health	To discuss local and client specific needs	HACC – Heathcote Health 54310916	Last Tuesday of the month		

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[iv] World Health Organisation. (2002). *Active Ageing: A Policy Framework*. Retrieved from http://www.who.int/ageing/publications/active_ageing/en/

[v] Ibid.

[vi] Department of Health Victoria. (2015). *Active and Healthy Ageing Advisors Guidelines 2015*. Melbourne, Victoria: Victorian Government.

[vii] Australian Bureau of Statistics. (2016, February 17th). *Australian Bureau of Statistics.* Retrieved June 7th, 2016, from Australian Bureau of Statistics:

http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/8146.0Chapter32012-13