

# Health Directory



Finding Services in Your  
Community

# Welcome

This Heathcote Health Directory aims to make sure the Heathcote community has easy access to up-to-date information about local health services, community groups, and sport & recreation activities. There are many ways to support your health, whether that's accessing the services you need, staying active, or connecting with others, this directory aims to make that easier.

This directory includes local health services, community groups, and sport, recreation and fitness options, alongside a list of trusted online services, so that people in Heathcote can find the support and connection that is right for them.

The directory is available online on the Heathcote Health website, where it can be downloaded and printed. Future versions will be also available on the Heathcote Health website. Print copies are available at Heathcote Health reception, the Heathcote information Centre, Community House and Heathcote Library.

If you would like to add a group, update your details, or suggest an improvement, please email [eobree@heathcotehealth.org.au](mailto:eobree@heathcotehealth.org.au). Please also let us know if you would prefer not to be included in future editions. The directory is updated twice per year.

This directory is a companion publication to the Heathcote Community Directory, available on the Advance Heathcote website (<https://www.advanceheathcote.com/community-groups>).



# How to Use This Directory

The Heathcote Health Directory includes information about local health services, community groups, and sport, recreation and fitness options, as well as a curated list of useful online services. This provides Heathcote community members with an easy way to find the support, connection, and services they need.

The directory is organised into five sections. All services, groups and organisations have been divided into these categories to make it easier for you to locate the ones you are most interested in.

## Section 1: Health Services

There are a range of local health services available to support you and your family.

- Hospital Services
- Allied Health
- Mental Health Services
- Maternal and Child Health
- Disability and Aged Care
- Medical Transport

## Section 2: Community Groups

There are lots of groups, clubs and organisations that you can be part of, based on many different interest areas.

- General Interest and Social Groups
- Arts, Culture & Creative Groups
- Churches

## Section 3: Sport, Recreation & Fitness

Check out the clubs and programs you can join, as well as some of the locations around Heathcote where you can exercise for free.

- Sporting Clubs
- Organised Exercise
- Free Exercise

## Section 4: Emergency and Relief Services

- Local Emergency and Safety Info
- Crisis Helpline & Support
- Emergency Relief - Food, Housing & Financial

## Section 5: Online Services

A quick-reference list of trusted online services and resources.

- Mental Health
- Aged Care
- Women's Health Services

# Section 1: Health Services

Heathcote Health is the centre of local healthcare in the community, offering services from general practice and allied health through to community nursing, aged care, and mental health support. This section lists the health services available in and around Heathcote, including outreach options. Many services can be accessed without a referral. For services at Heathcote Health, please contact [admin@heathcotehealth.org](mailto:admin@heathcotehealth.org). If you are unsure whether a service is right for you, call and ask. Health services are there to help you work out where to start.

## Primary Health and Hospital Services

| Service                                                               | Hours                                 | Location                                 | Contact Details                                                                                                                                                       |
|-----------------------------------------------------------------------|---------------------------------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heathcote Health – Hospital, Aged Care & Community Services           | Mon–Fri (admin hours)                 | 39 Hospital Street, Heathcote            | P: (03) 5431 0900<br>E: <a href="mailto:admin@heathcotehealth.org">admin@heathcotehealth.org</a><br>W: <a href="http://heathcotehealth.org">heathcotehealth.org</a>   |
| Heathcote Health – Urgent Care                                        | 24/7                                  | 39 Hospital Street, Heathcote            | P: (03) 5431 0900<br>W: <a href="http://heathcotehealth.org">heathcotehealth.org</a><br>In emergencies: 000                                                           |
| St Anthony Family Medical Centre (GP)                                 | Mon–Fri (closed public holidays)      | Heathcote Primary Health, 39 Hospital St | P: (03) 5431 0888<br>E: <a href="mailto:doctor@heathcotehealth.org">doctor@heathcotehealth.org</a><br>W: <a href="http://stanthonyfmp.com.au">stanthonyfmp.com.au</a> |
| Mclvor Medical Centre & Mclvor Medical Clinic Pathology (Clinicalabs) | Mon–Wed & Fri 8am–3pm; Thurs 8am–12pm | 150 High Street, Heathcote               | P: (03) 5433 3122                                                                                                                                                     |
| Heathcote Pharmacy                                                    | Mon–Fri 9am–5pm; Sat 9am–12:30pm      | 79 High Street, Heathcote                | P: (03) 5433 2020<br>E: <a href="mailto:pharmacy.heathcote@gmail.com">pharmacy.heathcote@gmail.com</a>                                                                |
| Dorevitch Pathology                                                   | Mon–Fri, 8am–3:30pm                   | Heathcote Primary Health, 39 Hospital St | P: (03) 5431 0888<br>E: <a href="mailto:HCT.dorclinic@dorevitch.com.au">HCT.dorclinic@dorevitch.com.au</a>                                                            |
| Bendigo Health Medical Imaging (via Heathcote Health)                 | Monday and Thursday, 9:30am–1pm       | 39 Hospital Street, Heathcote            | P: (03) 5431 0900<br>W: <a href="http://heathcotehealth.org">heathcotehealth.org</a><br>In emergencies: 000                                                           |

*Note: if you have any concerns or questions about Heathcote Health Services, please contact Heathcote Health reception via email [admin@heathcotehealth.org](mailto:admin@heathcotehealth.org) or phone (03) 5431 0900*

# Section 1: Health Services

| Allied Health                                  |                                                                   |                                          |                                                                                                                                                                      |
|------------------------------------------------|-------------------------------------------------------------------|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Service                                        | Hours                                                             | Location                                 | Contact Details                                                                                                                                                      |
| <b>Physiotherapy &amp; Exercise Physiology</b> |                                                                   |                                          |                                                                                                                                                                      |
| Physiotherapy – Just Physio Fit                | Tuesday 9am–4pm                                                   | Heathcote Primary Health, 39 Hospital St | P: (03) 5431 0888                                                                                                                                                    |
| Exercise Physiology Clinic                     | Mon & Tues 9am–5pm; Wed & Thurs 9am–3pm                           | 167 High Street, Heathcote               | P: (03) 5441 5542 / 0474 851 578<br>E: <a href="mailto:bendigoep@outlook.com">bendigoep@outlook.com</a><br>W: <a href="http://bendigoep.com.au">bendigoep.com.au</a> |
| <b>Podiatry</b>                                |                                                                   |                                          |                                                                                                                                                                      |
| Global Podiatry                                | 8:30am–5pm                                                        | Heathcote Primary Health, 39 Hospital St | P: (03) 5431 0888                                                                                                                                                    |
| Lifelong Podiatry (Chloe Whittle)              | Every 2nd Wednesday 9am–4:30pm; Thursday 9am–4:30pm               | Heathcote Primary Health, 39 Hospital St | P: 0477 777 262<br>E: <a href="mailto:chloe@lifelongpodiatry.com">chloe@lifelongpodiatry.com</a>                                                                     |
| <b>Dietetics</b>                               |                                                                   |                                          |                                                                                                                                                                      |
| Central Dietetics (Jo Stanford)                | Monday by appointment; Thursdays in Bendigo; telehealth available | Heathcote Primary Health, 39 Hospital St | P: 0492 884 252<br>E: <a href="mailto:jo@centraldietetics.com">jo@centraldietetics.com</a><br>W: <a href="http://centraldietetics.com">centraldietetics.com</a>      |
| <b>Hearing</b>                                 |                                                                   |                                          |                                                                                                                                                                      |
| Country Hearing Care                           | Via phone or online booking                                       | Heathcote Health & Bendigo               | P: 1800 432 748                                                                                                                                                      |
| Hearing Australia                              | Contact to enquire                                                | Heathcote Health                         | P: (03) 5445 1400                                                                                                                                                    |
| <b>Dental</b>                                  |                                                                   |                                          |                                                                                                                                                                      |
| Heathcote Dental                               | Mon 9am–6pm; Tues 9am–4:30pm; Thurs 9am–6pm                       | 174B High St, Heathcote                  | P: (03) 5433 2340<br>W: <a href="http://heathcotedental.com.au">heathcotedental.com.au</a>                                                                           |

# Section 1: Health Services

## Mental Health and Counselling

| Service                          | Hours                                                 | Location                             | Contact Details                                                                                                                                                                                           |
|----------------------------------|-------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mind Local MIND Australia        | Tues 10am–4pm (walk-in); phone Mon–Fri                | Heathcote Health, 39 Hospital St     | P: (03) 5497 6500 / 1800 332 501<br>E: <a href="mailto:bendigolocal@mindaustalia.org.au">bendigolocal@mindaustalia.org.au</a><br>W: <a href="http://mindaustalia.org.au">mindaustalia.org.au</a>          |
| Alcoholics Anonymous Heathcote   | Tuesdays 7pm                                          | RSL Hall, 127 High Street, Heathcote | P: 0418 582 001<br>W: <a href="http://meetings.aa.org.au">meetings.aa.org.au</a>                                                                                                                          |
| Heathcote Wellness Centre        | Tue, Wed, Thu 10am–7pm. Mon, Fri & Sat By Appointment | 59 High Street, Heathcote            | P: 0467 591 955<br>E: <a href="mailto:admin@heathcotewellnesscentre.com">admin@heathcotewellnesscentre.com</a><br>W: <a href="http://www.Heathcotewellnesscentre.com">www.Heathcotewellnesscentre.com</a> |
| Nurse Practitioner Nomusa Napier | Visiting HH every 2 <sup>nd</sup> Monday              | Heathcote Health, 39 Hospital St     | P: 0459 361 924<br>E: <a href="mailto:nomusa@trinitycommunityservices.co.m.au">nomusa@trinitycommunityservices.co.m.au</a>                                                                                |

## Maternal, Child & Family Health

| Service                                        | Hours                               | Location                              | Contact Details                                                                                  |
|------------------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------|
| Maternal, Child & Family Health Service        | Thursdays + every 2nd & 4th Tuesday | Heathcote Health, 39 Hospital St      | P: (03) 4408 6590<br>E: <a href="mailto:admin@spancv.org.au">admin@spancv.org.au</a>             |
| Heathcote Kindergarten: Shine Bright           | Mon–Thurs 9am–2pm                   | Cnr Herriot & Camp Streets, Heathcote | P: (03) 5433 2068<br>W: <a href="http://shinebright.org.au">shinebright.org.au</a>               |
| Trinity Academy Heathcote (Childcare & Kinder) | Mon–Fri 6:30am–6:30pm               | 165 High Street, Heathcote            | P: (03) 4411 6803<br>W: <a href="http://trinityacademy.edu.au">trinityacademy.edu.au</a>         |
| Bloom: Council of Single Mothers (Bendigo)     | Mon–Fri 9:30am–3pm                  | Bendigo (phone support available)     | P: 1300 552 511<br>E: <a href="mailto:eyadmin@bendigo.vic.gov.au">eyadmin@bendigo.vic.gov.au</a> |
| Orange Door: Family & Children Services        | Mon–Fri 9am–5pm                     | 57 View St, Bendigo                   | P: 1800 512 359<br>W: <a href="http://orangedoor.vic.gov.au">orangedoor.vic.gov.au</a>           |

# Section 1: Health Services

## Disability & Aged Care

| Service                                                      | Hours                                    | Location                         | Contact Details                                                                                                                                                                            |
|--------------------------------------------------------------|------------------------------------------|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Support at Home Provider, Heathcote Health                   | Mon–Fri 8am–4pm (25km radius)            | 39 Hospital Street, Heathcote    | P: (03) 5431 0916 / (03) 5431 0917<br>E: <a href="mailto:adminhcp@heathcotehealth.org">adminhcp@heathcotehealth.org</a><br>W: <a href="http://heathcotehealth.org">heathcotehealth.org</a> |
| Hostel & Nursing Home at Heathcote Health                    | Contact to enquire                       | 39 Hospital Street, Heathcote    | P: (03) 5431 0900<br>E: <a href="mailto:admin@heathcotehealth.org">admin@heathcotehealth.org</a><br>W: <a href="http://heathcotehealth.org">heathcotehealth.org</a>                        |
| Employment Support – Axis / CAEI (visiting Heathcote Health) | Tues & Thurs at Heathcote Health         | Heathcote Health, 39 Hospital St | P: (03) 5441 4007<br>E: <a href="mailto:jeff.else@caei.com.au">jeff.else@caei.com.au</a><br>W: <a href="http://caei.com.au">caei.com.au</a>                                                |
| Heathcote Empire South (NDIS Support)                        | Daily 10am–3pm                           | 97B High Street, Heathcote       | E: <a href="mailto:support@empiresouth.com.au">support@empiresouth.com.au</a>                                                                                                              |
| Different Journeys Autism Support Group                      | 10.30am–12.30pm, 3rd Monday of the month | Gaffney's Bakery, Heathcote      | P: 0490 774 068<br>W: <a href="http://differentjourneysautism.com">differentjourneysautism.com</a>                                                                                         |

## Transport

| Service                                                | Hours                                 | Location                              | Contact Details                                                                                                                                                                       |
|--------------------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| RFDS Community Transport (Royal Flying Doctor Service) | Book in advance – eligibility applies | Heathcote Health, 39 Hospital St      | P: 1300 887 678<br>E: <a href="mailto:communitytransport@rfdsvic.com.au">communitytransport@rfdsvic.com.au</a><br>W: <a href="http://flyingdoctor.org.au">flyingdoctor.org.au</a>     |
| Blue Wren Community Transport                          | Thursday mornings                     | Heathcote                             | P: 0421 357 804<br>E: <a href="mailto:bluewrenshuttleservice@gmail.com">bluewrenshuttleservice@gmail.com</a><br>W: <a href="http://bluewrenshuttle.com.au">bluewrenshuttle.com.au</a> |
| Heathcote VLine Bus (to Melbourne & Bendigo)           | Scheduled departures                  | Cnr High & Barrack Streets, Heathcote | P: 1800 800 007<br>W: <a href="http://vline.com.au">vline.com.au</a>                                                                                                                  |

# Section 2: Community Groups

Social connection is one of the most consistent protective factors for health, and Heathcote has a strong network of community groups, social clubs, and support organisations to draw on. This section lists the organisations and social networks open to Heathcote residents, whether you are looking for companionship, support through a difficult time, or a way to be part of something. Group involvement, including volunteering, is linked with better cognitive health and a stronger sense of purpose, particularly as we age. If a group is missing or needs updating, please email [eobree@heathcotehealth.org.au](mailto:eobree@heathcotehealth.org.au) or call (03) 5431 0900.

## General Interest and Social Groups

| Service                                                         | Hours                                                           | Location                                              | Contact Details                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Astronomical Society of Victoria                                | Various                                                         | Leon Mow Dark Sky Site, 569 Craig's Lane, Lady's Pass | Andrew Hayes (ASV President); Norm Matyson (Section Director, Heathcote)<br>P: 0431 532 391<br>E: <a href="mailto:publicrel@asv.org.au">publicrel@asv.org.au</a><br>W: <a href="https://www.asv.org.au/ASV-Heathcote">https://www.asv.org.au/ASV-Heathcote</a> |
| Australian Plants Society Heathcote                             | 2nd Tuesday of month, 7pm                                       | Senior Citizens' Hall, 121 High St                    | Tania Biagioni (Secretary)<br>P: 0425 707 606<br>E: <a href="mailto:heathcote@apsvic.org.au">heathcote@apsvic.org.au</a><br>F: <a href="https://www.australianplantsociety.org.au/Heathcote">Australian Plants Society Heathcote</a>                           |
| Different Journeys Heathcote - Carers Cuppa                     | 10.30am-12.30pm, 3 <sup>rd</sup> Monday of the month            | Gaffney's Bakery, 63-65 High Street                   | P: 0490 774 068<br>W: <a href="https://www.differentjourneysautism.com">differentjourneysautism.com</a>                                                                                                                                                        |
| Heathcote Agricultural, Pastoral & Horticultural (AP&H) Society |                                                                 | Showgrounds, Cnr Chauncey St & Caldwell St            | Robyn Donovan (President)<br>P: 0428 528 593<br>E: <a href="mailto:donovanrobyn47@gmail.com">donovanrobyn47@gmail.com</a><br>W: <a href="https://www.vicagshows.com.au/heathcote-show">https://www.vicagshows.com.au/heathcote-show</a>                        |
| Heathcote Angling Club                                          | 3rd Monday of month at 6.30pm                                   |                                                       | Rudi Frahm (President)<br>P: 0411 044 636<br>E: <a href="mailto:kurt.frahm@bigpond.com">kurt.frahm@bigpond.com</a><br>F: <a href="https://www.heathcoteanglingclub.com.au">Heathcote Angling Club</a>                                                          |
| Heathcote Brownie Guides                                        | Confirm with Brownie Guide Contact                              | Guide Hall, 121 High St                               | Lorraine Leask<br>P: 0408 036 520<br>E: <a href="mailto:lmleask@bigpond.net.au">lmleask@bigpond.net.au</a><br>W: <a href="https://www.guidesvic.org.au">guidesvic.org.au</a><br>F: <a href="https://www.girlguides.org.au">Girl Guides Victoria</a>            |
| Heathcote Cars, Coffee and Bikes                                | Monthly free community event on 2 <sup>nd</sup> Sunday of month | High Street                                           | Kylie Ryan<br>P: 0467 591 955                                                                                                                                                                                                                                  |

# Section 2: Community Groups

## General Interest and Social Groups

| Service                                           | Hours                                                                                                           | Location                                                             | Contact Details                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heathcote Car Club                                | 2nd Tuesday of month at 7:30pm                                                                                  | 5 McMahon Street                                                     | P: 0484 115 510<br>E: <a href="mailto:heathcote.carclub@outlook.com">heathcote.carclub@outlook.com</a><br>W: <a href="http://www.shannons.com.au/club/carclubs/heathcote-district-car-club">www.shannons.com.au/club/carclubs/heathcote-district-car-club</a><br>F: <a href="http://Heathcote District Car Club">Heathcote District Car Club</a> |
| Heathcote Masonic Lodge                           | 3rd Thurs of month, 6.30pm (except Sept & Dec)                                                                  | Heathcote Lodge, 82 High Street                                      | Gus Martonhelyi (Secretary)<br>P: 0429 106 596<br>E: <a href="mailto:HeathcoteLodgeNo30@gmail.com">HeathcoteLodgeNo30@gmail.com</a><br>W: <a href="http://www.freemasonsvic.net.au">www.freemasonsvic.net.au</a>                                                                                                                                 |
| Heathcote Mclvor Historical Society               | Wed from 10am                                                                                                   | 19 Herriot Street                                                    | Elizabeth Murfitt<br>P: 0438 353 407<br>E: <a href="mailto:emurfitt3523@rocketmail.com">emurfitt3523@rocketmail.com</a><br>F: <a href="http://3523heathcotehistoricalsociety">3523heathcotehistoricalsociety</a>                                                                                                                                 |
| Heathcote Men's Shed                              | Tues & Wed 9am–2pm                                                                                              | 39–55 Hospital Street                                                | Jim McHarg<br>P: 0499 112 253<br>E: <a href="mailto:heathcotemensshed@gmail.com">heathcotemensshed@gmail.com</a><br>W: <a href="http://www.heathcotemensshed.com.au">www.heathcotemensshed.com.au</a><br>F: <a href="http://Heathcote Men's Shed">Heathcote Men's Shed</a>                                                                       |
| Heathcote Night CWA (Country Women's Association) | 1st Wednesday of month 7:30pm                                                                                   | Heathcote Primary School, Stephanie Alexander Kitchen, 31 Herriot St | Marion Smith (Secretary)<br>P: 0427 664 008<br>E: <a href="mailto:heathcotenightcwa@gmail.com">heathcotenightcwa@gmail.com</a><br>W: <a href="http://CWA Vic">CWA Vic</a><br>F: <a href="http://CWA Heathcote Night">CWA Heathcote Night</a>                                                                                                     |
| Heathcote Photography Group                       | Monthly                                                                                                         | Contact via Facebook                                                 | P: 0433 962 926                                                                                                                                                                                                                                                                                                                                  |
| Heathcote Senior Citizens                         | Mon, Wed & Fri 1–4pm                                                                                            | Mechanics Institute, 121 High St                                     | P: (03) 5433 3325                                                                                                                                                                                                                                                                                                                                |
| Heathcote U3A                                     | Meet on the 1st Thurs of month at 10.30 am with a Guest Speaker/Coffee (+ program of other regular activities). | Guide Hall, 121 High Street                                          | Heather Low (Secretary)<br>P: 0447 332 783<br>E: <a href="mailto:u3a.heathcote@gmail.com">u3a.heathcote@gmail.com</a><br>F: <a href="http://U3A Heathcote">U3A Heathcote</a>                                                                                                                                                                     |
| Thirston Morris Fine Woodworking Classes          | Multiple class offerings - see website (Beginners & Intermediate, 18+)                                          | Workshop: 72 Backhaus Road Axedale                                   | Thirston Morris<br>P: 0413 771 905<br>E: <a href="mailto:i.am@thirstonmorris.com.au">i.am@thirstonmorris.com.au</a><br>W: <a href="https://thirstonmorris.com.au/classes">https://thirstonmorris.com.au/classes</a>                                                                                                                              |
| Women In The Community of Heathcote (WITCHes)     | Every 4 weeks on a Saturday or Sunday afternoon                                                                 | Venues around Heathcote                                              | Jo Stanford<br>P: 0429 413 166                                                                                                                                                                                                                                                                                                                   |

# Section 2: Community Groups

## Community Service Groups

| Group                                        | Hours                                               | Location                                             | Contact Details                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------|-----------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CFA Heathcote Fire Brigade                   | 7.30pm on 1 <sup>st</sup> Monday of month           | Fire Station, 136-138 High St (cnr Herriot St)       | Evan Pritchard<br>P: 03 5433 2353 or 000<br>E: <a href="mailto:fbhcou@cfa.vic.gov.au">fbhcou@cfa.vic.gov.au</a><br>W: <a href="http://www.cfa.vic.gov.au">www.cfa.vic.gov.au</a><br>F: <a href="#">Heathcote Fire Brigade</a>                                                                                                                   |
| CFA Heathcote Fire Brigade - Juniors         | Cadet Firefighting Program, open to 11-15 year olds | Fire Station, 136-138 High St (cnr Herriot St)       | Evan Pritchard<br>P: 03 5433 2353<br>E: <a href="mailto:fbhcou@cfa.vic.gov.au">fbhcou@cfa.vic.gov.au</a><br>W: <a href="https://www.cfa.vic.gov.au/volunteers-careers/volunteer-with-cfa/junior-volunteers">https://www.cfa.vic.gov.au/volunteers-careers/volunteer-with-cfa/junior-volunteers</a><br>F: <a href="#">Heathcote Fire Brigade</a> |
| CFA Mt Camel Fire Brigade                    | Training: 9am, 1st Sunday each month                | Fire Station, 213 Heathcote-Rochester Road, Mt Camel | P: 03 5433 2353 or 000<br>E: <a href="mailto:mtcamelcfa@gmail.com">mtcamelcfa@gmail.com</a><br>W: <a href="http://www.cfa.vic.gov.au">www.cfa.vic.gov.au</a><br>F: <a href="#">Mt Camel CFA</a>                                                                                                                                                 |
| Heathcote Lions Bush Market                  | 1st Sat of month 8am-1pm                            | Barrack Reserve                                      | Market manager<br>P: 0400 675 995<br>E: <a href="mailto:lionsmarketmanager@gmail.com">lionsmarketmanager@gmail.com</a><br>F: <a href="#">Heathcote Lions Market</a>                                                                                                                                                                             |
| Heathcote Lions Club                         | 1 <sup>st</sup> Wednesday of the month, 7pm         | Guide Hall, 121 High Street                          | Secretary<br>E: <a href="mailto:heathcotelionsclub@gmail.com">heathcotelionsclub@gmail.com</a><br>W: <a href="https://lionsclubs.org.au/">https://lionsclubs.org.au/</a><br>F: <a href="#">Lions Club of Heathcote</a>                                                                                                                          |
| Heathcote RSL Sub Branch Inc                 | Happy hour: 1st & 3rd Fridays: 5pm-7pm (except Jan) | 127 High Street                                      | P: 0418 416 520 - Miles Humphrey (President)<br>P: 0427 266 558 - Bryan Linnell (Secretary)<br>E: <a href="mailto:heathcote.vic.rsl@gmail.com">heathcote.vic.rsl@gmail.com</a><br>W: <a href="https://rslvic.com.au/">https://rslvic.com.au/</a><br>F: <a href="#">Heathcote RSL Sub-branch</a>                                                 |
| State Emergency Service (SES) Heathcote Unit | Thursday, 7-9 pm                                    | 3/7 Wright Street                                    | P: Emergency Assistance 13 25 00 or DIAL 000<br>E: <a href="mailto:heathcote@ses.vic.gov.au">heathcote@ses.vic.gov.au</a><br>W: <a href="https://www.heathcoteses.org.au/">https://www.heathcoteses.org.au/</a><br>F: <a href="#">SES Heathcote Unit</a>                                                                                        |

# Section 2: Community Groups

## Arts, Culture & Creative Groups

| Service                    | Hours                                                               | Location                                       | Contact Details                                                                                                                                                                                                                                                         |
|----------------------------|---------------------------------------------------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bookclubs                  |                                                                     |                                                | Enquire through Heathcote Library or Heathcote U3A<br>E: <a href="mailto:heathcote@ncgrl.vic.gov.au">heathcote@ncgrl.vic.gov.au</a><br>E: <a href="mailto:u3a.heathcote@gmail.com">u3a.heathcote@gmail.com</a>                                                          |
| Court House Crafts         | Thursday to Sunday, 10am-4pm                                        | 170 High Street                                | Gail Willingham (Secretary)<br>P: 0435 180 683<br>E: <a href="mailto:courthousecrafts2@gmail.com">courthousecrafts2@gmail.com</a><br>F: <a href="#">Heathcote Court House Crafts</a>                                                                                    |
| Heathcote Artists Inc      | Members meet each Monday (public holidays excepted), 9am to 12 noon | Heathcote Golf Club Rooms, 68 Patterson Street | Secretary<br>E: <a href="mailto:heathcoteartistsinc@gmail.com">heathcoteartistsinc@gmail.com</a><br>F: <a href="#">Heathcote Artists Inc</a>                                                                                                                            |
| Heathcote Craft Group      | Tuesday 9am–2pm                                                     | RSL Hall, 127 HighStreet, RSL Meeting Room     | P: 0417 526 339                                                                                                                                                                                                                                                         |
| Heathcote Film Festival    | One weekend a year, usually late August                             | RSL Hall, 127 High Street                      | E: <a href="mailto:info@heathcotefilmfestival.com.au">info@heathcotefilmfestival.com.au</a><br>W: <a href="http://www.heathcotefilmfestival.com.au">www.heathcotefilmfestival.com.au</a><br>F: <a href="#">Heathcote Film Festival</a>                                  |
| Heathcote Quilters         | 2 <sup>nd</sup> & 4 <sup>th</sup> Wed of each month, 9am-1pm        | Barrack Reserve Stadium, Oval Room             | Kate Hamilton<br>P: 0473 568 525<br>E: <a href="mailto:heathcotequilters@hotmail.com">heathcotequilters@hotmail.com</a>                                                                                                                                                 |
| Mudbrick Motley Theatre    | Meetings occur only when in production mode                         |                                                | Maree Hingston (Founder & President)<br>P: 0409 565 432<br>E: <a href="mailto:chaddie@active8.net.au">chaddie@active8.net.au</a><br>F: <a href="#">Mudbrick Motley Theatre</a>                                                                                          |
| Palling's Poetry & Musings | Meet every 1st Sunday of the month to perform the spoken word       |                                                | Dave Munro<br>F: <a href="#">Palling's Poetry &amp; Musings</a>                                                                                                                                                                                                         |
| Positive Words             | Monthly magazine - stories & poetry                                 |                                                | P: 0459 023 481<br>E: <a href="mailto:positivewordsmagazine@live.com.au">positivewordsmagazine@live.com.au</a><br>W: <a href="http://www.positivewordsmagazine.wordpress.com">www.positivewordsmagazine.wordpress.com</a><br>F: <a href="#">Positive Words Magazine</a> |

# Section 2: Community Groups

## Churches

| Service                                  | Hours                                                                      | Location                           | Contact Details                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------|----------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Goldfields Wesleyan Methodist Church     | Sunday 10:30am                                                             | Senior Citizens' Hall, 121 High St | Ian Davey<br>P: 0407 511 901<br>E: <a href="mailto:iandavey12@bigpond.com">iandavey12@bigpond.com</a>                                                                                                                                                                                                                                    |
| Heathcote Uniting Church                 | Sunday 10am                                                                | 133 High Street                    | P: 0438 432 766<br>E: <a href="mailto:heathcoteunitingchurch@gmail.com">heathcoteunitingchurch@gmail.com</a>                                                                                                                                                                                                                             |
| St Anthony's Monastery (Coptic Orthodox) |                                                                            | Redburns Ln, Heathcote VIC 3523    | P: (03) 5433 3026<br>W: <a href="https://copticorthodox.church/en/monasteries/st-anthony-monastery-heathcote-australia/">https://copticorthodox.church/en/monasteries/st-anthony-monastery-heathcote-australia/</a><br>F: <a href="#">St Anthony Coptic Orthodox Monastery</a>                                                           |
| St John's Anglican Church                | Eucharist: 1st & 3rd Sunday 10am;<br>Morning Prayer: 2nd & 4th Sunday 10am | 165 High Street                    | P: 0476 067 048<br>E: <a href="mailto:stjohnsheathcote1@yahoo.com">stjohnsheathcote1@yahoo.com</a>                                                                                                                                                                                                                                       |
| St Mary's Catholic Church                | Sat Vigil 5:30pm;<br>Sun Mass 9 am;<br>Weekday Mass (Tues-Sat) 9 am        | 61 Ebden Street                    | P: (03) 5433 2030<br>E: <a href="mailto:heathcote@sandhurst.catholic.org.au">heathcote@sandhurst.catholic.org.au</a><br>W: <a href="https://www.sandhurst.catholic.org.au/item/1113-heathcote-parish-mary-help-of-christians-church">https://www.sandhurst.catholic.org.au/item/1113-heathcote-parish-mary-help-of-christians-church</a> |

## Legal & Practical Support

| Service                                                | Hours                                            | Location                                          | Contact Details                                                                                                           |
|--------------------------------------------------------|--------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Department of Justice Community Service Hours Programs |                                                  | Community House & 125 High Street                 |                                                                                                                           |
| Haven Home Safe                                        | Every 3 <sup>rd</sup> Thurs of month, 10 am-2 pm | Bendigo, but also at Heathcote Community House    | P: 1300 428 364<br>W: <a href="https://havenhomesafe.org.au/get-help/bendigo/">havenhomesafe.org.au/get-help/bendigo/</a> |
| Services Australia Agency / Centrelink Access          | 9:30am-12 and 12.30-4pm (Mon-Fri)                | Support can be found at Heathcote Community House | W: <a href="#">Services Australia</a>                                                                                     |
| Digital Support Services - IT Help                     | Photocopying, Printing, Laminating               | Resume Assistance                                 |                                                                                                                           |

## Section 2: Community Groups

**Heathcote Community House** provides services to our local community to assist, support, and meet their needs through a diverse range of activities, programs, and courses, while providing a place to feel safe, supported, and connected.

Location: 2/39-55 Hospital Street, Heathcote, 3523

Open: Monday to Friday, 9 am-3 pm

Phone: (03) 5433 2820

Email: [heathcotecommunityhouse3@gmail.com](mailto:heathcotecommunityhouse3@gmail.com)

Facebook: [Heathcote Community House](#)

### Community House Groups

| Group                                                                                     | Hours                                                              | Location                               | Contact Details                                                                                                        |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Chatty Community Craft Group                                                              | Wednesdays 10am–2pm, includes morning tea & light lunch            | Community House                        |                                                                                                                        |
| Creative Arts                                                                             | Wed 5.30-6.30 for a series of weeks each term                      | Community House                        | Facilitator: Charley Leader                                                                                            |
| Dying to Ask (End of Life Education)                                                      | Every 2nd Monday of month, includes morning tea                    | Community House                        | Facilitator: Amanda Collins<br>F: <a href="#">Dying To Ask</a>                                                         |
| Heathcote Carers' Support Group                                                           | 3rd Wed of month 2–3:30 pm                                         | Heathcote Bowls Club & various outings | Facilitator: Fran Dunmore King & Vicki Forde<br>P: 0419 595 873                                                        |
| Heathcote Ukulele Group (HUG)                                                             | Events advertised on Facebook                                      | Various venues                         | Facilitators: Amanda Collins & Dave Munro<br>F: <a href="#">Heathcote Ukulele Group</a>                                |
| Heathcote Writers' Playgroup                                                              | Weekly, Tuesday 1:30–3pm                                           | Community House                        |                                                                                                                        |
| Mariah's Musicians (Mariah teaches guitar, piano, voice & ukulele in Bendigo & Heathcote) | Wed & Thurs - other times through local & regional Primary Schools | Community House                        | E: <a href="mailto:mariahs mccarthy@gmail.com">mariahs mccarthy@gmail.com</a><br>F: <a href="#">Mariah's Musicians</a> |

# Section 3: Physical Activity

Regular physical activity is one of the most effective things you can do for your long-term physical and mental health. Heathcote offers more ways to get active than many people realise, from organised sport and community fitness programs to walking trails, free equipment, and informal groups. This section lists these opportunities, whatever your fitness level or experience. Australian guidelines recommend 150–300 minutes of moderate activity per week for adults, roughly 30 minutes most days, which can be broken up and includes anything from a brisk walk to a swim.

## Sporting Clubs

| Service                             | Hours                                                            | Location                                               | Contact Details                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------|------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heathcote & District Pony Club      | 2nd Sunday of month, 9am–4pm                                     | Heathcote Showgrounds, Cnr Caldwell & Chauncey Streets | P: 0426 295 800<br>E: <a href="mailto:heathcoteanddistrictpc@gmail.com">heathcoteanddistrictpc@gmail.com</a><br>W: <a href="http://ponyclubvic.org.au/club/heathcote-and-district-pony-club/">ponyclubvic.org.au/club/heathcote-and-district-pony-club/</a><br>F: <a href="http://Heathcote &amp; District Pony Club">Heathcote &amp; District Pony Club</a> |
| Heathcote Bowling Club              | Mixed Bowls: Wed & Sat 1pm                                       | 1 Herriot Street                                       | Greg Spiers<br>P: 5433 3584<br>E: <a href="mailto:heathcotebowls@outlook.com">heathcotebowls@outlook.com</a><br>W: <a href="http://heathcote.bowls.com.au/">heathcote.bowls.com.au/</a>                                                                                                                                                                      |
| Heathcote Cricket Club              | Contact via email                                                | 126 High Street                                        | P: 0472 682 084<br>E: <a href="mailto:heathcotecc@outlook.com">heathcotecc@outlook.com</a><br>W: <a href="http://Heathcote Cricket Club">Heathcote Cricket Club</a><br>F: <a href="http://Heathcote Cricket Club">Heathcote Cricket Club</a>                                                                                                                 |
| Heathcote Football Netball Club     | Training: Tuesday and Thursday from 5pm. Game day is on Saturday | Barrack Reserve, 126 High Street                       | Klee Shields<br>P: 0447 332 350<br>E: <a href="mailto:heathcotefnc@outlook.com">heathcotefnc@outlook.com</a><br>F: <a href="http://Heathcote Football Netball Club">Heathcote Football Netball Club</a>                                                                                                                                                      |
| Heathcote Golf Club                 | Various – contact to enquire                                     | 61 Patterson Street                                    | David Clouston<br>P: 0418 470 465<br>E: <a href="mailto:info@heathcotegolfclub.com.au">info@heathcotegolfclub.com.au</a><br>W: <a href="http://heathcotegolfclub.com.au/">heathcotegolfclub.com.au/</a>                                                                                                                                                      |
| Heathcote Panthers' Basketball Club | Practice Tuesdays 4pm                                            | Barrack Reserve Stadium, 126 High Street               | P: 0418 589 020<br>E: <a href="mailto:heathcotepanthers@gmail.com">heathcotepanthers@gmail.com</a><br>F: <a href="http://Heathcote Panthers Basketball Club">Heathcote Panthers Basketball Club</a>                                                                                                                                                          |

# Section 3: Physical Activity

| Sporting Clubs                                   |                                           |                                          |                                                                                                                                                                                                                                                                   |
|--------------------------------------------------|-------------------------------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Service                                          | Hours                                     | Location                                 | Contact Details                                                                                                                                                                                                                                                   |
| Heathcote Pickleball                             | Social pickleball - Wed 5-7 pm            | Barrack Reserve Stadium, 126 High Street | Secretary<br>E: <a href="mailto:heathcotetennisclub@gmail.com">heathcotetennisclub@gmail.com</a><br>W: <a href="#">Clubspark / Heathcote Tennis Club / Programs</a><br>F: <a href="#">Heathcote Tennis Club</a>                                                   |
| Heathcote Tennis Club                            | Tennis social hits - Tues pm & Sun am     | Heathcote Tennis Club, 2-10 Wright St    | Secretary<br>E: <a href="mailto:heathcotetennisclub@gmail.com">heathcotetennisclub@gmail.com</a><br>W: <a href="#">Clubspark / Heathcote Tennis Club / Programs</a><br>F: <a href="#">Heathcote Tennis Club</a>                                                   |
| Heathcote Taekwondo Club                         | Thursdays 6-7pm (Ages 5yrs+, school term) | Barrack Reserve Stadium, 126 High Street | Instructor: Wayne Ettwell<br>P: 0408 170 888<br>E: <a href="mailto:sw.ettwell@bigpond.com">sw.ettwell@bigpond.com</a><br>W: <a href="https://www.taekwondo.com.au/heathcote">https://www.taekwondo.com.au/heathcote</a><br>F: <a href="#">Heathcote Taekwondo</a> |
| Victorian Motors Sports Park (drag racing venue) |                                           | 256 Knowsley-Barnadown Rd, Knowsley      | E: <a href="mailto:admin@vicmotorsportspark.com.au">admin@vicmotorsportspark.com.au</a><br>W: <a href="https://www.vicmotorsportspark.com.au/">https://www.vicmotorsportspark.com.au/</a><br>F: <a href="#">Victorian Motorsports Park</a>                        |

# Section 3: Physical Activity

## Organised Exercise

| Service                                                                               | Hours                                                                                      | Location                                                     | Contact Details                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| At The Bar Fitness                                                                    | 24/7 gym access;<br>staffed Mon–Fri<br>9am–3pm<br>Outside these<br>hours by<br>appointment | 73–75 High Street                                            | P: 0437 008 999<br>E: <a href="mailto:atbfitnessheathcote@gmail.com">atbfitnessheathcote@gmail.com</a><br>W: <a href="http://www.atthebar.com.au">www.atthebar.com.au</a><br>F: <a href="https://facebook.com/AtTheBarFitness">facebook.com/AtTheBarFitness</a>                                                                                    |
| Blissful Body Pilates                                                                 | Classes held on<br>Tues & Thurs at<br>6pm (RSVPs<br>essential)                             | St Andrew's Uniting<br>Church, 80 McIvor<br>Highway, Axedale | Ness Wiltshire<br>P: 434 093 096<br>E: <a href="mailto:ness@blissfulbodypilates.com.au">ness@blissfulbodypilates.com.au</a><br>W: <a href="http://www.blissfulbodypilates.com.au">www.blissfulbodypilates.com.au</a><br>F: <a href="https://BlissfulBodyPilates">Blissful Body Pilates</a>                                                         |
| Chair Yoga (Heathcote<br>Health Social Support<br>Group) (Body movement<br>workshops) | Mondays 11am                                                                               | Barrack Reserve<br>Stadium, 126 High St                      | Contact Heathcote Health - Rae<br>Thallas - (03) 5431 0900<br>Facilitator: Tania Biagioni: 0425 707<br>606                                                                                                                                                                                                                                         |
| Chair Yoga (U3A) (Body<br>movement workshops)                                         | Wednesdays<br>3:30pm                                                                       | Heathcote Guide Hall                                         | Contact U3A<br>P: 0447 332 783<br>E: <a href="mailto:u3a.heathcote@gmail.com">u3a.heathcote@gmail.com</a><br>Facilitator: Tania Biagioni: 0425 707<br>606                                                                                                                                                                                          |
| Cheer N Dance Athletics                                                               | Sessions in<br>Heathcote on<br>Wednesdays                                                  | Barrack Recreation<br>Reserve                                | P: 03 5442 5959<br>E: <a href="mailto:reception@cheerndance.com.au">reception@cheerndance.com.au</a><br>W: <a href="https://cheerndance.com.au/">https://cheerndance.com.au/</a><br>F: <a href="https://CheerNDanceAthletics">CheerNDanceAthletics</a>                                                                                             |
| Floor Yoga, Pyalong<br>(Body movement<br>workshops)                                   | Wednesdays<br>9:30am                                                                       | Pyalong Recreation<br>Hall                                   | Tania Biagioni<br>P: 0425 707 606<br>E: <a href="mailto:captureyouessence@outlook.com">captureyouessence@outlook.com</a><br>W: <a href="https://captureyouessence.com.au">https://captureyouessence.com.au</a><br>F: <a href="https://CaptureYourEssence-FeelingFabulous50andbeyond">Capture Your Essence - Feeling<br/>Fabulous 50 and beyond</a> |
| EP Clinic: Creaks N<br>Cracks                                                         | Mon & Thurs<br>10:30am                                                                     | 167 High Street,<br>Heathcote                                | P: (03) 5441 5542 / 0474 851 578<br>E: <a href="mailto:bendigoep@outlook.com">bendigoep@outlook.com</a><br>W: <a href="http://bendigoep.com.au">bendigoep.com.au</a>                                                                                                                                                                               |
| EP Clinic: Floor-based<br>Pilates                                                     | Tuesdays 2pm                                                                               | 167 High Street,<br>Heathcote                                | P: (03) 5441 5542 / 0474 851 578<br>E: <a href="mailto:bendigoep@outlook.com">bendigoep@outlook.com</a><br>W: <a href="http://bendigoep.com.au">bendigoep.com.au</a>                                                                                                                                                                               |
| EP Clinic: Chair Yoga                                                                 | Thursdays<br>1:15pm                                                                        | 167 High Street,<br>Heathcote                                | P: (03) 5441 5542 / 0474 851 578<br>E: <a href="mailto:bendigoep@outlook.com">bendigoep@outlook.com</a><br>W: <a href="http://bendigoep.com.au">bendigoep.com.au</a>                                                                                                                                                                               |
| EP Clinic: Parkinsons<br>Disease Warrior Group                                        | Tuesdays 3pm                                                                               | 167 High Street,<br>Heathcote                                | P: (03) 5441 5542 / 0474 851 578<br>E: <a href="mailto:bendigoep@outlook.com">bendigoep@outlook.com</a><br>W: <a href="http://bendigoep.com.au">bendigoep.com.au</a>                                                                                                                                                                               |

# Section 3: Physical Activity

## Organised Exercise

| Service                                                                                                                                                                                      | Hours                                                  | Location                                      | Contact Details                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Floor Yoga, Redesdale (Body movement workshops)                                                                                                                                              | Wednesdays 5:30pm                                      | Redesdale Recreation Reserve                  | Tania Biagioni<br>P: 0425 707 606<br>E: <a href="mailto:captureyoureance@outlook.com">captureyoureance@outlook.com</a><br>W: <a href="https://captureyoureance.com.au">https://captureyoureance.com.au</a><br>F: <a href="#">Capture Your Essence - Feeling Fabulous 50 and beyond</a> |
| Fox Studio Dance Classes (2–18 yrs)                                                                                                                                                          | Wed & Fri from 5pm                                     | Costerfield Hall                              | Ms Darian Fox<br>P: 0485 675 600<br>E: <a href="mailto:fox.studio@outlook.com">fox.studio@outlook.com</a><br>F: <a href="#">Fox Studio</a>                                                                                                                                             |
| Heathcote Swimming Pool                                                                                                                                                                      | Nov–Mar season: Season tickets available - see website | 10 Barrack Street                             | P: (03) 5433 2233<br>E: <a href="mailto:heathcote@belgravialeisure.com.au">heathcote@belgravialeisure.com.au</a><br>W: <a href="http://heathcotepool.com.au">heathcotepool.com.au</a>                                                                                                  |
| Mclvor Creek Trail Park Run, Heathcote                                                                                                                                                       |                                                        | 10 Barrack St & Mclvor Creek Trail, Heathcote | E: <a href="mailto:mcivorcreektrailheathcote@parkrun.com">mcivorcreektrailheathcote@parkrun.com</a><br>W: <a href="https://www.parkrun.com.au/">https://www.parkrun.com.au/</a><br>F: <a href="#">Mclvor Creek Trail Park Run, Heathcote</a>                                           |
| <p><i>The <b>Mclvor Creek Trail Park Run, Heathcote</b> is a free, weekly, timed 5k event every Saturday morning at 8am in Heathcote. Everyone is welcome to walk, run or volunteer.</i></p> |                                                        |                                               |                                                                                                                                                                                                                                                                                        |
| YogaTime                                                                                                                                                                                     | Mon 9–10:15am;<br>Wed 6:15–7:30pm                      | 139A High Street                              | P: 0418 312 991<br>E: <a href="mailto:shells27@me.com">shells27@me.com</a><br>F: <a href="#">Yogatime</a>                                                                                                                                                                              |
| Yoga with Natalie                                                                                                                                                                            | Thursday 7–8 am & Friday 9–10.15 am.                   | 75 Vaughans Lane Heathcote                    | Natalie Elena Will<br>P: 0415 823 998                                                                                                                                                                                                                                                  |

# Section 3: Physical Activity

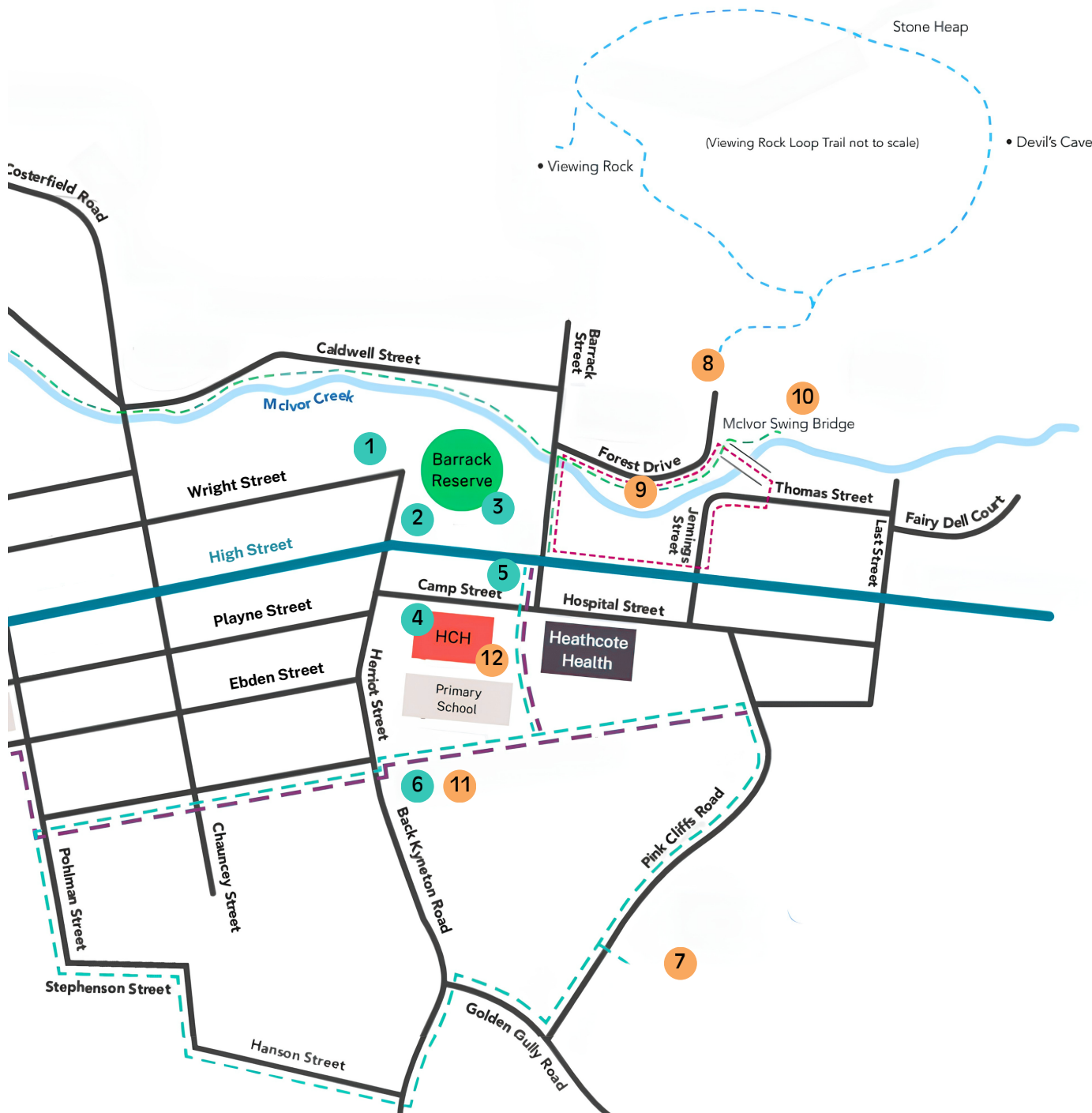
## Free Exercise

| Service                                                                           | Hours                                                   | Location                                           | Details                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heathcote Adventure Playground                                                    | 24/7                                                    | 126 High Street (next to CFA)                      |                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Heathcote BMX Track and Skate Park (area also includes a basketball practice pad) | 24/7                                                    | 5 Camp Street                                      | City of Greater Bendigo<br>P: 1300 002 642<br>E: <a href="mailto:requests@bendigo.vic.gov.au">requests@bendigo.vic.gov.au</a><br>W: <a href="https://www.bendigo.vic.gov.au/things-do/pools-playgrounds-and-parks/bmx-tracks-and-jumps/heathcote-bmx-jumps">https://www.bendigo.vic.gov.au/things-do/pools-playgrounds-and-parks/bmx-tracks-and-jumps/heathcote-bmx-jumps</a><br>F: <a href="#">City of Greater Bendigo</a>                |
| Barrack Reserve Oval and Netball Courts                                           | Open 24/7                                               | Barrack Street, Heathcote                          | City of Greater Bendigo<br>P: 1300 002 642<br>E: <a href="mailto:requests@bendigo.vic.gov.au">requests@bendigo.vic.gov.au</a><br>W: <a href="https://www.bendigo.vic.gov.au/things-do/sports-venues/barrack-recreation-reserve-heathcote">https://www.bendigo.vic.gov.au/things-do/sports-venues/barrack-recreation-reserve-heathcote</a><br>F: <a href="#">City of Greater Bendigo</a>                                                    |
| Heathcote Dog Park (off-Leash Dog Park)                                           | 24/7                                                    | 26 Herriot St, Cnr Herriot St & O'Keefe Rail Trail | City of Greater Bendigo<br>P: 1300 002 642<br>E: <a href="mailto:requests@bendigo.vic.gov.au">requests@bendigo.vic.gov.au</a><br>W: <a href="https://www.bendigo.vic.gov.au/things-do/pools-playgrounds-and-parks/off-leash-dog-parks/heathcote-dog-park">https://www.bendigo.vic.gov.au/things-do/pools-playgrounds-and-parks/off-leash-dog-parks/heathcote-dog-park</a><br>F: <a href="#">Heathcote Dog Park - Doggy Play Date Group</a> |
| O'Keefe Rail Trail                                                                | 24/7                                                    |                                                    | Bike & walking trail from Heathcote to Bendigo<br>W: <a href="https://www.bendigo.vic.gov.au/things-do/gardens-and-natural-reserves/okeefe-rail-trail">https://www.bendigo.vic.gov.au/things-do/gardens-and-natural-reserves/okeefe-rail-trail</a>                                                                                                                                                                                         |
| Friends of the Bendigo-Kilmore Rail Trail                                         | 24/7 open access trail suitable for walking and cycling | Friends of the BKRT<br>PO Box 578<br>Bendigo 3552  | E: <a href="mailto:info@bendigokilmorerailtrail.com">info@bendigokilmorerailtrail.com</a><br>E: <a href="mailto:bendigokilmorerailtrail@gmail.com">bendigokilmorerailtrail@gmail.com</a><br>W: <a href="http://bendigokilmorerailtrail.com">bendigokilmorerailtrail.com</a><br>F: <a href="#">Friends of the Bendigo-Kilmore Rail Trail</a>                                                                                                |
| Outdoor Fitness Zone Equipment                                                    | 24/7                                                    | Cnr Wright & Herriot Streets                       |                                                                                                                                                                                                                                                                                                                                                                                                                                            |

### Local Trails:

- Valley of Liquid Ambers: 1km loop from the Visitor Centre
- Mclvor Creek Walk: 2km, one-way
- Pink Cliffs: Pink Cliffs Geological Reserve
- Mclvor Range: Viewing Rock car park loop (8–9km) or Nagambie Rd loop (8–9km, approx 3–4hrs)
- Viewing Rock and Devil's Cave: Approx 2.6km return, 1.5hr climbing walk
- Heathcote Wonderwalk: starting at Heathcote Community House

# Free Exercise Options in Heathcote



## Free Equipment & Open Spaces

- 1 Outdoor Fitness Zone
- 2 Adventure Playground
- 3 Barrack Reserve
- 4 BMX, Skate Park, Basketball Court
- 5 Equipment Library (available via Heathcote Library)
- 6 Dog Park

## Local Trails & Walks

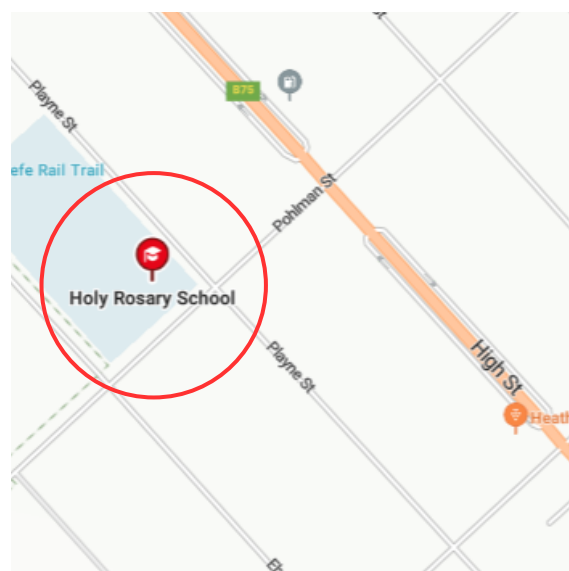
- 7 Pink Cliffs Loop (8km) ———
- 8 Viewing Rock Loop Trail (2.6km) ———
- 9 Valley of Liquid Ambers & Liquid Amber Trail (1km loop) ———
- 10 Mclvor Creek Trail (2km one way) ———
- 11 O'Keefe Rail Trail ———
- 12 Wonder Walk (starting at community house)

# Section 4: Emergency and Relief Services

## Emergency Services

|                                                                                                            |                                                                                              |                                                                           |                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Police, Ambulance &amp; Fire</b><br>DIAL 000<br>24/7                                                    | <b>Heathcote Police</b><br>140 High St<br>24/7 Non-urgent: 131 444<br>Heathcote 03 5433 3711 | <b>CFA Heathcote Fire Brigade</b><br>136-138 High St<br>DIAL 000          | <b>CFA Mount Camel Rural Fire Brigade</b><br>DIAL 000                                                                                                 |
| <b>State Emergency Service (SES) Heathcote Unit</b><br><b>Emergency Assistance</b><br>13 25 00 or DIAL 000 | <b>VF5 Lake Eppalock Australian Volunteer Coast Guard</b><br>03 5439 2585                    | <b>VicEmergency Hotline</b><br>1800 226 226 &<br><b>Vic Emergency App</b> | <b>City of Greater Bendigo Emergency Dashboard</b><br><a href="https://www.bendigo.vic.gov.au/emergency">https://www.bendigo.vic.gov.au/emergency</a> |

**Bushfire Place of Last Resort:** the Heathcote Bushfire Place of Last Resort is the Holy Rosary Primary School Oval, bounded by Ebden Street, Pohlman Street and Playne Street (entry off Ebden Street or Pohlman Street).



## Local Emergency & Safety Info Online

| Name                                | Email & Phone                                                                      |
|-------------------------------------|------------------------------------------------------------------------------------|
| Emergency Warning Map               | W: <a href="https://emergency.vic.gov.au">emergency.vic.gov.au</a>                 |
| Greater Bendigo Emergency Dashboard | W: <a href="https://bendigo.vic.gov.au/emergency">bendigo.vic.gov.au/emergency</a> |
| Victoria SES Storm & Flood Info     | P:132 500<br>W: <a href="https://ses.vic.gov.au">ses.vic.gov.au</a>                |
| VicTraffic Road Closures Map        | W: <a href="https://traffic.transport.vic.gov.au">traffic.transport.vic.gov.au</a> |

# Section 4: Emergency and Relief Services

## Food, Housing & Financial Relief

| Service                                                   | Hours                                            | Location                                       | Contact Details                                                                                                                                                                                                                                         |
|-----------------------------------------------------------|--------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ambulance Opportunity Shop                                | Open: Tues, Fri & Sat 9am-1pm                    | 97a High Street                                | Walk-in only. No contact details.                                                                                                                                                                                                                       |
| Buddies Op Shop                                           | Open: Thur to Sat 9.30am-1.30pm                  | Budd Hall, 165 High St                         | P: 048 176 295<br>E: <a href="mailto:stjohnsheathcote1@yahoo.com">stjohnsheathcote1@yahoo.com</a>                                                                                                                                                       |
| Heathcote Foodshare & Opp Shop                            | Mon-Sat, 10am-1pm                                | 78 High St                                     | P: 0411 158 071<br>E: <a href="mailto:heathcotefoodshare@gmail.com">heathcotefoodshare@gmail.com</a><br>F: <a href="#">Heathcote Foodshare &amp; Opp shop</a>                                                                                           |
| Heathcote Recycling Centre                                | Wed, Thur, Sat & Sun 8am-4.30 pm                 | 61 Golden Gully Road                           | P: 0436 292 102<br>W: <a href="https://www.bendigo.vic.gov.au/residents/general-waste-recycling-and-organics/recycling-centres/heathcote">https://www.bendigo.vic.gov.au/residents/general-waste-recycling-and-organics/recycling-centres/heathcote</a> |
| Heathcote Soup Kitchen                                    | Thurs 12-2pm during winter months                | 61 Ebden St (New Hall)                         | P: 03 5433 2030<br>E: <a href="mailto:heathcote@sandhurst.catholic.org.au">heathcote@sandhurst.catholic.org.au</a><br>F: <a href="#">heathcotesoupkitchen</a>                                                                                           |
| St Vincent de Paul Society Assistance Centre (St Vinnies) | Wed & Fri 10am-12noon                            | 155 High Street                                | P: 03 5433 2549<br>E: <a href="mailto:heathcote.conf.ac@svdp-vic.org.au">heathcote.conf.ac@svdp-vic.org.au</a><br>W: <a href="http://www.vinnies.org.au">www.vinnies.org.au</a>                                                                         |
| Haven Home Safe                                           | Every 3 <sup>rd</sup> Thurs of month, 10 am-2 pm | Bendigo, but also at Heathcote Community House | P: 1300 428 364<br>W: <a href="http://havenhomesafe.org.au/get-help/bendigo/">havenhomesafe.org.au/get-help/bendigo/</a>                                                                                                                                |
| Heathcote Food Relief Meal Program                        | Mostly Wed & Fri 9am-1pm                         | Heathcote Community House                      |                                                                                                                                                                                                                                                         |

## Animal & Wildlife

| Service                                      | Hours                                              | Location                                                   | Contact Details                                                                                                                                                                                                                                                             |
|----------------------------------------------|----------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wildlife Rescue & Information Network (WRIN) | Meets 1st Saturday of every second month, 12.30 pm | Golden Square Community Hall, 1 Ruth Street, Golden Square | Brenda Argus, WRIN Secretary<br>P: 0419 582 102<br>E: <a href="mailto:secretary@wrin.asn.au">secretary@wrin.asn.au</a><br>W: <a href="https://wrin.asn.au/">https://wrin.asn.au/</a><br>F: <a href="#">Wildlife Rescue Information Network</a>                              |
| Bendigo Animal Relief Centre (BARC)          |                                                    | 20 Piper Lane East Bendigo                                 | P: 03 5441 2209<br>E: <a href="mailto:BARCreception@Bendigo.vic.gov.au">BARCreception@Bendigo.vic.gov.au</a><br>W: <a href="http://www.bendigoanimalreliefcentre.com.au">www.bendigoanimalreliefcentre.com.au</a><br>F: <a href="#">BARC - Bendigo Animal Relief Centre</a> |

# Section 5: Online Services

Not every resource needs to be in person to be valuable. For people who live out of town, work unusual hours, or prefer to start somewhere private, digital services can be a helpful first step. This section lists trusted online services covering mental health, aged care, women's health, and local emergency information, selected because they are evidence-based, reputable, and free or low-cost. When searching beyond this list, look for sources with similar credentials, such as government health departments, peak health bodies, and recognised charities, and be wary of anything promising dramatic results. If you need help getting online, staff at Heathcote Library or Heathcote Community House can assist.

## Crisis Helplines & Support

| Service                                        | Hours               | Contact Details                                                                                                        |
|------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------|
| Beyond Blue: Mental Health Support             | 24/7 online & phone | P: 1300 22 4636<br>W: <a href="https://beyondblue.org.au">beyondblue.org.au</a>                                        |
| Lifeline — 24/7 Crisis Support                 | 24/7                | P: 13 11 14<br>W: <a href="https://lifeline.org.au">lifeline.org.au</a>                                                |
| 1800RESPECT — Family Violence & Sexual Assault | 24/7                | P: 1800 737 732<br>W: <a href="https://1800respect.org.au">1800respect.org.au</a>                                      |
| Kids Helpline                                  | 24/7                | P: 1800 55 1800<br>W: <a href="https://kidshelpline.com.au">kidshelpline.com.au</a>                                    |
| Victorian Virtual Emergency Department (VVED)  | 24/7                | P: (03) 9485 9070<br>E: <a href="mailto:vved@nh.org.au">vved@nh.org.au</a><br>W: <a href="https://vved.au">vved.au</a> |

# Section 5: Online Services

## Mental Health Services

| Service                                                                                                     | Hours               | Contact Details                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beyond Blue: Mental Health Support                                                                          | 24/7 online & phone | P: 1300 22 4636<br>W: <a href="https://beyondblue.org.au">beyondblue.org.au</a>                                                                       |
| Mental health information, support and counselling. 24/7 phone line. Chat and email support also available. |                     |                                                                                                                                                       |
| Lifeline: Online Chat and Lifeline Self-Care Toolkit                                                        | 24/7                | P: 13 11 14<br>W: <a href="https://lifeline.org.au">lifeline.org.au</a><br>W: <a href="https://lifeline.org.au/selfcare">lifeline.org.au/selfcare</a> |
| SANE Helpline: Complex Mental Health                                                                        | Mon–Fri 10am–10pm   | P: 1800 187 263<br>W: <a href="https://sane.org">sane.org</a>                                                                                         |
| MensLine Australia                                                                                          | 24/7                | P: 1300 78 99 78<br>W: <a href="https://mensline.org.au">mensline.org.au</a>                                                                          |
| QLife (LGBTIQ+ Crisis Support)                                                                              | Daily 3pm–midnight  | P: 1800 184 527<br>W: <a href="https://qlife.org.au">qlife.org.au</a>                                                                                 |

## Family Health Services

| Service                                   | Hours                             | Contact Details   |
|-------------------------------------------|-----------------------------------|-------------------|
| Safe Steps (Family Violence Response)     | 24/7 online & phone               | P: 1800 737 732   |
| PANDA (Perinatal Mental Health)           | Mon–Fri; Sat 9am–4pm              | P: 1300 726 306   |
| Centre Against Sexual Assault Central Vic | Mon–Fri 9am–5pm; after-hours 24/7 | P: (03) 5441 0430 |

# Section 5: Online Services

## Aged Care Services

| Service                                        | Hours                          | Contact Details                                                                       |
|------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------|
| My Aged Care                                   | Mon–Fri 8am–8pm; Sat 10am–2pm  | P: 1800 200 422<br>W: <a href="https://myagedcare.gov.au">myagedcare.gov.au</a>       |
| Carer Gateway                                  | Mon–Fri 8am–5pm                | P: 1800 422 737<br>W: <a href="https://carergateway.gov.au">carergateway.gov.au</a>   |
| Seniors Rights Victoria (Elder Abuse Helpline) | Mon–Fri 10am–5pm               | P: 1300 368 821<br>W: <a href="https://seniorsrights.org.au">seniorsrights.org.au</a> |
| National Elder Abuse Line                      | Directs to your state helpline | P: 1800 ELDERHelp (1800 353 374)                                                      |
| Dementia Australia                             | 24/7                           | P: 1800 100 500<br>W: <a href="https://dementia.org.au">dementia.org.au</a>           |

## Welfare & Financial Support

| Service                         | Hours                                     | Contact Details                                                                                                |
|---------------------------------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| National Debt Helpline          | Mon–Fri 9:30am–4:30pm (Live Chat 9am–8pm) | P: 1800 007 007<br>W: <a href="https://ndh.org.au">ndh.org.au</a>                                              |
| Salvation Army Emergency Relief | Mon–Fri 9am–5pm                           | W: <a href="https://salvationarmy.org.au">salvationarmy.org.au</a>                                             |
| No Interest Loans (NILS)        | Online enquiry                            | W: <a href="https://goodshep.org.au/services/no-interest-loans">goodshep.org.au/services/no-interest-loans</a> |