

How do I access these services?

Any health worker can refer you to anyone of the services listed. You can also contact us on 03 5857 0243 and ask for a copy of our self-referral form.



What are the costs?

Clients are required to pay on the day of each visit. Your co-operation with this procedure is appreciated.

Clients are charged at minimum rates (some exclusions apply, please discuss with your clinician).

Further information can be provided on request.

How to get in touch with us?

Kyabram Health

Fenaughty St, Kyabram VIC 3620

Ph. (03) 5857 0200

Email. info@kyhealth.org.au

Opening Hours: 8.30am-4.30pm Monday to Friday



Consumer Approved

Stanhope Health

35 Birdwood Ave, Stanhope VIC 3623

Ph. (03) 5857 0451

Email. comhealth@kyhealth.org.au

Opening Hours: 9am-5pm Monday, Tuesday, Thursday, Friday

Tongala Health

37 Mangan St, Tongala VIC 3621

Ph. (03) 5857 0245

Email. chtongala@kyhealth.org.au

Opening Hours: Tuesday 9:30am to 2:30pm

Wednesday 8:30am to 4:30pm

Thursday 8:30am to 4:30pm

2nd & 4th Friday 8:30am to 4:30pm



Our Values

Empathy

Wellbeing

Community

Primary Health at Kyabram
District Health Service:

What do we offer to our
community?

Healthy Community.
Local Care.

www.kyhealth.org.au

Find us on Facebook



KYABRAM DISTRICT
HEALTH SERVICE

Primary Health at Kyabram Health

What do we offer?

General Health

- Dietetics- Help with food choices and body weight.
- Social Work- Helps when you are feeling down or just need someone to talk to.
- Speech Pathology- Help with talking
- Women's Health Nurse- Helps with women problems
- Quit Education- Helps when need to quit smoking.
- Occupational Therapy- Helps with recovery from injuries.
- Diabetes Education- Helps people with diabetes
- Community Health Nursing- Helps with a range of health issues and can connect you with groups.
- Chronic Disease Management- Provides education on diabetes and heart health.
- Health Promotion- Provides health activities and education across the community.

Children Services

Campaspe Early Childhood Intervention Service (ages newborn to school age):

- Physiotherapy- helps with movement of legs and body.
- Speech pathology
- Occupational therapy
- Early Childhood Program Worker

Group Programs

- Seniors Planned Activity Group
- LIFE program- Education program on how to stop getting diabetes, heart disease and stroke.
- Cardiac Rehabilitation Secondary Prevention Program- For people with heart problems
- Strength and balance program- To help build body strength.
- Pulmonary Rehabilitation
- Walking group (Located at Tongala)

Services at Tongala Health site

- Community Health nursing
- Diabetes Education
- Dietetics
- Health Promotion
- Counselling
- Speech Pathology
- Well Women's Clinic
- Strength Balance group
- Walking group

Services at Stanhope Health site

- Community Health Nursing
- Well Women's Clinic
- Early Childhood Intervention Service
- Speech Pathology
- Dietician
- Social Worker and Counselling

Weekly activities at Stanhope Health

Walking Group

Walk at your own pace and time. To put your name down come in to the office or phone Stanhope Health.

Strength Training

Female strength & balance exercise in the Stanhope Senior Citizens Hall (Next door to Stanhope Health). They run on Tuesday 10:30am to 11:30am.

Men's strength & balance exercise in the Stanhope Senior Citizens Hall (next door to Stanhope Health). They run on Friday 8:45am to 9:45am.

Visiting Services at Stanhope Health

Kyabram Regional Clinic- A doctor from Kyabram Regional Clinic is on site: Monday 9am to 12:00pm

To make an appointment please ring the Kyabram Regional Clinic on 5852 1888.

Maternal Child Health Nurse- The 1st and 3rd Tuesday of every month.

Remedial Massage Therapist- By appointment

Podiatrist- Service from Rochester Elmore District Health Service. Available first Monday of the month. Referral from doctor needed.

Shire Immunisation- 11:30 am on the first Monday of the month, No appointment needed.