

Seniors HQ

Newsletter July 2026



Welcome to our new look newsletter!

Thank you to everyone who responded to the Seniors HQ online survey. You have provided valuable insights and have already helped us improve the newsletter, starting with our new look July issue. If you haven't completed it yet, we'd love to hear from you.



Seniors HQ online survey

<https://forms.office.com/r/2qE820s94w>



Scan to
take survey

What Is Pre-Diabetes?

According to Diabetes Victoria, nearly 1 in 4 adults over the age of 25 have diabetes or a condition known as 'pre-diabetes'.

Pre-diabetes is when blood glucose levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes.

It has no obvious signs or symptoms, which makes it hard to detect. However, like type 2 diabetes, it can be found through a blood glucose test or an oral glucose tolerance test.

The good news is that the same lifestyle changes recommended for type 2 diabetes can also help with pre-diabetes, mainly regular physical activity and healthy eating.

Making these changes isn't always easy, but there are programs available to guide and support you along the way.

National Diabetes Week

12-18 July 2026

Diabetes is a term for a group of conditions where the amount of glucose (sugar) in the blood becomes higher than normal. If blood glucose levels are not kept in a healthy range, it can cause damage to your body over time, affecting both your short-term and long-term health.

Diabetes can often be managed with healthy eating and regular physical activity, and sometimes with tablets and/or injections.

If you have diabetes, it's important to understand how to manage it and what steps you can take to lower your risk of complications.

Common Complications

The Diabetes Victoria website has helpful information on some of the common complications of diabetes, including; eye health, kidney health, heart health and stroke.



Diabetes Vic

[https://www.diabetesvic.org.au/
living-with-diabetes-landing/complications/](https://www.diabetesvic.org.au/living-with-diabetes-landing/complications/)



Trish and Juvy, Ballarat Community Health
Diabetes Educators

How BCH Can Help

We offer a range of services to support anyone living with, or at risk of developing, diabetes:

- Diabetes Educators, specially trained health professionals who help you understand and manage your condition
- Chronic Disease Management Counselling, mental health and care support focused on wellness and recovery
- Life! Program — a lifestyle program for people at risk of diabetes or with pre-diabetes
- GPs, if you're not sure where to start, a GP appointment can help you find the right path.



Call our Customer Service team
(03) 5338 4500



Complete a referral form online

<https://bchc.org.au/service/allied-health-at-bch/>

Book a GP appointment online

<https://bchc.org.au/service/gp-clinic/>

BCH Sebastopol Redevelopment gets the green light

Ballarat Community Health's Sebastopol Site will undergo important building upgrades after receiving a share in the latest round of the Victorian Government's Regional Health Infrastructure Fund (RHIF).

The RHIF provides vital government funding to rural and regional health services across Victoria, helping to improve: safety, quality and efficiency of services, service capacity and patient and staff amenity.

On May 6th, the Minister for Health Infrastructure, Melissa Horne, and Juliana Addison, the member for Wendouree, were welcomed to our Sebastopol site by the practice manager and members of our board of directors and executive team. Minister Horne's visit focused on discussing the details and viewing architectural plans for coming upgrades with Practice Manager Brian Fegan. The minister was also taken on a tour of the facilities, including the welcoming entry space, consult rooms and gym.

The planned upgrades for the site include: an expanded gym, Increased number of consult rooms, improved foyer and waiting area and CCTV facilities. Upgrades will occur across a two-part process to minimise disruption. Plans are currently being displayed on-site.



Minister for Health Infrastructure and member for Wendouree visit BCH Sebastopol, May 6th 2026

Events & Activities

For further information about events that may be of interest you can visit



Ageing Well Ballarat

<https://www.ballarat.vic.gov.au/community/ageing-well-ballarat>

Seniors online

<https://www.seniorsonline.vic.gov.au/>

- Thursday 23 July, 11am-2pm



Winter Warmer Activity Day

Vickers Street Community Hub - 254 Vickers Street, Sebastopol, Vic 3356

Join the Ageing Well Community Connections team for some winter fun.

Wear your 50's/60's finest for a fashion show, with dancing and entertainment as we chase away the winter blues.

FREE. Bookings preferred via Humantix or phone (ask for Tara).

<https://events.humanitix.com/ageing-well-services-winter-warmer-activity-day>
(03) 5320 5500

- Friday 31 July, 10am-12.30pm



Staying Safe Online

Lucas Community Hub - 17 Coltman Plaza, Lucas, Vic 3350

Feel confident online with a relaxed, jargon-free workshop presented by the Ballarat Neighbourhood Centre. No technology experience needed!

Feel confident online and learn how to update safely, simplify passwords, double-lock accounts and spot scams.

FREE. Bookings required via Humantix.

<https://events.humanitix.com/staying-safe-online-info-session>

- Wednesday 19 August, 10.30am-12pm



Preparing for Your Future

Ballarat Town Hall - Trench Room, 225 Sturt Street, Ballarat, Vic 3350

City of Ballarat, in partnership with Justice Connect, invites you to a practical session to help you plan ahead with confidence.

FREE. Bookings required via Humantix or phone (ask for Cathy).

<https://events.humanitix.com/copy-of-preparing-for-your-future>
(03) 5320 5500

- Thursday 20 August, 10am



How to Use Government Websites

Online webinar - registration required

Managing multiple government services online can be overwhelming at times.

This presentation provides a step-by-step guide to setting up a MyGov account, so it's easier to manage many important services all in one place.

<https://beconnected.esafety.gov.au/online-safety-presentations#how-to-use-government->



Need help getting online? The Good Things Foundation can help.

<https://goodthingsaustralia.org/learn/>



Download previous Seniors HQ Newsletter editions

<https://bchc.org.au/seniors-hq/>

Interested in joining a BCH Healthy Ageing Focus Group?

We're seeking expressions of interest to attend our Healthy Ageing Consumer Focus Group Sessions in coming months to share your lived experience and help inform service design.

To register your interest follow the link below or scan the QR code below and complete the online form.

We welcome you to provide feedback or suggestions anytime

You know your health and wellbeing better than anyone else. When you tell us what's working well, or what isn't, you help us make things better. Not just for you, but for other people too.

You don't need to be an expert to give feedback. Just tell us what you think, in your own words. There's no right or wrong way to do it.



We invite you to participate in our Healthy Ageing Focus Group Sessions

 Speak to our team at one of our BCH locations

 Call our Customer Service team
(03) 5338 4500

 Visit <https://bchc.org.au/>



Healthy Ageing Consumer Focus Group
Expressions of Interest Form
<https://forms.office.com/r/8w7wJJqh4Y>



Scan to
submit interest