

FAR WEST LHD VOLUNTEERS

As part of our Volunteer Team your contribution to our organisation will enable our staff to better service the communities across the area.

Your unique talent and skills that you share with our staff and clients will improve the quality of services we offer. Together we will achieve better health outcomes for our community.

We look forward to talking with you about volunteering with Far West LHD.

Map of Area Covered by Far West LHD Services



If you are interested in finding out more about this program or any other volunteering role please call:

Far West LHD Volunteer Manager

Mary Leehane

08 8080 1256

Mary.Leehane@health.nsw.gov.au

Or

Health Promotion Officer

Rebecca Crawford

08 8080 1217

<http://fwlhd.health.nsw.gov.au/>

Broken Hill Health Service

Telephone: 08 8080 1333

***“Volunteers are unpaid,
not because they are worthless,
but because they are priceless”***

Author Unknown



Volunteer Support



Tai Chi for Arthritis classes are conducted throughout the year in 13 week sessions. The classes are held at the South Broken Hill Golf Club and run by Far West LHD volunteers.

Supported by the Far West Health Promotion Team who offer volunteers free regular Tai Chi training, these classes are one of the many areas where our volunteers assist the LHD in providing the community with access to a range of health and wellbeing programs.

For more information on the full range of physical activity programs the Health Promotion Team offer please contact:

Rebecca Crawford—Health Promotion Officer:

08 8080 1217

Rebecca.Crawford@health.nsw.gov.au

A snapshot of Far West Local Health District Services

Balranald

Balranald is a rural community located in the south west of NSW within the Balranald Shire LGA with a population of 1,627. Located 462 kms southeast of Broken Hill and it is 165 kms east of its closest larger service centre in Mildura (Victoria). Balranald is the oldest settlement on the Lower Murrumbidgee River.

Balranald multipurpose service comprises 16 beds; 15 high care and one respite bed; 2 bay 24 hour level 2 Emergency Service with additional observation bed. It includes Acute medical rehabilitation, palliative care and a range of primary health care services.

Telephone: (03) 5071 9800

Broken Hill

The Broken Hill Hospital consists of a 108-bed acute care hospital with general medicine, general surgical, obstetric, paediatric, emergency, mental health and drug and alcohol services. This includes two ten bed sub-acute units on site. The town has a community based Diabetes Centre, a Child and Family Health Service, an Aboriginal Health Service and a number of general practices, including a Super Clinic opened in early 2014. Broken Hill is also home to the headquarters of the South Eastern Section of the Royal Flying Doctor Service.

Telephone: (08) 8080 1333

Dareton Primary Care and Community Health Service

Dareton is situated 280 kms south of Broken Hill and 20 kms from Mildura, with a population of 516. The town developed as

part of a post war soldier settlement scheme and is now part of the Wentworth Shire, which also includes the township of Wentworth. Dareton's current health service is a primary health care service and a hub for primary health and community mental health specialists.

Telephone: (03) 5021 7200

Ivanhoe

Ivanhoe is located 310 kms southeast of Broken Hill, with a population of 201. The roads between Ivanhoe and Wilcannia and Ivanhoe and Menindee are unsealed, the only sealed access is to Hay, 212 kms southeast. Ivanhoe has a primary health care service in addition to 24 hour emergency service; stabilisation and evacuation.

Telephone: (02) 6995 1133

Menindee Health Service: The township of Menindee has 450 people and is located 100kms east of Broken Hill. About one third of the population is Aboriginal. The local primary health care facility is open 9am to 5pm Monday to Saturday and provides an emergency service after hours. The RFDS also runs a General Practice Clinic three times a week.

Telephone: (08) 8091 4209

Tibooburra: Located 335 kms north of Broken Hill with a population of 262. It functions as a service centre to stations in the district and attracts many tourists, being the closest centre to the junction of New South Wales, Queensland and South Australia at Cameron Corner. The road between Broken Hill and Tibooburra is approximately half sealed. Tibooburra has a primary health care service in addition to 24 hour emergency service; stabilisation and evacuation.

Telephone: (08) 8091 3302

Wentworth Health Service

Wentworth is a small town on the Murray-Darling river junction, population of 1,227, and is located 268 kms south of Broken Hill with its closest large service centre being Mildura (Victoria) approximately 30 minute's drive. Current health service – 20 beds; 4 acute and 16 aged care beds; 24 hour Emergency Service – stabilisation and evacuation.

Telephone: (03) 5027 2345

White Cliffs

White Cliffs is a small town with a population of 103 and 95 kms north of Wilcannia on a part sealed road. It is a small service centre for surrounding properties and continues to have some opal mining activity. White Cliffs has a primary health care service, in addition to 24 hour emergency service; stabilisation and evacuation.

Telephone: (08) 8091 6605

Wilcannia Health Service: Located two hours north east of Broken Hill, Wilcannia has a population of 827, mostly Aboriginal. The health team operates out of a multipurpose service providing 24-hour primary health care (including emergency care). The RFDS also runs a General Practice Clinic four days a week.

Telephone: (08) 8083 8777

