

service vouchers



La Trobe University and the PRISM project wish to express their appreciation to all the businesses and organisations represented in the booklet.

The University is not, however, connected with any of the services or products offered by these businesses or organisations and is not in the position to endorse such services or products.

Date baby born: _____

Bendigo Regional Institute of TAFE

BRIT Child Care Centre

121 Hargreaves Street, Bendigo

 **5434 1568**

Bendigo Regional Institute of TAFE

BRIT Child Care Centre

121 Hargreaves Street, Bendigo

 **5434 1568**

One free child care session 1.00pm - 4.00pm (for baby or sibling)

We are a small homely Centre caring for
0-5 year old children.

Phone Rosemarie Pain,
Centre Coordinator, to make a booking.



BENDIGO REGIONAL
INSTITUTE OF TAFE

Care on Mundy Children and Family Services

For further information

 54 346 466

Care on Mundy Children and Family Services

For further information

 54 346 466

FREE CHILD CARE

**Proud to offer one half
day of child care to
support recent mothers**

Choose from one of the following centres:

- ▲ Annie Galvin Childcare Centre
- ▲ Bendigo Crèche and Day Nursery
- ▲ Helm Street Childcare Centre
- ▲ Strathdale Childcare Centre
- ▲ Bendigo



CITY OF GREATER BENDIGO

Greg Tomorad's Cleaning Services

45 Powells Avenue, Bendigo

 **5442 4834**

Greg Tomorad's Cleaning Services

45 Powells Avenue, Bendigo

 **5442 4834**

**A special offer of 2 hours
house cleaning for \$25 at
your convenience.**

Sit down, put your feet up, and watch
Greg do your housework for you!

Book City Lansell Plaza

*Shop 22/23 Lansell Plaza,
Kangaroo Flat*

 **5447 1944**

Book City Lansell Plaza

*Shop 22/23 Lansell Plaza,
Kangaroo Flat*

 **5447 1944**

Book City is pleased to offer a 10% discount off the recommended retail price of any books purchased from the store.

Take some time-out to do the things you enjoy such as relaxing while reading a book.

Karin Herrmann

Tactile Therapist B.Ed., C.T.T.

Full Member of A.M.T.A., I.I.R.

34 Milton Ave, Spring Gully

 **5442 4389**

Karin Herrmann

Tactile Therapist B.Ed., C.T.T.

Full Member of A.M.T.A., I.I.R.

34 Milton Ave, Spring Gully

 **5442 4389**

40% discount on all services with child care included

50% discount for concession card holders

By appointment. Subject to availability.

- ▲ Relaxation therapy.
- ▲ Reflexology.
- ▲ Face, hand, foot massages.
- ▲ Sports massage.
- ▲ Lymphatic drainage.
- ▲ CL. & Zen Shiatsu.




The House of Khong

200 Hargreaves Street, Bendigo

 **5443 5656 or**
5442 5088

The House of Khong

200 Hargreaves Street, Bendigo

 **5443 5656 or**
5442 5088

One Free Smorgasboard

Fully Licensed Restaurant. No BYO.

Why not treat yourself and a friend to an enjoyable meal as this voucher entitles you to One Free Smorgasboard when accompanied by a paying guest of equal or greater value.

One voucher valid per table. Please present this voucher before dining.



Silver Circle

27 Russell Street, Bendigo

 **5442 1758**

Silver Circle

27 Russell Street, Bendigo

 **5442 1758**

We will provide the first half hour of any of our services for free.

Silver Circle is a caring support service for people who would like help at home.

Our trained, friendly staff can help with: home care, personal care, respite care, companionship and child care on any day of the week.



**Jira-runga
Children's Centre
La Trobe University,**
Cnr Keck & Sharon Streets, Bendigo
 **5444 7215**

Jira-runga Children's Centre

*La Trobe University
Cnr Keck & Sharon Streets, Bendigo*
 **5444 7215**

Free child care

To support the PRISM Project we are pleased to offer one half day free childcare.

Care is subject to availability and we ask that you book in advance.

Contact Centre Managers, Steve or Karen
 54447215

C. V. Laundry Nappy Service

*Site 16, Mayfair Industrial Estate,
McDowalls Road, Bendigo*

 **5441 5690**

C. V. Laundry Nappy Service

*Site 16, Mayfair Industrial Estate,
McDowalls Road, Bendigo*

 **5441 5690**

10% discount.

To help you to settle into a routine without the chore of washing mountains of nappies.

Your choice of terri or flannelette.

Free home delivery to Bendigo and suburbs.

Bendigo Regional Arts Centre

Bendigo Bank Theatre Season

50 View Street, Bendigo

☎ 5441 5344

Bendigo Regional Arts Centre

Bendigo Bank Theatre Season

50 View Street, Bendigo

☎ 5441 5344

\$10 off the adult ticket price for a matinee performance of a production in the Bendigo Bank Theatre season

Monday to Friday,
10am-6pm.

Maximum of 2 tickets per voucher, subject to seat availability.



Diane's Deli

93 High Street, Bendigo

 **5441 4919**

Diane's Deli

93 High Street, Bendigo

 **5441 4919**

**Complimentary coffee,
tea or orange juice with
any cake or meal
purchased**

Mothers are encouraged to come on
Mondays and Tuesdays

10am-11.00am and 3.00pm-4.00pm.

You are welcome to use
this voucher at other
times as well.

Bendigo Nappies & Kids Biz

*Shop 28, Strath Village Shopping
Centre, Edwards Rd., Strathdale*

☎ 5442 1366

Bendigo Nappies & Kids Biz

*Shop 28, Strath Village Shopping
Centre, Edwards Rd., Strathdale.*

☎ 5442 1366

**\$2 off all bulk bags of
100 disposable nappies**

OR

**10% off everything
in the store**

**(except disposable
nappies)**



Christiane's Hair Design

*Shop 16, Bendigo Marketplace,
Bendigo*

 **5442 3711**

Christiane's Hair Design

*Shop 16, Bendigo Marketplace,
Bendigo*

 **5442 3711**

\$10 off one of these exciting services:

perm (includes cut and blow dry);

tint (re-growth only, includes cut
and blow dry);

tips (includes cut and blow dry).

Short hair prices only.

Medium to longer
hair is extra.

Tsunami Hair

*Shop 12, Strath Village Shopping
Centre, Cnr Edwards & Condon
Streets, Bendigo.*

 **5444 4719.**

Tsunami Hair

*Shop 12, Strath Village Shopping
Centre, Cnr Edwards & Condon
Streets, Bendigo.*

 **5444 4719.**

**10% discount or
complimentary
conditioning treatment**

when you have a cut and colour.

OR

**20% discount or
complimentary
conditioning
treatment**

when you have a cut and
blow wave.

Bendigo Leadlight Café

*25 Queen Street,
Bendigo.*

 **5443 3877**

Bendigo Leadlight Café

25 Queen Street, Bendigo.

 **5443 3877**

Complimentary Devonshire tea, before 11.00am or after 1.30pm

Mothers are encouraged to come on Tuesdays and Wednesdays.

You are welcome to use this voucher at other times as well.

A family friendly, spacious restaurant with baby changing and feeding facilities for your convenience.

The Boardwalk Restaurant Café

*Lake Weeroona, Nolan Street,
Bendigo.*

 **5443 9855**

The Boardwalk Restaurant Café

*Lake Weeroona, Nolan Street,
Bendigo.*

 **5443 9855**

Hours: 7am-late, 7 days.

Buy one coffee, get one free.

Mothers are encouraged to come on Wednesdays and Thursdays to relax over coffee with other mothers.

You are welcome to use this voucher at other times as well.

Bazzani

Bar Ristorante Caffè

2-4 Howards Place, Bendigo

 **5441 3777**

Bazzani

Bar Ristorante Caffè

2-4 Howards Place, Bendigo

 **5441 3777**

**Complimentary
homemade slice
with any hot
beverage purchased.**

Mothers are encouraged to come on Mondays and Tuesdays to relax over coffee with other mothers.

This voucher is valid any day between 11am and 6pm.

Bendigo Leisure Centre

Napier Stree, Eaglehawk

 **5446 9222**

Bendigo Leisure Centre

Napier Stree, Eaglehawk

 **5446 9222**

One free swim

Relax in the water and enjoy the great feeling that exercise provides.

* Please do check with a medical practitioner prior to exercising after having a a baby.



YMCA

Bring out your best

Bendigo Leisure Centre

Napier Street, Eaglehawk

 **5446 9222**

Bendigo Leisure Centre

Napier Street, Eaglehawk

 **5446 9222**

One Free Aqua* OR Land Aerobics*

Enjoy exercising in the company of others.

* Please do check with a medical practitioner prior to exercising after having a a baby.



YMCA

Bring out your best

Bendigo Leisure Centre

Napier Street, Eaglehawk

 **5446 9222**

Bendigo Leisure Centre

Napier Street, Eaglehawk

 **5446 9222**

One Hour Free Creche

BOOKINGS ESSENTIAL: Parents must complete a childcare enrolment form prior to children attending the creche.

Creche hours: Mornings 9.00-12.00.

Take some time-out while your child enjoys the company of other children.



YMCA

Bring out your best