



Clutha Health First is a community owned innovative organisation that has been in operation since 1998. We are proud to offer the residents of the Clutha District a wide range of everyday health care and specialist services from our local facility based in Balclutha, 24 hours a day, 7 days a week.

Inpatient Services offered at Clutha Health First:

Our facility offers Inpatient care consisting of:

- 15 bed Inpatient Ward for Medical and Rehabilitation care, and a Palliative Care Unit;
- 3 Bed Maternity Ward with a Primary Birthing Unit.

Community Services offered from Clutha Health First

CHF offer a wide range of community services which include:

- District Nursing
- Occupational Therapy
- Physiotherapy
- Clinical Needs Assessment
- Social Work
- Day Rehabilitation
- Meals on Wheels
- Speech Language Therapy
- Lead Maternity (Midwifery) Care

Services offered at our General Practice:

CHF incorporates a General Practice which is open seven days a week Monday to Friday 9.00 am – 9.00 pm offering routine appointments, and Saturday to Sunday 9.00 am – 6.00 pm for acute/urgent care.

A number of our GP's and Nursing staff have advanced training in various areas of medicine and offer extra services via our General Practice which include:

- Skin Lesion (Advice & Removal)
- Joint Injection Clinic
- Fracture Clinic
- Diabetes Insulin Initiation Support
- Breast Care Clinic
- Women's Health/Gynaecology
- Travel Vaccine Consultancy
- Immigration Medicals

Additional Services:

CHF also offer our community access to the following publicly funded services:

- Community Rehabilitation
- Spirometry Clinic
- Wheelchair and Seating Clinic
- Wound Care Clinic
- Zolendronate Administration Clinic

Outpatient Publicly Funded Services

Our publicly funded Outpatient services at Clutha Health First include:

- Community Dietitian
- Continence Nurse Specialist
- Diabetic Educator
- Diabetic Photographer
- Endocrinology/Diabetes
- Gastroenterology
- General Medicine
- General Surgery
- Gynaecology & Obstetrics
- Mobile Surgical Services
- Neurology
- Newborn Hearing
- Podiatry (High Risk)
- Orthopaedics
- Paediatrics
- Radiation Oncology
- Physician for the Elderly

Accessing our Health Services

We welcome members of our community to access health services locally, close to home, thereby alleviating the need to travel to Dunedin for some services. Referral to most of our services can be made by yourself, a family member or your General Practitioner. If you are unsure how to make contact with a health service, please call us on 419 0500, we would be happy to discuss your needs with you.

Access to Health Services After Hours

In the event that you need medical help outside the regular hours of your own general practice (including Milton, Lawrence and Owaka), please telephone your own GP's number. Your call will be diverted to HomeCare Medical, who are specially trained Registered Nurses; they will triage your call and get you the help that you need. This means that you always have access to medical care - 24 hours a day, 365 days a year.

Please remember, in an emergency always dial 111. In other cases, please contact us on 419 0500, we are here to help you. In the unlikely event that the condition cannot be managed by our staff at the practice, we will refer you on to specialist help in Dunedin.

