

Quality of Life



The Mildura region has an excellent quality of life that continues to attract residents and businesses alike. Residents enjoy the country lifestyle with metropolitan amenities. Businesses benefit from the high quality of life that makes it easy to attract and retain staff.

The Mildura region offers a great lifestyle, affordable housing and low cost of living.

Cost of Living

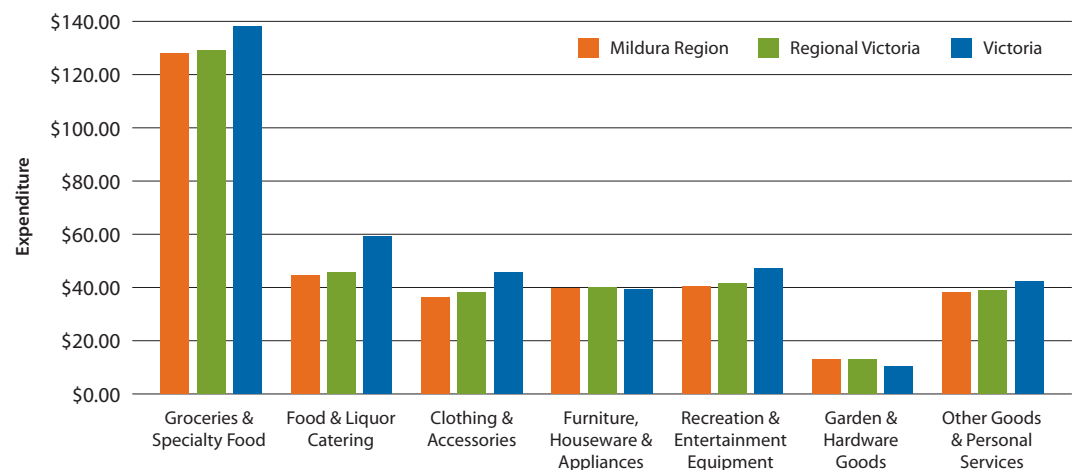
The cost of living in the Mildura region is less than many other parts of Australia, including the capital cities. This advantage means that residents enjoy a high quality of life at a discounted price. For employers, it means that employees can afford a better lifestyle for the same salary as compared to other potential locations.

Comparison of Weekly Household Retail Expenditure, Mildura Region, Regional Victoria and Victoria, 2008-2009

	2008-09	% Difference Regional Victoria	% Difference Victoria
Mildura Rural City Council	\$338.8	-2.2%	-11.4%
Wentworth Shire Council	\$344.2	-0.7%	-9.9%
Mildura Region	\$339.4	-2.1%	-11.2%
Regional Victoria	\$346.6		
Victoria	\$382.2		

Source: AECgroup Retail Model (2008)

Cost of Living Comparison, 2008-2009



Source: AECgroup Retail Model (2008)

Recreational and Sporting Activities

The region offers a diverse range of quality recreation and sporting facilities which assists to attract employees to the region. The sporting facilities support local clubs to host major sporting events in a wide range of sports at a State, National and International level which supports the local tourism industry.

A selected sample of events and festivals on offer throughout the region are outlined in the table below.

A Sample of Events and Festivals

Event Name	Month	Description
Murray River International Music Festival	January	Combines food, wine and the river environment with music by international performers.
Mildura Wentworth Arts Festival	March	Provides a combination of events ranging from emerging stars, indigenous artists, to high profile productions.
Easter Power Sports	March/April	A major event in Mildura, tourists swarm to Mildura to enjoy the power sports and camping along the river.
Mildura Cup Carnival	May	Provides the perfect atmosphere of racing, glamour and fashion.
Mildura Eisteddfod	June	Aims to identify the many talents of our competitors. The Mildura Eisteddfod is an annual event with competition in Piano, Vocal, Choral, Instrumental, Speech, Drama and Dance.
Mildura Writers Festival	July	Considered one of the finest literary festivals in the country, recognized for directly engaging environmental and social sustainability issues through art.
Golf Week	July	Numerous golf courses are located in the Mildura region, and each year golfers from around Australia gather to compete in graded championship, mixed and other events.
Mildura Masters Games	August	Sports include athletics, swimming, darts, equestrian, football - super rules, indoor rowing, mountain bike riding, petanque and wine tasting, public speaking, ten pin bowling, rowing small bore, golf and softball.
Mildura Jazz, Food & Wine Festival	November	A combination of regional wines and contemporary jazz in a variety of locations.
Great Australian Vanilla Slice Triumph	September	Bakers across Australia come to compete for the Best Vanilla Slice.
Motor sports		Olympic Park Motorcycle Complex and Timmis Speedway are home to drag racing, motorcycle and sedan speedway racing, sprint cars, speed cars and hot rods.
Numerous bowls and tennis events		Mildura hosted the Davis Cup in 1998 and the Federation Cup in 2009.

Over 300 festivals and events are held in the Mildura region each year.

Source: AECgroup; Mildura Visitors' Handbook; www.visitmildura.com.au (2009)
Note: This list is not exhaustive.



The Mildura region has a number of attractions for visitors and residents, including:

Attractions, Mildura Region

Attractions
Nature
• The Murray River
• Mungo National Park (part of the World Heritage Listed Willandra Lakes)
• Numerous National Parks
• Lang's Native Plant Nursery
• Australian Inland Botanic Gardens
• Orange World
• Farmers' Markets
• Almost 40 local wineries, many of which have cellar doors
• Local produce
Cultural
• Langtree Hall Museum
• Mildura Arts Centre & Gallery
• Historic Churches
• Millewa Pioneer Village
• Carringbush Glass Gallery
• Gallery of China and Ceramics
• Red Cliffs Historical Steam Railway
• Old Wentworth Gaol
• Mildura Brewery Pub
• Big Lizzie Giant Tractor
• Turlee Station Stay
• Psyche Pumps
• The Chaffey Trail
• Langtree Hall Museum
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Sport & Recreation
• Mildura Formula K Grand Prix Go Karts
• Mildura Golf Club Resort
• Putt Putt Mildura
• Sun City Rollerama
• House of Golf - Sunraysia Golf Range
• Sunraysia Tenpin
• Arnie's Laserforce
• Snakes 'N' Ladders
• Wentworth Services Golf Club
• Wentworth Services Sporting Club
• Coomealla Memorial Sporting Club
• Coomealla Golf Club
• Houseboat and boat hire
• Historic paddleboat and steam train tours
• International standard grass tennis courts
• International standard motor sport facilities
• Mildura Waves Aquatic & Leisure Centre
• Deakin Cinema Complex
Other
• Over 300 events and festival held in the region each year ranging from food and wine to the arts, music and sporting events
• PS Melbourne, PB Rothbury & PS Mundoo (River Cruising)
• Woodsies Gem Shop
• Masseurs and Day Spas
• Hot air balloon and scenic flights over Mildura
• Stefano's Restaurant

Source: AECgroup; Mildura Visitors' Handbook
 Note: This list is not exhaustive. Attractions have been classified for simplicity.

For a list of local wineries and cellar doors, visit www.mildurawines.com.au and download a copy of the Mildura Region Wine Map.

Please see page 66 for Mildura Tourism's contact details along with contact details for the Mildura and Wentworth Visitor Information Centres.

The Mildura region has a vast array of health, allied health and community services.

Healthcare

The Mildura region is privileged to have excellent healthcare facilities for its residents. This infrastructure ensures that residents can continue to enjoy the quality of life.

The table below provides a list of the type of medical facilities and services that are on offer throughout the region.

Medical Services in the Mildura region (2009)

Type of Service	Facilities
Mildura Base Hospital	<ul style="list-style-type: none"> • Cardiology (limited) • Community and Inpatient Mental Health Services • Chemotherapy • Day Surgery • Dialysis • Emergency Services • ENT Surgery • Faciomaxillary Surgery • General Medicine • General Surgery • Hospital in the Home • Intensive Care • Obstetrics and Gynaecology • Oncology • Ophthalmology • Orthopaedics • Paediatrics • Psychiatry • Rehabilitation Services • Urology <p>Comprehensive Pathology, Imaging, Pharmacy and Allied Health Services are also available on-site. Resident medical staff provide medical cover 24 hours a day, working in liaison with visiting medical officers.</p>
Mildura Private Hospital	<ul style="list-style-type: none"> • General Surgery • Orthopaedic Surgery including joint replacements • Plastic / Reconstructive Surgery • Gynaecological Surgery • Gastric Laparoscopic Banding • ENT Surgery • Faciomaxillary Surgery • Cardiac Pacemaker Insertion • Urology Surgery • Liposuction Procedures • Invitro-Fertilisation Procedures • Acute General Medicine • Day Procedure Unit • Chemotherapy • High Dependency Unit • Sleep Study • Palliative Care <p>Patients have continuity of care provided by their own admitting doctors and referrals can be made to visiting specialist when required. Contracted pathology, radiology, physiotherapy, diabetes education and dietician are available at all times.</p>
Sunraysia Community Health Services Inc.	<ul style="list-style-type: none"> • Aged Care • Adult Daily Activity Programs • Adult Public Dental Program • Aged Care Assessment Service • Family Planning • Generalist Counselling Programs • Healthy Living Program (Chronic Disease Self Management Support) • Meals on Wheels • Safe Sex Education • Victims Assistance and Counselling Program • Victorian Aids and Equipment Program • Well Women's Clinic

Cont'd...

Medical Services in the Mildura region (2009) *Cont'd...*

Type of Service	Facilities
Mallee Track Health & Community Service	Bed based services:
	• Acute, emergency and post-natal care
	• Residential aged care and respite
	• Palliative care
	Medical clinic:
	• General Practitioner
	• Practice Nurse
	Allied Health:
	• Occupational Therapy
	• Physiotherapy
	• Hydrotherapy
	• Podiatry
	• Social Worker
	• Public dental service
	• Generalist Counselling
	• Speech Pathologist (visiting)
	• Dietician (visiting)
• Diabetes Educator (visiting)	
• Chiropractor	
• District Nursing	
• Health Promotion & Education	
• Childcare	
• Meals on Wheels	
• Social Support	
• Planned Activity Groups (Adult Day Activity Programs)	
• Carer support	
• Youth Services support programs	
• X-ray & Ultrasound (visiting)	
Aged Care	• Jacaranda Village
	• RegisCare Mildura
	• Oasis Aged Care Inc.
	• Princes Court Homes
	• Chaffey Aged Care
Other Community Health Organisations & Services	• Mildura Aboriginal Health Service (Mildura Aboriginal Corporation)
	• Telephone Counselling (Relationships Australia Victoria)
	• Mildura Rural City Council
	• Accommodation Assistance (Cystic Fibrosis Victoria)
	• Northern Mallee Primary Care Partnership
	• Mallee Family Care
	• Loddon Mallee Women's Health
• Community Care Options	
• Child & Adolescent Mental Health Services	

Source: AECgroup; Mildura Visitors' Handbook, yellow pages, Mildura Base Hospital

Medical practitioners in the town of Mildura include:

- 22 Dentists
- 55 Doctors
- 10 Physiotherapists
- 45 Massage therapists
- 20 Chiropractors

Monash University - Mildura Regional Clinical School (MRCS)

In 2001 the Federal Government provided funding to nine Universities with Medical Schools, to set up Clinical Schools in rural Australia, aimed at training doctors locally with the overall aim of then attracting new medical graduates back to the rural communities to practice.

The Mildura Regional Clinical School rolls out the Monash University Bachelor of Medicine and Bachelor of Surgery (MBBS) course to Years 1-5 students with Years 3, 4 and 5 spending the majority of their time on the MRCS campus.

Monash University was one of the Universities funded by the Federal Government, and as such the Monash University School of Rural Health has established the Mildura Region Clinical School (MRCS).

New facilities were constructed for the MRCS within the grounds of the Mildura Base Hospital. Facilities consist of tutorial and meeting rooms, academic and administrative offices and clinical teaching consulting rooms. A separate building provides residential accommodation for 10 students. MRCS also leases residential properties within Mildura for student accommodation. In 2009, additional building works occurred including new tutorial rooms, academic offices and a Clinical Skills laboratory.

The academic program centres on clinical experiences in the Mildura Base Hospital, general practices in the region and local indigenous communities. A particular focus of MRCS is to establish educational and research programs for health disciplines other than medicine.

www.med.monash.edu.au/srh/mildura/

Lifestyle in the Mildura Region

Residents of the Mildura region make the most of the temperate, and year-round Mediterranean climate by enjoying an active, relaxed outdoors lifestyle that centres around the Murray and Darling Rivers. Residents and tourists alike enjoy navigating the river by houseboat, paddleboat, canoe or kayak and partake in activities such as fishing, swimming and water sports.

The dining and winery experience is an important aspect of the lifestyle enjoyed in the region. Residents enjoy a range of dining options from alfresco restaurants to sidewalk cafes, including award-winning Stefano's restaurant. Meals enjoyed are complemented by a number of affordable quality wines produced in the Mildura wine region.

A multitude of attractions, festivals and events on offer in the region ensure residents enhance community cohesion and provide entertainment for residents of all ages. Residents and tourists have a variety of activities to choose from, whether it be exploring the national parks, partaking in a local festival or event, touring the wine region or floating down the Murray River.

Residents of the Mildura Region enjoy a unique lifestyle for a number of reasons, including:

- **Climate** The region has a 'Mediterranean' climate that allows residents to enjoy outdoor markets, events and activities year-round.
- **Environment** A combination of the Murray and Darling Rivers, national parks and the wine region provide a variety of activities for residents to enjoy.
- **Culture** A range of historical sites, arts festivals and events provide ongoing entertainment for the community and a unique environment to live in.
- **Services** The Mildura region has excellent health, allied health, retail, business and professional services.
- **Infrastructure** An ever expanding airport, road, rail and air transport, and well maintained utility services.