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A Community Care welcome newsletter is being sent across Gannawarra - keep a look out for it!



Pictured: NDCH team leaders, board members, executives, and staff.

Inaugural Alliance of Rural and Regional Community Health (ARRCH) conference

In October, team leaders, board members, executives, and staff gathered in Creswick for the ARRCH conference spanning two days.

This event provided a valuable opportunity to recognise the profound impact of rural community health services and mark nearly 50 years of community health initiatives across Victoria. It also allowed us to gain insights from a diverse range of successful programs and research initiatives dedicated to enhancing community health.

At the conference, NDCH proudly showcased the BLG Rural Health Matters Project and the Nurse Practitioners Rural Outreach Model. Additionally, we presented poster sessions on the Smoking and Vaping Prevention Study and the collaborative effort of Small Business MATTERS in Gannawarra project, involving five nonprofit organisations.

The conference was a resounding success, serving as a powerful reminder of the importance of prioritising **#communityhealthfirst**. More pictures on page 2.

We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE AND COMMUNITIES

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wamba Wamba, Yorta Yorta and DjaDja Wurrung and acknowledge their ancestors who have been custodians of this land for thousands of years.

We acknowledge and pay our respects to their Elders, past, present and emerging, and through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQA+ COMMUNITIES

NDCH proudly supports the LGBTIQA+ communities.



@ndchvic

FIND US ON SOCIAL MEDIA



If you want to stay up to date on our latest news, events and social happenings find us on social media.



COMMUNITY HEALTH FIRST



Guest Speaker:

Lisa Smith- Minds At Work –
Change brings great possibilities.

You are invited to:
Northern District Community Health's

34th ANNUAL GENERAL MEETING

Wednesday 22nd of November 2023

12.30 – 1pm Lunch will be available in Activity Room 2
1-2pm Guest speaker Lisa Smith- Minds At
 Work – Change brings great possibilities.
2.15pm AGM

(Registrations Essential for catering purposes by 14/11/23)

Where: Online (Zoom) and NDCH Kerang
Registration: Ph 03 5451 0200 or
 www.ndch.org.au/events
 A zoom link will be emailed prior to the AGM

Scan me



NDCH

JOIN THE

Walk Against Family Violence

THIS EVENT MARKS THE BEGINNING OF GANNAWARRA GOES ORANGE
for 16 Days of Activism Against Gender-Based Violence

EVENT DETAILS

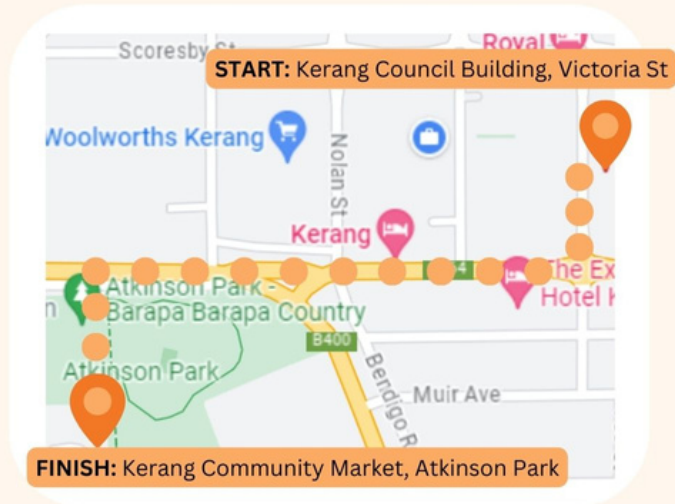
- WHAT:** 2023 Walk Against Family Violence
- WHEN:** Saturday 25 November - 10am
- WHERE:** Starting at the steps of Kerang Council Building, Victoria Street. Finishing at the Kerang Community Market, Atkinson park
- WHY:** We encourage everyone to wear orange if you can, symbolising our collective commitment to ending violence and fostering a safer community.

People of all genders are welcome.

You are welcome to join us at any point during the walk or meet us at the finish line, where we will gather at the Kerang Community Market near the sound shell.

We are thrilled to announce a special guest speaker at the Kerang Community Market, adding depth and insight to our cause.

Bring your workmates, friends, family, chosen family or come by yourself, your presence matters.



**JOIN THE
WALK AGAINST
FAMILY
VIOLENCE**

FREE EVENT



In 2023, The Rotary Club Kerang are partnering with Northern District Community Health and Gannawarra Shire Council to deliver and support local community engagement with the 16 Days of Activism against Gender-Based Violence state-wide campaign.

JOIN US AT JEN'S ON GEORGE FOR A MORNING TEA FOR

Empower Her

with

Host

MANDY HUTCHINSON

Northern District Community Health | CEO



JO BEAR & MEG LAST

Jo and Meg, Loddon locals will share their heart-warming story of volunteering overseas to spread the joy of netball and teamwork with rural women in India. A fascinating journey of women connecting in unexpected ways!

Empower Her | Founders



**FRIDAY
8 DECEMBER 2023
10.00AM-11.30AM**



**Jens on George (previously Waffles)
-105 King George St, Cohuna**

NO COST, BUT BOOKINGS ESSENTIAL

Limit of 100 tickets.

Open to all Gannawarra & North Loddon residents

<https://www.trybooking.com/CMJWR>

or phone NDCH 5451 0200



In 2023, Respect Victoria and Safe and Equal are partnering to deliver and support local community engagement with the 16 Days of Activism against Gender-Based Violence state-wide campaign. Gannawarra Shire Council has been funded under Respect Victoria's 16 Days of Activism grassroots initiative, as part of the Gannawarra Goes Orange campaign, promoting awareness and action against gender-based violence.



SAFE+EQUAL



**RESPECT WOMEN
CALL IT OUT**



THE DATES FOR GANNAWARRA ARE:

**Cohuna Library –
Thursday 16th Nov
1:30pm**

**Kerang Library -
Wednesday 29th Nov
11am**

NDCH are delighted to join with the Gannawarra Library Service and Speech Pathology Australia to run Speechie Library Talks in 2023.

If you are a parent or carer of a child aged 0-5 years old, come and meet your local speech pathologist, Jacqui and learn about what you can be doing at home to develop your child's language and literacy skills.

Speechie Library Talks are FREE.

Pictured below: NDCH Speech Pathologist, Jacqui.



Want to develop your **0-5 year** old child's **language and literacy?**



Come meet your local **speech pathologist,**



and find out about shared book reading tips for **home,**



as well as **developmental milestones** at key ages.



Join in a **Speechie Library Talk** at your local library this **November.**



TINS & TOYS DRIVE

NDCH are asking the community to donate non-perishable food and NEW toys which will be shared with local vulnerable people this Christmas.

Items to donate include:

- Canned Fruit & Vegetables
- Canned Puddings
- Canned Meat & Fish
- Jams & Spreads
- Tea & Coffee
- Rice
- Pasta
- Arts & Craft
- Board Games
- Baby Toys
- Sports Equipment
- Musical Instruments

Drop Off / Collection Points

NDCH Offices

- 33 Mildred Street, Quambatook
- 12 Victoria Street, Pyramid Hill
- 33 King Edward Street, Cohuna
- 24 Fitzroy Street, Kerang
- **NDCH Medical Clinic** - 34 Fitzroy Street, Kerang
- **Boort Resource & Information Centre** - 119 Godfrey Street, Boort



DONATION PERIOD
6 - 18 NOVEMBER 2023



Recycling update

Did you know that placing certain items in your yellow household recycling bin can result in materials that were intended for recycling being diverted to landfill?

Items including soft plastics, shredded paper, tissues and broken glass cannot be recycled and instead should be placed in your red household waste bin.

Placing your recyclable materials in a plastic bag is also not recommended, as plastic bags cannot be recycled.

For more information regarding what you can and cannot place in your household bins, please visit



Keep these items out of your mixed recycling bin.



FREE COMMUNITY EVENT!!



George the Farmer LIVE at the SERPENTINE REC RESERVE
SUNDAY, NOVEMBER 12, 2023

Register Now!
Loddon Shire residents only

Tyipen Kwe Youth Camp |

We are excited to share the highlights from our recent camp to Robinvale and Mungo during the Term 3 school holidays! This experience brought together 8 young people and 7 adults. We welcomed 2 new young participants to our TK activities, broadening our community reach. During the camp, our group embarked on a Nyah Forest walk with Josh Cameron, exploring gathering areas and learning about park preservation efforts. Day two took us to Lake Mungo, where Elder Lance guided us through the Walls of China tour, delving into the area's rich history, Mungo Man and Mungo Lady discussions, and the diverse mega fauna and flora. The camp was a great trip filled with lots of cultural learnings for young people and adults.



Meet Dwayne |

Please join us in welcoming Dwayne to the team at Northern District Community Health! Dwayne is our Aboriginal Child and Youth Program Facilitator and one of the newer recruits.



16 DAYS OF ACTIVISM CALENDAR FOR

Gannawarra Goes Orange

HELP US CREATE A FUTURE WHERE WE ARE ALL SAFE, EQUAL AND RESPECTED

NOVEMBER



**JOIN THE
WALK AGAINST
FAMILY
VIOLENCE**

25

This event marks the beginning of **Gannawarra Goes Orange.**



Join the **Walk Against Family Violence** - wear orange if you can!

Event details

Saturday, 25 November 2023, 10:00am. Walk commencing from Kerang Council Building, Victoria St. Walk concludes at Kerang Community Market.

Proudly organised by Rotary Club of Kerang

26-27

28

Affirmative Consent with Chanel Contos webinar
10am-11am



Proudly presented by Women's Health Loddon

29



Join us for a **special Story Time** that challenges gender stereotypes.

Event details:

Wednesday, 29 November, 10.30am-11.00am
The Sir John Gorton Library, Kerang

30

The Gendered Drivers of Violence in Everyday Life – Lunch & Learn Session 1- 12.30pm-1.30pm



Proudly presented by Women's Health Loddon

DECEMBER

1-6

7

The Gendered Drivers of Violence in Everyday Life – Lunch & Learn Session 2- 12.30pm-1.30pm



Proudly presented by Women's Health Loddon

8

This event marks the closing of **Gannawarra Goes Orange.**

Join us for the our **Empower Her event**, hosted by Mandy Hutchinson with guest speakers Jo Bear and Meg Last. Jo and Meg are Loddon locals who will share their heart-warming story of volunteering in India. A fascinating journey of women connecting in unexpected ways!

Event details

Friday, 8th December 2023, 10:00am- 10.30am. Jen's on George (previously Waffles) in Cohuna.



9-10

ALL EVENTS ARE FREE

In 2023, Respect Victoria and Safe and Equal are partnering to deliver and support local community engagement with the 16 Days of Activism against Gender-Based Violence state-wide campaign. Gannawarra Shire Council has been funded under Respect Victoria's 16 Days of Activism grassroots initiative, as part of the Gannawarra Goes Orange campaign, promoting awareness and action against gender-based violence.



LEITCHVILLE KINDER!



🍉 In October Rachel, Tanya and Chomper from our Health Promotion team joined the vibrant celebration at Leitchville Kinder. Celebrating the achievement of all health and wellbeing priority areas.

Now, with Leitchville Primary School interested in signing up to the Achievement Program, the excitement grows. 🏠🌟 Want to be part of the Achievement Program too? Sign up using the QR code.



LEITCHVILLE KINDERGARTEN ARE RECOGNISED FOR ALL PRIORITY AREAS:



The Achievement Program is FREE, and helps early childhood services, schools and workplaces create a healthier environment for working and learning

HEALTHY EARLY CHILDHOOD SERVICES Achievement Program

We're creating a healthier early childhood service

GALA DAY AT BOORT!

Claire, Demi and Rachel stopped by Loddon Shire's annual Victorian Seniors Festival Gala Day at Boort, with more than 100 seniors attending a luncheon and concert at Boort Memorial Hall.

Featuring the music and voice of the talented Lonnie Lee, the day also saw stalls from Red Cross, Inglewood District Health, Boort District Health and NDCH.





Claire, the nurse, will be part of the health team surrounding you to help you manage your health better and achieve your goals.

CHRONIC DISEASE MANAGEMENT NURSE

Covering Buloke, Gannawarra and Northern Loddon Shires including Boort and Pyramid Hill

What we do:

The nurse will be available to support clients living with heart conditions, chronic obstructive airways disease (COPD) and diabetes. We can help you manage your health condition, connect you with other health professionals, and reduce your need to attend hospital.

What to expect:

You can expect flexibility in your appointments. Our nurse is available for consultations at your local health service centers, over the phone, or through telehealth services. Additionally, the nurse can attend meetings with other health professionals if the situation requires it.

The care will include review of:

- ✓ medication
- ✓ mobility
- ✓ mental health
- ✓ and what matters to you

Contact us:

- ☎ 03 5451 0200
- 🌐 www.ndch.org.au
- 🕒 8.30am-5pm
Mon to Thurs
- 📍 24 Fitzroy St, KERANG

FREE SERVICE.

NO REFERRAL NEEDED.



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.

This is not an emergency service. In an emergency dial 000.



Bowel Screening

More than 90 per cent of bowel cancers can be successfully treated if they are found early.

In Australia, the National Bowel Cancer Screening Program (NBCSP) provides eligible adults aged 50 to 74 years a free bowel screening test in the mail every two years to help detect the early signs of cancer before symptoms occur.

However, screening participation in Victoria has decreased for the first time in many years and currently sits at 43.9 per cent in Victoria (January 2020 - December 2021, AIHW.) In particular, people aged 50 to 54 are still our lowest screeners at 35.3% participation.



Our display at the Medical Clinic

Type 2 Diabetes

Know your risk, know your response



world diabetes day
14 November

Type 2 diabetes accounts for more than 90% of all diabetes. It can develop silently, with symptoms that go unnoticed.

When diabetes is not detected and treated early, it can lead to serious complications.

There are several **risk factors** that increase the chance of developing type 2 diabetes. **Knowing what these are and what to do can delay or prevent the onset of the condition.**



Almost 1 in 2 people with diabetes do not know they have it.



Understand your risk



Family history: If you have a parent or sibling with diabetes, your risk increases.



Ethnicity: Certain ethnicities are more at risk, including Black Africans, African Caribbeans and South Asians.



Weight: Being overweight or obese increases your risk of developing type 2 diabetes.



Inactivity: Physical inactivity can contribute to weight gain and insulin resistance.



Age: The risk of developing type 2 diabetes increases with age, particularly after 45.



Gestational Diabetes: Women who have had diabetes during pregnancy are at increased risk.

Know how to respond

In many cases, **healthy eating habits and regular physical activity** can help lower the risk of type 2 diabetes.

Diet: Choose whole grains, lean proteins, and plenty of fruits and vegetables. Limit sugars and saturated fats (e.g. cream, cheese, butter).

Physical activity: Spend less time sitting down and more time moving. Aim for at least 150 minutes of moderate-intensity activity per week (e.g. brisk walking, jogging, cycling).

Monitor: Look out for possible signs of diabetes such as excessive thirst, frequent urination, unexplained weight loss, slow healing wounds, blurred vision and lack of energy. If you have any of these symptoms or belong to a high-risk group, consult a healthcare professional.



Do you know your risk?

worlddiabetesday.org/prevention

#WorldDiabetesDay #KnowYourRisk



WORLD DIABETES DAY 14 NOVEMBER 2023

At NDCH, we have two experienced diabetes educators

DIABETES EDUCATORS CAN ASSIST YOU WITH:

- CARE PLANNING, LIFESTYLE MODIFICATION, DEVICE AND TECHNOLOGY EDUCATION & REGULAR REVIEWS
- CONCERNS WITH YOUR RISKS OF DEVELOPING DIABETES
- UPDATES WITH SELF MANAGEMENT STRATEGIES
- WORRIES WITH YOUR DIABETES MANAGEMENT
- LAUNCHING ENDOCRINOLOGIST TELEHEALTH SERVICE PROVIDED BY BAKER HEART AND DIABETES INSTITUTE

 5451 0200

 reception@ndch.org.au



Survey volunteers needed

- Do you smoke or vape?
- Are you between 18 and 30 years old?
- Did you start smoking while living in Buloke, Loddon or Gannawarra?

Participation involves a 10 minute online survey



To participate:

Visit www.ndch.org.au/survey
or use the QR code



Enablers of smoking and vaping uptake in rural youth survey |

This survey is for young people between the ages of 18 and 30, who started smoking tobacco products and/or vapes while living in the Buloke, Loddon or Gannawarra shires (e.g. Kerang, Cohuna, Donald, Charlton, Birchip, Wycheproof, Inglewood, Wedderburn, Serpentine, Newbridge, Mitiamo, Pyramid Hill).

People who have quit smoking/vaping are still able to participate. The survey takes less than 10 minutes to complete and participation is completely voluntary.

Training Update

We're now taking Expressions of Interest for free YOUTH Mental Health First Aid (YMHFA) training!

Who's YMHFA for?

The Youth Mental Health First Aid Course is for adults working or living with adolescents (those aged between 12 and 18 years), however, the course can be relevant for those helping people who are a little younger or older.

If there's enough interest, this empowering training will take place on Fri 24th Nov and Mon 11th Dec at NDCH Kerang. Your interest can make it happen! Express your interest for YMHFA training here:

<https://www.surveymonkey.com/r/79N6XF9>

But Wait, There's More!

That's not all! The free Mental Health First Aid (MHFA) Training that we previously advertised earlier this month will now be delivered in late Feb/early March. You can still express your interest here:

<https://www.surveymonkey.com/r/WY3JRZW>

**Are you interested in
Youth Mental Health
First Aid (YMHFA)?**

DATES WOULD BE:

- FRIDAY 24TH NOV
- MONDAY 11TH DEC

EXPRESSION OF INTEREST 

MENTAL HEALTH FIRST AID
For Anyone. For Everyone®

NDCH

BENDIGO HEALTH Loddon Mallee Public Health Unit

2024 Citizen and Young Citizen of the Year awards

Do you know a resident who helps make the Gannawarra a great place to live?

If so, why not consider nominating them for Gannawarra Shire Council's 2024 Citizen and Young Citizen of the Year awards.

For more information and to apply, please visit www.gsc.vic.gov.au/Australia_Day_Awards or phone Council on (03) 5450 9333. Nominations close 9am Monday, 27 November.

Pictured is 2023 Gannawarra Shire Young Council Citizen of the Year, Deaken Fawcett (left) and 2023 Citizen of the Year, Ramon Steel (right) with Mayor Charlie Gillingham.



GANNAWARRA PARENT AND GUARDIAN CARER SUPPORT GROUP

Supporting parents and carers of children under the age of 18 with disability, mental ill-health and neurodiversity.

We offer:

- A cuppa and chat with a qualified social worker
- Peer support and meeting other carers
- Self-care Stations with a variety of activities that carers can choose such as:
 - Adult colouring
 - Kinetic sand
 - Knitting/crochet
 - Art/craft
 - Massage station
 - Fiction book exchange
 - Gentle stretching/mobility



Kerang Self-care Hub

When: 10am-11:30am 3rd Wednesday of Each Month

Where: Sir John Gorton Library
Murray Valley Hwy & Shadforth St, Kerang

Cohuna Self-care Hub

When: 1pm-2:30pm 3rd Wednesday of each month

Where: Northern District Community Health,
25 King Edward Street, Cohuna

Find out more today!

Contact us on 0488 605 363
or email carers@riac.org.au

riac.org.au



WE ARE HIRING ★

The QR code will take you to the latest jobs and opportunities we have at NDCH.



**We are local,
and we care!**

HELP PROTECT OUR ENVIRONMENT!

If you find any illegal rubbish dumping sites in the Gannawarra or Loddon Shire, please contact the Environment Protection Authority Victoria on 1300 372 542 to anonymously report dumping or visit epa.vic.gov.au/dumping



epa.vic.gov.au



IN AN EMERGENCY DIAL 000

BEYOND BLUE

Anyone feeling anxious or depressed

beyondblue.org.au 1300 22 46 36

KIDS HELPLINE

Counselling for young people aged 5-25

kidshelpline.com.au 1800 55 18 00

MENSLINE

Men with emotional or relationship concerns

mensline.org.au 1300 78 99 78

ALCOHOL & OTHER DRUGS INTAKE

For people needing help with alcohol & drug issues

www.acso.org.au/aod-mh-support

1300 022 760

REGIONAL MENTAL HEALTH TRIAGE

Assessment service for people experiencing mental illness

1300 363 788

LIFELINE

Anyone having a personal crisis

lifeline.org.au 13 11 14

HEAD TO HELP

Support from experienced mental health professionals

headtohelp.org.au 1800 59 52 12

ORANGE DOOR

People experiencing family violence

orangedoor.vic.gov.au

LODDON: 1800 51 23 59

MALLEE: 1800 29 09 43

VICTORIAN HOUSING SUPPORT

Crisis housing support 1800 825 955

AFTER HOURS GP ADVICE & SUPPORT LINE

1800 022 222

NURSE ON CALL

Caring, professional health advice 24 hours a day

1300 60 60 24

HEALTH TRANSLATIONS

Do you need reliable translated health and wellbeing information?

www.healthtranslations.vic.gov.au

Farmer Online Assist Program

Three free telehealth appointments

No GP referral or Mental Health Plan required

<https://farmerhealth.org.au/access-a-psychologist-online>

3 free psychologist appointment available for Victorian farmers

No-cost appointments are now available via telehealth consultation.

Open to Victorian farmers who are feeling stressed, anxious, tired, angry, or depressed, or are looking to chat to someone.

















Don't hesitate to reach out, and remember, in a crisis, always call 000 for immediate assistance. Your mental health matters.

Learn more and apply now here:



Healthy food swaps for children!

Sourced from Healthy Eating Advisory Service

Swap these foods...	For these healthier options...			
Salami, kabana, Strasburg, Devon or middle bacon	 Lean ham	 Canned fish in spring water	 Sliced chicken or turkey breast	
Sausages and sausage mince, frankfurts and hot dogs	 Lean burgers	 Lean beef or lamb mince	 Lean beef	
Sausage rolls and pies	 Baked beans on toast	 Mini pizza faces	 Toasted sandwiches	
Jelly	 Fruit yoghurt	 Fruit platter	 Canned fruit	 Custard
Cakes and sweet biscuits	 Fruit toast with ricotta and berries	 Pikelets	 Wholemeal muffins	

The swaps are ideas only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.





MEDICAL CLINIC

Patient Information

34 FITZROY STREET
KERANG VIC 3579

5452 1366

DOCTORS

Dr John Shokry
Dr Afolabi Ayeni
Dr Megan Belot-on leave
Dr Xin Jin (Dr Jinx)

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

NURSES

Jen Brereton-Team leader
Shannon Laursen
Kristen Hipwell
Narelle Weekly
Sharee Edge
Rosi Bear
Jen Emonson
Marg Winship

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Hilda Higgins
Nick Keely (Casual)
Cassandra Hicks (Casual)
Leonie Garner (Casual)

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence



Pictured: Nurses Sharee and Shannon

PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain the security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

PRESCRIPTIONS

All patients must be seen for repeat prescriptions. No phone or over the counter prescriptions will be taken. You may need a blood pressure or blood sugar check, or pathology which is ordered by your doctor. This ensures better health care for you and your family.

Scripts for Schedule 8 Medications (and some schedule 4) will not be given at your first consultation and only prescribed when your Doctor establishes your treatment plan with you.

FEES

All accounts are required to be paid on the day of visit. The standard fee is \$80. Fees vary according to time/or services provided. Your claim will be sent to Medicare electronically who will pay your rebate direct to your nominated bank account. **We are not a bulk billing clinic.**

AGE & DISABILITY PENSION CARD HOLDERS

Pension card holders will be charged an out of pocket fee of \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 pay on the day fee.



HotDoc

Online appointments can be made by visiting:
www.ndch.org.au

PHONE CALLS

If you need to speak to a Doctor during business hours, your call will be returned at the Doctor's earliest convenience. Please be prepared to leave your contact details with the Medical Reception. If you have an abnormal test result you will be contacted by the Doctor or clinic staff.

COMPLAINTS

We welcome your suggestions, complaints and compliments. Complaints should be addressed to the CEO of NDCH. If you are unhappy with how we manage your complaint, you can contact the:

Health Complaints Commissioner

Phone: 1300 582 113

Level 26, 570 Bourke Street, MELBOURNE VIC 3001.

HOURS AND APPOINTMENTS

Monday to Friday: 8.45am - 5.30pm

Consultations are by appointment only

Double appointment times can be made by request. Please let staff know if there are any specific needs. We would appreciate early cancellations where possible to allow us to contact other patients we may have on a waiting list.

OUT OF HOURS EMERGENCIES

In the event of a medical emergency please ring 000. For urgent after hours care, please attend or call Kerang District Health on (03) 5450 9200. If you are seen by one of our Clinic Doctors at Hospital, please be aware that a \$50 co-payment will be charged.

Clinic Services

- GP Consultations
- Health Assessments
- Nurse Practitioner Consultations
- ABI (Ankle-Brachial Index Test)
- Medicals
- Immunisations
- Travel Vaccines
- GP Management Plans
- GP Mental Health Plans
- Specialist Referrals
- Ear Wash
- Skin Check Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Hearing Aid Specialist
- Telehealth Services
- Cardiologist

**Procedures have a practice fee.
Call our Medical Receptionists for
appointments or information:
5452 1366.**



**Pathology
services
onsite
Mon to Fri!**



Contact Us

KERANG

Community Health

24 Fitzroy Street
Monday to Friday
8.30am to 5.00pm
Phone: 03 5451 0200
Fax: 03 5452 2486
Email: info@ndch.org.au
SMS: 0428 575 597

Medical Clinic

34 Fitzroy Street
Monday to Friday
8.45am to 5.30pm
Phone: 03 5452 1366

COHUNA

25 King Edward Street
Monday to Friday
9.00am to 4.00pm
Closed 12 Noon to 1.00pm
Phone: 03 5451 0250

PYRAMID HILL

12 Victoria Street
Monday to Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5455 7065

BOORT

119-121 Godfrey Street
Open by appointment only
Phone: 03 5451 0260

QUAMBATOOK

33 Mildred Street
Mon, Wed and Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5457 1300

We share professional
spaces in Koondrook,
Charlton, Sea Lake, Donald
& Wycheproof too.



NDCH

Thanks For Reading

www.ndch.org.au

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

NDCH is supported by the Australian Government Department of Health.

*Although funding for this nursing and allied health service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



HEALTHY WORKPLACES Achievement Program

We're creating a healthier workplace

