



NDOCH

NEWSLETTER

FEBRUARY 2020

SENSORY ORAL FEEDING THERAPY

LAPS FOR LIFE

Inside This Issue

RECIPE OF THE MONTH

INTERNATIONAL WOMEN'S DAY



Dr John Shokry



Dr Kashif Surahio



Dr Tobi Kupoluyi



Dr Ashraf Takla

Our Team of Doctors

We wanted a GP and we now have four full time, permanent doctors at our clinic in Fitzroy Street, Kerang. Dr Belot is also a part of the team but is currently on maternity leave.

Our clinic has appointments available. Our friendly staff are always ready to welcome new and returning patients. Read more about our medical clinic on pages 6 and 7.

Nurse Practitioner

Our clinic also has a wonderful Nurse Practitioner who can assist patients with:

- Referrals to specialists
- Referrals for blood and diagnostic tests
- Treatment and management of chronic disease in partnership with a doctor
- Women's health checks and cervical screening



Yvonne Fabry



We are a registered NDIS provider

Our NDIS registered services include

- Occupational Therapy
- Community Nursing Care
- Podiatry
- Dietitian
- Speech Pathology
- Support Coordination
- Group Programs

To be eligible for the NDIS, you need to

- Have a permanent disability that makes every day things really hard;
- Be under 65 years of age; and
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa.

New Citizens

We would like to congratulate Dr Tobi and Remi on attaining their Australian Citizenship on Australia Day!

Dr Tobi works in our Medical Clinic with our other permanent doctors Dr Ashraf, Dr Belot, Dr Kashif, and Dr Shokry, and our Nurse Practitioner Yvonne Fabry.

Remi is part of our NDIS support team providing Support Coordination to participants across the region.

Pictured is Dr Tobi and Remi with their children and Gannawarra Shire Council Mayor, Councillor Lorraine Learmonth.





SENSORY ORAL FEEDING THERAPY

Studies suggest 20% of children have some type of feeding and/or growth issue in their first 5 years of life.

- 10 week program
- \$15.00 per session
- No referral required
- For fussy eaters

This program is

- based on the Sequential Oral Sensory approach to feeding
- run by a dietitian and speech pathologist
- family centered, so family is an important part of assessment and treatment.



5451 0200
For more information

Fruit & Nut Scones

Makes 10 Scones and only 30 minutes of prep time.

INGREDIENTS

- olive oil spray
- 2 Cups self-raising flour
- ¼ Teaspoon of baking powder
- 1 Teaspoon of sugar
- 1 Tablespoon of butter
- ½ Cup of raw nuts
- ½ Cup dried fruit
- 1 Cup skim or low-fat milk

METHOD

1. Preheat the oven to 230°C.
2. Lightly spray an oven tray with oil, or line with baking paper.
3. Sift the flour, baking powder and sugar into a bowl. Rub in the butter with your fingertips until mixture resembles breadcrumbs.
4. Add the nuts and dried fruit and mix well.
5. Add all the milk at once and with round bladed knife, use a cutting action to mix the ingredients until evenly combined. Gently knead until you have a soft dough
6. Roll out the dough into a 1½ cm thick square, then cut into rounds with a scone cutter or upside-down glass.
7. Place the scones on the greased or lined oven tray and brush the tops with a small amount of extra milk.
8. Bake for 7-10 minutes, or until the tops are golden and sides are firm.
9. Lift onto a cooling rack, or if they are to be eaten immediately, wrap in a tea towel to keep warm.



We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDERS

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wemba Wemba, 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 and present and, through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQ+

NDCH proudly supports the LGBTIQ 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.

Swimming for a Good Cause

In March our Nurse Practitioner, Yvonne Fabry is challenging herself to swim to save lives.

Yvonne is participating in 'Laps for Life' which raises valuable funds for ReachOut. ReachOut has a mission of ensuring that all young people have the support they need to be happy and well.

Yvonne will be swimming 20km in March, which is 400 laps of the pool!

If you would like to support Yvonne, you can visit her sponsorship page at

www.lapsforlife.com.au/fundraisers/yvonnefabry

Goodluck Yvonne!



Have you changed your Information?

If you have moved, got a new phone number or if any of your personal information has changed and you haven't told us yet, please let our reception staff know so that we can update your records.

Charity Register

As we are a not-for-profit organisation a majority of our income is raised through funding, fundraising and donations.

Demand for our services has continued to increase and Government funding does not fully cover the costs of providing all services. We need your help to achieve our goal of supporting the community to achieve better health outcomes.

If you would like to make a tax deductible donation to NDCH, please have a chat with one of our staff or visit our website at www.ndch.org.au/donations.

Recent Donations:

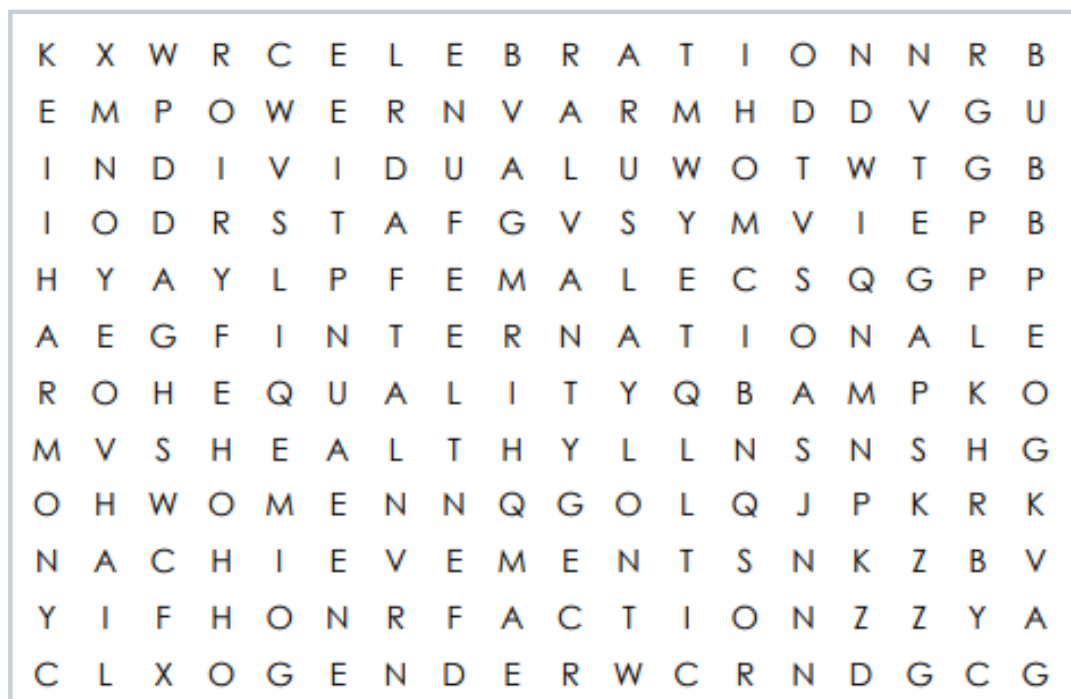
- \$480 from NDCH Staff to the Workplace Giving Account



International Women's Day

Prepare for International Women's Day on 8 March 2020, by doing our word search below. Enjoy.

WORD SEARCH



- INTERNATIONAL
- WOMEN
- EQUALITY
- GENDER
- CELEBRATION
- ACHIEVEMENTS
- INDIVIDUAL
- HEALTHY
- HARMONY
- FEMALE
- EMPOWER
- ACTION

Words are hidden   and 



Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot (On Leave)
Dr Kashif Surahio
Dr Ashraf Takla
Dr Tobi Kupoluyi

NURSE PRACTITIONER

Mrs Yvonne Fabry

NURSES

Jenny Brereton RN (Team Leader)
Beth Dickson RN
Shannon Laursen RN
Deidre Lehmann EN
Cheryl Sarre EN
Lana Wishart EN
Michelle Whitelaw EN
Rosi Bear RN
Kristen Hipwell
Leanne Cooke

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt
Nick Keely
Aliesha O'Neill
Ros Campbell



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 \$75. 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 \$30 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$30 Gap Payment each visit instead of the \$75 pay on the day fee.



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 Northern District Community Health or contact the

Health Complaints Commissioner

on 1300 582 113

or at

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 the 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
- Psychologist
- Cardiologist

**Procedures do incur a practice fee.
Please contact our Medical
Receptionists for appointments
and further information on
(03) 5452 1366.**



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
Fax: 03 5450 3232
Email: clinic@ndch.org.au

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
Tuesday and Friday
9.00am to 10.00am
(other times by appointment)
Phone: 03 5457 1300

We also have Shared
Professional Spaces in
Koondrook, Charlton, Sea Lake,
Donald and Wycheproof.



NDCH

Thanks For Reading

www.ndch.org.au

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