

HAPPY NEW YEAR

2023

NEWSLETTER

JANUARY 2023



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Pictured: Molly and Matt at the BLG Youth Awards

BLG Youth Awards

On Friday 9th December more than 150 people attended the inaugural Buloke-Loddon-Gannawarra (BLG) Youth Awards at the Boort Memorial Hall where 132 young people received awards in recognition of their work in leadership, creativity, resilience and teamwork.

It was a fabulous evening and would not have been possible without funding from the Engage! and Freeza programs.

A special thank-you to all our award recipients for making the night a huge success, Matt and Molly are very proud of all your achievements and want to thank you for attending the presentation evening. We hope to make this an annual event so keep an eye out for young people doing great things in your lives and remember to nominate them when nominations open in 2023.

Thanks for the support from the NCLLEN and Buloke, Loddon and Gannawarra Shires

More pictures from the night on page 5.



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.

JANUARY 2023

Acknowledgement of Service

At our AGM in November we had 9 staff receive a certificate of service for their outstanding contribution to NDCH

A big thank you to Claire, Nicole, Jodi, Jim, Rosi, Rachel, Michelle, Kristen and Chris for everything you do!

Congrats!



CLAIRE
20 YEARS



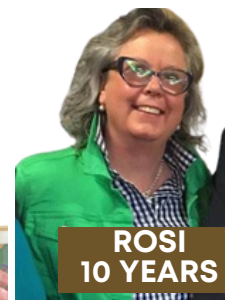
NICOLE
15 YEARS



JODI
15 YEARS



JIM
15 YEARS



ROSI
10 YEARS



RACHEL
5 YEARS



MICHELLE
5 YEARS



KRISTEN
5 YEARS



CHRIS
5 YEARS

VACCINATION CLINIC – MPX COVID & JAPANESE ENCEPHALITIS

Kerang

When: Tuesday 10th January
2023

Time: 1.00pm-4.00pm

Where: Kerang Memorial Hall

Address: Nolan St, Kerang Vic
3579

Contact: 1800 329 189

Cohuna

When: Thursday 12th January
2023

Time: 1.00pm-4.00pm

Where: Cohuna Memorial
Hall

Address: King Edward St,
Cohuna Vic 3578

Contact: 1800 329 189

Leitchville

When: Saturday 14th January
2023

Time: 1.00pm-4.00pm

Where: Leitchville Memorial
Hall

Address: Hawken St,
Leitchville Vic 3567

Contact: 1800 329 189

Please be aware that there is limited supply of the JE vaccine, we are doing everything we can to assist you and your community.

Please ensure that you meet the eligibility criteria. This is available via the below Japanese Encephalitis QR code.

This clinic prefers bookings but will accept limited walk-ins.

JAPANESE ENCEPHALITIS



CLINIC CALENDAR/BOOKING LINK



COVID



\$3,305 raised of \$20,000

Northern District Community Health wish to say a huge THANK YOU to the amazing individuals, families and organisations who have donated to our Gannawarra Giving account!

A special mention to:

- **Banyule Community Health- Women of West Heidelberg social group** who recently donated \$929. Thank you for sending your well wishes and for your amazing fundraising efforts.
- **St Mary's Primary School Williamstown** who recently donated \$656. Instead of having a Kris Kringle the staff donated to the Gannawarra Giving Account.

We thank each everyone of our donors and appreciate your generosity.

Help the
community
recover from the
floods



GANNAWARRA
GIVING ACCOUNT



The Gannawarra Giving Account is a partnership approach to support initiatives that help rebuild community connections and assist individuals affected by the floods.

To donate:

<https://www.givenow.com.au/gannawarra-givingaccountfloods>

or scan the QR code



BLG Youth Awards



Teamwork



Teamwork



Creativity



Resilience



Leadership



Leadership



Leadership



Teamwork



Teamwork



Teamwork



Teamwork



Teamwork



Teamwork

Make the most of summer to get ready for kinder or school

Off for a swim?.

Make a list together (can be words or pictures) of things to take - towel, sunscreen etc. Work together to tick them off the list when packed.

Give your child their own back pack to carry to and from the car. This is great practice for next year!

There's lots to talk about while in the water. Which pool toy is the longest - the noodle or the diving stick? Is the water shallow or deep?

Floating, kicking, blowing bubbles, diving for rings - there are so many physical skills to practice together in the water.

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.

Make the most of summer to get ready for kinder or school

Hot day? Cool off with a story.

Act out the story of your child's favourite book together using people or toys to be the characters. This is great way to work on memory and story telling skills.

Point out interesting or unusual words while you read. E.g. The cake was humongous! That means it was really, really big.

Kids love hearing the same story over and again. This is actually a good thing! It helps them learn how stories work. But if you're after a change, head to the local library to expand your collection without breaking the bank.

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.

Make the most of summer to get ready for kinder or school

Having a picnic or BBQ?

Make a list together (can be words or pictures) with your child of the food needed. Work together to tick them off as they are packed.

Count how many people will be there and then the cups, plates etc. to make sure there are enough for everyone.

Put some of the food in your child's kinder lunch box and give them the job of opening and closing it.

Talk about the flavours and textures of different foods while eating. "This carrot is crunchy, listen to how loud it is!" "This mango is so juicy! Look it's running down my arm!"

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.

Make the most of summer to get ready for kinder or school

Off to the park?

Can you can find 5 different things you can see? 4 different things you can feel? 3 different things you can hear? 2 different things you can smell?, and 1 thing you can taste (if safe to do so)?

Do they feel the same? Is one louder/quieter, do you like/dislike the smell?

This is a great mindfulness activity that helps us with body awareness.

We can even play I-spy talking about the different things, and our senses. For example - "I-spy something smooth"

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.



Do you have a personal experience of cancer or as a carer for a loved one?

KERANG WORKSHOP

CANCER
SHARED
CARE

HELPING IMPROVE THE HEALTH AND WELLBEING OF PEOPLE ON THEIR CANCER JOURNEY

Murray PHN is leading a project to develop and trial a model of shared care for people living with cancer in the Gannawarra Shire. Shared care involves the joint participation of specialists and GPs in the delivery of cancer care, from diagnosis throughout the pathway of care. The project seeks to strengthen the relationship between GPs, hospital-based cancer teams and other providers in the community.

Objectives:

- To bring people together with a lived experience of cancer and carers to inform the development of a model of shared cancer care for the Gannawarra Shire.

Outcomes:

- Understand current cancer experiences for people in the Gannawarra Shire
- Identify the key components of a model of shared cancer care
- Identify people with a lived experience of cancer and carers who have an interest in being involved in attending workshops with GPs and cancer professionals to refine the model of care and method for the pilot project.

Date:

Thursday 2 February 2023

Time:

10am to 2pm (lunch will be provided)

Where:

Activity Room 1,
Northern District Community Health,
16 - 34 Fitzroy Street, Kerang

RSVP:

Book tickets at: <https://bit.ly/3hv0rV3>

The agenda for the workshop is included on the next page for your information and reflection prior to the workshop.

For more information, contact Sue Spencer,
Cancer Shared Care Lead p: 0407 512 963
or e: sspencer@murrayphn.org.au

SUMMERWAVE

MUSIC FESTIVAL

REECE
MASTIN

SAM+SAM

ONE MORE WEEKEND • BLCK VIBE
SEVEN CAR PILEUP • IVY BLACK
GRACE FROST • ELIAS LANYON
AMY TIE • DANIEL AARO
THE KNOWN • PASQUITO
TEEJAY • DILLMAC

TICKETS AVAILABLE FROM
TRYBOOKING.COM



FEB 4th, 2023
ATKINSON PARK - KERANG

SUMMERWAVE IS FULLY SUPERVISED AND IS AN ALCOHOL, DRUG AND SMOKE FREE EVENT WITH STRICKLY NO PASSOUTS



North Central LLEN

The results are in for our Christmas Tree decorating competition

Congratulations to our Medical and Nursing team who took out first place with their creative design. The tree was decorated with a 2022 theme; hand sanitiser, masks & gloves, mosquito repellent & nets, gumboots & water over the road signs.

2nd place went to the Customer Engagement team with their very impressive Santa. The Allied Health Team took out 3rd place with their Grinch themed tree.

We had so much fun, thank you all for voting!



Receive up to \$650 worth of plumbing works for FREE*

Contact us on **03 5051 0740** to determine if you are eligible for an initial water audit.

LOWER MURRAY WATER

VICTORIA State Government

You may be eligible for the Victorian Government's Community Rebate Program.

Eligible customers will receive a FREE* water efficiency audit from a licensed plumber, contracted by Lower Murray Water, to assist in reducing your water use.

Eligible customers may then receive assistance of up to \$650 from the program for agreed products or services.*

*The program does not provide subsidies for bills, but assists customers to reduce water use and utility costs. Offer available until 30 June 2023 (while funds available).

Anglicare Victoria will be holding

Bringing up Great Kids

Bringing Up Great Kids is a **FREE** parenting program promoting respectful and caring relationships between parents and caregivers and their children

Contact: Wendy Ockers 50363 200
wendy.ockers@anglicarevic.org.au

Date & Time
 Six sessions
 Wed 15th Feb- Wed 22nd March
 10.30am-12.30pm

Venue:
 NDCH Kerang

GANNAWARRA GOES ORANGE

16 DAYS OF ACTIVISM AGAINST FAMILY & GENDER-BASED VIOLENCE

Background

Each year between 25 November and 10 December, Northern District Community Health (NDCH) in partnership with Gannawarra Local Agency Meeting (GLAM) host the Gannawarra Goes Orange campaign. In 2022 Gannawarra Shire Council received funding from Respect Victoria and Safe & Equal, while NDCH used Mallee Family Violence Executive funds to support the campaigns awareness raising activities. The campaign coincides with the 16 Days of Activism Campaign against Gender-Based Violence.

2022 CAMPAIGN AIMS

The campaign aims were to raise-awareness, provide education and stimulate community discussion about the prevention of family and gender-based violence. A range of strategies were used to reach children, parents, organisations, and the wider community.



SCHOOL STUDENTS

WHAT DID THE CAMPAIGN DELIVER?

- 4 Respect Is...ads ran on 3SH/Mixx FM during the 16 days. Ads were voiced by Kerang District Health CEO, Gannawarra Shire Council Mayor, Northern District Community Health CEO and Mallee District Aboriginal Services Health Promotion Worker.
- 5 local stores received Respect Is...labels for take-away coffee cups and take-away food.
- 3 schools received classroom resources to challenge gender stereotypes
- 4 schools received Gender Equality book bundles consisting of 4 story books each
- 27 businesses received an orange tea room kit with resources
- Women's Health Loddon Mallee provided online workshops for the community
- 2 school newsletter inserts were provided to Gannawarra schools
- Kerang Neighbourhood House hosted two orange morning teas and NDCH and GSC staff attended
- Kerang District Health ran a coffee competition where one person won a coffee each day for the 16 days, and staff received an Orange Door card
- The Council Building in Victoria Street Kerang lit up in orange throughout the 16 Days and 'Gannawarra says No to Family Violence' banner hung from the portico
- 5,307 households in the shire received a Gannawarra Goes Orange postcard with useful phone numbers to call and information about the campaign
- 4 Respect flags were provided to Kerang Neighbourhood House, Cohuna Neighbourhood House, Quambatook Resource and Information Centre, and NDCH.
- Jane Gilmore, author, writer and advocate for keeping women safe was the the guest speaker for NDCH's AGM : community were invited to attend.

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

Your COVID Checklist

What to do if you test positive to COVID-19 or if you've been told you are a contact:

www.coronavirus.vic.gov.au/checklist



Health Promotion Team Leader, Tanya's favourite recipe.



Mallee Quiche

Ingredients:

- 125g grated cheese
- 125 g bacon, chopped small. Tuna or salmon can be used instead of the bacon.
- 4 eggs, beaten
- 1.5 cups milk
- 1/2 cup self raising flour
- 1 small onion, grated
- Zucchini or any vegetables can be added.

Step by Step

There are a few steps involved in making this Mallee Quiche come to life

1. Mix all together
2. Pour into ovenproof dish
3. cook in moderate oven until set, about 45-50 minutes

Pictured: Health Promotion Team Leader, Tanya dressed as a green bean.

This recipe is an idea 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 Megan Belot
Dr Tobi Kupoluyi
Dr Fungai Zinyowera

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Michelle Whitelaw EN
Narelle Weekley RN
Sharee Edge RN

ADMIN STAFF

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



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

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*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.



We're creating a
healthier workplace

