



INTERNATIONAL WOMEN'S DAY

COVID VACCINATION CLINICS

Inside This Issue

FEBRUARY WORD SEARCH

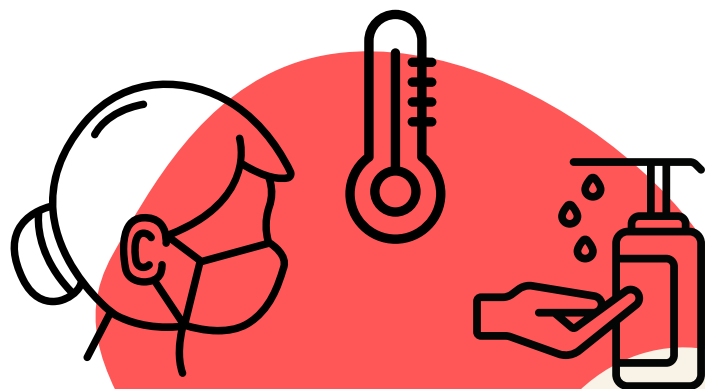
MINI MEATBALL RECIPE

EASING OF SOME MASK RULES

Some changes to pandemic orders and public health recommendations in Victoria will come into place at 11:59pm on Friday 25 February 2022.

Masks will still be needed indoors in the following places, unless an exemption applies:

- on public transport, in taxis and rideshare, on planes, and indoors at an airport
- working or visiting hospitals, and indoor areas at care facilities
- working in hospitality, retail and the court system
- working at justice and correctional facilities
- Students in year 3 or above at primary school, and workers at early childhood centres and primary schools (masks can be removed in secondary school)
- In special circumstances, such as if you have COVID-19 or are a close contact and you're leaving home
- Masks are recommended for people serving or facing members of the public, such as if you are at reception, meeting guests or serving customers.



When visiting NDCH, we still need you to:

- wear a mask (unless you have an exemption)
- take your temperature
- use the hand sanitiser

And please don't enter the building if you have any cold or flu symptoms (ring us from home or from your car first).

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

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.

MARCH 2022

Deadly questions .com.au

You ask. Aboriginal Victorians answer.



“Is it ok for a non-Aboriginal person to wear an Aboriginal flag t-shirt or fly an Aboriginal flag?”

“The Aboriginal flag is an official flag of Australia and one of the most significant icons for Aboriginal peoples and Australians more broadly. Designed by Harold Thomas in 1971, the Aboriginal flag holds many different meanings to Aboriginal people and can symbolize significant historical and contemporary moments in time from the land rights movements of the 1970s to Cathy Freeman’s triumphs in the sporting arena. More importantly the flag can symbolize Aboriginal people’s pride in identity, our strength and our aspirations for the future.

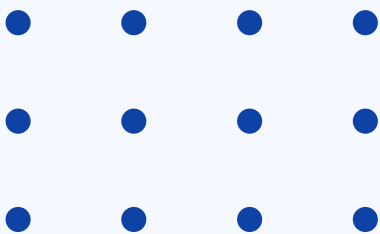
“For me, if I see a non-Aboriginal person wearing an Aboriginal flag, or the flag flying gallantly on a building or in public, it represents to me that Aboriginal pride, strength, identity and our unique place in modern Australia is acknowledged. It represents that Australia’s black history and future is a shared by our non-Aboriginal brothers and sisters. It’s becomes a shared symbol of solidarity.”

ANONYMOUS





COVID-19 Vaccinations now available in our medical clinic



1st & 2nd Doses of Pfizer for all eligible age groups including Children 5-11yrs (after school times available)

3rd Doses of Pfizer for people aged 16+ yrs (3 months since 2nd dose)

Phone: 5452 1366

COVID-19 TESTING



Screening and Assessment Clinic

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, should stay home and get tested. Even if you've been vaccinated, you should still get tested.

If you feel unwell, do not go to a vaccination centre. Get tested!

FOR PCR (SWABBING) TEST:

STEP 1 – PHONE FIRST

5452 1366

Testing is available (by appointment only) at our Medical Clinic, 34 Fitzroy St Kerang.

Monday to Friday – call for a time to have your swabbing done

Having a test is free.

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available. **You must phone first.**

STEP 2 – STAY HOME

After your test, you must stay home until you get your test results back.

If you have symptoms and are unable to travel, Gannawarra Shire Council is providing a transport service to any testing clinics held in Gannawarra townships. Please call 5450 9333 for this service.

RAPID ANTIGEN TESTS (RATs)

RAPID ANTIGEN TESTS CAN BE DONE AT HOME BY YOURSELF.

Follow Instructions provided. Most tests will provide you with a result in 15 to 30 minutes.

If you test positive using a rapid antigen test:

- You are considered a positive case
- You must isolate for 7 days and follow the checklist for cases available at www.coronavirus.vic.gov.au/checklist
- You must report your result. In Victoria, go to www.coronavirus.vic.gov.au/report or phone 1800 675 398

If you test positive on a RAT but have no symptoms, it is recommended you get a PCR to confirm

Vaccinations are now widely available for all eligible people, including booster shots. Check NDCH Facebook and community newsletters for local vaccination clinics.

Common symptoms of Coronavirus:

Temperature

Including fever or chills



Breathing Difficulties

Including breathlessness or sore throat



Fatigue or Tiredness



Cough or Runny/Stuffy Nose



Headache or Body Aches and Pains



Lack of Taste or smell, Nausea, Vomiting, Diarrhoea





International Women's Day

MORNING TEA



Lauren Edwards
Business owner/Physiotherapist

Break the Bias in Gannawarra

Join us to celebrate women and our rich diversity and achievements. Help raise awareness against bias and take action for equality.

Co-hosts Stacy Williams, Gannawarra Shire Council's Director Community Wellbeing, and Mandy Hutchinson, NDCH's CEO, will lead a panel of exceptional local women.

Tuesday March 8, 2022 at 10am

Outside at Sir John Gorton Library, Kerang

Bookings essential: www.trybooking.com/BXMVP

Free event. Morning tea provided.

First 30 people to book will receive a complimentary gift bag.

More information:

03 5452 1546 / library@gl.s.vic.gov.au

This initiative is funded by Gannawarra Shire Council through the Victorian Government's Community Activation and Social Isolation (CASI) Initiative.



Demi Greenwood
Bendigo Pioneers player



Kellie Byron-Gray
CEO Kerang District Health

Your COVID Checklist

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www.coronavirus.vic.gov.au/checklist

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

Are you involved in farming?

Your health is your #1 asset to you, your family and your farming business,. Injuries and poor health not only affect you, they affect your family and can compromise your business's productivity and profitability.

An AgriClinic™ is conducted by a qualified health clinician specialising in agricultural health and medicine and who is familiar with farming practices.

Participating in an AgriClinic™ is easy – just book and invest 90 minutes of your time.

FREE

This is a full funded service

Where do we visit?

Kerang – Cohuna – Quambatook – Boort – Pyramid Hill

At NDCH we know that our farmers are unique...and so are their health needs.

Get your third dose



Three months
after you
had your
second dose

Whatever you received for
your first & second dose



You can get
Pfizer or **Moderna**
for your third

coronavirus.vic.gov.au/vaccine
1800 675 398 - 7 days 8am - 8pm



NDCH Autumn Word Search

D	S	S	E	A	S	O	N	S	Y	D	N	I	W
I	E	N	T	F	A	L	L	E	L	L	D	G	M
E	I	C	I	U	I	Y	R	E	T	S	A	E	A
P	I	Y	I	K	M	R	A	P	R	I	L	V	R
N	R	S	C	D	P	B	N	T	I	W	V	E	C
M	U	L	C	H	U	M	L	R	P	M	E	R	H
E	S	E	Y	A	N	O	U	E	S	A	G	G	N
C	T	A	L	E	R	W	U	P	I	U	E	R	S
I	L	V	L	R	W	F	O	S	R	T	T	E	Y
R	I	E	I	M	U	I	E	R	C	U	A	E	U
R	N	S	H	I	A	S	N	U	B	M	B	N	S
M	G	N	C	D	C	Y	T	T	B	N	L	W	C
A	C	O	M	P	O	S	T	L	E	S	E	M	K
A	Y	G	O	L	D	E	N	L	E	R	S	O	T

MAY
GOLDEN
EVERGREEN
MULCH
AUTUMN
MARCH
SEASONS
CRISP
PUMPKINS
COMPOST
TUMBLE
FALL
LEAVES
RUSTLING
EASTER
VEGETABLES
CHILLY
DECIDUOUS
SCARF
WINDY
WINTER
RUSTLE
BROWN
APRIL



Breast screening—finding cancer early could save your life

Over 50? Visit BreastScreen Victoria's Mobile Screening Service:



Free



Takes 10 minutes



No need for
doctor's referral



With a female
radiographer



Available near you
throughout Victoria

7 February 2022 – 31 March 2022

**RSL DRIVE (LANE DIRECTLY BEHIND WOOLWORTHS CARPARK
AND MEMORIAL HALL), KERANG**

Book at breastscreen.org.au or call **13 20 50**



TTY
13 36 77



Interpreters
available
13 14 50



Mini Meatball Recipe

Recipe from www.dietitiansaustralia.org.au

Serves: 4 - 6 (makes 12)

Prep time: 45 mins

Time to cook: 20 mins

INGREDIENTS

- 300g lean beef mince
- 1 carrot, grated
- 1 zucchini, grated and squeezed
- 1/2 tsp paprika
- 1/2 tsp dried mixed herbs
- 1 egg, beaten
- 1/2 cup breadcrumbs
- Extra virgin olive oil spray

NUTRITION INFO

(per serve)

- Energy 861 kJ (206 calories)
- Protein 18g
- Total Fat 9g
- Carbohydrates 12g
- Saturated Fat 3g
- Sugars 3g
- Dietary Fibre 2g
- Sodium 159mg



INSTRUCTIONS

1. Combine mince, carrot, zucchini, paprika, and herbs in a large mixing bowl. Add egg and breadcrumbs and mix well. Roll mixture into small balls and place on a clean plate. Cover and refrigerate for half an hour.
2. Lightly spray a frypan with oil, or use a non-stick frypan, and cook meatballs in batches for 5 minutes or until fully cooked through.
3. Insert a toothpick into the meatballs and serve with a tomato salsa.

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



Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Kashif Surahio
Dr Tobi Kupoluyi
Dr Fungai Zinyowera

NURSE PRACTITIONER

Mrs Yvonne Fabry

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Lana Wishart EN
Leanne Cooke EN
Michelle Whitelaw EN
Narelle Weekley RN

ADMIN STAFF

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

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
- Psychologist
- Cardiologist

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



**Now with
Clinical Labs
pathology
services
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
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
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.

