

FLYING DOCTOR DENTAL CLINIC

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SUPPORT FOR FARMING FAMILIES



Welcome to Country

Our Tyipen Kwe (Happy Friends) group turned out in style recently. They performed as part of a Welcome to Country video, created for our local community.

This was a great experience for the children but was the last get together for the group for now. We are working hard to find new funding for the group.



Support for our Farming Families

A farmer can find out what help is available to them by typing their location in at www.farmhub.org.au

This website will show what feed, water, transport and living cost help is available. You can also find out what physical and mental health services are available.

The Rural Financial Counselling Service is also available to help you. This service can help farmers to navigate the many types of support that might be available to them. For more information visit www.sunrcs.com.au.



Flying Doctor Dental Clinic



The free Royal Flying Doctor Dental Clinic has returned to the Gannawarra Shire. People can get a check up and treatment until 31 May 2019.

The service will be based at four locations:

- Kerang District Health - 13-15 Burgoyne Street, Kerang
- RSL Drive, Kerang - next to the Kerang Memorial Hall
- Apex Park - Arbuthnot Street, Koondrook
- Cohuna District Hospital - 158 King George Street, Cohuna

Those eligible to receive treatment are:

- Children 17 years and under
- Adults 18 years and over with a Health Care or Pensioner Concession card
- Aboriginal and Torres Strait Islander people
- Refugees and asylum seekers.

To make an appointment, contact the Royal Flying Doctor Dental Clinic team on (03) 8412 0444.

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.

RECIPE OF THE MONTH

Mushroom Chicken & Asian Green Stirfry

Ingredients

400g Chicken breast
3 Tsp Fish sauce
1 Tsp brown sugar
1 Lime (juiced)
Olive oil cooking spray
1 Red chili (finely chopped)
400g button mushrooms
1 Bunch broccolini (roughly chopped)
100g Snow Peas (shredded)
1 Cup Fresh Thai basil leaves
2 Cup Cooked Basmati rice



Instructions

1. Thinly slice the chicken across the grain. Combine the fish sauce, brown sugar, chilli and lime juice in a bowl. Add the chicken and toss well to coat. Cover and refrigerate for 10 minutes.
2. Heat a wok over high heat until hot. Spray wok lightly with oil. Drain the chicken, reserving the marinade. Add one-third of the chicken to the hot wok and stir-fry for 2 minutes or until golden. Remove to a plate and repeat twice with oil and remaining chicken.
3. Heat the wok until hot. Spray the mushrooms with oil then add to the hot wok. Stir-fry 2-3 minutes until light golden. Add the marinade and cook 2 minutes. Add the broccolini and stir-fry 1 minute then add the snow peas and return the chicken. Stir-fry for 1 minute. Remove from the heat, add the basil, toss to combine and serve over rice.

BODY CONFIDENT CHILDREN & TEENS

A **FREE** relaxed information evening for
PARENTS & CARERS supporting positive
body image and healthy behaviours

13 March 2019 | 7.00pm to 8.30pm
NDCH Kerang | 24 Fitzroy Street

You will learn about:

- Body image
- Things that effect body confidence
- Role modelling positive body image and healthy behaviours
- Reducing appearance based talk and how to handle the 'stuff' they say
- Behaviours that increase or decrease body satisfaction
- Where to find support information

* This session does not cover fussy eaters.

Register at www.ndch.org.au/events



NDCH



Butterfly acknowledges the support of

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are proud to be bringing our unique whole community program to young people, parents & professionals in your area.

This session is supported by NDCH and the generous donation from the Kerang Turf Club's 2017 Melbourne Cup Day Charity Luncheon.



We are a registered NDIS provider



Our NDIS registered services include

- Occupational Therapy
- Community Nursing Care
- Podiatry
- Dietitian
- Speech Pathology
- Physiotherapy
- Support Coordination
- Early Childhood Supports
- 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.

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 and therefore we need the support of the community we serve to achieve our goal of supporting our 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.



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.



Patient Information



34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Kashif Surahio
Dr Ashraf Takla

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

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 check, blood sugar, or pathology which is ordered by your doctor. This ensures better health care for you and your family.

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.hotdoc.com.au/medical-centres

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 Lesion Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Cardiologist (Visiting Specialist)
- Psychologist (Visiting Specialist)
- Geriatrician (Visiting Specialist)
- Hearing Aid Specialists

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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*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.



*together we are creating a
healthy workplace*

achievement
program

