



NOCH

NEWSLETTER

APRIL 2019

WOMEN'S HEALTH CLINIC

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ACTIVE APRIL

FLU CLINIC

Our Murray Street Garden project underway

The Our Murray Street Garden project aims to increase the safety, pride and livability for residents, neighbours and visitors of the housing community at 10 Murray Street, Kerang.

We are pleased to say that planting has started!

Residents are helping to plant a variety of flowering plants and shrubs. We would like to thank our local Australian Plant Society group for supporting the project.



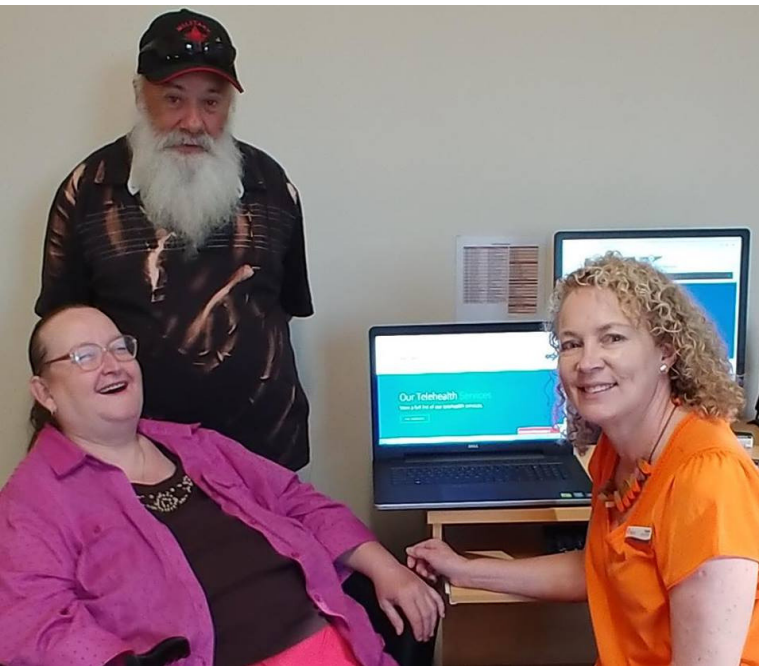
Our Murray Street Garden



Achievement!

Our Diabetes Educator Angela ran the 2000th endocrinology telehealth session through the Royal Flying Doctor Service Victoria recently with our clients Glenda and Ken. Glenda and Ken have been donating to the Royal Flying Doctors Service for a long time. We are very pleased to see them acknowledged this way!

Telehealth sessions allow people to video conference with a specialist in the city without having to leave the local area.



FLU Season

Our Medical Clinic will be running vaccination clinics every Wednesday afternoon during May.

Please ring 5452 1366 to make a booking.

Flu shots are \$20. Free flu shots will be available again this year for eligible people.

Who is eligible for free Influenza Vaccine?

- All children aged six months to less than five years - Victorian government funded
- All Aboriginal and Torres Strait Islander people aged from six months
- All adults aged 65 years and over
- All people aged 6 months and under who have certain medical conditions which increase the risk of influenza disease complications; for example, severe asthma, lung or heart disease, low immunity or diabetes
- Pregnant women (during any stage of pregnancy).

Chomper!

"Chomper" is visiting local kindergartens to teach kids how to brush their teeth properly. Chomper has been helping our Health Promotion team as part of World Oral Health Day and the Smiles 4 Miles campaign.





Closed for Public Holidays

Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to getting more people active and healthy. Start small – remember every little bit counts. It's an easy way to kick start a healthier you!

www.activeapril.vic.gov.au/

Please remember that we have a number of public holidays this month!

NDCH offices will be closed on the following days:

Friday 19 April - Good Friday

Monday 22 April - Easter Monday

Thursday 25 April - ANZAC Day

NORTHERN DISTRICT COMMUNITY HEALTH

WOMEN'S HEALTH CLINIC

When: Wednesday 15 May 2019

Where: NDCH - 33 King Edward Street, Cohuna

Cost: \$53.80 pay on the day

Rebate of \$33.80 from Medicare - Gap Payment of \$20.00

Meet our Women's Health Nurse Yvonne Fabry!

- Cervical Screenings
- Women's Health Issues
- 30 minute – one on one appointments

Bookings: 03 5451 0250



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.

Accreditation

In February, NDCH was accredited against the Early Childhood Interventions (ECI) Standards. There are five standards and we met them all.

Early childhood services are for children up to the age of 6 years.

The standards apply to services under the NDIS. NDCH has not been assessed against these standards before. We are very excited to have met all of the standards!

Welcome to Dill

Meet Dill, our newest staff member who recently received certification as an 'in-training' Therapy Dog. We look forward to her contribution as she works alongside Helen McKay in the Mental Health space. Woof Woof.





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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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.



*together we are creating a
healthy workplace*

achievement
program

