



NDCH

NEWSLETTER

AUGUST 2019

OUT AND ABOUT GROUP

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FREE GENERAL HEALTH ASSESSMENTS
& SKIN CHECKS

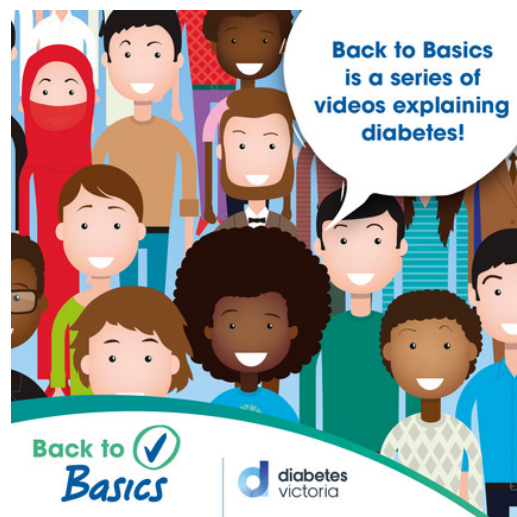
A COUCH IS NOT A HOME

National Diabetes Week

In July we celebrated National Diabetes Week and Diabetes Victoria's latest awareness campaign, Back to Basics, kicked off on Sunday 14 July 2019 to coincide with the week.

Diabetes Victoria produced a series of short videos to educate the public. The campaign will help educate Victorians about diabetes, one of the most misunderstood health conditions.

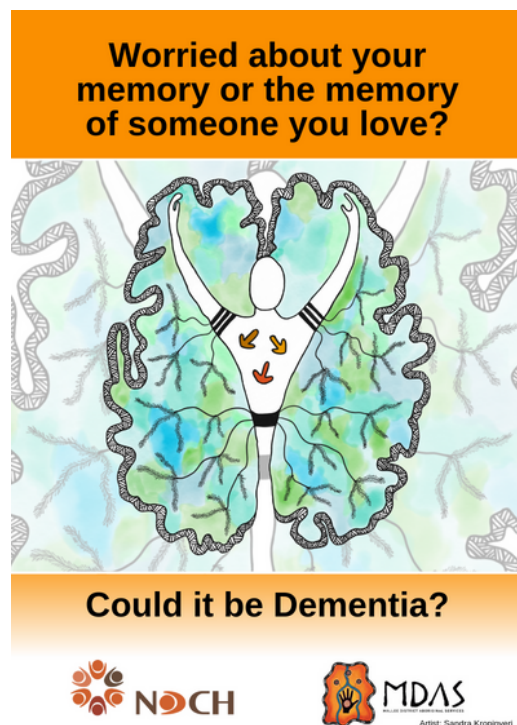
Head to www.diabetesvic.org.au/backtobasics to check it out.



Dementia Training

NDCH, MDAS and Dementia Australia have been developing a Dementia Resource for local indigenous people. The resource has been designed with the help of local Elders and MDAS communities.

Dementia Australia also visited our area recently to give a Dementia Education session to our local Aboriginal community members and MDAS staff. The session covered topics such as signs and symptoms of Dementia, how Dementia works and how to best care for someone with Dementia.





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.

Out & About Group

Walk & Cuppa Activity

For Adults with an NDIS Plan that includes **Social and Community Participation Activities**.

- Thursdays starting 1st August at 10.30am
- 1 hour, once a week (30 minute walk, 30 minute cuppa)
- An NDCH Staff member will join each walk
- Start and finish at NDCH
- Gold coin donation for a cuppa
- Cost of activity will be billed to your NDIS Plan
- You don't have to be able to walk. If you are mobile you can join in.
- Don't have transport? We can help organise getting you here. Phone us to talk about how.



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Phone NDCH on 5451 0200 if you have any questions or want to book.



We are a registered NDIS provider

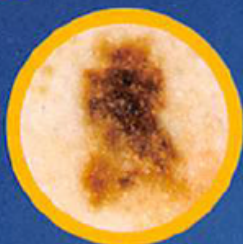
SPOT

the difference



Check your skin regularly and **see your doctor** if you notice a new spot or a spot has changed in size, colour or shape.

Melanoma



- May have **irregular edges**, one half bigger than the other, or an **uneven colour**.
- Can appear on skin **not normally exposed to the sun**.

Nodular melanoma



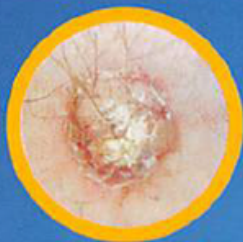
- **Grows quickly** so do not delay seeing a doctor.
- **Raised** and even colour ranging from **pink** or **red**, to **brown** or **black**.
- Firm, **dome-shaped**, may **bleed** and **crust**.

Basal cell carcinoma



- **Red, pale** or pearly colour that can be a lump or **dry, scaly** patch.
- Can ulcerate, bleed and fail to heal.

Squamous cell carcinoma



- Thickened, **red scaly spot** that **bleeds** easily, **crusts** or **ulcerates**.
- More common in **people over 50 years**.

Call 13 11 20
or visit sunsmart.com.au



Cancer
Council
Victoria



VicHealth™

Our medical clinic is inviting people aged 45-49 to book for a free General Health Assessment and Skin Check with one of our Clinic Doctors.

To make an appointment for your free health check call the Clinic on 03 5452 1366.

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.

AUGUST 2019

A Couch is Not a Home Campaign

The A Couch is Not a Home Campaign will run again in 2019 during National Homelessness Week. This campaign is a great opportunity for NDCH to raise awareness and support our local homeless community.

If you or someone you know needs some help, please get in touch with us! Lets end homelessness together!



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.

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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 have been recieved with thanks from:

- \$170 - Staff Workplace Giving Fund
- \$1,586 - Assured Premium Management Solutions



Youth Video Project Success

NDCH and the Quambatook Community Resource Centre partnered recently to create a Youth Video Project for the Quambatook community.

In just over a week, the completed video was viewed over 500 times. It will be officially launched at the St Kilda Film Festival Event in Cohuna on 2 August. if you would like to view it now, head to <https://youtu.be/XsPJrmZo2i0>

Children aged 8 to 18 worked together to make this short clip, showcasing their small town. The project started with a brainstorm about all things that young residents admired about their hometown. From football to the few shops, to rich music history and a local legend named Cowboy, Quambatook is nothing short of incredible. The home town to musicians John Williamson and Molly Meldrum, Quambatook is a unique Mallee town filled with caring and passionate people.

Young people were a major part of every aspect of this project. From planning to storyboarding, to filming and editing. Young people had complete ownership over the video. Our Youth Health Promotion Worker, Matt Allan said it was a pleasure working with the Quamby Youth to create this video to showcase the town they call home.



Quambatook is Home
517 views

12 0 SHARE SAVE ...

Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
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

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.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

