



# NDCH

## NEWSLETTER

AUGUST 2020

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

RECIPE OF THE MONTH

# Inside This Issue

LOCAL MASK MAKERS LIST

## A Message From Our CEO, Mandy

Thank you all for rising to the challenging COVID times. I know our community is taking it seriously, and taking beautiful care of loved ones, neighbours and communities.

I feel very confident that together we will be able to manage a COVID outbreak or sudden surge, but it all starts with you - our community and we need your help.

- Please become experts at infection control in your world.
- Please keep your distance from each other.
- Please keep informed and follow NDCH on Facebook, or read updates in the local papers and community newsletters.

I encourage everyone to take on board the Stage 3 restrictions. The most useful thing we can all do is keep our distance from others, wear masks when out, wash our hands and regularly clean high use areas like - phones, light switches, door handles, benchtops, computers, toilet buttons etc.

Also please get tested at our Screening and Assessment Clinic if you show any cold/flu like symptoms, and then stay at home until you have the result. If you need anything to help you stay safely at home, NDCH can assist. Give us a call on 5451 0200.

Remember, Stage 3 restrictions mean we can only leave home for the four reasons:

- 1.Shopping for food and essential items
- 2.Care, including medical and care giving
- 3.Daily exercise
- 4.Work and study - only if you can't do it from home

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Face masks are compulsory when you are out of your home. Some people however experience health issues that mean they cannot safely wear a mask.

NDCH has 6000 free disposable face masks for people who need them - if this is you, please come and get some. These masks are available at NDCH Cohuna, Kerang, Pyramid Hill and Quambatook sites, and we are working with Post Offices in smaller communities to have the masks available there. There are also many Neighbourhood houses, service clubs and individuals making cloth masks, which is amazing, so please support these initiatives. Keep an eye on our NDCH Facebook page for updates.

At NDCH we are continuing to meet with our local health and wellbeing partners. I am so proud of how we have come together to support our community, using the strengths of each of organisation to plan and meet the needs of our community. I want to acknowledge these partners:

- Cohuna District Hospital
- Kerang District Health
- Boort District Health
- Gannawarra Shire Council
- Respect Aged Care Cohuna
- Baptcare Northaven Kerang
- Cohuna Neighbourhood House
- Kerang District Community Centre
- Quambatook Community Resource Centre
- Boort Resource and Information Centre
- Pyramid Hill Neighbourhood House
- Loddon Shire Council

Take care, be safe and please be kind to each other and yourself. We are all in this together and together we can achieve anything.

## 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.

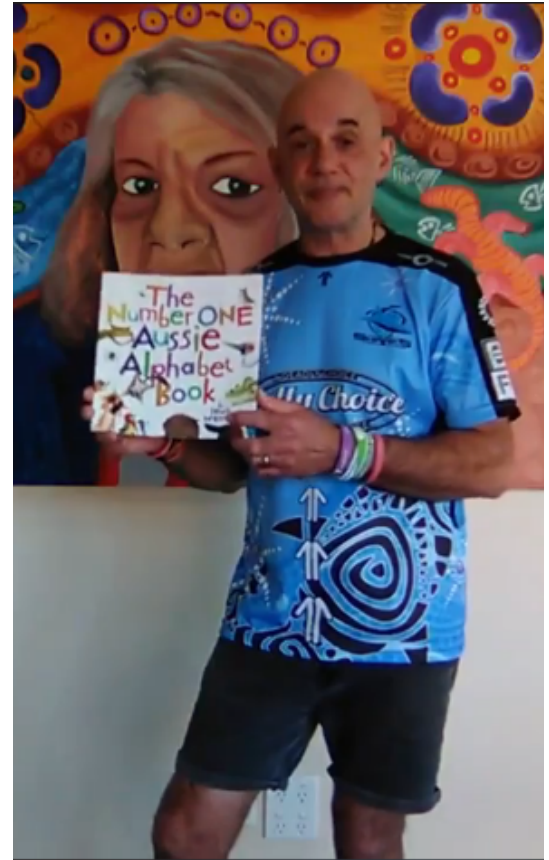


# National Aboriginal and Torres Strait Islander Children's Day

National Aboriginal and Torres Strait Islander Children's Day (Children's Day) is our national day dedicated to celebrating our indigenous children. Children's Day is celebrated across the country each year on 4 August.

Children's Day is a time Aboriginal and Torres Strait Islander families and communities and all Australians, celebrate the strengths and culture of our children. It is an opportunity for us to show our support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every Aboriginal and Torres Strait Islander child.

To celebrate this day we produced a video with the help of Mallee District Aboriginal Services and the children from local group Tyipen Kwe. Check it out on our Facebook page.



## WORD SEARCH

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

Words are hidden



- ABORIGINAL
- CHILDRENS DAY
- COMMUNITY
- CULTURE
- EMPOWERED
- EQUALITY
- FAMILY
- INDIGENOUS

# Gannawarra & North Loddon Services and Supports



We're all in this together - COVID-19 has impacted all of us differently. If you need support, reach out to one of these great service providers in our community.

## Food Supports

<b>Kerang &amp; District Community Centre</b> Food-bank/Care packages	5452 2522 Mon - Fri
<b>Cohuna Neighborhood House</b> Food-bank/Care packages	5456 4666
<b>Gannawarra Shire Council</b> Meals on Wheels, Home Help	5450 9333

## Community Services and Support (including above)

<b>Northern District Community Health</b>	5451 0200 Mon - Fri 8:30 - 17:00
<b>Mallee Family Care</b>	5452 2863 - Kerang 5032 4479 - Swan Hill
<b>Boort Resource and Information Centre</b>	5455 2716 Mon - Fri 10:00 - 15:30
<b>Quambatook Community Resource Centre</b>	5457 1220 Mon, Wed, Fri
<b>Pyramid Hill Neighborhood House</b>	5455 7129 Tues & Wed 10:00 - 18:00 Thurs 10:00 - 16:00
<b>Loddon Shire Council</b>	5494 1200 Mon - Fri 8:15 - 16:45

## Wellbeing Supports

<b>Lifeline Beyond Blue</b>	13 11 14 1300 224 636
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## Clinics

<b>NDCH Medical Clinic</b> HotDoc available	5452 1366 Mon - Fri 8:45 - 17:30
<b>Kerang Medical Clinic</b> HotDoc available	5450 8060 Mon - Fri 9:00 - 17:30
<b>Boort District Medical Clinic</b>	5451 5220 Mon - Fri 9:00 - 17:00
<b>Cohuna Ochre Health Medical Clinic</b> See website for entry criteria	5456 2609 Mon - Fri 8:30 - 17:00

## Hospitals

<b>Kerang District Health</b>	5450 9200 Open 24/7
<b>Boort District Health</b>	5451 5200 Mon - Fri 8:30 - 17:00
<b>Cohuna District Hospital</b> See website for entry criteria	5456 5300 Mon - Fri 8:00 - 21:00

## Aboriginal Services

<b>Mallee District Aboriginal Services</b>	54 503 019 Mon- Thurs 9:00 - 17:00 Fri 9:00 - 16:00
<b>Bendigo District Aboriginal Services</b>	54 424 947 Mon- Thurs 9:00 - 17:00 Fri 9:00 - 16:00

## Chemists

<b>Terry White - Kerang</b> Delivery service Script orders via phone (vulnerable clients)	5452 1010 Mon - Fri 8:30 - 18:00 Sat 9:00 - 13:00 Sun 10:00 - 13:00
<b>Boort Community Pharmacy</b> Script orders via phone (vulnerable clients)	5455 2044 Mon - Fri 9:00 - 17:30 Sat 9:00 - 12:00
<b>Terry White - Cohuna</b> Delivery service Script orders via phone (vulnerable clients)	5456 2223 Mon - Fri 9:00 - 18:00 Sat 9:00 - 12:30 Sun 10:00 - 12:00
<b>Pyramid Hill Depot</b>	Mon - Thur 10:00 - 17:30
<b>Terry White - Barham</b> Script orders via phone (vulnerable clients)	5453 2048 Mon - Fri 9:00 - 17:30 Sat 9:00 - 12:00

## Groceries

<b>Woolworths - Kerang</b> Resumed normal operations and hours	Mon - Tues 8:00 - 20:00 Wed - Sat 8:00 - 22:00 Sun 7:00 - 22:00
<b>IGA Kerang</b> Home delivery service available	Mon - Fri 7:00 - 20:00 Sat 8:00 - 19:00 Sun 9:00 - 18:00
<b>IGA - Boort</b> Home delivery service available	Mon - Fri 9:00 - 18:00 Sat 8:30 - 13:00 Sun 10:00 - 13:00
<b>IGA - Cohuna</b> Home delivery service available. \$25 min	Mon - Sat 8:00 - 19:00 Sun 8:30 - 17:00
<b>IGA - Pyramid Hill</b> Resumed normal operations	Mon - Fri 8:30 - 17:30 Sat 9:00 - 13:00 Sun 10:00 - 13:00
<b>IGA - Leitchville</b> Resumed normal operations	Mon - Fri 7:00 - 17:30 Sat - Sun 7:00 - 12:00

**National COVID hotline 1800 675 398**

If you have any cold or flu like symptoms call NDCH Triage Service on 5451 0200 - Mon-Fri - 9am and 12 Noon.

## Domestic Violence Supports

<b>Orange Door</b>	1800 290 943
<b>Mallee Sexual Assault Centre for Non-Violence Inc</b>	1800 015 188 1800 884 292

**IN AN EMERGENCY CALL 000**

This directory has been created with the support of the above services and was correct at the time of publication. Contact NDCH on 5451 0200 if you have any questions.



**NDCH**



# Gannawarra & North Loddon Local Sewers of Fabric Face Masks

We thank all the wonderful home sewers in our community making fabric mask to help keep our community keep safe. This list is so community members in Gannawarra and North Loddon know where they can get locally made fabric masks.

NDCH also has a supply of free disposable face masks for community members who need some help to get hold of masks along with keeping COVID safe and community supports and services information. These masks are available through all NDCH sites in Kerang, Cohuna, Quambatook, Boort and Pyramid Hill. Local Post Offices in Koondrook, Lake Charm, Leitchville, Murrabit, Quambatook, Boort and Pyramid Hill will also have a small supply of these masks from Thursday, 13 August 2020.

Many local businesses also have face masks for sale, please consider supporting them as well.

## Kerang

- Every Stitch Counts
- Bus Stop Recycle Shop
- Gravity Clothing (Lions Club)
- St Vincent de Paul
- Rotary Club of Kerang (Ron) - 0408 517 705

## Koondrook / Barham

- Barham Jewellery on the Move
- Barham Newsagents
- Barham Murray Blue Clothing

## Boort

- Boort Newsagency
- Boort Private Supplier (Marj) - 0428 554 252
- Boort Private Supplier (Jodie) - 0418 149 904
- Boort Private Supplier (Di) - 0439 290 922

## Cohuna

- Cohuna Sport Store
- Fancy Face Masks by Nicole – Facebook
- 35 Men's - Clothing Shop
- Cohuna Private supplier (Amanda) - 0429 906 954
- NDCH (Cohuna Neighbourhood House supplied)
- Lions Club - 0400 576 383

## Leitchville

- Leitchville Private Supplier (Kim) - 0426 217 275

## Pyramid Hill

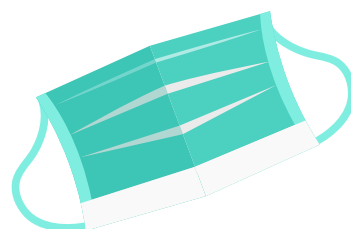
- Pyramid Hill Private Supplier (Abi) - 0447 015 964

## Quambatook

- Quambatook Community Resource Centre



- Each Mask Maker has their own cost and arrangements for collecting masks
- Be safe and secure when handling money and transactions
- Be kind and respectful to our community Mask Makers
- We are all in this together!



NDCH has not confirmed the appropriateness or effectiveness of each suppliers masks.  
Find more information about face masks at  
[www.dhhs.vic.gov.au/face-masks-and-coverings-covid-19](http://www.dhhs.vic.gov.au/face-masks-and-coverings-covid-19)

List correct as of 7 August 2020. This list will be updated every two weeks. If you are a local sewer making masks and want to be added to the list contact NDCH on 5451 0200.



# 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 2020

# Good News Story

Feeling helpless and frustrated during the COVID Pandemic, Quambatook locals Rosalie and her mum Merrill set out on a mission and share their story.

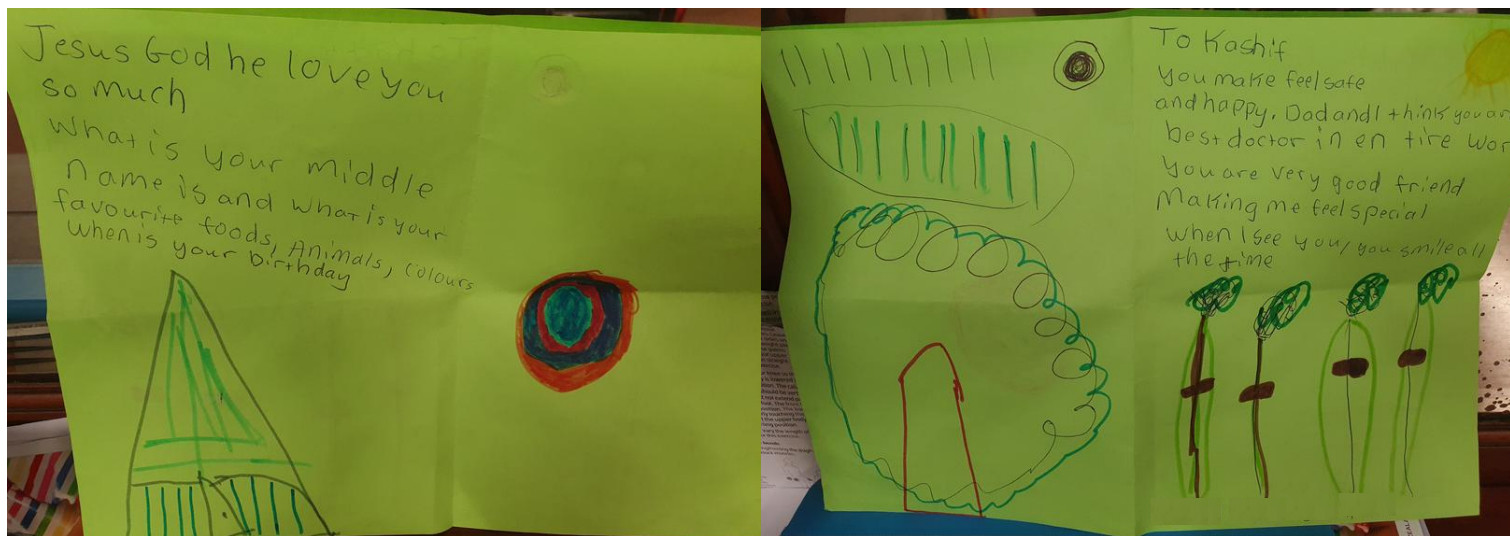
*"I had the idea to make some money to donate towards nurses working in Melbourne hospitals. I'd been making a couple of masks for our family and I thought why not sell them to the community and donate the profits? I also felt like it would be a good opportunity to help protect our community. The community response was fantastic and people have been so generous. All the material, elastic and cotton to make the masks were donated by community members. Some people were happy to just donate money towards the cause. I think it has been a way for a lot of us who feel helpless to feel like we are doing something to help."*

*Mum and I have made over 150 masks and we were able to raise over \$1,300. I've been in touch with the Nurse Unit Managers of the 4 COVID positive wards at Royal Melbourne Hospital. They have been so thankful to the people of Quambatook and say the community response from all Victorians has been really uplifting for their teams."*



# Feedback for our Medical Clinic

Dr Kash at our Medical Clinic in Kerang received some wonderful feedback recently that we just had to share!



## Warm Moroccan Beef and Couscous Salad

Makes 4 servings

### INGREDIENTS

- 400g lean beef stir-fry strips
- 2 teaspoons Moroccan seasoning
- 1 cup wholemeal couscous
- 1 cup reduced-salt beef stock, heated
- 1/2 cup roasted red capsicum, thinly sliced
- zest and juice of 1/2 lemon
- 1/2 medium red onion, diced
- 6 cups rocket
- 1 medium carrot, grated
- 1/2 cup reduced-fat tzatziki

### METHOD

1. Coat beef strips in seasoning. Preheat a barbecue hotplate or non-stick frying pan to medium-high; spray with olive oil. Cook beef, in batches, for 2-5 minutes, or until browned.
2. Meanwhile, prepare couscous according to packet instructions, using hot stock in place of water. Fluff the grains with a fork. Add lemon zest and juice, and diced red onion to couscous; toss gently to combine.
3. Divide rocket, grated carrot and roasted capsicum among 4 serving bowls. Top with couscous, stir-fried beef and a dollop of tzatziki.







# Be Kind and Take COVID-19 Seriously

## Health & Community Services Update



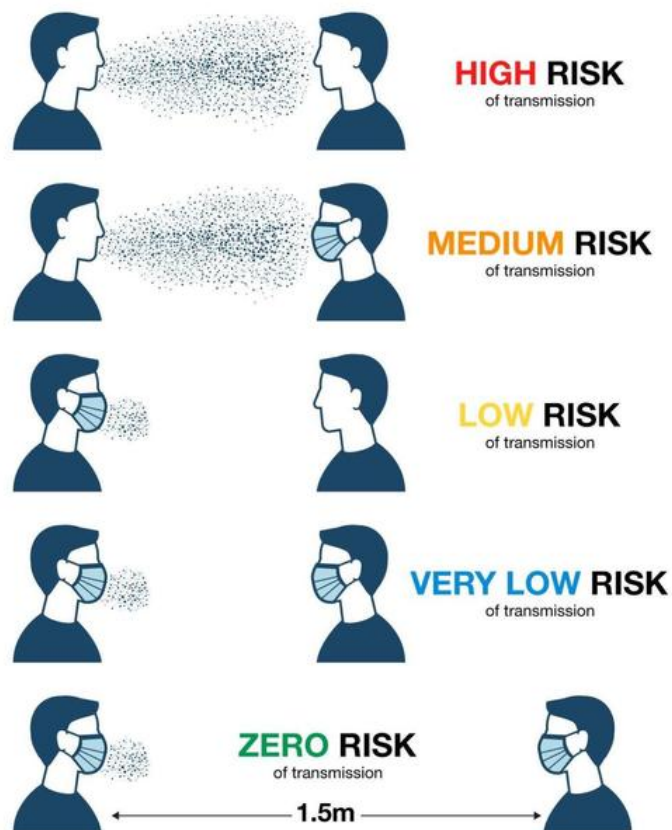
Gannawarra and Loddon Health Services and Council's are supportive of the introduction of masks and stay at home restrictions across the State. Let's wear masks and stay at home to protect our community and to stop any spread of COVID.

As a community, if we can follow the advice and get really good at sanitising, wearing masks safely, keeping our distance and staying at home - COVID will not have a chance in our community. Please be calm, please be kind, please be patient and please encourage and support one another to follow advice. Together we can do this.

### Face Mask Tips

- Before putting on the mask, wash your hands for at least 20 seconds with soap and water, or use hand sanitiser.
- If using a single use disposable mask, position the coloured side of the mask to the outside.
- Hold the mask by both ear loops and place one loop over each ear so that the mask covers the nose.
- Pull the bottom of the mask over your mouth and chin.
- Make sure the mask fits snugly over your nose and mouth.
- Do not touch the mask once in position.
- Remove the mask with the ear loops. Avoid touching the front of the mask.
- If you need to remove the mask, for example to eat, have a clean zip lock bag handy to ensure that the mask can be stored in a clean location.
- If the mask gets soiled or damp, replace it with a new one.
- Masks should be changed daily and reusable masks should be washed between uses.

### How effective are face masks?



There are some lawful exemptions from using a face mask including for people with a medical condition or other condition that impairs their ability to wear a face covering, doing strenuous exercise or if work is unable to be performed while wearing a face covering.

### Remember the 5 Ways to Wellbeing





# 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.

### STEP 1 – PHONE FIRST

Call the NDCH hotline to discuss your symptoms.  
Monday to Friday – 9.00am to 12 Noon



03 5451 0200

### STEP 2 – SWABBING CLINIC

Testing is available by appointment only, in Kerang, Cohuna and Boort.  
Monday to Friday – In the afternoon

**Having a test is free.**

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

### STEP 3 – 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.

Check the NDCH Facebook page and community newsletters for information about pop-up testing clinics in the Gannawarra Shire in the coming weeks.

## Common symptoms of Coronavirus are:

#### 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



Be sure to LIKE our Facebook pages for our latest news

@ndchvic @gannawarra @kerangdistricthealth @cdh.vic.gov.au

@MalleeDistrictAboriginalServices



Find us on  
**Facebook**

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**(03) 5452 1366**

## DOCTORS

Dr John Shokry  
Dr Megan Belot (On Leave)  
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  
Kristen Hipwell  
Leanne Cooke

## 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.ndch.org.au](http://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 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 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 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](mailto: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](mailto: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](http://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.

