



# NDCH

## NEWSLETTER

DECEMBER 2020



TACTICS FOR TOUGH TIMES

STAFF PROFILE

# Inside This Issue

CHRISTMAS CLOSURE

CHRISTMAS RECIPE

## 5 Ways for Happy Holidays

As we near the end of the year NDCH want to extend our best wishes to everyone for a safe and happy holiday. We encourage you to spend time with loved ones, in ways that are safe, and to take the time to relax and recover after what has been a big year for all. We are so proud of our community and cannot wait to be back working with you all next year. In the meantime here are some tips from the 5 Ways to Wellbeing to ensure you all have happy holidays.

### CONNECT

Spend time with loved ones (in a COVID safe way) and be present with them. Enjoy the meals together, the laughter and catch ups and all that comes with gathering together.

### BE ACTIVE

Walk, swim if it is hot, play backyard cricket. Find ways to keep your body moving during the holiday period and encourage others to join in with you.

### TAKE NOTICE

Take the time to notice the joy around you this Christmas. It might be the lights and decorations around the towns or the excited children as they share and receive gifts. Being in the moment helps us stay positive and happy.

### DISCOVER OR KEEP LEARNING

Read that new book you get from Santa, learn to play that new instrument, do a crossword puzzle or even travel somewhere and learn about another town. Challenging our brains helps to keep them strong no matter what age you are.

### GIVE OR VOLUNTEER

Holidays are a time of giving not just receiving. You can give in the form of gifts, perhaps donate new or used toys to those less fortunate or volunteer your time to help out many of the much needed services over the holiday period.



# Local Program Supports Farmer Health & Wellbeing

We are thrilled to announce that our local program that supports and builds the mental health and wellbeing of local farmers will continue throughout 2021 thanks to funding from Gannawarra, Swan Hill, Buloke and Loddon Shires.

We created The Tactics for Tough Times (T4TT) Program in April 2018 in response to the impacts on rural communities and the agricultural industry of climate change/drought, milk prices, and water availability. Those ongoing stressors impacted on the mental health and wellbeing of farming communities, requiring a local response to support people.

We are so pleased to have secured the extension of this program. The Tactics for Tough Times program has reached over one-thousand people in our community. Those people are now better able to support someone struggling with the climatic conditions, COVID-19 pandemic and other factors impacting their wellbeing.

T4TT has been hugely successful in increasing the skills of local people to support each other through positive conversations. People from all walks of life in rural communities gain knowledge of local support services and how to help their mates, neighbours or associates through stressful times. The program has developed an online presence with the availability of Zoom programs, YouTube videos and a Facebook page.

T4TT uniquely works with local businesses, service providers and community members alike across the large geographical region of the Gannawarra, Buloke, Swan Hill and Loddon shires. It highlights the opportunities for wellbeing support and reducing the stigma around mental health in rural communities.

The funding announcement coincides with the launch of the Tactics for Tough Times Facebook page and a video on the 5 Ways to Wellbeing. Our Program Coordinator Paul Lacey believes that by using social media we can help keep wellbeing “frontof-mind” for more people while connections are reduced due to the COVID pandemic. If you haven't seen Paul's video yet (pictured below), head to the T4TT Facebook page to check it out!



For more information about the T4TT program contact us on 5451 0200

# Moving Forward

Moving Forward...is a group program helping people to be able to move towards the life they want. This program is for any person who has, or still is using drugs or alcohol to cope with emotions, life stress or issues.

How are your 4L's going?

- Love (Relationships)
- Liver (Health)
- Law
- Livelihood (Money/Job worries)

People come to our service for many different reasons, but the most important one is that they want something to change for a better future. At NDCH we have skilled and approachable Alcohol, Tobacco and Drug Support Staff here to help you. You decide on the type of support you want from us.

- Counselling
- Drug Withdrawal
- Help to sort the 4 L's out!

Work with us via video, phone, or face to face – it's up to you. Call ACSO on 1300 022 760 or NDCH on 5451 0200 to schedule a phone chat with our intake worker.

Services available across Gannawarra, Buloke and Northern end of Loddon Shire.



## Meet Bimal!



- **What's your name?** Bimal
- **What's your title?** Alcohol and Drug Counsellor
- **How long have you worked at NDCH?** This is my first month.

- **What does your job entail?** I interact with people who have different goals, hopes, inspirations and dreams. We work as a team in realising those potentials in the context of past chemical dependency or mental health concerns as a result of chemical dependency.
- **What do you like most about your job?** People realising and manifesting the practical changes
- **Where are you from?** I've worked few years in Bairnsdale, prior to that I was in Melbourne. I'm from Nepal.
- **What do you like to do when you aren't working?** Cook, exercise, walking, music and sometimes reading if I'm not sleepy!
- **What's a fun fact about you many people may not know?** Unlike to my appearance I'm not serious – I'm very funny indeed!
- **What three items can you not live without?** Smart phone, some biscuits, coffee!
- **What would your superhero powers be?** Travel to space—that Satellite view!!

# WE'RE TAKING A BREAK Just over Christmas!



Need a script filled to get you through the holiday season or an important health review? Call our Medical Clinic now on 03 5452 1366 for an appointment before we take our Christmas break. Appointments are filling fast!



## **NDCH Medical Clinic**

Closed from 5.00pm on Thursday 24 December 2020 and will reopen at 8.45am on Monday 4 January 2021.

## **NDCH Community Health**

(Kerang, Cohuna, Boort, Pyramid Hill, Quambatook)

Closed from 5.00pm on Thursday 24 December 2020 and will reopen at 8.30am on Monday 11 January 2021.

## **Important Contacts:**

- Housing Support – 1800 825 955
- Alcohol & Other Drug Support – 1300 022 760
- Lifeline – 13 11 14
- Mental Health Triage – 1300 363 788
- Healthdirect After Hours GP Advice & Support line 1800 022 222

**For all emergencies, please call 000**

**Have a great Christmas!**

**We will be back in 2021 as your first port of call in the pursuit of good health!**



# Chocolate Christmas Pudding Truffles

Makes 20 servings

## INGREDIENTS

- 500g dark fruit cake, Christmas cake or other type of cake you prefer
- 1-3 red glacé cherries, cut in 20 pieces
- 200g dark chocolate, broken up
- 50g white chocolate, broken up

## METHOD

1. Line a large baking tray with baking paper or plastic wrap.
2. Place cake in a food processor bowl and pulse until it makes rough crumbs. Or crumble cake with your fingers and hash with a fork.
3. Roll mixture into 20 small balls.
4. Place dark chocolate in a small, shallow microwave-safe bowl and microwave on low for 1 minute. Remove jug from microwave and stir chocolate with a dry fork. Repeat in 1-minute intervals until chocolate is melted.
5. Use a fork to dip one of the mini-pudding balls into melted chocolate and turn to coat. Place truffle on prepared baking tray. Repeat process with remaining balls. Place tray in fridge for 10 minutes or until truffles set.
6. Place white chocolate in a small dry microwave-safe bowl and microwave on low for 1 minute. Remove jug from microwave and stir chocolate with a dry fork. Repeat in one-minute intervals until chocolate is melted.
7. Spoon melted white chocolate onto the top of truffles. Press a piece of cherry lightly into chocolate.
8. Set truffles aside or return to fridge until set then serve.



Remember that the main thing at Christmas is to enjoy the food you are eating! For other great Christmas recipes visit [www.healthyfood.com/meals-and-occasions/healthy-christmas-recipes/](http://www.healthyfood.com/meals-and-occasions/healthy-christmas-recipes/)

# 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.



## Rapid Response Testing Team Clinics

**Where:** NDCH Driveway, 33 King Edward Street, Cohuna

**No appointment needed just drive up during these times:**

- **Monday 28 December to Thursday 31 December**  
10am – 12 Noon and 1pm – 3pm
- **Monday 4 January to Friday 8 January**  
10am – 12 Noon and 1pm – 3pm
- **Monday 11 January to Friday 15 January**  
10am – 12 Noon and 1pm – 3pm

No appointment  
necessary on these dates

**Having a test is free!**

## Remember to STAY HOME

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

## Common symptoms of Coronavirus are:

**Headache or Body Aches and Pains**



**Breathing Difficulties**

Including breathlessness or sore throat



**Fatigue or Tiredness**



**Temperature**

Including fever or chills



**Lack of Taste or smell, Nausea, Vomiting, Diarrhoea**



**Cough or Runny Stuffy Nose**



# 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.

# AGM Success

During November we held our Annual General Meeting and celebrated 30 years of NDCH. The NDCH Annual Report was also presented at the meeting and is now available online at [www.ndch.org.au](http://www.ndch.org.au).



We unveiled our new sculpture, to represent our Life Governors, Merril Kelly, Margaret Piccoli, Elaine Bartram and Lianne Lloyd.





# Be Kind and Take COVID-19 Seriously

## Gannawarra Health & Community Services Update



### Supporting Each Other

As Victoria steams towards a month without any new cases of COVID-19, it's a good time to take a moment to reflect and be proud of how far we have come. 2020 has thrown challenges at us and we have had to do things differently, and our community has been amazing!

It is important to try to focus on the positives of the year, and to be hopeful about the future. Take notice of the small things that make you happy; your children, a great sunset, the light on the beautiful gum trees, a great cup of tea. We also understand many people are exhausted by the impacts of the pandemic, by gently supporting each other and being positive we help lift everyone's spirits, including our own. Our thoughts are with those who have lost loved ones and all the people who continue to suffer and feel the impacts of the COVID-19 pandemic.

The health teams across our organisations are proud of you, our great Gannawarra community and wish you all a peaceful end of the year, and hope there is laughter and love.

**Recently Gannawarra reached 2000 COVID-19 tests!**  
**THANK YOU** for helping to keep our community open and safe.

### Being COVID Safe

There's no guarantee we have beaten COVID-19, and without a vaccine we must remain vigilant. So:

- Abide by the COVID-19 restrictions
- Physical distance, wear a mask, practice excellent hand hygiene, stay home if unwell, cough and sneeze into tissue or elbow, practice outdoor activities rather than inside
- Get COVID-19 Tested With ANY Symptoms



### COVID-19 Testing Screening and Assessment Clinic

Monday to Friday 9am to 12 Noon

03 5451 0200

### COVID Safe Plans

As health services, businesses, sporting clubs and Council services welcome more people to their services face to face – to ensure you are safe you can expect they have COVID-19 Safe Plans. If you are worried please take precautions, take your own wipes, wear a mask and be vigilant with hygiene. Please feel confident to reconnect with others.

To report concerns of breaches contact the Coronavirus Hotline on 1800 675 398, to report restriction breaches call 131 444.

### Supporting and Celebrating our Young People

We congratulate the regions Years 12 students who have finished their studies! Well done. We are delighted too that our Gannawarra schools have been able to hold Youth Week activities this month! Our Young People have been impacted significantly by the COVID-19 pandemic, with disruption to education, work, living arrangements, income and travel plans.

Check in on the young people you know, ask how they are doing, and show interest and empathy for the journey they have had this year.



## Kerang District Health

Ange Teasdale and Colleen Scriven are excited to be joining the KDH team as Lifestyle and Leisure Coordinators for Glenarm. Exercise Programs are being offered with 10 people per group and hope to gradually increase their numbers in line with DHHS directives. The return of other social support programs has commenced. The Men's Shed recommenced on the 24 November.

The Rita Hall Op Shop had a garage sale recently and raised significant funds for KDH. They currently have a Christmas Hamper with raffle tickets available at the shop or at KDH reception.

Recently staff celebrated DONUT Day with fresh donuts for all marking 300 days since the last COVID zero day way back in February 2020. It was a fun way to say thank you to our staff for doing such an exceptional job throughout the year.

## Gannawarra Shire Council

It's mozzie season. Stop mosquitoes breeding by cleaning up around your home and removing stagnant water. Avoid being outside when mozzies are active at dawn and dusk, cover up and wear repellent.

**Visit: Beat the Bite - Better Health Channel.**

Heat kills more Australians than any natural disaster. Extreme heat can affect anybody but those most at risk are older people, young children and people with a medical condition. Survive the heat this summer with these five simple tips:



**Drink plenty of water**



**Never leave anyone in a car**



**Stay somewhere cool**



**Plan ahead**



**Check in on others**



## Mallee District Aboriginal Services

**Always Was, Always Will Be**

MDAS Kerang celebrated NAIDOC week during November with a flag raising, smoking ceremony, morning tea and sausage sizzle. NAIDOC stands for National Aborigines and Islanders' Day Observance Committee and traces back to Aboriginal groups emerging in the 1920s who were trying to increase awareness about the status and treatment of Aboriginal and Torres Strait Islander Australians. NAIDOC week is now a time of celebration and connection with each other, our community and country.

## Northern District Community Health

### Gannawarra Goes Orange

NDCH has joined the community and other services to Respect Women in the call to action for equality for women in the 16 days for activism.

#gannawarragoesorange  
#gannawarrasaysnotoviolence  
#respectwomencallitout

In NDCH's new campaign, community members are asked to consider if their alcohol and other drug use is impacting negatively on their 4 L's - Love, Livelihood, Law and Liver, if so, consider connecting with our professional counselling and nursing support staff and programs.



Be sure to LIKE our Facebook pages for our latest news

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



Find us on  
**Facebook**





MEDICAL CLINIC

# 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)  
Shannon Laursen RN  
Kristen Hipwell  
Rosi Bear RN  
Lana Wishart EN  
Leanne Cooke  
Beth Dickson RN  
Michelle Whitelaw EN  
Cheryl Sarre EN

## ADMIN STAFF

Meryl Metcalfe (Coordinator)  
Nicole Betson  
Jeanette Schmidt  
Nick Keely  
Aliesha O'Neill

## 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 5452 1366**

### 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.**

## 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 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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