



NEWSLETTER

DECEMBER 2023

INSIDE THIS ISSUE

- ANNUAL GENERAL MEETING
- COMMUNITY HEALTH FIRST
- COMMUNITY HEALTH TURNS 50!
- OPENING HOURS OVER CHRISTMAS
- WALK AGAINST FAMILY VIOLENCE
- INTERNATIONAL DAY OF PEOPLE WITH DISABILITY
- AGRI SAFE INFOGRAPHIC
- HEALTH & LIFESTYLE ASSESSMENT
- SMILES 4 MILES AWARDS
- EMPLOYEMENT WITH NDCH
- SOCIAL PRESCRIBING
- GET ACTIVE KIDS VOUCHERS
- SMOKING AND VAPING CESSATION SERVICE
- GANNAWARRA PARENT AND GUARDIAN CARER SUPPORT GROUP
- SUMMERWAVE IS BACK!
- FOOD ASSISTANCE PROGRAM
- HAVE YOUR SAY: COMMUNITY SURVEY
- FARMER ONLINE ASSIST PROGRAM
- HEALTHY FOOD SWAPS FOR CHRISTMAS



Pictured: Board Chair, Meg, NDCH CEO, Mandy and Life Governor, Merrill

Annual General Meeting Highlights

On Wednesday 22nd November, we hosted our Annual General Meeting, complete with a delicious luncheon from the Long Paddock and guest speaker Lisa Smith from Minds at Work.

Lisa conducted an engaging workshop centered around the theme, 'Change brings great possibilities.' The workshop emphasised the positive opportunities that can arise from embracing change.

This workshop proved timely as we take on Community Care and bid farewell to our amazing CEO of 6 years, Mandy Hutchinson.

We express our gratitude to our partners, staff, board and community members for attending. The AGM served as a platform for collaboration, networking, and shared learning, setting a positive tone as we move forward into new initiatives and bid farewell to a valued leader. You can watch the live recording of our AGM from the NDCH Facebook page

To view our Annual General Report please visit <http://www.ndch.org.au/annual--quality-reports.html>

Continued on page 3.



We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE AND COMMUNITIES

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wamba Wamba, 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, present and emerging, and through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQA+ COMMUNITIES

NDCH proudly supports the LGBTIQA+ 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.



COMMUNITY HEALTH FIRST

Despite record levels of investment in the health system, trends show that Australians are becoming unhealthier.

Obesity is on the rise and one third of chronic disease can be traced back to preventable factors.

It is no secret - to achieve more positive health outcomes, Australians must be empowered to take control of their health.

Community health services are experts in health promotion activities, but current funding does not allow services to respond to growing community needs.

Government must provide enough funding to leverage the health promotion expertise of community health services to educate Victorians and support better health outcomes.

To read more about community health services' expertise in this space, check out our position paper at

www.communityhealthfirst.org.au

For the good of all Victorians, it is time we put #communityhelathfirst.

Join our campaign now!



Every person has **the skills, resources, and supportive environment** to achieve their **full health potential.**

Acknowledgement of Service

At our AGM in November we had 12 staff receive a certificate of service for their outstanding contribution to NDCH.

Congrats!

5 Years service:

- Mandy Hutchinson
- Meghan Stewart
- Richard Morrison
- Dr John Shokry
- Kim Dye
- Anna Beamish
- Yvonne Fabry
- Helen McKay
- Casey Hancock

10 years service:

- Emily Wood

15 years service

- Simonie Thorne

20 years service

- Alexia Stephens



At the Board meeting following the AGM, Board Director, past Board Chair and Life Governor Merrill Kelly announced her retirement.

Merril has provided leadership, wisdom, lived rural experience and vision for NDCH for 27 years and was appointed as one of our inaugural Life Governors in 2020 at our 30 year anniversary. Merrill's unwavering commitment to our local community and diligent stewardship has positioned us well for the future.

We thank Merrill for her service and commitment, and for her governance role at our community health service which has well positioned NDCH to be part of our communities for the next 30 years.



Community health sector celebrates 50 years of success at Government House |

Victoria has a proud history of ensuring universal access to primary and community-based care through the community health service model. Community health is an integral component of Victoria's public health system with a proven track record of delivering accessible, affordable and integrated primary care services for people with complex and chronic health needs, especially those who face barriers to accessing mainstream health services.

Read the full statement from the Victorian Healthcare Association here: <https://ow.ly/UcqJ50Q9gwi>



Pictured below: NDCH CEO Mandy and Board Chair Meg celebrate 50 years of Community Health at Government House.



MERRY CHRISTMAS

NDCH would like to wish everyone a Merry Christmas and a Happy New Year and we look forward to supporting, caring and providing for our community in 2024.

Opening hours over Christmas

NDCH Kerang will operate between Christmas and New Years with limited staff from 9am to 4pm and closed from 12pm to 1pm for lunch. The Medical clinic will remain closed during this time.

Site	Hours
Kerang – Community Health	<ul style="list-style-type: none"> • 22nd December: Closing at 5.00pm • 27th-29th December: Open from 9.00am to 4.00 (Closed 12pm-1pm lunch break)
Kerang – Medical Clinic	<ul style="list-style-type: none"> • 22nd December: Closing at 5.00pm • 2nd January: Open at 8.30am
Boort	<ul style="list-style-type: none"> • 22nd December: Closing at 5.00pm • 2nd January: Open at 8.30am
Cohuna	<ul style="list-style-type: none"> • 22nd December: Closing at 5.00pm • 2nd January: Open at 8.30am
Pyramid Hill	<ul style="list-style-type: none"> • 22nd December: Closing at 5.00pm • 27th-29th December: Open from 9.00am
Quambatook	<ul style="list-style-type: none"> • 22nd December: Closing at 5.00pm • 27th and 29th December: Open from 9.00am

If you or someone you know needs support during the break, there's a list of support contacts on page 16.

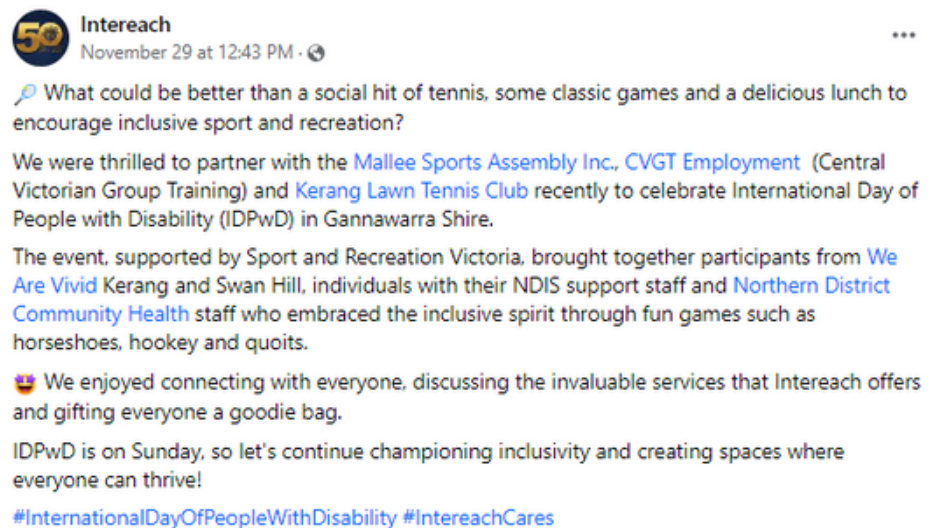
INTERNATIONAL DAY OF PEOPLE WITH DISABILITY – SUNDAY 3RD DECEMBER 2023

Sunday the 3rd of December is International Day of People with Disability. The day aims to promote the rights and wellbeing of people with disabilities in all aspects of society and development, and to increase awareness.

Northern District Community Health are an inclusive organisation. We provide supports to members of our community that have a disability – through NDIS. Services we offer to NDIS participants:

- Support Coordination
- Occupational Therapy
- Dietetics
- Podiatry
- In home and Community access Supports

Do you have an NDIS plan? Unsure how you can best utilise it? Give us a call 5451 0200 and ask to speak with a member from the NDIS team.



Pictured above: A Facebook post from Intereach celebrating International Day of People with Disability

Pictured top left: Michelle with a NDIS client

Pictured middle left: Michelle, Hayley and Emily, our NDIS Support Coordinators.

Walk Against Family Violence

♥ On Saturday 25th November, we joined like-minded people and organisations for the Walk Against Family Violence, marking the start of Gannawarra Goes Orange for 16 Days of Activism against Family and Gender-Based Violence.

Thank you to everyone who participated, whether by walking, directing traffic, delivering a guest speech, hosting, or helping us spread the message. On average, every 10 days a woman is killed by a man they know. No one should have to endure a life lived in fear. The call for change begins right here, with each and every one of us.

If you are facing violence or other forms of abuse, please reach out to 1800 RESPECT (1800 737 732) or Orange Door MALLEE (1800 29 09 43) or Orange Door LODDON (1800 51 23 59).

Let's continue to stand together to create a community where we are all safe, equal, and respected.



In 2023, The Rotary Club Kerang are partnering with Northern District Community Health and Gannawarra Shire Council to deliver and support local community engagement with the 16 Days of Activism against Gender-Based Violence, a state-wide campaign.



Gannawarra Goes Orange

Wondering why local businesses have gone orange?

Engagement across Gannawarra businesses and communities is critical to raising awareness, starting and expanding the conversation and building momentum to prevent family violence and all forms of violence.

It shows we are united in our goal of creating a future where everyone is safe, equal and respected.

Have a photo of your business going orange, or want more information please send an email to healthpromotion@ndch.org.au



Story Time at The Sir John Gorton Library and a Visit to Murrabit Group School

Gannawarra Shire Council Librarian, Pia shared *No Difference Between Us* by Jayneen Sanders for Gannawarra Goes Orange where 32 people attended. Children made hats with different titles including Captain Kind and Captain Take Turns.

NDCH Health Promotion officer, Rachel visited Murrabit Group School where she spoke to Foundation to Grade 6 students about respect and gender stereotypes. Thank you for having us Murrabit!



SUMMARY OF AGRISAFE DATA COLLECTED BY NORTHERN DISTRICT COMMUNITY HEALTH

January - November 2022



28
CONSULTATIONS

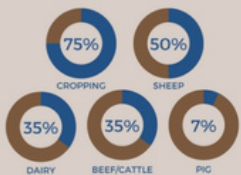
21 Male
Age Range: 32-62
Age Mean 47.86

7 Female
Age Range: 31-59
Age Mean 40.71

- 67%** recorded high risk of developing Type 2 diabetes within 5 years [i]
- 60%** recorded skin lesions [including 4 already reported skin cancers]
- 57%** waist measurement above recommended guideline [ii]
- 50%** recorded high cardiovascular disease risk [iii] [including 3 on anti-hypertensive medication]
- 42%** reported some level of hearing difficulty
- 28%** recorded high total cholesterol level [iv] [including 1 on lipid-lowering medication]

HEALTH RESULTS

FARMING TYPE



WELLBEING RESULTS

- 64%** consume alcohol at high risk levels at least monthly [v]
- 50%** reported moderate to severe level of psychological distress [vi]

- SAFETY RESULTS**
- 35%** reported wearing respiratory protection when using chemicals
 - 18%** reported always wearing ear protection when in a noisy environment on the farm

35% reported one or more farm injuries in the past 12-months
Contributing factors: 90% machinery, 30% animals

100% were referred to see a GP or other health professional and /or recommended to make lifestyle and behavioural changes



EVALUATION OF SERVICE

24
PARTICIPATED IN EVALUATION

100%
would recommend the AgriClinic to family and/or friend

- 58%** Have taken action and seen a health service following the AgriClinic
These included a GP, Optometrist, Skin Clinic and Audiologist
- 79%** Have taken action and made changes to their lifestyle/safety practices
These included:
 - modified diet
 - increased physical activity
 - reduced waistline
 - downloaded the noise app
 - increased use of personal protection equipment

“ It was really interesting... Rosie is great and I'm definitely more mindful of things now ”

“ Very thorough and convenient... Rosie was very friendly and professional... absolutely stand behind what a great service it is ”

“ I don't go to the doctor much and the best part was the overall check and instant results was great ”

BOOK IN FOR AN AGRISAFE CLINIC WITH ROSI

For farmers, farming families and people who work in farming.

The Health check includes:

- Blood glucose testing
- Cholesterol testing
- Blood pressure check
- Body mass index calculation
- Respiratory testing
- Hearing screening
- Skin examination
- Vision testing
- Urine testing
- Pesticide exposure testing
- Testing the fit of your mask or respirator
- Occupational risk

FREE SERVICE for North Loddon residents (Pyramid Hill & Boort). By appointment only.

Info@ndch.org.au

5451 0200

www.ndch.org.au



HEALTH & LIFESTYLE ASSESSMENT

The farmer Health & Lifestyle Assessments promote the importance of health, wellbeing and safety in various settings to our farming men, women and agricultural workers.



Rosi is our Community Health Nurse, trained and experienced in farming and agricultural health and medicine.

What is a Health & Lifestyle Assessment?

- ✔ a survey covering lifestyle behaviours, farm safety practices, and social and emotional wellbeing
- ✔ blood pressure measurement
- ✔ cholesterol levels measurement
- ✔ blood glucose measurement and risk of diabetes
- ✔ height, weight and waist measurements
- ✔ eyesight testing

The assessment provides you with immediate results in a take home 'personal health passport' along with recommendations and relevant education and resources to help you take follow-up action.

The Health and Lifestyle Assessment's can be completed onsite (business or farm) or in groups – CFA, Sporting groups etc.

Eligibility – Anyone working in Agricultural Industry over the age of 18 living or working in Gannawarra and North Loddon including Boort and Pyramid Hill.

FREE SERVICE.

No referral needed.

Contact Us:

- ☎ 5451 0200
- 🌐 www.ndch.org.au
- 📍 24 Fitzroy St, Kerang



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.

SMILES 4 MILES AWARDS!

Let's take a moment to applaud Boort Preschool, Dingee Preschool, Inglewood Kindergarten, Pyramid Hill Kindergarten, Wedderburn Kindergarten, Gannawarra Shire Children's Centre, Cohuna and District Preschool Centre, Koondrook Preschool and Leitchville Preschool for their outstanding accomplishment - the Smiles 4 Miles award 🏆

🎉 Congratulations to who have all been recognised for their hard work in reaching all criteria set by Dental Health Services Victoria.

This is a huge achievement; Gannawarra Shire Council, Loddon Shire Council, Inglewood and Districts Health Service and NDCH are very proud of your efforts and dedication.

This achievement reflects their commitment to enhancing the oral health of the children in their care through the 3 key messages;

Drink well- Drink tap water or plain milk and avoid sugary drinks like cordials, juices and soft drinks.

Eat well- Eat a variety of nutritious foods each day and limit sugary foods, particularly between meals.

Clean well- Brush teeth twice daily, adults should help children until at least the age of 8. Spit, do not rinse.



Pictured: Boort Preschool in a Smiles4Miles session earlier in the year

Make the most of summer to get ready for kinder or school

Exploring the outdoors
At the park, on a walk or in the backyard...
Can you find 5 different things you can see? 4 different things you can feel? 3 different things you can hear? 2 different things you can smell?, and 1 thing you can taste (if safe to do so)?
Do they feel the same? Is one louder/quieter, do you like/dislike the smell?
This is a great mindfulness activity and helps us with body awareness.
We can even play I-spy talking about the different things, and our senses.
For example - "I-spy something smooth"

Developed by Northern District Council in partnership with Victorian Department of Education and Training School Readiness Funding Program

Make the most of summer to get ready for kinder or school

Help around the house
Kids love being helpful and included in the adult world. This is also a great opportunity to practice physical and thinking skills.
When hanging out washing, ask them to pass you clothes that are a specific colour or type. E.g. 'pass me something blue', or 'pass me something you wear on your foot'.
Set up a small clothes line or airer and give your child some clothes to peg on it by themselves. Squeezing pegs helps build hand strength needed for writing.
Packing or unpacking the dishwasher is not just a life skill. It also helps learn about categories and problem solving.

Developed by Northern District Council in partnership with Victorian Department of Education and Training School Readiness Funding Program

Our School Readiness staff, Chris and Jacqui have some great tips to help prepare your child or children for kinder or school during the summer holidays. Keep an eye on our Facebook for more great tips around:

- 👉 going to the park
- 👉 having a picnic
- 📖 reading a book
- 🎲 fun games
- 🕒 quiet time
- 👕 getting dressed for the day

Employment with NDCH

**WE
ARE
HIRING**



COMMUNITY RECOVERY AND RESILIENCE PROGRAM FACILITATOR

- Part time (4 days per week)
- Work alongside a Researcher to determine how to increase the response of local community members and organisations to disasters and their resilience between disaster events in Buloke, Loddon and Gannawarra Shires.
- This role will also include protected time with a Mentor who has successfully delivered a similar program in another area of Victoria.

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



**WE
ARE
HIRING**



SPEECH PATHOLOGIST

- Full time or part time permanent new graduate role
- The successful applicant will be delivering services to children up to school age and supported by another full time experienced Speech Pathologist and broader Allied Health Team

Come and be part of an organisation that is supporting high quality healthcare for rural Victorians.

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



**WE
ARE
HIRING**



SPECIALIST HOMELESSNESS SERVICE PROGRAM WORKER

- Part Time (3 or 4 days a week)
- To provide information, support and mediation for clients requiring accommodation services within the Shires of Gannawarra, Buloke and the northern end of Loddon in line with the guidelines for the Specialist Homelessness Services Program.

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



**WE
ARE
HIRING**



EXERCISE PHYSIOLOGIST OR PHYSIOTHERAPIST

- 2 days a week to facilitate the Cardiac & Pulmonary Rehabilitation Program
- The successful applicant will be leading an established program alongside a Program Support Worker

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



The QR code will take you to the latest jobs NDCH have



**Applications and any queries for all positions should be sent to:
jobs@ndch.org.au**

SOCIAL PRESCRIBING

Social isolation and loneliness increase the risk of poor health outcomes.

An important step to improving health is through social connection as identified in the **5 Ways to Wellbeing**. Claire our Chronic Disease Nurse connects people to local groups and activities that will help support health and wellbeing.



Social prescribing shifts the focus from chronic illness to wellness and self-care.

Claire our Chronic Disease Nurse will:

- ✓ Identify the local activities and services you can benefit from. Such as art, conversation, volunteering, physical activity, games, music, nature walks etc.
- ✓ Support and give encouragement to start using services.

ELIGIBILITY:

- ✓ Living in Buloke, Gannawarra and Northern Loddon Shires including Boort and Pyramid Hill

CONTACT US

- ☎ 03 5451 0200
- 🌐 www.ndch.org.au
- ✉ referral@ndch.org.au
- 🕒 8.30am-5pm Mon to Thurs
- 📍 24 Fitzroy St, KERANG

FREE SERVICE.

SELF REFERRAL OR ASK YOUR GP.



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.

What are the 5 Ways to Wellbeing?



5waystowellbeing.org.au



GANNAWARRA FLOOD Reflections EXHIBITION

Council is working on the Gannawarra Flood Reflections Exhibition, which will premiere at Kerang's Sir John Gorton Library in March 2024 and travel throughout the Gannawarra, and would like your support.

This exhibition will feature 100 pieces inspired by the October-December 2022 floods, including photographs, drone footage, digital media, art, poetry and stories.

To assist with preparing for this exhibition, we're asking residents to add your items to be considered for this special event, which can be done by going to their website or by completing a submission form available at one of Council's Customer Service Centres.

Get Active Kids Voucher Program | Round 7 Now Open!

Families

The program provides financial support (up to \$200 per eligible child) to cover membership and registration fees, to get more kids involved in sport and recreation activities.

Local Sporting Clubs

Register to become an activity provider! Help families facing financial barriers get their kids into your sport or activity.

Use the QR code to apply



Get \$200 to help your child play sport!



GET ACTIVE
VICTORIA

getactive.vic.gov.au

VICTORIA
State Government

Out and about at Boort District School

Our Health Promotion Worker, Rachel visited Boort District School in November to deliver the Making Informed Choices module to their Grade 5/6 students.

In this module, students investigated e-cigarettes, the laws around these drugs and the different ways they impact the body and brain. Key areas covered included:

- What's in an e-cigarettes and the effects of these chemicals on the body
- Laws and marketing of e-cigarettes
- Strategies to deal with peer pressure
- Strategies to gather accurate and reliable information to help decision making



TO BOOK A VISIT PLEASE CONTACT HEALTHPROMOTION@NDCH.ORG.AU



SUPPORT IS AVAILABLE IF YOU WANT TO QUIT

SMOKING & VAPING CESSATION SERVICE


ABOUT OUR SERVICES

- There is **NO COST** to access smoking and vaping cessation support
- The sessions are one to one, individual to your needs
- A registered nurse trained in smoking and vaping cessation will assess your level of nicotine addiction and provide you with appropriate advice and support to help you quit
- All information shared will be confidential

Appointments can be arranged to be in Kerang, Cohuna, Boort, Pyramid Hill, Quambatook or Koondrook



5451 0200

www.ndch.org.au



Service Information

Updated November 2023



All our services can be found online in our services information booklet.

Survey volunteers needed

Participation involves a 10 minute online survey

- Do you smoke or vape?
- Are you between 18 and 30 years old?
- Did you start smoking while living in Buloke, Loddon or Gannawarra?

To participate:
Visit www.ndch.org.au/survey
or use the QR code



Enablers of smoking and vaping uptake in rural youth survey |

This survey is for young people between the ages of 18 and 30, who started smoking tobacco products and/or vapes while living in the Buloke, Loddon or Gannawarra shires (e.g. Kerang, Cohuna, Donald, Charlton, Birchip, Wycheproof, Inglewood, Wedderburn, Serpentine, Newbridge, Mitiamo, Pyramid Hill).

People who have quit smoking/vaping are still able to participate. The survey takes less than 10 minutes to complete and participation is completely voluntary.

GANNAWARRA PARENT AND GUARDIAN CARER SUPPORT GROUP

Supporting parents and carers of children under the age of 18 with disability, mental ill-health and neurodiversity.

We offer:

- A cuppa and chat with a qualified social worker
- Peer support and meeting other carers
- Self-care Stations with a variety of activities that carers can choose such as:
 - Adult colouring
 - Kinetic sand
 - Knitting/crochet
 - Art/craft
 - Massage station
 - Fiction book exchange
 - Gentle stretching/mobility



Kerang Self-care Hub

When: 10am-11:30am 3rd Wednesday of Each Month

Where: Northern District Community Health, 24 Fitzroy St, Kerang

Cohuna Self-care Hub

When: 1pm-2:30pm 3rd Wednesday of each month

Where: Northern District Community Health, 25 King Edward Street, Cohuna

SELF-CARE HUB FOR CARERS

At the Rights Information and Advocacy Centre we understand how exhausting and overwhelming it can be to care for a child who is neurodiverse or lives with a disability.

That is why, in collaboration with **Northern District Community Health**, we have created our Self-Care Hub for carers. The Hub is a place where you can relax among others who understand you. Fellow carers who experience the same struggles you do and staff who have lived experience of raising children with disabilities.

At the Hub you can try out a variety of activities aimed at reducing stress levels, such as - adult colouring, craft/art, kinetic sand and much more. Enjoy a massage from our visiting massage therapist or explore the benefits of art making with our visiting art therapist.

Or if you would prefer, enjoy a moment of quiet with a cuppa and cake.

There is no cost and no need to register. Arrive when you can and stay as long as is convenient.

Our Gannawarra Self Care Hubs will be starting up again on 21 February 2024.

Find out more today!

Contact us on 0488 605 363
or email carers@riac.org.au
riac.org.au



Your Summerwave 2024 lineup is here!

Tickets available now via www.summerwave.com.au

Tickets are \$15 for youth (12-25 years) and \$25 for adults.



Would you like a delicious meal for Christmas lunch or dinner?

Pop into Kerang Neighbourhood House during opening hours and grab yourself a two course Christmas meal throughout December as part of the food assistance program.

Thank you Kerang Neighbourhood House for ensuring that everyone has the opportunity to enjoy a delicious and nutritious Christmas meal.

They also have a your choice food assistance program that operates Mon-Wed from 10am-12pm, see flyer below.



YOUR CHOICE FOOD ASSISTANCE


Monday & Wednesday: 10.00-12.00

During the 'Your Choice' program, you will be able to choose what you require from the range we have.

We have lot's of staple food items plus, Coffee, Tea, Sugar, Milk, Juice, Bread, Vegemite & Cheese Biscuits, Tuna, Sardines and a few Sausage Rolls

Cat or Dog food
Shampoo, Conditioner, Toilet Paper, Deodorant, Soap, Sanitary items, and Nappies that are available during the Your Choice Program

Monday & Wednesday: 10.00-12.00

 **KERANG NEIGHBOURHOOD HOUSE**

Enriching and building our community by providing opportunities to connect, participate, learn and grow

11 Scoresby St, Kerang 3579

☎ 6403 6640

🌐 www.kerangnh.org.au

📘 www.facebook.com/kerangnh

Kerang and District Community Centre Inc, trading as Kerang Neighbourhood House, is a Public Institution which has the charitable purpose of advancing social and public welfare and providing benevolent relief to members of our communities.



At Northern District Community Health, we're dedicated to providing the best possible services to our community. Your feedback is essential in helping us understand what we're doing well and where we can improve. We have two surveys available:

Quick Survey (Less Than 2 Minutes):

Help us with a brief survey that will take just a couple of minutes of your time: Quick Survey Link:



Detailed Survey (Approximately 5 Minutes):

For a more in-depth insight, please participate in our detailed survey, which takes approximately 5 minutes to complete: Detailed Survey Link:



Thank you for taking the time to share your thoughts and suggestions.

IN AN EMERGENCY DIAL 000

BEYOND BLUE

Anyone feeling anxious or depressed

beyondblue.org.au 1300 22 46 36

KIDS HELPLINE

Counselling for young people aged 5-25

kidshelpline.com.au 1800 55 18 00

MENSLINE

Men with emotional or relationship concerns

mensline.org.au 1300 78 99 78

ALCOHOL & OTHER DRUGS INTAKE

For people needing help with alcohol & drug issues

www.acso.org.au/aod-mh-support

1300 022 760

REGIONAL MENTAL HEALTH TRIAGE

Assessment service for people experiencing mental illness

1300 363 788

LIFELINE

Anyone having a personal crisis

lifeline.org.au 13 11 14

HEAD TO HELP

Support from experienced mental health professionals

headtohelp.org.au

1800 59 52 12

ORANGE DOOR

People experiencing family violence

orangedoor.vic.gov.au

LODDON: 1800 51 23 59

MALLEE: 1800 29 09 43

VICTORIAN HOUSING SUPPORT

Crisis housing support

1800 825 955

AFTER HOURS GP ADVICE & SUPPORT LINE

1800 022 222

NURSE ON CALL

Caring, professional health advice 24 hours a day

1300 60 60 24

HEALTH TRANSLATIONS

Do you need reliable translated health and wellbeing information?

www.healthtranslations.vic.gov.au

Farmer Online Assist Program

Three free telehealth appointments

No GP referral or Mental Health Plan required

<https://farmerhealth.org.au/access-a-psychologist-online>

3 free psychologist appointment available for Victorian farmers

No-cost appointments are now available via telehealth consultation.

Open to Victorian farmers who are feeling stressed, anxious, tired, angry, or depressed, or are looking to chat to someone.

Don't hesitate to reach out, and remember, in a crisis, always call 000 for immediate assistance. Your mental health matters.






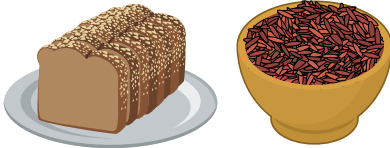


Learn more and apply now here:



5 smart swaps for a heart-healthy festive season

Sourced from Heart Foundation Australia

Try these swaps from the Heart Foundation to help protect your heart this festive season.

Swap these foods...	For these healthier options...
 <p>Salt</p>	 <p>Rosemary Sage Thyme</p> <p>Spice to boost the Christmas flavour</p>
 <p>One traditional meat dish</p>	 <p>One vibrant veggie dish</p>
 <p>White grains</p>	 <p>Heart-healthy whole grains</p>
 <p>Cream and sour cream</p>	 <p>Unflavoured Greek yoghurt</p>

The swaps are ideas only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.





NOCH

MEDICAL CLINIC

Patient Information

34 FITZROY STREET
KERANG VIC 3579

5452 1366

DOCTORS

Dr John Shokry
Dr Afolabi Ayeni
Dr Megan Belot-on leave
Dr Xin Jin (Dr Jinx)

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

NURSES

Jen Brereton-Team leader
Shannon Laursen
Kristen Hipwell
Narelle Weekly
Sharee Edge
Rosi Bear
Jen Emonson
Marg Winship

ADMIN STAFF

Aliesha O'Neill (Practice Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Hilda Higgins
Nick Keely (Casual)
Cassandra Hicks (Casual)
Leonie Garner (Casual)

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

DECEMBER 2023



Pictured: Nurses Sharee and Shannon

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 \$80. 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 \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 pay on the day fee.



HotDoc

Online appointments can be made by visiting:
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 NDCH. If you are unhappy with how we manage your complaint, you can contact the:

Health Complaints Commissioner

Phone: 1300 582 113

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 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
- Cardiologist

**Procedures have a practice fee.
Call our Medical Receptionists for
appointments or information:
5452 1366.**



**Pathology
services
onsite
Mon to Fri!**



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

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
Mon, Wed and Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5457 1300

We share professional
spaces in Koondrook,
Charlton, Sea Lake, Donald
& Wycheproof too.



NDCH



THANKS FOR READING

www.ndch.org.au

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

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.



HEALTHY WORKPLACES Achievement Program

We're creating a healthier workplace

