



NOCH

Northern District Community Health

NEWSLETTER

FEBRUARY 2024

INSIDE THIS ISSUE

- MEET OUR INTERIM CEO
- COMMUNITY HEALTH FIRST
- DIABETES EDUCATION NOW IN BOORT
- MEET OUR CARER SUPPORT COORDINATOR
- SUPPORT GROUPS FOR CARERS
- COMMUNITY TRANSPORT OPTIONS GANNAWARRA
- LOCAL EVENTS
- COMPOSTING WORKSHOP
- SIMPLE EXERCISES FOR OLDER ADULTS
- SOCIAL MEALS
- ALL ABILITIES BASKETBALL
- SKIN CHECKS
- INTERNATIONAL WOMEN'S DAY
- EMPLOYMENT OPPORTUNITIES
- MENTAL HEALTH FIRST AID
- TIPS FOR PARENTS/CARERS OF ASD AND ADHD CHILDREN
- MOSQUITOES CAN SPREAD SERIOUS DISEASE
- PLUS MORE



Pictured: Margaret McDonald

A Warm Welcome to Margaret, Our Interim CEO!

As we embark on a new year, we are fortunate to welcome Margaret as our interim CEO. Margaret brings a wealth of experience in community health, previously serving as the CEO of Cobaw Community Health.

Margaret will be stepping in for the first half of the year whilst the Board recruits for the ongoing CEO role.

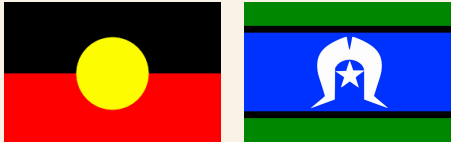
Beyond her professional role, Margaret finds happiness in the company of her two grandchildren and takes delight in growing her own vegetable garden, watching as her fruit trees begin to bear fruit. Margaret also expresses a passion for creative pursuits, spending time designing and making quilts and sewing. At the heart of her home is a lively 6-year-old Scottish Terrier named 'Lexie.'

We thank Margaret for stepping in while we search for our next CEO. For more information about our vacant CEO position visit page 12.

ACKNOWLEDGEMENT OF COUNTRY

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.



CHILD SAFE COMMITMENT STATEMENT

Northern District Community Health is committed to the safety and wellbeing of all children and young people and has zero tolerance for child abuse. We are committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. In particular, we pay attention to the cultural safety of Indigenous children and children from culturally and/or linguistically diverse backgrounds, children who identify as LGBTIQA+, as well as children with a disability. Every person involved at Northern District Community Health has a responsibility to understand the important and specific role they play individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do. See our [website](#) for our full Child Safe Commitment Statement.



**COMMUNITY
HEALTH FIRST**

A year of Community Health First

Since June, Community Health First has been working on a Budget Submission to Government.

A highlight of this work was visiting Victorian Parliament House in November for two weeks to meet with MPs.

During these meetings, we presented the submission and outlined the hugely positive benefits of community health.

We look forward to continuing to advocate for community health in the New Year!

Together let's put [#CommunityHealthFirst!](#)

For more information, please visit www.communityhealthfirst.org.au.

Service Information Booklet



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



@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.



NOW IN BOORT

DIABETES EDUCATION

NDCH Diabetes Educators help people who have (or may develop) diabetes to understand and look after their diabetes.

WHY SEE A DIABETES EDUCATOR?

- You have just learned you have Type 1 or Type 2 diabetes
- To learn to live with diabetes.
- To learn how to look after your diabetes.
- You are confused or worried by your diabetes.
- To learn about testing your blood sugar levels (how, why and when)
- You need to start a new diabetes medicine or insulin

WHO CAN ACCESS THE SERVICE?

This service is suitable for anyone with:

- Newly diagnosed Type 2 diabetes
- Ongoing Type 1 diabetes
- Gestational diabetes

WHAT INFORMATION CAN DIABETES EDUCATORS PROVIDE?

- What is diabetes?
- How to manage when you are sick.
- The different medicines for diabetes.
- How healthy eating and exercise can help keep you well.
- Helping you to avoid other health problems.
- Type 1 diabetes - avoid the lows and highs.
- Diabetes prevention courses in the area.

WHAT IS THE COST?

This service will be charged at the applicable rate, outlined in the fees schedule.

Contact our Customer Engagement team to access this service on



5451 0200



Meet Georgia Carer Support Facilitator



Northern District Community Health

Support for Carers
5451 0200
www.ndch.org.au

Hi!

I'm Georgia, I am new to NDCH and the new Facilitator of the Support for Carers Program. I live in Cohuna and absolutely love the country lifestyle. I had previously lived in Bendigo all my life and had worked for a community service for 12 years, predominately in the disability space.

I have been so lucky to obtain many roles and skills however I thoroughly enjoyed my experience in managing residential respite, providing community respite and advocating for carers and persons needing support.

Coming into the role at NDCH has been a very welcoming experience. I am looking forward to building on my skills of connecting, networking but ultimately reaching carers who need the support most.

Georgia

The Support for Carers program is busy working with current carers in the local areas, assisting them with their individual needs and identifying how this program can fill gaps in their busy lives. Respite is an absolute must for all carers so Georgia is busy seeking new carers to engage with, helping them to ease their role and reduce burn out. NDCH have been granted additional funding in the program, aimed to provide more services in the home and community so carers can have a break they truly need. The program has five support groups running, and are looking for more carers to join. We are looking to increase our respite hours in the homes but also staying attentive to all needs the local carers are seeking. Financial assistance was a big theme of 2023. This is a free service and easy for people to access. All enquiries are welcomed so please call Georgia for a chat about the program and opportunities.






Meet Georgia
Carer Support Facilitator



Do you care for someone a little, or often?
We are here to connect with you!

Contact Georgia for further information
 5451 0200

LOCAL AREAS WE COVER;

- Gannawarra
- Loddon
- Buloke
- Swan Hill



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.

SUPPORT GROUPS FOR CARERS

If you are an unpaid carer, of any age and an Australian resident then you are eligible for assistance through NDCH.

| | |
|-------------------------------------|-----------------------------------|
| BASED IN KERANG | MENTAL HEALTH CARERS GROUP |
| BASED IN KERANG | NDCH CARERS GROUP |
| BASED IN KERANG & COHUNA | CARERS FOR MINORS |
| BASED IN CHARLTON | BULOKE CARERS GROUP |



FREE SERVICE

Community Transport options Gannawarra Shire

Community Transport Vehicles

Kerang -

The Bus Stop Recycle Shop bus. Contact Annie Fletcher 0467823988 to book or for more information.

- | | |
|--|---|
| Bus- Diesel, Automatic | Caddy- Petrol, Automatic |
| <ul style="list-style-type: none"> • 11 seats, no wheel chair • 9 seats, 1 wheel chairs • 7 seats, 2 wheel chairs | <ul style="list-style-type: none"> • 5 seats, 1 wheelchair |

Cohuna -

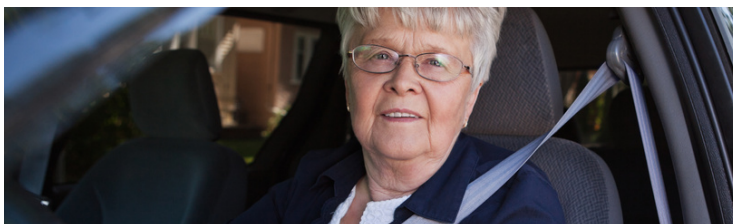


Cohuna Community Bus- Book through the Cohuna Council office. Need a light vehicle licence. 20 seater bus. Available on Tuesday and Friday.

Quambatook-

Quambatook Community Bus. Contact Quambatook Community Resource Centre on 5457 1220 to find out where it is going. Often goes to Kerang on Fridays. Also travels to Boort, Swan Hill and Charlton on occasions.

Gannawarra Non-Emergency Transport Service (GNETS)



The Gannawarra Non Emergency Transport Service is a community transport service, developed to assist aged & disability residents without family and/or friends available to assist, an alternative transport service so they can attend specialist/medical appointments in towns outside our Shire e.g. Boort, Swan Hill, Echuca, Bendigo (excludes Melbourne)*

Our driver will pick you up from home on the day in our GNETS vehicle, drive you to the appointment and assist you inside to the reception area if required. Clients travelling more than 100kms may be eligible for a reimbursement through the Victorian Patient Transport Assistance Scheme (VPTAS). If you would like to book our service, phone (03) 44291900

**fees and conditions apply*

Cohuna and Barham Taxi Service Kerang Taxi Service



The taxi service provides services throughout Cohuna, Koondrook, Barham & Kerang.

To book call
Cohuna: 0408597253
Kerang: 0408500276
Koondrook/Barham: 0408579747

Bus and Charter Services -



The following local bus services operate within the Gannawarra Shire.

Lakes Coaches

What they offer:

- Coach or bus service for groups of 10 to 100.
- Transport to and from events. Check out their website or Facebook to see what events they are providing transport to and from e.g. Kerang races
- School Bus service

Email: info@lakescoaches.com.au

Facebook: Lakes Coaches Barham

Address: Barham

Phone: (03) 5453 2097

Millar Bus Lines

What they offer:

- Bus & Coach Charter & Tours

Address: Kerang

Phone: (03) 5452 2073

Whitmore Bus Group

Phone: 03 5472 1455

Address: Boort

Website: whitmoregroup.com.au

BusBiz (formerly Swan Hill Bus Lines)

Phone: 03 5032 1068

Address: Swan Hill

Website: shbl.com.au

Public Transport Victoria Services

Gannawarra Shire Council's Kerang Customer Service Centre is the place to visit if you would like to book a ticket for any V/Line service servicing the State.

Residents and visitors wanting to buy tickets will need to do so in one of the following ways:

- By visiting the Kerang Customer Service Centre during opening hours, Mon-Fri 8.30am-5.00pm
- Online at www.vline.com.au
- By phoning 1800 800 007

Services operate from:

- Kerang
- Cohuna
- Koondrook
- Lake Charm
- Lalbert
- Leitchville
- Quambatook

When travelling with V/Line, you will need to use myki or a paper ticket depending on your journey.

Paper ticket: If travelling from one of the towns within the Gannawarra Shire Council, you are encouraged to obtain a paper ticket for your entire journey. Myki is only available from Bendigo.

Myki: If you have decided to hop on the train from Bendigo you can purchase a myki card for your journey. More information here: <https://www.ptv.vic.gov.au/tickets/myki/>



Regional fares for Victoria

| | Full Fare | Concession/ Child |
|----------------------------------|-----------|----------------------|
| Weekdays | \$10.60 | \$5.30 |
| Weekends or Public Holiday | \$7.20 | \$3.60 |

Victorian Patient Transport Assistance Scheme (VPTAS)

- The Victorian Patient Transport Assistance Scheme (VPTAS) provides financial assistance to eligible Victorians who must travel a long way for specialist medical treatment.
- VPTAS is a subsidy scheme and not intended to reimburse all costs associated with accessing specialist treatment.
- To be eligible, patients must live in a designated rural area and travel 100km one way or 500km per week to see a medical specialist. Full eligibility list and exclusions listed below.
- An approved medical specialist or authorised officer must sign the claim form.
- Payment of claims can take up to 6-8 weeks from receipt. All sections of the claim form must be fully completed to ensure your claim is able to be assessed.
- Please contact the VPTAS office on **1300 737 073** or vptas@health.vic.gov.au if you have any questions.

(TAC) L2P Program

A community-based program developed to assist eligible young Victorian learner drivers between the ages of 16 and 21 years who do not have access to a supervising driver, or an appropriate vehicle gain driving experience required for a probationary licence.

The Murray Mallee LLEN is the service provider of the TAC L2P Driver Mentor Program across the Gannawarra Shire.

For more information about the program, head to our website at <https://www.mmlen.com.au/what-we-do/l2p-program/>

AROUND THE Paddock

DAIRY FARMER DINNER

WARREN DAVIES, THE UNBREAKABLE FARMER & **MATT HAWKEN, AGRICULTURE VIC**

What else?

Official launch - Ag Vic "After the Flood" podcast series

Live acoustic music with Elise Drake

Lucky Door Giveaways

Chance to win an 'Akubra' & other prizes

Win

An afternoon tea for your favourite local community group!

Dinner Provided

Drinks at bar prices

6.30PM FOR 7.30PM START

07
FEBRUARY

JEN'S ON GEORGE

105 KING GEORGE ST.
COHUNA VIC 3568

Contact Us
(03) 5450 9333



No cost, but bookings essential
Limit of 100 tickets

<https://www.trybooking.com/COCCM>



Warren Davies - known as 'The Unbreakable Farmer' provides an authentic presentation focused on creating positive community connections and supporting mental health and wellbeing.



FEB 10 | KERANG

HEVENSHE

MASKETTA FALL DALLAS WOODS BESTIES

FOREVER ON HIGH | IVY BLACK
ONE MORE WEEKEND | KITTY RAE
LILI-VIOLET | GRACE FROST
CONNOR BULGER | RYAN MCPARTLANE
BIRDDOG | COURTNEY ROVERE

GET YOUR TICKETS NOW AT
SUMMERWAVE.COM



GANNAWARRA TINY TOWNS Showcase

Hosted by **Brad McEwan**

Former sports presenter, journalist, resilience and leadership trainer and passionate small towns advocate

FRI. 16 FEB 2024 10:00 AM-2:00PM

NDCH MEETING ROOM
24 FITZROY ST KERANG

MORNING TEA & LUNCH PROVIDED

NO COST, BUT REGISTRATION IS ESSENTIAL THROUGH:
TRYBOOKING VIA QR CODE
PHONE: 03 5450 9333 OR

Email: communityrecovery@gsc.vic.gov.au

<https://www.trybooking.com/CODJVV>

Fuel voucher available to assist residents with travel costs.

Includes official launch of Connecting Gannawarra Community Plans for six small towns and a chance for small communities to showcase their achievements, unique challenges, and be inspired to thrive into the future.



Gannawarra Sporting Club Dinner

Thursday 15 February, 2024

6.30pm for 7pm dinner



Hosted by:
Brad McEwan

Former sport presenter, 10 News First and host of Network 10's Sports Tonight, and resilience and leadership trainer

Venue:
Kbar Function Room
77 Wellington St Kerang

Dinner Provided:
Drinks at bar prices

Win:
A \$250 sports equipment voucher for your club

No cost, but bookings essential
Limit of 100 tickets
<https://www.trybooking.com/CODBH>

An evening focused on the role of volunteers in communities during times of crisis and the importance of sport and recreation clubs as the fabric of small communities



FREE

COMPOSTING WORKSHOP

JOIN NATALIE FROM GOOD GROVE GARDENS FOR A FREE INTERACTIVE SESSION DEMONSTRATING HOW EASY COMPOSTING CAN BE!

Topics include:

- what is soil?
- what is compost?
- why and how to start composting
- what to do with your compost



NATALIE VAN-WIRTZ MATTHEWS



MORNING/AFTERNOON TEA PROVIDED

Always wanted to try composting but don't know where to start?
Discover the tips and tricks to composting at our Composting Workshop!

THURSDAY
29
FEBRUARY
2024

COHUNA NEIGHBOURHOOD HOUSE
29 Market St, Cohuna VIC 3568
10.00AM - 11.00AM

KERANG NEIGHBOURHOOD HOUSE
11 Scoresby St, Kerang VIC 3579
1.30PM - 2.30PM



Book via QR code or let Tanya know at Cohuna Neighbourhood House

Book via QR code or let Claire know at Kerang Neighbourhood House



Free workshop provided by Cohuna Neighbourhood House, NDCH and Loddon Mallee Public Health Unit Funding.

4 SIMPLE EXERCISES FOR OLDER ADULTS

The Australian Government Department of Health and Aged Care recommends at least 30 minutes of moderate intensity physical activity on most, preferably all days.

- Sit to stand from a chair**
Use both hands to push yourself up. Alternatively, you can try using only one hand or even attempt without using any hands!
- Walking**
Start with 5 minutes of walking a day and gradually increase the duration of your walks over time
- Marching on the spot**
Challenge yourself by holding weights such as water bottles in each hand
- Boxing**
Punch forward or up towards the roof!



SOCIAL MEALS

February - June 2024

| | | |
|---|--|--|
| Quambatook Quambatook Seniors Citizens Hall 2 Olive Street, Quambatook Tuesday February 6 Tuesday March 5 Tuesday April 2 Tuesday May 7 Tuesday June 4 | Lalbert Lalbert Rec Reserve Evelyn Street, Lalbert Tuesday February 27 Tuesday March 26 Tuesday April 23 Tuesday May 28 Tuesday June 25 | Murrabit Murrabit Hall Danson Street, Murrabit Wednesday February 28 Wednesday March 27 Wednesday April 24 Wednesday May 29 Wednesday June 26 |
| Barook Barook Seniors Citizens Hall 2 Station Street, Koondrook Friday February 2 Friday March 8 Friday April 5 Friday May 3 Friday June 7 | Lake Charm Lake Charm Hall Hall Road, Lake Charm Tuesday February 13 Tuesday March 12 Tuesday April 9 Tuesday May 14 Tuesday June 11 | Cohuna Cohuna Memorial Hall 21 King Edward Street, Cohuna Friday February 16 Friday March 15 Friday April 19 Friday May 17 Friday June 21 |
| Kerang Kerang Senior Citizens 169 Boundary Street, Kerang Thursday February 22 Thursday March 28 MONDAY April 29 Thursday May 23 Thursday June 27 | Macorna Macorna Recreation Reserve, Macorna Friday February 23 Friday March 22 Friday April 26 Friday May 24 Friday June 28 | Leitchville Leitchville Hall Hawken Street, Leitchville Thursday February 8 Thursday March 14 Thursday April 11 Thursday May 9 Thursday June 13 |

Contact Community Care on: 03 4429 1900

LIONS V DISTRICTS CANCER FOUNDATION INC

PATRON: MR FRANK COSSA AO (DEC)
 AMBASSADOR: MR DAVID MANN AM
 DR DAVID SPEARMAN OAM, FRACS



Lions V District Cancer Foundation, PO Box 554, Colac, Victoria, Australia 3250

FREE SKIN CANCER CHECKING

LIONS CLUB OF COHUNA INC.

In a joint project with

The Lions V Districts Cancer Foundation Inc.

Foundation volunteers will conduct a **FREE** Skin Cancer Checking in the Skin Check and Awareness Unit at:

COHUNA

On Saturday 24th & Sunday 25th February 2024

At Garden Park

To book a free skin check appointment -
 Phone: 0400 576 383

Or email: inwalkington@gmail.com



BASKETBALL FOR PEOPLE OF ALL ABILITIES

Come along each **Monday** for 4 weeks

ALL EQUIPMENT KINDLY SUPPLIED BY
 Kerang Amateur Basketball Association

PLAYERS MUST WEAR FLAT FOOTWEAR (NO HEELS)

When: Commencing Monday 5th, 12th, 19th and 26th February 2024

Time: 10.30am-11.30am

Where: Kerang Amateur Basketball Stadium
 Maxwell Street, Kerang

BRING ALONG YOUR FRIENDS AND ALL WELCOME!
Cost: FREE (Don't forget to bring your water)

ENQUIRIES:
 Rhonda Allan
 Mallee Sports Assembly
 Mobile 0427 780109
 Email: rhonda@malleesportsassembly.org.au



INTERNATIONAL WOMEN'S DAY

8 MARCH 2024

BREAKFAST

Join us to celebrate International Women's Day.
Help raise awareness and inspire the actions needed to
continue the work towards a gender equal future.

Our MC: Amanda Wilson

Director of Corporate Services
Gannawarra Shire Council



Fri 8th March 2024



7.00AM – 8.30AM



**Inside at Sir John
Gorton Library,
Kerang**

Our Guest Speakers:



Yvonne Fabry
Nurse Practitioner



Amy Treacy
Small Business Owner



Rachel Robertson
Small Business Owner

Bookings preferred for catering purposes: <https://www.trybooking.com/COMTC>



NDCH operates throughout the Gannawarra Shire & the Northern end of the Loddon Shire, as well as some of our services extending into the Swan Hill & Buloke Shires. We also fund services into the Shire of Campaspe and Bendigo. Our main office is located in Kerang. The towns of Cohuna, Boort, Koondrook, Kerang, Murrabit, Lalbert, Pyramid Hill, Leitchville, and Quambatook are all part of our service area and each make up a significant part of the area's charm. Treat yourself to a lifestyle change that provides the necessary balance between business and pleasure.



POSITIONS AVAILABLE


- > Administration Officer – Community Care – Full time
- > Administration Officer – Corporate Services – Full time
- > Marketing Officer – Corporate Services – Part time
- > Finance Officer – Corporate Services – Full time
- > Community Care Workers – Casual

Applications close for all positions on Tuesday, February 6

Applications and all queries should be sent to: jobs@ndch.org.au. All employees will be required to have a National Police Check and a Working With Children Check if employed/appointed to a position at NDCH. Depending on your role, additional security checks may be required before commencement of that role.

NDCH is an exciting place to work. Great community, excellent staff, amazing services. No wonder I have been here 20 years!
- TANYA

5 weeks in, I have never felt more welcomed at a workplace before. Everyone is extremely helpful, encouraging and a delight to work with.
- SOURAV



APPLY NOW



For more information on the available positions, please call into the office at 24 Fitzroy Street, Kerang or email jobs@ndch.org.au

A: 24 Fitzroy Street, Kerang
P: 5451 0200 | E: info@ndch.org.au

**WE ARE
HIRING!**
JOIN OUR TEAM



SUSTAINABLE RURAL HEALTHCARE HUBS PROGRAM FACILITATOR

This role is to project manage the planning, implementation, and evaluation of a trial model of care for Buloke, Loddon, and Gannawarra Shires called Sustainable Rural Healthcare Hubs.

**Closing date for this position is
Friday 2nd February 2024.**



CHIEF EXECUTIVE OFFICER (CEO)

- Impactful Leadership Opportunity
- Innovative Healthcare Environment
- Strategic Influence and Advocacy



To obtain a candidate information pack or for a confidential discussion, contact Katie or Michelle at ESE Consulting 03 5442 6676.

MURRABIT,

are you interested in

Mental Health First Aid (MHFA)?

DATES ARE:

- WEDNESDAY 21ST & 28TH FEB
- WEDNESDAY 6TH AND 13TH MARCH
- 6PM-9PM
- VENUE: MURRABIT GOLF CLUB
- LIGHT DINNER PROVIDED, COST \$10

**BOOK
HERE**



Taking bookings for MHFA training in MURRABIT |

Are you interested in Mental Health First Aid (MHFA)? If you're involved in a sporting club, volunteer or you care for individuals, then this might be for you! NDCH will be offering FREE MHFA training that will be open to the community.

We encourage workplaces to sign up one or two employees to undertake MHFA training as part of their commitment to fostering a mentally healthy and supportive environment for their workplace and community.

Free MHFA training is being provided by NDCH and Loddon Mallee Public Health Unit funding. A cost of \$10 will be charged for catering purposes.

RIAC's Tips for Carers/Parents of ASD and ADHD children

Neurodivergent children and screen time

Neurodivergent children and young people often spend their free time playing video games and scrolling through social media. Screen time can be a great visual learning tool and many neurodivergent people find screen time calming.

However, during school holidays, it can seem they are always on screens. Here are a few tips to help manage screen time for your neurodivergent young person.

- Allocate a certain amount of screen time each day and stick to it.
- Make screen time a reward. Use screen time as a reward for activities your child may not enjoy such as cleaning up or doing other chores.
- Give a 10 minute, then a 5 minute warning before screen time ends. Use a timer so your child is aware of the time spent and the time left for screen time.

Come along to our **Carer Support groups** to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

Our Gannawarra Parent and Guardian Support Groups will be starting up again on 21 February 2024.

| KERANG | COHUNA |
|--|--|
| <p>WHEN: 10AM – 11.30am 3rd Wednesday each month</p> <p>WHERE: Northern District Community Health 24 Fitzroy Street, Kerang</p> | <p>WHEN: 1PM – 2.30PM 3rd Wednesday each month</p> <p>WHERE: Northern District Community Health 25 King Edward Street, Cohuna</p> |

For more information –

EMAIL: carers@riac.org.au

PHONE: Carolyn – 0488 605 363



breakthroughforfamilies.com

Family Drug and Gambling Helpline:
1300 660 068

FAMILIES: GET THE FACTS, DEVELOP STRATEGIES, FIND OUT WHERE TO ACCESS HELP AND SUPPORT

Mosquitoes can spread serious diseases

Significant flood waters can remain for days and stagnant water is where mosquitoes can breed. Mosquitoes can carry diseases that may pass on to people through mosquito bites.

To help to control mosquitoes around your home, follow these tips:

- Remove stagnant water from around the home so mosquitoes can't breed.
- Check and seal rainwater tanks.
- Empty flowerpot dishes, tyres, buckets and children's toys that hold water.
- Mosquitoes can bite through tight clothing. Wear long, loose-fitting clothing.
- Use repellents that contain Picaridin or DEET on all exposed skin.
- Keep mosquitoes out of your house or accommodation by using mosquito netting or insect screens.

Find more ways to beat the bite at:

<https://www.betterhealth.vic.gov.au/protect-yourself...>



Apply mosquito repellent evenly to exposed skin. Pack repellent when going for walks, camping, fishing, or travelling



Wear long, loose-fitting, light-coloured clothing, and closed shoes



Empty buckets of water around home to stop mosquitoes breeding



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 HEALTH

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

HEAD TO HEALTH



We find the
mental health
support that's
best for you

Call 1800 595 212

Not feeling like
yourself lately?
You're not alone.

It's something most people experience at some point. And there are simple things you can do that can help.

**HEAD TO HEALTH IS A FREE
CONFIDENTIAL SERVICE FROM THE
AUSTRALIAN GOVERNMENT
IT CONNECTS YOU WITH THE HELP
AND SUPPORT YOU NEED TO KEEP
MENTALLY HEALTHY.**

Vegetable Pancake

Healthy
Lunchbox
Week

Makes 10 pancakes. Each pancake is **one serve** of vegetables.

Ingredients

½ small wombok cabbage,
very thinly sliced
3 medium carrots, grated
2 cups baby spinach, very thinly
sliced
3 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray



Method

1. Place the vegetables in a bowl and mix together. Toss with the flour, ensuring it coats all the vegetables. Stir in the eggs and pinch of salt.
2. Lightly spray a large non-stick fry pan with olive oil spray and heat over medium-high heat. You may need to re-spray between batches.
3. Add 1 cup measures of the mixture to the fry pan in rounds. Gently press to flatten.
4. Cook until golden, approximately 3-5 minutes on each side.

Recipe courtesy of Nutrition Australia, Vic Division.



This recipe is an idea only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.





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

FEBRUARY 2024



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 \$82. 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 \$82 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: 8.30am - 5.00pm

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

