



SURVIVING SCHOOL HOLIDAYS

RECIPE OF THE MONTH

Inside This Issue

COMMUNITY HEALTH & SERVICES UPDATE

ACHIEVEMENT PROGRAM

Men's Health Awareness

Men's Health Week was celebrated from 15 to 21 June and our publicity of mens health week was designed to provoke thought and discussion about what needs to be done to improve male health. Our Tactics for Tough Times Program Coordinator, Paul had some great tips.

Doctor's Visit - When was the last time you visited the Doctor for a checkup? You should visit at least every 12 months. Get them to check your blood pressure, heart, lungs and perhaps a cholesterol check. If you are struggling with mental health now would be a good time to mention it.

Exercise - Make a plan. Make it achievable and part of your routine. Walking the dog each day or riding to work. Build up the intensity slowly. Don't overdo it. Soreness or injury will only put you back further on your fitness goals.

Diet - Dieting is not about detoxing or cutting out carbs. For most of us it's simply portion size, variation and reducing the fat, salt and sugar in our meal choices. It can be that simple to make better choices.

Alcohol Consumption - Do you really need to drink as much as you do? Need? Perhaps that's the wrong word. We don't need it, but we make a conscious decision to drink or not. Noting the health and social impacts with alcohol, maybe we should be asking ourselves that very question?

Hydration - It is so important for your body to run properly. At least 2 litres of water per day is recommended.

Fresh Air - Don't underestimate the power of fresh air and sunshine. Get out and enjoy it at least once a day. It will benefit your physical and mental health.



LET'S TALK ABOUT **DIABETES & MENTAL HEALTH**

National Diabetes Week

12-18 July 2020

www.headsupdiabetes.com.au



Talk to us: 1800 637 700

WORD SEARCH

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

Words are hidden



- CHRONIC
- DIET
- HEALTHY EATING
- SUGAR
- DIABETES
- EXERCISE
- PREVENTION
- TYPE ONE
- DIAGNOSIS
- GLUCOSE
- RISK FACTORS
- TYPE TWO

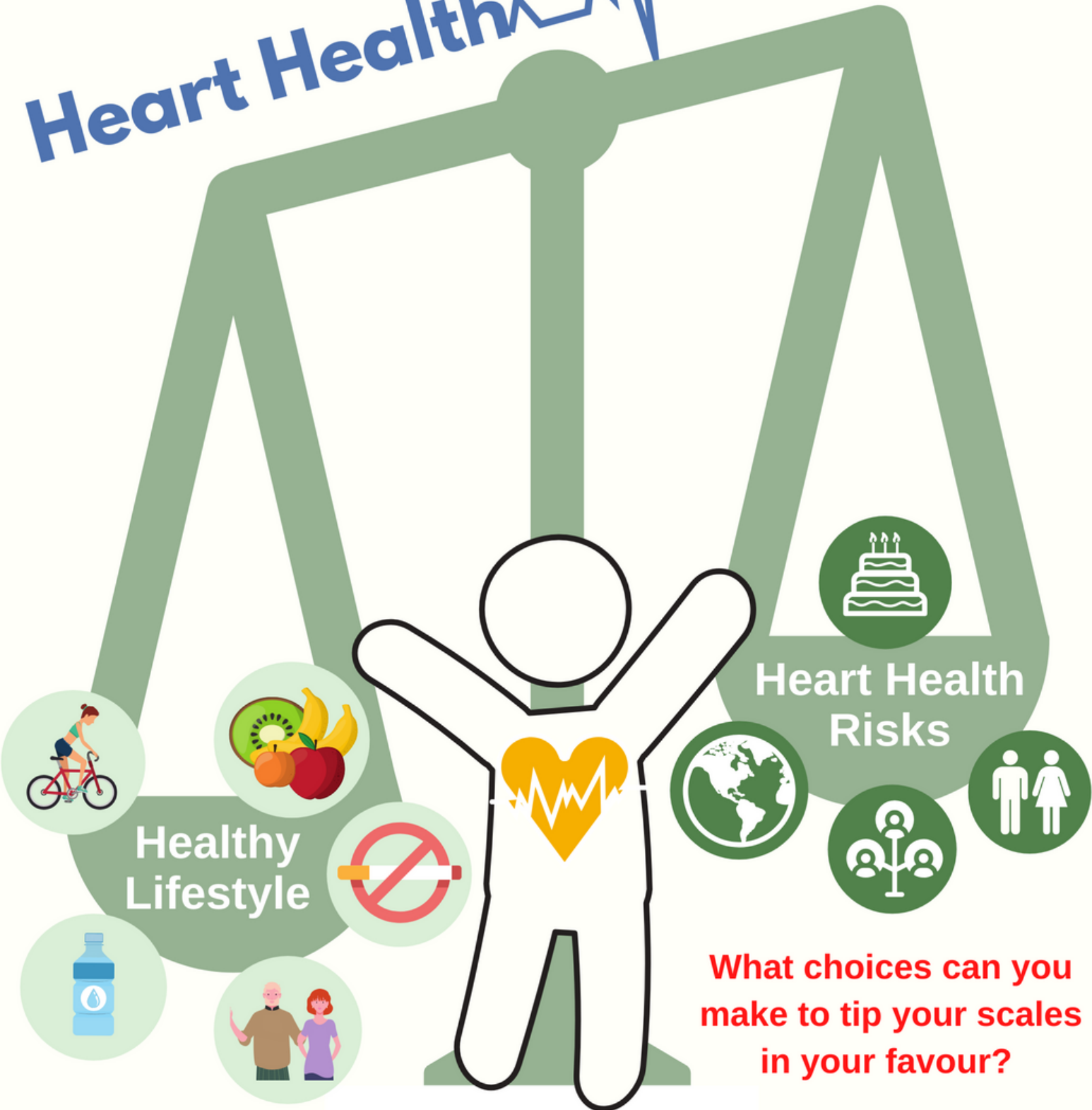
Have you changed your Information?

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.





Heart Health



**What choices can you
make to tip your scales
in your favour?**

Tip Your Scales in Your Favour

Reduce your heart health risks. Live a healthy lifestyle.

Baked Apple Crumbles

A great 'sometimes' food.

Makes 4 servings

INGREDIENTS

- cooking oil spray
- 2 Granny Smith or Golden Delicious apples, cored, halved horizontally
- 1/2 cup rolled oats
- 2 tablespoons almond meal
- 1 1/2 tablespoons hazelnuts, chopped
- 1 teaspoon cinnamon
- 1 tablespoon orange juice
- 1/2 lemon, zested
- 2 tablespoons maple syrup

METHOD

1. Preheat oven to 180°C. Spray a baking dish with oil. Place apples in dish and add 2 tablespoons water. Cover with foil and bake for 10 minutes.
2. Meanwhile, make crumble topping: place oats, almond meal, hazelnuts and cinnamon into a bowl and stir to combine. Add orange juice, lemon zest and half the syrup. Mix well.



Achievement Program

We are pleased to be a part of the Achievement Program which supports Victorian workplaces, schools and early childhood services to create healthy places for working, learning and living.

We have put together a 'Workplace Story' that is now featured on the Achievement Program website. This story highlights some of the great work that everyone at NDCH has been doing during the COVID-19 pandemic, that has supported the health and wellbeing of staff,

Our story talks about our work around:

- The 5 Ways to Wellbeing
- The production of a weekly staff bulletin
- Zoom Trivia Sessions
- Staying Active

You can read it all online by visiting www.achievementprogram.health.vic.gov.au

**Achievement
Program**

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

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

Community Services and Support (including above)

Northern District Community Health Counselling, AOD support, NDIS, Housing, Community Nursing, Occupational Therapy, Podiatry, Dietetics, Speech Pathology, Diabetes Education and Chronic Disease Nurse Support	5451 0 200 Mon - Fri 8:30 - 17:00
Boort Resource and Information Centre	5455 2716 Mon - Fri 10:00 - 15:30
Quambatook Community Resource Centre	5457 1220 Mon, Wed, Fri
Pyramid Hill Neighborhood House	5455 7129 Tues - Thurs 10:00 - 18:00 Mon 15:00 - 18:00
Loddon Shire Council	5494 1200 Mon - Fri 8:15 - 16:45

Wellbeing Supports

Lifeline Beyond Blue	13 11 14 1300 224 636
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Clinics

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

Hospitals

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

Aboriginal Services

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

Chemists

Terry White - Kerang 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
Boort Community Pharmacy Script orders via phone (vulnerable clients)	5455 2044 Mon - Fri 9:00 - 17:30 Sat 9:00 - 12:00
Terry White - Cohuna 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
Pyramid Hill Depot	Mon - Thur 10:00 - 17:30
Terry White - Barham Script orders via phone (vulnerable clients)	5453 2048 Mon - Fri 9:00 - 17:30 Sat 9:00 - 12:00

Groceries

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

National COVID hotline 1800 675 398

If you have any cold or flu like symptoms call NDCH Triage Service on 5451 0200

Domestic Violence Supports

Orange Door	1800 290 943
Mallee Sexual Assault Centre for Non-Violence Inc	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

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.

Job Vacancies at NDCH

Do you know the perfect person to join our team in our current vacant position of:

- Casual Registered Nurse



Northern District Community Health is an equal opportunity employer promoting a smoke-free environment. As a registered not for profit charity, staff also have access to attractive Salary Packaging options.

For further information about the above position or to apply, visit www.ndch.org.au.



Surviving School Holidays

We know, it seems like your kids have just gone back to school, now it is holidays already! We have some tips to help you through.

Self Care

Remember to look after yourself. Enjoy spending extra time with your kids, but don't feel guilty about doing something that you enjoy. By looking after yourself, you can be more energised and positive for your children.

Expectations

Know that not every day will go to plan. Children have just got back into a routine of going to school. It may be difficult adjusting back to holidays. Be calm and patient to help them adjust. Take notice and enjoy the time you spend with them.

Activities

With restrictions easing you can spend time with your kids doing activities these school holidays. Involve your children and ask them to write down some ideas. It can be tempting to go out to do something every day. Try to have a balance of going out and staying home. Remember to have 'lazy'days.



It's Okay to be Bored

Sometimes it's okay for your kids to be bored. Don't feel bad about not always 'doing something'. Let your kids use their imagination. This can also help develop initiative.

Ask for Help

Don't be afraid to ask for help, if you need it. Ask grandparents if they would like the kids for a day. Grandparents and kids would both love this. Seek support from and offer support to other parents.



Be Kind and Take COVID-19 Seriously

Gannawarra Health & Community Services Update



Cohuna District Hospital, Kerang District Health, Gannawarra Shire Council, Mallee District Aboriginal Service & Northern District Community Health – working together to keep our community connected, healthy and safe during the COVID-19 pandemic and beyond.

The COVID-19 pandemic has meant we have had to provide our services in different ways. Telehealth for example has taken the place of some face to face consults, staggered appointment times and screening and temperature checks to ensure we don't have unwell people sitting in waiting areas potentially spreading infection.

Keep Social Distancing - Please

It's been a long few months, we've experienced upheaval that we will all remember forever. We can be forgiven for feeling both relieved that we have 'flattened the curve', and alarmed because last Monday, Victoria's easing of restrictions were postponed.

Last Saturday, Victoria's COVID-19 cases were the highest they had been in two months, due mostly to clusters from family gatherings. Being out and about and catching up with family and friends does present a risk to you and your loved ones. You have a choice, and we hope you choose to stick with the restrictions and protect our community and our health services. Social distancing is hard but it is one way we can all do our bit. **Stay 1.5 Metres from those you don't live with.** For information on current Victorian Restrictions go to www.vic.gov.au.coronavirus

Should I get COVID-19 Tested?

COVID-19 testing is important to halt the spread of the virus, it's a simple swab. Please call the Screening & Assessment Clinic and book in to be swabbed. No matter how mild your symptoms – YOU SHOULD GET TESTED. If your symptoms are serious you should seek urgent medical attention.

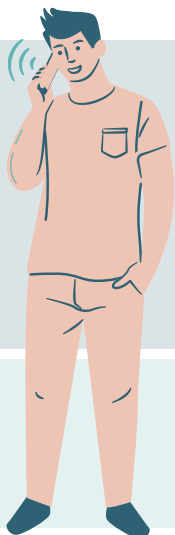
STEP 1 – PHONE FIRST

Please contact the Triage Clinic by phone to discuss your symptoms.

This service is available
Monday to Friday – 9.00am to 12pm



03 5451 0200



STEP 2 – SWABBING CLINIC

This service is available by appointment only, in Kerang and Cohuna.

Monday to Friday – In the afternoon

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, Nausea, Vomiting, Diarrhoea



Remember the 5 Ways to Wellbeing



Group Activities

Our organisations are proud of the huge number of groups we support and provide to our wonderful community. Together we are planning a slow and cautious return to groups for residents aged over 65. We know some of you are keen to reconnect and others are anxious. The safety of community members is our highest priority.

Older Australian's are very vulnerable to COVID-19. Please use common sense and try to stick to the Stay at Home Restrictions. Only leave home if you have to:

- Shop for essentials such as food
- Provide care to someone else
- Access health and dental care
- Exercise – still keeping 1.5 metre from others
- Work – but work from home if you can

Get Your Free Flu Shot

Community members and volunteers that haven't already done so are reminded to book in NOW to have their flu shot. Contact your local general practice, MDAS, pharmacy or call Council on 5450 9333.



The Gannawarra Shire Winter Winners

- ✓ Eat 5 serves of vegetables and 3 serves of fruit every day
- ✓ Select lean meat and alternatives such as beans and lentils often
- ✓ Choose foods and beverages with little or no added fat, sugar or salt
- ✓ Drink lots of water
- ✓ Be active for 60 minutes at a moderate pace most days of the week.
- ✓ Identify the cause of your stress and your reactions
- ✓ Get enough sleep
- ✓ Talk often to friends and family
- ✓ Take time for yourself and ENJOY LIFE

Go Dry This July

This July we invite community members to go alcohol-free to raise funds for people affected by cancer and reap all the health benefits along the way!

Visit www.dryjuly.com. If your alcohol and other drug use is worrying you, call one of the friendly AOD nurses or counsellors at NDCH on 5451 0200

Mallee District Aboriginal Services

Health Checks and flu shots have recommenced at MDAS for Aboriginal and Torres Strait Islander community members. Please phone ahead to MDAS for these appointments available on a Thursday's. Get a great Deadly Choice's tee shirt by having a Health Check. Soon the GP and nurse will also be available on Tuesdays as well.

Kerang District Health

As much as the team at KDH hope to be at full capacity over the next few months; careful planning is underway to ensure that the health and safety of our patients, residents and staff is our main priority. We are pleased to have some of our services return. They are Colonoscopy Surgery as of 23rd June and Gynaecology and Urology Surgery from mid-July. As a priority service KDH's Oncology Outreach Services will also recommence in late June. We know how important our Social Support Programs are and we are currently finalising an action plan for the staggered reintroduction of these according to urgency.

If you or someone you know needs extra support during this time please make contact with the relevant services below:

- | | |
|-------------------------|---------------|
| • NDCH | 03 5451 0200 |
| • Beyond Blue | 1300 224 636 |
| • Life Line | 13 11 14 |
| • Headspace (12-25 yrs) | 1800 650 890 |
| • Kid Help Line | 1800 55 1800 |
| • Men's Helpline | 1300 78 99 78 |
| • 1800RESPECT | 1800 737 732 |

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

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
SMS: 0428 575 597

Medical Clinic

34 Fitzroy Street
Monday to Friday
8.45am to 5.30pm
Phone: 03 5452 1366
Fax: 03 5450 3232
Email: clinic@ndch.org.au

COHUNA

25 King Edward Street
Monday to Friday
9.00am to 4.00pm
Closed 12 Noon to 1.00pm
Phone: 03 5451 0250

PYRAMID HILL

12 Victoria Street
Monday to Friday
9.00am to 10.00am
(other times by appointment)
Phone: 03 5455 7065

BOORT

119-121 Godfrey Street
Open by appointment only
Phone: 03 5451 0260

QUAMBATOOK

33 Mildred Street
Tuesday and Friday
9.00am to 10.00am
(other times by appointment)
Phone: 03 5457 1300

We also have Shared Professional Spaces in Koondrook, Charlton, Sea Lake, Donald and Wycheproof.



NDCH

Thanks For Reading

www.ndch.org.au

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*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.

