



NDCH

NEWSLETTER

JULY 2021

RECIPE OF THE MONTH

NEW CLINIC FEES FROM 1ST JULY 2021

Inside This Issue

NAIDOC WEEK 2021

COVID VACCINE QUESTIONS ANSWERED

NAIDOC Week 2021

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

This year, local Elders and Aboriginal and Torres Strait Islander communities took part in the Reconciliation Walk. NDCH and other local services also walked. The walk was changed from June when it was cancelled due to COVID-19 lockdown.



PICTURED ABOVE: NDCH Indigenous Children's Program Worker and proud Baraparapa man Damien Murray reading "Hello and Welcome" by Gregg Dreise.



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.

JULY 2021

Deadly questions .com.au

You ask. Aboriginal Victorians answer.



Many Aboriginal people use the word “deadly” to mean **awesome, strong, brilliant.**

And the many deadly stories of Aboriginal history and cultures are part of our collective identity as Victorians.

Deadly & Proud is a Victorian Government campaign that features Aboriginal storytellers and advocates from across Victoria who share their stories of pride in Aboriginal culture, resilience, community and the State's historic path to treaty and truth and justice.

Deadly & Proud gives all Victorians an opportunity to gain a deeper understanding of Victoria's history, Aboriginal cultures and community, and the experiences of Traditional Owners of country and Aboriginal people living in Victoria today.



Kerang

Covid-19

Vaccination

Clinics



Check your eligibility at:

www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker

Thursdays 8.45am - 4.00pm

By appointment only at the WD Thomas Activity Centre,
Burgoyne St, Kerang

To book your appointment please call the

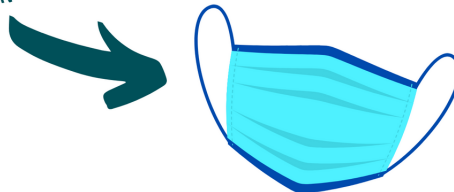
Kerang District Health vaccination line on 5450 8099

Please note that this booking line only operates from 9am to 5pm Mon to Fri

Do not visit a vaccination clinic if you are unwell. Get tested & isolate.

There is a zero tolerance of disrespect of any kind at this clinic or on the booking line.

Wear this



Bring this



A rural health service partnership by:



Swan Hill
District Health
Connected Care. Best Experience.



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.

If you feel unwell, do not go to a vaccination centre. Get tested!

STEP 1 – PHONE FIRST

Call the NDCH hotline to discuss your symptoms.
Monday to Friday



STEP 2 – SWABBING CLINIC

Testing is available by appointment only, in Kerang (and other sites as required).
Monday to Friday daily from 9.30am

Having a test is free.

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

STEP 3 – STAY HOME

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

If you have symptoms and are unable to travel, Gannawarra Shire Council is providing a transport service to any testing clinics held in Gannawarra townships. Please call 5450 9333 for this service.

Check the NDCH Facebook page and community newsletters for information about testing and vaccination clinics in the Gannawarra Shire.

Common symptoms of Coronavirus are:

Temperature

Including fever or chills



Breathing Difficulties

Including breathlessness or sore throat



Fatigue or Tiredness



Cough or Runny/Stuffy Nose



Headache or Body Aches and Pains



Lack of Taste or smell, Nausea, Vomiting, Diarrhoea



The importance of credible information

COVID-19 Vaccinations *Be informed. Ask questions. Get the facts.*

With new COVID-19 vaccine developments every day, it's normal to have questions or concerns. You might even feel hesitant about getting a vaccine.

This is a new vaccine program for all of us and these are new vaccines. Sometimes it's hard to tell misunderstandings or false information from facts.

"We want people to be informed about their health. Just please make sure you get the facts."

**MANDY HUTCHINSON, CEO,
NORTHERN DISTRICT
COMMUNITY HEALTH**

There's a great Australian website created by the Department of Health that is based on facts. It has questions and answers about lots of theories, conspiracies and ideas going around about the vaccines.

Were COVID-19 vaccines developed too quickly to be safe? COVID-19 vaccines have been developed without compromising quality, safety and effectiveness. Researchers around the world have been working hard from the earliest stages of the pandemic. They have been able to speed up development of vaccines by working together with scientists, manufacturers and distributors. The normal development and implementation planning phases have been run side-by-side, instead of one after the other. This has been made possible because of unprecedented global funding.

Do COVID-19 vaccines contain a microchip or any kind of tracking technology? None of the COVID-19 vaccines in development contain software or microchips. They cannot be used to track people.

Can COVID-19 vaccines give you COVID-19?

None of the approved vaccines in Australia contain the live virus. This means they cannot give you COVID-19. Some of the side effects from COVID-19 vaccinations like fever and fatigue can mimic symptoms of COVID-19. These symptoms are normal. They are a sign that the body is building protection against the virus that causes COVID-19. It usually takes a few weeks for the body to build immunity against the virus that causes COVID-19 after full vaccination. That means it's possible a person could be infected with COVID-19 just before or just after vaccination and still get sick.

It's important to see your health professional if you think this may be the case.

"Get information on the vaccines, absolutely, but get it from a reputable source.

Talk to your doctor."

**ROBERT JARMAN, CEO,
KERANG DISTRICT HEALTH**

Are COVID-19 vaccines effective? Yes. Both the Pfizer and the AstraZeneca vaccines are very effective at stopping people from getting very sick from COVID-19. The Therapeutic Goods Administration (TGA) has proven the vaccines to be effective. Clinical trials of both vaccines also indicate their effectiveness is very good. As countries around the world keep rolling out the vaccines, more and more information is coming in that shows both these vaccines are both highly effective in a real world situation. For example, UK information shows that both vaccines also significantly reduce severe COVID-19 in older adults. This adds to the growing evidence that shows both Pfizer and AstraZeneca vaccines are working and are highly effective in protecting people against severe illness, hospitalisation and death.

IS IT TRUE?

QUESTIONS
ANSWERED

All correct at time of printing and taken from:

health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true

DON'T FORGET YOUR FLU SHOT

PROTECT YOURSELF AND OTHERS
THIS FLU SEASON

betterhealth.vic.gov.au/flu



Flu Shots In Clinic

There's still a few months left in the flu season. We've learnt a lot about staying safe and healthy in the last year, but the seasonal flu is still a concern and the best way to prevent it is by getting your flu shot.

You need to get your flu shot **at least two weeks apart** from your COVID-19 vaccine. You can stop the spread of the flu by staying home when you're sick.

Call the NDCH Medical Clinic on 5452 1366 to book your flu shot.

Respect
those that
care for you
and your
loved ones.



Checking-in is
now mandatory



Department
of Health



If you don't have a
smart phone, or if
you're not sure, just
talk to one of our
friendly staff.

NDCH Branded Vehicles



The great design and install of the branding was done by Lindsay Thorne at Magnum Signs.

Keep your eyes out for our new branded vehicles. This Ford Ranger will help out with towing the NDCH Events Trailer we showed you last month. Our health promotion, community development and youth events run across several local government areas.



Are you involved in farming?

Your health is your #1 asset to you, your family and your farming business. Injuries and poor health not only affect you, they affect your family and can compromise your business's productivity and profitability.

An AgriClinic™ is conducted by a qualified health clinician specialising in agricultural health and medicine and who is familiar with farming practices.

Participating in an AgriClinic™ is easy – just book and invest 90 minutes of your time.

FREE

This is a fully funded service

Kerang – Cohuna – Quambatook – Boort – Pyramid Hill



NDCH

an affiliate of



www.ndch.org.au

By appointment only

5451 0200

info@ndch.org.au

Chickpea and chicken curry fritters with yoghurt raita

Serves: 4 (makes 8-12 fritters)

Time to make: 30 mins

Recipe from healthyfood.com

INGREDIENTS

Fritters

- 1 ½ cups self-raising flour
- ¼ teaspoon salt
- 1 cup skim milk
- 1 egg, lightly beaten
- freshly ground black pepper
- 1 quantity Basic fritter mix (see tip)
- 400g can chickpeas, drained, rinsed
- 150g lean cooked chicken, diced
- 1 cup grated courgette
- 1 tablespoon mild curry powder
- 4 spring onions, finely chopped
- 4 peppadew peppers, chopped
- 4 tablespoons fresh mint
- 2 teaspoons ginger purée
- zest of 1 lemon
- spray oil

Raita

- 1 cup low-fat yoghurt
- 1 small cucumber, diced
- 2 cloves garlic, crushed
- 3 tablespoons chopped fresh mint

Salad

- 4 radishes, sliced
- 4 cups rocket
- 2 carrots, sliced or cut using a vegetable peeler



INSTRUCTIONS

1. Sift flour into a bowl and add salt. In a separate bowl, beat milk and egg together. Make a well in the centre of the flour. Add liquid to flour and whisk.
2. Add chosen fritter ingredients and mix well
3. Spray a non-stick pan with oil and place over a medium heat. Place spoonfuls of fritter mix in the pan, up to 4 fritters at a time, making sure they are separated from each other.
4. Cook until they are firm, they slide around the pan easily, and small bubbles appear on the surface. Using a spatula, turn over each fritter – the underside should be golden brown. Cook for a further few minutes, spraying with a little extra oil if necessary.
5. Mix raita ingredients. Mix salad ingredients. Top fritters with raita and serve with salad.

Moved?

New phone
number?

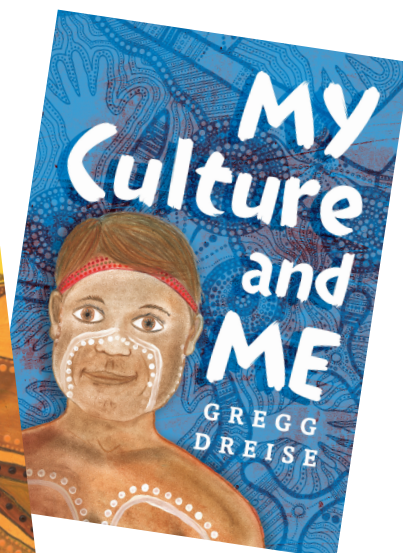
Now have a
carer?

Changed your
name?

Has your Information changed ?

If any of your
personal
information has
changed, we need
to update our
records.

Please let our
reception staff
know so that we
can do that for
you.



A wonderful companion to Gregg Dreise's highly acclaimed "My Culture and Me", this joyful picture book celebrates Australia's Indigenous heritage and the diversity we enjoy today.

www.greggdreise.com.au/



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 EN
Rosi Bear RN
Lana Wishart EN
Leanne Cooke EN
Michelle Whitelaw EN
Narelle Weekley RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Leonie Garner
Nick Keely



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.



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
Mon, Wed 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

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.

