



# NDCH

## NEWSLETTER

JUNE 2018



THE COLD WEATHER IS HERE...

## WINTER DRIVE

NDCH has partnered with St Vinnies Kerang as part of a Winter Drive to collect donations of clothing and blankets which will be delivered directly to those most in need within our local community.

Donations can be left at the NDCH Office at 24 Fitzroy Street, Kerang.

NEW Recipe

# INSIDE

Thirteen Reasons Why - Season 2

Project RockIT!

Protect Against Cervical Cancer

# THIS ISSUE

Gannawarra Professionals Network

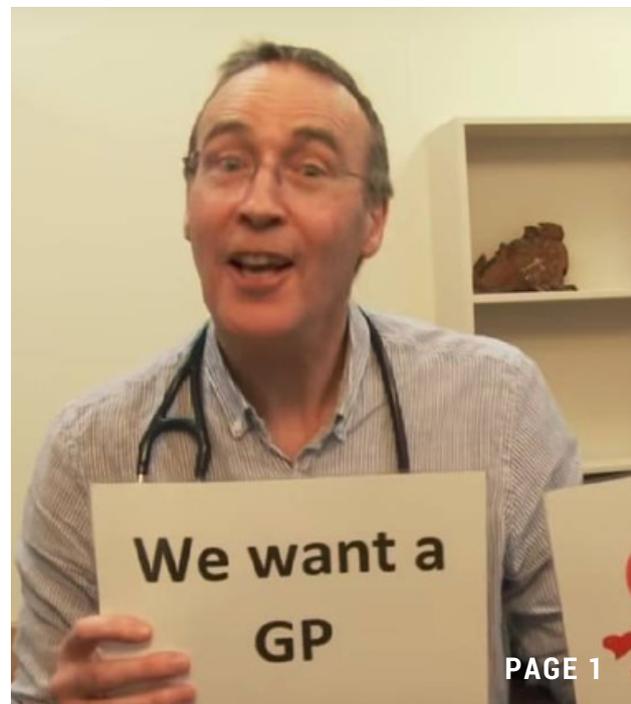
DID YOU SEE OUR VIRAL VIDEO?

## WE WANT A GP

Superstars were unearthed in May, thanks to national media coverage following the launch of our NDCH Staff music video advertising for a new general practitioner. Supported by our community we featured on the Today Show, The Project, WIN News and radio, just to mention a few.

The video, which was created in just three hours, raised awareness about the shortage of GP's in rural areas in a light hearted, novel way and featured a variety of NDCH staff and members of the local Kerang community.

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# You hold the missing piece

Help shape women's health in Australia.

Complete the Women's Health Survey  
[jeanhailes.org.au/survey2018](http://jeanhailes.org.au/survey2018)

**SURVEY CLOSSES**  
**6 JUNE 2018**



Murray Primary Health Network is working towards health care designed around people's needs. To achieve this, they need to hear from consumers and health care professionals on what matters to them about their health and the health services in their communities.

Paired with local health data and best practice, the local knowledge they gather through Murray Health Voices will influence changes to the health system.

To join Murray Health Voices, visit [www.murrayphn.org.au/health-voices](http://www.murrayphn.org.au/health-voices).

Members will receive a small number of questions via email or text message every now and then.

CONFIDENTIALITY & PRIVACY ALWAYS

# HAS YOUR INFORMATION CHANGED?

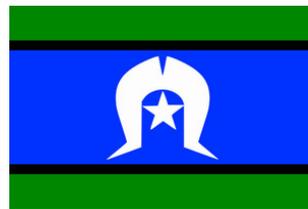
If you have moved, got a new phone number or if any of your personal information has changed and you haven't told us yet, please let our reception staff know so that we can update your records.



## 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 community.



# PROJECT ROCKIT! WORKSHOP SUCCESS

On Monday 14 May 2018, one hundred students from Kerang Technical High School joined three hundred students from across the Mallee for the first ever Project RockIT! Regional Workshop. The workshop was made possible thanks to the Youth Affairs Council of Victoria and KTHS Students were able to attend thanks to generous support from local community and organisations including ourselves at Northern District Community Health (NDCH) and the Kerang Turf Club.

Project RockIT! creates spaces where all young people have access to respect, acceptance, creative expression and real social leadership.

'Students packed the Swan Hill Town Hall and heard from two energetic presenters about cyberbullying, the ways in which it can impact on mental health and how young people can help themselves, their friends and peers. It was really valuable.' said NDCH Youth Engagement Worker, Justine Farley.

Students began the workshop with a rather fun and interactive activity which involved hitting a large beach ball around the town hall from person to person, group to group. Students also participated in a 'Postcard for Pollies' session where they were required to say what they wanted to see happening around their town or locality. Many students from KTHS had great points including:

**"I wish more people could speak up about issues which affect them"**

**"We need more family and youth events"**

Project RockIT! presenters Archie and Dannielle highlighted a variety of scenarios using real life stories from other young people including online hate accounts, fake profiles, explicit content and cyberbullying posts and photos.

Justine said 'The take home messages for students from the day included the importance of taking a screen-shot of problem comments, photos or profiles; the need to report any comments, photos, profiles or behaviours which are defacing others, your friends or family; and lastly students were reminded of the importance of checking in with a person who has been the victim of online bullying to ask them how they are.'

**Did you know that improper online behaviour which is reported by young people is removed by social media bodies faster than issues which are reported by any other demographic?**

To find out more about Project RockIT! visit [www.projectrockit.com.au](http://www.projectrockit.com.au) or find them on YouTube.



NDCH



# CHAR GRILLED CHICKEN WITH PINEAPPLE SALSA

**Prep time:** 5 minutes

**Serves:** 4



## Ingredients

- 2 tsp chilli paste
- 2 tsp garlic, crushed
- 2 tsp crushed ginger
- 2 tbs lemon juice
- 1 tbs olive oil
- 2 1/2 tbs reduced salt soy sauce
- 1 tbs brown sugar
- 400g skinless chicken thighs
- 450g canned pineapple, drained in natural juice
- 1 tsp grated ginger
- 1 tbs mint, freshly chopped
- 1 cup brown rice (1/2 cup cooked per serving)

## Cooking Method

1. Combine chilli paste, garlic, crushed ginger, half the lemon juice, olive oil, soy sauce and sugar in a bowl.
2. Coat chicken with marinade and leave refrigerated for at least 15 minutes up to a few hours.
3. In the meantime, combine the pineapple, other half of the lemon juice, grated ginger and mint in a bowl, toss to coat. Refrigerate until ready to serve.
4. Heat grill, brush with oil and cook chicken on one side for about 5 minutes, turn over and cook until chicken is cooked through.
5. When chicken is cooked, slice and serve on 1/2 cup of brown rice with pineapple salsa and a mixed salad.

**Credit:** *Premier's Active April, Nutrition Australia Vic Division*

# NDIS

Designed to give Australians who have a disability reasonable and necessary support in their every day life, the NDIS aims to assist with the development of greater independence – increased community involvement – provision of support in getting a job and finding ways to improve overall wellbeing.

To be eligible for the NDIS, you need to live in an area where the NDIS is available, be under the age of 65, and have a disability that affects your ability to perform every day activities.

If you already have a NDIS Plan, contact us now to find out what services we can provide.

Stay tuned for further information in the coming months.



REGISTERED  
NDIS  
PROVIDER

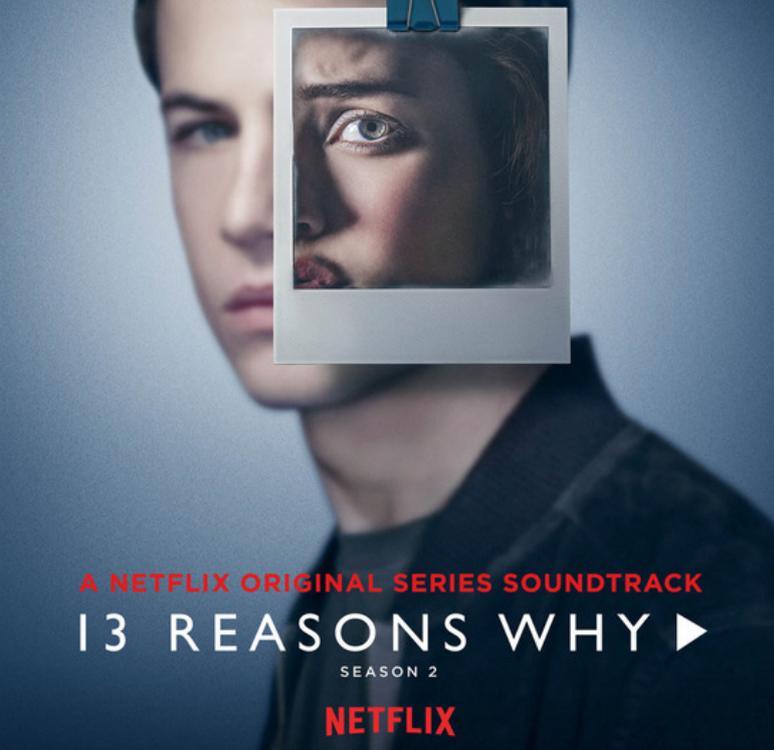
# CHARITY REGISTER

As we are a not-for-profit organisation a majority of our income is raised through funding, fundraising and donations. Government funding does not fully cover the costs of providing all NDCH services and therefore we need the support of the community we serve.

Demand for our services has continued to increase, with little to no increase in funding. With our goal of supporting our community to achieve better health outcomes, we need your help.

If you would like to make a tax deductible donation to us, please have a chat with one of our staff or visit our website at [www.ndch.org.au/donations](http://www.ndch.org.au/donations).





MAKE SURE YOU HAVE ALL OF THE INFO

# 13 REASONS WHY

Just a few weeks ago Netflix launched the second season of the popular series 13 Reasons Why. Youth organisation headspace collaborated with Netflix to develop resources tailored for young people, parents and schools that explore the shows themes and difficult content in greater detail.

For all the information head to [www.headspace.org.au/news/the-launch-of-thirteen-reasons-why-season-2/](http://www.headspace.org.au/news/the-launch-of-thirteen-reasons-why-season-2/)

FUN & VALUABLE INFORMATION

## HEALTH LESSON

Year 10 Human Development students, from Kerang Technical High School visited our NDCH Kerang office and medical clinic during May.

They experienced a demonstration of the ECG Machine in our clinic, an informative talk about the range of services available to them and were also treated to a special presentation by Anna and Leonie (pictured right) from our Specialist Homelessness Team about our local homelessness statistics.



FIND US ON SOCIAL MEDIA

# @NDCHVIC



Facebook



Twitter



Instagram

If you want to stay up to date on the latest news, events and social happenings at Northern District Community Health you should follow us on social media.

DON'T FORGET YOUR FLU SHOT

## FIGHT THE FLU

Flu vaccines are still available from our clinic free of charge to anyone under 5 years of age or over 65 years; Aboriginal people over 14 years of age, pregnant women and people with a chronic condition.

For everybody else, the flu vaccine costs just \$18 and will be provided with no extra out of pocket charge (so all you pay is the cost of the vaccine). Please call the clinic to make an appointment.

# PATIENT INFORMATION

34 FITZROY STREET, KERANG VIC 3579

**(03) 5452 1366**

## DOCTORS

Dr Lindsay Sherriff

Dr Dianne Sherriff

Dr Kevin Tan

Dr Michael Ibragimov

## NURSE PRACTITIONER

Mrs Yvonne Fabry

## PRACTICE NURSES

Jenny Brereton RN

(Nurse Team Leader)

Beth Dickson RN

Shannon Laursen RN

Suzie Hall RN

Deidre Lehmann EN

Cheryl Sarre EN

Lana Wishart EN

## ADMIN STAFF

Tim Vellacott

(Practice Manager)

Nicole Betson

Jenny Drake

Meryl Metcalfe

Jeanette Schmidt



## 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 check, blood sugar, or pathology which is ordered by your doctor. This ensures **BETTER HEALTH CARE** for you and your family.

## FEES

All accounts are required to be paid on the day of visit. The standard fee is \$68. 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.**

## 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.

## 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 Customer Engagement Team. 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. If you are not happy with how we handle your complaint, you can contact the Health Complaints Commissioner on 1300 582 113.

## HOURS AND APPOINTMENTS

Monday to Friday: 8.45am - 5.30pm

Consultations are by appointment

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

For life threatening emergencies - call an ambulance on 000.

If you require urgent medical attention after hours, please call Kerang District Health on (03) 5450 9200 or go to the hospital for triage. If our Doctor is called in there will be an out of pocket fee of \$35.

# OUR SERVICES

- Audiology - Visiting hearing aid specialist
- Cardiology - Visiting specialist
- Mental Health - Visiting psychologist
- Cryotherapy
- Diathermy
- Ear Wash / Clearance
- ECG
- Ankle Brachial Index
- Immunisations
- Interpreter services available upon request

Contact the Customer Engagement Team for appointments and further information on (03) 5452 1366



THE PAP TEST HAS CHANGED

# MORE ACCURATE LESS OFTEN

Did you know the two yearly Pap Test has now been replaced with a more effective Cervical Screening Test which is only required every five years?

The new Cervical Screening Test is more effective because it detects HPV, a common virus that can cause cervical cell abnormalities that in rare cases may develop into cervical cancer. The new screening test is expected to protect up to 30% more women from cervical cancer.

Women aged 25 years or older should have their first Cervical Screening Test two years from the date of their last Pap Smear Test (if the result was 'normal').

Yvonne Fabry, Womens Health Nurse Practitioner is currently offering Cervical Screening Test appointments in both Kerang and Cohuna.

Contact NDCH for further information or to make an appointment.

Visit [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au) if you would like to read more.



# Contact Us

## KERANG

### Community Health

24 Fitzroy Street

Monday to Friday 8.30am to 5.00pm

Phone: 03 5451 0200

Fax: 03 5452 2486

Email: [info@ndch.org.au](mailto:info@ndch.org.au)

SMS: 0428 575 597

### Medical Clinic

34 Fitzroy Street

Monday to Friday 8.45am to 5.30pm

Phone: 03 5452 1366

Fax: 03 5450 3232

Email: [clinic@ndch.org.au](mailto:clinic@ndch.org.au)

## COHUNA

25 King Edward Street

Monday to Friday 9.00am to 4.00pm

Closed 12 Noon to 1.00pm

Phone: 03 5451 0250

## PYRAMID HILL

12 Victoria Street

Monday to Friday 9.00am to 10.00am

(other times by appointment)

Phone: 03 5455 7065

## BOORT

119-121 Godfrey Street

Open by appointment only

Phone: 03 5451 0260

## QUAMBATOOK

33 Mildred Street

Monday, Wednesday 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.



# THANKS FOR READING

[www.ndch.org.au](http://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.

