



# NDCH

## NEWSLETTER

JUNE 2021

RECIPE OF THE MONTH

KERANG COVID-19 VACCINATION CLINICS

# Inside This Issue

DEADLY QUESTIONS

YOU CAN BE HEART SMART

## COHUNA COVID-19 EXPOSURE

**500+ LOCALS TESTED IN 3 DAYS**

“This is how we do things in rural areas. Everyone pulls together and helps each other out. Local services, community groups and individuals have really stepped up to keep each other safe. I’m so proud of our community.”

**NDCH CEO, Mandy Hutchinson**

After a person who later tested positive for COVID-19 was at the Cohuna football/netball on Saturday 22nd May, NDCH swung into action to set up a COVID Swabbing Clinic.

With support from Cohuna District Hospital, Gannawarra Shire Council, Kerang District Health, Bendigo Health, and local Police, the first day of swabbing (Wednesday) saw over 260 locals get tested. NDCH worked with Bendigo Health to continue the swabbing on Thursday and Friday. The more than 500 people tested were amongst over 80,000 Victorians tested in just the first two days.



# 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.

JUNE 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



**For people over 50 yrs**

Starting Thursday 3rd June  
Thursdays 8.45am - 4.00pm

**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

By appointment only

At the WD Thomas  
Activity Centre  
Burgoyne St, Kerang

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



# NDIS Accreditation Achieved

NDCH has been successfully accredited against the NDIS Practice Standards. The NDIS Quality & Safeguards Commission set the standards that registered providers of NDIS supports must meet. We met all 22 standards we were assessed for, including:

- Providing person-centred supports to Participants
- Protecting Participant's individual values and beliefs
- Protecting Participant's privacy and dignity
- Empowering Participants to be independent and make informed choices
- Protecting Participants from violence, abuse, neglect, exploitation or discrimination
- Helping Participants to access supports where and when they need them
- Planning supports with Participants based on what they need and choose
- Creating a safe space for Participants accessing supports

All of our NDIS staff are skilled, trained in the NDIS and undergo all the safety checks needed. These include Working with Children Checks and Disability Worker Screening Checks. No matter who you use for your NDIS supports, you can ask to see that they are registered, trained and have had all the right checks.

## Some of our NDIS Staff...

Pictured (L to R):

**Remi Kupoluyi** (Support Coordinator),

**Michelle Whitelaw** (Support Coordinator),

**Emily Mathiske** (NDIS Team Leader & Support Coordinator).



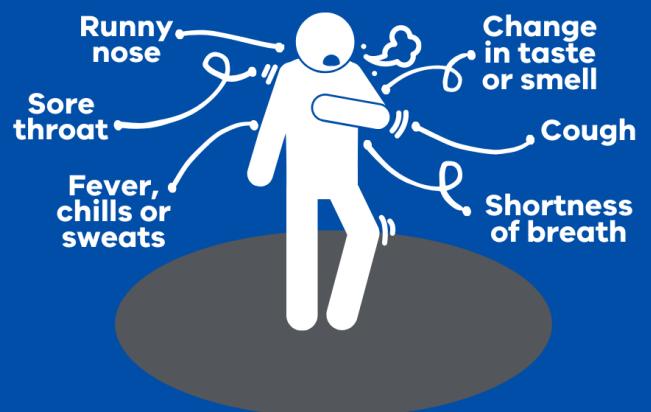
Help us stay safe,  
and stay open:

**Get tested,  
even if you are  
only feeling a  
little unwell.**



**Don't hesitate.**

**Get tested, no matter how  
mild your symptoms are**



# NDCH Events Trailer

With support of the Gannawarra Shire and the Drought Communities Programme - Extension, an events trailer has been developed. "This is no ordinary trailer," NDCH T4TT Project Coordinator Paul Lacy said. "The design is planned around community engagement and is a multipurpose unit that can be used as a 'pop up' education tool. It has multimedia capabilities and entertainment options including a BBQ and fridge; we have all events covered."

"There is no limit to the trailers capabilities and it will definitely support our staff in the great work they do," NDCH CEO Mandy Hutchinson said. "It is so versatile and practical and we're so excited about it. With the trailer, the health promotion team, especially, will be able to offer place based activities literally anywhere; on farms, sports grounds, CFA sheds or schools."



## 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*

**Where do we visit?**

**Kerang – Cohuna – Quambatook – Boort – Pyramid Hill**

**At NDCH we know that our farmers are unique...and so are their health needs.**



**NDCH**

an affiliate of



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

**By appointment only**

03 5451 0200

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

# You Can Be Heart Smart

It's time to take action if you have multiple Heart Health Risks.



Age



Ethnic Background



Being Inactive



Smoking



Unhealthy Diet



Diabetes



Gender



Family History



High Cholesterol



High Blood Pressure

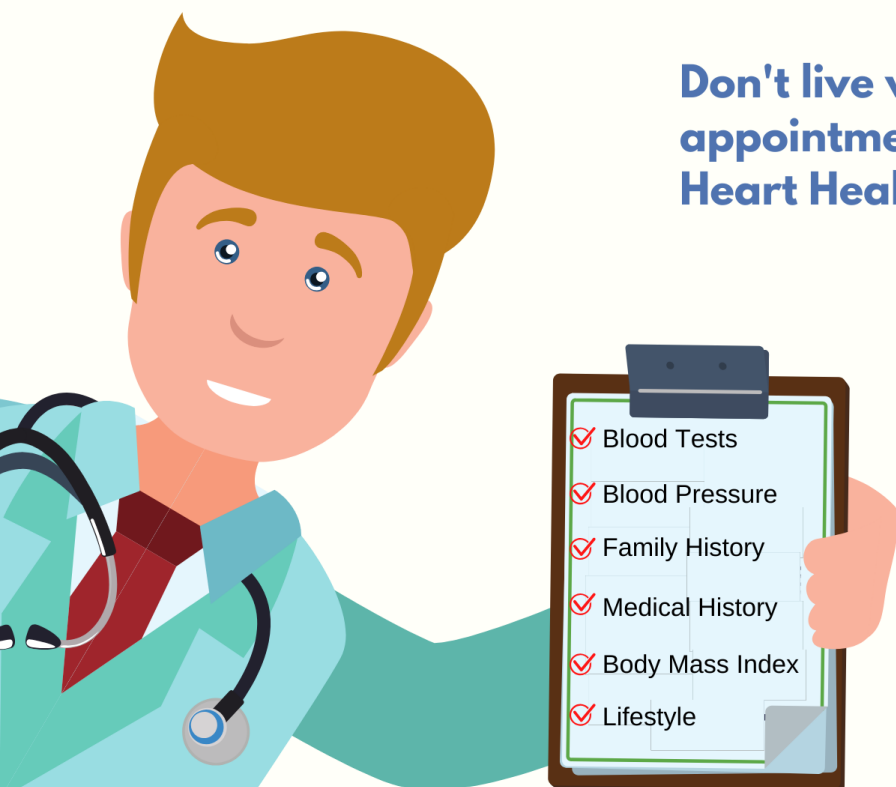


Being Overweight



Depression and Social Isolation

Don't live with heart disease. Make an appointment with your doctor for your Heart Health Check today!



- ✓ Blood Tests
- ✓ Blood Pressure
- ✓ Family History
- ✓ Medical History
- ✓ Body Mass Index
- ✓ Lifestyle

**BLG**  
BULOKE LODDON GANNAWARRA



## Heart Health



# Chickpea Coconut Curry

Makes 4 Servings

Prep time: 20 mins

Cooking time: 25 mins



## INGREDIENTS

- 1 tbsp curry powder
- 2 tsp minced garlic
- 1 onion, chopped
- 1 red capsicum, chopped
- 250g pumpkin, chopped
- 250g sweet potato, chopped
- 200g can chickpeas, rinsed and drained
- 1 x 375ml can light coconut milk

## METHOD

1. Heat a large non stick frypan. Add the curry powder, garlic, onion and capsicum and cook over medium heat for 2 minutes.
2. Add pumpkin, sweet potato, drained chickpeas and coconut milk to the pan. Bring to the boil and simmer until vegetables are tender (~20mins), stirring occasionally.
3. Divide into four serves. Best served with rice and some fresh green beans or peas on the side.

*Recipe from Dietitians Australia*

## How are your 4L's going?

- Love (Relationships)
- Liver (Health)
- Law
- Livelihood (Money/Job worries)

Is your alcohol or drug use damaging your 4L's?

Work with us via video, phone, or face to face – it's up to you.



Call ACSO on 1300 022 760 or NDCH on 5451 0200 to schedule a phone chat with our intake worker. These services are available across Gannawarra, Buloke and Northern end of Loddon Shire.

**CONFIDENTIAL – FREE – SUPPORTIVE**

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

[@ndchvic](https://www.instagram.com/ndchvic)

Moved?

New phone  
number?

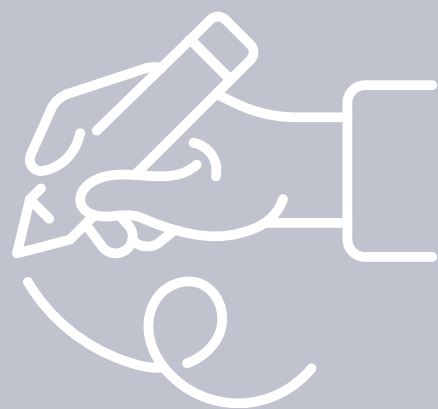
Now have a  
carer?

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.



DIRECT FROM THE MELBOURNE INTERNATIONAL COMEDY FESTIVAL

# COHUNA COMEDY GALA

## TOM BALLARD



(Triple J, Q&A, The Project,  
Show Me the Movie!, Hughesy, We  
Have a Problem, Tonightly with Tom  
Ballard)

## SONIA DI IORIO

(The Project, Little Dum Dum Club,  
NOVA FM)



## BLAKE FREEMAN

(Oxfam Comedy Festival Gala, MICF  
Best Newcomer Award Winner 2019)

## PRUE BLAKE

(RAW Comedy Winner 2021,  
Comedy Festival Roadshow)

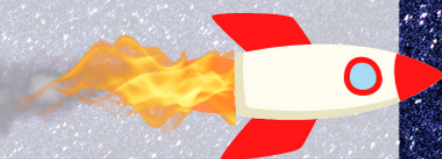


AND RETURNING

## LUKA MULLER

(ABC Comedy Up Late, Triple J, Ooh  
Spooky Podcast, Going Hypo Podcast)

# FREE



**FRIDAY 18 JUNE, 2021**  
**COHUNA MEMORIAL HALL**

freeza VICTORIA  
www.freeza.vic.gov.au

NOCH

Course Language and Mature Themes  
This is a fully supervised drug,  
alcohol and smoke free event

GANNAWARRA  
Shire Council

REGISTER FOR YOUR TICKET AT [WWW.NOCH.ORG.AU/EVENTS](http://WWW.NOCH.ORG.AU/EVENTS)

# 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

## ADMIN STAFF

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



## 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](http://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](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  
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](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.

