



MENTAL HEALTH FIRST AID

WORD SEARCH

Inside This Issue

RECIPE OF THE MONTH

COMMUNITY PARTICIPATION INVITATION

Farmers Top of Mind in New Health Service

We will launch a new health service for local farmers in 2020. The AgriSafe™ Clinic, as it will be known, is a service that we have been keen to offer for some time. The clinic is all about farmer specific health, wellbeing and safety,



NATIONAL CENTRE FOR
**FARMER
HEALTH**

AgriSafe™ appointments are 90 minutes long and provide participants with important health information and time for questions with the AgriSafe™ nurse. A comprehensive report of results is sent to the participants GP and can involve referral on to other relevant services and programs if needed.

There is very specific medical equipment needed in the clinic and we are delighted that late last year we were successful in our application to the Foundation for Rural and Regional Renewal, Small and Vital Grants for \$10,000 to help with these equipment purchases. This service has also been funded by Gannawarra Shire Council through the Federal Government's Drought Communities Programme - extension.

This funding also means that the AgriSafe™ Clinic can be provided free of charge, in the short term, to our region's farmers. Our Community Health Nurse, Rosi Bear will be running the AgriSafe™ Clinic. Rosi is a partner in a local farming family business and understands farmers and farming issues.

A number of local farmers and organisation supported our application to establish the AgriSafe™ Clinic and we thank them enormously for their support. The AgriSafe™ Clinic is set to commence this month. To make an appointment or for more information call NDCH on 5451 0200.



We are a registered NDIS provider



Our NDIS registered services include

- Occupational Therapy
- Community Nursing Care
- Podiatry
- Dietitian
- Speech Pathology
- Support Coordination
- Group Programs

To be eligible for the NDIS, you need to

- Have a permanent disability that makes every day things really hard;
- Be under 65 years of age; and
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa.



SENSORY ORAL FEEDING THERAPY

Studies suggest 20% of children have some type of feeding and/or growth issue in their first 5 years of life.

- 10 week program
- \$15.00 per session
- No referral required
- For fussy eaters

This program is

- based on the Sequential Oral Sensory approach to feeding
- run by a dietitian and speech pathologist
- family centered, so family is an important part of assessment and treatment.



 **5451 0200**
For more information

An Equal World is an Enabled World



International Women's Day

This Sunday 8th March is International Women's Day. We will be celebrating women across the Gannawarra Shire. This year's theme is an 'Equal World is an Enabled World'.

Individually, we're all responsible for our own thoughts and actions - all day, every day. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Collectively, each one of us can help create a gender equal world.

Members of the Gannawarra Local Agency Meeting (GLAM) and their colleagues recently showed their support for the global campaign.



Mushroom, Beef and Cashew Stir-fry

Makes 4 Serves and only 30 minutes of prep time.

INGREDIENTS

- 2 Tablespoon Salt reduced soy
- 1 Tablespoon Sweet Chilli Sauce
- 400g Cup mushrooms (thickly sliced)
- ½ Cup Roasted unsalted cashew nuts
- 2 Tablespoon Peanut oil
- 1 Medium red onion (halved, thinly sliced)
- 2 Clove Garlic (crushed)
- 400g Beef fillet or rump (thinly sliced)
- 1 Bunch Choy sum (separated and chopped)
- 1 red capsicum (thinly sliced)
- 2 Cup Steamed Basmati rice (to serve)



METHOD

1. Combine the soy and chilli sauce in a large bowl. Add mushrooms and stir to coat. Cover and set aside 15 minutes to absorb marinade if time permits.
2. Place cashews into wok and heat over high heat, tossing cashews until warmed through. Remove cashews to a plate. Add 2 tsp oil and swirl to coat wok. Add half the beef and stir-fry 1 minute until sealed, remove to a plate, repeat with oil and remaining beef.
3. Add remaining oil to the hot wok with onion and garlic and stir-fry 1-2 minutes until softened. Add the mushrooms and marinade in the bowl and stir-fry 3 minutes until mushrooms are almost tender. Add choy sum stems, stir-fry a further 1 minute.
4. Add the capsicum and return the beef and any juices, stir-fry 1-2 minutes until beef is warmed through. Shred the choy sum leaves, add to the wok with cashews and stir-fry to combine. Remove from the heat and serve with steamed Basmati rice.

15 - 21 March 2020



everyone BELONGS
www.harmony.gov.au



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.

Swimming for a Good Cause

In March our Nurse Practitioner, Yvonne Fabry is challenging herself to swim to save lives.

Yvonne is participating in 'Laps for Life' which raises valuable funds for ReachOut. ReachOut has a mission of ensuring that all young people have the support they need to be happy and well.

Yvonne will be swimming 20km in March, which is 400 laps of the pool!

If you would like to support Yvonne, you can visit her sponsorship page at

www.lapsforlife.com.au/fundraisers/yvonnefabry

Goodluck Yvonne!



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.



NDCH

Course Info

WHERE: NDCH Office
33 King Edward St Cohuna

WHEN: 16 & 23 March 2020

TIME: 9.15am to 4.30pm
(9am Registration)

INSTRUCTORS: Claire Gillen &
Deborah Herron

COST: Free

This course has been funded by Gannawarra Shire Council through the Federal Government's Drought Communities Programme – extension. This course would normally cost over \$150

BOOKINGS: www.ndch.org.au/events

**LUNCH, MORNING TEA AND
AFTERNOON TEA PROVIDED**

Any Gannawarra Shire adult can attend. This course is an accredited training course. It is not intended to be a counselling session or support group. Persons must be able to attend both sessions to receive a certificate.

FOR FURTHER INFO CONTACT
(03) 5451 0200 info@ndch.org.au

BECOME A MENTAL HEALTH FIRST AIDER

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

This course, run over 2 sessions, guides participants in learning how to:

- identify common mental illnesses including anxiety, depression, psychosis and substance misuse; and
- provide initial help to individuals who are experiencing mental health problems.

**LEARN SKILLS AND GAIN CONFIDENCE TO ASSIST FRIENDS, FAMILY AND
CO-WORKERS EXPERIENCING MENTAL HEALTH PROBLEMS.**

Be Active in Your Community



Parkrun Australia organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

These events take place in pleasant surroundings and are for people of every ability; from walkers or those taking their first steps in running to Olympians; from juniors to those with more experience; everyone is welcome.

There are 2 parkrun events held each week in our local area. It's an easy way to be active so why not get along to the next event near you.

Cohuna Parkrun

Every Saturday at 8.00am
Cohuna Sound Shell, Garden Park

For more information visit parkrun.com.au/cohuna/

Kerang Regional Parkrun

Every Saturday at 8.00am
Kerang Regional Park, Southern Entrance
(far Western end of Wyndham Street)

For more information visit parkrun.com.au/kerangregional/



New Framework

Our Board recently endorsed the new NDCH Community Participation Framework. This document recognises the importance of the community in making decisions about what services we offer and how they are provided.

NDCH will be hosting Community Participation forums in Kerang, Cohuna, Boort, Pyramid Hill and Quambatook during April and May. Visit www.ndch.org.au for dates.

Please come along for a cuppa and conversation about how Community Health services can make a difference to your community.



Northern District Community Health



Charity Register

As we are a not-for-profit organisation a majority of our income is raised through funding, fundraising and donations.

Demand for our services has continued to increase and Government funding does not fully cover the costs of providing all services. We need your help to achieve our goal of supporting the community to achieve better health outcomes.

If you would like to make a tax deductible donation to NDCH, please have a chat with one of our staff or visit our website at www.ndch.org.au/donations.

Recent Donations:

- \$190 from NDCH staff to the Work Place Giving Account: \$ 190.00
- \$102 to the Gannawarra Giving Account



Find A Service

The release of our new, easy to read, Service Information booklet, is just around the corner. To celebrate we have listed some of the great services we offer below. Can you find them all?

WORD SEARCH



- COUNSELLING
- DIABETES EDUCATION
- DIETITIAN
- HEALTH PROMOTION
- LIFE PROGRAM
- MEDICAL CLINIC
- NDIS SUPPORT
- NURSING CARE
- PODIATRY
- SPEECH PATHOLOGY
- STOP SMOKING
- YOUTH PROGRAMS

Words are hidden   and 

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.**



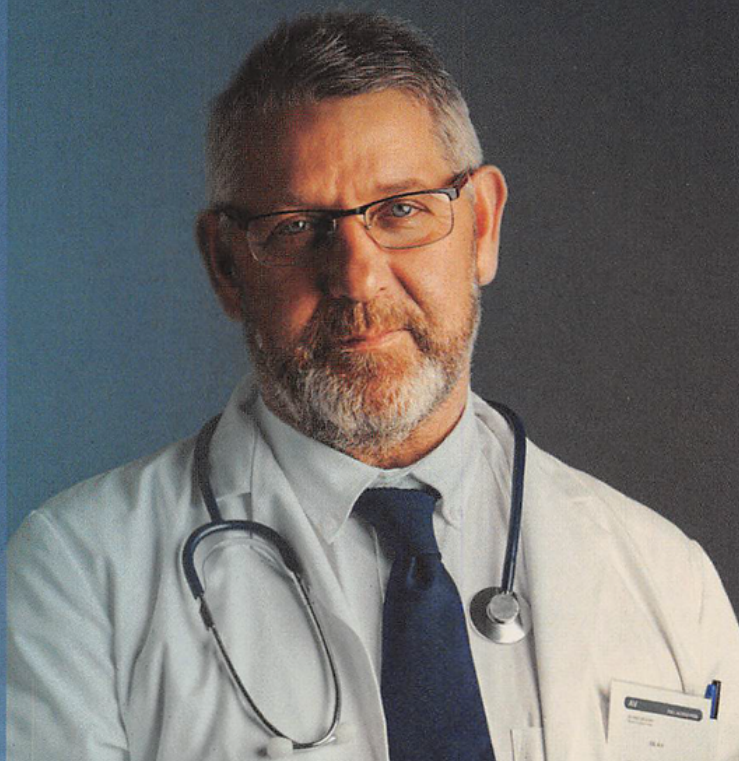
Heart Health Checks

Heart disease kills 1 Australian every 12 minutes. If you tick any of the boxes below, you should talk to one of our doctors. Call our clinic on (03) 5452 1366 for an appointment. Visit www.hopeforhearts.com.au for more information.

Tick

- ☐ breathless
- ☐ dizzy
- ☐ chest pain
- ☐ visual problems
- ☐ coughing at night
- ☐ palpitations

Talk

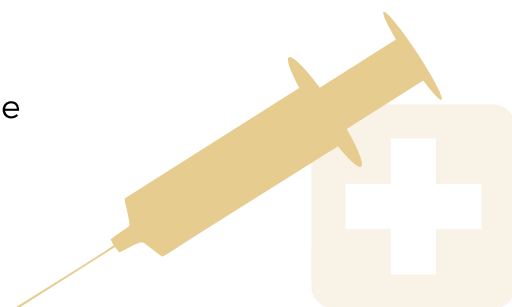


Protection from Shingles

Shingles can be serious. So serious it could lead to nerve pain. Shingles nerve pain can last for months, even years.

1 in 3 adults may develop shingles in their lifetime and the risk of developing it increases over the age of 70.

The Australian Government is currently offering free vaccines for adults aged between 70 and 79 years. Contact our Clinic on (03) 5452 1366 to find out if you or someone you know is eligible.



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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