



## National Disability Insurance Scheme

The National Disability Insurance Scheme, known as the NDIS, is now in the Loddon Shire and will begin in the Gannawarra Shire from 1st January 2019. The NDIS is designed to give Australians who have a disability reasonable and necessary support in their every day life.

Everybody's needs and goals are different, but the overall aim of the NDIS is to:

- help you develop greater independence
- help you to get more involved in the community
- support you in getting a job
- find ways to improve your overall wellbeing.

In your NDIS plan, you are able to receive core, day-to-day living support for a range of activities so you can start or continue your participation in the community.

You may also be entitled to capital supports, which will give you access to resources or equipment such as wheelchairs, assistive technology and home or car modifications.

There will also be an option for capacity building supports that will help you develop life skills, educational opportunities or helping find employment.

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.

Have you found us  
on social media?  
@ndchvic



If you have a lifelong condition recognised under NDIS or a child under 6 with developmental delay that can be reduced by early intervention, an NDIS plan can be designed just for you.

NDCH is already registered to provide Occupational Therapy, Community Nursing Care, Podiatry, Dietitian, Speech Pathology, Physiotherapy and Support Coordination services under the NDIS. We are currently completing our registration to provide Early Childhood Supports, which will be finalised soon.

We will be putting out a lot of useful NDIS information over the coming months, but if you need to now something now, just ask and we'll put you in touch with the right person.



## 2018 Flu Vaccines Now in Stock

We now have the 2018 flu vaccine in stock in our clinic. Research tells us that the best time to get the vaccine is now and, after a shocker of a flu season last year, it's time to get yours now.

Flu vaccines are available 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 \$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.

## NDCH Services Include:

Alcohol & Other Drugs Counselling  
 GP Consulting  
 Occupational Therapy  
 Drink Drug Drive Education  
 Endocrinology Telehealth  
 Specialist Homelessness Service  
 Indigenous Children's Program  
 Mental Health Carers Support  
 School Focussed Youth Service  
 Asthma Education & Management  
 Primary Mental Health

Youth Counselling  
 Health Assessments  
 Nurse Practitioner  
 Medicals  
 Diabetes Education  
 Speech Pathology  
 Partners in Recovery  
 Health Promotion  
 Immunisations  
 Smiles 4 Miles  
 Continence Clinic

Drug & Alcohol Withdrawal  
 GP Management Plans  
 Podiatry/Footcare  
 Dietetics  
 Community Health Nursing  
 Specialist Referrals  
 Wound Management  
 Mental Health First Aid  
 Ear Wash/Clearance  
 Skin Lesion Biopsy/Excision/Cryotherapy

Dairy Support  
 FReeZA  
 Practice Nursing  
 Diabetes Education  
 Travel Vaccines  
 Spirometry  
 BP Monitoring  
 Life! Program  
 Physiotherapy

## NDIS Registered Services:

Occupational Therapy  
 Dietitian  
 Support Coordination

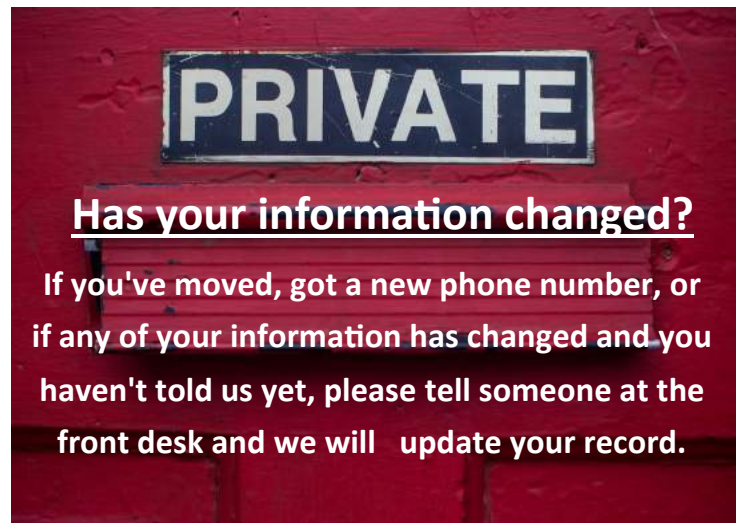
Community Nursing Care  
 Speech Pathology  
 Early Childhood Supports (coming soon)

Podiatry  
 Physiotherapy



Did you know NDCH is a registered charity? 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 of the services of NDCH

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).



NDCH acknowledges Aboriginal and Torres Strait Islander people's strong connection to country and community, and that our work within the community takes place on their traditional land. We offer our respect to the Elders of these traditional lands, and through them to all Aboriginal and Torres Strait Islander people.

NDCH proudly supports the LGBTIQ community.





## Our Stats

**12 Participants**

**280hrs 53mins  
Total Activity Time**

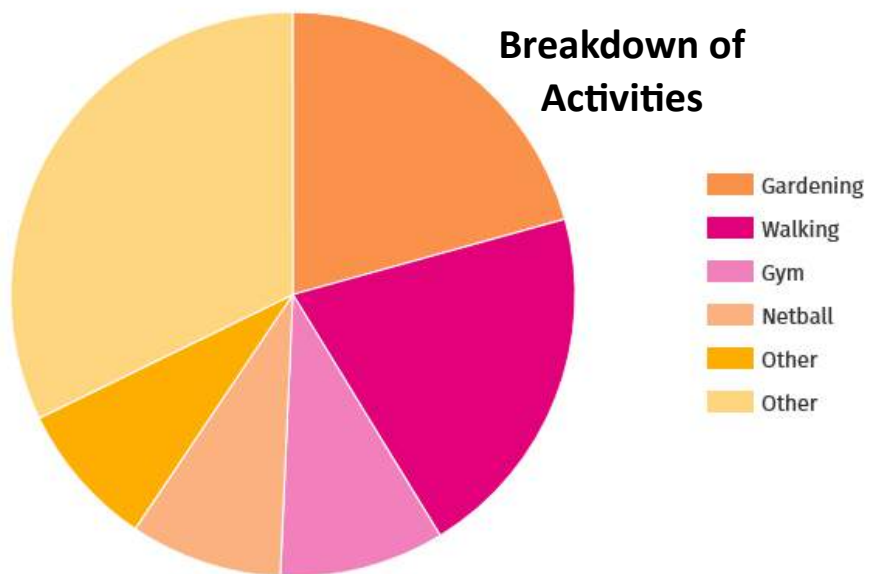
**Most Active Staff Member  
clocked a total of 37 hours  
32 minutes!!!**

## NDCH Staff Have A Very Active April

Twelve staff members of NDCH took part in the Premier's Active April 2018, clocking up a whopping 280 hours and 53 minutes of total activity time over the thirty days. The Premier's Active April is now in its tenth year and encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.

NDCH took part in the program to complement our participation in the Achievement Program, another state government initiative to create a positive, healthy culture in workplaces as well as increasing employee morale, improving productivity and reducing sick leave. Through the Achievement Program, we have developed several policies and procedures that help ensure a healthier, happier and safer work environment, which ultimately reflects back on our engagement with clients/patients. It also makes NDCH an employer of choice, helping us attract health professionals to the area.

Staff also took part in some 'Come & Try' nights which were a great chance for the team to try new physical activities in a fun environment. They ranged from Metafit and Pilates with Belinda Batchelor to Yoga with Kirstie Cooke and a Circuit class with Jordyn Robinson.





**Life! Program Facilitators Angela and Leesa**

*“The Life! Program is a free Victorian lifestyle program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.”*

The *Life!* Program involves a one-on-one introductory session and five group sessions run across a six month period. There is also a follow up session at 12 months. The group course offers you the knowledge, skills, support and expert advice needed to make lifestyle choices to prevent the onset of type 2 diabetes, heart disease and stroke. The group environment provides support and motivation to help you reach your goals.

NDCH run Life! Programs throughout the year across our communities. Each 90 minute session is run by our qualified health professionals including Diabetes Educator, Dietitian, and Physiotherapist. Your partner or friend can attend the course with you to for that extra support. You’ll also receive a participant workbook full of practical information on nutrition and physical activity, goal setting, sleep, stress and lapses.

The next program will be commencing in Koondrook in June. Contact the team for more information.

## **INTRODUCTION**

Introductory one-to-one with facilitator

## **GROUP SESSION 1**

Overview

## **GROUP SESSION 2**

Healthy Eating

## **GROUP SESSION 3**

Physical Activity

## **GROUP SESSION 4**

Wellbeing

## **GROUP SESSION 5**

Progress



# Vegetable Frittata

## INGREDIENTS

- olive or canola oil spray
- 1 leek (white part only), cut lengthways and finely sliced
- 600 g pumpkin, peeled and cut into 1cm cubes
- 6 eggs, lightly beaten
- 3/4 cup low-fat milk
- 95 g reduced-fat feta cheese
- 1/3 cup basil leaves, chopped
- small green salad, to serve

## METHOD

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a 12-hole, ½-cup capacity muffin pan with oil. Spray a non-stick frying pan with oil and place on medium heat.
3. Add leek to frying pan and cook for 3 minutes, stirring occasionally, until softened.
4. Add pumpkin, spray with oil and stir to coat vegetables. Add ½ cup water, cover pan and steam for 10 minutes until just tender.
5. In a medium sized jug, whisk together eggs and milk; season with black pepper.
6. Remove pumpkin mixture from heat and stir through feta and basil.
7. Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden.
8. Cool in the pan for 5 minutes before turning on a wire rack.
9. Serve warm or cold with a green salad.

**Hint:** Frittatas make a nutritious finger food for toddlers and are perfect packed in your child's lunchbox.

**Variation:** Vary vegetables to include any combination of diced sweet potato, peas, corn kernels, chopped mushrooms, spinach, asparagus or semi-sundried tomatoes, or even left-over roast vegies.

## CREDITS

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



ABOVE: Angela (far left) and Alex (far right) at the Statewide Australian Diabetes Educators Association (ADEA) Conference in March, presenting the Diabetes in Loddon Action Group poster.



34 Fitzroy Street  
KERANG 3579

**DOCTORS**

Dr Lindsay Sherriff

Dr Dianne Sherriff

Dr Yasar Abbas

Dr Hulme Hay

**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

# Medical Clinic— Patient Information



## **SURGERY HOURS & 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 cancellation if you know you are unable to attend which will allow us to contact others who we may have on a waiting list.

## **OUT OF HOURS EMERGENCIES**

For life threatening emergencies - call the ambulance on 000.

If you require urgent medical attention after hours, please call Kerang District Health on 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.



# Medical Clinic — Patient Information



## 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 consultation fee is \$68. Fees vary according to time and/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 HOLDER FEES

Pensioner card holders will be charged an out-of-pocket fee of \$30 payable on the day for three visits each calendar year.

## SERVICES AVAILABLE

Audiology - hearing aid specialists.

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.**

## Visiting Services Include:

Audiology, Cardiologist

## 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 Services Commissioner on 1300 582 113.



An Australian Government Initiative

# Contact Us

## Kerang

### Community Health

24 Fitzroy Street, Kerang  
Monday to Friday 8.30am—5.00pm

**Phone: 03—5451 0200**

Fax: 03—5452 2486

Email: info@ndch.org.au

SMS: 0428 575 597

### GP Clinic

34 Fitzroy Street, Kerang  
Monday to Friday 8.45am—5.30pm

**Phone: 03-5452 1366**

Fax: 03- 5450 3232

Email: clinic@ndch.org.au

## Cohuna

25 King Edward Street  
Mon—Fri 9.00am—4.00pm  
(closed 12pm—1pm)

**Phone: 03—5451 0250**

## Boort

119-121 Godfrey Street  
Ph. 03—5451 0260  
Open by appointment

## Pyramid Hill

12 Victoria Street  
Phone: 03—5455 7065  
Drop-in clinic 9am-10am Mon—Fri  
(other times by appointment)

## Quambatook

33 Mildred Street  
Ph. 03—5457 1300  
Drop-in clinic 9—10am Mon/Wed/Fri  
(other times by appointment)

We also have “shared professional spaces” for appointments for some of our services in Koondrook, Charlton, Sea Lake, Donald, and Wycheproof.



Quality  
Innovation  
Performance



Australian Government  
Australian Aged Care Quality Agency



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