



# NDCH

## NEWSLETTER

OCTOBER 2020

SHOW BAKING ESSENTIALS

MENTAL HEALTH CHALLENGE

# Inside This Issue

UNITE TO FIGHT CANCER

COVID-19 SCREENING AND ASSESSMENT TESTING BLITZ

## Let's Have A Conversation!

Current and future local leaders are still being encouraged to participate in the second of two leadership webinars being held this month to inspire conversations and to build strong community skills to meet the current and future challenges facing our rural communities.

The Gannawarra Conversation Series – Community Leadership Webinars provide an important forum for community members to listen to each other, build hope, explore possibilities and strengthen the community. Local community leaders are the backbone of our vibrant communities, and NDCH have been supported by Gannawarra leaders to co-design The Community Leadership Webinars.

The webinars are free and will be facilitated by leadership expert Christine Kotur whose experience and learnings from government inquiries and three Royal Commissions have earned her immense respect. Ms Kotur has worked with leaders in the Gannawarra region before and is Leadership Victoria's Leader in Residence. Local examples of leadership will be showcased and discussed.

The Community Leadership Webinars are a great lead into the Gannawarra Shire Council's Leadership Program, Make a Change Australia's Let's Pivot program planned expand leaders strategic planning skills running until March 2021.

The second Community Leadership Webinar will occur via Zoom on Monday the 26th of October, 7.00pm until 8.30pm. Groups such as progress associations, neighbourhood houses, service and sporting clubs along with schools and businesses are able to nominate up to 2 people to attend.

For more information and to book visit [www.ndch.org.au/events](http://www.ndch.org.au/events) or call us on 5451 0200. This program is an initiative of the Gannawarra Resilience Committee and is being funded by the Gannawarra Shire Council through the Federal Government's Drought communities Programme.

# 31 DAYS OF MENTAL HEALTH!



BROUGHT TO YOU BY @KASEY.RAINBOW

World Mental Health Day is celebrated in October. Here is a wonderful reminder to look after your mental health!

How many of these can you tick off during this month...and every month after that?

## 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.





# Show Baking Essentials

Gannawarra locals are invited to watch as Kerang local and acclaimed show judge Lorraine Morris judges our baked goodies LIVE in SHOW BAKING ESSENTIALS.

Kerang District Health, Cohuna Hospital, Gannawarra Shire Council, Mallee District Aboriginal Service and VIC Police are up against the NDCH team in the friendly bake off.

Rest assured the stakes are high!

You could even WIN yourself 1 of 8 copies of the Australian Blue Ribbon Cookbook.



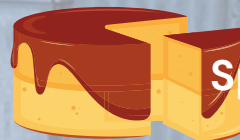
- Have you ever wondered what makes a show winning baked entry?
- What do the judges look for?



YoYo Biscuits



CEO Carrot Cake Challenge



Sponge Cakes

It's guaranteed to be A LOT of FUN!

**When:** Thursday, 29 October 2020  
7.15pm for a 7.30pm start via Zoom (online)



Scones

Register at [www.ndch.org.au/events](http://www.ndch.org.au/events) and receive our show cooking tips leading up to the night.

Do you need help with Zoom? We can send you instructions to help.

THANK YOU to the 100's of local volunteers who have given their time over many years to put on our local Agricultural Shows.



## GIVE...



Cupcakes



## NDCH

Women in the Warra

Your Health Matters

# 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.



We have nine team members signed up to participate in Peter Mac's Unite To Fight Cancer Fundraiser being held from 15 to 24 October this year.

Unite to Fight Cancer is Peter Mac's flagship challenge fundraiser that takes place every October. This year, and due to the exceptional circumstances, UNITE will be a special, virtual event.

The NDCH team will each choose to either ride 200km or walk 60km over 10 days. They can do it either a little bit each day, or in a couple of epic sessions!

The team are doing a great job and have already raised over \$1,200 to support the cause. If you would like to sponsor our team or watch their progress you can visit their fundraising page:

[my.unitetofightcancer.org.au/t/ndch](https://my.unitetofightcancer.org.au/t/ndch)

Peter Mac is one of the world's leading cancer research, education and treatment centres globally and is Australia's only public hospital solely dedicated to caring for people affected by cancer. Our research impacts people with all types of cancer, right around the globe. With your support, we can bring hope to even more people. For more information on the challenge you can visit [unitetofightcancer.org.au](https://unitetofightcancer.org.au)



**Please help us to  
stay COVID safe  
when visiting**



**Gather outside if possible!**



# Be Prepared

Grass pollen season brings a seasonal increase in asthma and hay fever. It also brings the chance of epidemic thunderstorm asthma. Did you know that thunderstorm asthma can affect those with asthma or seasonal hay fever?

The best way that those at risk can protect themselves, is to have good control of their asthma and hay fever by visiting their doctor to ensure their action or treatment plan is up to date. If you, or someone you live with suffer from asthma you can prepare yourself by relearning the 4 steps below!

## Step 1: Sit the person upright



## Step 2: Give 4 separate puffs of blue or grey reliever puffer

Make sure you shake the puffer, put 1 puff into the spacer and get the person to take 4 breaths from the spacer.

Repeat this until the person has taken 4 puffs.



## Step 3: Wait 4 minutes

If there is no improvement, give the person 4 more separate puffs as in step 2



## Step 4: If there is still no improvement dial triple zero (000) for an ambulance

Keep giving the person 4 separate puffs every 4 minutes until emergency assistance arrives



# Ryvita with Roast Cauliflower Salad and Hummus

Makes 1 Serving + extra toppings

## INGREDIENTS

- 150g finely chopped cauliflower
- 100g finely chopped red capsicum
- 1 teaspoon olive oil
- ½ teaspoon ground turmeric
- 1 tablespoon finely chopped curly parsley
- 1/3 cup (80g) Yumi's hummus
- 2 Ryvita Multigrain crispbreads
- 1 tablespoon pumpkin seeds

## METHOD

1. Preheat oven 200C degrees.
2. Put the chopped cauliflower into a bowl with capsicum, olive oil and turmeric. Stir to coat, season with sea-salt and freshly ground black pepper; transfer to a baking tray. Roast in the oven for 30 minutes or until a little crispy. Remove from oven; sprinkle with parsley.
3. Spread hummus over two crispbreads, top with the roast cauliflower mixture and sprinkle with pepitas.



# COVID-19 Screening and Assessment TESTING BLITZ



## BULOKE – LODDON – GANNAWARRA COMMUNITIES

Thanks for getting tested – Together we can keep our community safe and open. 1 in 40 Victorians need to be tested every 2 weeks to keep track of COVID-19 numbers, even in country areas.

Please get tested as soon as possible if you have any of the following symptoms – even mild ones. Our services are here to support you. Stay home until you have your test and result.

**Headache or Body Aches and Pains**



**Breathing Difficulties**

Including breathlessness or sore throat



**Fatigue or Tiredness**



**Temperature**

Including fever or chills



**Lack of Taste or smell, Nausea, Vomiting, Diarrhoea**



**Cough or Runny Stuffy Nose**



Phone location first to arrange a time to be tested, except at the Bendigo Health Clinics where you can just turn up!

## 5 – 30 October 2020

80% of people with COVID will only get mild symptoms

### Services offering testing Monday to Friday:

**Kerang**  
NDCH Medical Clinic  
5451 0200

**Boort**  
Boort District Health  
5451 5200

**Inglewood**  
IDHS – 5431 7000  
2.30 to 3.30pm by appt

**Donald**  
EWS Campus  
5478 6220

**Wycheproof**  
EWS Campus  
5478 0700

**Charlton**  
EWS Campus  
5477 6800

**Birchip**  
EWS Campus  
5477 7121

**St Arnaud**  
EWS Campus  
5477 2102

### Weekly testing services offered at:

**NDCH Community Health**  
5451 0200

**Cohuna**  
Every Monday and on Thursday 15, 22 and 29

**Quambatook**  
Every Tuesday

**Pyramid Hill**  
Every Wednesday

### Bendigo Health Pop Up Clinics

**Cohuna**  
Thursday 8 October  
NDCH

**Boort**  
Wednesday 7 October  
Boort District Health

**Wedderburn**  
Wednesday 14 October  
IDHS

Bendigo Health Pop Up Rapid Response Team clinics do not require bookings. COVID-19 testing is also available in:

• Swan Hill 5033 9300  
• Echuca 5485 5000

• Stawell 5358 8630  
• Maryborough 5461 0362

• Bendigo 5454 6000



# Be Kind and Take COVID-19 Seriously

## Gannawarra Health & Community Services Update



### Keep Up The Great Work Legends!

We are so proud of the Gannawarra community! Thanks to you all for doing your bit to keep us open and safe. We continue to encourage you to get tested if you have any symptoms at all. We want to continue to prove that our community can safely stay open. We have opened up more sites for the month of October, to increase COVID-19 testing, for a mini Blitz.

As we take more confident steps towards COVID Normal, and enjoy the outdoors in our beautiful community, it's more important than ever that we are doing the right things to keep ourselves, our family and friends safe.

### Are you COVID-19 Safe?

The COVID-19 Home Safety Plan helps you to make plans for your home, in the community and to prepare for visitors to your household in a COVID safe way. It will help to keep you, your family and friends safe and well. Find it at [www.dhhs.vic.gov.au/coronavirus-covid-19-home-safety-plan](http://www.dhhs.vic.gov.au/coronavirus-covid-19-home-safety-plan)

1 in 40

Victorians need to be COVID-19 tested every 2 weeks to keep Victoria open

### Essentials to Staying COVID-19 Safe

- **Good Hygiene** is essential including thorough washing of hands
- **Physical Distancing** to keep at least 1.5 metres apart
- **Face Masks** are essential outside your home or with visitors to your home
- **Get Tested** if you have COVID-19 symptoms and go home immediately
- **Cough or Sneeze** into a tissue or your elbow and place tissues into the bin immediately
- **Outdoor Activities** are safer for everyone

#### Victoria's Restriction Levels

[www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19](http://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19)



### Fitted Face Masks Mandatory



Last week Premier Dan Andrews announced that fitted face masks are the only type of mask that is acceptable. Wearing a scarf, bandana or a face shield on its own is no longer acceptable. On NDCH's Facebook and website there is list of local's making fabric masks for the community. Disposable masks are available free to community members who are unable to access or afford masks from NDCH or Gannawarra Shire Council.

Be sure to LIKE our Facebook pages for our latest news

@ndchvic  
@MalleeDistrictAboriginalServices  
@kerangdistricthealth  
@cdh.vic.gov.au  
@gannawarra





## Northern District Community Health

We continue to proudly service our community through our broad range of services be it via face to face, phone or video – call us to book in. We invite current and emerging leaders in Gannawarra to be part of the free Community Leadership Webinars, exploring possibilities, building hope and strengthening communities. Next webinar 26th of October.

Our Women in the Warra Campaign is excited to host a night of fun for the community with “Show Baking Essentials” with local legend and show judge Lorraine Morris - Thursday 29 October 2020. Visit [www.ndch.org.au](http://www.ndch.org.au) for more information..

### Protect Gannawarra

No matter how mild your symptoms, please get tested

## Cohuna District Hospital

We thank our community for their efforts with COVID-19 safe behaviours. A reminder that our Midwife Antenatal Clinic (MAC) provides shared care with a midwife and a doctor/obstetrician throughout your pregnancy, birth and once at home. This Service is FREE. Acute visiting hours 2-3pm or 6-7pm, Nursing Home 10am-5pm. One visitor for one hour once a day. Phoning in and video calls are encouraged, COVID-19 safe plans are still being followed. For up-to-date Victorian information on coronavirus (COVID-19) visit [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)

## Kerang District Health

Our residents, patients and staff are excited to be able to see more of our community as we slowly open up our services in a COVID Safe way including:

- Visiting hours increasing to one visitor, for two hours, once per day. Visit KDH Facebook for more details.
- The re-opening of the Rita Hall Opportunity Shop on Monday the 5th October with our wonderful and excited volunteers.
- The return of some Visiting Specialists for face to face outpatient clinics. Oncology Outreach via telehealth has continued with the Bendigo team back on site to visit in October.
- A fun 'Holiday Destination Week' was recently held by staff. All departments got into the spirit with amazing costumes, delicious food and laughter filling the hallways.

## Gannawarra Shire Council

The VicHealth Walk to School program will run throughout October with primary school children and their families encouraged to walk or cycle to school, or the school bus. Motorists are reminded to be aware of additional pedestrians and cyclists as children return to schools across Gannawarra. Results from the Gannawarra COVID-19 Recovery Survey are available at [www.gannawarra.vic.gov.au](http://www.gannawarra.vic.gov.au) or by phoning 5450 9333

### GANNAWARRA COVID-19 Testing Blitz

More tests. More locations – Keeping our community safe and open.

OCTOBER 2020

For details visit @ndchvic on Facebook or [www.ndch.org.au](http://www.ndch.org.au)

## Mallee District Aboriginal Services

You should get your eyes checked at last every two years – but if you have Diabetes it's a must EVERY year. During World Sight Week (Oct 5-9), you can make an appointment for eye checks with the Retinal Camera at MDAS in Kerang.

It was awesome to see our local women using the BreastScreen Victoria van in August, some for the first time. Thanks to Kerang community member Tahlia Wise who designed the amazing shawl for our Beautiful Shawl promotion. If you're worried about anything, you can talk to Toni and our Health team at MDAS.

Fitted face masks are now mandatory  
– not alternatives like scarves



# 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)  
Shannon Laursen RN  
Kristen Hipwell  
Rosi Bear RN  
Lana Wishart EN  
Leanne Cooke  
Beth Dickson RN  
Michelle Whitelaw EN  
Cheryl Sarre EN

## ADMIN STAFF

Meryl Metcalfe (Coordinator)  
Nicole Betson  
Jeanette Schmidt  
Nick Keely  
Aliesha O'Neill



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

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