

RECIPE OF THE MONTH

OCTOBER FIND-A-WORD

Inside This Issue

COVID-19 VACCINE CLINICS

STRUGGLING? OVER IT? STRESSED?

Vaccine Rates Skyrocket



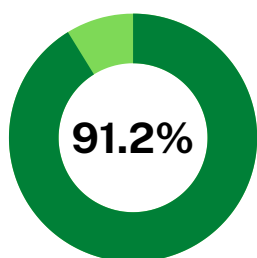
PICTURED: Gannawarra Shire Council Mayor, Councillor Charlie Gillingham and NDCH Nurse Jenny Brereton at a Kerang Covid-19 Vaccination Clinic

Since COVID-19 vaccinations became available earlier this year, locals have been rolling up their sleeves in droves. As the vaccination schemes of State and Federal governments rolled out, and eligibility expanded to more and more people, the numbers of vaccinated people in our region have increased.

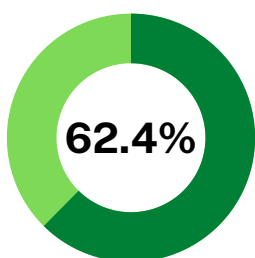
At the end of August, Gannawarra's numbers were 64.2% of people having had their first dose and 35.4% fully vaccinated. Loddon's numbers were 62.7% first dose and 35.8% fully vaccinated.

At the time of printing, Gannawarra and Loddon's numbers are:

Gannawarra Shire

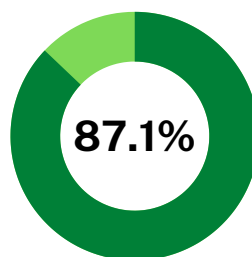


% of people who have received first dose of COVID-19 vaccine

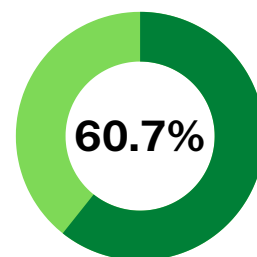


% of people who have received second dose of COVID-19 vaccine

Loddon Shire



% of people who have received first dose of COVID-19 vaccine



% of people who have received second dose of COVID-19 vaccine

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.

OCTOBER 2021

Deadly questions.com.au

You ask. Aboriginal Victorians answer.



"How do you feel when white people champion for you?"

"My father had a quote, 'You can play a piano on the black notes, and you can play a piano on the white notes, but together, you play both to have harmony.'"

"I really enjoyed last year during NAIDOC. I felt very proud when we walked from the Victorian Aboriginal Health Service, along Nichollson street, up to Parliament Gardens, where there is a statue of my parents, Pastors Sir Doug and Lady Nicholls. I felt very proud, because we had thousands of people all together: black and white. I'm using the word "black" and "white" because I felt so proud."

AUNTY PAM PEDERSEN

Yorta Yorta



Book Ahead for Your Doctor's Appointment

We don't always know when we're going to need a doctor. Sometimes we get sick and there's no planning ahead for that. But, if you need scripts renewed regularly or need to have tests or assessments at a certain time, please remember to book ahead. Especially with scripts, it's essential to book ahead before you run out. That way you don't miss out on timely refilling of your medication. Then, when you do become unwell, those last minute appointments will be available.

NDCH October Find-a-word



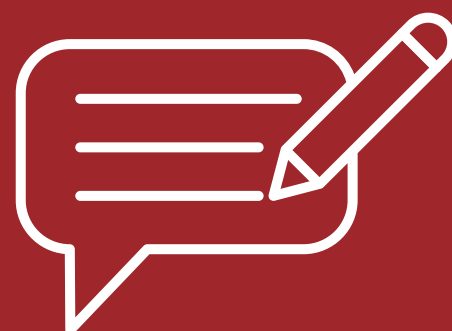
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P	E	A	E	C	P	I	A	R	S	E	S	O	R
S	R	Y	U	A	I	N	L	E	A	N	R	R	M
S	C	L	S	M	C	E	K	W	R	A	G	M	B
P	I	I	S	P	N	D	I	O	I	G	R	S	O
R	S	G	I	I	I	R	N	L	V	B	A	R	A
I	E	H	T	N	C	A	G	F	E	G	Z	W	T
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T	A	E	H	W	I	A	M	Z	G	A	G	D	G
G	N	I	I	K	S	Y	M	U	R	R	A	Y	W
A	H	A	Y	F	E	V	E	R	G	S	W	I	G

RIVER
RAIN
FLOWERS
DAYLIGHT
WIND
WHEAT
BOATING
GARDENING
PICNIC
SPRING
HAYFEVER
EXERCISE
SWIMMING
STORMS
TISSUES
WALKING
CAMPING
SNAKES
SKIING
ROSES
WEATHER
GRAZING
MURRAY
CROPS

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.



COVID-19 VACCINATION

CLINICS

Check your eligibility for COVID-19 vaccination
covid-vaccine.healthdirect.gov.au/eligibility
1800 675 398

Speak to your GP about any medical concerns

■ Kerang COVID-19 Vaccination Clinics

Kerang District Health
WD Thomas Activity Centre, Burgoyne St, Kerang
By Appointment Only
Call the KDH Vaccination line on 5450 8099

■ Bendigo Health

113-133 Mollison St, Bendigo
bendigohealth.org.au/registerforvaccine
By Appointment Only
1800 675 398

■ Cohuna COVID-19 Vaccination Clinic

NDCH, 33 King Edward Street, Cohuna
By Appointment Only
5451 0200

■ Kerang Medical Clinic

47 Victoria St, Kerang
By Appointment Only
5450 8060

■ Echuca Regional Health

Vivid Building, 238 High St, Echuca
erh.org.au/covid-19-vaccinations
Pfizer By Appointment Only. AstraZeneca walk in
5485 5000

■ Boort Community Pharmacy

108-112 Godfrey St, Boort
AstraZeneca & Moderna available
Walk in available
5455 2044

■ Boort District Medical Centre

2 Coutts St, Boort
By Appointment Only
5451 5220

■ Ochre Medical Centre Cohuna

111 King George St, Cohuna
Pfizer & AstraZeneca By Appointment Only
5456 2609

■ Swan Hill District Health

152 Campbell St, Swan Hill (Tristar Medical Clinic)
www.shdh.org.au
hotdoc.com.au – Swan Hill Respiratory Clinic
By Appointment Only
5033 9968

■ Mallee District Aboriginal Services

Kerang 9 Nolan St, Kerang
Swan Hill 70 Nyah Rd, Swan Hill
Mildura 120 Madden Ave, Mildura
By Appointment Only
1800 183 593

■ Terry White Chemmart

Kerang 28/32 Victoria St, Kerang
Cohuna 63-67 King George St, Cohuna
terrywhitechemmart.com.au/health-services/covid-19-vaccination
AstraZeneca available. Moderna from October 3.
By Appointment – limited walk in available



To view all clinics within the local area visit
www.murrayphn.org.au/vaccinationclinics/

Information correct as of October 1 2021

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 – call for a time to have your swabbing done

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 NDCH Facebook and community newsletters for local testing or vaccination clinics.

Call the Kerang District Health COVID-19 Vaccination Clinic line on 5450 8099 to book in for a vaccination (line open 9am–5pm Mon–Fri).

Check your vaccine eligibility at: <https://covid-vaccine.healthdirect.gov.au/eligibility>

Common symptoms of Coronavirus:

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



Struggling? Over it? Stressed?

NDCH has counselling and support services to help you.

There are other services out there too:

Beyond Blue

**Anyone feeling anxious or
depressed**

beyondblue.org.au

1300 22 46 36

Kids Helpline

**Counselling for young
people aged 5 - 25**

kidshelpline.com.au

1800 55 18 00

MensLine

**Men with emotional or
relationship concerns**

mensline.org.au

1300 78 99 78



NDCH

 (03) 5451 0200  www.ndch.org.au  ndis@ndch.org.au

Lifeline

**Anyone having a personal
crisis**

lifeline.org.au

13 11 14

Head to Help

**Support from experienced
mental health professionals**

headtohelp.org.au

1800 595 212

Orange Door

**People experiencing family
violence**

orangedoor.vic.gov.au

LODDON: 1800 512 359

MALLEE: 1800 290 943

In an emergency Dial 000

We're In This Together

KINDNESS IS CATCHING

In times like this, we may feel afraid, unsure and overwhelmed. It's important to be kind. Kind to ourselves. Kind to each other. And remember there are many local health and community organisations working together every day to help keep our community safe.

EXTRAORDINARY TIMES CALL FOR EXTRAORDINARY KINDNESS



Staying COVIDSafe while you shop

- 
1. Make a list
 2. Wear your mask
 3. Be sure to check in
 4. Pack sanitiser
 5. Maintain distance



Make sure
your mask
covers your
mouth and
nose

(and fits
snugly too)

spot on

To keep yourself and others safe, make sure your mask fits properly. It should fit well over your nose and completely cover your nose, mouth and chin. If it slips off your face when you talk it's not doing its job. Swap it for a style that fits you better.



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

Kerang – Cohuna – Quambatook – Boort – Pyramid Hill



NDCH

an affiliate of



www.ndch.org.au

By appointment only

5451 0200

info@ndch.org.au

Straw-banana Breakfast Smoothie

Serves: 1

Time to make: 5 minutes

Recipe from Dietitians Australia

INGREDIENTS

- 1 medium banana
- 1 cup cow's milk
- 5 strawberries
- 3 tsp chia seeds
- 1/5 cup rolled oats (about 20g)
- Few ice cubes (optional)



INSTRUCTIONS

1. Place all ingredients into a food processor and blend until smooth.
2. Serve in a glass with a side of fresh fruit, or pour directly over your favourite cereal.

NUTRITION INFO

- Energy: 1318 kJ (315 calories)
- Protein: 15g
- Total Fat: 5.6g
- Carbohydrates: 46g
- Saturated Fat: 0.7g
- Sugars: 29g
- Dietary Fibre: 9g
- Sodium: 101mg

Note: Cow's milk can be substituted for a plant-based milk.



Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Kashif Surahio
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
Narelle Weekley RN

ADMIN STAFF

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



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 \$80. 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 \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 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.**



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
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

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