



NEWSLETTER

SEPTEMBER 2020

COVID-19 POP UP TESTING CLINIC IN COHUNA

WEAR IT PURPLE

Inside This Issue

RECIPE OF THE MONTH

Women in the Warra

Your Health Matters

Women across Gannawarra are encouraged to take part in the Women in the Warra – Your Health Matters Campaign that we are launching as part of Women's Health Week 2020.

Women's Health Week is an annual nation-wide campaign dedicated to all women and girls across Australia to learn more about women's health and how to make healthier choices and positive changes.

The Women in the Warra Campaign will feature events themed around the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give, as a reminder for women to take time out to make their own health and wellbeing a priority.

A highlight of the Women in the Warra campaign in September is the chance for Gannawarra women to win one of 40 free tickets to 4th annual Women's Health Week Comedy Gala, which this year will be streamed live right around Australia on the 26th of September. The laugh-out-loud night of comedy features Australia's top female comedians and will be hosted by Claire Hooper. The event is suitable to those 18 years and over.

Gannawarra women and girls are also encouraged to join the Take Steps for Women Health challenge in September, where participants can walk, run, skip, dance, or cycle to collectively travel 16,500 km's around Australia.

Throughout October the Women in the Warra Campaign pays tribute to the local Agricultural Shows that are normally a highlight at this time of year. Show cooking and judges tips will be a feature in a clip where NDCH staff catch up with locals Lorraine Marshall and Lorraine Morris, who are both well known for their years of involvement in the Kerang & District Agricultural Show.

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Women can also win one of 8 copies of the recently released The Australian Blue Ribbon Cookbook in October and vouchers to local businesses to update cooking utensils.

A number of 'come and try' physical activity sessions are planned in November and December will include the opportunity for women to make their very own wire creation.

Events will be online and/or face-to-face depending on the COVID-19 restrictions.

'Women in the Warra - Your Health Matters' is supported by local organisations through the GLAM partnership and received funding from the Gannawarra Shire Council through the Gannawarra Resilience Grants.

To enter our give a ways or to register your interest to find out more about the Women in the Warra Campaign, email us at info@ndch.org.au, follow us on Social Media @ndchvic, or phone our reception on 5451 0200.



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.



COVID-19 TESTING

COHUNA POP UP

Screening and Assessment Clinic



When Thursday 10 September 2020



Time 9.00am – 10.00am



Where NDCH Carpark Entrance
33 King Edward Street, Cohuna

You must phone first to book an appointment



03 5451 0200

Do 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 ask when you book your appointment for a test.

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, should stay home and get tested.

After your test, you must stay home until you get your test results back.

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



Be Kind During COVID-19

Now more than ever it is important to Be Kind to one another.

WORD SEARCH

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

Words are hidden



- | | | | |
|------------|--------------|------------|------------|
| • BE KIND | • COMPASSION | • HEART | • POSITIVE |
| • CARE | • COURTESY | • HELPFUL | • SHARING |
| • CHARITY | • FEELINGS | • KINDNESS | • SUPPORT |
| • CHILDREN | • GIVE | • LOVE | |



CONNECT... in Gannawarra this September



Women's Health Week Comedy Gala

Northern District Community Health have 40 FREE tickets to give away.

When: Saturday 26 September 2020

7.30pm to 8.45pm (online)

Register to win by emailing info@ndch.org.au, calling 03 5451 0200 or through Facebook message. An email address is required to register and attendees must be aged 18 years or older. Winners notified by email on 22 September 2020.



Take Steps for Women's Health

Log your steps during September to collectively walk around Australia.

Register online at takesteps.womenshealthweek.com.au

Take care of you by being active.

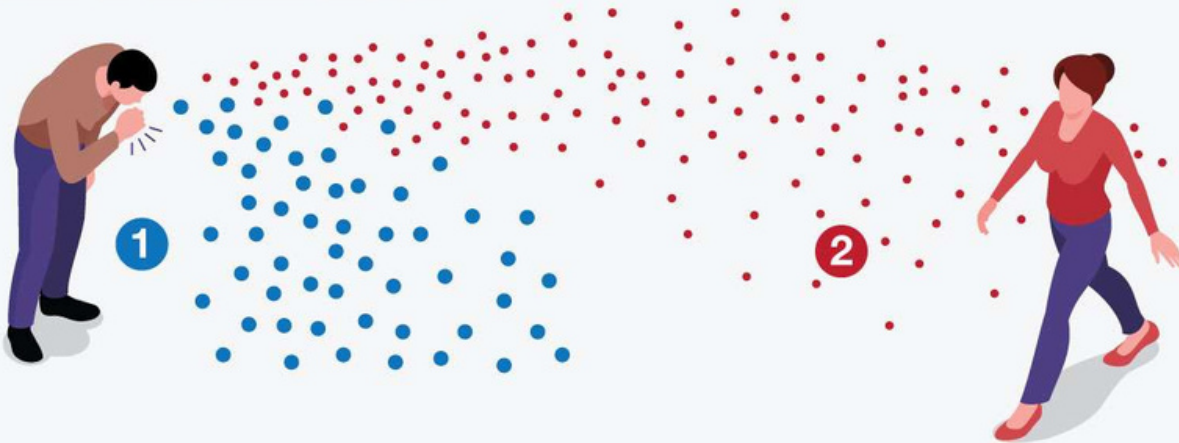


Follow @ndchvic on social media or visit www.ndch.org.au for more information on the Women in Warra - Your Health Matters campaign.

How COVID-19 spreads by air

Is the coronavirus airborne? What does airborne mean anyway? The WHO has been petitioned by more than 200 scientists to warn that the virus can linger in the air for a considerable time - infecting anyone who breathes it in.

COVID-19 TRANSMISSION



1 Droplets

Every cough or sneeze projects droplets into the air. These are usually fairly large and float to the ground within one or two metres. But they can be circulated by poor ventilation.

2 Aerosols

These are ultra-small particles. Generally, the size and shape of a virus determines if these can form. The measles virus can stay in the air for two hours and travel tens of metres before settling.

RESPONSE

Ventilation systems can spread aerosols fast and wide, so must supply fresh outdoor air and minimise recirculation within a building.



Where recirculation is necessary, high-grade air filters and ultraviolet light can be used to trap and kill floating virus packets.

Crowds are dangerous for both droplets and aerosols, but aerosols can carry further and linger longer. Avoid them.



IMPLICATIONS

If COVID-19 is discovered to be carried by aerosols it will change public guidelines. Advice such as 1.5m distancing may be insufficient and masks may need to be worn much more extensively.



Sources: Clinical Infectious Diseases, NPR, Reuters, The New York Times

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.

SEPTEMBER 2020



Changing of seasons.

Weather

TAKE NOTICE



Local animals and birds.

Trees and flowers.

5 WAYS to WELLBEING
NDCH



Online Platforms
Zoom
Facetime
House Party

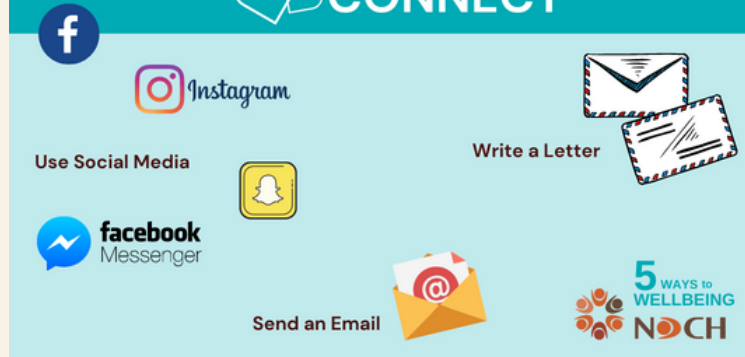


Group Messaging

Make a Phone Call



CONNECT



Use Social Media

Instagram



facebook
Messenger

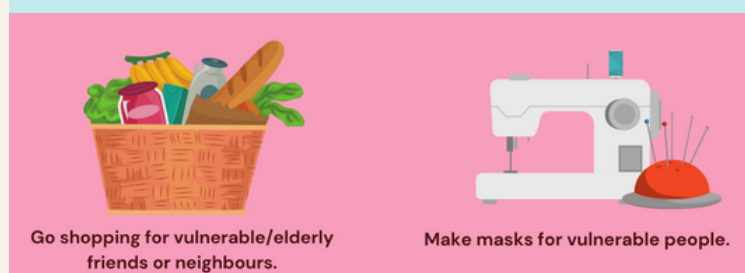
Write a Letter



Send an Email



5 WAYS to WELLBEING
NDCH



Go shopping for vulnerable/elderly friends or neighbours.

Make masks for vulnerable people.



Help an elderly person to set up or connect with family on social media.

Help at your local Neighbourhood House.

Cook a meal for someone who lives alone.

5 WAYS to WELLBEING
NDCH

Gannawarra & North Loddon Local Sewers of Fabric Face Masks

We thank all the wonderful home sewers in our community making fabric mask to help keep our community keep safe. This list is so community members in Gannawarra and North Loddon know where they can get locally made fabric masks.

NDCH also has a supply of free disposable face masks for community members who need some help to get hold of masks along with keeping COVID safe and community supports and services information. These masks are available through all NDCH sites in Kerang, Cohuna, Quambatook, Boort and Pyramid Hill. Local Post Offices in Koondrook, Lake Charm, Leitchville, Murrabit, Quambatook, Boort and Pyramid Hill will also have a small supply of these masks from Thursday, 13 August 2020.

Many local businesses also have face masks for sale, please consider supporting them as well.

Kerang

- Every Stitch Counts
- Bus Stop Recycle Shop
- Gravity Clothing (Lions Club)
- St Vincent de Paul
- Rotary Club of Kerang (Ron) - 0408 517 705
- NDCH Kerang on behalf of the Lions Club

Koondrook / Barham

- Barham Jewellery on the Move
- Barham Newsagents
- Barham Murray Blue Clothing

Boort

- Boort Newsagency
- Boort Private Supplier (Marj) - 0428 554 252
- Boort Private Supplier (Jodie) - 0418 149 904
- Boort Private Supplier (Di) - 0439 290 922

Cohuna

- Cohuna Sport Store
- Fancy Face Masks by Nicole – Facebook
- 35 Men's - Clothing Shop
- Cohuna Private supplier (Amanda) - 0429 906 954
- NDCH (Cohuna Neighbourhood House supplied)
- Lions Club - 0400 576 383

Leitchville

- Leitchville Private Supplier (Kim) - 0426 217 275

Pyramid Hill

- Pyramid Hill Private Supplier (Abi) - 0447 015 964

Quambatook

- Quambatook Community Resource Centre

- Each Mask Maker has their own cost and arrangements for collecting masks
- Be safe and secure when handling money and transactions
- Be kind and respectful to our community Mask Makers
- We are all in this together!

NDCH has not confirmed the appropriateness or effectiveness of each suppliers masks.
Find more information about face masks at
www.dhhs.vic.gov.au/face-masks-and-coverings-covid-19

List correct as of 7 August 2020. This list will be updated every two weeks. If you are a local sewer making masks and want to be added to the list contact NDCH on 5451 0200.



NDCH

WEAR IT PURPLE



Wear it Purple Day was held in August and was an opportunity for some of our team to get together, via Zoom online conferencing, to celebrate diversity and promote the inclusion of LGBTIQ young people in our community.

At NDCH we extend our support to all young people who identify as LGBTIQ+ and if you haven't already, check out the video we create don Facebook with Taylah, on behalf of @Kerang Technical High School.

Roast Tomato, Tuna and Basil Penne

Makes 4 servings

INGREDIENTS

- 325g gluten-free penne
- 2 x 185g cans tuna in olive oil
- 250g red capsicums, cut into thin wedges
- 400g mixed baby tomatoes (tomato medley)
- 200g grape tomatoes, halved
- 2 eschalots, thinly sliced
- 2 cloves garlic, thinly sliced
- 1/2 cup small fresh basil leaves

METHOD

1. Preheat oven to 200°C. Cook pasta in a large saucepan of boiling water, following packet directions, until tender. Drain. Return to pan.
2. Meanwhile, drain oil from tuna; reserving half. Place capsicum, tomatoes, eschalots, garlic and reserved oil onto a large baking tray lined with baking paper. Toss to coat. Bake for 15 minutes, or until vegies soften.
3. Add tuna, roast tomato mixture (including juices) and basil to pasta. Toss to combine and serve.



Gannawarra & North Loddon Services and Supports



We're all in this together - COVID-19 has impacted all of us differently. If you need support, reach out to one of these great service providers in our community.

Food Supports

Kerang & District Community Centre Food-bank/Care packages	5452 2522 Mon - Fri
Cohuna Neighborhood House Food-bank/Care packages	5456 4666
Gannawarra Shire Council Meals on Wheels, Home Help	5450 9333

Community Services and Support (including above)

Northern District Community Health	5451 0200 Mon - Fri 8:30 - 17:00
Mallee Family Care	5452 2863 - Kerang 5032 4479 - Swan Hill
Boort Resource and Information Centre	5455 2716 Mon - Fri 10:00 - 15:30
Quambatook Community Resource Centre	5457 1220 Mon, Wed, Fri
Pyramid Hill Neighborhood House	5455 7129 Tues & Wed 10:00 - 18:00 Thurs 10:00 - 16:00
Loddon Shire Council	5494 1200 Mon - Fri 8:15 - 16:45

Wellbeing Supports

Lifeline Beyond Blue	13 11 14 1300 224 636
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Clinics

NDCH Medical Clinic HotDoc available	5452 1366 Mon - Fri 8:45 - 17:30
Kerang Medical Clinic HotDoc available	5450 8060 Mon - Fri 9:00 - 17:30
Boort District Medical Clinic	5451 5220 Mon - Fri 9:00 - 17:00
Cohuna Ochre Health Medical Clinic See website for entry criteria	5456 2609 Mon - Fri 8:30 - 17:00

Hospitals

Kerang District Health	5450 9200 Open 24/7
Boort District Health	5451 5200 Mon - Fri 8:30 - 17:00
Cohuna District Hospital See website for entry criteria	5456 5300 Mon - Fri 8:00 - 21:00

Aboriginal Services

Mallee District Aboriginal Services	54 503 019 Mon- Thurs 9:00 - 17:00 Fri 9:00 - 16:00
Bendigo District Aboriginal Services	54 424 947 Mon- Thurs 9:00 - 17:00 Fri 9:00 - 16:00

Chemists

Terry White - Kerang Delivery service Script orders via phone (vulnerable clients)	5452 1010 Mon - Fri 8:30 - 18:00 Sat 9:00 - 13:00 Sun 10:00 - 13:00
Boort Community Pharmacy Script orders via phone (vulnerable clients)	5455 2044 Mon - Fri 9:00 - 17:30 Sat 9:00 - 12:00
Terry White - Cohuna Delivery service Script orders via phone (vulnerable clients)	5456 2223 Mon - Fri 9:00 - 18:00 Sat 9:00 - 12:30 Sun 10:00 - 12:00
Pyramid Hill Depot	Mon - Thur 10:00 - 17:30
Terry White - Barham Script orders via phone (vulnerable clients)	5453 2048 Mon - Fri 9:00 - 17:30 Sat 9:00 - 12:00

Groceries

Woolworths - Kerang Resumed normal operations and hours	Mon - Tues 8:00 - 20:00 Wed - Sat 8:00 - 22:00 Sun 7:00 - 22:00
IGA Kerang Home delivery service available	Mon - Fri 7:00 - 20:00 Sat 8:00 - 19:00 Sun 9:00 - 18:00
IGA - Boort Home delivery service available	Mon - Fri 9:00 - 18:00 Sat 8:30 - 13:00 Sun 10:00 - 13:00
IGA - Cohuna Home delivery service available. \$25 min	Mon - Sat 8:00 - 19:00 Sun 8:30 - 17:00
IGA - Pyramid Hill Resumed normal operations	Mon - Fri 8:30 - 17:30 Sat 9:00 - 13:00 Sun 10:00 - 13:00
IGA - Leitchville Resumed normal operations	Mon - Fri 7:00 - 17:30 Sat - Sun 7:00 - 12:00

National COVID hotline 1800 675 398

If you have any cold or flu like symptoms call NDCH Triage Service on 5451 0200 - Mon-Fri - 9am and 12 Noon.

Domestic Violence Supports

Orange Door	1800 290 943
Mallee Sexual Assault Centre for Non-Violence Inc	1800 015 188 1800 884 292

IN AN EMERGENCY CALL 000

This directory has been created with the support of the above services and was correct at the time of publication. Contact NDCH on 5451 0200 if you have any questions.



NDCH

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.**



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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