

RECIPE OF THE MONTH

CONGRATULATIONS DR KASH!

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WHERE TO GET YOUR COVID-19 VACCINE

FACTS ABOUT ASTRAZENECA VACCINE



Paediatric Physiotherapist Joins our NDIS Team

NDCH is thrilled to welcome Physiotherapist Katie Hepburn to our NDIS Team. Katie is available for paediatric physiotherapy supports for children aged birth to 7 years under their NDIS Plan.

Katie brings a wealth of skill, experience and knowledge. She has worked and trained across a range of health services including The Royal Children's Hospital, Monash Children's Hospital, the Victorian Paediatric Rehabilitation service and St Vincent's Hospital Melbourne.

Katie has completed training in infant development assessments and additional training with Monash University, the Australian Physiotherapy Association and the Australian Bobath Neuro-Development Therapy Association.

If your child or client has physiotherapy in their NDIS Plan under Therapeutic Supports, contact us today.

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.

SEPTEMBER 2021

Deadly questions.com.au

You ask. Aboriginal Victorians answer.



Many Aboriginal people use the word “deadly” to mean **awesome, strong, brilliant.**

And the many deadly stories of Aboriginal history and cultures are part of our collective identity as Victorians.

Deadly & Proud is a Victorian Government campaign that features Aboriginal storytellers and advocates from across Victoria who share their stories of pride in Aboriginal culture, resilience, community and the State's historic path to treaty and truth and justice.

Deadly & Proud gives all Victorians an opportunity to gain a deeper understanding of Victoria's history, Aboriginal cultures and community, and the experiences of Traditional Owners of country and Aboriginal people living in Victoria today.



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Need a new script? Need that check up?

Please remember to book ahead for appointments for scripts before you run out and any other planned medical needs. Due to ever changing demands on doctors and clinic staff to manage COVID-19, last minute appointments aren't readily available.

Congratulations Dr Kash!

NDCH congratulates Dr Kash who recently achieved his Fellowship. After Doctors complete their Bachelor of Medicine & Bachelor of Surgery they are able to then do extended skills training and qualifications in a specialist field. Kash chose General Practitioner as a speciality under the Royal Australian College of General Practice. This takes a number of years and successful sitting of exams for doctors to complete. This is a great achievement by Kash, taking a great deal of time and dedication. Well done Kash!

Pictured below: Dr Kash with NDCH CEO Mandy Hutchinson.



First NDCH Community Reference Group Meeting

The first meeting of our Community Reference Group went well on 25th August. The meeting had to go ahead on zoom after Victoria was sent into another snap lockdown. There was great attendance and interest in being part of our organisation and strengthening the community voice. Great discussions were had about the COVID-19 vaccination rollout across Victoria and Australia.

NDCH Health Promotion Worker Jayde Ringin presented as part of our COVID-19 Vaccination Ambassador Program. Jayde lead the conversation around how the vaccination program is going, what concerns people are having, and how we can get factual information into people's hands. We received some excellent suggestions from the group, a number of which have already been put into place.

The Group will meet again in October with the date to be confirmed soon.



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

■ **Terry White Chemmart**

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

■ **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

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



Information correct as of September 9 2021

Gannawarra 10,000 Step Challenge for Breast Cancer Research

A big congratulations to staff from NDCH, Gannawarra Shire Council and Cohuna Consolidated School who all completed 10,000 steps every day for 31 days to raise funds and awareness for breast cancer research.

This August NDCH had 17 staff involved in the challenge, collectively completing a whopping 5,546,815 steps in total and raising \$2,076.

Cohuna Consolidated had 12 staff members involved (4,613,382 steps). Gannawarra Shire Council had 13 staff members involved (2,866,670 steps) in the challenge.

Together all three organisations walked a whopping 13,026,867 steps and raised \$5,186. A fantastic effort, and a great way to be physically active and give (two of the 'Five Ways to Wellbeing').

Staff also indicated that the challenge increased connection with family/colleagues and had a positive impact on energy levels, stress, mood, fitness, and sleep. One stepper said, "A wonderful initiative that motivated me to achieve the daily target and hence become more active."

Did you know? NDCH have been recognised by the Achievement program for the Physical Activity award! NDCH actively encourage and support employee health and wellbeing.

PICTURED: NDCH staff who took part – Paul, Jodi, Anna, Rachel L, Claire, Matt A, Rachel B, Sara, Emily W, Nikki, Emily M, Kathryn, Rachel W, Simonie, Denise, Jim, Michelle.



Since NBCF's inception in 1994 the 5-year survival rate from breast cancer has increased from 76% to 91%. But this year, over 3100 Australians will lose their life to breast cancer and over 20,000 Australians will be diagnosed with breast cancer.

1 IN 7

WOMEN WILL BE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME

9

WOMEN DIE FROM BREAST CANCER EVERY DAY IN AUSTRALIA

1 IN 726

MEN WILL BE DIAGNOSED IN THEIR LIFETIME

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



If you choose to get the AstraZeneca vaccine, your risk of death from TTS is **1 in a million**,

and your risk of getting TTS at all is less than 30 in a million.

Thrombosis with thrombocytopenia syndrome (TTS) is a rare condition reported in some people who have received adenoviral vector COVID-19 vaccines. TTS is different to other more common blood clotting conditions as it is triggered by an immune response.

Having a history of blood clots, like deep vein thrombosis (DVT), **does not** increase your risk of TTS due to the AstraZeneca vaccine.

Risk of death from a general anaesthetic is **18 in a million**.



Risk of death from accidental poisoning is **55 in a million**.

Risk of being struck by lightning is **2 in a million**.



But how does that compare?



Risk of death due to rock climbing is **3 in a million**.

Risk of death from giving birth is **67 in a million**.



Risk of death due to daily aspirin is **100 in a million**.

1 in a million is really rare.

When considering vaccination against COVID-19, it's important to remember the **proven benefits vastly outweigh the really rare risks**.



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But how small is 1 in a million?

1 minute in
2 years



1 single hair out of a total of **10 people's heads**



1 person
out of
10 sold-out MCG stadiums



and this orange dot out of **this entire graphic** →

1 in a million is really rare.

When considering vaccination against COVID-19, it's important to remember the **proven benefits vastly outweigh the really rare risks.**



Pumpkin & Beetroot Salad

Serves: 7

Prep Time: 20 minutes

Time to make: 30 minutes

Recipe from Dietitians Australia

INGREDIENTS

- 750g butternut pumpkin
- 4 beetroots (fresh), peeled
- 1 red onion
- 120g Spinach leaves
- 150g Feta cheese
- 3 tablespoons Pine nuts
- 2 tablespoons Sunflower seeds
- 2 tablespoons Pepita seeds
- Optional: 1 can chickpeas, drained and the seeds of 1 pomegranate (included in nutrition information panel)

Dressing:

- 2 tablespoons Olive oil
- 2 tablespoons Balsamic vinegar
- 1 tablespoon Honey

NUTRITION INFO

- Energy: 1487 kJ (355 calories)
- Protein: 15g
- Total Fat: 16g
- Carbohydrates: 29g
- Saturated Fat: 3.6g
- Sugars: 20g
- Dietary Fibre: 11g
- Sodium: 426mg



INSTRUCTIONS

1. Remove skin and chop pumpkin and beetroot into cubes. Slice onion into wedges.
2. Place these on a baking tray and drizzle with olive oil.
3. Roast at 200 degrees for about 30-40 minutes or until soft and golden.
4. While the roast vegetables are cooling, toast nuts and seeds in a fry pan until golden.
5. To a salad bowl add spinach leaves, nuts, seeds, cubes of feta, roasted beetroot, pumpkin and onion. If using chickpeas and pomegranate add these now too.
6. Combine ingredients for dressing.
7. Just before serving pour over dressing and toss salad.



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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