



RECIPE OF THE MONTH

BILINGUAL HEALTH PROMOTION WORKERS

# Inside This Issue

SHARE THE DIGNITY

PFIZER COVID VACCINE LOCALLY

## Some Pfizer Secured Locally

The Kerang Covid-19 Vaccination Clinic, which has so far provided over 800 AstraZeneca vaccines to locals since it started in June, has secured some state supplies of the Pfizer vaccine. This allows the clinic to offer limited Pfizer vaccine clinics during August and September.

Kerang District Health CEO Robert Jarman said that local and regional health services continue to advocate for supply. "The Pfizer availability remains a very fluid environment," Mr Jarman said. "So we will endeavour to provide updates as stock becomes available to the Kerang community."

NDCH CEO Mandy Hutchinson said people can contact the Kerang District Health Vaccination Booking line on 54508099 to put their name on the expression of interest list for Pfizer. "As soon as more vaccine is made available, they will be contacted," Ms. Hutchinson said. Alternatively, people can check surrounding hospital websites for Pfizer vaccine availability.

"Securing some of the Pfizer vaccine means we can now offer vaccinations to eligible people aged under 60 years of age," Mr. Jarman said. "Who gets what vaccination is still guided by the ATAGI advice and the government's roll out strategy. Those are the guidelines we must follow. We encourage everyone to talk to their doctor if they have any questions about the vaccine."



People can visit the Australian Department of Health's Covid-19 Vaccine Eligibility Checker: [www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker](https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker)

The Kerang Covid-19 Vaccination Clinic is led by Kerang District Health and staffed by both hospital and Northern District Community Health staff, and supported by Swan Hill District Health and the Bendigo Health Public Health Unit.

We would like to remind the public that commencing first dose Pfizer clinics means that we have to then factor in provision of the second doses. We ask the community to please be patient with the Pfizer roll-out process.

Bookings are essential for the Kerang Covid-19 Vaccination Clinics and drop-ins are not accepted. People can book an appointment for their Covid-19 vaccine by ringing the Kerang District Health vaccination line on 5450 8099. The vaccine line operates from 9am – 5pm Monday to Friday.

# 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.

**AUGUST 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.



AstraZeneca  
& Pfizer

Kerang

Covid-19

Vaccination

Clinics



**Check your eligibility at:**

[www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker](http://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker)

**Tuesdays & Thursdays 8.45am - 4.00pm**

By appointment only at the WD Thomas Activity Centre,  
Burgoyne St, Kerang

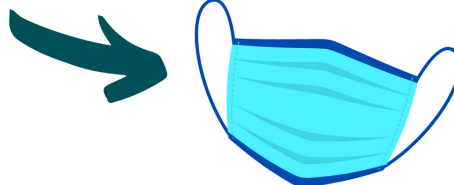
**To book your appointment please call the  
Kerang District Health vaccination line on 5450 8099**

Please note that this booking line only operates from 9am to 5pm Mon to Fri

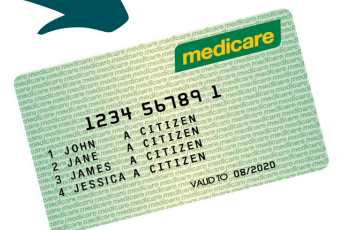
*Do not visit a vaccination clinic if  
you are unwell. Get tested & isolate.*

*There is a zero tolerance of  
disrespect of any kind at this clinic  
or on the booking line.*

Wear this



Bring this



A rural health service partnership by:



Swan Hill  
District Health  
Connected Care. Best Experience.





# 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





# Pyramid Hill Filipino Locals in Health Project

NDCH, Women's Health Loddon Mallee (WHLM) and Multicultural Centre for Women's Health (MCWH) have been working in partnership to train three Bilingual Health Promotion Workers.

This initiative supported the Filipino women of Pyramid Hill to understand what services are available to them, and how to access the supports and programs they or their families might need. The project has also supported the women to increase their health literacy.

The project involved the Filipino community completing a health needs assessment, connecting through 'Pinay Wellness Pyramid Hill' Facebook group and attending health information sessions in person and online.



Image: Abi with NDCH Dietitian Leesa

The bilingual health information sessions were based off the needs assessment and included:

- Physical Activity
- Healthy Eating
- Heart Health
- Covid-19 vaccination
- Breast and Cervical Health, and
- Mental Health.

Feedback from the sessions shows the women have increased control in their life in regard to each subject area after attending the bilingual health information sessions.

This initiative has built strong relationships between the Filipino community and partner organisations, while improving service navigation and empowering Filipino women to be active participants in their health and well-being.



Image: Bilingual Health Promotion Workers (From left to right: Abi, Ivy and Gen)





# Bilingual Health Promotion Workers Project Partners

Women's Health Loddon Mallee (WHLM) is the regional women's health service for communities across regional North-West Victoria. WHLM aims to enhance women's health & wellbeing across the Loddon Mallee region, with a strategic focus on: sexual & reproductive health, prevention of violence against women, & gender equity.

For more information on our partner: [www.whlm.org.au/](http://www.whlm.org.au/)



MULTICULTURAL  
CENTRE FOR  
WOMEN'S HEALTH

The Multicultural Centre for Women's Health (MCWH) is a community-based, not-for-profit organisation led by & for women from migrant & refugee backgrounds. They increase migrant & refugee women's opportunities for health & wellbeing in Australia through education, advocacy & leadership.

For more information on our partner: [www.mcwh.com.au](http://www.mcwh.com.au)

**Checking-in is  
now mandatory**



Department  
of Health



**If you don't have a  
smart phone, or if  
you're not sure, just  
talk to one of our  
friendly staff.**

**Share the Dignity** works to make a real, on-the-ground difference in the lives of women and girls experiencing homelessness, fleeing domestic violence or doing it tough. They distribute sanitary items to those in need and work to end period poverty here in Australia. When a woman is doing it tough, the last thing on her mind should be dealing with her period.

In 2015, Share the Dignity was founded after identifying there was a genuine need to provide vulnerable women in our community with essential sanitary products. It was reported that these women are often forced to choose between buying food to eat or buying expensive sanitary items to get through their periods.

Women and children, either homeless or in shelters, were having to clean themselves in public toilets and use paper towels to create makeshift sanitary pads. This is not and should never be okay. From a grassroots local community initiative to a national charity, Share the Dignity has struck a chord with the Australian public and continues to evolve in order to provide for the needs of at-risk women and children.

Working tirelessly with over 5000 volunteers, the charity has been able to deliver over 2.5 million packets of pads and tampons and over 517,918 essential-filled handbags to Australian women and girls. Share the Dignity continues to grow with the support of passionate volunteers and the generosity of Australian businesses, ensuring that everyone is afforded the dignity in life that many of us take for granted.

## 1 In 5 Australians Forced To 'Improvise' On Period Products

Share the Dignity's Period Pride report, which is based on responses from more than 125,000 Australians, found that more than 1 in 5 (22%) people who menstruate have had to improvise on period products due to the cost.

Additionally, close to half (49%) of respondents admitted that they have worn a pad or tampon for more than four hours because they didn't have enough products to get by.

**NDCH helps Share the Dignity distribute  
sanitary items to women and girls in need.  
Sanitary products can be found at all of our  
NDCH sites.**



**Donate** at your local  
Woolworths Store or  
visit our website  
to find your closest  
collection point



# Choc Chickpea Protein Slice

**Serves: 12**

**Time to make: 30 mins**

*Recipe from Dietitians Australia*

## INGREDIENTS

- 1 can chickpeas drained and rinsed
- 1 cup almond meal
- 1/3 cup maple syrup
- 80g protein powder (chocolate or vanilla flavour works well)
- 1/3 cup peanut butter
- 1/2 tsp salt
- 1 tsp vanilla extract
- 100g dark chocolate

## NUTRITION INFO

- Energy: 950 kJ (227 calories)
- Protein: 8g
- Total Fat: 12g
- Carbohydrates: 20g
- Saturated Fat: 2.5g
- Sugars: 11g
- Dietary Fibre: 3g
- Sodium: 210mg

*This recipe is great for those with higher energy requirements – for example, those who are quite physically active or older Australians needing to increase their energy and protein intake.*



## INSTRUCTIONS

1. Place all ingredients except dark chocolate into a food processor and blend until smooth.
2. Roughly chop 40g of the dark chocolate and mix through the cookie dough.
3. Line a square baking tray with baking paper and press mixture into the tin.
4. Place in the freezer for 15 minutes.
5. Meanwhile melt remaining 60g of chocolate. Spread chocolate evenly over cookie dough and place back in the freezer.
6. Cut into 12 small bars using a hot knife (to stop the top cracking).
7. Store in the freezer, or the fridge if you like them softer.



*Moved?*

*New phone  
number?*

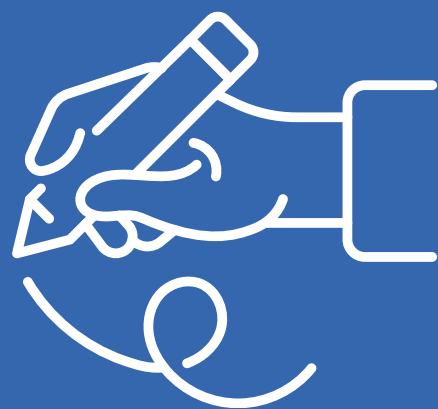
*Now have a  
carer?*

*Changed your  
name?*

## 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.



It's hard not to touch your face mask once it's on, but it's important in preventing the spread of disease.

So how do you avoid touching your mask? The best place to start is with a mask that fits well.

Pinch the wire over your nose so that it fits snugly, and adjust the straps so that they are tight enough to comfortably hold the mask in place over your mouth and nose.

Hint: You might need to tie a loop in the elastic on both sides if it is too long, or snip and re-sew if you are handy with a needle and thread.

And if you absolutely need to adjust your mask or scratch your nose? Thoroughly wash or sanitise your hands immediately afterwards.

More on masks: [www.coronavirus.vic.gov.au/face-masks](http://www.coronavirus.vic.gov.au/face-masks)





# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**(03) 5452 1366**

## DOCTORS

Dr John Shokry  
Dr Megan Belot  
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 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](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 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](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  
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](http://www.ndch.org.au)

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\*Although funding for this nursing and allied health service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

