



NDCH

NEWSLETTER

FEBRUARY 2021

HOW ARE YOUR 4L'S

COVID TESTING CLINIC DATES

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HEALTHY LUNCH BOX TIPS

RECIPE OF THE MONTH

Farmers Health Clinics Kick Off

After a delay caused by the COVID-19 pandemic in 2020, we are now able to start a new free farmers health service in the Gannawarra Shire. The AgriSafe™ Farmer Health Clinics are a preventative health program in affiliation with The National Centre for Farmer Health. The program is open to any person over 18 working within the Agricultural Industry. The 90 minute appointments for farming people are run by an accredited AgriSafe™ Clinician to:

- Prevent and identify risk factors for non-communicable diseases
- Support early intervention for any physical and mental health risk factors
- Increase community awareness of the importance of farmer & rural health, and
- Promote available support & referral pathways to make ongoing access easier

NDCH received funding through the Foundation for Rural and Regional Renewal, Small and Vital Grants as well as through the Gannawarra Shire Council's Drought Communities Programme - Extension. The funding helped set up the program with essential equipment.

"The goal of the program is to improve health, wellbeing and safety for our farmers, their employees and families. Across Australia 27% of all workplace fatalities occur in the agriculture, forestry and fisheries industries. Research and hospital data shows that farming populations have higher rates of preventable conditions such as cardiovascular disease, diabetes, metabolic syndrome, some cancers, and mental illness. Agricultural workers experience hearing loss 15 years earlier than that of the general population.

Anyone working in farming across the Gannawarra Shire interested in the clinics can contact us on 5451 0200. The Clinics will be held at our Cohuna and Kerang sites.





NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Healthy Lunchbox Tips

Healthy meals & snacks are important for your children's everyday health and it will also help them concentrate and learn. Use the following to guide healthy choices for a healthy lunchbox.

What makes a healthy lunchbox?

1. Grain Foods: Wholemeal or multigrain sandwich/wrap/roll, pasta, noodles, rice, crackers, rice/corn cakes



2. Fruit: Apple, orange, grapes, strawberries, cut-up watermelon, banana, mango, blueberries, peach, apricot, kiwi fruit, fruit salad



3. Vegetable: Cherry tomatoes, capsicum sticks, snow peas, carrot/celery/cucumber sticks



4. Dairy: Plain UHT milk, natural yoghurt, cheese cubes or sticks, smoothie, custard, yoghurt rice pudding, tzatziki



5. Protein: Chicken, egg, tuna, hummus, baked beans, lamb, pork, tofu, lentil pattie



6. Bottle of water

Healthy, cheap and tasty lunchbox recipes:

<https://www.healthylunchboxweek.org/recipes>

<https://healthylunchbox.com.au/recipes/>

Healthy snack alternatives:

<https://healthylunchbox.com.au/healthy-swaps/>

Apricot Bites

Makes 30 - Store in fridge for up to 5 days

INGREDIENTS

- 2 cups rolled oats
- 2 cups dried apricot
- 2 cups rice puff cereal
- ¼ cup honey
- 2 tablespoons monounsaturated margarine
- 1 teaspoon vanilla extract
- Desiccated coconut for coating

METHOD

1. Place all ingredients into a food processor, blend until well combined.
2. Using clean wet hands roll teaspoons of the mixture into ball shapes.
3. Toss in desiccated coconut.



For more great healthy lunchbox recipes visit www.healthylunchboxweek.org.au

How are your 4L's going?

- Love (Relationships)
- Liver (Health)
- Law
- Livelihood (Money/Job worries)

Is your alcohol or drug use damaging your 4L's?

Work with us via video, phone, or face to face – it's up to you.



Call ACSO on 1300 022 760 or NDCH on 5451 0200 to schedule a phone chat with our intake worker. These services are available across Gannawarra, Buloke and Northern end of Loddon Shire.

CONFIDENTIAL

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FREE

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SUPPORTIVE

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.



COHUNA

Rapid Response Testing Team Clinics

Where: NDCH Driveway, 33 King Edward Street, Cohuna

No appointment needed just drive up during these times:

- **Monday 1 February**
10am – 12 Noon
- **Thursday 4, 11, 18 and 25 February**
10am – 11am

KERANG

NDCH Testing Clinic

At the NDCH Medical Clinic from 9.30am daily (Tuesday to Friday). **By Appointment.** Call 03 5452 1366.

February 2021

Having a test is free!

Remember to STAY HOME

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

Common symptoms of Coronavirus are:

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



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.



LGBTIQA+

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.

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.



Victorian Power Saving Bonus

The new \$250 Power Saving Bonus is now available to help eligible concession card holders cover the cost of their energy bills. The \$250 Power Saving Bonus is a one-off payment available to Victorian households with at least one resident who has a Centrelink Pensioner Concession Card or DVA Pensioner Concession Card, or is a recipient of Jobseeker, Youth Allowance, Abstudy, or Austudy.

To learn more about eligibility and the support available to submit an application visit the Victorian Energy Compare website.

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

ADMIN STAFF

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



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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