



ANNUAL GENERAL MEETING

UNITE FUNDRAISER

# Inside This Issue

BE ACTIVE & TAKE NOTICE EXERCISE SESSIONS

STAFF PROFILES

## Show Baking Essentials A Hit

Our online Show Baking Essentials extravaganza was a huge success last month as part of our Women In the Warra Campaign.

The inaugural CEO Carrot Cake Challenge Cup went to Kellie Byron-Gray (pictured below) from Kerang District Health!

Why not give the recipe a try for yourself and let us know how you go?



### Carrot Cake Recipe

#### Ingredients

- 375g plain flour
- 2tsp baking powder
- 1 ½ tsp bicarb soda
- 2tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp allspice
- 2tsp salt
- 345g castor sugar
- 375ml vegetable oil
- 4 eggs
- 3 medium carrots, grated (350 grams)
- 220g tin crushed pineapple, drained
- 180g pecan nuts coarsely crushed



#### Method

1. Preheat the oven to 180C (160C fan), Grease a 23cm (9 inch) round cake tin and line with baking paper.
2. Sift the dry ingredients together into a bowl. In a separate bowl, beat the eggs and oil, then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin.
3. Bake for approximately 90 – 100 minutes.
4. Remove from the oven and allow to cool for 10 minutes in the tin on a wire rack. Upend and allow to cool on the wire rack.

4 THINGS TO SAY TO YOUR CHILD TO BUILD

# CONFIDENCE AND RESILIENCE

Brought to you by



While we all show our children in many ways how much we love and value them, it can be so beneficial and lovely to tell them how we feel too! Here are some statements to say to your child to build confidence and resilience—no matter how old!

## It's OK to be different

There is a lot of pressure to fit in but it is our differences that make us special. It can be hard during youth to be different though. Let your child know that you support them being themselves.

## I'm so proud of you

We may often think of how proud we are of children or tell others but it is important that we make an effort to tell them this as well. It is often our acknowledgment that means the most to them.

## Your voice matters

When your child has something to say, give them the time, space and support to say what they need to say. Showing that you value what they have to say now will help them come to you when they are older with opinions, ideas and concerns.

## I love you

It seems so simple but you can never tell your child that you love them too much!

# UNITE Fundraiser

Thank you to everyone that donated to "Team NDCH". We are pleased to let everyone know that we raised a staggering **\$4,870** for the Peter Mac foundation towards cancer research. Well done to all 11 team members for completing their 60km walk/run or 200km bike ride over the 10 days in October.





Are you a woman  
involved in agriculture  
from **Cohuna or  
surrounds?**

Looking for a  
**WELL-BEING  
BREAK**  
right now?



If you're a woman from  
Cohuna and surrounds  
who is, or has been,  
involved in agriculture,  
then it's time for a  
**'Well-being Vacation'!**

Limited places available.  
Be quick to express an  
interest in attending the  
**FREE ONLINE WORKSHOP  
ON 20 NOVEMBER 2020**

REGISTER HERE: [https://www.surveymonkey.com/r/NDCH\\_WomenInTheWarra\\_Wellbeing\\_EOI](https://www.surveymonkey.com/r/NDCH_WomenInTheWarra_Wellbeing_EOI)

This event is funded by the Foundation for Rural and Regional Renewal (FRRR) and the Gardiner Foundation and run as part of the Women in the Warra health promotion campaign.

**FOR MORE INFORMATION PLEASE CONTACT:**  
**Narelle O'Donoghue** Ph: 03 5450 9333  
E: [narelleo@gannawarra.vic.gov.au](mailto:narelleo@gannawarra.vic.gov.au)



# 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.

NOVEMBER 2020

# Get to know our team of Occupational Therapists



- **Who are we?**  
Chris, Denise and Zoe
- **What is our role?**  
We are Occupational Therapists, working in a Community Health OT role.
- **What does our job entail?**  
We assist clients to work towards their goals, participate in activities they find meaningful, and to live comfortably and safely in their home and community.
- **What does a typical day look like?**  
Variety! We work with young children, adults and the elderly, we visit people in their homes, provide therapy in the clinic, trial and prescribe equipment. The list goes on!
- **What is a common question we often hear about our role?**  
What is an Occupational Therapist?
- **What do we like most about our job?**  
Being able to make a difference in someone's everyday life and work on what matters most to them. The diversity and creativity of this role is amazing. To be able to meet such lovely clients' and their families and hear their stories is something special.
- **What is a fun fact about us?**  
C – I love Christmas time, it is my favourite time of the year!  
D – I can jump 1.82m in high jump!  
Z – I love love love animals!

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# Be Kind and Take COVID-19 Seriously

## Gannawarra Health & Community Services Update



Gannawarra by working together we have achieved extraordinary things. We have driven down the COVID-19 numbers and flattened out the second wave that gripped Victoria. We are all very proud! Now we need to manage any outbreaks well.

### COVID-Safe Behaviours

As we begin to enjoy seeing our loved ones, friends, neighbours, returning to sport and getting out into the community, please keep practicing the important safe behaviours below:

- Wear a face mask
- Physical distancing (1.5 metres)
- Good Hand Hygiene
- Cough and sneeze into tissue or elbow
- Don't go to work unwell
- Outdoor activities



Let's continue to keep our community safe! Please get back to seeing your GP and Health Professionals if you haven't done so throughout the COVID-19 time and you live with a Chronic Condition or have been feeling unwell and need a check-up. Our spaces are safe and we are ready to help you.

#### FREE MASKS

Visit the offices of Gannawarra Shire, NDCH, Neighbourhood Houses & Post Offices – they have some FREE masks for vulnerable community members.

#### IF YOU HAVE COVID SYMPTOMS – GET TESTED.

Call our local screening and assessment COVID-19 Helpline on 5451 0200 if you have symptoms or the National COVID-19 Helpline on 1800 020 080.

### Northern District Community Health

Here at NDCH we champion the 5 Ways to Wellbeing, not just because we love it, but also because the actions are known to make a positive impact on people's health and wellbeing. Visit our Facebook page for our new fun 5 Ways video starring our very own NDCH staff.

We have been able to gradually see more of our clients face to face this past month, however we remain flexible, phone and video appointments remain open too.

Our online Show Baking Essentials – extravaganza was a huge success with local Lorraine Morris judging amazing entries baked by staff in our local health and community services, including the inaugural CEO Carrot Cake Challenge Cup going to Kellie Byron-Gray at KDH!



- Free online 2.5 hour Take a Wellbeing Vacation Workshop for women involved in farming from Cohuna and surrounds on National Agriculture Day, Friday 20 November 2020.
- Who doesn't love our beautiful local rivers and waterways? This November Women are invited to BE ACTIVE & TAKE NOTICE by enjoying one of our FREE 7 outdoor physical activity classes in every corner of Gannawarra. For more information visit: [www.ndch.org.au/events](http://www.ndch.org.au/events)

## Mallee District Aboriginal Services

Uncle Lloyd Murray is online with a sharp new iPad as the lucky winner in Kerang Healthy Heart competition.

We were excited to have so many people book in for a health check to go into the draw. If it's been a while since your last health check...please give us a call.



## Kerang District Health

We are excited to announce a 'step' forward with the WD Thomas Centre getting back to business with exercise programs commencing the week of the 9th November and other social support programs the week of the 16th November. Keep an eye out for the Centre newsletter.

Visiting restrictions continue to ease. Physical distancing, facemasks, hand hygiene and COVID screening remain in place.

It's been a busy cooking month with the Executive team cooking a big bacon and egg breakfast for staff and a number of our team participating in the 'Women in the Warra' Show Baking Extravaganza and winning a number of sections.

## Gannawarra Shire Council

A reminder that libraries across the Gannawarra are now open. Relaxing with a good book is great for your health and wellbeing. Immunisation sessions in Kerang and Cohuna, appointments essential on 5450 9333.

Our young people are our future, help shape a new Victorian youth strategy, visit: [www.yacvic.org.au/youth-strategy](http://www.yacvic.org.au/youth-strategy).

## Cohuna District Hospital

We are looking for interested Community members to be part of a new steering group looking at Maternity Services at CHD now and into the future. We welcome expressions by the 13th of September. See our social media pages for more information. We are enabling visitors in groups of two in residential aged care services now with no restrictions on age or influenza immunisation status.

**Are you interested in the Maternity Services at CDH?**

**Would you like to be involved in a new initiative to assist the future planning of the Maternity Service at CDH?**

**Have you had a baby or thinking of having a baby in the near future?**

**If you have answered YES to any of these questions than you may be interested in being our new consumer representative at CDH to assist with the planning for the future direction of the CDH Maternity services.**

**You will have to be available at least once per month for 1-2 hours and also be able to access meetings via ZOOM (we will be using ZOOM for meetings whilst the current COVID-19 pandemic continues).**

**Please phone CDH on 03 5456 5300 or email [communityengagementofficer@cdh.vic.gov.au](mailto:communityengagementofficer@cdh.vic.gov.au) for more information.**

Be sure to LIKE our Facebook pages for our latest news

@ndchvic  
@gannawarra  
@kerangdistricthealth  
@cdh.vic.gov.au  
@MalleeDistrictAboriginalServices





You're invited to Northern District Community Health's

# Annual General Meeting

● ONLINE (ZOOM) ● 3.00PM ● WEDNESDAY, 18 NOVEMBER 2020

Please register by Monday, 16 November 2020. A link to the Zoom meeting will be emailed prior to the AGM.

Online [www.ndch.org.au/events](http://www.ndch.org.au/events)

Phone 5451 0200

## 30 Years Strong – The Journey So Far

Join us in celebrating 30 years of NDCH service delivery at our 2020 AGM.

- Guest speakers Merril Kelly, Elaine Bartram, Margaret Piccoli and Lianne Lloyd discussing "where it all began".
- Come along and hear about the life of a community health service during a pandemic.

All welcome!

### AGM: Agenda

- Minutes of Previous AGM
- Presentation of Reports & Auditors Statements
- Declaration of Directors
- Recognition of Service Years Presentations
- Appointment of Inaugural Life Governors
- General Business – Any Other Business

## 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.



**Tactics for TOUGH TIMES**  
Community

Send Message

Home Reviews About Videos More ▾

Like



Did you know our Tactics for Tough Times program is on Facebook. Check it out and give Program Coordinator Paul, a like at [facebook.com/Tactics-for-TOUGH-TIMES](https://facebook.com/Tactics-for-TOUGH-TIMES).

# 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.

### STEP 1 – PHONE FIRST

Call the NDCH hotline to discuss your symptoms.  
Monday to Friday – 9.00am to 12 Noon



03 5451 0200

### STEP 2 – SWABBING CLINIC

Testing is available by appointment only, in Kerang, Cohuna and Boort.  
Monday to Friday – In the afternoon

**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 the NDCH Facebook page and community newsletters for information about pop-up testing clinics in the Gannawarra Shire in the coming weeks.

## 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 ACTIVE *and* TAKE NOTICE

This November local Women are encouraged to enjoy our beautiful Gannawarra outdoors and join in our fitness classes. Sessions are FREE but are limited to 10 persons due to current restrictions.

Details and bookings via [www.ndch.org.au/events](http://www.ndch.org.au/events)

STAINLESS STEEL  
DRINK BOTTLES TO  
GIVEAWAY



YOU CHOOSE YOUR HARD  
- TFSK -  
THE FIIT SPACE KERANG



## Meet Kelsey!



- **What's your name and title?**  
Kelsey Poole, Mental Health Carers Support Worker AND Recovery and Support Program Support Worker
- **How long have you worked at NDCH?**  
1.5 Years
- **Where are you from?**  
Cohuna

- **How did you end up in this role?**  
Both of these roles are completely different to anything I have ever done. I originally applied for another support role at NDCH as I thought it would be an amazing place to work, and I wanted to try something new.
- **What is a typical day like?**  
My 3YO asks me every day, "how do you work Mum?" I still don't have the best answer, because every day is different. I tell him "on the phone & computer."
- **Favourite memory from work?**  
Actually going into the office pre-COVID. Miss my wonderful colleagues so much. You would always leave tea breaks & lunchtimes with a smile on your face.
- **What do you like to do when you aren't working?**  
Having fun with my kids; 3 and 5 years old, reading and baking.
- **If you won the lottery, what would be the first thing you bought/did?**  
Go on a holiday... in regional Victoria, of course.

# 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  
Rosi Bear RN  
Lana Wishart EN  
Leanne Cooke  
Beth Dickson RN  
Michelle Whitelaw EN  
Cheryl Sarre EN

## ADMIN STAFF

Meryl Metcalfe (Coordinator)  
Nicole Betson  
Jeanette Schmidt  
Nick Keely  
Aliesha O'Neill



## 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

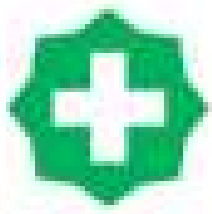
All accounts are required to be paid on the day of visit. The standard fee is \$75. Fees vary according to time/or services provided. Your claim will be sent to Medicare electronically who will pay your rebate direct to your nominated bank account. **We are not a bulk billing clinic.**

## 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.



# HotDoc

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 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  
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](http://www.ndch.org.au)

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