



DISABILITY ACTION PLAN

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MENTAL HEALTH FIRST AID TRAINING

COHUNA COMEDY GALA

Disability Advisory Group

Following community consultation to develop a Disability Action Plan, local services will hold the first Disability Advisory Group meeting in October. Northern District Community Health, Cohuna District Hospital, Gannawarra Shire Council and Kerang District Health are working together on the groups.

The advisory groups were planned to engage people with a disability or caring for someone with a disability. The groups will help inform planning and services across all agencies to ensure safety and responsiveness to people living with a disability.

The advisory groups are planned to take place every three month's for the first six months. Then, a review involving participants for ongoing meetings will take place to make sure everyone is heard and getting what they need from the meetings.

The Disability Advisory Group meeting/s will take place:

KERANG

NDCH Board Room
24 Fitzroy Street, Kerang
Thursday 24th October
12.00pm - 2.00pm

COHUNA

NDCH Activity Room
33 King Edward Street, Cohuna
Friday 25th October
10.00am - 12.00pm



Anybody who would like to attend or would like to be included for future communications, can call NDCH on 5451 0200, or can register at www.ndch.org.au by Friday 18th October. Or you can just drop in to one of our offices and register your interest.

Please let us know if you have any support needs to attend the meetings and dietary requirements as a light meal will be provided.



We are a registered NDIS provider

Our NDIS registered services include

- Occupational Therapy
- Community Nursing Care
- Podiatry
- Dietitian
- Speech Pathology
- Physiotherapy
- Support Coordination
- Early Childhood Supports
- Group Programs

To be eligible for the NDIS, you need to

- Have a permanent disability that makes every day things really hard;
- Be under 65 years of age; and
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa.

Cohuna Comedy Gala

The Cohuna Comedy night was held in September and was a huge success. The Freeza funded event saw close to 100 attendees enjoy some great locally and nationally renowned acts take to the stage at the Cohuna Memorial Hall. The headline act, Geraldine Hickey's session was the highlight with the crowd in uncontrollable fits of laughter throughout her performance.

Luka Muller was the nights other headline act. Luka is a local boy, growing up in Echuca before heading off to pursue his comedy career. Our very own Youth Support Worker, Matt Allan, also contributed to the performance with his own comedy skit.

Before the Comedy night, two days of workshops for High School aged kids were held where they developed skills in improvisation, presentation and delivery of comedic routines.

Well done to Matt in organising such a great event for the community.



Creamy Chicken Slaw

Serves: 2

Time to make: 15 mins

www.healthyfoodguide.com.au

Ingredients

250g skinless chicken breast fillets
¼ cup reduced-fat plain yoghurt
2 tablespoons lemon juice
2 teaspoons Dijon mustard
2½ cups store-bought slaw mix
2 cups baby spinach
¼ cup toasted pumpkin seeds
2 slices grainy sourdough



Instructions

1. Poach or bake chicken breasts for 15 minutes, or until cooked through. Roughly shred when rested and cooled slightly.
2. Combine yoghurt, lemon juice and mustard in a bowl. Season with black pepper. Set aside.
3. Toss shredded chicken, slaw mix, baby spinach and pumpkin seeds in a salad bowl. Drizzle with dressing and toss to coat. Serve with toasted sourdough.

Charity Register

As we are a not-for-profit organisation a majority of our income is raised through funding, fundraising and donations.

Demand for our services has continued to increase and Government funding does not fully cover the costs of providing all services. We need your help to achieve our goal of supporting the community to achieve better health outcomes.

If you would like to make a tax deductible donation to NDCH, please have a chat with one of our staff or visit our website at www.ndch.org.au/donations.

Recent Donations have been recieved with thanks from:

- Rural Aid - Donated \$3,000 to the Gannawarra Giving Account



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

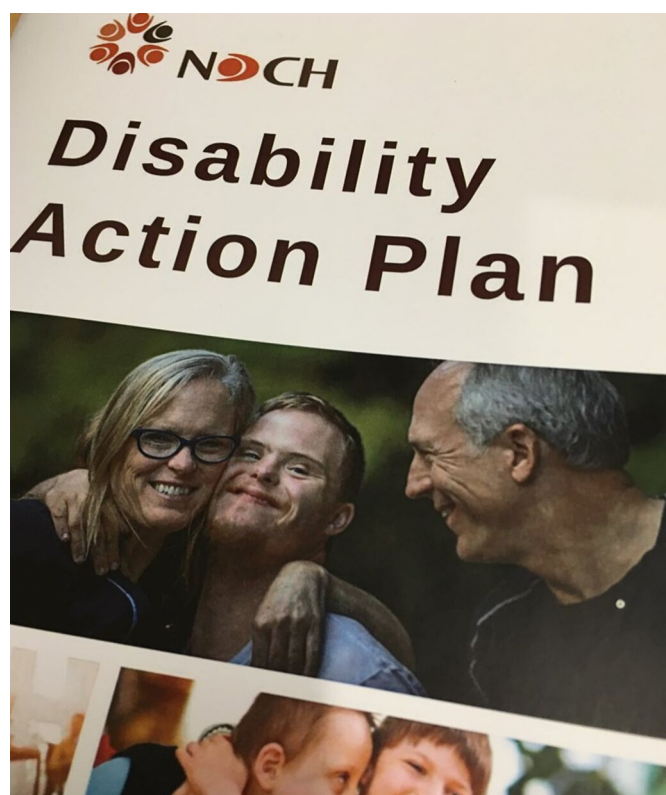
FIND US ON SOCIAL MEDIA



If you want to stay up to date on our latest news, events and social happenings find us on social media.

Disability Action Plan

Last month we presented our Disability Action Plan to our Board of Directors at their monthly meeting. The Board endorsed the plan, which is informed by consultation with local people with lived experience of disability. We will be launching the plan to the public very soon.



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.



LEARN HOW TO SUPPORT SOMEONE WHO IS EXPERIENCING A GAMBLING PROBLEM

Mental Health First Aid (MHFA) training will teach you practical skills to support someone experiencing gambling problems. Make a real difference to people in your community.

MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

Learn Practical First Aid Skills

- Recognise the signs that a person may be experiencing harm as a result of their gambling
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Manage your own self-care when helping someone with gambling problems.

This is a 4-hour educational course, not a therapy or support group.

How Do I Sign Up?

- Visit ndch.org.au/events to register or call NDCH reception on 5451 0200

Date: Tuesday 29 October

Time: 10am to 2.30pm

Cost: FREE - Lunch included

Venue: NDCH

24 Fitzroy Street, Kerang

Date: Thursday 31 October

Time: 10am to 2.30pm

Cost: FREE - Lunch included

Venue: Swan Hill Town Hall

53-57 McCallum St, Swan Hill

Course Facilitators

- Deborah Herron & Claire Gillen



Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Kashif Surahio
Dr Ashraf Takla

NURSE PRACTITIONER

Mrs Yvonne Fabry

NURSES

Jenny Brereton RN (Team Leader)
Beth Dickson RN
Shannon Laursen RN
Cheryl Sarre EN
Lana Wishart EN
Rosi Bear RN

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 Lesion Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Cardiologist (Visiting Specialist)
- Psychologist (Visiting Specialist)
- Geriatrician (Visiting Specialist)
- Hearing Aid Specialists

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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NDCH is supported by the Australian Government Department of Health.

*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.



*together we are creating a
healthy workplace*

achievement
program

