



NDCH

NEWSLETTER

OCTOBER 2018

NATIONAL DISABILITY INSURANCE SCHEME

The National Disability Insurance Scheme (NDIS) starts in the Gannawarra Shire on 1st January 2019, and is the new way of providing support for people with disability, their families and carers. The scheme also provides support to children under 7 years of age who might need help to overcome a developmental delay. NDCH has been a part of the broad local community since the early 1990s. That's why we are best placed to support people needing help getting ready for the NDIS or beginning to choose their supports.

NDCH's NDIS services include:

Early Childhood Supports (Speech Pathologist, Physiotherapist, Podiatrist, Occupational Therapist, Registered Nurse), Therapeutic Supports (Speech Pathologist, Dietitian, Physiotherapist, Podiatrist, Occupational Therapist, Registered Nurse), Home Modifications (Occupational Therapist), Community Nursing Care, Custom Prosthetics (Podiatrist) and Support Coordination. Our available supports will be expanding very soon with the inclusion of Behaviour Support, Group/Centre Activities, Participate Community, Assist-Life Stage Transition, and Developmental-Life Skills.

FIND US ON SOCIAL MEDIA

@NDCHVIC



Facebook



Twitter



Instagram

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

NATIONAL NUTRITION WEEK

INSIDE

MENTAL HEALTH
MONTH

THIS ISSUE

FAMILY VIOLENCE TRAINING

WHEN TIMES ARE TOUGH, IT'S OKAY TO ASK FOR HELP!

NDCH is proud to advocate for and work with farmers right across our region, including free counselling and support for anyone needing a professional, supportive person to talk with. It might be a debrief about stressful times; working out strategies to deal with the impacts of the water prices/shortage, drought/climate change, finance, and linking with other resources or specialised services. All our services are confidential and provided by qualified, professional people with knowledge in the rural and farming life.



NATIONAL NUTRITION WEEK - TRY FOR 5!

Try For 5 is an annual campaign powered by Nutrition Australia encouraging Australians to increase their vegetable consumption to the recommended five serves per day and is launching during National Nutrition Week which aims each year to raise awareness around the role of food in our health.

Despite the latest studies and recurring healthy eating messages only 4% of Australian's are eating enough vegetables each day. The average person eats only half as much as they should, which is the inspiration behind **Try For 5**.

This year's Try For 5 theme is "**Small Change, Big Gains**"



PESTO PASTA SALAD

WITH ROASTED VEG AND BAKED RICOTTA

- 1 small eggplant, thinly sliced
- 2 medium zucchinis, thinly sliced
- 2 capsicums (1 red, 1 yellow), thinly sliced
- 250g reduced-fat fresh ricotta
- 1 teaspoon chopped fresh oregano
- 250g gluten-free penne
- 1/4 cup gluten-free store-bought basil pesto
- 4 cups rocket
- 1/4 cup pine nuts, toasted
- 2 tablespoons shaved parmesan, to serve

Instructions

Step 1 Preheat the oven to 200°C and line 2 baking trays with baking paper. Arrange the thinly sliced eggplant, zucchini and capsicum over one-and-a-half trays.

Step 2 Place the fresh ricotta on half of the second baking tray. Scatter with chopped oregano and season with pepper. Spray liberally with olive oil. Bake both trays for 25-30 minutes.

Step 3 Meanwhile, cook the pasta in a large pot of boiling water according to the instructions set out on the packet. Drain.

Step 4 Combine roasted vegetables, pasta and pesto in a large bowl. Stir through rocket. Break baked ricotta over the top and scatter with pine nuts. Divide among 4 serving bowls and sprinkle with shaved parmesan, to serve.

SPEEDY LAKSA

- 150g udon noodles
- 100ml reduced-fat coconut milk
- 1/2 cup reduced-salt chicken stock (or water)
- 2 teaspoons laksa paste
- 1 cup frozen mixed vegetables
- 100g shredded cooked skinless chicken breast



Instructions

Step 1 Place udon noodles in a medium microwavable bowl and cover with boiling water.

Step 2 Combine reduced-fat coconut milk and chicken stock (or water) in a large bowl and microwave on high for 1 minute. Stir in laksa paste and cook for 1 more minute. Add vegetables and shredded chicken, cover soup and microwave for 3 minutes.

Step 3 Drain noodles and place in a bowl. Pour soup over noodles.

MOROCCAN BEEF

AND COUSCOUS SALAD

400g lean beef stir-fry strips
2 teaspoons Moroccan seasoning
1 cup wholemeal couscous
1 cup reduced-salt beef stock, heated
zest and juice of 1/2 lemon
1/2 medium red onion, diced
6 cups rocket
1 medium carrot, grated

Instructions

Step 1 Coat beef strips in seasoning. Preheat a barbecue hotplate or non-stick frying pan to medium-high; spray with olive oil. Cook beef, in batches, for 2-5 minutes, or until browned.

Step 2 Meanwhile, prepare couscous according to packet instructions, using hot stock in place of water. Fluff the grains with a fork. Add lemon zest and juice, and diced red onion to couscous; toss gently to combine.

Step 3 Divide rocket, grated carrot and roasted capsicum among 4 serving bowls. Top with couscous, stir-fried beef and a dollop of tzatziki.

SHAKSHUKA

1 medium red capsicum, roughly diced
2 cups mushrooms, sliced
400g can Heinz Beanz Creationz Spanish Style Beanz
400g can no-added-salt chopped tomatoes
8 eggs
2 tablespoons flat-leaf parsley, chopped, to garnish
4 slices toasted wholegrain sourdough, to serve

Instructions

Step 1 Spray a large non-stick frying pan with olive oil and set over medium heat. Cook capsicum for 3 minutes. Add mushrooms, and cook for a further 2 minutes. Add the beans and tomatoes, bring to the boil for 2 minutes, then reduce heat to a gentle simmer.

Step 2 Make eight wells in the tomato mixture and crack one egg into each. Cover and cook over medium heat for 12-14 minutes, or until egg whites are cooked through but yolks are still soft. Sprinkle with chopped parsley and serve with toasted sourdough.

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SPICED LAMB MEATBALLS

WITH BAKED CAULIFLOWER SALAD



small red onion
1 large cauliflower, cut into small florets, thinly sliced
500g lean lamb mince
2 tablespoons za'atar spice mix
1 cup wholemeal couscous
1/2 cup chopped fresh mint leaves, plus extra, to serve
200g green beans, halved lengthways
1/2 cup reduced-fat Greek-style yoghurt

Instructions

Step 1 Preheat oven to 210°C. Cut half of the onion into thin wedges. Divide onion wedges and cauliflower between two large baking trays lined with baking paper. Spray with olive oil and bake for 20 minutes, or until golden and tender.

Step 2 Meanwhile, grate the remaining onion. Combine the mince, grated onion and spice mix in a bowl. Roll level tablespoons of mince mixture into balls. Heat 1 tablespoon olive oil in a large saucepan over medium-high heat. Cook the meatballs in batches, turning, for 5-7 minutes, or until browned and cooked through.

Step 3 Meanwhile, place couscous in a heatproof bowl; add 1 cup of boiling water. Cover and stand for 5 minutes. Separate couscous grains with a fork. Stir in mint.

Step 4 Boil or steam the beans until just tender. Combine baked cauliflower and onion with beans. Serve lamb on couscous with cauliflower salad. Top with yoghurt. Scatter with mint leaves and

TRAINING FOR NDCH STAFF

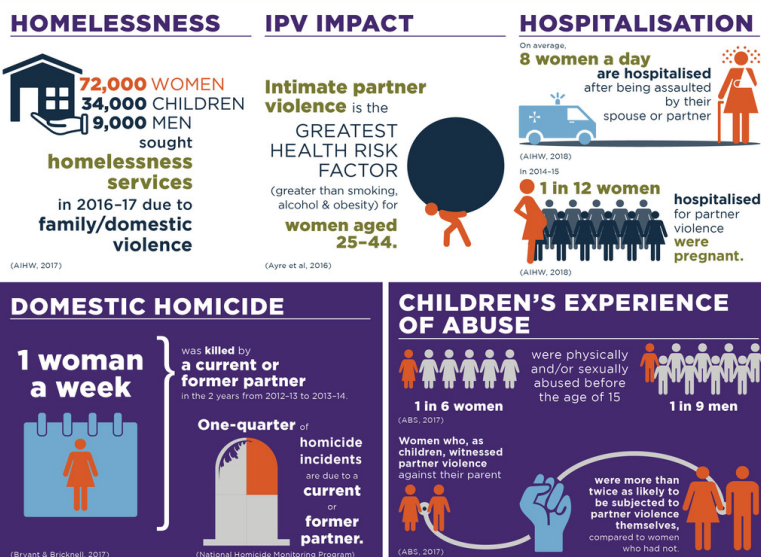
Several NDCH Managers and Team Leaders joined Cohuna District Hospital Managers and Staff in a session on family violence "Strengthening Hospital Responses to Family Violence" at our Cohuna site on 3rd October. The training is supported by Echuca Regional Health, the Victorian Government, The Royal Women's Hospital, and Bendigo Health, and is part of the work to support both community members and health service staff experiencing family violence.

FAMILY, DOMESTIC AND SEXUAL VIOLENCE IN AUSTRALIA (AIHW) 2018

FAST FACTS

IMPACTS OF FAMILY, DOMESTIC AND SEXUAL VIOLENCE

Family, domestic and sexual violence is a major health and welfare issue.



The session helped participants to:

- gain a clear understanding of the key drivers and impacts of family violence and its gendered nature
- be aware of the impact of family violence in the workplace
- know how to recognise indicators of family violence and know what sensitive enquiry is
- have a clear understanding of the importance of positive workplace culture and how this both supports those experiencing family violence and contributes to the prevention of family violence, and
- know what workplace supports are in place, such as leave and safety planning.

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.



ACKNOWLEDGEMENTS

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 community.



Course Info

WHERE: NDCH - 24 Fitzroy St Kerang

WHEN: 20 & 27 November 2018

TIME: 9.00am to 4.30pm
(8.45am Registration)

INSTRUCTORS: Claire Gillen &
Deborah Herron

COST: \$150.00

CONTACT: NDCH on (03) 5451 0200

BOOKINGS: www.ndch.org.au

**MORNING & AFTERNOON TEA PROVIDED
BYO LUNCH**

Any interested adult can attend. This course is an accredited training course. It is not intended to be a counselling session or support group. Persons must be able to attend both sessions to receive a certificate.

FOR FURTHER INFO EMAIL
info@ndch.org.au

STANDARD MENTAL HEALTH FIRST AID (SMHFA) COURSE

It has been shown that community members can make a significant difference to the lives of people who are experiencing a mental health crisis.

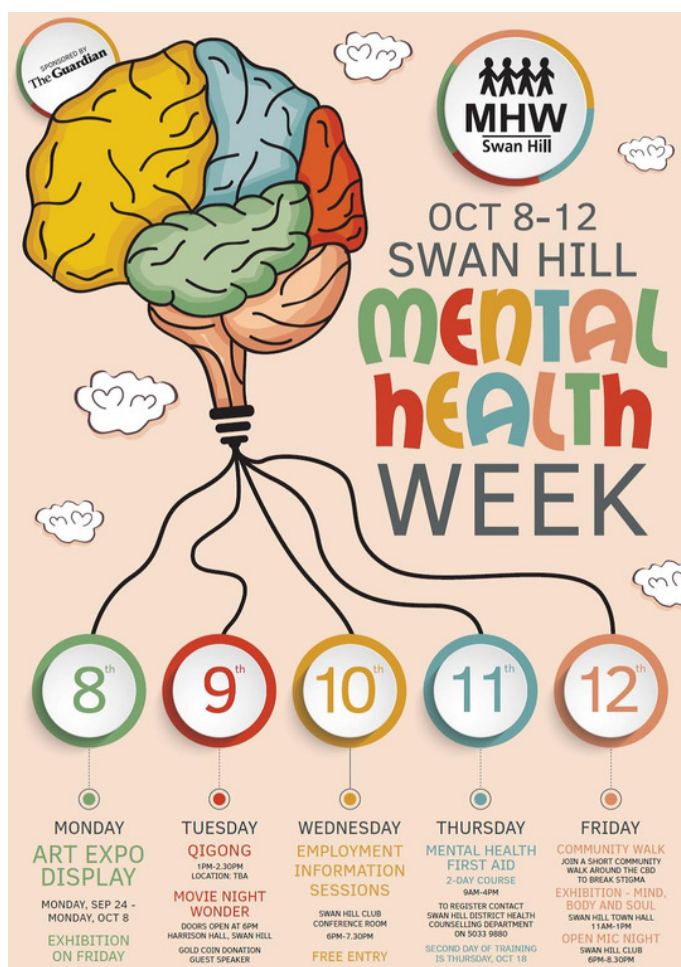
This course, run over 2 sessions, guides participants in learning how to:

- identify common mental illnesses including anxiety, depression, psychosis and substance misuse; and
- provide initial help to individuals who are experiencing mental health problems.

LEARN SKILLS AND GAIN CONFIDENCE TO ASSIST FRIENDS, FAMILY AND CO-WORKERS EXPERIENCING MENTAL HEALTH PROBLEMS.



Mental Health Month is celebrated each year in the month of October. This awareness month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. This year the theme for Mental Health Month is **Share the Journey.**



Gannawarra Shire Council is hosting a **Mental Health Heritage Walk** which will begin from the front entrance of the Kerang Primary School, Victoria Street, at 9.30am on Tuesday 9 October 2018. The walk will raise awareness for Mental Health and Wellbeing

Morning Tea is included and all welcome!

Walk your way to wellbeing – get to know your community and take in some fresh air.

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 and therefore we need the support of the community we serve to achieve our goal of supporting our 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.





MEDICAL CLINIC

PATIENT INFORMATION

34 FITZROY STREET, KERANG VIC 3579

(03) 5452 1366

DOCTORS

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

NURSE PRACTITIONER

Mrs Yvonne Fabry

PRACTICE NURSES

Jenny Brereton RN (Nurse Team Leader)
Beth Dickson RN
Shannon Laursen RN
Deidre Lehmann EN
Cheryl Sarre EN
Lana Wishart EN
Michelle Whitelaw EN

ADMIN STAFF

Meryl Metcalfe (Practice Coordinator)
Nicole Betson
Jenny Drake
Jeanette Schmidt
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 check, blood sugar, or pathology which is ordered by your doctor. This ensures better health care for you and your family.

FEES

All accounts are required to be paid on the day of visit. The standard fee is \$68. 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.**

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.

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 Customer Engagement Team. 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. If you are not happy with how we handle your complaint, you can contact the Health Complaints Commissioner on 1300 582 113.

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

For life threatening emergencies - call an ambulance on 000.

If you require urgent medical attention after hours, please call Kerang District Health on (03) 5450 9200 or go to the hospital for triage. If our Doctor is called in there will be an out of pocket fee of \$25.

THE FOUR PILLARS

The Murray Medical Workforce has been meeting since December 2017 to attempt to address the GP shortage and need for proceduralists in rural communities, in particular in Kerang and Cohuna. Since then Boort and other rural areas have joined the group. The group has been well supported by peak bodies such as the Rural Doctors Association Victoria and Rural Workforce Agency Victoria, along with Department Health Human Services and Murray Primary Health Network, local health services, medical clinics and Local Government Areas (Gannawarra and Murray Shires).

With a focus on collaboration, innovation and technology and an acknowledgement of the importance of building a workforce that supports wellbeing, quality training and work/life balance, the group have come up with the 4 Pillars - a long term solution for future proofing the region. Bendigo Health and Monash University have also indicated broad support for the 4 Pillars.

Pillar 1 Murray Pathways: Develop pathways that link medical graduates to a comprehensive intern training program that focuses on developing procedural skills and rural GP experience.

Pillar 2 Supervision: Develop a supervision model unique to the Murray region. Employ experienced GP's to provide a combination of face to face supervision and virtual supervision to rural GP clinics who do not have Vocationally Registered GP's to provide supervision to registrars.

Pillar 3 After Hours: Continue to invest in telehealth options for small rural health services for after hours and during business hours support.

Pillar 4 Nurse Practitioners: Explore the development of a funded Nurse Practitioner model in the Murray region that supports supervision and delivery of services in small rural communities no longer able to access GP services.

Currently the Commonwealth Medical Benefits Scheme only covers 4 items for NP's and this translates to the NP model not being affordable for health services and medical clinics.

Yet the NP is able to provide services and practice within a much larger scope in primary care or emergency



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 & Clean
Skin Lesion Biopsy & Excision
Cryotherapy Excisions
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
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

Monday, Wednesday 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.



THANKS FOR READING

www.ndch.org.au

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*together we are creating a
healthy workplace*

achievement
program

