



NDCH

NEWSLETTER

SEPTEMBER 2018



CONTACT US ABOUT NDIS

QUESTIONS?

SPEAK TO OUR
CUSTOMER
ENGAGEMENT TEAM
(03) 5451 0200

www.ndch.org.au

WEAR IT PURPLE

NDCH STAFF CELEBRATED WEAR IT PURPLE DAY IN AUGUST WITH A MORNING TEA.

WEAR IT PURPLE DAY INVITED EVERYONE TO JOIN IN AND WEAR IT PURPLE, TO SHOW YOUNG RAINBOW PEOPLE EVERYWHERE THAT THEY HAVE THE RIGHT TO BE PROUD OF WHO THEY ARE, IRRESPECTIVE OF THEIR SEX, SEXUALITY OR GENDER IDENTITY.

2018 RURAL HEALTH
SCHOLARSHIP OPPORTUNITY

FREEZA FUNDING

SMILES 4 MILES AWARDS

INSIDE THIS ISSUE

SERVICE INFORMATION BOOK



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.



BUDGETING

PROMOTIONAL MATERIAL & SOCIAL MEDIA

PLUS MUCH MORE...

EVENT PLANNING

FREE lunch and snacks!

IT'S TIME TO LEARN ABOUT...

YOUTH TRAINING FOR 12-25 YEAR OLDS

When: Thursday 27 September 2018
Time: 10.30am to 3.00pm
Where: Kerang Power House

Transport available on the day, just let us know you are coming!
Book your spot online at www.ndch.org.au

For more info: Call 5451 0200, message @NDCHFreeZA on Facebook or Instagram or talk to your Youth Worker Justine.

R YOU IN? brought to you by **NDCH** **freeza** **VICTORIA** State Government

ANOTHER SUCCESSFUL SUBMISSION

NDCH FREEZA

In early August 2018, the Minister for Youth Affairs The Hon Jenny Mikakos MP, announced funding for NDCH to enable the delivery of the Victorian Government's FReeZA program title 'Shout Out (SO) Youth, from 2019-2021.

NDCH are one of just seventy seven organisations across Victoria which will share in grants of up to \$73,500 for regional providers and \$72,000 for metropolitan providers, to deliver music, cultural and recreational events for young people in their local community.

If you would like to be involved in facilitating a Shout Out Youth FReeZA event within the Gannawarra Shire, you can contact our office and speak to our Youth Worker, Justine Farley.

ROVING YOUTH CENTRE

You've got until 17th September to vote in the Pick My Project initiative. We're partnering with the Gannawarra Shire Council on the Roving Youth Centre project.



The Roving Youth Centre will take form as a trailer full of youth friendly games and equipment, from bean bags and board games to an air hockey table as well as arts and craft. It will be sustainable for youth as it will be predominately operated by the local Leo Lions. It will be transported around the community to break down the rural transport issue. It will be aimed at year 7-10, where they will use these activities to take charge of their own free time. Also allowing them to become co-facilitators of activities they are passionate about.

Primarily this project will benefit the community by combating boredom in the local youth, a prevalent issue (51%) among the young people of Gannawarra. This will occur by giving young people ownership over the activities that they partake in. There will be several other benefits that the Roving Youth Centre will bring to the community. It will increase social connection by providing a safe space with fun things to do. Through having a positive and inclusive environment there will be an overall improvement in the mental health of young people.

Here's the link to our project to vote online:
<https://pickmyproject.vic.gov.au/.../ideas/roving-youth-centre>

SCHOLARSHIP

NDCH are committed to providing a range of high quality health services in Northern Victoria, in order to meet the needs of the residents in Gannawarra and Loddon Shires now and into the future.

We are pleased to announce the establishment of the annual NDCH Rural Health Scholarship Program.

Our scholarship program will provide funding to rural students who have a strong commitment to continued and future health professional practice in country areas. Scholarships will be awarded in relevant disciplines to meet Workforce needs and this year, these areas have been identified as Medicine and Allied Health.

Successful applicants will receive a share in \$5,000 funding which can be used to assist with their tertiary education.



2018 RURAL HEALTH SCHOLARSHIP APPLICATION FORM

Northern District Community Health (NDCH) is committed to providing a range of high quality health services in Northern Victoria, to meet the needs of residents in Gannawarra and Loddon Shires.

NDCH's annual Rural Health Scholarship Program provides funding to rural students who have a strong commitment to a continued and future health professional practice in country areas.

Full eligibility criteria and application information can be found online at www.ndch.org.au. Completed applications must be received by 5.00pm on Wednesday 31 October 2018. Eligible submissions will be assessed by the NDCH Board in November.

AWARDS FOR

SMILES 4 MILES

Gannawarra Shire's four early years' services and the Gannawarra Shire Children's Centre have once again been Smiles 4 Miles awarded!

Smiles 4 Miles is an oral health promotion program for kindergarten-aged children developed by Dental Health Services Victoria and implemented throughout the Gannawarra Shire in partnership with Council and our Health Promotion Team.

Services achieve the Smiles 4 Miles award by implementing healthy eating and oral health policies, engaging with families about the importance of oral health and educating children through a variety of fun learning experiences based on the Smiles 4 Miles key messages – Drink well, Eat well and Clean well.

This program is a great way to help children have healthy teeth and gums for life. By promoting good oral health behaviours early, we can decrease the likelihood of poor oral health later in life.



For more information about the program visit www.dhsv.org.au/oral-health-programs/smiles4miles

RECIPE OF THE MONTH

MV BURGERS

Prep time: 15 minutes

Serves: 5

Ingredients

- 1 Carrot (grated)
- 1/4 Tsp Chilli Powder
- 1 Tbs Dried Herbs
- 1 Tbs Fresh Herbs
- 1 Onion
- 1 Cup Rolled Oats
- 1 Tbs Sweet Chilli Sauce
- 2 Tbs Worcestershire Sauce
- 1 Zucchini (grated)
- 1 Pinch of Pepper
- 2 Clove of Garlic
- 400g Lean Beef



Cooking Method

1. In a large mixing bowl, mix all ingredients together.
2. Shape mixture into palm size balls, then flatten into a hamburger shape with a spatula.
3. Refrigerate until ready to be barbequed.
4. Serve with salsa, lettuce, fresh tomato and reduced fat cheese on a wholemeal roll.

Credit: www.nutritionaustralia.org

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.

COMMUNITY HEALTH

NDCH staff stand with community health! You can find out more and take the pledge yourself at www.standwithcommunityhealth.org.au



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.



NOW AVAILABLE

We are very pleased to announce that we recently launched our newly redeveloped Service Information Booklet.

Our new booklet now includes greater detail on the wide variety of services offered from our locations in Kerang, Cohuna, Pyramid Hill, Boort, Quambatook, Koondrook, Charlton, Sea Lake, and Wycheproof.

The book also includes information on client rights, feedback, referral pathways, and fees.

Most people aren't aware just how many services we offer at NDCH, so this booklet is an important resource for our community and we encourage everyone to visit one of our centres to pick one up.



PATIENT INFORMATION

34 FITZROY STREET, KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry

Dr Julia Jaensch

Dr Ashraf Takla

NURSE PRACTITIONER

Mrs Yvonne Fabry

PRACTICE NURSES

Jenny Brereton RN (Nurse Team Leader)

Beth Dickson RN

Shannon Laursen RN

Suzie Hall 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

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 \$35.

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.



THE PAP TEST HAS CHANGED

MORE ACCURATE LESS OFTEN

Did you know the two yearly Pap Test has now been replaced with a more effective Cervical Screening Test which is only required every five years?

The new Cervical Screening Test is more effective because it detects HPV, a common virus that can cause cervical cell abnormalities that in rare cases may develop into cervical cancer. The new screening test is expected to protect up to 30% more women from cervical cancer.

Women aged 25 years or older should have their first Cervical Screening Test two years from the date of their last Pap Smear Test (if the result was 'normal').

Yvonne Fabry, Womens Health Nurse Practitioner is currently offering Cervical Screening Test appointments in both Kerang and Cohuna.

Contact NDCH for further information or to make an appointment.

Visit www.cancerscreening.gov.au if you would like to read more.



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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*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

