



INSIDE THIS ISSUE

- GET ACTIVE VICTORIA
- COMMUNITY HEALTH FIRST
- ALLIED HEALTH STAFF PROFILE
- INTERNATIONAL WOMEN'S DAY
- SCHOOL HOLIDAY FUN
- RURAL DOCTORS PROGRAM
- GET ACTIVE KIDS VOUCHERS
- GROW IT LOCAL
- DR'S IN SCHOOL PROGRAM
- RIDE2SCHOOL DAY
- HEALTHY HEARTS & LUNGS
- ADVENTURE BINGO BOORT
- VLINE FARES
- \$250 POWERSAVING BONUS
- CHECK YOUR HEART HEALTH
- COUNSELLING & SUPPORT SERVICES
- A STAFF MEMBER'S FAVOURITE RECIPE



Pictured: Anna Beamish and staff getting active with Yoga at our All Staff team meeting

Join Get Active Victoria for Active April

Get Active Victoria is free to join, and gives you access to a huge resource of tips and tools for being more physically active. You won't need any fancy gear and expensive equipment to try their guided videos or activity ideas.

They can also help with motivation, bringing together a goal-setting tool and an activity tracker on your own personal dashboard. Get Active Victoria has something for everyone. Join the movement, today.

Need some extra support and education around exercise visit page 11 to learn more about our Healthy Hearts and Lungs program.



We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE AND COMMUNITIES

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wamba Wamba, 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, present and emerging, and through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQA+ COMMUNITIES

NDCH proudly supports the LGBTIQA+ 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.

APRIL 2023



COMMUNITY HEALTH FIRST

SHARE YOUR STORY

Northern District Community Health is proud to be joining the Community Health First campaign.

Do you have a positive story to share about your experience working for or receiving support from Northern District

Community Health that you would like to feature on the Community Health First website and social media channels and share with Government decision-makers?

If so, Community Health First would love to hear from you and celebrate the great work being done in community health settings rights across Victoria.



#CommunityHealthFirst

Meet our Diabetes Educators

NDCH Diabetes Educators help people who have diabetes to understand and look after their diabetes.

Alex and Demi can:

- Teach you about diabetes
- Help you manage and monitor blood glucose levels.
- Advise and support you to make lifestyle changes.
- * Advise you about medications, including insulin therapy.
- Advise how to manage when you are sick.
- Recommend how to avoid other health problems related to diabetes.
- Encourage other members of your diabetes health care team to work together closely.
- Assist you to manage your diabetes through the National Diabetes Services Scheme (NDSS)
- Help you set and work with you to reach your health goals.
- Arrange an Endocrinology consult (via Telehealth)

Who can access:

- People with Type 2 diabetes
- People with Type 1 diabetes
- Gestational Diabetes

How do I get an appointment?

- GP Referral
- Referral by any health professional accepted (nurse, physio etc.)
- Self-referral

Cost

- Concession - \$10
- Non-Concession - \$20

To make an appointment or speak with Alex or Demi our Diabetes Educators phone 5451 0200



**Alex & Demi,
our Diabetes
Educators**

INTERNATIONAL WOMEN'S DAY

8th March

Cracking the Code:

Innovation for a Gender Equal Future

On Wednesday March 8th we had a wonderful breakfast for International Women's Day. The theme this year is Cracking the Code: Innovation for a Gender Equal Future.

Rollo (GSC CEO) and Mandy (NDCH CEO) interviewed three amazing panel members, and it was fantastic to hear their personal stories:

- Tanya Brooks (Acting Senior Sergeant & detective)
- Zoe Ferrier (Junior School Leader)
- Krystal Grills (Agriculture and Technology teacher & farmer)

The women discussed their chosen career path, and reflected on what we can do as a collective and on an individual level to advance gender equality in our region and beyond.

We learnt that there is a growing need to foster inclusion and facilitate more opportunities for women and girls to pursue careers in science, technology, engineering and math (STEM).

We discussed the importance of parents, caregivers, teachers and the wider community acting as positive role models for young children by challenging gender stereotypes and encouraging diverse interests.

We thank Women's Health Loddon Mallee, Gannawarra Library Service, Gannawarra Shire Council, Northern District Community Health, Our Coffee Wanderer, Tanya, Zoe, Krystal and our guests for getting up early and making the event possible

Happy International Women's Day!





HOLIDAY FUN IN GANNAWARRA

6th April-23rd April



Story Walks

Tue 4th April - Cohuna Library, 10.30am
Wed 5th April - Sir John Gorton Library 10.30am

The Story Walk will remain up during the school holidays to be enjoyed by families at your own leisure. Pop into the Library to find out more.

Kids Yoga with EJ Yoga

Tuesday 11th April - NDCH Kerang
Wednesday 12th April - NDCH Cohuna
Friday 14th April - Koondrook ?

Bookings essential phone NDCH 5451 0200 or use the booking link on their Facebook page.

Free event for children aged 5-12
Parents are welcome to join in

Bus trip to Echuca plus shopping & movies

Tue 11th & 18th April

Bus departing Cohuna Neighbourhood House at 10.30am – returning 4.30pm

Cost is \$10 for high school students
Booking essential phone 5456 4666

Kerang Traders Easter Festival

Thurs 6th & Sat 8th April
All Day | Free for all ages | Victoria Square

On Thursday there will be live music by Elias Lanyon, CJ and his Puppet Show, Mini golf by NDCH, Children's Easter craft activities by Kerang Neighbourhood House, Children's Easter Bunny Hunt, Roaming Easter Bunny & Face painting

On Saturday there will be live music by the "Known Official, the roaming Easter Bunny, Children's Easter Bunny activities.

School Holiday Craft Afternoon

Wed 19th April, 1.30pm-4.00pm
\$5 for 10-15 year olds

Kerang Neighbourhood House

Dungeons & Dragons Game Session

Thursday 20th April. 2.00pm-4.00pm
Gold coin donation for 12-17 years

Kerang Neighbourhood House



Brought to you by:



NDCH



Cohuna Neighbourhood House



Kerang Neighbourhood House

KERANG TRADERS INC.



**FREE FAMILY FUN TO
KICK OFF EASTER!**

CJ'S PUPPETS

**VENTRILOQUIST, SIGNING &
PUPPETS OF COURSE!**



**Good Friday
Friday 7th April**



11.15AM - 12.30PM



**James Boyle Hall
Nolen's Park, Boort**

The show is best enjoyed while sitting together on the floor. Minimal chairs at the back of the hall.

Something for all ages, children & adults.

**Guarantee entry by
booking a ticket here**



NDCH are looking forward to being part of this initiative in 2024. This experience is really important to rural towns because we know that there is a GP shortage. This is a great way for students to learn the benefits of working in a community including what a terrific lifestyle rural towns have to offer.



👋 Rural doctors on on their way with our first cohort of student doctors beginning their third-year placements!

This year you'll see our student doctors across several rural locations receiving first-hand patient experience in hospitals, community health services and with local GPs.

We couldn't wait to check in with the team and asked medicine student Heidi how she is feeling:

“I’m going in with no expectations, just lots of enthusiasm and some appropriate preparation. I hope to make new friends, see new places and learn lots!”

By training future doctors locally it is hoped they will stay as practicing doctors in rural communities experiencing healthcare shortages.

Go team, go! 🙌🙌

Kate Temby, Kerina Princi, and Amber Blowes attended Swan Hill District Health's (SHDH) gathering event earlier this week to celebrate a \$150,000 education research grant.

This was also a celebration of the collaborative and exciting workforce development project to build a progressive, skilled rural workforce between Swan Hill District Health (SHDH), Kerang District Health (KDH), Rural Workforce Agency Victoria (RWAV) and Charles Sturt University (CSU).

Our team met with A/Prof Rex Pais Prabhu, Executive Director of Medical Services, Dr Daniel Wilson, President of Rural Doctors Association of Victoria-RDAV and Board Director of Australian College of Rural and Remote Medicine (ACRRM), SHDH representatives, including doctors, GP registrars, medical services staff, and supervisors on the project.

Key milestones included tripling GP's working at SHDH in the past 4 years, further investment into GP training, and the opportunity to provide specialist training pathways for rural generalists. Rwav acknowledges and appreciates the dedication of our associates and celebrates their success.

#ruralhealthcare #collaborations
#primaryhealthcare



GET ACTIVE KIDS VOUCHER PROGRAM

Get Active Kids voucher program is now now open. Vic Gov is providing another round of sports vouchers of up to \$200 to support our youngest Victorians to purchase sports equipment, uniforms and membership fees.

It's all part of the Get Active Kids Voucher Program to get kids involved in sport. But it's more than learning a new sport. It's about feeling connected to a community - and money shouldn't get in the way of that.

Eligibility:

- aged 0 to 18 years
- a resident in Victoria
- named on a valid Australian Government Health Care Card or Pensioner Concession Card
- named on a valid Australian Government Medicare Card

Get Active Kids Voucher Program

APPLICATIONS OPEN NOW!



Find out more at getactive.vic.gov.au



DOCTORS IN SECONDARY SCHOOLS

Did you know?

Kerang Technical High School with the support of NDCH offer a FREE and CONFIDENTIAL Doctors in secondary schools program.

The Dr in Schools Clinic is available every Tuesday 10:30am - 2:30pm and can assist students/families in understanding the facts and seeking help.

Make an appointment today - send a XUNO message to Miss Zoe Ferrier or drop into the clinic at recess/lunch



Heather

Shannon



Yvonne

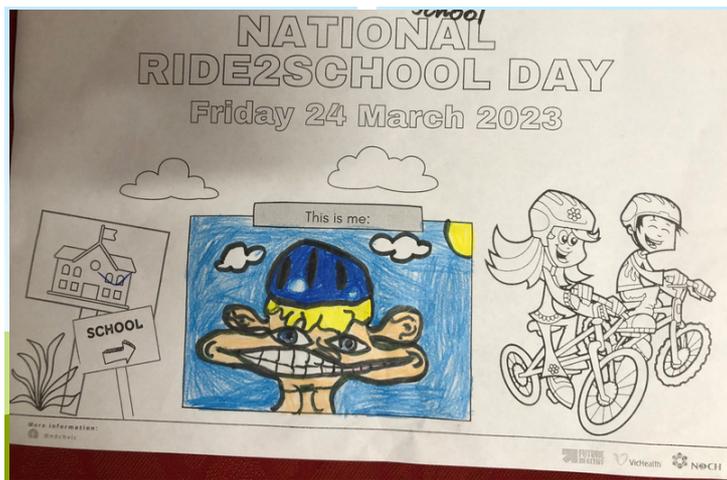
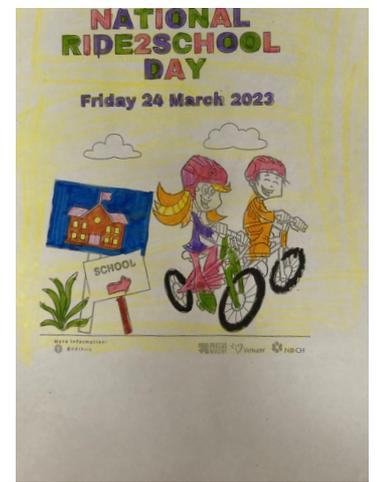
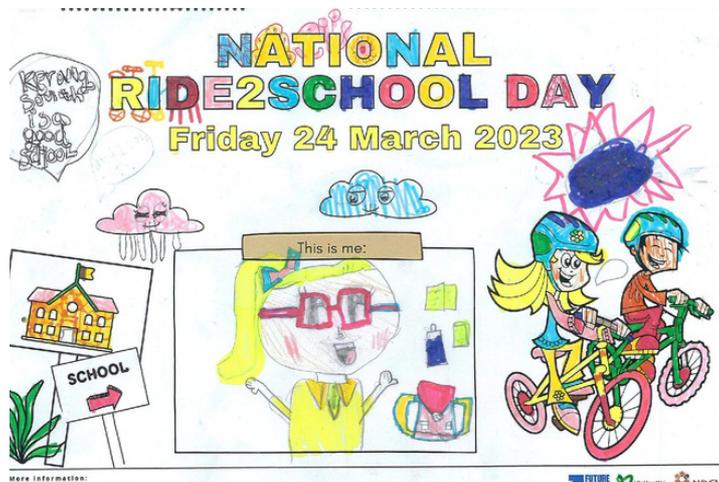
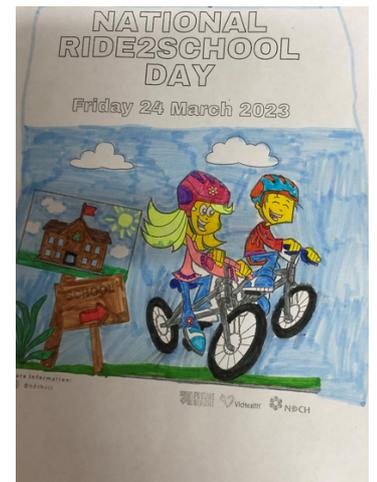
Follow Kerang Technical High School on Facebook.

RIDE2SCHOOL DAY- 24TH MARCH

Our Health Promotion team have been encouraging families to Ride2School by running a colouring competition.

Supporting your child to ride, walk, scoot or skate to school is not only great for their health, learning and confidence, but it is good for the environment too.

Children have been busy, we have had over 100 entries from Boort, Kerang, Lake Boga, Woorinen and Beverford.

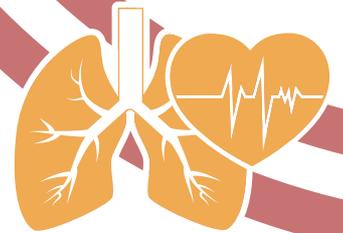


Who is Healthy Hearts & Lungs for?



Healthy Hearts & Lungs

Gannawarra & Loddon



Healthy Hearts and Lungs is an exercise and education program offered throughout the Gannawarra and Loddon region for those that need support with heart or lung conditions such as type 2 diabetes, COPD, post-surgery, high blood pressure + more!

Where NDCH Offices
24 Fitzroy Street, Kerang
33 King Edward Street, Cohuna
119-121 Godfrey St, Boort

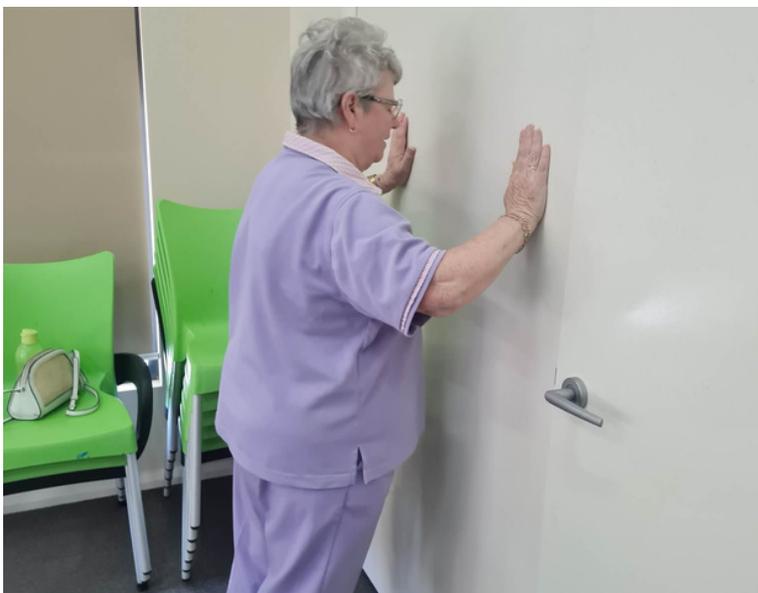
Length 6 weeks of education and exercise support

Days Monday 9.30am (Boort), Monday 2.00pm (Cohuna) and Thursday (Kerang)

Cost FREE

How do I access this service?

You can self refer by calling 5451 0200 or your GP or specialist can refer you in and we will contact you.



ADVENTURE Bingo!

START

Little Lake Boort Trail

Loddon Shire

Approximate distance **3.7km**

Start at the playground in Nolen's Park.

This trail includes sealed and unsealed paths and may not be suitable for wheelchairs and mobility walkers.



The rules are simple:

- Head to the start point and start your walk.
- Mark off the sites on the Bingo card as you see them.
- Once you find all the sites in a straight vertical, horizontal or diagonal line you've got Bingo!



You can also complete Adventure Bingo online. Scan the QR code to get started.



Outdoor exercise equipment



A merry-go-round



A scar tree



A boardwalk



A duck



A place to sit



A fish sculpture



A BBQ



The lawn bowls club

Loddon Shire Council acknowledges the Traditional Custodians of the land comprising the Loddon Shire Council area. Council would like to pay respect to their Elders both past and present.

VLINE FARES

Friday
31

**Cheaper regional fares
start March 31st**

From March 31st, a daily regional fare will cost the same as a metro one.

Passengers will pay a maximum of \$9.20 for daily travel anywhere on the V/Line service from March 31, under a \$203 million Andrews government election promise to bring regional public transport fares in line with those in Melbourne.

Is the regional fare cap permanent or temporary?

The regional fare cap will be permanent from 31 March 2023, aligning the cost of regional Victorian fares with Melbourne travel.

\$250 POWER SAVING BONUS

Neighbourhood Houses Victoria and Good Shepherd have partnered to help community members apply for the State Government's \$250 Power Saving Bonus.

This one-off \$250 payment is designed to help ease the cost of living for eligible Victorian households during the pandemic.

Applications for the Power Saving Bonus are made online, however we understand that many people in our communities either lack access to devices or internet, or lack confidence and skills in using technology.

To ensure no one gets left behind, Neighbourhood Houses across the state are ready to help people complete their Power Saving Bonus application.

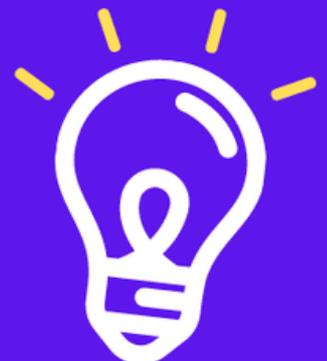
The next round of the \$250 Power Saving Bonus is scheduled to commence on 24 March 2023. For the most up-to-date information on the \$250 Power Saving Bonus visit the Victorian Energy Compare website



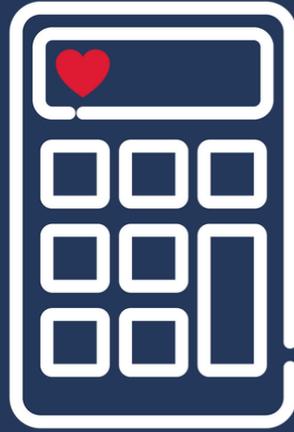
Fares fairer.



**\$250
POWER
SAVING
BONUS**



Is your
heart feeling
your age?



It only takes three minutes to find out your heart age. Visit the Heart Age Calculator:



COUNSELLING & SUPPORT SERVICES

GENERALIST COUNSELLING

MENTAL HEALTH NURSING

ALCOHOL & OTHER DRUGS COUNSELLING

ALCOHOL & OTHER DRUGS WITHDRAWAL

Professional, confidential care.



5451 0200



www.ndch.org.au



IN AN EMERGENCY DIAL 000

BEYOND BLUE

Anyone feeling anxious or depressed

beyondblue.org.au 1300 22 46 36

KIDS HELPLINE

Counselling for young people aged 5-25

kidshelpline.com.au 1800 55 18 00

MENSLINE

Men with emotional or relationship concerns

mensline.org.au 1300 78 99 78

ALCOHOL & OTHER DRUGS INTAKE

For people needing help with alcohol & drug issues

www.acso.org.au/aod-mh-support

1300 022 760

REGIONAL MENTAL HEALTH TRIAGE

Assessment service for people experiencing mental illness

1300 363 788

LIFELINE

Anyone having a personal crisis

lifeline.org.au

13 11 14

HEAD TO HELP

Support from experienced mental health professionals

headtohelp.org.au

1800 59 52 12

ORANGE DOOR

People experiencing family violence

orangedoor.vic.gov.au

LODDON: 1800 51 23 59

MALLEE: 1800 29 09 43

VICTORIAN HOUSING SUPPORT

Crisis housing support

1800 825 955

AFTER HOURS GP ADVICE & SUPPORT LINE

1800 022 222

NURSE ON CALL

Caring, professional health advice 24 hours a day

1300 60 60 24

HEALTH TRANSLATIONS

Do you need reliable translated health and wellbeing information?

www.healthtranslations.vic.gov.au



A recipe from our School Focused Youth Support Coordinator, Emily

Taco Bowl

INGREDIENTS

Taco mince:

- mince of your choice (approx 500g)
- taco seasoning sachet
- 1 x onion diced
- 1 x tbsp olive oil
- 50g stock
- 50g tomato passata

Fillings:

- lettuce shredded
- tomato diced
- cucumber diced
- tinned corn
- tinned 4 beans
- capsicum chopped
- carrot grated
- rice (you can use any type you like, we use the microwave pouches but just be sure to empty it into a bowl before heating so as not to heat in the plastic pouch)

Optional mix and match toppings: grated cheese, sour cream, fetta, salsa and corn chips.

METHOD

1. Add the olive oil to a saucepan over medium heat. Add in onion & fry until translucent.
2. Add in mince and fry until brown.
3. Add in seasoning mix, stock & tomato passata. Cook for 10 more minutes, stirring occasionally.
4. Stack your bowl with 2 tbs rice, 2 tbsp mince and then whichever fillings you want.



This recipe is an idea only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.





MEDICAL CLINIC

Patient Information

34 FITZROY STREET
KERANG VIC 3579

5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Zafrin Disha

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Michelle Whitelaw EN
Narelle Weekley RN
Sharee Edge RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Hilda Higgins
Nick Keely (Casual)
Cassandra Hicks (Casual)



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 \$80. 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 \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 pay on the day fee.



HotDoc

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 NDCH. If you are unhappy with how we manage your complaint, you can contact the:

Health Complaints Commissioner
Phone: 1300 582 113
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 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
- Cardiologist

**Procedures have a practice fee.
Call our Medical Receptionists for
appointments or information:
5452 1366.**



**Pathology
services
onsite
Mon to Fri!**



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

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
Mon, Wed and Friday
9.00am to 10.00am
(other times by
appointment)
Phone: 03 5457 1300

We share professional
spaces in Koondrook,
Charlton, Sea Lake, Donald
& Wycheproof too.



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.



We're creating a
healthier workplace

