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Love your teeth this Dental Health Week

Through Dental Health Services Victoria's Smiles 4 Miles program, local kindergartens in Boort, Inglewood, Wedderburn, Dingee, Pyramid Hill, Cohuna, Kerang, Koondrook and Leitchville are spreading the message about the importance of good oral health habits for the whole family.

The Smiles 4 Miles program aims to improve the oral health of Gannawarra and Loddon Shires kindergarten aged children and their families by encouraging healthy eating, healthy drinking, good oral hygiene and regular dental visits.

To mark Dental Health Week, Rachel Brooks, Health Promotion Worker at NDCH has been visiting local kindergartens with special guest Chomper to teach children about the three key messages to good oral health; drink well, eat well and clean well. "The children have been having lots of fun playing games and the games have helped reinforce the key messages," said Ms Brooks.

Pictured: Chomper, Rachel and children from Pyramid Hill Kindergarten



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.

AUGUST 2022



GET UP! STAND UP! SHOW UP!

NAIDOC WEEK 3-10 JULY

In celebration of NAIDOC week our Kethawil Pembengbuk and Tyipen Kwe children, youth and their families went to the Dharnya Centre at Barmah for Dharnya Day.

There was dance, cultural art and craft making, turtles, face painting, live music and laughter. A great day had by all.

Thanks to the Yorta Yorta Nation for hosting and MDAS Kerang for partnering with us.





STAY WELL THIS Winter

Sourced from Better Health Channel

What you need to know

- To stay well this winter, get your influenza (also commonly referred to as the flu) shot as soon as possible and keep your COVID vaccinations up to date.
- You can get your flu shot and COVID vaccination at the same time.
- The flu vaccine is free for people who are more at-risk from suffering complications from the flu.
- Stay at home if you're unwell – don't go to work or school.
- Most people can safely recover from the flu and COVID at home.
- Keeping your distance from others, hand hygiene, good ventilation and mask wearing are still the best ways to avoid getting sick.
- See your doctor before you are sick so they can help you make a treatment plan. This will help you get the right care, if and when you need it.
- Your doctor is the best person to help you if you are unwell.

**For more information, talk to your
GP, Nurse Practitioner or
Pharmacist**

Flu spreads in many of the same ways as COVID-19. Protect yourself from the flu and COVID:

- You can help yourself stay well by:
- keeping 1.5 metre distance between yourself and other people
- washing or sanitising your hands often
- coughing or sneezing into your elbow
- wearing a mask
- ensuring there is good ventilation.



**MASKS
STRONGLY
RECOMMENDED
INDOORS**



'LUNCH ON US'- CAMPAIGN



“Small Businesses are the backbone of the local economy, providing vital goods and services, employment as well as helping us to all live in thriving and vibrant communities,” Northern District Community Health Service CEO, Mandy Hutchinson said. “It’s wonderful to see that we as a community can offer something back to small business given the past couple of years which have been incredibly stressful for them”.

"Lunch On Us' provides small businesses (max of 20 people) with a healthy lunch delivered to their workplace.

The campaign supports local food businesses who supply the lunch each Wednesday and Friday. The campaign is running for 8 weeks during July and August.

The Healthy Catering Guide is used to support the 'Lunch on Us' campaign to ensure we are providing healthy catering to small businesses.

The campaign has seen over 70+ small businesses enter to receive 'Lunch On Us', We are currently into week 5 of 8, and 29 lucky small businesses have currently been provided with a delicious and nutritious lunch from caterers who registered their interest to be involved.

Pictured: Quambatook Cafe, Cohuna Auto Electrical, Rumbold's Auto Electrical and Jakab Motors.

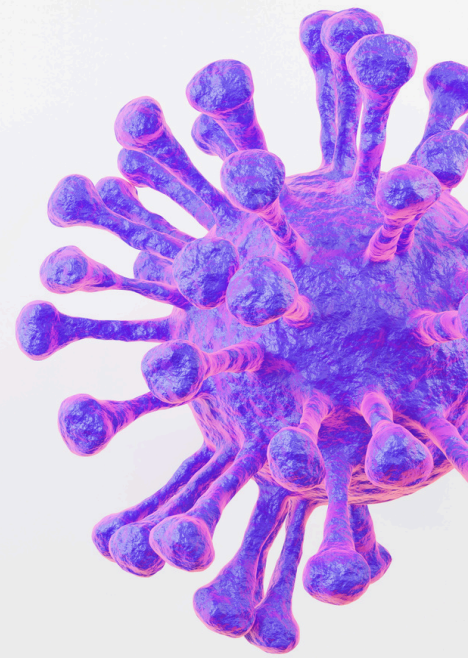


COVID-19 Vaccinations in our medical clinic

1st & 2nd Doses of Pfizer for all eligible age groups including Children 5-11yrs (after school times available)

3rd Doses of Pfizer for people aged 16+ yrs (3 months since 2nd dose)

Phone: 5452 1366



WHAT TO DO IF YOU HAVE



If you test positive for COVID-19, you must:

If you test positive on a RAT, report your result to the Department of Health. Report online at www.coronavirus.vic.gov.au/report or call **1800 675 398** as soon as you can.

You don't need to report your result if you tested positive from a PCR test.

Immediately isolate for 7 days from the day you took your positive RAT or PCR test. For example, if you had the test on a Monday, you would leave isolation any time the following Monday.

Tell your close contacts, workplace and/or education facility you have COVID-19.

Follow your checklist: www.coronavirus.vic.gov.au/checklist-cases.

To see how to manage COVID-19 at home and isolate effectively, visit: www.coronavirus.vic.gov.au/managing-covid-19-home

Staying COVIDSafe

There are things we can all do to make ourselves and others safer. As we live and work, remember these COVIDSafe principles:

- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and over in some places, including public transport and in sensitive settings such as hospitals and care facilities.
- It is strongly recommended that you wear a face mask if you:
 - have any COVID-19 symptoms
 - are with people who may be vulnerable to COVID-19
 - are in a space where you cannot physically distance.
- Reduce risk by keeping 1.5 metres from others, using hand sanitiser and practising good hygiene.
- Ventilation and air filtration helps. Think about opening windows to let the fresh air blow through. Or catching up with friends outside. *But remember to rug up in the cold!*

If you feel safer wearing a mask when you don't have to, that's okay!



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. Even if you've been vaccinated, you should still get tested.

If you feel unwell, do not go to a vaccination centre. Get tested!

FOR PCR (SWABBING) TEST:

STEP 1 – PHONE FIRST

 **5452 1366**

Testing is available (by appointment only) at our Medical Clinic, 34 Fitzroy St Kerang.

Monday to Friday – call for a time to have your swabbing done

Having a test is free.

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available. **You must phone first.**

STEP 2 – 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.

RAPID ANTIGEN TESTS (RATs)

RAPID ANTIGEN TESTS CAN BE DONE AT HOME BY YOURSELF.

Follow Instructions provided. Most tests will provide you with a result in 15 to 30 minutes.

If you test positive using a rapid antigen test:

- You are considered a positive case
- You must isolate for 7 days and follow the checklist for cases available at www.coronavirus.vic.gov.au/checklist
- You must report your result. In Victoria, go to www.coronavirus.vic.gov.au/report or phone 1800 675 398

If you test positive on a RAT but have no symptoms, it is recommended you get a PCR to confirm

Vaccinations are now widely available for all eligible people, including booster shots. Check NDCH Facebook and community newsletters for local vaccination clinics.

Common symptoms of Coronavirus:

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





LUNCH ON US- REGISTER TO WIN

JUL & AUG | 12PM-1PM | WEDNESDAY & FRIDAY



SHARNI LAYTON & WARREN DAVIES

7 AUG, 2022 | 12PM- 2PM | COHUNA KANGAS CLUB ROOMS



WREATH MAKING WORKSHOP

7 AUG, 2022 | 11AM- 2PM | KOONDROOK SENIOR CITIZENS CENTRE



STORY TELLING & LIVE PAINTING WITH LOCAL INDIGENOUS ARTIST TOBIE CAMERON

21 AUG, 2022 | TBC | QUAMBATOOK

CONTACT ANNIE AT QUAMABTOOK COMMUNITY RESOURCE CENTRE 03 5457 1220



A NIGHT OUT WITH PAIGE DAVIES FROM FRANKIE AND CO & STEVE COLOMBO

2 SEP, 2022 | 7PM-9PM | KERANG MEMORIAL HALL




BREAKFAST WITH AGRI SAFE NURSE ROSI

TBC | TBC | QUAMBATOOK

Small Business MATTERS in Gannawarra is supported by the Victorian State Government.



COUNSELLING SUPPORT & SERVICES

Brought to you by  NDCH

We have a range of professional, confidential counselling and support services. Our staff are professional, ethical, qualified and highly skilled.

They can help you with many different life issues including:

- mental health
- anxiety and depression
- grief and loss
- trauma
- stress
- alcohol and other drugs
- life transitions such as the birth of a new baby, separation or divorce
- stopping smoking
- communication and relationships
- work and career
- parenting
- abuse
- self-esteem
- exploring gender identity and/or sexuality,
- and much more


What area do we cover:

Gannawarra and Buloke Shires, and the northern end of the Loddon Shire. Please contact the team for more specific areas that we cover.

What is the cost?

This service is fully subsidised. There is no charge.

 NDCH Cohuna

 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

Your COVID Checklist

What to do if you test positive to COVID-19 or if you've been told you are a contact:

www.coronavirus.vic.gov.au/checklist



Pumpkin Soup

Recipe from Healthy Eating Advisory Service

Serves: 6

*** VEGETARIAN * EGG FREE * NUT FREE**

*** SUITABLE TO FREEZE**

Serve this warm soup with a slice of wholemeal bread to make a wholesome lunch.

Each serve provides

- 2 children's serves of vegetables
- ½ children's serve of meat/alternatives (lentils)
- 1 children's serve of grains (bread)

For a spicier version add grated ginger, ground coriander and cumin to taste at step 1.



Serve with some fresh whole grain bread.

INGREDIENTS

- 1 tablespoon Olive or canola oil
- 1 medium Onion (finely diced)
- 1 clove Garlic (crushed)
- 1kg Pumpkin (skin and seeds removed, diced)
- ¾ cup (120g) Red lentils (washed and strained)
- 1 litre Reduced salt vegetable stock
- ¼ cup Natural yoghurt
- 6 slices of wholemeal bread

INSTRUCTIONS

1. Cook onion and garlic in oil on low heat until soft.
2. Add pumpkin, red lentils and stock.
3. Bring to the boil. Reduce heat and simmer until pumpkin and lentils are tender.
4. Blend until smooth.
5. Serve soup with a spoon of natural yoghurt and a slice of wholemeal bread.

Recipes are ideas 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 Tobi Kupoluyi
Dr Fungai Zinyowera

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
Leonie Garner (Casual)
Nick Keely (Casual)
Cassandra Hicks (Casual)
Josephine Metcalfe (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.



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
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
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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We're creating a
healthier workplace

