

### INSIDE THIS ISSUE

- HOMELESSNESS WEEK
- COMMUNITY HEALTH FIRST
- MEET DR AFOLABI AYENI
- COUCH SURFING CHALLENGE
- ALLIED HEALTH UPDATE
- SUPPORTED PLAYGROUP UPDATE
- DENTAL HEALTH WEEK
- HEALTHY HEADSPACE
- SPEECH PATHOLOGY WEEK
- DIABETES WEEK
- POWER SAVING BONUS
- JOB VACANCIES
- MENTAL HEALTH SUPPORT
- A STAFF MEMBER'S FAVOURITE RECIPE



Pictured: Students from Pyramid Hill College and Bort District School

## Homelessness Week (August 7 – 13)

Exciting news! In July, the talented Matt and Molly joined forces with renowned Street Artist, Lukas Kasper, and students from Bort District School and Pyramid Hill College to create stunningly painted couches!

These vibrant masterpieces will be showcased across Buloke, Loddon, and Gannawarra Shires during Homelessness Awareness Week from August 7th to 13th.

This initiative aims to raise awareness about homelessness and its impact on our community. When you come across these couches, don't hesitate to take a seat, snap a photo, and take a moment to reflect on your own housing situation.

Together, let's foster empathy, understanding, and support for those facing homelessness. Check out page 4 to be involved in our couch surfing challenge on Wednesday 9th August.



Pictured: Luke and Demi

# 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 2023**



# COMMUNITY HEALTH FIRST

In July, **Community Health First** hosted a Ministerial roundtable with the Victorian Minister for Health, the Hon Mary-Anne Thomas MP, and the Secretary of the Department of Health, Professor Euan Wallace, to officially launch 'Strengthening Victoria's Health System through Community Health'.

This position paper outlines five key priority areas in addressing the challenges our health system is currently facing.

Thank you to the Minister and the Secretary for joining us. **Northern District Community Health** looks forward to continuing to work alongside all other registered community health services and Government to

**#putcommunityhealthfirst**

Find the position paper here:



## Meet Dr Afolabi Ayeni

Dr Afolabi Ayeni has been working as GP registrar at NDCH (Northern District Community Health) Kerang since earlier this year.

### What are your hobbies?

Fishing and Yabbying

### Where is the coolest place you have travelled?

Lake Boga

### What is your go-to karaoke song?

Gospel songs

### What emoji do you use most often?

Rolling on the floor laughing face



**PLEASE JOIN US IN WELCOMING DR. AFOLABI AYENI TO NDCH**





**WILL YOU COUCH SURF**

**ON WED 9 AUG TO HELP break THE CYCLE OF HOMELESSNESS?**

**1**

NDCH, Buloke Shire and Gannawarra Shire challenges you to give up your bed and sleep on the couch for one night. Increase your challenge: go without your pillow, doona or sleep on the floor.

**Register and/or donate here**



- Bronze level- \$0
- Silver level- \$10
- Gold level- \$50

All money raised will go towards purchasing sleeping bags and tents for people at risk of experiencing homelessness.

**2**

Spread the word by sharing this post. Educate your friends, family & workmates about the issue of homelessness and encourage them to get involved and help break the cycle of homelessness.

**3**

Share a selfie of your couch setup on Wed 9 Aug and tag @ndch

THIS CAMPAIGN IS PROUDLY SUPPORTED BY:



# ALLIED HEALTH TEAM NEWS UPDATE

We are thrilled to bring you some exciting news and updates from our Allied Health team! As we continue to grow and evolve, we are committed to keeping you informed about the positive developments within our department.

## 1. Maternity Leave and New Allied Health Co-Team Leader

Leesa our valued Dietitian will be going on maternity leave for the next 12 months. We wish her all the best during this special time in her life. During Leesa's absence, we are delighted to have Katie Hepburn, our current paediatric physiotherapist step into the role of Allied Health Co-Team Leader. Katie's expertise and enthusiasm will be invaluable in leading our team forward, working alongside Jacqui.



Pictured: Leesa

## 2. Expanding Diabetes Education

Our team is proud to support the growth of Diabetes Education within our community. Demi, one of our accomplished members, recently had the opportunity to host Luke, an Accredited Exercise Physiologist from Rochester and Elmore District Health Service. Luke's interest in becoming a Diabetes Educator led him to shadow Demi, who is both an Accredited Exercise Physiologist and Diabetes Educator, making her an excellent mentor. We are passionate about fostering Diabetes Education and aim to support other services in doing the same.



Pictured: Luke and Demi

## 3. Nourishing Our Team's Wellbeing

As part of our commitment to staff wellbeing, the Allied Health team organised a heartwarming initiative. We prepared delicious soups for all our dedicated staff to enjoy and savor during their busy workdays. This small gesture not only brings us together as a team but also reminds us of the importance of self-care and taking care of one another.

Thank you for being a part of our journey as we strive to provide high-quality healthcare services to our community. We appreciate your continued support, and we look forward to sharing more updates with you in the future.



## UPDATE FROM KINSLEY, OUR SUPPORTED PLAYGROUP FACILITATOR

Supported Playgroups have been all over the Loddon Shire in term 2, running groups in Pyramid Hill and Inglewood as well as running in home sessions in Wedderburn, Boort, Newbridge, Calivil and Tarnagulla.

### **A supported playgroup differs from a community playgroup in the following ways:**

- Groups are smaller
- Parent focussed
- Ran by a facilitator
- We use the 'smalltalk' sessions to plan and run our playgroups

Supported playgroup in home sessions are great for those parents who cannot make it to their nearest community or supported playgroup for many reasons such as

- unable to drive
- have a newborn baby
- not confident to venture outside yet
- worried about meeting new people
- have more than one child

Supported playgroups and in home sessions are a great starting point to eventually make you feel comfortable and confident enough to join into a community playgroup.



INTERESTED IN COMING ALONG TO A PLAYGROUP?

CONTACT KINSLEY FOR MORE INFORMATION ABOUT A PLAYGROUP NEAR YOU.

5451 0200

SUPPORTEDPLAYGROUP@NDCH.ORG.AU

# Happy National Dental Health Week!



Child Dental Benefits Schedule  
Find out if your kids are **eligible**  
[servicesaustralia.gov.au/child-dental-benefits-schedule](https://servicesaustralia.gov.au/child-dental-benefits-schedule)

# DENTAL HEALTH WEEK 7-13 AUGUST



**Dirran the Kangaroo**

Dirran is the Yorta Yorta word for **teeth**.

dental health  
services victoria  
oral health for better health

## TOP TIPS FOR HEALTHY TEETH

Brought to you by NOCH

### FLOSS!

Flossing is needed to remove the plaque in between your teeth.

### SPIT, DON'T RINSE!

Rinsing washes away the fluoride that helps protect your teeth.

### EAT A RAINBOW!

Healthy meals and snacks are important for healthy teeth.

### DRINK WATER!

Flavoured milk, soft drink and fruit juices can be harmful to teeth.

### VISIT YOUR DENTIST!

Regular check-ups are important.

### BRUSH TWICE A DAY!

It's the best way to protect against tooth decay.

### TRY THE PEARLII APP

Download the PearlII App for FREE it checks for any problems like tooth decay, gum redness, staining, tartar or white spots. It then prompts you to visit your local dentist.



Boort  
District Health

## BOORT DENTAL CLINIC



Dr Diana Aio

**\*Did you know we  
have a new Dentist\***

**FREE Check-ups available for all  
patients**

\*From now until the 30th July 2023\*

Located at Boort District Health, we offer high quality dental services to both Public & Private patients.

Our team will work closely with you through your treatment to make your visit as comfortable as possible.

Appointments available Wednesday - Friday

**NEW PATIENTS WELCOME**

Please contact us on 54515230

or [dental@bdh.vic.gov.au](mailto:dental@bdh.vic.gov.au) to make an appointment



# HEALTHY HEADSPACE SESSIONS

The first healthy headspace sessions started on Wednesday 26th July. These sessions will run every Wednesday for 8 weeks. Young people can attend one topic or all. So there is still time to get involved.

**Bookings: Please call headspace Swan Hill on 1800 975 115 or email [headspace@shdh.org.au](mailto:headspace@shdh.org.au)**



**WHEN: WEDNESDAYS |  
3.45PM - 4.45PM |  
STARTING 26TH JULY**

**WHERE: NDCH KERANG-  
24 FITZROY ST KERANG**

**WHO: ANYONE 12 - 14**

**WHAT: YOUNG PEOPLE  
CAN ATTEND ALL TOPICS  
OR SELECT INDIVIDUAL  
WEEKS**



## **Week 1 - sleeping well: 26 July**

We will cover how to improve your sleep hygiene and the importance of sleep. You will learn strategies on how to get a good night sleep.



## **Week 2 - physical wellbeing: 02 August**

We will discuss how nutrition and exercise help maintain a healthy headspace. Staying active and eating well helps you sleep better, cope better and boosts your mood.



## **Week 3 - building healthy strategies: 09 August**

We will cover mindfulness and relaxation skills that can assist in grounding you, so that you aren't swept away by your emotions such as feeling overwhelmed and stressed.



## **Week 4 - communicating with confidence: 16 August**

This topic aims to help you build assertiveness skills, which can help you communicate in a clear, direct, respectful and honest way in difficult situations.



## **Week 5 - understanding and accepting myself: 23 August**

We learn about our values and strengths and how they shape how we see ourselves. We will explore a range of tools to help understand and respond to body image concerns.



## **Week 6 - healthy thinking: 30 August**

This topic will help you understand how your thoughts impact you. You will learn different thinking styles to assist with your moods and behaviours.



## **Week 7 - understanding and accepting my feelings: 06 September**

This topic aims to help you build some skills and strategies that make it easier to deal with emotions like anxiety, anger, or sadness.



## **Week 8 - get into life: 13 September**

This week will be a whole group celebration built around participants hobbies and interests. You will be able to explore yours and other peoples passions.

# SPEECH PATHOLOGY WEEK

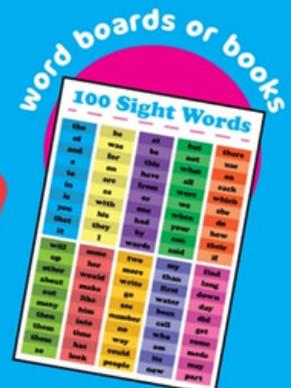
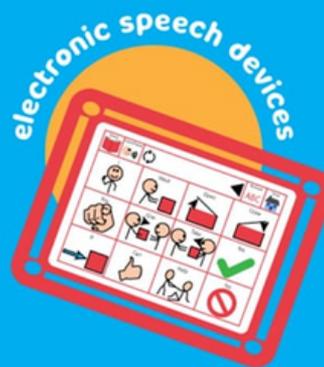
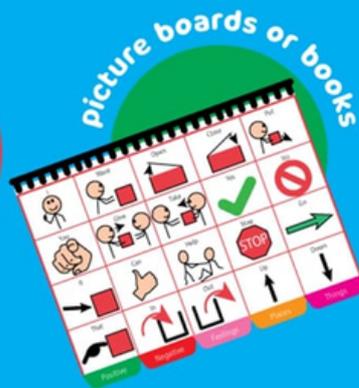
## COMMUNICATING FOR LIFE

Brought to you by  NDCH

### Speech pathologists can work together with children to:

- build their communication and keep them developing
- create communication-supporting learning spaces
- help children with a range of communication needs.
- help children with understanding and using pictures, symbols, signs, gestures, speech sounds, words and sentences
- help children with turn taking and social skills
- help children with building skills for later reading and spelling
- help children with stuttering, voice and feeding difficulties

### People communicate in a variety of ways, including...



2023  
Speech  
Pathology  
Week

Communicating  
**FOR LIFE**

[www.speechpathologyaustralia.com.au](http://www.speechpathologyaustralia.com.au)

### You don't need a referral to see Jacqui our speech pathologist.

Jacqui is a speech pathologist with experience working in primary schools, kindergartens, private practice, and community health settings. Jacqui is enthusiastic about working with children and the adults in their lives to develop strong communication skills. She moved back to the Gannawarra region in 2016 after several years in Gippsland and is excited to be providing support to local communities.



***If you're unsure about your child's progress, check with a speech pathologist. Speech Pathology is available at Kerang, Cohuna and Boort NDCH offices. You can contact NDCH on 5451 0200.***

# NATIONAL DIABETES WEEK

## 9 – 15 July 2023



At NDCH, we have two experienced diabetes educators

DIABETES EDUCATORS CAN ASSIST YOU WITH:

- CARE PLANNING, LIFESTYLE MODIFICATION, DEVICE AND TECHNOLOGY EDUCATION & REGULAR REVIEWS
- CONCERNS WITH YOUR RISKS OF DEVELOPING DIABETES
- UPDATES WITH SELF MANAGEMENT STRATEGIES
- WORRIES WITH YOUR DIABETES MANAGEMENT
- LAUNCHING ENDOCRINOLOGIST TELEHEALTH SERVICE PROVIDED BY BAKER HEART AND DIABETES INSTITUTE



5451 0200



reception@ndch.org.au

## LEARN THE EARLY WARNING SIGNS OF TYPE 1 DIABETES.

Do you know the 4Ts?



TIRED



THIRSTY



THINNER



TOILET

Each year, hundreds of people are hospitalised because the **early warning signs of type 1 diabetes** are missed.



For more information:  
Scan the QR code or visit  
[diabetesaustralia.com.au](http://diabetesaustralia.com.au)



## ARE YOU AT RISK OF DEVELOPING TYPE 2 DIABETES?

To find out if you're at risk of developing type 2 diabetes within the next five years, complete our short **risk calculator** at [diabetesaustralia.com.au/risk-calculator](http://diabetesaustralia.com.au/risk-calculator).

Type 2 diabetes is the **fastest growing chronic condition** in Australia. An estimated **500,000 Australians** are living with silent, undiagnosed type 2 diabetes.



For more information:  
Scan the QR code or visit  
[diabetesaustralia.com.au](http://diabetesaustralia.com.au)





## 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](http://www.ndch.org.au)



### Service Information Booklet:

More information on our services and fees can be found online in our *Service Information Booklet*. Use the QR code.



## WE ARE HIRING

# Current Positions Available

### APPLICANT INFORMATION PACK

- [Community Health Nurse \(RN\) - Casual Backfill](#)
- [Speech Pathologist - Full or Part Time](#)
- [Community Reference Group](#)
- [Generalist and AOD Counsellor](#)
- [Dietitian - Maternity Position](#)
- [Customer Engagement Worker](#)
- [Children and Youth program Facilitator](#)
- [Community Recovery and Resilience Program Facilitator](#)

THE QR CODE WILL TAKE YOU TO THE EMPLOYMENT INFORMATION SECTION ON OUR WEBSITE



## 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](http://www.healthtranslations.vic.gov.au)

Find mental health resources  
in languages other than English



health.gov.au

Need information on mental health support in another language? Whatever your situation, you're not alone.

Whether you're seeking support in language or a translator, Head to Health can help you find suitable digital mental health services and support.

For more information visit  
<https://www.headtohealth.gov.au>



# A recipe from our NEW Executive Support Officer, Shae

## Roasted Vegetable Lasagne with Spinach & Ricotta

### FOR THE VEGETABLES

- 1 medium carrot, chopped
- 2 medium zucchini, chopped
- 1 cup chopped mushroom
- ½ purple onion, chopped
- 1 green capsicum, chopped
- 3 -4 garlic cloves, whole with base sliced off
- 1 tablespoon olive oil
- 3 leaves of torn fresh basil
- salt and pepper

### FOR THE SPINACH AND RICOTTA MIX

- 250g frozen chopped spinach
- 250g ricotta cheese
- 100g cubed feta cheese
- 30g finely grated fresh parmesan cheese
- salt and pepper

### FOR THE LASAGNE

- 400g fresh lasagne sheets
- 750g pasta sauce
- 1 cup grated cheddar cheese
- 30g finely grated fresh parmesan cheese

### Method

1. Place the vegetables in a roasting dish, cover in the olive oil and season well with salt and pepper. Tear the basil over the top of the vegies.
- 2..Roast at 180C for around 45 minutes.
3. While the vegetables are roasting, make pasta sauce (if you are using homemade) and spinach/ricotta mix.
- 4..For the spinach and ricotta mix, defrost the spinach in the microwave.
5. Mix into the thawed spinach the ricotta, cubed feta and parmesan. Stir thoroughly and season with salt and pepper.
6. Layer the lasagne as follows: Pasta sauce on the bottom, then lasagne sheet, ricotta mix, lasagne sheet, vegetables (minus the garlic cloves), lasagne sheet, ricotta mix, lasagne sheet, pasta sauce, cheddar cheese. Finish off with the second amount of parmesan over the top of the lasagne (this helps create a great golden colour and a delicious flavour once it's cooked). I also like to add another dash of cracked pepper to the top for good measure.
- 7..Bake the lasagne at 180C for 30 - 40 minutes, or until the top is golden brown.



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



**NOCH**

**MEDICAL CLINIC**

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**5452 1366**

## DOCTORS

Dr Afolabi Ayeni  
Dr John Shokry  
Dr Megan Belot (currently on leave)  
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)



Pictured: Nurses Sharee and Shannon

## 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](http://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](http://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.



HEALTHY WORKPLACES Achievement Program

We're creating a healthier workplace

