



# NEWSLETTER

## DECEMBER 2022

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Pictured: Margaret Piccoli.



Pictured: Staff with Jane Gilmore.

## Annual General Meeting (AGM)

On the 30th of November we had our 33rd AGM.

At the AGM we were delighted to have Jane Gilmore, author, feminist, journalist and consent educator as our guest speaker. Jane was witty, insightful and thought provoking about how we as a community can be the change to prevent and end family violence.

Jane highlighted the importance of letting both boys and girls know equally that it's OK to express and discuss their feelings and emotions including crying when sad. Jane talked about the importance of educating children around consent and discussing the myths of pornography with young men. Jane said that by supporting boys and young men to be vulnerable with their feelings from a young age we allow boys to develop into well-adjusted adults.

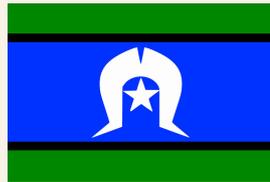
You can find the recording to the AGM on our Facebook page and the Annual Report & Quality Account on the NDCH website.

# 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.

DECEMBER 2022



## Meet Sue

Support Carers Facilitator

## Support for Carers Program

### Would you like to meet other carers and share your experiences?

The carer support group allows unpaid carers to meet regularly to socialise, share information and offer each other support. The group is a way of providing emotional and social support and provides a connection with other carers who may have similar experiences.

The group is a safe space to share your stories where there is no judgement, only a willingness to support each other. The facilitator can provide members with information on local services and arrange guest speakers on topics of interest.

### Is there a fee?

This is a free service.

### Who is eligible for this service?

The group is open to unpaid carers providing care for a family member, friend or neighbour.

### How do I join?

Call NDCH (03) 5451 0200 and speak with Sue - Support for the Carers Facilitator. Sue is available Monday, Tuesday & Wednesday.



**AFTER**  
*28 years*

## **LIFE GOVERNOR MARGARET PICCOLI IS RETIRING**

Inaugural Life Governor and Board Director Margaret Piccoli announced her retirement at the NDCH Board meeting in November 2022. Margaret has served as a Board member for the past 28 years and has held the positions of Board Chair, Deputy Chair, Treasurer and Art buyer. Her unwavering commitment to our local community and diligent stewardship has positioned us well for the future. Margaret is a successful livestock farmer (sheep and goat) and business woman. A lover and collector of Art, Marg has purchased local art for NDCH for many years. A strong leader, tenacious, and supportive, Margaret has used her passion about the value and importance of community health from her lived experiences to elevate and advocate for better rural health equity. Margaret will be very missed - indeed it is the end of an era. Her legacy is great as NDCH goes from strength to strength, on the vision of this strong, accomplished, pioneering woman.

-Mandy Hutchinson CEO

We were saddened to accept the retirement of Margaret Piccoli from the Board. Marg has been a board member for 28 years and is a life governor of NDCH. Marg has been a tireless advocate, supporter and steward for our organisation and the legacy she leaves is significant. I am so grateful to Marg for her support, encouragement and kindness. From the moment I started on the NDCH board 5 years ago, she has shared generously her experience, inspired me with her passion and instilled in me a deep sense of the honour, responsibility and privilege it is to be a part of the leadership team. There have been difficult conversations and hard decisions over the years and I have learned a huge amount from Marg in this space. We will miss her candour, humour and support hugely. She is a part of the fabric of this organisation and the art that lines our walls. Thank you Marg - and we know you will continue to support NDCH and the work we do - just in a different way.

-Meghan Stewart NDCH Board Chair

# ENDING FAMILY VIOLENCE IS EVERYBODY'S BUSINESS.

Each year between 25 November and 10 December, Northern District Community Health work with local agencies to host the 'Gannawarra Goes Orange' and 'Loddon Lights up Orange' campaign. The campaign supports the 16 Days of Activism against gendered based violence. The community are invited to participate in conversations and activities that help promote respectful relationships, gender equality and positive attitudes towards girls and women.

Small Businesses, schools and community members across the shire are coming together to talk, learn and advocate for change.

Please join us by having conversations about violence against women and children, talk with your family about what respect looks like and sounds like, discuss why gender equality and breaking down gender stereotypes is important. Together we can become part of the change!



# GIVING ACCOUNT FOR LOCAL FLOOD ASSISTANCE

The Gannawarra Giving Account has been reactivated to assist with the community's recovery from the October-November 2022 floods.

Initially created by Northern District Community Health and the Gannawarra Resilience Committee - a group consisting of 28 agencies working together to ensure planned and coordinated community support across the Gannawarra Shire - the account will support initiatives that help rebuild community connections and assist individuals affected by the floods.

"The Gannawarra's recovery from the October-November 2022 floods will take many months and any support that residents can receive will be pivotal," Mayor Charlie Gillingham said.

"The Gannawarra Giving Account helped many residents as they endured the 2018/19 drought, and my fellow Councillors and I hope the account is supported by the wider community following the flood emergency."

Managed by Northern District Community Health, all donations over \$2 are tax deductible.

"The primary purpose of the Giving Account is to provide assistance such as funding for uniform, equipment or fees to ensure inclusion into school, sport and recreation opportunities for children or anything else needed to meet other individual and community needs," Northern District Community Health Chief Executive Officer, Mandy Hutchinson said.

"With Christmas less than four weeks away, people who prefer to donate to a charity during the festive period are encouraged to support their local residents and donate to the Gannawarra Giving Account."

For more information or to make a tax deductible donation to the Gannawarra Giving Account, visit [www.givenow.com.au/gannawarragivingaccount](http://www.givenow.com.au/gannawarragivingaccount) or [www.ndch.org.au](http://www.ndch.org.au)

**Help the community  
recover from the  
floods**



**GANNAWARRA  
GIVING ACCOUNT**



The Gannawarra Giving Account is a partnership approach to support initiatives that help rebuild community connections and assist individuals affected by the floods.

**To donate:**

<https://www.givenow.com.au/gannawarra-givingaccountfloods>

or scan the QR code



## Meet Rachel & Claire

Mental Health First Aid Facilitators

*"Very worthwhile and relevant course for not only my professional life but my personal life also. Highly recommended".*  
Devina



### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



### HOW DO I SIGN UP?

Ring NDCH Reception on 5451 0200 or book here: [www.ndch.org.au/events](http://www.ndch.org.au/events).  
Limited to 20 spots.

**DATES:** Wednesday 11th and 18th Jan 2023

**TIME:** 9am-4pm

The course is being provided free of charge, funded by Community Health.

**VENUE:** NDCH Kerang, activity room 1

**FACILITATORS:**

Rachel Weaver

Claire Gillen



*Lunch and refreshments provided*

# Merry Christmas

NDCH send their best wishes to everyone this Christmas and New Year. Unfortunately many people will be spending this holiday season cleaning up and rebuilding after the floods, let's give them the gift of support this Christmas by checking in on our friends, family and neighbours. During this time you might find yourself needing some extra support, at NDCH we have a trained team of counsellors who can help you in this challenging time.

**Give us a call on 54510200 for free support.**

## Occupational Therapy

The role of an occupational therapist is to help maintain your independence.

### We can help provide solutions for you if you are having difficulties with the following:

- Showering
- Toileting
- Dressing
- Accessing your home and the community
- Sleep
- Eating
- Meal preparation
- And much more!

### How do I get a referral?

If you are under 65 years old:

- Referral by GP
- Or client advisor

If you are aged over 65 years:

- Call My Aged Care (MAC) 1800 200 422 and register stating that you want occupational therapy.
- Or client advisor

If you would like to speak to one of our occupational therapists, please call NDCH on 5451 0200.

### Some of our recommendations include:

- Grab rails
- Ramps
- Education e.g. energy conservation, pain management
- Equipment e.g. shower stool

### What is the cost?

Concession - \$10

Full fee - \$20



Amber



Anna

Meet the  
community  
health OT  
team

# JAPANESE ENCEPHALITIS VIRUS (JEV) VACCINATION CLINICS



Gannawarra Shire and North Loddon residents eligible to receive a Japanese Encephalitis virus vaccine can now access the vaccine through local immunisation providers for free. Call to make a booking.

**NDCH Medical Clinic**

Ph: (03) 5452 1366

**Boort Medical Practice**

Ph: (03) 5451 5220

**Kerang Medical Clinic**

Ph: (03) 5450 8060

**Ochre Medical Centre Cohuna**

Ph: (03) 5456 2609

**Gannawarra Shire Council**

Ph: (03) 54509333

**Bendigo Health are running outreach vaccinations for COVID 19 and Japanese Encephalitis. All outreach services are free and no bookings are required. Please bring your Medicare card and a form of photo ID.**

## **Boort**

**Date:** Tuesday 20 December 2022

**Times:** 12.30pm-4pm

**Venue:** Boort Senior Citizens Centre

**Address:** 30-44 Godfrey Street, Boort  
VIC 3537

## **Pyramid Hill**

**Date:** Thursday 8 December 2022

**Times:** 12pm-4pm

**Venue:** Pyramid Hill Memorial Hall

**Address:** 30-32 Kelly Street, Pyramid  
Hill VIC 3575

**You can reserve a spot by going to**

[https://bendigohealth.org.au/outreachvaccination/.](https://bendigohealth.org.au/outreachvaccination/)





# Mental Health Carers Group

*Talking about whats going on with others can help.*

**When:** First Monday of the month excluding January

**Where:** Northern District Community Health  
16-30 Fitzroy St. Kerang.

**Time:** 1.30pm

**Contact:** Sue - NDCH Carer Support Program Facilitator if you would like to register or have a question 5451 0200

**Eligibility:** If you care for someone with a Mental Health condition and live in any of the following shires: Gannawarra, Buloke, Swan Hill & Loddon. No referral required.

The group allows for a safe, caring, confidential and supportive environment to gather and share stories.

## **Support Groups can help you in many ways:**

- Feeling less lonely, isolated or judged
- Ability to talk openly & honestly about your feelings
- Offering a safe place to speak up about frustrations associated with Mental Health
- Listen to others and share experiences

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



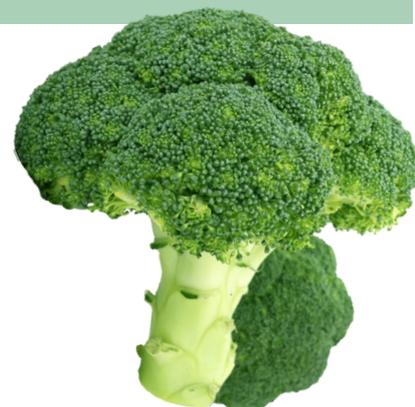
# NDIS Support Coordinator, Michelle's favourite recipe.



## Broccoli Salad

### Ingredients:

- Broccoli
- Bacon Pieces-one cup of cooked bacon pieces
- 1 Egg to make Egg Mayo
- 1 teaspoon of Mustard
- 1 cup of oil
- 1 tablespoon of Vinegar
- Sunflower
- Pine Nuts



### Step by Step

There are a few steps involved in making this pink broccoli salad come to life

#### Mayo

1. Beat one Egg Yolk until Fluffy
2. Add 1 teaspoon of Mustard and slowly add 1 cup of Oil 1 Tablespoon of Vineger

#### Salad

1. Cut up broccoli into Flowerets and cook till just tender. Mix Through bacon pieces and ½ cup of Mayo
2. Leave in Fridge overnight and then add More Mayo pine nuts and sunflower seeds as per liking

Pictured: NDIS Support Coordinator, Michelle.

***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 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  
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](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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\*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

