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A 6 WEEK PROGRAM THAT PROVIDES INDIVIDUAL EXERCISES AND DIFFERENT EDUCATION TOPICS EACH WEEK.

Pictured: Our Exercise Physiologist Demi with a client.

Healthy Hearts & Lungs Program

Our Healthy Hearts & Lungs Program supports people who have a heart or lung condition or be at a high risk of developing these conditions. This includes but is not limited to; heart attack, stents, COPD, Asthma, type 2 diabetes, high blood pressure and obesity.

Making necessary lifestyle changes can be hard, our accredited exercise physiologists understand and can help you get moving, live independently and live a happy, healthy life!

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

Location of Service: We have classes running weekly in Kerang, Cohuna and Boort

Is there a fee for this service? it is FREE

More photos of the Healthy Hearts & Lungs staff and program on page 3.



Pictured: Dill the dog, back working at NDCH in our Counselling 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.

FEBRUARY 2023

WE ARE PROUDLY
SUPPORTING



COMMUNITY HEALTH FIRST

www.communityhealthfirst.org.au



Northern District Community Health is proud to be joining all 24 registered community health services across metropolitan, rural and regional Victoria as partners in the Community Health First campaign.

In 2023 we are celebrating our 50th year of community health in Victoria, and we're calling on Government to make sure we can continue providing world-class primary and community-based care to Victorians.

To learn more about the campaign, head to

WWW.COMMUNITYHEALTHFIRST.ORG.AU



Healthy Hearts & Lungs Program

Meet the team



Lachy Martini
Healthy Heart and
Lung Facilitator



Demi Guy
Healthy Heart and
Lung Facilitator



Nikki Barraclough
Healthy Heart and Lung
Support Worker

Photos from the program:



**GIVE US A CALL
ON 5451 0200
TO LEARN
MORE**

Let's move

SURVEY

We surveyed

556

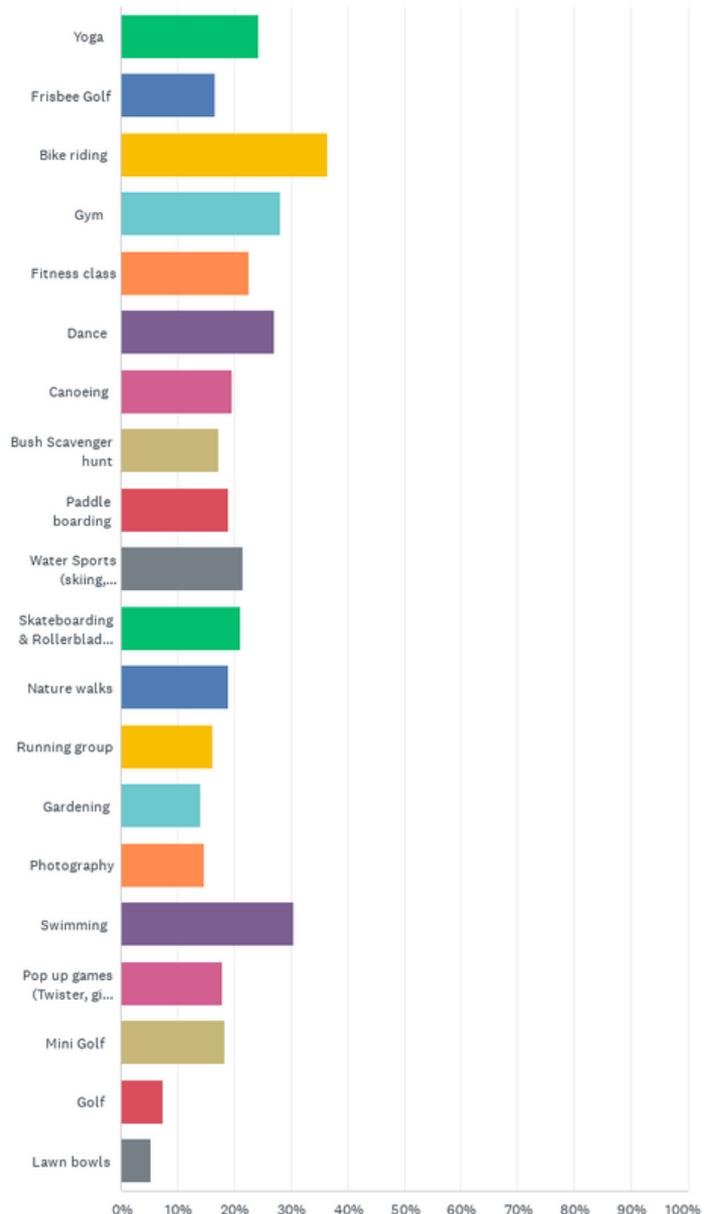
children and young people.

We surveyed 556 children and young people to see what physical activities they would like to do. The survey was for all children and young people who live in Gannawarra and North Loddon. We recommended parents of children 5–12 discussing the survey with their children.

Bike Riding, Swimming, and Gym were the most popular choices of activities kids and young people would like to do (but it was very close!) We're excited to use this data to work with schools, community groups and individuals to create opportunities for children & young people to be active.

We would like to acknowledge the VicHealth Jump Start grant for supporting our work.

Q5 What activities would you love to do? (pick as many as you like)



YOU'RE INVITED TO JOIN

NOLEN'S PARK

PARKRUN

BREAKFAST

FREE



When:

SATURDAY FEB 11TH AT 8AM



Where:

Starting at Nolen's Park, Boort near the exercise equipment



What:

JOIN US FOR A HEALTHY BREAKFAST AFTER PARKRUN



It's healthy lunchbox week, 1 of 3 lunchboxes to be won for children and young people.

PROUDLY SUPPORTED BY



EVERYONE WELCOME

FIND US ON FACEBOOK @nolensparkparkrun
OR ONLINE www.parkrun.com.au/nolenspark/



NOLEN'S PARK parkrun BOORT

Everyone welcome-
we cater for walkers & runners

START YOUR PARKRUN STORY



I STARTED PARKRUN...

BECAUSE I WAS ASKED TO HELP VOLUNTEER. NOW I REALLY ENJOY IT AND I LIKE TALKING TO ALL THE PARTICIPANTS. IT'S ALSO A GREAT WAY TO START THE DAY, GET'S ME UP AND GOING!

LYNETTE- BOORT



I STARTED PARKRUN...

BECAUSE OF THE SOCIAL INTERACTION. IT'S ALSO A TIMED EVENT SO I CAN TRACK MY PROGRESS AND FITNESS EACH WEEK WHICH GIVES ME THE INCENTIVE TO GET OUT OF BED.

GILES CUNNINGHAM- BOORT



I STARTED PARKRUN... AFTER SOMEONE ASKED ME IF I WANTED TO TURN UP TO THE TRIAL. I HAVEN'T LOOKED BACK.

DAVID MEADOWS- BOORT



I STARTED PARKRUN... BECAUSE IT'S A GREAT WAY TO MEET PEOPLE IN THE TOWN AND GREAT COMMUNITY EVENT TO SUPPORT.

NICOLA LEHMANN- BOORT



Bringing Up Great Kids

Date & Time:

Six sessions on Wednesdays
Wed 15th Feb - Wed 22nd March 23
10.30am – 12.30pm

Venue:

Northern District Community Health
16-30 Fitzroy St, Kerang VIC

Cost:

Free

Contact:

Wendy Ockers 50 363 200
wendy.ockers@anglicarevic.org.au

Overview

A parenting program for building good relationships with children. The Bringing Up Great Kids parent program is a fun 6-week group that focuses on how parents communicate with their children. It offers opportunities for parents to learn about how children understand and use messages from their parents in their own development. This parenting program combines a reflective mindfulness based approach to parenting with a focus on the emotional and developmental needs of children.

Program Content

The Bringing Up Great Kids program supports parents and carers to explore:

- Learn more about the origins of their own parenting style and how it can be more effective.
- Consider the relationship between a child's stage of neurological development and their behaviour.
- Identify important messages they want to convey to their child and how to achieve this.
- Understand the messages that children communicate to their parents and how they do this.
- Discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be.
- Learn about the importance of building self-esteem in children.
- Discover ways for parents to take care of themselves and to find support when they need it.





Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING



A FREE six session
parenting program for
parents and carers
of young people

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent.

Details:

When: Commencing Wednesday 22 February for six weeks

Where: Kerang Library (1-3pm) or headspace Swan Hill (5:30-7:30pm)

Register: headspace@shdh.org.au or 1800 975 115

WE'RE ENCOURAGING THE COMMUNITY TO HELP NOMINATE FOR LUNCH ON US |

We welcome nominations of small businesses you think would love a lunch on us.

Nominate a farmer, tradie, hairdresser or any small business who may be too busy to nominate themselves by using the QR code or going to the NDCH Facebook page.

Requirements:

- small businesses (max of 20 people) in Gannawarra
- Farmers who have been impacted by the floods will be prioritised and lunch will be delivered if unable to pick up

SMALL BUSINESS
MATTERS
IN GANNAWARRA

WE'RE BACK
FOR SUMMER

REGISTER FOR
LUNCH ON US!

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



Kerang Neighbourhood House
Cohuna Neighbourhood House
Quambatook Resource & Information Centre



JOIN OUR HEALTH PROMOTION TEAM



Tanya
Health Promotion
Team Leader



Rachel
Health Promotion
Worker



Emily
School Focused Youth
Services Coordinator



Matt
Youth Health
Promotion Worker



Molly
Youth Program
Assistant



Casey
Indigenous Children's
Program Coordinator

COME WORK WITH US: Health Promotion Worker

We are seeking to employ a Health Promotion Worker for up to 5 days a week. The successful applicant will work on preventing ill health in Gannawarra and Loddon Shires focusing on Mental Health, Active Living, Healthy Eating and reducing smoking and Family Violence. This role requires a person who can work independently on projects while being collaborative with other NDCH team members and partner organizations. For more information, please visit our website

UPDATE ON PCR TESTING |

NDCH will no longer be completing COVID PCR Swabbing. Those who need a PCR test will need to visit a GP respiratory clinic or have a GP referral to a private pathology provider.

Rapid Antigen Tests are still available at NDCH for people if needed while our stocks last.

You need a GP referral for a PCR test



BlazeAid

**Helping Communities Rebuild
After Natural Disasters**

BlazeAid is desperately seeking local volunteers who can assist with repairing fences on flood-affected properties throughout the Gannawarra.

Whether you can assist for few hours or a number of days, any assistance will help residents impacted by the floods.

If you can help, please call in to BlazeAid's base at Alexandra Park, Kerang or phone Council on (03) 5450 9333.

Rural Business Connections

Two day social media masterclass



KIMBERLEY FURNESS
OAK MAGAZINE



MICHELLE CAIL
GINGERHOUSE PHOTOGRAPHY

DATE: 15TH AND 16TH FEB **TIME:** 10AM-4PM **WHERE:** BOORT INFORMATION & RESOURCE CENTRE

Join Rural Business Connection's Two Day Social Media Masterclass with social media expert Kimberley Furness from OAK Magazine and photographer Michelle Cail from Gingerhouse Photography, where you will learn all things Instagram, Photography, and a little bit of Facebook.

You will also get a couple of professional photographs for you to use in your social media (2-3 images).

Rural Business Connections have a limited number of spots available to provide this training, usually over \$700 per person COST FREE as this project has been funded by the Australian Government under the Murray-Darling Basin Economic Development Program.

This training is for intermediate users of Facebook and Instagram who are already using social media and is hands on learning (please bring your smart phone).

Tickets are cost free for small businesses, farmers, those thinking of starting a business, community group members or volunteers from Cohuna, Kerang, Pyramid Hill, Boort or any of our service areas. There is also a low cost option if you live NEARBY one of these areas.

Day 1

- Professional product photography (bring in your products and get 1-3 professional photos taken for you to use OR you can have your portrait taken on Day 2)
- Optimise your Instagram and Facebook Accounts
- What's new for social media
- Photography - hands on session with Gingerhouse Photography learning how to take product photos with your smart phone
- Questions and open session with presenters

Day 2

- Individual portraits (to be booked on Day 1)
- Instagram - Intermediate level - insights, reels, stories, Unfold App
- Facebook
- Planoly social media scheduling tool
- Open session to chat to presenters

Contact Dianne Johnstone from Rural Business Connections for any further information on 1300 769 489 (Rural Business & Community) available Monday to Thursday.

PLEASE NOTE ALL WORKSHOPS WILL RUN IN LINE WITH THE GOVERNMENT'S CURRENT PUBLIC HEALTH ADVICE AVAILABLE HERE

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

Translated information about health and wellbeing

Do you need reliable translated health and wellbeing information?

Visit:

healthtranslations.vic.gov.au



Information for you and your family

Health Translations is a free online library of high-quality translated Australian health and wellbeing information. If you or a family member has a health issue, you can search the Health Translations website to find resources in your language.



Great for health practitioners

We have a section for health professionals and service providers, with practical tools to support your work with clients from culturally and linguistically diverse backgrounds.



Our purpose

We aim to improve the health of people from culturally and linguistically diverse backgrounds by providing access to quality translated health information.



Reliable information

All resources are of a high standard and provide reliable translated health information. Each resource has been produced in Australia, translated by a NAATI-accredited translator*. Resources are regularly reviewed to ensure quality and accuracy.

*National Accreditation Authority for Translators & Interpreters



Our Podiatrist, Izzy's favourite recipe.

Carrot and orange soup

Ingredients:

- Extra Virgin Olive Oil
- Onion (can use Leek)
- Garlic or Chasney Estate Garlic Infused Extra Virgin Olive Oil
- Carrots
- Orange zest and juice
- Stock of your choice (vegetable or chicken bone broth)
- Salt and pepper to taste.



Pictured: Our friendly podiatrist, Izzy.

Instructions

1. Saute the onion and garlic in EVOO (extra Virgin Olive Oil) until soft.
2. Add in chopped peeled carrot pieces roughly the same size.
3. Add some of the stock and cook until soft.
4. Add more stock and blend with an immersion blender, or cool slightly before adding to a food processor.
5. Add more stock if you prefer a thinner soup.
6. Add the orange rind and the juice ,add the amount according to your taste .
7. Add further seasoning if required, like more salt and pepper.
8. Enjoy hot or cold with crusty bread.
9. Sprinkle with toasted pumpkin and sesame seeds as a garnish.

"This soup is lovely hot and cold, especially in summer"- Izzy.

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

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

