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Pictured: Health Promotion Workers, Sourav and Rachel at the Cohuna Farmers and Makers market.

VicHealth JumpStart grant success

The Health Promotion team have been busy creating safe, welcoming and inclusive spaces for children and young people to be active in Gannawarra and North Loddon.

Last year Northern District Community Health were 1 of 123 community organisations who received a VicHealth JumpStart grant to create a healthier future for young people.

The project has achieved lots of wonderful outcomes and delivered a range of free activities over the past year including:

- Teen Gym in Boort, Kerang, Cohuna and Koondrook
- Hapkido in Pyramid Hill
- Yoga in Leitchville, Kerang, Cohuna and Koondrook
- Fiit Kids in Kerang and Murrabit
- Rock Climbing plus outdoor games at the Cohuna Farmers and Makers market and Murrabit Country Market
- Laser Tag and outdoor games at Pyramid Hill
- Youth Consultations in Boort, Kerang and Cohuna
- YACVic Youth Participation 101 training
- StoryWalks in Cohuna and Kerang

Pictures on page 2



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.


JULY 2023



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PHYSIOTHERAPY

for families and children from birth to 17 years old

Brought to you by  NDCH

Physiotherapy is available for children who may have difficulty with things such as;

- Rolling
- Sitting
- Crawling
- Walking
- Running
- Balance
- Coordination
- Gross motor skills – these include, throwing, catching, kicking, jumping, hopping, skipping, climbing, bike riding and/or playing sport.

Physiotherapy is available for children with a wide variety of conditions including, but not limited to;

- Cerebral palsy
- Developmental delay
- Down syndrome
- Acquired brain injuries
- Cystic fibrosis
- After Surgery or illness
- Toe walking
- Autism Spectrum disorder
- Duchenne Muscular dystrophy
- Neurological conditions and genetic disorders

Physiotherapy works with families to give children the opportunity to improve their health and wellbeing and their participation in everyday activities.

Physiotherapy can include:

- Therapy in your local clinic
- Assistance in finding the right equipment needed to support children to be more independent and able to participate in things they enjoy.
- School, kinder and childcare visits
- Goal directed and family focused therapy in the home environment
- Community based therapy (parks, gyms, pools etc)

Katie is able to travel to you and your child for physiotherapy services.

Katie completed a Bachelor of Health Science and a Masters of Physiotherapy at Latrobe University in 2016. Katie has since worked and trained across a range of health services including, The Royal Children's Hospital, Monash Children's Hospital, the Victorian Paediatric Rehabilitation service and St Vincent's Hospital Melbourne.



Physiotherapy is available for all children

Referrals can be from parents or a healthcare professional.

Please call 5451 0200 or email referrals@ndch.org.au

Any children with Physiotherapy in their NDIS plan, referrals can be sent to NDIS@ndch.org.au

Outstanding Contribution to Rural Allied Health finalist



Virtual Gala Event
27 June 2023



We are thrilled to announce that our very own Jacquie Minnis has been nominated and was a finalist for The Victorian Rural Health Awards 2023 for her Outstanding Contribution to Rural Allied Health.

Jacquie has worked at Northern District Community Health for 7 years as a Speech Pathologist and, in addition, has also held the role of Allied Health Team Leader. Jacquie's commitment and contribution has made a lasting impact on the lives of individuals and families. She is highly valued by clients, team members and partners. We are proud to have Jacquie on our team, please join us in wishing her all the best for the awards!



MURRAY RIVER CULINARY CHALLENGE

Our Health Promotion Team Leader, Tanya had a wonderful time on Wednesday 14th June at the Murray River Culinary Challenge. Tanya was one of the two Judges, the other being Anna Steicke from LLEN.

Six students from Kerang Tech High School's VET kitchen Operations and VET Cookery classes competed in the Murray River Culinary Challenge. Of this six, two go forward to the next level in Swan Hill on the 14th August. All students did an outstanding job completing 3 courses in just over 3 hours with the clean up done as well.



WOMEN RISING

EMPOWERING FLOOD RECOVERY IN COHUNA

Innovative, creative and engaging focus groups, documenting women's experiences of flood recovery to build understanding, and advocate for the needs of women and girls in our region.

Wednesday 19 July, 11am-2pm

NORTHERN DISTRICT COMMUNITY HEALTH
3 King Edward St, Cohuna



Women Rising: Empowering Flood Recovery in Cohuna and Boort is a community event for women to reflect on their experiences of the 2022 floods.

Participation will include an informal shared group craft session, followed by focus group discussion. (No prior crafting experience or skills necessary. The activities will be open and accessible for all women.)

By hearing from local women, Women's Health Loddon Mallee will build greater understanding around women's experiences, to be able to effectively advocate for the needs of women and girls in disaster planning and response efforts across our region.

Reimbursement: Each participant will receive \$180 for their involvement in the session.

A light lunch and refreshments will be provided.

Sessions are limited to 10 people. Registration is essential.

Booking QR code Cohuna:

Wednesday 19th July, 11am-2pm



Booking QR code Boort:

Tuesday 11th July, 11am-2pm



FREE TRAINING TO HELP YOU HELP OTHERS.

Gannawarra Shire Council and **Northern District Community Health** (NDCH) have worked with the Department of Health to host a free **Phoenix Australia** community mental health session at NDCH's Kerang office on Wednesday, 2 August 2023 from 9am-1pm.

This four-hour session is designed for community members from across the Gannawarra who are having conversations, or working with people who may need additional mental health and wellbeing support.

Whether you work in a local business, as a volunteer, or are just interested in how to support neighbours and other community members, this short training opportunity may be what you need.

Catering will be provided and participants will receive a local wellbeing pack.

Participant numbers are capped at 25 so be quick to register. Register via QR code below



Hosted by:





ROSI IS BACK FROM LEAVE!



We are excited to welcome Rosi back to NDCH after 6 months of leave.

Rosi is our Community Health Nurse and a trained agricultural health clinician.

Farmers, farming families and people who work in farming can book in for a FREE AgriSafe Clinic for a comprehensive health check with Rosi. Rosi will assist you to:

- Understand your current health status and how to improve it.
- Learn how to keep you, your family and your workers safe.

*AgriSafe Clinics are free & confidential, and available for men and women who work in farming.

AGRISAFE CLINICS

For farmers, farming families and people who work in farming.

The Health check includes:

- Blood glucose testing
- Cholesterol testing
- Blood pressure check
- Body mass index calculation
- Respiratory testing
- Hearing screening
- Skin examination
- Urine testing
- Pesticide exposure testing
- Testing the fit of your mask or respirator
- Occupational risk
- Vision testing

FREE SERVICE. By appointment only.

Info@ndch.org.au

5451 0200

www.ndch.org.au



-Rosi, Community Health Nurse

If you're looking for something to listen to while driving the tractor, look no further than the campfire podcast led by National Centre for Farmer Health.

Find the podcast via the QR code.



Professional, confidential care.

5451 0200

www.ndch.org.au



Hi!

I have just joined the Community Support team at Northern District Community Health, as a student counsellor, before I graduate. I am able to provide a high level of support, in a safe space that is free of judgement. In this space you are very welcome to share your story and any personal and emotional challenges you may be experiencing.

Before retraining to become a counsellor, I worked in schools as a teacher and manager. I had the privilege of helping to support the mental health and wellbeing of young people. I also collaborated with their parents and caregivers to devise ways to support student needs at home. The joy I found in doing this helped inspire my career change.

I grew up in regional NSW, and while I have given city life a go, I have learnt that living in regional Victoria is the right fit for me.

I like to think that I'm a good listener and collaborator; I was as a teacher, and will continue to do so as a counsellor. If you would like support in achieving your goals and are 18+ then please get in contact. These goals may include things like exploring how to manage stress, relationship issues (for example, developing strategies, as a parent, to support students in your life), or finding ways to overcome feelings of loneliness. I can also collaborate with you to help strengthen your sense of self, or find ways to improve your mental health.

If you feel like I could be of help, then please get in contact with NDCH to see if I am the right fit for you.

Grant

HEADSPACE ROUND- NORTH CENTRAL LEAGUE

Teammates anticipate each other's next move and are always on the lookout for each other on the field and court. headspace Swan Hill are encouraging that this happens off the field by checking in with mates and continuing to have important conversations about how you are going off the field or court.

A big congratulations to all the clubs involved in the headspace round over the last few months.

Pictured: Health Promotion Team Leader, Tanya helping spread the message at the Birchip V Boort match. Podiatrist Emma winning the headspace round match ball and Youth Program Assistant Molly winning the match day hockey stick



WOMEN IN THE WARRA WOMEN, WORKBOOTS & WELLNESS

Join local farmer and wellbeing coach, Katrina Myers and Northern District Community Health CEO, Mandy Hutchinson for a ladies long lunch.

Attendees will also be in the running to win a pair of their favourite boots and an afternoon tea for your favourite local club.

Bookings are limited to 100 people, with all Gannawarra women welcome.

Booking link:

<https://www.trybooking.com/CJMMX>



Women in the Warra
Women, Workboots & Wellness

WE'RE FLASHING UP THE BEAUTIFUL TREE TOPS LODGE FOR A LADIES LONG LUNCH, SOME LAUGHS AND...SERENITY.

WITH

Katrina Myers & **Mandy Hutchinson**
BARHAM AVOCADOS & NDCH CEO

WIN
A pair of your favourite boots and afternoon tea on us for your favourite local club!

What else?
- Live acoustic music
- Catering by Long Paddock Foodstore Koondrook
- Wellbeing gift

Katrina Myers is a local farmer and wellbeing coach who is on a mission to teach rural women with big dreams how to go from survive to thrive so they can live the life they truly desire. Come along and be inspired:
<https://www.katrinamyers.com.au/>

Tree Tops Scout Camp
Spences Bridge Road – Koondrook
WEDNESDAY
26 JULY 2023
11.30AM-3.00PM

NO COST, BUT BOOKINGS ESSENTIAL
Limit of 100 tickets. Open to all Gannawarra Women
<https://www.trybooking.com/CJMMX>
OR PHONE NDCH 5451 0200

NOCH **GANNAWARRA**
Rural General

THIS PROJECT IS MADE POSSIBLE WITH A GRANT FROM WOMEN'S HEALTH LODDON MALLEE, THE VICTORIAN GOVERNMENT DEPARTMENT OF FAMILIES, FAIRNESS AND HOUSING, AND GANNAWARRA SHIRE FLOOD RECOVERY FUNDING.

KERANG PARKRUN - NANNA AND GRANDSON DUO

Name: Judy Wilkinson 60yrs

Number of parkruns: I have been attending since Kerang regional parkrun inception.

- 14 at 2 locations
- 3 years parkrunning
- parkrun birthday 18 January 2020.

Judy has achieved 2 Palindromes finish times of 54:45mins & 55:55mins which is not an easy achievement

Number parkruns volunteering: 53 times in 8 different roles on 44 occasions.

Park run goal: to get to my 50th parkrun volunteering achievement.

What do you love about parkrun: I enjoyed attending as a participant due to injury I no longer take an active part in parkrun however due to the comradery, friendships and social aspects I still regularly attend and actively contribute my time as a volunteer

Favorite volunteer roles: I most like the barcode scanning

Name: Blake Williams 12yrs

Number of parkruns: 13 parkruns

- best position 1st
- Park run birthday 6 May 2021

PB : 30:01mins

What do you love about parkrun: Breakfast & I attend with my Nanna

** Please remember that children under 11yrs need to be accompanied by an adult



COVID-19

Is it time to top up your COVID-19 protection?

If you're 18+ and it's been 6 months since your last COVID-19 vaccine or infection you can get a booster dose now.

Find more information on topping up your COVID-19 protection and where to book your booster at www.health.gov.au/top-up-covid-19-protection or via the QR code



TOP UP YOUR COVID PROTECTION



DID YOU KNOW?

THERE IS A NEW ROUND
OF THE VIC STATE GOV

\$250



POWER SAVING BONUS

SCHEDULED TO REMAIN OPEN UNTIL 31 AUG 2023

YOUR LOCAL NEIGHBOURHOOD HOUSE CAN HELP YOU APPLY FOR YOUR POWER SAVING BONUS

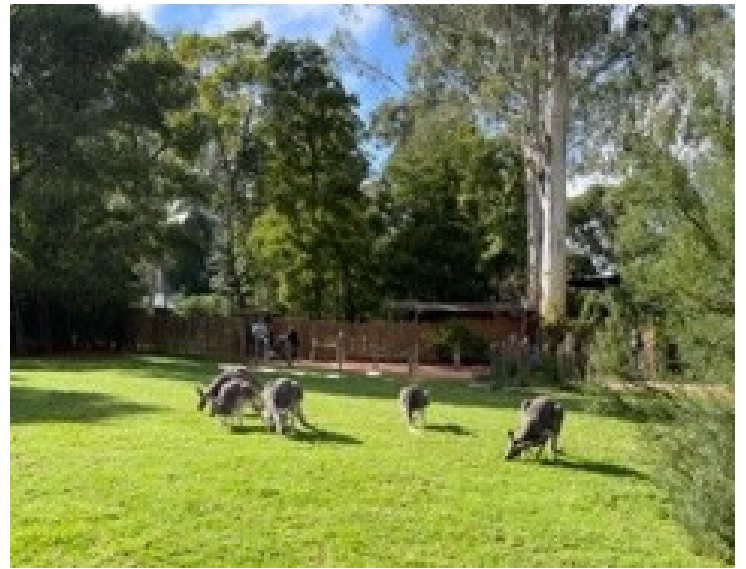
Drop in or call

- **Kerang Neighbourhood House** - 11 Scoresby St, Kerang VIC 3579
Ph: [\(03\) 5452 2522](tel:(03)54522522)
- **Cohuna Neighbourhood House**- 29 Market St, Cohuna VIC 3568
Ph: [\(03\) 5456 4666](tel:(03)54564666)
- **Pyramid Hill Neighbourhood House**-
Unit 5-8/43 Kelly St,
Pyramid Hill VIC 3575
Ph: [\(03\) 5455 7129](tel:(03)54557129)
- **Boort Resource and Information Centre** -
119-121 Godfrey St, Boort
VIC 3537
Ph: [\(03\) 5455 2716](tel:(03)54552716)
- **Quambatook Information and Resource Centre** - 8
Guthrie St, Quambatook
VIC 3540
Ph: [\(03\) 5457 1220](tel:(03)54571220)

MT EVELYN CAMP- TK FAMILIES

In April, our Indigenous Program team organised a camping trip to Mount Evelyn. The camp began with a warm "Welcome to Country" and a smoking ceremony led by a local elder. During the ceremony, the elder explained the importance of native plants, purification rituals, and the connection to the land. This allowed everyone to become more familiar with indigenous traditions and heritage.

The camp was filled with enjoyable activities, including a movie night, hiking along nature trails, and exciting adventures such as a giant swing and a high ropes course. The outing concluded with a visit to Healesville Sanctuary, where everyone had the opportunity to explore and learn about wildlife. Overall, it was a fun and memorable experience for all the participants.



NDIS SUPPORT COORDINATION

DO YOU HAVE AN NDIS PLAN?

DO YOU HAVE SUPPORT COORDINATION IN YOUR PLAN?

What do Support Coordinators do you ask?

- Help you understand your NDIS plan
- Support you to find supports within the area
- Help connect you in with services

Get in touch with our Customer Engagement team and ask to speak with one of our Support Coordinators - Emily, Michelle or Hayley.



5451 0200



ndis@ndch.org.au



WE ARE HIRING



NDCH operates throughout the Gannawarra Shire & the Northern end of the Loddon Shire, as well as some of our services extending into the Swan Hill & Buloke Shires. We also fund services into the Shire of Campaspe and Bendigo. Our main office is located in Kerang. The towns of Cohuna, Boort, Koondrook, Kerang, Murrabit, Lalbert, Pyramid Hill, Leitchville, and Quambatook are all part of our service area and each make up a significant part of the area's charm. Treat yourself to a lifestyle change that provides the necessary balance between business and pleasure.

POSITIONS AVAILABLE

- > Community Health Nurse (RN) - Casual Backfill
- > Speech Pathologist - Full or Part Time
- > Counsellor Generalist and AOD - Full Time
- > Dietitian - Full Time

Applications and all queries should be sent to: jobs@ndch.org.au. All employees will be required to have a National Police Check and a Working With Children Check if employed/appointed to a position at NDCH. Depending on your role, additional security checks may be required before commencement of that role.

From October 2021, new applicants, volunteers and students will be required to provide evidence of their COVID-19 Vaccination Status.



NDCH is an exciting place to work. Great community, excellent staff, amazing services. No wonder I have been here 20 years!
- TANYA

5 weeks in, I have never felt more welcomed at a workplace before. Everyone is extremely helpful, encouraging and a delight to work with.
- SOURAV



APPLY NOW



For more information on the available positions, please call into the office at 24 Fitzroy Street, Kerang or email jobs@ndch.org.au

A: 24 Fitzroy Street, Kerang

P: 5451 0200 | E: info@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



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



Service Information Booklet:

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



A recipe from our Homelessness Support Specialist, Anna

Yando Soup

A tasty winter soup to warm your belly.
Swap for whatever veggies are available to you on the day, and it's also great if you add chicken.

Base

- 2 diced small carrots
- 1 diced small onion or leek
- 2 diced small sticks celery
- 2 minced cloves garlic
- 2 tsp turmeric
- 1 tsp thyme
- 1 tsp cumin

Stock

- 2 litres stock, veggie or chicken

Filling

- 3 diced parsnip or turnip or swede or potato or pumpkin or tomato
- 1 handful spinach or kale or zucchini
- 1 drained can chickpeas – if your can has a dark brown chickpea in it – you get to make a wish!
- 1 drained can lentils

Method

1. Medium heat: Sweat off the base
2. Low heat: Add the stock and filling
3. Simmer for about 20 mins or until veggies are soft.
4. Taste for seasoning and serve



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)



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.



HEALTHY WORKPLACES Achievement Program

We're creating a healthier workplace

