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ACT TODAY FOR A RECONCILED TOMORROW



Pictured: Kerang Reconciliation Week celebrations

National Reconciliation Week

The festivities commenced with the participation of Elders, Kerang Tech, Kerang Primary, and the community, as they gathered on Victoria Street to witness Uncle Lloyd Murray hoisting the Aboriginal flag outside the Kerang Council building. The group then proceeded to Kerang Memorial Hall, passing through NDCH and MDAS along the way.

The crowd at the Memorial Hall grew as the Gannawarra Children's Centre joined us. A captivating Smoking Ceremony and Welcome to Country by Hack and Warren Jnr graced the attendees. A deep heartfelt tribute to our loved ones, guided by Mandy and Pearl made the crowd misty eyed which was followed by a reading of the book 'My Deadly Boots' by Aunty Lil. Finally, Maddie Colville Walker mesmerized the audience with her original music and a soothing lullaby sung in traditional language.

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.

JUNE 2023



COMMUNITY HEALTH FIRST

Health investment is welcomed, but more can be done to keep Victorians out of hospital.

Community Health First celebrates the continuation of funding to increase access to health services in community-based settings, particularly funding for GP Respiratory Clinics which ensure that Victorians can access urgent care outside of our overcrowded emergency departments.

However, while this investment is necessary to address the pressures facing our hospitals and primary care services, to ensure the sustainability of our health system in the long run we need to see increased investment into preventative care initiatives.

"This budget is a good start to addressing Victoria's health system crisis, but we know there is further work to be done to support the services that keep Victorians healthy and out of hospitals and ambulances in the first place," Community Health First spokesperson Anna Robinson. "Victoria's registered independent community health services play a crucial role in keeping our state healthy, helping communities thrive and keeping Victorians out of hospital."

"Community Health First will continue to advocate for increased and primary and preventative healthcare for Victorians and the community health services that provide these vital services."

Follow Community Health First on Facebook for more information.



NDIS Occupational Therapy



Occupational therapists work with people of all ages to help them to be able to participate in everyday activities and to lead healthy and independent lives.

What we offer:

We work with you to help achieve the goals in your NDIS plan. This may include:

- Therapy either at clinic, home or community (independent living skills, fine motor skills, emotional regulation, education)
- Home modifications (step and rails, bathroom, toilet, general safety)
- Assistive technology (i.e. equipment including chairs, wheelchairs, scooters, portable/ceiling hoists, electric lift chair/bed, noise cancelling headphones)
- Educate support workers who may work with you towards achieving your independence/ safety goals

Who can access:

To access an Occupational Therapist through NDIS funding, you will need to have an NDIS plan. Eligibility to NDIS includes:

- Age 0-65 years
- Australian Citizen OR permanent resident OR Protected Special Category Visa holders
- Live in Australia
- Disability caused by a permanent impairment
- Needing disability specific supports to complete daily living activities
- Early intervention (only applicable for 0-7 years)
 - Do you need supports now to reduce your future need for support?
 - Do you need supports now for your family to build their skills to help you?

If you are not already on NDIS, you can call NDIS (1800 800 110) or find information on the NDIS website around how to check your eligibility.

How do I see an Occupational Therapist through NDIS funding?

- You can download a Request For Service Form from the Northern District Community Health website, or come in to our office. Send the completed form to ndis@ndch.org.au and we will contact you to make an appointment.
 - You can also send a copy of your NDIS plan if you wish

Cost

Funded by NDIS



Summerwave on Tour was a major highlight for many when we toured Wedderburn, Boort and Cohuna in May. Fantastic young artists from across the state performed, including X Factor and The Voice alum **Taylor Henderson**, Melbourne fan favourites **One More Weekend**, Swan Hill's Pop punk act **Ivy Black**, Bendigo's **Amy Tie**, Dark Popstar **Kitty Rae** and Local artists **Mikala McNeill, Elias Lanyon and Deaken Fawcett**.

The events proceeded smoothly, featuring two evening shows and one afternoon performance on Mother's Day at Cohuna Beach.

Shoutout to everyone who showed up and rocked the house! We're stoked to bring even more amazing artists to our rural and regional areas in the future. Stay tuned for more epic events coming your way!

Follow @summerwavemusicfestival for more info.



IDAHOBIT DAY

May 17 is the International Day Against LGBTQIA+ Discrimination – a time to be a visible ally and promote LGBTQIA+ inclusion in our community.

NDCH supported Council with the raising of the rainbow flag at Kerang and Cohuna.

NDCH also invited businesses in Gannawarra and Northern Loddon to show their support for LGBTQIA+ communities and create a safe and inclusive environment for all by putting a rainbow flag sticker on their storefront window.



We had 15 businesses register to receive a sticker, we thank them for demonstrating their commitment to inclusivity and equality and for helping us send a powerful message of support to the LGBTQ+ community.

YOUTH CONSULTATIONS: CHATTING ABOUT SAFE, INCLUSIVE AND WELCOMING SPACES FOR YOUNG PEOPLE

Are you a young person or do you know a young person? We need help!

We are looking for young people aged 12 to 18 years to have a chat with us about what active spaces should look and feel like. Similar to what VicHealth have done below, but with a rural spin on it!

You'll be helping us to co-design safe, inclusive, and welcoming active spaces for young people in your community. We will provide payment for your time in the form of gift cards. Register using the QR code below.

YOUTH CONSULTATION

Would you like to join us after school to have a chat about how we can create safe, welcoming and inclusive youth spaces?

Tue 13th June | 4pm-5pm | Boort

Wed 14th June | 4pm-5pm | Kerang

Tue 20th June | 4pm-5pm | Cohuna

THIS OPPORTUNITY IS FOR 12-18 YEAR OLDS.

To: Local Store
From: NDCH

WE WILL PROVIDE PAYMENT
FOR YOUR TIME IN THE FORM
OF A GIFT CARD.

Proudly supported by:

INCLUSIVE

- Central location
- No cliques
- Meeting new people
- Access to female-only spaces
- Family & friend oriented
- Servicing non-central groups

INVITING

- Contemporary
- Accessible for all
- Not intimidating
- Bright colourful
- Clean & sanitary
- Culturally appropriate
- Beginner friendly

PLEASANT

- Embracing natural landscape
- Quiet spaces

UNIQUE

- Different
- Variety of activities
- Memorable

SAFE

- Avoid injury
- Kind
- Caring
- Calm
- Clean
- Inclusive
- Culturally appropriate

INTENTIONAL

- Motivating & goal oriented
- Personalised & coaching

WELCOMING

- You don't want to leave
- Supportive
- Like you belong

FUN

- Adrenaline inducing
- Competitive but fun
- Positive

OUR WINTER WOOLLIES DRIVE HAS WRAPPED UP

Thank you to Boort, Quambatook, Pyramid Hill, Cohuna, Koondrook, Kerang and surrounds for kindly donating warm clothes and blankets to our Winter Woollies Drive.

These donations are made available to all the Op Shops in the region so that those in need are able to access warmth during the colder months.

Every year, our drive is a reminder that not everyone has basic comforts, and items we no longer need, can make a real difference to someone in our community.

From the NDCH Team, many thanks x



MENTAL HEALTH FIRST AID (MHFA) TRAINING

Nine community members completed the Standard MHFA course at NDCH. The 12- hour course was facilitated over 4 consecutive Monday nights. It was a great commitment from the nine participants to support the mental health of our community.

The funding for this course was provided by NDCH, an organisation that conducts courses annually.



HAVE YOU RECENTLY RECEIVED AN UPDATED MEDICARE OR PENSION CARD?

if you have recently received an updated Medicare Card or Pension Card, please contact your friendly Customer Engagement Team on 5451 0200 who will update these details to your client file.

Please be assured that your information remains private and confidential.



Pictured: Some members of our friendly Customer Engagement Team:

Top photo: Sue & Rachel

Bottom photos: Kim & Julie

WORLD NO TOBACCO DAY

Join us in celebrating World No Tobacco Day on May 31st!

On this day, we raise awareness about the harmful effects of tobacco and commit to building a tobacco-free world.

NDCH stands with you in promoting a healthier future for all. Join us and be part of the global movement towards a tobacco-free world!

We are providing No Smoking or Vaping stickers with resource packs for schools, kinders, local workplaces, sporting clubs and community organisations – place an order here.



Are you a local school, workplace or community organisation?
Do you need to update your smoking signage to include vaping?
We can help!

A graphic of a 'NO SMOKING OR VAPING' sign. The sign features a red circle with a diagonal slash over a black silhouette of a person smoking a cigarette. Below the sign is a green cloud-shaped callout that says 'FREE signage'.

FREE signage

A3 metal sign can be ordered ONLY by schools, kindergartens and childcare centres. A4 sticker is available to everyone including sporting clubs, businesses and community organisations.

The NDCH logo, consisting of a stylized orange and red flower-like shape next to the letters 'NDCH'.

PYRAMID HILL COMMUNITY DINNER

Earlier in May, our newest Health Promotion Officer, Sourav joined *Pyramid Hill Neighbourhood House* to host a community dinner.

Sourav had a great time meeting community members, and he said "it was lovely to connect over a delicious and nutritious meal".

A big thank you to everyone who came along and a shout out to those who popped in to help out in the kitchen.



A VISIT TO KERANG SOUTH P.S

Grade 5 & 6 students at Kerang South Primary School are currently learning about all things health, including healthy eating!

In May, our Health Promotion Worker, Rachel was invited by Mallee Sports Assembly Inc. to run a healthy eating lesson. Students learnt about hydration, the sugar content in drinks and the best part - they got to create a healthy snack using vegetables!

The students tried a new or non-preferred vegetable and learnt that it can take up to 10 or more times trying a vegetable before your taste buds prefer it.

Thank you, Grade 5/6 for a wonderful lesson.



A VISIT TO KERANG TECH

Kerang Tech Year 10 Health students have been conducting Health and Wellbeing activities during term 2.

NDCH staff, Matt & Molly were invited to assist with the disc golf and mini golf during one of the sessions.

It was fabulous to see so many students getting involved.



If you would like a member of our health promotion team to visit your school, email healthpromotion@ndch.org.au

KERANG PARKRUN - PARTICIPANT PROFILE

Name Melinda Jordan (NDCH People & Culture Officer)

Number of parkruns attended & locations & parkrun birthday: 93 at 16 locations since 17 April 2021, my favourite by far is my home location of Kerang Regional parkrun. It is just beautiful and has a wonderful group of regular Volunteers & Attendees.

Home parkrun: Kerang

Personal Best (PB): 31:33 in Kerang.

What do you like best about parkrun: It is the best way to start the weekend - friendly chat, exercise and don't forget the most important thing, we enjoy a lovely breakfast at one of our local cafes afterwards. I am obsessed, there is something for everyone, even those who don't want to actively participate. We love our volunteers, they keep us running.

One of the best things about parkrun is it is a free timed event, not a race. All the participants encourage each other to achieve their best.

What is your parkrun goal this year: I have this burning desire to achieve a PB time of Sub 30:00mins. I feel that this is my year to get there.



COVID-19 & FLU SHOTS

Here's your reminder to get your flu shot today.

And while you are at it – you can get your COVID booster dose too.

It's safe, convenient and effective to get both vaccines at the same time.

Everyone six months and older is recommended to get an influenza (flu) vaccine each year.

The flu vaccine not only protects you, but it also helps protect those around you.

For more information, visit



Get your flu and COVID booster shots together

VICTORIA State Government | Department of Health

The graphic features a blue background with a yellow banner at the top containing the text 'Get your flu and COVID booster shots together'. Below the banner is an illustration of a healthcare worker in a blue uniform and mask administering a vaccine to a seated patient. At the bottom, the logos for the Victorian State Government and the Department of Health are displayed.

THERE ARE COVID-19 CASES PRESENT IN OUR COMMUNITY

Protect yourself and others by:

- Covering your nose and mouth when you cough or sneeze
- If you can, wear a mask and distance yourself from anyone with cold or flu-like symptoms
- Clean your hands with soap and water, or hand sanitiser

If you have symptoms or have been in contact with someone who has COVID-19, use a RAT. COVID-19 can spread before you have symptoms. You can protect others by checking that you are negative before you leave home.

Collect your FREE RATs from [Gannawarra Shire Council's Customer Service Centres](#) in Cohuna and Kerang and Kerang's Sir John Gorton Library.

FREE RATs

Rapid antigen tests (RATs) are the preferred means of testing for COVID-19 for most Victorians. They are quick and accurate, particularly if you have symptoms or if you have been in contact with someone who has COVID-19.

Collect your free RATs from:

- Council's Customer Service Centres in Cohuna and Kerang
- Kerang's Sir John Gorton Library

NOCH | **GANNAWARRA** Shire Council

The graphic has a light blue background. It features the text 'FREE RATs' in large purple letters. Below this is a paragraph explaining that RATs are preferred for COVID-19 testing. A list of locations to collect free RATs is provided. At the bottom, the logos for NOCH and Gannawarra Shire Council are shown, along with an illustration of a COVID-19 rapid antigen test kit.

Getting asthma-ready for winter?

asthma action plan

Better Health

The graphic shows a person's hands holding a white inhaler. A red banner at the top contains the text 'Getting asthma-ready for winter?'. Below the banner is a search bar with the text 'asthma action plan' and a magnifying glass icon. At the bottom, the 'Better Health' logo is visible.

Did you know that cold air and winter illnesses can affect asthma symptoms? If your child has asthma, make sure their asthma action plan is up to date ahead of the peak winter season.

Asthma symptoms should be reviewed with a doctor (GP) every 6 months for children and every year for adults, and the asthma action plan updated if necessary.

Who is Healthy Hearts & Lungs for?

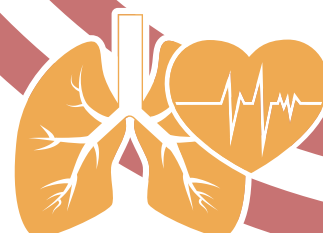


Healthy Hearts & Lungs

Gannawarra & Loddon

Healthy Hearts and Lungs is an exercise and education program offered throughout the Gannawarra and Loddon region for those that need support with heart or lung conditions such as type 2 diabetes, COPD, post-surgery, high blood pressure + more!

- Where** NDCH Offices
24 Fitzroy Street, Kerang
33 King Edward Street, Cohuna
119-121 Godfrey St, Boort
- Length** 6 weeks of education and exercise support
- Days** Monday 9.30am (Boort), Monday 2.00pm (Cohuna) and Thursday (Kerang)
- Cost** FREE



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.

WE ARE HIRING



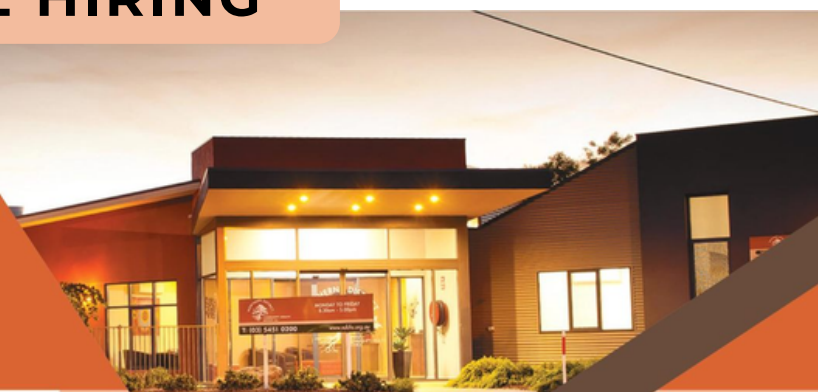
NDCH operates throughout the Gannawarra Shire & the Northern end of the Loddon Shire, as well as some of our services extending into the Swan Hill & Buloke Shires. We also fund services into the Shire of Campaspe and Bendigo. Our main office is located in Kerang. The towns of Cohuna, Boort, Koondrook, 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





Heart Health



Know Your Risk

There are risk factors that you can't change.



Age



Ethnic Background



Gender



Family History

There are lots of risk factors that you can change.



Being Inactive



Smoking



Unhealthy Diet



Diabetes



High Cholesterol



High Blood Pressure



Being Overweight



Depression and Social Isolation

See your GP for a Heart Health Check, if you have multiple risk factors.

STORY WALK ^[R]

FOR NATIONAL RECONCILIATION WEEK 2023

During National Reconciliation Week we encourage families to enjoy the StoryWalk® Trail.

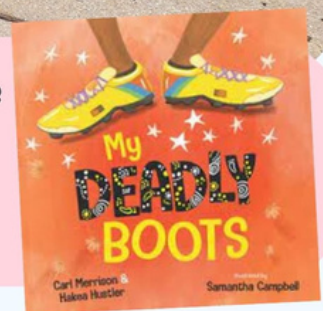
My Deadly Boots by Carl Merrison and Hakea Hustler will be located at ATKINSON PARK KERANG and GARDEN PARK COHUNA from Tue 30 May to Tue 13 June.

StoryWalks® are picture books set up along a short walking trail.



Participate in the StoryWalk® and go into the draw to win 1 of 4 \$50 sports store vouchers.

Enter by using the QR code at the end of the StoryWalk®



PROUDLY SUPPORTED BY:



SUPPORTED PLAYGROUP

Loddon Shire



WHAT ARE SUPPORTED PLAYGROUPS

- SMALL playgroup ran by a facilitator where EVERYONE is WELCOME.
- You can have a one-on-one playgroup in your own home.
- Great platform before moving on to a community playgroup.
- 'smalltalk' form playgroup which is casual and open.

INTERESTED IN COMING ALONG TO A PLAYGROUP?

CONTACT KINSLEY FOR MORE INFORMATION ABOUT A PLAYGROUP NEAR YOU.

5451 0200

SUPPORTEDPLAYGROUP@NDCH.ORG.AU



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




Our Support Coordination team

Pictured left to right - Michelle Whitelaw, Hayley Hird and Emily Mathiske



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.



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



A recipe from our Health Promotion Worker, Sourav



Pumpkin Lentil Curry

INGREDIENTS

- 1/2 pumpkin - peeled and cubed
- 1 large red onion - finely chopped
- 1 large tomato - diced
- 2 cups baby spinach
- 1 can of full-fat coconut milk (you can use light coconut milk, but it may compromise the taste)
- 1/2 cup red lentil - washed
- 1 tsp minced garlic
- 1 tsp minced ginger

Dry spices:

- 1 tsp turmeric
- 1 tsp coriander powder
- 1 tsp cayenne pepper
- 1/2 tsp chilli flakes
- 1/2 tsp pepper
- 1/2 tsp garam masala



METHOD

1. In a large pot, heat some oil and add the onion in. Cook for about 2 minutes until translucent. Add garlic, ginger, chilli flakes and salt and further cook for a minute.
2. Add the remaining dry spices to the mix along with 1/2 a cup of water. Cook for a minute and add the tomato.
3. When fragrant, add the pumpkin to the pot and mix well. Then add the can of coconut milk, red lentils along with about 2 cups of water.
4. Cover and let it cook for about 10 mins.
5. Once the pumpkin is tender and the lentils are cooked, turn off the heat and mix in the baby spinach leaves. Taste and adjust the salt and spices as per your liking. You can add a teaspoon of sugar at this stage if it is too spicy.
6. Serve on a bed of rice or quinoa and squeeze some lime juice on top.

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.



MEDICAL CLINIC

Patient Information

34 FITZROY STREET
KERANG VIC 3579

5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
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

