

# INTERNATIONAL WOMEN'S DAY

8th March

# NEWSLETTER

## MARCH 2023



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Pictured: The Quinn Family, photo credit Mitch Barkman Videography.

## Gannawarra Reflections Video Series

Gannawarra Shire Council and Northern District Community Health have partnered to produce the Gannawarra Reflections video series, which highlights how residents were impacted by the October-December floods and how the community is supporting each other.

The seven part video series can be located at Gannawarra Shire Council and Northern District Community Health Facebook pages.

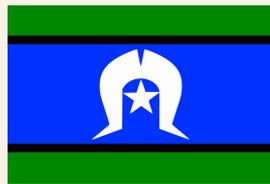
If you need support following the October-December 2022 floods, assistance is available. For more information, please visit [www.gsc.vic.gov.au/floods](http://www.gsc.vic.gov.au/floods) or [www.ndch.org.au](http://www.ndch.org.au)

# 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.

MARCH 2023

COMMUNITY  
HEALTH FIRST

## ASK 1



Increase base funding to registered community health services by at least 20% to meet population growth.

[www.communityhealthfirst.org.au](http://www.communityhealthfirst.org.au)

Northern District Community Health is proud to be joining the Community Health First campaign.

To elevate the role of community health in Victoria's healthcare system, we have four key asks of decision makers.

Ask 1 is to increase base funding to registered community health services by at least 20% to meet population growth.

By increasing the current level of funding for community health we can ensure ongoing delivery of critical services and health promotion work.

All Victorians will benefit from properly funded community health services, so let's put **#CommunityHealthFirst**

## Have you met our Dietitian?

You can see our Dietitian, Leesa for support and management of lifestyle through food and nutrition. Leesa help's make healthy eating easy and uses personalised nutrition advice to help you optimise your life.

### **Leesa can help you manage health conditions such as:**

- Diabetes
- High Cholesterol/Heart Disease/Heart Problems
- Irritable Bowel Syndrome
- Food Allergies and Intolerances
- Weight Loss/Weight Gain
- Renal Disease
- Eating Disorders
- Paediatric feeding concerns

### **How do I get an appointment?**

- GP Referral
- Referral by any health professional accepted (nurse, physio etc.)
- Self-referral
- NDIS referral

### **Cost**

- Concession - \$10
- Non-Concession - \$20
- NDIS & Home Care Packages
  - \$0 out of pocket expense

### **Where to attend:**

- Kerang
- Cohuna
- Pyramid Hill
- Boort

**To make an appointment or speak with Leesa,  
our dietitian phone 5451 0200**



**Meet  
Leesa,  
our  
Dietitian**

# Dietitian Week

20th-26th March

Dietitians Week

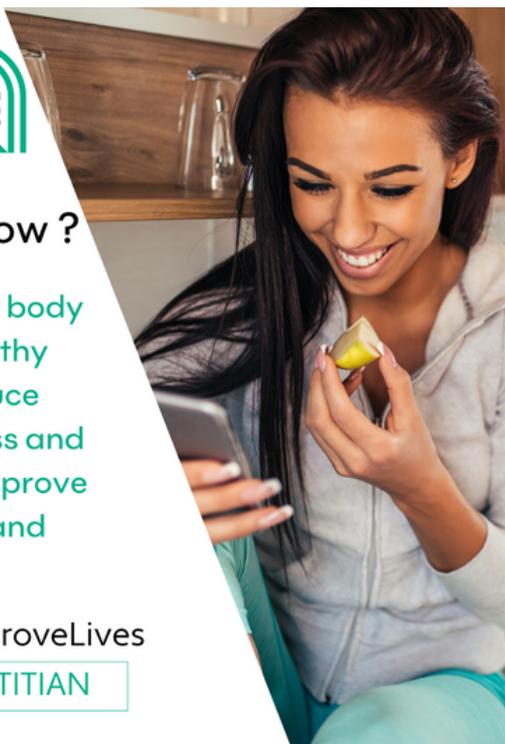


## #DidYouKnow?

Food fuels both body and mind. Healthy eating can reduce feelings of stress and anxiety, and improve concentration and mental health.

#DietitiansImproveLives

[FIND A DIETITIAN](#)



**#DidYouKnow?** Physical health and mental health are closely connected.

Leesa, our Dietitian can work with your nutrition intake to improve your mood, as well as any lifestyle related health condition you may be experiencing. Eating well can improve your concentration, sleep, and stress management. A dietitian can help highlight the missing link.

**#DidYouKnow?** Inability to digest lactose properly does not mean you need to entirely eliminate lactose containing foods. Advice from Leesa, our Dietitian can help you learn which foods and quantities you can tolerate, without triggering unpleasant symptoms.

Dietitians Week



## #DidYouKnow?

People suffering from symptoms of lactose intolerance do not need to eliminate lactose containing foods entirely.

#DietitiansImproveLives

[FIND A DIETITIAN](#)



# INTERNATIONAL WOMEN'S DAY

8th March

# BREAKFAST

**Cracking the Code:**  
Innovation for a Gender Equal Future

**Join us to celebrate International Women's Day.**  
Help raise awareness and inspire the actions needed to continue the work towards a gender equal future.

## Our co-hosts:



Geoff Rollinson (GSC CEO) and Mandy Hutchinson (NDCH CEO) will lead an exceptional panel.



**Wed 8th March 2023**



**7.00AM – 8.00AM**



**Outside at Sir John Gorton Library, Kerang**

## Our Panel:



**Tanya Brooks**  
Acting Senior Sergeant



**Zoe Ferrier**  
Junior School Leader



**Krystal Grills**  
Agriculture/Technology teacher

**Bookings preferred for catering purposes:** <https://www.trybooking.com/CFWDO>



# SUMMERWAVE

## MUSIC FESTIVAL

On Saturday 4th February more than 500 people attended Summerwave Music Festival in Kerang. It was a fantastic day of live music and fun activities.

It was a fabulous event made possible by a local youth-led committee. Matt Allan, our Youth Health Promotion Worker is thrilled that we are able to bring these acts to Kerang and rural areas in general.

"I think what is inspiring about it is that there are young kids or youth that are interested in music and they are going to guitar lessons, they are going to singing lessons or whatever, and it is really great for those people to see those artists up on stage doing what they love or what they are interested in".



**SCAM  
ALERT**



## **FLOOD IMPACTED RESIDENT AFFECTED**

Council has received notification that telephone scammers may be targeting residents and businesses impacted by the October-December 2022 floods. During these phone calls, residents are being asked to provide personal and banking details.

If you are concerned that you are being targeted by scammers, there are a few steps you can take:

! Ask if you can speak to a manager/supervisor

! Ask questions regarding which town/city the person who has called you is based

! Hang up and call the organisation/government agency the potential scammer said they were from to confirm if the phone call was legitimate

If you believe you have been targeted by a scam, please report it to the Australian Competition and Consumer Commission's Scamwatch service, available at [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

## **THE FLYING DOCTOR DENTAL CLINIC**

The Royal Flying Doctor Dental Clinic is in Kerang until March 10th. To book an appointment, call 03 8412 0444.

People eligible for FREE dental check-ups, treatment and oral health advice are:

- Children and young people up to 17
- Adults who have a health-care or pensioner concession card or are dependents of a cardholder
- Aboriginal or Torres Strait Islander people
- Refugees or asylum seekers
- Holders of a Department of Veterans' Affairs gold card



**PHOTO CREDIT:  
KERANG NEIGHBOURHOOD HOUSE**

# GET ACTIVE KIDS VOUCHER PROGRAM

Get Active Kids voucher program is now now open. Vic Gov is providing another round of sports vouchers of up to \$200 to support our youngest Victorians to purchase sports equipment, uniforms and membership fees.

It's all part of the Get Active Kids Voucher Program to get kids involved in sport. But it's more than learning a new sport. It's about feeling connected to a community - and money shouldn't get in the way of that.

## Eligibility:

- aged 0 to 18 years
- a resident in Victoria
- named on a valid Australian Government Health Care Card or Pensioner Concession Card
- named on a valid Australian Government Medicare Card

# GROW IT LOCAL

Have you heard of Grow It Local?

Coming soon is an exciting partnership between Healthy Loddon Campaspe and Grow It Local

There'll be lots of great information and resources, as well as some free opportunities to get involved from home.

In the meantime join in on this colourful & community-minded celebration of creativity in homegrown culture. Grow it Local are searching for winners in eight super-fun categories (see image for all the categories).

The winners of each category will receive an epic Seasol prize pack plus bucket loads of bragging rights.

Entries are open until March 30, 2023, so get snapping and let's see what's growing on in your patch!

## Get Active Kids Voucher Program

APPLICATIONS OPEN NOW!



Find out more at [getactive.vic.gov.au](http://getactive.vic.gov.au)



Follow Grow it Local on Facebook for details on how to enter.



## BUILDING FARM SPIRIT-GRANTS

Are you planning a community event to help health and wellbeing of farmers and farm families impacted by the floods and flood recovery?

If you have an idea that promotes social connection and wellbeing for farmers, we would like to partner with you.

Grants of \$500 to \$1,500 are available for local agriculture industry groups, not-for-profit organisations and individuals who wish to boost farmers' mental health and wellbeing through community events or programs that provide social connection and mental health promotion for farmers and farming communities.

Go to [www.farmerhealth.org.au/buildingfarmspirit](http://www.farmerhealth.org.au/buildingfarmspirit) and register your interest or chat with Farmer Health on (03) 5551 8533

## HEALTHY LUNCHBOX WEEK

For Healthy Lunchbox Week which ran from 5-11 February we asked staff to share their delicious lunches with us.

Can you match staff faces to their lunch? (answers are on page 15).

Healthy Lunchbox Week is an initiative by Nutrition Australia to inspire families to create healthy and tasty lunchboxes.



ARTHUR



RACHEL



CHRIS



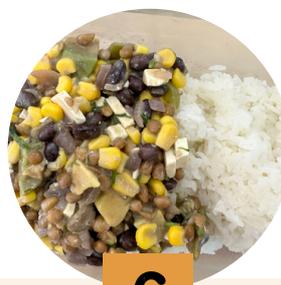
MICHELLE



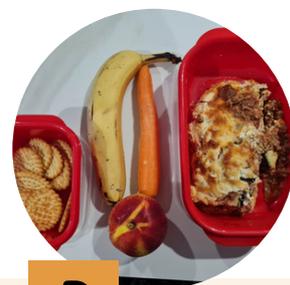
A



B



C



D

**FREE  
TRAINING**

# YACVic Youth Participation 101 Training

**PLUS DINNER PROVIDED**



Wed 29th March 2023



5.00PM - 8.00PM



NDCH Kerang  
24 FITZROY ST, KERANG

**This training is for anyone that works with young people. Including teachers, sports coaches, activity providers, and volunteers.**

**Register now:**

<https://www.trybooking.com/CFVOJ> QR code



## What will you get out of the training?

- Discuss the fundamental benefits of youth engagement
- Provide support to embed the voice of young people within your physical activities
- Support to create empowering environments that enable children and young people to feel safe, welcome and confident to be active
- The chance to share good stories, and workshop any challenges you may currently be facing



Youth Affairs  
Council Victoria



# First Aid for Motorcyclists

com.au



MOTORCYCLE ACCIDENT MANAGEMENT TRAINING

## Motorcycle Accident Management Training

Facilitating Nationally recognised VET training  
and non nationally recognised training in the Motorcycle community

25th March 2023

Kerang, Victoria

Kerang Turf club

Full day training

\$50.00 per person

Funded by Vic Roads &

Kerang

Neighbourhood house



To book your place or for more information on our courses go to [www.fam.com.au](http://www.fam.com.au)

100% Australian owned, operated and nationally recognized

E: [info@fam.com.au](mailto:info@fam.com.au)

First aid for Motorcyclists in partnership with 1SDO RTO41558

# My teen's vaping. What should I say?

## 3 expert tips on how to approach 'the talk'

### 1. Know your facts

It's important to be across accurate and up-to-date information about vaping. Evidence-based resources for parents and carers in Australia include:

- The Lung Foundation's evidence-based resources
- Factsheets, videos and webinars from NSW Health that help dispel any misconceptions parents might have about vaping. This includes whether vapes are likely to contain nicotine and the accuracy of labelling
- Quit Victoria's resources for parents and teens, including brief guides that cover the essentials on vaping, including busting a few myths.

**There's mounting evidence pointing to physical health harms and unknown mental health risks from vaping. There's no reason for a teen to be vaping, even if adults might take this approach in quitting smoking. Many vapes contain nicotine, whatever the label says, with the potential for dependence or addiction.**

### 2. Listen more than speak

Tips from the Alcohol and Drug Foundation:

- approach the conversation calmly, during a shared activity, such as walking the dog
- consider questions your teen may ask, and how you want to respond
- don't assume, avoid accusations, show trust
- no judging; really listen to their perspective (listen more than speak) and respect they have a different and unique worldview and opinions. Understand their social life and create an environment where they can discuss this with you
- don't exaggerate, just stick to the facts. Remember, your teen may have already received vaping and health resources from school and be aware of the health impacts and uncertainties about long-term health risks of vaping
- tailor your discussion based on whether your teen vapes occasionally, is addicted and/or wants support to quit
- respect their privacy
- show that their health is your focus.

### 3. Support quitting

If it's gone beyond trying vaping, and your teen feels they have a dependency or addiction Services such as Quitline can help.

Quitline provide counselling for people wanting to stop smoking. They are increasingly receiving calls from teens struggling with vaping-related nicotine dependence.

# Who is Healthy Hearts & Lungs for?

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

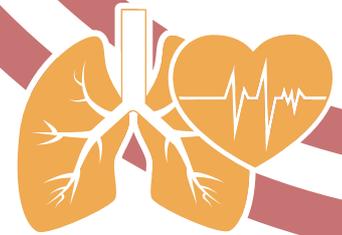
## How do I access this service?

You can self refer by calling 5451 0200 or your GP or specialist can refer you in and we will contact you.



# Healthy Hearts & Lungs

Gannawarra & Loddon



# COUNSELLING & SUPPORT SERVICES

GENERALIST COUNSELLING

MENTAL HEALTH NURSING

ALCOHOL & OTHER DRUGS COUNSELLING

ALCOHOL & OTHER DRUGS WITHDRAWAL

*Professional, confidential care.*

 5451 0200

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



## IN AN EMERGENCY DIAL 000

### BEYOND BLUE

Anyone feeling anxious or depressed

beyondblue.org.au 1300 22 46 36

### KIDS HELPLINE

Counselling for young people aged 5-25

kidshelpline.com.au 1800 55 18 00

### MENSLINE

Men with emotional or relationship concerns

mensline.org.au 1300 78 99 78

### ALCOHOL & OTHER DRUGS INTAKE

For people needing help with alcohol & drug issues

www.acso.org.au/aod-mh-support

1300 022 760

### REGIONAL MENTAL HEALTH TRIAGE

Assessment service for people experiencing mental

illness 1300 363 788

### LIFELINE

Anyone having a personal crisis

lifeline.org.au 13 11 14

### HEAD TO HELP

Support from experienced mental health professionals

headtohelp.org.au 1800 59 52 12

### ORANGE DOOR

People experiencing family violence

orangedoor.vic.gov.au

LODDON: 1800 51 23 59

MALLEE: 1800 29 09 43

### VICTORIAN HOUSING SUPPORT

Crisis housing support 1800 825 955

### AFTER HOURS GP ADVICE & SUPPORT LINE

1800 022 222

### NURSE ON CALL

Caring, professional health advice 24 hours a day

1300 60 60 24

## HEALTH TRANSLATIONS

Do you need reliable translated health and wellbeing information?

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



# A recipe our Dietitian, Leesa likes to cook

## Pumpkin, feta and pine nut zucchini slice

Sourced from The Healthy Food Guide.

### Ingredients:

- 200g Kent pumpkin, peeled, cut into 2cm cubes
- 1 red onion, cut into wedges
- 5 eggs
- 1 cup self-raising flour
- ½ teaspoon baking soda
- 190g zucchini/ courgettes, grated
- 1 cup baby spinach leaves, shredded, plus extra to serve
- 100g cherry tomatoes, halved
- ½ cup reduced-fat grated tasty cheese
- ¼ cup olive oil
- 50g reduced-fat feta, crumbled
- ¼ cup pine nuts
- 2 tablespoons basil pesto (optional), to serve

### Instructions:

1. Preheat oven to 180°C. Line a large baking tray with baking paper. Spread pumpkin and onion evenly over tray and bake for 20 minutes or until just softened. Lightly grease a 30 x 20cm slice pan and line with baking paper.
2. Whisk eggs together in a large bowl. Add flour and baking soda, whisking until combined and smooth. Add roasted veg, zucchini, baby spinach, tomatoes, cheese and oil, mixing well to combine.
3. Pour mixture into prepared pan. Top with feta and pine nuts, then bake for 35 minutes or until top is golden. Remove from pan and slice into 6. Serve with remaining spinach and pesto, if using.

***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.***



**Answers for Healthy Lunchbox Week:  
Arthur=C Rachel=D Chris=A Michelle=B**





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.

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)

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

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

