



NEWSLETTER

MAY 2023

WE'RE GOING RAINBOW AGAINST LGBTQIA+ DISCRIMINATION

IDAHOBIT DAY, MAY 17



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Winter Woollies Drive for the Community

Each year Northern District Community Health (NDCH) supports over 200 community members from across our region who are at risk of, or are currently experiencing homelessness. For these 200 people there are over 500 additional dependent children.

With Winter just around the corner and the cold weather starting to appear, NDCH will again be running its **Winter Woollies Drive from 1st to 12th May 2023.**

Community members can support the Winter Woollies Clothing Drive by donating warm clothing including coats, jackets, scarves, gloves and blankets.

Donations must be of good quality, clean and undamaged and can be dropped off at NDCH Offices and the Boort Resource & Information Centre.

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.

MAY 2023



COMMUNITY HEALTH FIRST

On Friday 14th April, Community Health First was made aware that integrated health promotion funding to metropolitan, rural and regional community health services is set to be cut by an average of 10% in the upcoming State budget.

Health promotion services engage with communities to build health literacy and empower community members to take control of their health, which data shows to be successful in ultimately reducing the risks of poor health outcomes and avoiding the associated costs of poor health.

The more we invest in prevention, the more disease we prevent, the healthier our communities become and the less we rely on costly ambulance, emergency, and hospital services and workforces.

That is why 24 independent registered community health services (including NDCH) have formed Community Health First because we know how important holistic and preventative care is to people in communities right across Victoria.

Email your local MP and ask them to advocate for the reversal of the irresponsible cuts to Community Health Promotion Funding in Victoria.



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Meet Dr Zafrin Disha

Dr Zafrin Disha has been working as GP registrar at NDCH (Northern District Community Health) Kerang since February 2023 under AGPT (Australian General Practice Training) pathway.

Before Dr Zafrin joined NDCH, she worked at Bendigo Hospital for 3 years as a medical officer. During that time, she worked in different specialties, which included emergency, surgery, medicine, mental health, paediatrics and obstetrics-gynaecology.

Dr Zafrin has recently completed SCHK (Sydney Child Health Program). Before coming to Australia, she completed her internship in Bangladesh. Besides English, Dr Zafrin can also speak Bengali.



" I am very passionate about all aspects of general practice and keen to offer the best possible care to my patients."

-Dr Zafrin Disha



Why would you see a Podiatrist?

You can attend podiatry for opinion and management of all manner of lower limb issues including:

- General nail care including fungal nails and ingrown toenails
- Lower limb skin care including but not limited to corns, callus, tinea & warts
- Lower limb health assessment including diabetes foot assessment
- All types of lower limb and foot pain
- Ulcer care
- Foot and toe deformities
- Orthotic prescription, modification and footwear assessment
- Limb length discrepancy management
- Compression stocking measurement and ordering

You can attend NDCH Footcare Assistant for:

- Routine basic nail care
 - For those deemed suitable following podiatry assessment

How to attend:

- Over 65
 - GP or other specialist referral
 - MyAgedCare referral
 - Home Care Package Case Manager referral
- **Under 65**
 - Self-referral
 - Referral by any health professional accepted but not required (GP, nurse, physio etc.)
 - NDIS referral

Cost

- **Concession**
 - \$10 Podiatry
 - \$5 Footcare
- **Non-Concession**
 - \$35 Podiatry
 - \$10 Footcare
- **NDIS & Home Care Packages**
 - \$0 out of pocket expense



**Meet our
Podiatrists,
Emma &
Jack**

About IDAHOBIT May 17

International Day Against LGBTQIA+ Discrimination

Join millions of people around the world go rainbow against LGBTQIA+ discrimination on May 17.

[Get Involved](#)



Why IDAHOBIT is still important today

68%

of LGBTQIA+ employees in Australia are not out to everyone at work. (Out at Work, 2018).

2 in 3

LGBTQIA+ youth experience abuse due to their identity.

35%

of LGBTQIA+ Australians have experienced verbal abuse in the past 12 months.

About May 17

On May 17, 1990 - the World Health Organisation removed homosexuality from the Classification of Diseases. While we celebrate this milestone and other advancements in LGBTQIA+ equality, the unfortunate reality is that there's still more work to do.

[Our History](#) →



LGBTQIA+ Discrimination

LGBTQIA+ people in Australia still today experience disproportionate rates of bullying, harassment and discrimination.

[Learn More](#) →



IDAHOBIT is More Than a Day

LGBTQIA+ Inclusion All Year-Round

Find out how your IDAHOBIT activities improve the lives of LGBTQIA+ youth across Australia throughout the year.

[Learn More](#)



Term 2, 2023

Loddon Mallee Regional Parenting

All programs are delivered by our qualified and passionate facilitators.

Understanding Toddlers | 22 June

For parents with kids aged under 4

This free workshop for parents and carers of toddlers covers the developmental stages of toddlers, as well as how you can connect, communicate and manage difficult behaviours in toddlers.

Thursday 22 June | 7PM - 8.30PM (6.45pm registration)
In-person, Pyramid Hill College | Free



NOCH



MENTAL HEALTH
FIRST AID™

FREE Mental Health First Aid course for sporting clubs and community volunteers

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



LEARN PRACTICAL FIRST AID SKILLS

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

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

DATES: Monday 8th, 15th, 22nd and 29th
May

TIME: 6pm-9pm

VENUE: NDCH Kerang, 24 Fitzroy St Kerang

FACILITATOR:

Claire Gillen



HOW DO I SIGN UP?

Ring NDCH Reception on 5451 0200 or book via the link/QR code.

Hawthorn amateur footy club has had multiple players and staff complete the training, leading to an outstanding culture around mental health. Those that completed the training said it gave them the confidence to be more proactive at the club in raising awareness and having conversations.

Light dinner provided: soup and roll plus tea/coffee

At Mallee Family Care we understand that recovering from a disaster can be a challenging and distressing process. That's why our Recovery Support Workers are dedicated to assisting individuals and families impacted by the floods in their recovery journey.

We can meet with you in person or over the phone, providing support with service navigation and facilitating referrals to a range of services and options available including:

- Financial counselling
- Available grants
- Legal assistance and advice
- Psychosocial support
- Housing advocacy
- Flood case management
- And, more.

Seeking support can be overwhelming and confusing at times which is why we want you to know that we are here for you. Whether you need someone to listen or guidance on finding appropriate services or resources, we are dedicated to supporting you in any way we can. Please don't hesitate to reach out by giving us a call or popping into one of our offices.

KERANG

HOURS: MONDAY TO FRIDAY 12PM – 4PM
PHONE: 03 5452 2863
1/22 VICTORIA ST, KERANG

SWAN HILL

HOURS: MONDAY TO FRIDAY 9AM – 5PM
PHONE: 03 5032 4479
229 BEVERIDGE ST, SWAN HILL

MILDURA

HOURS: MONDAY TO FRIDAY 9AM – 5PM
PHONE: 03 5023 5966
122 NINTH STREET, MILDURA

Flying Doctor Dental Clinic

Our FREE dental service is coming to Cohuna

8 – 18 May 2023

Cohuna District Hospital
158 King George Street
Cohuna

*eligibility criteria apply

To find out more about our dental clinic, or to book an appointment, please call (03) 8412 0444.

COVIDSAFE



GOLF FOR ALL ABILITIES

(Each Thursday for 3 weeks)

All equipment kindly supplied by the Kerang Golf Club
Players: Please wear flat footwear (no heels), bring hat, sunscreen and water

Support by the members of the Kerang Golf Club Inc

When: Commencing Thursday 11th May 2023
(18th, 25th May 2023)

Time: 10.30am-11.30am

Where: Kerang Golf Club
Kerang-Koondrook Road, Kerang

Cost: FREE

(Please register as limited numbers for participation)

CONTACT: Rhonda Allan
Mallee Sports Assembly-Wycheproof
Mob: 0427 780109
Email: rhonda@malleesportsassembly.org.au



The first round of FREE Ag Chem courses has sold out! To keep up with the demand, we have added a second set of dates on 31st May - 1st June at Pyramid Hill Memorial Hall.



Chemical Users Course

NATIONALLY RECOGNISED
TRAINING

- AHCCHM304 Transport and store chemicals
- AHCCHM307 Prepare and apply chemicals to control pest, weeds and disease

29th & 30th May 2023

Fully Funded!

meaning no cost to you.
contact us to check your eligibility today.

This is an essential course for all users of chemicals used in a range of environments including farms, horticultural operations, parks and gardens and related industry, including handling chemical merchandise.

Participants who successfully complete this two-day course and assessment receive a Certificate of Attainment and are listed with the Farm Chemical User's Secretariat of Victoria.

- identify the standard required to correctly maintain and use personal protective equipment (PPE) according to label
- follow emergency procedures for chemical spillage
- follow legislative requirements for the safe transport of chemicals
- maintain storage area and chemical manifest
- preparing and applying chemicals
- define the standard required to assess the need for chemical use, comply with safety, chemical label and MSDS requirements
- prepare an application/ spray plan
- prepare and apply chemicals
- calibrate application equipment and maintain chemical records

1300 843 236
www.thecentre.vic.edu.au

Full program non funded
cost \$400
Chemical User Refresher course also available
cost \$280

POISONOUS MUSHROOMS GROWING IN VICTORIA

Poisonous mushrooms including Death Cap mushrooms (R) and Yellow-staining mushrooms (L) grow in Victoria during autumn.

Consuming a Death Cap mushroom may result in death. There is no home test available to tell safe, edible mushrooms from poisonous ones. To avoid poisoning, only eat mushrooms purchased from a supermarket, greengrocer or other reputable source.

Learn more here:



KERANG WELCOME BBQ

The Kerang Neighbourhood House Welcome BBQ (free) will be on Saturday 20th May at 12pm.

They welcome anyone that has moved to Kerang recently and would like to meet some locals, or anyone who may be visiting and wishes to learn more about our lovely town.

Our friends from Rotary-Kerang will be on the BBQ, and they do a fantastic job!! We will provide you with a welcome bag that will be filled with lots of town information.

So what are you waiting for, book in now, details below.

Kerang Welcome BBQ

New to town or visiting - come along to our welcome BBQ



Saturday May 20th 2023 12pm-1pm

@ Rotary BBQ Shelter, Atkinson Park, Kerang

For catering purposes please let us know you are coming by:

Ringling: 54 522 522 Texting: 0448 854 817 Emailing: reception@kerangnh.org.au

 **KERANG NEIGHBOURHOOD HOUSE**

Enriching and building our community by providing opportunities to connect, participate, learn and grow.
11 Scoresby St, Kerang 3579

☎ 54 522 522 🌐 www.kerangnh.org.au 📘 www.facebook.com/kerangnh

Kerang and District Community Centre Inc. trading as Kerang Neighbourhood House, is a Public Institution which has the charitable purpose of advancing social and public welfare and providing benevolent relief to members of our communities.

Supported by:

Rotary
Club of Kerang 

TIKTOK TEETH: THE SOCIAL MEDIA DENTAL TRENDS CAUSING SERIOUS DAMAGE

Are you familiar with "TikTok teeth"?

The latest social media trend may be causing serious damage to your dental health. According to recent reports, more and more people are turning to at-home dental treatments and hacks they see on social media, like using baking soda or hydrogen peroxide to whiten their teeth. But these DIY solutions can be harmful and lead to irreversible damage, including enamel erosion and tooth sensitivity.

SCHOOL HOLIDAY FUN!

In the April school holidays, Cindy from EJ Yoga provided kids yoga sessions in Kerang, Cohuna and Koondrook.

Cindy asked the children 'why do you think we practice yoga?' The most popular responses were to keep calm and for exercise.

We had 12 children participate in Kerang, 5 children in Cohuna and 19 children plus a few adults in Koondrook.

We are very proud of our mini yogis.



Pictured: Kerang children participating in yoga.

Thanks to VicHealth JumpStart funding, kids Yoga was free.



SUMMERWAVE

ON TOUR

TAYLOR HENDERSON

ONE MORE WEEKEND 

IVY BLACK

AMY TIE

KITTY RAE

COLOUR COURT

WITH
MIKALA MCNEILL
ELIAS LANYON
DEAKEN FAWCETT

FREE EVENT

MAY
12TH WEDDERBURN COLLEGE 5-9PM
13TH BOORT TENNIS CLUB 6-10PM
14TH COHUNA APEX PARK 1-6PM




MUSIC VICTORIA



SW2 023



CREATIVE VICTORIA

SUMMERWAVE ON TOUR IS A FULLY SUPERVISED, DRUG, ALCOHOL, SMOKE & VAPE FREE ALL AGES EVENT

THIS PROJECT IS SUPPORTED BY MUSIC VICTORIA AND BY VICTORIAN GOVERNMENT THROUGH CREATIVE VICTORIA



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

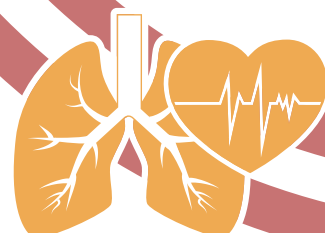
How do I access this service?

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



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



Is it time to get your booster?



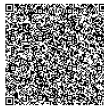
health.gov.au

Has it been 6 months since your last COVID-19 vaccination or infection?

It's time to top up your protection. New boosters are here and offer the best protection against COVID-19.

All adults can get a booster, but ATAGI recommends everyone over 65 years or at higher risk of severe illness should get one as soon as they're due.

To find an appointment and book visit



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



Victoria has seen an increase in COVID-19 cases this week .

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.

Do you have COVID-19 symptoms?



health.gov.au

Do you have COVID-19 symptoms?

You can help keep friends and family who are at higher risk of severe COVID-19 illness safe by staying away until your symptoms are gone.

Avoid high-risk settings like hospitals, aged and disability care homes, and reschedule visits with family in these places if you're unwell.

For more COVID-19 safe behaviours visit



Oral treatment eligibility expanded



Life-saving oral antiviral treatments are now available to more people at higher risk of severe illness from COVID-19.

For more information visit www.health.gov.au/oral-treatments



NOMINATIONS FOR THE 2023 VICTORIAN HONOUR ROLL OF WOMEN ARE NOW OPEN!

Do you know an outstanding woman blazing a trail in their field or sparking change in their community?

Celebrate their contributions by nominating them to join the Honour Roll - because women's achievements deserve to be recognised.

There are four categories to choose from, so nominate someone, or yourself, today!

There are four categories to choose from

- Trailblazer
- Change Agent
- Local Champion
- Emerging Leader

Find out more at



\$250 POWER SAVING BONUS

Neighbourhood Houses Victoria and Good Shepherd have partnered to help community members apply for the State Government's \$250 Power Saving Bonus.

This one-off \$250 payment is designed to help ease the cost of living for eligible Victorian households during the pandemic.

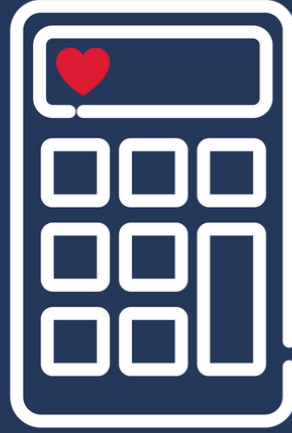
Applications for the Power Saving Bonus are made online, however we understand that many people in our communities either lack access to devices or internet, or lack confidence and skills in using technology.

To ensure no one gets left behind, Neighbourhood Houses across the state are ready to help people complete their Power Saving Bonus application.

The next round of the \$250 Power Saving Bonus will remain open to 31 August 2023. For the most up-to-date information on the \$250 Power Saving Bonus visit the Victorian Energy Compare website



Is your
heart feeling
your age?



It only takes three
minutes to find out your
heart age. Visit the Heart
Age Calculator:



DO YOU KNOW SOMEONE AGED 12-25 THAT DESERVES TO BE
RECOGNIZED?
HAVE THEY ACHIEVED SOMETHING SPECIAL IN SPORT,
COMMUNITY OR SCHOOL?

NOMINATE THEM FOR
GANNAWARRA SHIRE'S
Young Person of the Month



EACH AWARDEE WINS:
A CERTIFICATE
\$50 VOUCHER
PUBLIC RECOGNITION ACROSS THE SHIRE
AN INVITATION TO OUR REGIONAL YOUTH AWARDS

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



RURAL WITHDRAWAL NURSES

ALCOHOL & OTHER DRUGS WITHDRAWAL
SMOKING CESSATION PROGRAM

Rural Withdrawal Nurses are trained to help individuals or families living with drugs of addiction and wish to reduce or stop their use. They also offer a one on one Smoking Cessation program which provides support to stop smoking using programs which are designed to a person's individual needs.

5451 0200

www.ndch.org.au



Professional, confidential care.



A recipe from our Customer Engagement Worker, Rachel

Weet-Bix Date Loaf

INGREDIENTS

- 50g Butter
- 4 x weetbix (crushed)
- 1 x cup caster sugar
- 1 x cup dates (chopped)
- 1 x tsp baking soda
- 1 x tsp baking powder
- 1 x cup boiling water
- 1 x egg (whisked)
- 1 x cup SR flour



METHOD

Turn the oven on to 180 degrees.

1. Pop all ingredients (excluding egg and flour) into a bowl then pour boiling water over the top.
2. Soak for 5 mins and then add the egg and flour
3. Mix together well, pour into a lined loaf tin then sprinkle with some brown sugar.
4. Bake in the oven for 40-50 minutes until cooked through
5. Serve warm

This recipe is an idea only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines.





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 can only be prescribed when your Doctor establishes a 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

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.



Thank you for reading.

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.



We're creating a healthier workplace

