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## BLG CELEBRATES

**On the 8th of August, NDCH hosted a BLG celebration with representatives from local health, community and government organisations across Buloke, Loddon and Gannawarra.**

The event was initially planned to be a launch but it was postponed long enough it turned into a celebration.

Buloke Loddon Gannawarra Health Services Executive Network (BLGHSEN) member Mandy Hutchinson said 'The BLG showcases what rural health and community services can do when we work together with the best outcomes for our community in mind. Today we celebrated the work we have been doing to coordinate and advocate for healthcare in a rural setting but also to think collaboratively to tackle emerging problems- such as workforce-together'



# 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.

SEPTEMBER 2022

## YOUNG PROUD & DEADLY PILOT

An NDCH led pilot program for Young Aboriginal People to connect to Culture, Country and Community in Kerang.

The Young Proud and Deadly pilot was rolled out in collaboration with Kerang Tech High School and MDAS Kerang over July and August. The program saw up to 18 local youth spend time out on Country, clap stick making, bush tucker treats, traditional games and feather weaving - a deadly time was had by all!



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# FACE MASKS

## what to wear and how to wear them

Sourced from Department of Health

### When face masks are recommended:

Mask wearing is strongly recommended if you are indoors in a public space or outside in a crowded place where you can't physically distance. People who are at-risk of severe COVID-19 illness are encouraged to wear a mask whenever out in public.

### Which face masks are recommended

Different types of masks provide different levels of protection. Wear the most protective mask you can. Make sure that it fits well and that there are no air gaps on the side.

**Free face masks:** Pop into NDCH to grab your free box of 10 face masks. They can also be collected from state-run testing sites, community health services, at gathering and events, and on public transport.



**Respirators** (also called **N95** or **P2**) are specialised filtering masks and provide the best protection when correctly fitted. Check your mask is TGA or NIOSH approved.



**KN95** masks are high filtering masks but are not as well fitted as a respirator. The ear loops do not achieve a good seal between the mask and face.

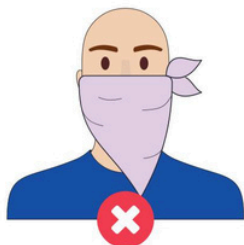


**Surgical** (or medical masks) also provide good protection when worn correctly. They must fit snugly over your nose, mouth and chin.

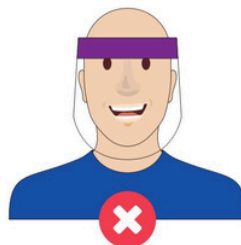


A reusable three layered **cloth mask** can also provide protection. Masks should be made of tightly woven fabric and be machine washed after every use.

### Which masks are not recommended



A bandana



A face shield on its own



A snood or gaiter



**with**

*Denise*

**Name:** Denise Snyder

**Role:** Occupational Therapist working full time within the NDIS space. Denise has worked at NDCH for 7.5 years.

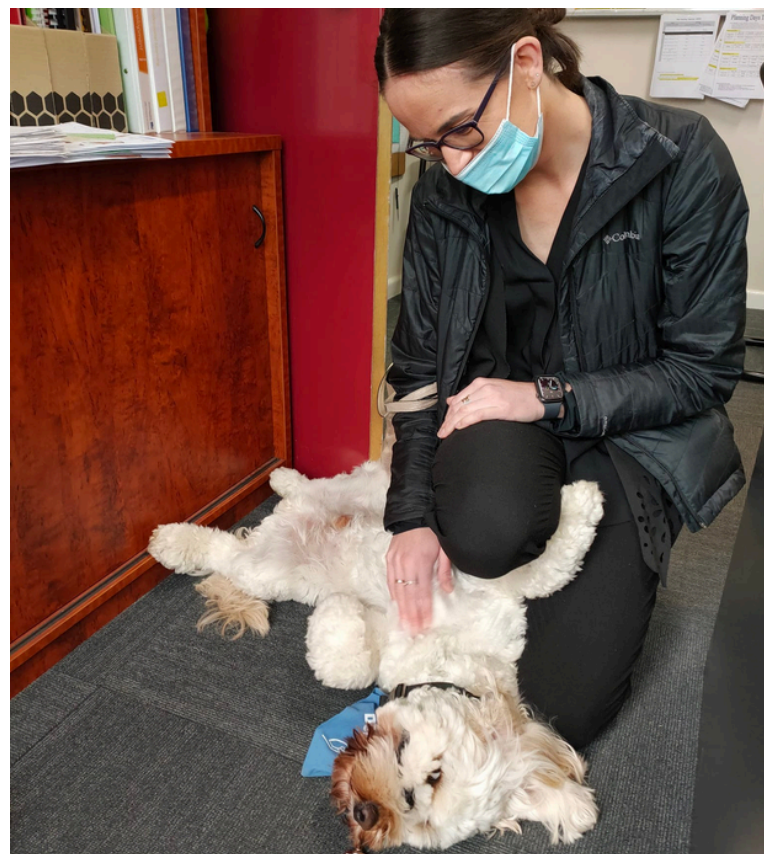
Denise provides therapy to NDIS participants aged between 0 - 65 years, working towards achieving their goals.

Occupational therapists work with people living with a permanent and significant disability to assist them to achieve participation in everyday occupations to lead healthy and independent lives. (Sourced from [Occupational Therapy Australia](https://www.occupationaltherapyaustralia.com.au/) website).

Denise visited Kerang South Primary School this week and met Louie the Wellbeing Dog. Louie provides emotional support, gives students an opportunity for connection and can help with stress and anxiety.

As part of Denise's role, Denise is able to complete classroom observations with the focus of addressing educational needs to promote students participation and performance in school. Denise also works with participants from the community, conducting appointments at the NDCH office or in their home. Denise can recommend assistive technology or home modifications to help increase safety and independence within the home or community.

***Pictured: Denise at Kerang South Primary School with Louie, the Wellbeing Dog.***



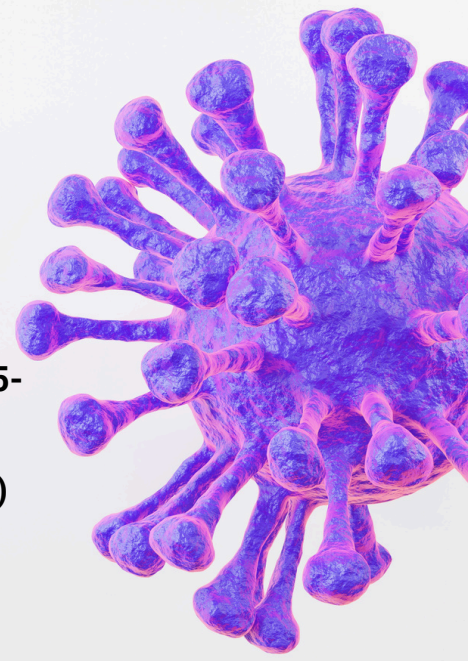
## COVID-19 Vaccinations in our medical clinic

**1st & 2nd Doses** of Pfizer for all eligible age groups including Children 5-11yrs (after school times available)

**3rd Doses of Pfizer** for people aged 16+ yrs (3 months since 2nd dose)

**4th Doses**

**Phone: 5452 1366**



## WHAT TO DO IF YOU HAVE



### If you test positive for COVID-19, you must:

If you test positive on a RAT, report your result to the Department of Health. Report online at [www.coronavirus.vic.gov.au/report](http://www.coronavirus.vic.gov.au/report) or call **1800 675 398** as soon as you can.

*You don't need to report your result if you tested positive from a PCR test.*

Immediately isolate for 5 days from the day you took your positive RAT or PCR test. For example, if you had the test on a Monday, you would leave isolation any time the following Saturday.

Tell your close contacts, workplace and/or education facility you have COVID-19.

Follow your checklist: [www.coronavirus.vic.gov.au/checklist-cases](http://www.coronavirus.vic.gov.au/checklist-cases).

To see how to manage COVID-19 at home and isolate effectively, visit: [www.coronavirus.vic.gov.au/managing-covid-19-home](http://www.coronavirus.vic.gov.au/managing-covid-19-home)

## Staying COVIDSafe

There are things we can all do to make ourselves and others safer. As we live and work, remember these COVIDSafe principles:

- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and over in some places, including public transport and in sensitive settings such as hospitals and care facilities.
- It is strongly recommended that you wear a face mask if you:
  - have any COVID-19 symptoms
  - are with people who may be vulnerable to COVID-19
  - are in a space where you cannot physically distance.
- Reduce risk by keeping 1.5 metres from others, using hand sanitiser and practising good hygiene.
- Ventilation and air filtration helps. Think about opening windows to let the fresh air blow through. Or catching up with friends outside. *But remember to rug up in the cold!*

**If you feel safer wearing a mask when you don't have to, that's okay!**



# COVID-19 TESTING



## Screening and Assessment Clinic

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, should stay home and get tested. Even if you've been vaccinated, you should still get tested.

**If you feel unwell, do not go to a vaccination centre. Get tested!**

### FOR PCR (SWABBING) TEST:

#### STEP 1 – PHONE FIRST

 **5452 1366**

Testing is available (by appointment only) at our Medical Clinic, 34 Fitzroy St Kerang.

**Monday to Friday – call for a time to have your swabbing done**

**Having a test is free.**

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available. **You must phone first.**

#### STEP 2 – STAY HOME

After your test, you must stay home until you get your test results back.

If you have symptoms and are unable to travel, Gannawarra Shire Council is providing a transport service to any testing clinics held in Gannawarra townships. Please call 5450 9333 for this service.

### RAPID ANTIGEN TESTS (RATs)

#### **RAPID ANTIGEN TESTS CAN BE DONE AT HOME BY YOURSELF.**

Follow Instructions provided. Most tests will provide you with a result in 15 to 30 minutes.

If you test positive using a rapid antigen test:

- You are considered a positive case
- You must isolate for 7 days and follow the checklist for cases available at [www.coronavirus.vic.gov.au/checklist](http://www.coronavirus.vic.gov.au/checklist)
- You must report your result. In Victoria, go to [www.coronavirus.vic.gov.au/report](http://www.coronavirus.vic.gov.au/report) or phone 1800 675 398

If you test positive on a RAT but have no symptoms, it is recommended you get a PCR to confirm

Vaccinations are now widely available for all eligible people, including booster shots. Check NDCH Facebook and community newsletters for local vaccination clinics.

### Common symptoms of Coronavirus:

#### Temperature

Including fever or chills



#### Breathing Difficulties

Including breathlessness or sore throat



#### Fatigue or Tiredness



#### Cough or Runny/Stuffy Nose



#### Headache or Body Aches and Pains




#### Lack of Taste or smell, Nausea, Vomiting, Diarrhoea



# SPEECH PATHOLOGY WEEK

Good Communication, Better Communities

Brought to you by  NDCH

## Speech pathologists can work together with children to:

- build their communication and keep them developing
- create communication-supporting learning spaces
- help children with a range of communication needs.
- help children with understanding and using pictures, symbols, signs, gestures, speech sounds, words and sentences
- help children with turn taking and social skills
- help children with building skills for later reading and spelling
- help children with stuttering, voice and feeding difficulties

## People communicate in a variety of ways, including...

sign language



picture boards or books



electronic speech devices



word boards or books



2022  
Speech  
Pathology  
Week

Good  
Communication,  
Better  
Communities

### You don't need a referral to see Jacqui our speech pathologist.

Jacqui is a speech pathologist with experience working in primary schools, kindergartens, private practice, and community health settings. Jacqui is enthusiastic about working with children and the adults in their lives to develop strong communication skills. She moved back to the Gannawarra region in 2016 after several years in Gippsland and is excited to be providing support to local communities.



***If you're unsure about your child's progress, check with a speech pathologist. Speech Pathology is available at Kerang, Cohuna and Boort NDCH offices. You can contact NDCH on 5451 0200.***

# STAFF COMINGS & GOINGS

*Welcome*  
to the following people:



**Lachy Martini**  
Cardiac & Pulmonary  
Support Worker



**Arthur Racoute**  
Counsellor



**Tobie Cameron**  
Indigenous Children's  
Program assistant



**Suzie Mulligan**  
Counsellor



**Hilda Higgins**  
Medical  
Receptionist

*Farewell*  
to the following people:



**Jim Hirst**  
SFYS Coordinator

15 years +



**Mick Pors**  
Specialist Homelessness  
Support Worker

1 year +



**Matt Barker**  
Quality Governance  
Leader

15 years +



**Brad Tarr**  
General Manager,  
Corporate Services

18 years +



**Damien Murray**  
Indigenous Children's  
Program

3 years +

*Thank you for all your contributions to NDCH!*





**WE  
CURRENTLY  
HAVE SOME  
EXCITING  
POSITIONS  
AVAILABLE  
AT NDCH**

**WE  
ARE  
HIRING**



**SCHOOL FOCUSED YOUTH  
SERVICE PROGRAM  
COORDINATOR**

**SPECIALIST HOMELESSNESS  
SERVICE WORKER**

**QUALITY GOVERNANCE  
LEADER**

**SPEECH PATHOLOGIST**

**APPLY NOW**

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



**Tess Kealy**

*Speech Pathology Student*



## **STUDENT PLACEMENT WITH TESS KEALY**

### **What has your placement been like at NDCH?**

My time at NDCH has allowed me to learn what it means to work in a community and put focus on the individual person. I've also loved going out to different kindergartens in the Gannawarra and Loddon River shires and helping in their school-readiness program.

Jacqui has been a fantastic mentor and the whole team has been really supportive throughout my placement as I developed both my confidence and skills. I've enjoyed being able to experience a variety of speech pathology areas including language, speech, literacy and swallowing.

### **What excites you most about graduating?**

I'm looking forward to being able to start helping people in the community after I graduate from my Master's program at the end of this year. It will be fantastic to start a role after so many years studying!

## 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

## Your COVID Checklist

What to do if you test positive to COVID-19 or if you've been told you are a contact:

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



# Healthier alternatives to traditional barbecue ingredients

Sourced from Healthy Eating Advisory Service



Swap this.....	For this.....
<p><b>Regular sausages</b></p>	<ul style="list-style-type: none"> <li>• Reduced fat and reduced salt sausages</li> <li>• Vegetarian sausages</li> </ul> <p>Tip: Cut some large sausages in half to provide smaller portions for different appetites</p>
<p><b>White breads and rolls</b></p>	<ul style="list-style-type: none"> <li>• Wholemeal or wholegrain varieties of breads, rolls, pita bread or mountain bread.</li> </ul> <p>Tip: Avoid using spread on bread. If you must offer olive or canola oil based margarine for people to spread themselves.</p>
<p><b>Creamy colesaw</b></p>	<ul style="list-style-type: none"> <li>• Home-made coleslaw using natural yoghurt and/or reduced fat mayonnaise.</li> <li>• Grilled vegetables Try eggplant, zucchini, pumpkin, capsicum and/or mushrooms. Sprinkled with garlic and herbs.</li> </ul>
<p><b>Regular soft drinks</b></p>	<ul style="list-style-type: none"> <li>• Water: still or sparkling</li> <li>• Lightly flavoured water. Try jugs of soda water with sliced fruit and mint or a dash of fruit juice.</li> </ul>

*The swaps are ideas only. Please think about your own individual dietary needs. Follow servings or daily recommended intake guidelines. Eating the food is your choice.*





MEDICAL CLINIC

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**5452 1366**

## DOCTORS

Dr John Shokry  
Dr Megan Belot  
Dr Tobi Kupoluyi  
Dr Fungai Zinyowera

## NURSE PRACTITIONERS

Yvonne Fabry  
Heather Spence

## NURSES

Jenny Brereton RN (Team Leader)  
Shannon Laursen RN  
Kristen Hipwell EN  
Rosi Bear RN  
Michelle Whitelaw EN  
Narelle Weekley RN  
Sharee Edge RN

## ADMIN STAFF

Meryl Metcalfe (Coordinator)  
Nicole Betson  
Jeanette Schmidt (on leave)  
Aliesha O'Neill  
Hilda Higgins  
Leonie Garner (Casual)  
Nick Keely (Casual)  
Cassandra Hicks (Casual)  
Josephine Metcalfe (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)

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NDCH is supported by the Australian Government Department of Health.

\*Although funding for this nursing and allied health service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



We're creating a  
healthier workplace

