

### INSIDE THIS ISSUE

- **ORAL HEALTH**
- **COMMUNITY HEALTH FIRST**
- **CERVICAL SCREENING**
- **BOWEL SCREENING**
- **WOMEN, WORKBOOTS & WELLNESS CASE STUDY**
- **SMOKING & VAPING SURVEY**
- **ENVIRONMENTAL VOLUNTEERING SURVEY**
- **LEVEL UP FLYER**
- **SIR JOHN GORTON LIBRARY TURNS 20 INVITATION!**
- **UPDATES FROM OUR STAFF**
- **MATCH THE NDCH STAFF WITH THEIR PET**
- **PHYSIOTHERAPY WEEK**
- **ROB GORDON INVITE**
- **FLIPSIDE AND SUMMERWAVE – JOIN OUR TEAM**
- **CONGRATULATIONS TO PEARL DUNN**
- **MENTAL HEALTH CARERS GROUP**
- **WE ARE HIRING!**
- **A STAFF MEMBER'S FAVOURITE RECIPE**



Pictured: Council's Manager Community Recovery, Narelle O'Donoghue (left), Northern District Community Health Chief Executive Officer, Mandy Hutchinson and NDCH General Manager, Programs and Services, Alexia Stephens, who presented at the conference

## Efforts to Enhance Oral Health Showcased at La Trobe Rural Health School Research Conference

Efforts by Gannawarra Shire Council (GSC), Northern District Community Health (NDCH) and other agencies to improve the oral health of residents were recently highlighted at the La Trobe Rural Health School Research Conference.

Council and NDCH representatives joined Violet Vines Marshman Centre for Rural Health Research Senior Lecturer, Dr Virginia Dickson-Swift in presenting the outcomes of the Gannawarra Oral Health Action Plan, which aimed to implement measures to improve the oral health of residents in the municipality.

NDCH Chief Executive Officer, Mandy Hutchinson said that implementing the Gannawarra Oral Health Action Plan was a demonstration of what can be achieved when Council and the health and education system all work together to improve a health outcome.

For more information, please visit <https://www.gannawarra.vic.gov.au/News-Media/Oral-health-initiatives-celebrated>

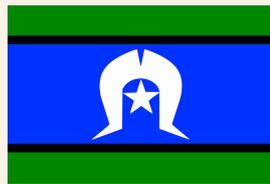


# We Acknowledge

## 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 2023



# COMMUNITY HEALTH FIRST

1 in 20 Victorians experience difficulty paying medical bills.

1 in 10 Victorians entirely forego recommended care due to costs.

Too many people in Australia cannot afford to access health care and this will only worsen due to cost of living pressures.

Community health services provide accessible, affordable, and local primary care services, where people would otherwise miss out. And we know that access to quality primary care improves health outcomes, in the short, medium, and long term.

With cost-of-living pressures continuing to rise, community health services must be supported so that they can continue to deliver affordable services to all Victorians.

Check out our position paper at [www.communityhealthfirst.org.au](http://www.communityhealthfirst.org.au)



Accessible, affordable, and quality care for everyone, especially vulnerable groups, and regional and rural communities.

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



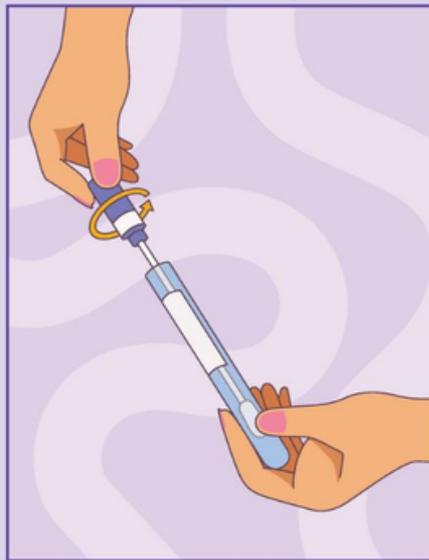
PAGE 2

# Where do I get a Cervical Screening Test self-collect swab?

You can do the test in private but it must be organised through your healthcare provider

NATIONAL  
**CERVICAL SCREENING**  
PROGRAM

A joint Australian, State and Territory Government Program



## Did you know our NDCH Medical Clinic offers cervical screening, including self-collection?

Our Medical Clinic staff have been busy sending out reminders to individuals who are overdue for a screening.

Give us a call today to book your appointment  
5452 1366

If you decide collecting your own sample is the best option for you, your healthcare provider will give you a swab and instructions on how to collect your sample.

## Are you aged 50 to 74 years and have received your free bowel cancer screening test kit?

Over 90% of bowel cancers are treatable if found early. The test is free and easy to do.

### These 4 simple steps could save your life:

1. Fill out the form.
2. Collect and store your first sample in the fridge.
3. Repeat step 2 for your second sample.
4. Post your samples in the reply-paid envelope ASAP.

### Put your health first and do the test today.

Visit [health.gov.au/nbcsp](http://health.gov.au/nbcsp) for more information.

Lost or need to re-order your kit? Visit [ncsr.gov.au/boweltest](http://ncsr.gov.au/boweltest)



# WOMEN, WORKBOOTS & WELLNESS LUNCHEON

## Background

In the aftermath of recovery from recent floods, Northern District Community Health organised two Women, Workboots & Wellness Luncheons aimed at supporting women in the community. One luncheon took place at Tree Tops Scout Camp in the Gannawarra Shire, and the other at the East Loddon Wool Shed in Loddon Shire. These events were created to address the well-being needs of women post-recovery. The Gannawarra Shire Council provided support for the Gannawarra event, while the National Centre for Farmer Health supported the Loddon event. Essential funding for the Loddon project was secured through Women's Health Loddon Mallee and The Victorian Government Department of Families, Fairness and Housing. These luncheons provided a space for women to come together, share experiences, learn some wellness strategies and discuss topics like mental health and wellbeing.

## EVENT SUMMARY

The projects aims were to

- Provide an opportunity for attendees to reflect on their own well-being and mental health.
- Create a space for participants to revisit positive mental health and well-being strategies for themselves.
- Facilitate connections among women attendees, fostering a sense of community and enabling networking and mutual support



LODDON EVENT

## WHAT DID THE EVENTS DELIVER?

### Gannawarra event

- 110 women attended the event
- 36 attendees responded to the post event survey
- Katrina Myers from Barham Avocados was the guest presenter
- Mandy Hutchinson from NDCH was the MC
- Auntie Lil from NDCH lead a Welcome to Country
- Catering was provided by The Long Paddock Food Store
- A pair of your favourite boots was the lucky door prize
- Dingwall Hall committee won an afternoon tea

### Loddon event

- 108 women attended the Loddon event
- 31 attendees responded to the post event survey
- Millie Ross from Gardening Australia was the guest speaker along with Jo Bear and Meg Last from Empower Her
- Tanya Maher-Toose from NDCH was the MC
- Tricia from WHLM officially opened the day
- A counsellor from Inglewood District Health also presented
- Catering provided by Blue Barn local business
- Live acoustic music provided by Mikala McNeill
- A pair of your favourite boots was the lucky door prize
- Barista coffee was provided sponsored by Loddon Shire
- Each person received a wellbeing gift by Bridgewater Nursery
- Women had the opportunity to participate in a walking meditation by Grounded by Nature

# WHAT DID THE EVENTS ACHIEVE?

## Gannawarra event

- 97% of surveyed attendees found the event relaxing and joyful
- 89% of surveyed attendees had an opportunity to reflect on their wellbeing and mental health
- 94% of surveyed attendees were able to revisit some positive mental health and wellbeing strategies
- 100% of surveyed attendees would like to attend future events that support wellness and women's health

## Loddon event

- 100% of surveyed attendees found the event relaxing and joyful
- 74% of surveyed attendees had an opportunity to reflect on their wellbeing and mental health
- 77% of surveyed attendees were able to revisit some positive mental health and wellbeing strategies
- 100% of surveyed attendees would like to attend future events that support wellness and women's health



“ WAS WONDERFUL TO SPEND TIME CHATTING TO PEOPLE YOU DON'T CROSS PATHS WITH OFTEN ENOUGH. OH MILLIE!! WHAT A TREASURE - WELL DONE FOR SECURING HER TIME TO JOIN US. THANKYOU!!!! - ATTENDEE



“ YOU HAVE TICKED THE BOX BY COMBINING INTERESTING GUEST SPEAKERS WITH AN ABSOLUTELY APPROPRIATE AND FANTASTIC VENUE - ATTENDEE



“ SUCH A WONDERFUL, WELL PUT TOGETHER DAY, I WAS REALLY IMPRESSED AND REALLY ENJOYED MYSELF - THANKS TO EVERYONE WHO HELPED PUT IT ON! -ATTENDEE

# VOLUNTEERS NEEDED

## FOR A STUDY ON VAPING AND SMOKING

DO YOU SMOKE OR VAPE?

ARE YOU AGED BETWEEN 18 AND 30 YEARS OLD?

DID YOU START SMOKING WHILE LIVING IN THE BULOKE, LODDON OR GANNAWARRA SHIRES?

Participation involves a short 10 minute anonymous survey.



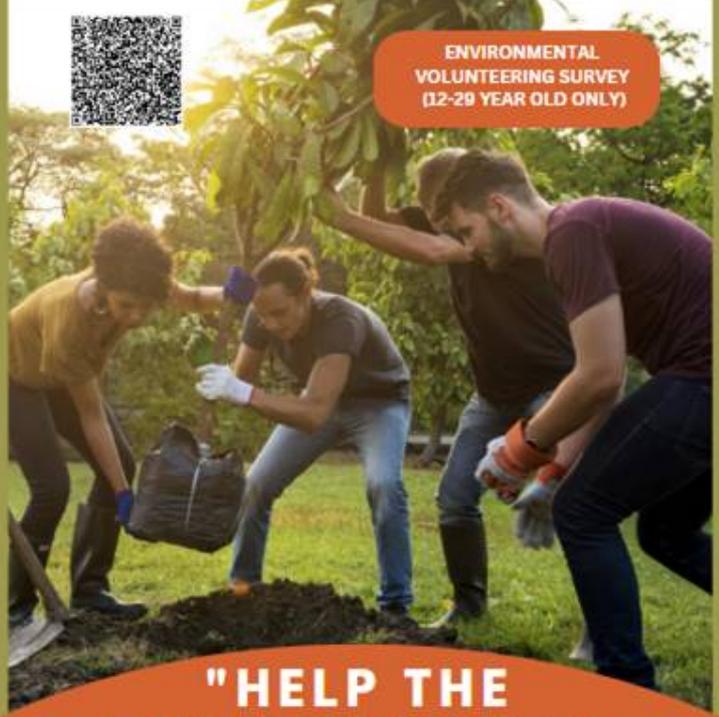
To Participate:  
Visit [www.ndch.org.au/survey](http://www.ndch.org.au/survey)  
or use the QR code above

More information  
Email us: [Morgan.Spencer@ndch.org.au](mailto:Morgan.Spencer@ndch.org.au)





ENVIRONMENTAL VOLUNTEERING SURVEY (12-29 YEAR OLD ONLY)



## "HELP THE ENVIRONMENT & GET A \$20 GIFT VOUCHER"

We have 50 gift vouchers to giveaway!

The Gannawarra Environmental Volunteering Project is supported by the Victorian Government through the



### OPPORTUNITIES FOR YOUNG PEOPLE

COHUNA  
FRIDAY 29 SEPT

# LEVEL UP?

RETRO GAMING

VIRTUAL REALITY

LET'S PLAY

'LEVEL-UP!' GAMING EVENT FOR THE LOVE OF GAMING FOR ANYONE INTO GAMING, AGED 12 TO 25

EVERY FLAVOUR OF GAME...  
VR PS5 XBOX SERIES X SWITCH  
LAST GEN +++ MARIO KART

FREE COHUNA MEMORIAL HALL  
21 KING EDWARD STREET  
2PM - 6PM  
SNACKS AND DRINKS PROVIDED

RSVP TO AVOID DISAPPOINTMENT  
[www.gannawarraevents.com/rsvp](http://www.gannawarraevents.com/rsvp)






Let's Celebrate

## Sir John Gorton Library TURNS 20!



Join in the fun on:  
**Friday 15 September**  
**3pm - 6pm**

FREE ACTIVITIES:

- ★ Rock Climbing Wall
- ★ Giant Outdoor Games
- ★ Small Age Rampage Disco
- ★ Face Painting
- ★ And lots more!

★ FREE BBQ - provided by Rotary

For more information ph: 5452 1546



Supported by Gannawarra Flood Recovery Funding





Pictured: Sourav at his graduation

### GRADUATION

Sharing in the good news, in August we are proud to announce that Sourav Jain, our Health Promotion Officer, officially graduated (graduated during COVID) with a Master's in Public Health from the University of Melbourne. He is also working towards his registration from AHPRA to practise as a doctor in Australia. We look forward to the expertise his qualifications will bring to NDCH. Congratulations, Sourav!



Pictured: Alex in Adelaide attending the conference.

### DIABETES CONGRESS

Alex attended the Australasian Diabetes Congress at the Adelaide Convention and Exhibition Centre from August 23 - 25.

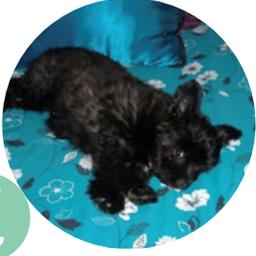
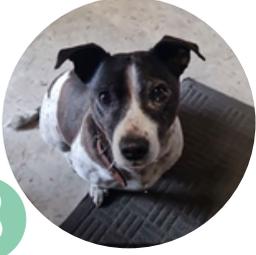
The program provided by the Australian Diabetes Association and the Australian Diabetes Educators Association covered the latest breakthroughs in research, education, and clinical care in diabetes. There were outstanding international and national speakers, and Alex had the opportunity to network and exchange opinions and discuss how to best care for people living with diabetes.

Alex had an amazing time and she has come back excited and keen to continue the excellent work she provides to her clients living with diabetes at NDCH.

# MATCH THE NDCH STAFF WITH THEIR PET!

We recently held an exciting "Guess Your Pet" competition right here at NDCH, and Taylor our Rural Withdrawal Nurse was crowned the winner. Our staff enthusiastically participated by sharing snapshots of their adorable pets - a total of 26 furry companions graced the spotlight!

Now, we're extending the joy to all of you. Can you match the owners to their beloved pets? Get ready to unleash your detective skills and join in the fun that has us all wondering: Do owners truly mirror their furry friends?

 1	 Kim	 Amber	 2
 3	 Shae	 Julie	 4
 5	 Nikki	 Molly	 6
 7	 Alexia	 Sue F	 8
 9	 Grant	 Anna	 10

Answers on the bottom of page 11



## NDIS Paediatric Physiotherapy

Physiotherapy helps families and children from birth to 17 years old

Physiotherapy is available to children and young people with physical and gross motor skills concerns including rolling, sitting, crawling, walking, balance, co-ordination and more.

FIND OUT MORE

03 5451 0200

[ndis@ndch.org.au](mailto:ndis@ndch.org.au)



Pictured: NDCH and KNH staff

## FOOD ASSISTANCE

On August 28th NDCH staff (De, Matt, Michelle and Emily M) helped Kerang Neighborhood House cook for their Food Assistance Program. They have 75 delicious meals to offer anyone who would like a lovely serve of rissoles with gravy, scallop potato, corn cob slice, carrots and peas. Pop into Kerang Neighbourhood House to collect a meal.

# FLIP\$IDE

## Join The Team

NDCH/NCLLEN are looking for young people aged 12-25 to join our Flipside Team

- Be a part of creating our Flipside Magazine
- Learn skills in design, graphics, interviewing, photography and more
- Make the call on content, advertising, distribution and more

Head to @ndch\_freeza on instagram to sign up

# SUMMERWAVE CREW

## Join The Crew

NDCH are looking for young people aged 12-25 to join our Summerwave 2024 Crew.

- Be a part of creating our second all ages Summerwave Music Festival
- Learn skills in event management, budgeting, marketing, advertising, promotion and more
- Make the call on our lineup, designs, advertising etc

Head to @ndch\_freeza on instagram to sign up



## VEG 4 ME STUDY

Join a Deakin University study to boost veg intake and earn \$75! They are looking for 18-35 year olds living in Loddon Campaspe region to use the Veg4Me web app for 12 weeks.

Veg4Me has been designed by young adults, local governments and a national health organisation to support young people to eat more vegetables.

Learn more and sign up here <https://veg4me.deakin.edu.au>



## CONGRATULATIONS TO PEARL DUNN

Pearl recently won Koori Student of the Year with the Victorian Training Awards. At the Elders and Emerging leaders meeting on August 28th, NDCH staff presented her with a small plant to congratulate her on an amazing achievement!





**Meet Sue**  
Support Carers Facilitator



# Mental Health Carers Group

*Talking about whats going on with others can help.*

**When:** First Monday of the month excluding January

**Where:** Northern District Community Health 16-30 Fitzroy St. Kerang.

**Time:** 1.30pm

**Contact:** Sue - NDCH Carer Support Program Facilitator if you would like to register or have a question 5451 0200

**Eligibility:** If you care for someone with a Mental Health condition and live in any of the following shires: Gannawarra, Buloke, Swan Hill & Loddon. No referral required.

The group allows for a safe, caring, confidential and supportive environment to gather and share stories.

## Support Groups can help you in many ways:

- Feeling less lonely, isolated or judged
- Ability to talk openly & honestly about your feelings
- Offering a safe place to speak up about frustrations associated with Mental Health
- Listen to others and share experiences

## WE ARE HIRING

THE QR CODE WILL TAKE YOU TO THE LATEST JOBS  
NDCH HAVE, ALL LISTED ON THE EMPLOYMENT  
INFORMATION SECTION ON OUR WEBSITE



## Answers to Match the NDCH staff with their pet

- 1- Shae 2- Molly 3- Julie 4- Amber 5- Kim 6- Sue F  
7- Grant 8- Anna 9- Alexia 10- Nikki

## 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)

Find mental health resources  
in languages other than English



health.gov.au

Need information on mental health support in another language? Whatever your situation, you're not alone.

Whether you're seeking support in language or a translator, Head to Health can help you find suitable digital mental health services and support.

For more information visit  
<https://www.headtohealth.gov.au>



# A recipe from Claire, our Chronic Disease Management Nurse

## CHICKEN AND VEGETABLES MICROWAVE RECIPE.

Taken from “The Healthy Family Cook Book” compiled in 1990 by the local Boort group of Nursing Mothers’ Association of Australia.

### Ingredients

- 1 Tbls Olive Oil
- 6 pieces Chicken
- 1 small green capsicum
- 1 small red capsicum
- 500g tomatoes (I used tinned)
- 1 onion (I use the green part of spring onions)
- 285g can champignons (optional)
- 1 Tbls cornflour
- ½ cup stock
- 1Tbls Shoyu or salt reduced soy sauce (I use Gluten Free)
- 1 tsp ground pepper
- 1 tsp parsley – chopped or sprigs.



### Method

1. Place oil and chicken in a casserole and cook on high for 10 minutes.
2. Cut the capsicum into strips.
3. Finely dice the tomato and onions and add vegetables and champignons to the chicken.
4. Mix the cornflour to a paste with a little water. Add stock, shoyu and pepper. Pour over the chicken.
5. Cover and cook on high for 25 minutes. Garnish with parsley and serve with rice.

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



**NOCH**

**MEDICAL CLINIC**

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**5452 1366**

## **DOCTORS**

**Dr John Shokry**

**Dr Afolabi Ayeni**

**Dr Megan Belot-on leave**

**Dr Xin Jin**

## **NURSE PRACTITIONERS**

**Yvonne Fabry**

**Heather Spence**

## **NURSES**

**Jen Brereton-Team leader**

**Shannon Laursen**

**Kristen Hipwell**

**Narelle Weekly**

**Sharee Edge**

**Rosi Bear**

**Jen Emonson**

**Marg Winship**

## **ADMIN STAFF**

**Meryl Metcalfe (Coordinator)**

**Nicole Betson**

**Jeanette Schmidt (on leave)**

**Aliesha O'Neill**

**Hilda Higgins**

**Nick Keely (Casual)**

**Cassandra Hicks (Casual)**

## **NURSE PRACTITIONERS**

**Yvonne Fabry**

**Heather Spence**

**SEPTEMBER 2023**

**NURSES**



Pictured: Nurses Sharee and Shannon

## **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](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

