



NDCH

NEWSLETTER

JANUARY 2024

INSIDE THIS ISSUE

- SOCIAL MEALS
- MEDIA RELEASE
- BLG YOUTH AWARDS
- SMILES 4 MILES
- CONGRATULATIONS, HEATHER SPENCE
- TIPS FOR SCHOOL READINESS
- LIVE 4 LIFE
- GIANT GAMES
- WHAT IS A NURSE PRACTITIONER?
- FREE FARMER HEALTH CHECKS
- EMPLOYMENT WITH NDCH
- STAFF CHRISTMAS PARTY
- GANNAWARRA PARENT AND GUARDIAN CARER SUPPORT GROUP
- SUMMERWAVE IS BACK!
- TIPS TO BEAT THE HEAT
- HAVE YOUR SAY: COMMUNITY SURVEY
- FARMER ONLINE ASSIST PROGRAM
- LODDON HEALTHY EVENTS GUIDE



Pictured: Our Chronic Disease Management Nurse, Claire Gillen enjoying a social meal at Cohuna Hall.

SOCIAL MEALS	
February - June 2024	
Quambatook Quambatook Hall 27 O'Shea Street, Quambatook	Lalbert Lalbert RSL Centre 147 High Street, Lalbert
Tuesday February 20	Tuesday February 27
Tuesday March 5	Tuesday March 12
Tuesday April 2	Tuesday April 9
Tuesday May 7	Tuesday May 14
Tuesday June 4	Tuesday June 11
Barook Rusland Services Centre Hall 2, Station Street, Barook	Lake Charm Lake Charm Hall 140 Road, Lake Charm
Friday February 2	Tuesday February 13
Friday April 5	Tuesday March 19
Friday May 3	Tuesday April 23
Friday June 7	Tuesday May 14
Kerang Kerang RSL Centre 100 Stirling Street, Kerang	Macorna Macorna RSL Centre 100 Stirling Street, Macorna
Thursday February 22	Friday February 23
Thursday March 28	Friday March 29
Monday April 29	Friday April 26
Thursday May 23	Friday May 24
Thursday June 27	Friday June 28
Murrabit Murrabit RSL Hall 100 Stirling Street, Murrabit	Cohuna Cohuna RSL Hall 25 King Edward Street, Cohuna
Wednesday February 28	Friday February 16
Wednesday March 27	Friday March 15
Wednesday May 29	Friday April 19
Wednesday June 26	Friday May 17
Leitchville Leitchville RSL Centre 100 Stirling Street, Leitchville	
Thursday February 8	
Thursday March 14	
Thursday April 11	
Thursday May 9	
Thursday June 13	

Contact Community Care on 03 4429 1900

NDCH'S popular Social Meals program is a great way for people to socialise and enjoy a home-cooked two-course meal for just \$10

Run by NDCH's Community Care Services team, our Social Meals program takes place once a month across Cohuna, Kerang, Koondrook, Lalbert, Lake Charm, Leitchville, Macorna, Murrabit, and Quambatook.

Peter Williams and his Community Care helpers provided delicious meals for our communities throughout the month of November.

Chronic Disease Management Nurse Claire Gillen also joined the meals and spoke about her role, including Social Prescribing, with each group. Claire was able to establish community connections and learn about the social groups that people currently participate in, facilitating the sharing of information with other clients to help alleviate isolation.

Community Social Meals will resume in February 2024. To reserve your spot, please make bookings by contacting NDCH Community Care directly on (03) 4429 1900.

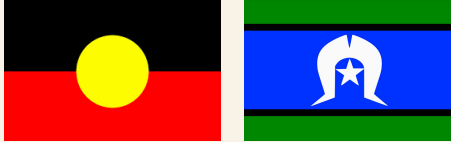
Please find NDCH's Social Meals Calendar on page 3.



ACKNOWLEDGEMENT OF COUNTRY

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.



CHILD SAFE COMMITMENT STATEMENT

Northern District Community Health is committed to the safety and wellbeing of all children and young people and has zero tolerance for child abuse. We are committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. In particular, we pay attention to the cultural safety of Indigenous children and children from culturally and/or linguistically diverse backgrounds, children who identify as LGBTIQA+, as well as children with a disability. Every person involved at Northern District Community Health has a responsibility to understand the important and specific role they play individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do. See our [website](#) for our full Child Safe Commitment Statement.



**COMMUNITY
HEALTH FIRST**

November has been a great month for Community Health First.

We are incredibly proud to have visited Victorian Parliament House over the course of two weeks to meet with key decision makers.

During these discussions, we were able to present our budget submission and draw attention to the significant benefits of community health!

The two weeks in Parliament were a huge success, and our delegates were thrilled to be met with meaningful and genuine interest from Victorian MPs.

What a great end to 2023 for our campaign – there is no better time to come together and put [#CommunityHealthFirst](#).

For more information, please visit www.communityhealthfirst.org.au.

Service Information Booklet



All our services can be found online in our services information booklet.



@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.

SOCIAL MEALS

February - June 2024

Quambatook

Quambatook Seniors
Citizens Hall
2 Olive Street, Quambatook

Tuesday February 6
Tuesday March 5
Tuesday April 2
Tuesday May 7
Tuesday June 4

Lalbert

Lalbert Rec Reserve
Evelyn Street, Lalbert

Tuesday February 27
Tuesday March 26
Tuesday April 23
Tuesday May 28
Tuesday June 25

Murrabit

Murrabit Hall
Danson Street, Murrabit

Wednesday February 28
Wednesday March 27
Wednesday April 24
Wednesday May 29
Wednesday June 26

Barook

Barook Seniors Citizens
Hall 2 Station Street,
Koondrook

Friday February 2
Friday March 8
Friday April 5
Friday May 3
Friday June 7

Lake Charm

Lake Charm Hall
Hall Road, Lake Charm

Tuesday February 13
Tuesday March 12
Tuesday April 9
Tuesday May 14
Tuesday June 11

Cohuna

Cohuna Memorial Hall
21 King Edward Street,
Cohuna

Friday February 16
Friday March 15
Friday April 19
Friday May 17
Friday June 21

Kerang

Kerang Senior Citizens 169
Boundary Street, Kerang

Thursday February 22
Thursday March 28
MONDAY April 29
Thursday May 23
Thursday June 27

Macorna

Macorna Recreation
Reserve, Macorna

Friday February 23
Friday March 22
Friday April 26
Friday May 24
Friday June 28

Leitchville

Leitchville Hall Hawken
Street, Leitchville

Thursday February 8
Thursday March 14
Thursday April 11
Thursday May 9
Thursday June 13

Contact Community Care on: 03 4429 1900

Friday, 8 December 2023

NDCH Changes and opportunities

AGM celebrations and CEO farewell:

Northern District Community Health (NDCH) celebrated the AGM on 27 November 2023 and acknowledged the achievements over the year and presented service awards to staff and directors. Meghan Stewart, Chair, announced the resignation of Mandy Hutchinson, who served as CEO for 6 years. Meghan said: 'It's been a roller coaster adventure through a lot of "unprecedented" times. Drought, a dairy industry crisis and a GP crisis (which gave rise to an unforgettable music clip.) There's been a global pandemic and another large flood event. As an organisation we've grown both in size, influence and reputation under Mandy's leadership. We warmly bid her farewell with all our best wishes as she steps into a new adventure as CEO of Bendigo Community Health.'

Life Governor and Board Director retirement:

After the AGM, previous Chair, Life Governor and Director Merril Kelly, with great consideration and much deliberation, retired from the NDCH Board. Merril has provided leadership, wisdom, lived rural experience and vision for NDCH for 27 years and was appointed as one of our inaugural Life Governors in 2020 at our 30 year anniversary. Meghan said: 'We are so deeply thankful for her amazing contribution, her gracious leadership, her commitment to her community and to the tenants of NDCH. She has seen and overseen so many changes. We will miss her thoughtful and considered contributions to the Board.'

Interim CEO arrangements:

The Board have appointed Margaret McDonald as Interim CEO, whilst they go through the recruitment process. Margaret most recent ongoing role was as CEO Cobaw Community Health and Company Secretary June 2014 to December 2020 when Cobaw merged with Sunbury Community Health. Margaret led a passionate and committed team and grew services to meet growing community needs, worked in partnership with many organisations and made significant improvements to infrastructure. Margaret will be well supported by the wonderful staff, executive team and Board Directors at NDCH.

Future CEO and Directors:

The NDCH Board will commence the recruitment process for a new CEO in January and recruitment for new Directors later this month. Board Chair Meghan Stewart said: 'We are looking for Directors who are interested in contributing to a local thriving not-for-profit organisation and who are passionate about the health and well-being of our rural community. People with skills in the clinical, legal, and/or communications areas are of great interest currently.'

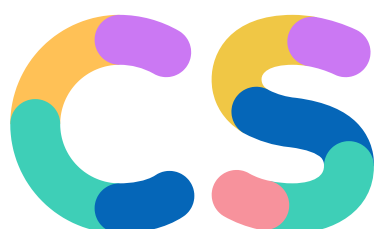
END RELEASE

On Friday 24th November, more than 100 people attended the annual Buloke-Loddon-Gannawarra (BLG) Youth Awards at the Boort Memorial Hall where young people received awards in four categories - artistry, inspiration, community service and team work.

The event was part of the NCLLEN-NDCH partnership to support young people across the Buloke, Loddon and Gannawarra Shire through the Engage! and Freeza programs.

A special thank-you to all award recipients, MC, presenters and helpers for making the night a huge success, Matt and Molly are very proud of all your achievements and want to thank you for attending the presentation evening.

A big thank you to the [Buloke Shire Council](#), [Loddon Shire Council](#) and [Gannawarra Shire Council](#) for their support and to [Loddon Herald](#) who joined us on the evening.



COMMUNITY SERVICE

Alina Gould	Jasmine Twigg
Amber Jackson	Jed Stewart
Bainli Galway	Keely Allan
Campbell Harcourt	Keira Lawry
Deaken Fawcett	Mia Braun
Emma Gawne	Sam Hicks
Gemma Maxted	Samantha Bewley
Grace Hall	Samuel Barraclough
Jacob Donnellon	Sharna Bartram



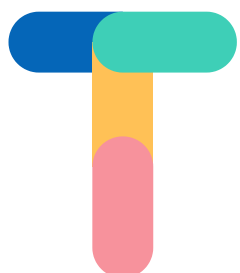
ARTISTRY

Bae Denbrok	Jessmarie Long
Blake Lee	Rylan Hall



INSPIRATION

Bae Denbrok	Kane Wilson
Ellesha Fergusson	Katherine Bramich
Emily burrows	Sophie Sarre
Fifi White	Tyler Cramer
James Hercott	Whitney Jones
Kaitlin Broad	Xanthe Fitzpatrick



TEAMWORK

Evie McKnight	KTHS Brekky Club!
Jacob Harrison	East Loddon School for Student Leadership
Molly Meadows	Cohuna Year 12 Class 2022
	Summerwave Team
	Murrabit Junior Cricket U13
	Bears Lagoon/Serpentine FNC Canteen Helpers
	Meals on Wheels
	Tyrrell School for Student Leadership
	KTHS Health PE Class
	Buloke - Loddon Youth Parliament 2023
	KTHS SVT



big Youth Awards 2023

Congratulations!



Northern District Community Health congratulates Loddon Shire
Preschool staff at Boort, Dingee, Inglewood, Wedderburn and Pyramid Hill
for their commitment to becoming awarded under the Smiles 4 Miles Program.

An initiative of Dental Health Services Victoria the program improves the oral health of children
and their families through three fun educational themes of Eat Well, Drink Well and Clean Well.

NDCH also acknowledges our local public dental health service at Boort District Health
for their contribution to improving the oral health of the community and the Loddon Shire.

A BIG Congratulations to all involved!



www.ndch.org.au Email info@ndch.org.au



Congratulations to our Nurse Practitioner, Heather Spence.

Inducted on Tuesday 12th
December at Cohuna District
Health's (CDH) Annual General
Meeting as a CDH Life
Governor.

Heather Spence: OAM,
RN/RM/NP

Pictured is Ross Dallimore CDH
Board President, Heather
Spence, Dr Peter Barker and
Bernadette Loughnane CDH
CEO.



Make the most of summer to get ready for Kinder or school

Off for a swim?.

Make a list together (can be words or pictures) of things to take - towel, sunscreen etc. Work together to tick them off the list when packed.

Give your child their own back pack to carry to and from the car. This is great practice for next year!

There's lots to talk about while in the water. Which pool toy is the longest - the noodle or the diving stick? Is the water shallow or deep?

Floating, kicking, blowing bubbles, diving for rings - there are so many physical skills to practice together in the water.

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.

Make the most of summer to get ready for Kinder or school

Hot day? Cool off with a story.

Act out the story of your child's favourite book together using people or toys to be the characters. This is great way to work on memory and story telling skills.

Point out interesting or unusual words while you read. E.g. The cake was humongous! That means it was really, really big.

Kids love hearing the same story over and again. This is actually a good thing! It helps them learn how stories work. But if you're after a change, head to the local library to expand your collection without breaking the bank.

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.

Make the most of summer to get ready for Kinder or school

Having a picnic or BBQ?

Make a list together (can be words or pictures) with your child of the food needed. Work together to tick them off as they are packed.

Count how many people will be there and then the cups, plates etc. to make sure there are enough for everyone.

Put some of the food in your child's kinder lunch box and give them the job of opening and closing it.

Talk about the flavours and textures of different foods while eating. "This carrot is crunchy, listen to how loud it is!" "This mango is so juicy! Look it's running down my arm!"

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.

Make the most of summer to get ready for Kinder or school

Off to the park?

Can you can find 5 different things you can see? 4 different things you can feel? 3 different things you can hear? 2 different things you can smell?, and 1 thing you can taste (if safe to do so)?

Do they feel the same? Is one louder/quieter, do you like/dislike the smell?

This is a great mindfulness activity that helps us with body awareness.

We can even play I-spy talking about the different things, and our senses. For example - "I-spy something smooth"

Developed by Northern District Community Health for Victorian Department of Education and Training School Readiness Funding Program.



Did you know that a young person will most likely reach out to a friend first, when faced with a mental health issue?

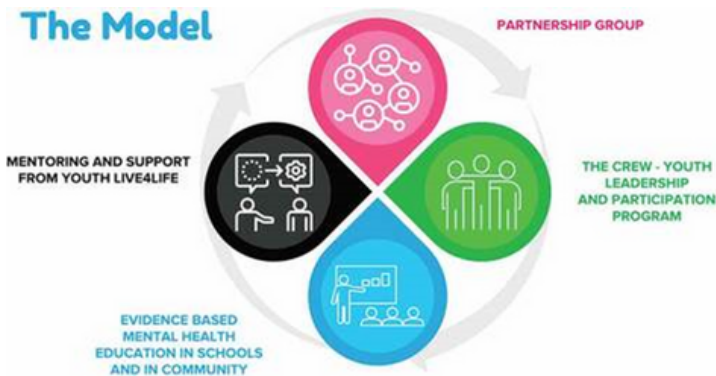
This is where Live4Life comes in.

Live4Life teaches young people about mental health and wellbeing – how to look after themselves, their mates and where to go for help.

Live4Life is the only mental health education and youth suicide prevention model designed specifically for rural and regional communities.

The Live4Life Model

The Model



Northern District Community Health (NDCH) is currently scoping out this program and seeking to roll it out in schools within the Buloke, Loddon and Gannawarra shires, for years 8,10 &11.

For more information regarding how your school community can get involved, please contact:

Remi Kupoluyi

Schools Project Coordinator
Health Promotion Team
Northern District Community Health
24 Fitzroy Street, Kerang
P: 03 5451 0200
E: remi.kupoluyi@ndch.org.au



GIANT GAMES

Our Giant Games saw a lot of action this year, resulting in some wear and tear. A big shoutout to the Kerang Men's Shed for bringing our connect 4 and mini golf set back to life!

Special thanks to **VicHealth** for enabling us to purchase giant games for children and young people to enjoy through their JumpStart funding.

Have a community event in 2024 where you would like to have the giant games? Please contact Health Promotion on 5451 0200 or email healthpromotion@ndch.org.au



COMMUNITY EVENTS WE SUPPORTED IN 2023

- Kerang Easter Festival
- Sir John Gorton Library Turns 20
- MDAS Family Fun Day Kerang
- North Central Schools Wellbeing Cluster Day
- P.S Alexander Arbuthnot 100 Year Celebration Koondrook
- Murrabit Country Market
- Cohuna Farmers and Makers Market
- Leitchville Twilight Market
- 16 Days of Activism Awareness Marquee Boort
- Boort Parkrun
- Birchip Cropping Group Field Day
- Healthy Bones Action Week at Boort District School
- National Ride 2 School Day Boort District School
- First Day of term Fun Day at Boort District School
- Last Day of term Fun Day at Pyramid Hill College
- Headspace round – Wandella V Murrabit

OUR GAMES

- Mini golf
- Connect 4
- Snakes & Ladders
- Basketball
- Table Tennis
- Corn Hole
- Disc Golf

- Spikeball
- Bocce ball
- Twister
- Finska
- Jenga





Yvonne, our Nurse
Practitioner visits Pyramid Hill
and Quambatook each month.
Contact us to make an
appointment on 5452 1366

What is a nurse practitioner?

Nurse Practitioners have skills, experience, and qualifications to provide holistic health care.

Nurse Practitioners:

- see people of all ages
- can diagnose and treat a variety of health conditions
- can prescribe medications
- can order x-rays and pathology tests
- work closely with general practitioners
- refer to other health professionals
- provide health education
- improve health outcomes for patients and the community

*information from Australian College of Nurse Practitioners



This activity is supported by funding from Murray PHN and the Violet Vines Marshman Centre for Rural Health Research, La Trobe Rural Health School.

FREE 'FARMER HEALTH' CHECKS.

Free 30 minute Health Check onsite - get your team involved & checked.

Caring for the individuals in your business is important; they are your most valuable asset.

Become a champion employer by caring for your employees like: Caleb Smith of KiaOra Piggery. Pictured below are employees who recently had their health checks.

Are you part of a CFA or a Sporting group seeking FREE Health Checks?

Eligibility requires individuals to be over 18 years old and employed in the Ag industry.

HEALTH & LIFESTYLE ASSESSMENT

The farmer Health & Lifestyle Assessments promote the importance of health, wellbeing and safety in various settings to our farming men, women and agricultural workers.



Rosi is our Community Health Nurse, trained and experienced in farming and agricultural health and medicine.

What is a Health & Lifestyle Assessment?

- ✔ a survey covering lifestyle behaviours, farm safety practices, and social and emotional wellbeing
- ✔ blood pressure measurement
- ✔ cholesterol levels measurement
- ✔ blood glucose measurement and risk of diabetes
- ✔ height, weight and waist measurements
- ✔ eyesight testing

The assessment provides you with immediate results in a take home 'personal health passport' along with recommendations and relevant education and resources to help you take follow-up action.

The Health and Lifestyle Assessment's can be completed onsite (business or farm) or in groups – CFA, Sporting groups etc.

Eligibility – Anyone working in Agricultural Industry over the age of 18 living or working in Gannawarra and North Loddon including Boort and Pyramid Hill.

FREE SERVICE.

No referral needed.

Contact Us:

- ☎ 5451 0200
- 🌐 www.ndch.org.au
- 📍 24 Fitzroy St, Kerang



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.



Employment with NDCH

**WE
ARE
HIRING**



COMMUNITY RECOVERY AND RESILIENCE PROGRAM FACILITATOR

- Part time (4 days per week)
- Work alongside a Researcher to determine how to increase the response of local community members and organisations to disasters and their resilience between disaster events in Buloke, Loddon and Gannawarra Shires.
- This role will also include protected time with a Mentor who has successfully delivered a similar program in another area of Victoria.

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



**WE
ARE
HIRING**



SPEECH PATHOLOGIST

- Full time or part time permanent new graduate role
- The successful applicant will be delivering services to children up to school age and supported by another full time experienced Speech Pathologist and broader Allied Health Team

Come and be part of an organisation that is supporting high quality healthcare for rural Victorians.

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



**WE
ARE
HIRING**



SPECIALIST HOMELESSNESS SERVICE PROGRAM WORKER

- Part Time (3 or 4 days a week)
- To provide information, support and mediation for clients requiring accommodation services within the Shires of Gannawarra, Buloke and the northern end of Loddon in line with the guidelines for the Specialist Homelessness Services Program.

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



**WE
ARE
HIRING**



EXERCISE PHYSIOLOGIST OR PHYSIOTHERAPIST

- 2 days a week to facilitate the Cardiac & Pulmonary Rehabilitation Program
- The successful applicant will be leading an established program alongside a Program Support Worker

APPLY NOW

www.ndch.org.au
jobs@ndch.org.au



The QR code will take you to the latest jobs NDCH have



Applications and any queries for all positions should be sent to:
jobs@ndch.org.au

STAFF CHRISTMAS PARTY

As we reflect on 2023, NDCH extends our gratitude to our dedicated staff for their unwavering care and commitment. Our appreciation was expressed during our recent Christmas Party at Club Barham. Looking ahead to 2024, we are excited to continue to support, care for, and provide for our community.





RIAC's Tips for Carers/Parents of ASD and ADHD children

The end of the school year signals an end to the morning stress of getting everyone out the door on time, but it also means the absence of school routines for an autistic child.

To help your child navigate the transition to holiday time try to keep some form of routine during the holiday period. Talk to your child about the school holidays in advance, and make plans together for activities they will enjoy.

Put a visual schedule (use pictures if they cannot read) where they can see it. This will give them a chance to familiarise themselves with the upcoming holiday routine.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

Our Gannawarra Parent and Guardian Support Groups will be starting up again on 21 February 2024.

KERANG	COHUNA
WHEN: 10AM – 11.30am 3 rd Wednesday each month	WHEN: 1PM – 2.30PM 3 rd Wednesday each month
WHERE: Northern District Community Health 24 Fitzroy Street, Kerang	WHERE: Northern District Community Health 25 King Edward Street, Cohuna

For more information –

EMAIL: carers@riac.org.au

PHONE: Carolyn – 0488 605 363



Your Summerwave 2024 lineup is here!

Tickets available now via www.summerwave.com.au

Tickets are \$15 for youth (12-25 years) and \$25 for adults.



At Northern District Community Health, we're dedicated to providing the best possible services to our community. Your feedback is essential in helping us understand what we're doing well and where we can improve. We have two surveys available:

Quick Survey (Less Than 2 Minutes):

Help us with a brief survey that will take just a couple of minutes of your time: Quick Survey Link:



Detailed Survey (Approximately 5 Minutes):

For a more in-depth insight, please participate in our detailed survey, which takes approximately 5 minutes to complete: Detailed Survey Link:



Thank you for taking the time to share your thoughts and suggestions.

DRINK WATER
Even if you don't feel thirsty, drink water. Take a bottle with you always.

HOT CARS KILL
Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.

KEEP COOL
Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.

PLAN AHEAD
Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.

CHECK IN ON OTHERS
Look after those most at risk in the heat – your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.

Here are 5 tips to help survive the heat:

- Drink water
- Hot Cars Kill
- Keep Cool
- Plan Ahead
- Check in on Others

For more heat health tips visit: <https://www.betterhealth.vic.gov.au/extreme-heat>

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 HEALTH

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

Farmer Online Assist Program

Three free telehealth appointments

No GP referral or Mental Health Plan required

<https://farmerhealth.org.au/access-a-psychologist-online>

3 free psychologist appointment available for Victorian farmers

No-cost appointments are now available via telehealth consultation.

Open to Victorian farmers who are feeling stressed, anxious, tired, angry, or depressed, or are looking to chat to someone.

Don't hesitate to reach out, and remember, in a crisis, always call 000 for immediate assistance. Your mental health matters.

Learn more and apply now here:





Healthy Events Guide Checklist

Health & Hygiene Safety

- Soap and/or sanitizer in restrooms/toilets and at food stations
- Procedures and protocols in place to ensure good food hygiene and food safety

Food

- Provide a bowl of fresh fruit and/or vegetables for free if possible
- Provide a minimum of one healthy meal/snack option (e.g. salad wraps, fresh fruit, yoghurt)
- Consider people with special dietary needs. (Intolerances, allergies and cultural considerations)

Drink

- Make plain drinking water available for free
- Make your event soft drink and alcohol free! Talk to vendors about restricting the sale of soft drinks and alcohol.

Sun protection

- Provide adequate shade (e.g. shady trees, umbrellas, marquees)
- Provide free SPF 30 or higher broad spectrum water resistant sunscreen for attendees
- Encourage attendees to bring hats & sunscreen via event marketing

Where possible schedule event for early morning or late afternoon/evening to avoid peak UV times (10am-3pm)

Smoke & Vape-free environment

- Hold your event at a smoke & vape-free venue
- Ensure adequate smoke and vape-free signage is up at the event

Inclusive and accessible environment

- Is access to the venue accessible for all?
- Are the toilets accessible for all?
- Does your event invitation provide an opportunity for participants to inform event organisers of accessibility requirements (e.g. Auslan interpreter, dietary requirements etc.)
- Are you promoting your event as inclusive for all? (images of people are inclusive and diverse)
- Does your event include an Acknowledgement of Country or Welcome to Country

A thorough accessibility checklist is provided on page 18.

Environmental sustainable

- Recycling and landfill waste bins are provided side by side
- Avoid plastic crockery and cutlery. Use recyclable, washable or reusable bowls, plates and cutlery.
- Aim to provide tap water instead of bottled water and encourage people to bring their own re-usable bottle.

A thorough sustainability checklist is provided on page 20.

Fundraising and marketing

- Remove unhealthy marketing at the event, this may mean putting posters over existing displays
- Make sure prizes, give-aways, raffles and promotional items are healthy (e.g. hats, fruit basket, sports items, cookbooks etc.)

HEAL-SVP

- Make contact with one of the HEAL-SVP organisations listed on page 1 to include the logo on your event materials.





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 (Dr Jinx)

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

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

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

JANUARY 2024



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 \$82. 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 \$82 pay on the day fee.



HotDoc

Online appointments can be made by visiting:
www.ndch.org.au

PHONE CALLS

If you need to speak to a Doctor during business hours, your call will be returned at the Doctor's earliest convenience. Please be prepared to leave your contact details with the Medical Reception. If you have an abnormal test result you will be contacted by the Doctor or clinic staff.

COMPLAINTS

We welcome your suggestions, complaints and compliments. Complaints should be addressed to the CEO of NDCH. If you are unhappy with how we manage your complaint, you can contact the:

Health Complaints Commissioner

Phone: 1300 582 113

Level 26, 570 Bourke Street, MELBOURNE VIC 3001.

HOURS AND APPOINTMENTS

Monday to Friday: 8.30am - 5.00pm

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

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

