

# NEWSLETTER

## JULY 2024

Kerang | Cohuna | Boort | Pyramid Hill | Koondrook | Quambatook | Swan Hill



Northern District Community Health

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- PLUS MORE



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

### Men's Health Week

Men's Health Week ran from June 10th to 16th, as part of the week, we encouraged individuals to take advantage of NDCH's FREE AgriSafe Clinics and Health & Lifestyle Assessments. We're pleased to report that six individuals reached out and made bookings, demonstrating a strong commitment to their health.

We want to remind everyone that you don't have to wait for Men's Health Week to take charge of your health. Rosi is available for appointments throughout the year, offering these valuable services to both men and women in farming.

#### Services offered:

**AgriSafe Clinic:** A comprehensive 90-minute health check designed to give you a thorough understanding of your current health status and ways to improve it.

**Health & Lifestyle Assessment:** A quick 30-minute evaluation focused on identifying areas where you can make positive changes to enhance your health and safety.

#### Why Book an Appointment?

Rosi will help you:

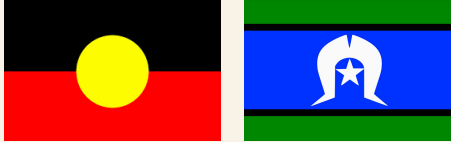
- 🌿 Understand your current health status and how to improve it.
- 🌿 Learn how to keep yourself, your family, and your workers safe.

*Please call NDCH on 5451 0200 to learn more or to book an appointment.*

## 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**

"The Board of Northern District Community Health is delighted to announce the appointment of **Penny Wilkinson** as our new **Chief Executive Officer**.

With a decade of leadership in public health, including roles such as Executive Director for the StateWide COVID Positive Pathways Program, Penny brings a **wealth of experience and dedication to community-driven healthcare**.

Her deep understanding of rural health contexts, through roles like **Director of Commissioning for Murray Primary Health Network**, positions her well to lead NDCH into an exciting future as we continue to expand our high-quality, accessible healthcare services."

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

Instagram Facebook Twitter

# @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

## July - November 2024

### Quambatook

Quambatook Bowling Club,  
River St, Quambatook

**Tues 2nd July**  
**Tues 6th August**  
**Tues 3rd September**  
**Tues 1st October**

**Wed 7th November**  
**(Christmas meal)**

### Lalbert

Lalbert Rec Reserve  
Evelyn St, Lalbert

**Tues 23rd July**  
**Tues 27th August**  
**Tues 24th September**  
**Tues 22nd October**

**Tues 26th November**  
**(Christmas meal)**

### Murrabit

Murrabit Hall  
Danson St, Murrabit

**Wed 31st July**  
**Wed 28th August**  
**Wed 25th September**  
**Wed 30th October**

**Wed 27th November**  
**(Christmas meal)**

### Barook

Barook Seniors Citizens Hall  
2 Station St, Koondrook

**Fri 5th July**  
**Fri 2nd August**  
**Fri 6th September**  
**Fri 4th October**

**Fri 1st November**  
**(Christmas meal)**

### Lake Charm

Lake Charm Hall  
Hall Rd, Lake Charm

**Tues 9th July**  
**Tues 13th August**  
**Tues 10th September**  
**Tues 8th October**

**Tues 12th November**  
**(Christmas meal)**

### Cohuna

Cohuna Memorial Hall  
21 King Edward St, Cohuna

**Fri 19th July**  
**Fri 16th August**  
**Fri 20th September**  
**Fri 18th October**

**Fri 15th November**  
**(Christmas meal)**

### Kerang

Kerang Senior Citizens 169  
Boundary St, Kerang

**Thurs 25th July**  
**Thurs 22nd August**  
**Thurs 26th September**  
**Thurs 24th October**

**Thurs 28th November**  
**(Christmas meal)**

### Macorna

Macorna Recreation  
Reserve, Macorna

**Fri 26th July**  
**Fri 23rd August**  
**Thurs 19th September**  
**Fri 25th October**

**Fri 22nd November**  
**(Christmas meal)**

### Leitchville

Leitchville Hall Hawken St,  
Leitchville

**Thurs 11th July**  
**Thurs 8th August**  
**Thurs 12th September**  
**Thurs 10th October**

**Thurs 14th November**  
**(Christmas meal)**

Contact Community Care on: 03 4429 1900

## Snaps from the Moving Feast at Boort!

NDCH was proud to partner with Regional Victorians of Colour, Boort Resource and Information Centre, Boort District Hospital, Loddon Shire Council, and the wonderful communities of Boort to organize this beautiful event!

The event was a celebration of cultural diversity and community spirit. We enjoyed engaging conversations, shared stories, and experienced the traditions of Indian cooking through live demonstration.



## Smiles 4 Miles

During Term 2 and Term 3, our Health Promotion team have been and will continue to visit Kindergartens and Family Day Cares to deliver the Smiles 4 Miles programs to 3 and 4 year old children and their parents throughout Gannawarra and Loddon. This year marks 20 years of Smiles 4 Miles, and as a way to celebrate each kinder will receive an additional Smiles4Miles resource kit, that will allow children to immerse themselves in fun, educational activities that promote healthy eating, drinking water, and good oral hygiene.

Tooth decay is Australia's most common health problem. Smiles 4 Miles a program of Dental Health Services Victoria assists early childhood services to encourage and promote good oral health habits and healthy eating among children.

Smiles 4 Miles focuses on three key messages;

- **Drink well**- Drink tap water or plain milk and avoid sugary drinks like cordials, juices and soft drinks.
- **Eat well**- Eat a variety of nutritious foods each day and limit sugary foods, particularly between meals.
- **Clean well**- Brush teeth twice daily, adults should help children until at least the age of 8. Spit, do not rinse.



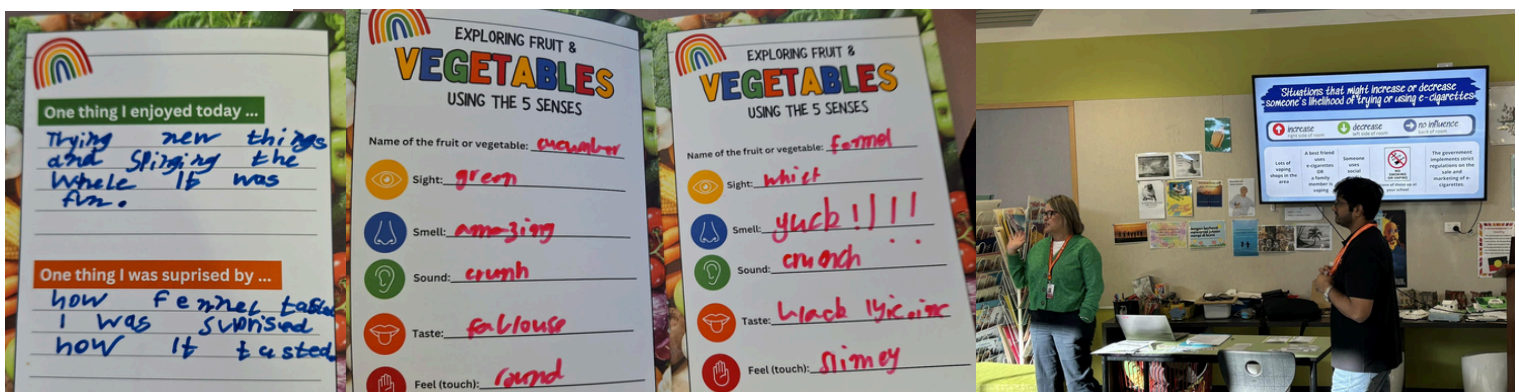
Scan the QR code to be taken to a YouTube clip that helps teach and encourage children to brush their teeth.



Pictured: Dingee Kindergarten Smiles 4 Miles visit in Term 2.

## NDCH visit Pyramid Hill College

NDCH visited Pyramid Hill College on the last week of term 2 to deliver engaging and valuable health sessions to Foundation to year 10 students. The Year F-6 students became food explorers tasting a range of different vegetables and the Year 5-10 students learnt about e-cigarettes, and how to make informed decisions.



# HELP IS HERE

If you're **16-25 years of age**, living in the **Loddon-Mallee** region and are **struggling with your mental health**, keep reading. The Youth Outreach Recovery Support (YORS) program could be for **you**. The YORS program can help you **manage** your mental health as well help you to take the steps towards the life you want and **the person you want to be**.

The YORS program for the Loddon-Mallee region is provided by the Australian Community Support Organisation (ACSO).



At ACSO, our heart and passion is at the core of everything we do. Our vision is for a community where everyone has the **opportunity to thrive**. We promote, support and believe in the values of **hope and recovery** in all of our work.

## YOU ARE NOT ALONE

**15-16%** of young people aged 16-24 reported experiencing **very high levels of psychological distress**<sup>1</sup>

Over **1 in 5 people** aged 16-24 will be affected by **mental illness** at some stage<sup>2</sup>

# Free!

Our program is government-funded and has no associated costs for those who access it

## WE'RE HERE TO HELP EVERYONE



The ACSO YORS program strives to be inclusive and culturally sensitive in all facets of our outreach and support



No matter where you're at, we'll help you get to where you want to be.

Call 1300 022 760

to talk about getting support.



Youth Outreach Recovery Support (YORS)



To find out more call **1300 022 760** or email [mhcss@acso.org.au](mailto:mhcss@acso.org.au)  
Funded by the Victorian Government - Mental Health Community Support Services (MHCSS) program.  
Australian Community Support Organisation | Created 2021 by the Loddon-Mallee YORS team

1. <https://www.aihw.gov.au/> | 2. <https://www2.health.vic.gov.au/>



# Kerang



## Fully Funded Workshop

**Tuesday 2 July 2024**

**3:00pm-6:30pm**

**Northern District Community Health Conference Room  
24 Fitzroy St Kerang**

A half-day alertness workshop that prepares anyone to become a suicide alert helper. Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives.

Through their words and actions, they invite help to stay alive.

safeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.



# safeTALK

### Mallee Family Care

Have a dedicated team of Flood Recovery Support Workers on hand to assist individuals, families and businesses in the Gannawarra Shire area, impacted by flood and storm.

#### They can support with:

- Legal advice
- Financial counselling
- Grant applications
- Housing advocacy
- Mental health support
- Referrals to other agencies

Reach MFC via phone or by email:

- 5032 4479
- [disastersupport@mallee.familycare.com.au](mailto:disastersupport@mallee.familycare.com.au)

### Meet with a Financial Counsellor in Kerang

Wednesday 7th August  
Wednesday 4th September  
Wednesday 2nd October

Wednesday 6th November  
Wednesday 4th December

mallee.familycare  
**community  
legal centre**



👏 Well done Cohuna District Hospital for completing Mental Health First Aid (MHFA) training, facilitated by NDCH MHFA facilitator Claire Gillen! 🙌

# WHAT'S HAPPENING IN GANNAWARRA THESE SCHOOL HOLIDAYS...



### StoryWalk - Our Home, Our Heartbeat

StoryWalks are picture books set up along a short walking train. The walk will be set up in Cohuna for NAIDOC Week celebrations.

Garden Park, Cohuna from 27 June-15 July



### Porcelain Mugs (5+)

Decorate a mug using special porcelain markers and take your designs home to make them permanent.

Kerang - 10.30am Tuesday 2 July

Adults to accompany children.  
Online booking or phone 5452 1546 for assistance.



### Rainbow Veggie Adventure! (all ages)

Come and enjoy an afternoon of reading 'What if Vegetables were people', making your own veggie face and planting your own veggie. You'll become a true Food Explorer. It's a colorful adventure you won't want to miss!

Koondrook All Abilities Playground - 2.00pm Wednesday 3rd July

Adults to accompany children.  
Online booking or phone 5451 0200

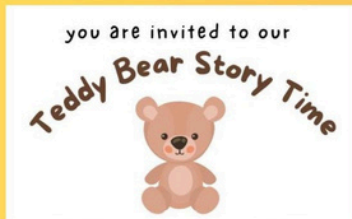


### Winter Art Workshop with Kerry Finch (for school age children)

Thursday 4th July  
Session 1 - 11am-12.30pm | Session 2- 1.30pm-3.00pm

Location: 36 Victoria St Kerang Cost: FREE

Book Tickets through  
[www.trybooking.com](http://www.trybooking.com)



Wear your PJs and bring your teddy to a special Story Time in the library.

We'll share songs and stories and enjoy a cosy hot chocolate (and a bikkie!). Your teddy is then invited to a special sleep over!

All ages welcome, adults to accompany children.

Online booking or phone 5452 1546 for assistance.

COHUNA LIBRARY

4.00pm Thursday 4 July

KERANG LIBRARY

4.00pm Wednesday 10 July

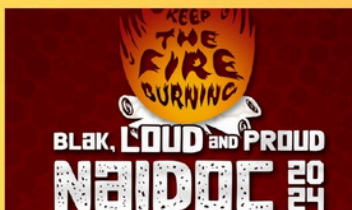


### Cosy Crafts (all ages)

A morning of crafty fun!

Kerang - 10.30am Tuesday 9 July

Adults to accompany children.  
Online booking or phone 5452 1546 for assistance.



### Family Fun Day

Tuesday 9th July | Starting at 11:30AM  
Kiranyuk Gathering Place (11 Nolan St)

Jewellery Making . Painting . Games  
Jumping Castle . Face Painter . Raffle

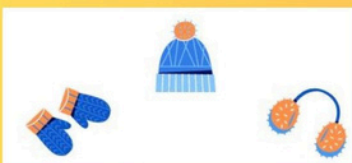
For more information, please contact MDAS Kerang office:  
03 5412 6004



Wednesday 10th July  
Kerang Memorial Hall  
10.30am until 11.20am

Cost : FREE

Book Tickets through  
[www.trybooking.com](http://www.trybooking.com)



### Finger Knitting (5+)

Learn the technique to while away those wintery days.

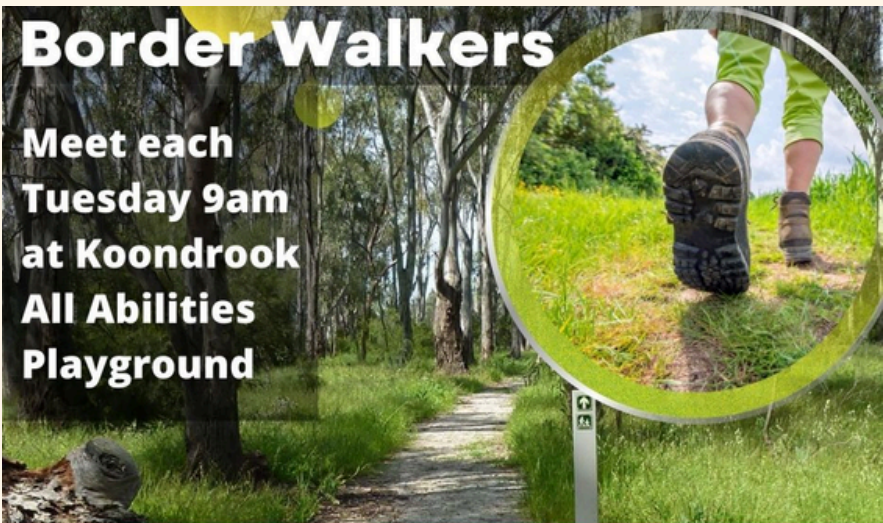
Kerang - 10.30am Thursday 11 July

Adults to accompany children.  
Online booking or phone 5452 1546 for assistance.





# Activities that support 5 WAYS TO WELLBEING



## Border Walkers

Meet each  
Tuesday 9am  
at Koondrook  
All Abilities  
Playground

Come along and join us each Tuesday at 9am for a social walk followed by a Cuppa and Chat at Koondrook General Store at 9.45am

Come for a walk, come for Cuppa and Chat  
or come for both. ALL Welcome!



For more information please call Cohuna Neighbourhood House 5456 4666

5 Ways to Wellbeing are five simple ways that can lead to improved mental wellbeing!

- Staying active is important. Start simple, find physical activities that you enjoy
- Connect with those around you
- Helping others can help you
- Set yourself a new challenge
- Take time to stop and be aware!



## Community Jigsaw Swap

The weather is perfect for jigsaws, and if you've finished the same one a number of times why not swap a puzzle with a fellow enthusiast?

You can bring a complete jigsaw, in good condition, to a swap meet at:

**Cohuna Library**  
**10.30am - 11.30am**  
**Saturday July 6.**

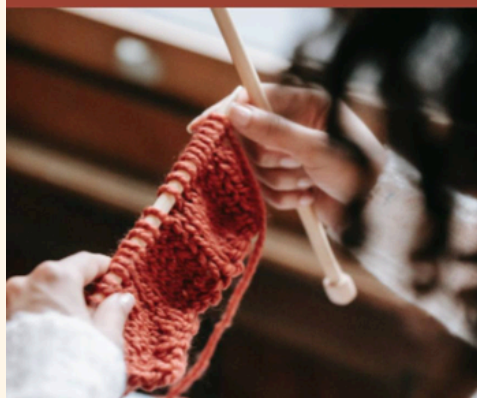
No cost, all welcome.

Phone 5456 2124 for details.

## Kerang Traders Inc

presents

# Winter Knitting workshops with Merrill Scriven



Learn how to knit and make a square to donate to be made into blankets for refugees

Snacks and drinks can be purchased at our eateries in the CBD

Monday 1st July 2pm - 4pm  
Tuesday 2nd July 2pm - 4pm  
Friday 5th July 2pm - 4pm  
Location : 36 Victoria St Kerang

Cost: Free and suitable for all ages  
Limited Availability book ticket  
through [trybooking.com](http://trybooking.com)



Supported by Gannawarra Shire Flood Recovery Funding through the Gannawarra Community Resilience Committee  
Jointly Funded by the Australian and Victorian Governments under the Disaster Recovery Funding Disclaimer - Although funding for this event has been both the Australian and Victorian Governments, the material contained herein does not necessarily represent the views of either government

## Crazy Socks 4 Docs Day!

NDCH Community Health and Medical Clinic staff sported fun and quirky socks to shine a light on the mental health of doctors and healthcare professionals on June 7th.

The aim of the day is about normalising the conversation around mental health and creating a safe place to do it. Join us in supporting the well-being of our dedicated doctors and healthcare heroes!



## Lake Charm: Pot Painting

On Tuesday, June 25th, we hosted a delightful and relaxing "5 Ways to Wellbeing Coffee and Create" pot painting session at Lake Charm, facilitated by Dandy Lion Studio and catered by Chinos. The event was attended by eight community members and a little helper, along with three work experience students—two from Cohuna Secondary and one from Swan Hill.

This workshop was made possible through funding from Gannawarra Shire Council Flood Recovery Funding.



## Each year on 21st June is Global MND Awareness Day -

A day where people around the world including our very own NDCH staff united to raise awareness and support for those living with MND.

Motor neurone disease (MND) is a progressive, degenerative disease that attacks the nerves that support movement, speech, swallowing, and breathing.

There is currently no known cause, treatment, or cure. Every MND journey is different. The progress, severity and symptoms of MND are different for everyone.

For more information or to make a donation to MND please visit: <https://www.mnd.org.au/>



## NDCH and local professionals complete Advanced Diabetes Care Training

Last Wednesday, NDCH staff and local healthcare professionals completed training that equips them with the latest knowledge and skills to better serve our community, particularly those managing diabetes.

### Did you know?

NDCH offers comprehensive Diabetes Education services available through professional or self-referral. Our Diabetes Educators are dedicated to helping individuals understand and manage their diabetes effectively.

### Who Can Benefit from This Service?

- Individuals with newly diagnosed Type 2 diabetes
- Those managing ongoing Type 1 diabetes
- Expectant mothers with gestational diabetes

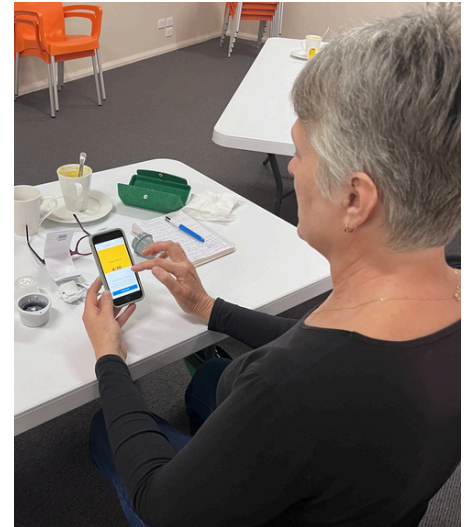
If you need help managing your diabetes or would like to trial a sensor, we can assist you. Our team is here to support you in exploring new technologies that can enhance your diabetes management.

### What area do we cover?

We proudly serve the Gannawarra and Northern Loddon Shire. For specific coverage details, please contact our team.

### How to Access Our Services:

- Reach out to our customer engagement team on 03 5451 0200.
- Health Professionals and other agencies can use our referral located on our website.



*Pictured: Claire Gillen, our Chronic Disease Nurse completing the training.*



# WE ARE HIRING!

## JOIN OUR TEAM

# JOB VACANCIES

Northern District Community Health (NDCH) are a growing company seeking motivated individuals to join our team.

Our main office is in Kerang, with additional sites in Boort, Cohuna, Pyramid Hill, Quambatook and Swan Hill.

Visit our website to find out what current jobs we have available.

[NDCH.ORG.AU](https://www.ndch.org.au)

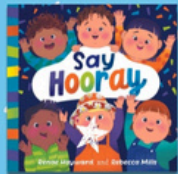
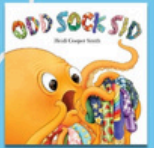
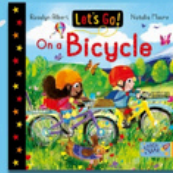
# SPEECH PATHOLOGY AUSTRALIA BOOK OF THE YEAR AWARDS SHORTLIST 2024

Birth to  
3 years

SPEECH PATHOLOGY AUSTRALIA  
BOOK OF THE YEAR  
AWARDS 2024

3 to 5  
years

SPEECH PATHOLOGY AUSTRALIA  
BOOK OF THE YEAR  
AWARDS 2024

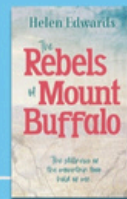
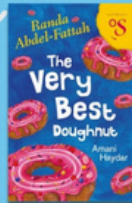
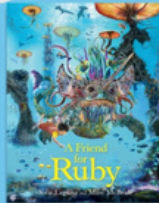
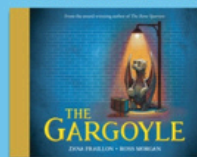


5 to 8  
years

SPEECH PATHOLOGY AUSTRALIA  
BOOK OF THE YEAR  
AWARDS 2024

8 to 10  
years

SPEECH PATHOLOGY AUSTRALIA  
BOOK OF THE YEAR  
AWARDS 2024



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



## RIAC's Tips for Carers/Parents of neurodivergent children

### SELF REGULATION TIP FOR NEURODIVERGENT CHILDREN

**Deep breathing exercises** are a great way to help with self-regulation to manage sensory overload.

One way to learn and practice deep breathing is blowing bubbles. Bubble blowing teaches children how to slow down and lengthen their outbreath.

As an added bonus, bubble blowing can help with developing oral motor skills and language skills. It helps children master the technique of producing sounds such as "K", "G" and "NG".

If your child does not like bubbles, try a pinwheel, or blowing bubbles with a large straw in a bucket of soapy water.

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

KERANG
<b>WHEN:</b> 10AM – 11.30am 3 <sup>rd</sup> Wednesday each month
<b>WHERE:</b> Northern District Community Health 24 Fitzroy Street, Kerang

**FOR MORE INFORMATION –  
EMAIL: [CARERS@RIAC.ORG.AU](mailto:CARERS@RIAC.ORG.AU)  
PHONE: CAROLYN – 0488 605 363**



# NOCH

MEDICAL CLINIC

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**5452 1366**

## DOCTORS

Dr John Shokry  
Dr Afolabi Ayeni  
Dr Xin Jin (Dr Jinx)  
Dr Zoya Sadeghipour

## 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  
Leonie Garner  
Taylah Clements (casual)



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](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: 8.30am - 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**



# 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  
8.30am to 5.00pm  
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

## SWAN HILL

107 McCallum Street

We share professional spaces in Koondrook, Charlton, Sea Lake, Donald & Wycheproof too.



Northern District Community Health

# HAVE YOUR SAY COMMUNITY SURVEY

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.**

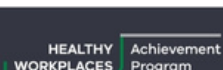
# Thank you for reading.

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

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We're creating a healthier workplace





# JOB VACANCIES

Northern District Community Health (NDCH) are a growing company seeking motivated individuals to join our team.

Our main office is in Kerang, with additional sites in Boort, Cohuna, Pyramid Hill, Quambatook and Swan Hill.

## The positions we have available are:

- ✔ Community Health Nurse (RN) - Casual Backfill
- ✔ Speech Pathologist - Full or Part Time
- ✔ Community Reference Group
- ✔ Rural Withdrawal Nurse
- ✔ Generalist & AOD Counsellor
- ✔ Healthy Hearts & Lungs Program Facilitator
- ✔ Plus more - visit our website to find out what jobs have just been posted



**NDCH.ORG.AU**