




NEWSLETTER

JUNE 2024

NDCH
Northern District Community Health

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More photos and celebrations continued on page 6&7.

Pictured: Dale, Damien, Jason and Dale

A Long Walk...for Locals

The MCG buzzed with excitement on Saturday, 25th May, as 50 proud Aboriginal Elders, community members, and NDCH staff joined Michael Long for the 20th anniversary of 'The Long Walk - Naarm'.

Michael Long's historic 2004 trek, a 650-kilometer walk from Melbourne to Canberra, was driven by his determination to address Aboriginal and Torres Strait Islander issues. After attending another Aboriginal funeral, Long decided to bring these concerns to the forefront by meeting with Prime Minister John Howard.

The Long Walk has since become an annual event, raising awareness to improve and support Aboriginal and Torres Strait Islander health, and life opportunities.

After the Long Walk, youth had the unique opportunity to hear Proud Yorta Yorta/Wurundjeri man and rapper Adam Briggs perform on the ground.

The event began with a Welcome to Country by Wurundjeri Elder Uncle Colin Hunter Jnr. Richmond and Essendon Football Clubs performed a Dreamtime ceremony dance before the opening bounce, followed by a spectacular lighting show celebrating Aboriginal and Torres Strait Islander cultures. The local group cheered passionately during the Dreamtime at the 'G' match, with Essendon narrowly defeating Richmond as part of the Sir Doug Nicholls Round.

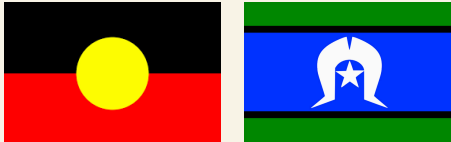
Always Was, Always Will Be!

Supported by Gannawarra Shire Flood Recovery Funding through the Gannawarra Community Resilience Committee.

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**

Community Health First welcomes the Victorian Government's investment in our healthcare system and acknowledges that community health program funding has not been cut.

Despite this, over \$8 billion of investment will be used to increase funding to our hospitals rather than addressing the underlying causes of our unsustainable healthcare system.

The more we invest in prevention, the healthier our communities become and the less we will need to rely on costly ambulance, emergency, and hospital services.

The state budget fails to invest in measures that will make our system more stable, including proven community health programs that will reduce strain on our emergency departments and avoid costly hospital services.

At a time when many families are struggling with the cost-of-living, increased investment is needed in Victoria's community health sector to ensure every person can access the healthcare they need, close to home.

Community health is there to provide care to those who need it most, yet our programs have seen no increase in funding despite record population growth.

Following the budget, Community Health First will renew our calls on Government to invest in ensuring all Victorians have access to the healthcare they need, when and where they need it.

To read our media release, please visit <https://lnkd.in/gtrbqtWp>.



@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.

IDAHOBIT Day Wrap-Up

On May 17th, the International Day Against Homophobia, Biphobia, Intersex Discrimination, and Transphobia (IDAHOBIT), our community came together to celebrate diversity and promote inclusion. This day holds historical significance, marking the anniversary of the World Health Organisation's decision to declassify homosexuality as a mental disorder.

NDCH, in collaboration with Gannawarra Shire Council, Cohuna District Hospital, Kerang District Health, Mallee District Aboriginal Services - Mildura, Swan Hill, Kerang and Eyewatch - Swan Hill Police Service Area, spearheaded local efforts to honor this important occasion.

A key feature of our celebrations was the progressive Rainbow Wall Message Board, which traveled through partnering organisations throughout the day. This initiative enabled community members to share collective messages of leadership and inclusion, emphasising our commitment to combating discrimination and supporting the LGBTIQ+ community.

In addition to the Rainbow Wall, we engaged directly with young people at Kerang Technical High School, where students participated in making a rainbow flag out of handprints and using LEGO to represent the flag colors. This outreach was aimed at fostering an environment of acceptance and understanding among students, helping to cultivate a more inclusive atmosphere within our schools.

We are grateful to everyone who participated and helped make this IDAHOBIT day a memorable and impactful event. Your involvement is crucial as we continue to work towards a more inclusive and equitable society for all.



Happy National Volunteer Week!

This year's theme, 'Something for Everyone', celebrates the unique skills each volunteer brings. We honored our volunteers with morning teas in Kerang on Monday, May 20, and Cohuna on Tuesday, May 21.

Thank you to all the volunteers who make a difference in their communities and beyond!

This event was supported by Gannawarra Shire Council.



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.



Australia's Biggest Morning Tea



On Thursday 24th May 2024, our team at NDCH participated in the BIGGEST MORNING TEA . It was a delightful morning filled with delicious treats, a touch of friendly competition (who baked the best treat) and a well timed send-off for a colleague heading on maternity leave.

We are incredibly proud to be part of this national initiative that raises funds for life-saving cancer research projects and education prevention programs for the Cancer Council Victoria.



National Reconciliation Week

National Reconciliation Walk:

On Wednesday, 29th May, we had a fabulous day for our 2024 Reconciliation Week community walk and event at Kerang Memorial Hall. It was amazing to see so many local schools in attendance, with students traveling in from Murrabit, Koondrook, and Barham, along with the majority of Kerang schools and the Gannawarra Children's Centre. The event was highly supported and celebrated by our Indigenous community, with special thanks to local health services like Kerang District Health, Cohuna District Hospital, and Victoria Police for their support.

This celebration of diversity within Gannawarra grows each year. The event was made possible with support from Council's GLAM agency partners, including Mallee District Aboriginal Services (Mildura, Swan Hill, Kerang), Northern District Community Health, Kerang Elders and Emerging Leaders Group, and Victoria Police.

We are especially thankful to Uncle Ron Murray, a Wamba Wamba Elder, who joined us in Kerang today. Uncle Ron and his wife Sarah, who form the musical duo Kinja, are both talented musicians, and Uncle Ron is a highly respected and renowned cultural storyteller.

Thank you to the Gannawarra community for supporting this event.

Community Dinner:

We also held a community dinner with a great turn out from families and community. Children got to learn how to throw boomerangs with Uncle Ron Murray before having a feed and listening to stories and music by Uncle Ron and his partner Sarah.



The Long Walk



National Reconciliation Walk





5 WAYS TO WELLBEING

COFFEE & CREATE



Join us for morning tea and pot painting with The Dandy Lion Studio.



A FREE pot painting workshop is coming to Lake Charm. Framed by the 5 Ways to Wellbeing, participants will paint a terracotta pot and be able to take their pot home to bring them future joy and wellbeing.



Lake Charm Hall



Tuesday 25th June 2024



10.00AM - 11.30AM



Morning tea, conversations and no art experience needed. To book call NDCH 5451 0200 or book via the QR code - spots limited.



Supported by Gannawarra Shire Flood Recovery Funding through the Gannawarra Community Resilience Committee

MDAS KERANG EARLY YEARS PLAYGROUP

For all carers with ATSI children 0-5 years

THURSDAY

MORNING PLAYGROUP SESSION 10AM - 11:30AM



MDAS Shed
11 Nolan Street
Kerang

ACTIVITIES

Arts & Crafts
Sensory Play
Imaginative Play
Cultural Activities

LIGHT SNACK PROVIDED

Did you know that you can also join our other Early Years programs? You and your little ones can have fun, meet friends and learn new skills

For more information

Contact - Kel
0419385318



SOURCED FROM: infrastructure.gov.au



NOTICE: 3G SHUTDOWN IN RURAL AUSTRALIA

Australia's 3G network is being switched off after 20 years to make way to 4G and 5G technologies.

Telstra recently announced that it will delay its 3G network switch off until 31 August 2024. Optus is planning to switch off its 3G network from 1 September 2024. TPG Telecom/Vodafone has already switched off its 3G network.

Mobile service providers are best placed to advise if your device may be affected.

Mobile service providers are best placed to advise if your device may be affected. There are several ways you can check your device:

- Telstra
 - Visit: www.telstra.com.au/support/mobiles-devices/3g-closure
 - Call: 13 22 00
 - SMS '3' to 3498 for an automatic response on your device's 4G network compatibility.
- Optus
 - Visit: www.optus.com.au/3g
 - Call: 133 937
- Vodafone/TPG Telecom
 - Visit: [3G Network Closure FAQ | TPG Support](#)

STORY WALK

FOR NATIONAL RECONCILIATION WEEK 2024



LOCATED AT
ATKINSON PARK,
KERANG UNTIL
13 JUNE



Scan the QR code to hear "Our Home, Our Heartbeat" read by author, Adam Briggs



PROUDLY SUPPORTED BY:



Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

Our Winter Woollies drive has wrapped up

Thank you Boort, Quambatook, Pyramid Hill, Cohuna, Koondrook, Kerang and surrounds for kindly donating warm clothes and blankets to our Winter Woollies Drive 2024.

These donations are available to all the Op Shops in the region so that those in need are able to access warmth during the colder months.

Every year our drive is a reminder that not everyone has basic comforts, and items we no longer need can make a real difference to someone in our community.

**From the NDCH Team,
many thanks X**

The Mobile Service Centre bus is coming to the below towns:

Cohuna , in front of the visitors centre, King George Street	7 June, 9 am to 4 pm
Kerang , behind the memorial hall, Nolan Street	11 June, 9 am to 4 pm
Pyramid Hill , opposite the memorial hall, Kelly Street	12 June, 9:30 am to 4:00 pm
Boort , adjacent to the information centre, Godfrey Street	18 June, 10 am to 4 pm





NDCH

Northern District Community Health

**WE ARE
HIRING!
JOIN OUR TEAM**

JOB VACANCIES

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

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
- ✓ Diabetes Connect Program - Psychosocial Support Worker
- ✓ Diabetes Connect Program - Dietitian
- ✓ Diabetes Connect Program - Coordinator
- ✓ Plus more - visit our website to find out what jobs have just been posted

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

A: 24 Fitzroy Street, Kerang

P: 5451 0200 | E: carers@ndch.org.au

JUNE 2024



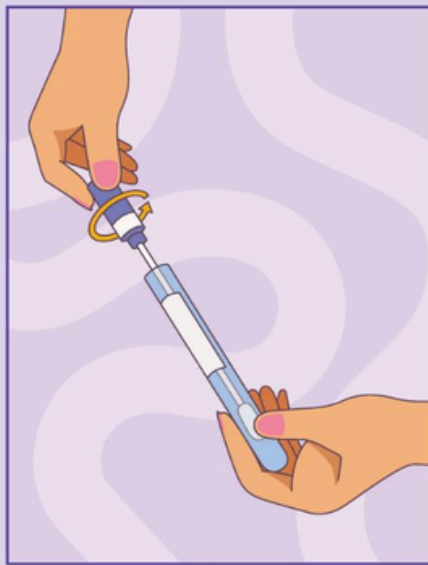
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Where do I get a Cervical Screening Test self-collect swab?

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 for more information.

Lost or need to re-order your kit? Visit ncsr.gov.au/boweltest



COHUNA COMMUNITY BUS

BUS TO KERANG

every Wednesday in JUNE

Bus Leaves Cohuna Memorial Hall at 12 noon and returns at 4pm. Cost:\$5

BOOKINGS ESSENTIAL
Call Cohuna Neighbourhood House
5456 4666

TRIAL BUS SERVICE TO KERANG

Cohuna Community Bus Committee will be trialing a bus service to Kerang each Wednesday during the month of June starting Wednesday 5th June.

The Community Bus will leave the Shire Hall in Market Street Cohuna at 12:00 and travel to Kerang. The bus will take people to Banks, Shire Offices or other locations in Kerang and return to Cohuna at 4:00 (leaving Kerang at 3:30) This is a trial to gauge the demand for such a service. There will be a small charge.

We would appreciate if those interested could book through Cohuna Neighbourhood House 5456 4666.



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

Mealtimes can be challenging if your child refuses to eat or is a picky eater!

If there are no medical reasons for the food refusal, these tips may help make mealtimes a little less stressful.

Try the following tips to help your child...

- Have meals and snacks at consistent times during the day.
- Use a timer to show your child how long the meal will be and how long they have to sit at the table.
- Before asking your child to eat a new food, let them explore the new food by touching, smelling, and talking about it. Then have the new food on the table at mealtime. When they are ready, offer a small portion or a single bite.
- Neurodivergent children often choose their food solely based on texture or colour. Try adding new foods that are similar to their preferred foods (e.g. if they eat celery, add a food that is crunchy. If they prefer a smooth texture, try blending new foods).
- Remember encouraging children to eat a variety of foods takes patience and persistence. Try to remain calm and offer regular praise.

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.

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

**FOR MORE INFORMATION –
EMAIL: CARERS@RIAC.ORG.AU
PHONE: CAROLYN – 0488 605 363**

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

HEAD TO HEALTH



We find the mental health support that's best for you

Call 1800 595 212

Not feeling like yourself lately?
You're not alone.

It's something most people experience at some point. And there are simple things you can do that can help.

HEAD TO HEALTH IS A FREE CONFIDENTIAL SERVICE FROM THE AUSTRALIAN GOVERNMENT IT CONNECTS YOU WITH THE HELP AND SUPPORT YOU NEED TO KEEP MENTALLY HEALTHY.



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

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

8.30am 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

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



NDCH

Northern District Community Health

Thank you for reading.

www.ndch.org.au

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

NDCH is supported by the Australian Government Department of Health.

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



HEALTHY WORKPLACES Achievement Program

We're creating a healthier workplace

