

# INTERNATIONAL WOMEN'S DAY

8th March

# NEWSLETTER

## MARCH 2024



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## New healthcare hubs from July

Six communities across Buloke, Loddon and Gannawarra Shires will have new Healthcare Hubs from July, which will complement existing GP services, with nurse practitioner and allied health services much closer to home. The first four Hubs will be located in the communities of Kerang, Quambatook, Pyramid Hill and Boort.

The Integrated Health Network Alliance is one of six successful applicants selected from 80 submissions nationally to receive \$1.4 million in funding through the Australian Department of Health and Aged Care's Innovative Model of Care grant. (Sunraysia Community Health Services has also been successful in their application for a Community Paramedic Model).

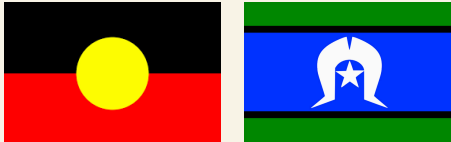
*Northern District Community Health is leading the four-year primary health initiative, with partners Murray PHN, Inglewood and Districts Health Service, East Wimmera Health Service and Boort District Health, to trial new multidisciplinary primary care models designed to reduce chronic workforce shortages and improve patient access, taking learnings from work Murray PHN has previously implemented.*

To read more, visit: <https://www.murray.phn.org.au/rural-healthcare-hubs-funded/>

## 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**

### STRONG START TO THE YEAR!

Community Health First has had a strong start to the year, continuing its hard work with decision makers to improve the health system for all Victorians.

With the Victorian budget on the horizon, we are persisting to advocate for an elevated role for community health so that all people, especially those living in rural areas and with complex needs, are well supported.

It's time to put [#CommunityHealthFirst!](#) For more information please visit [www.communityhealthfirst.org.au](http://www.communityhealthfirst.org.au).



Community Health First's budget submission seeks to **improve the health system for all Victorians**, especially those who **live in rural areas** and those with **complex care needs**, so it is vital that it this heard.

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



**@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.



## Podiatry update

### Farewell Jack

It is with mixed emotions that we bid farewell to Jack after an incredible nine years of dedicated service to NDCH.

Jack's presence will be greatly missed, but we are excited for the adventures that await him in Darwin.



**Jack Danckert**  
Podiatrist  
9 years

### ABOUT NDCH PODIATRY

NDCH is proud to offer podiatry services across all our primary sites – Kerang, Cohuna, Pyramid Hill, Quambatook, and Boort (housed at the BRIC Centre). Led by the experienced podiatrist, Emma, and supported by our dedicated Allied Health Assistant, Simonie, we ensure comprehensive care and support for our community's foot health needs.



**Emma**  
Podiatrist



**Simonie**  
Allied Health Assistant

### WHAT WE DO

NDCH podiatry can provide assessment and care for a wide range of acute and chronic lower limb issues including:

- General nail and skin care
- Corns, callous & ingrown nail care
- Injury & pain management
- Ulcer management and prevention
- Diabetic foot assessment
- Paediatric assessment
- Orthotic provision
- Footwear assessment



### PATIENTS CAN ATTEND UNDER

- **CHSP/HACC/PHN**
  - Concession: Podiatry \$10, Footcare/AHA \$5
  - Non-concession: Podiatry \$35, Footcare/AHA \$10
- **HCP (Health Care Package)**
  - Podiatry: \$108.36 per hour
- **NDIS**
  - Podiatry: \$193.99 per hour

Due to there being one Podiatrist available there may be extended wait times for appointments. The staff are always here to discuss the best options for your footcare needs. This may include exploring treatment plans, discussing the benefits of a Team Care plan from your GP to support visits to a private podiatrist, or any other concerns,

Staff are able to provide you with a flyer of private podiatry options in your area.



At Rural Workforce Agency Victoria,  
**WE IMPROVE ACCESS TO HEALTHCARE  
IN RURAL AND REGIONAL VICTORIA**

Follow us here or visit our website at [www.rwav.com.au](http://www.rwav.com.au)

## **RWAV CONFERENCE**

Michelle, the Care Coordinator in the Nurse Practitioner Rural Outreach Program, recently had the privilege of attending the RWAV-Rural Workforce Agency Victoria conference to speak about the Rural Outreach Program.

Michelle was a part of a panel of five at the RWAV conference, engaging in enriching conversations about Multidisciplinary Teams in rural areas. The discussion focused on the program's benefits, emphasising the importance of its outcomes in targeting rural communities, facilitating access to primary care, aiding in care navigation, and the positive feedback over the last 12 months from patients regarding trust, professionalism, and consistency of care. There were discussions around outcomes going forward with the program and the importance of all working together as a team for the best outcome for the patient.

The overall outcome of the conference underscored the value of team-based care, emphasising the importance of co-design and addressing funding and travel cost challenges.

The conference was marked by optimism, with many voicing that future change is happening for rural communities by working together. Michelle expressed gratitude for the opportunity to participate and reiterated her commitment to promoting multidisciplinary care in rural communities, as well as presenting the learnings and achievements of the program, which is key to the Sustainable Rural Health project led by the Integrated Health Network Alliance which includes NDCH, Murray PHN, Boort District Health, East Wimmera Health Service, and Inglewood & Districts Health Service. The program has received funding from La Trobe University Violet Vines Marshman Centre for Rural Health Research and Murray PHN.

Yvonne and Michelle are available at the NDCH Medical Clinic in Quambatook and Pyramid Hill on a regular rotation every Thursday, refer to booking dates on page 5.

To stay up-to-date with the project progress and updates, sign up to their newsletter here:

[https://www.murrayphn.org.au/sustainable\\_rural\\_health\\_project/](https://www.murrayphn.org.au/sustainable_rural_health_project/)



Pictured: Michelle attending the RWAV conference in Ballarat.



**NEED AN APPOINTMENT  
WITH YVONNE OUR  
NURSE PRACTITIONER?**



## **QUAMBATOOK & PYRAMID HILL**

### **QUAMBATOOK**

Thursday, February 29th

Thursday, April 11th


### **PYRAMID HILL**


Thursday, March 7th

Thursday, March, 28th

**Contact us to make an appointment on 54521366**

#### **Services:**

 **Long Consults (30 minutes):** Nurse Practitioner Yvonne offers 30-minute long consults. This allows ample time for in-depth conversations, ensuring all your queries are addressed comprehensively.

 **Short Consults (15 minutes) - Existing Patients Only:** Yvonne is available for 15-minute short consults exclusively for existing patients. It's perfect for routine follow-ups.

#### **Nurse Practitioner Yvonne can:**

- diagnose and treat a variety of health related conditions
- initiate and receive referrals from other health referrals
- specialise in Women's Health, Child Health, Age Care and Chronic Disease management



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.



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.**

# Lots of great events happening for International Women's Day

International Women's Day is an important opportunity for us all to celebrate women's achievements, to share women's experiences and stories, and to mobilise decision makers and communities to address the ongoing barriers to achieving gender equality.



## International Women's Day

Friday March 8th

5pm-8pm

CohunaCo

38 Channel St , Cohuna

Fundraiser for the Heart Foundation

### Raffle

Prizes : Intimo Sleep Set valued at \$270  
Vouchers & Gifts donated by local businesses  
Tickets \$5 or 3 for \$10  
all proceeds to the Heart Foundation



Brought to you by  
Styled By Cathy Ballis

FINGER FOOD & DRINKS  
\$40 ticket with Lucky Door Prize

### GUEST SPEAKERS

- BELINDA BATCHELOR :  
EXERCISE GUIDELINES & LYMPHATICS
- CLAIRE GILLEN: CHRONIC DISEASE  
MANAGEMENT NURSE & MHFA  
FACILITATOR:  
' HEALTHY HEARTS'

- \*Lingerie & Livewear Capsules Specials
- \$5 donated to The Heart Foundation for Every purchase
- Book your FitMe Appointment into March for an extra ticket into the Raffle & a free pair of our Oeko-Tex Briefs



BOORT

# INTERNATIONAL WOMEN'S DAY

6 MARCH 2024

# DINNER

Join us to celebrate International Women's Day. Help raise awareness and inspire the actions needed to continue the work towards a gender equal future.



**Our Host Donna Doyle** (BDH CEO) will lead an exceptional panel.



Wed 6th March 2023



6.00PM - 8.30PM



Boort Resource & Information Centre

### Our Panelists:



**Louise Newsome**  
Manager, BRIC



**Marlies Eicher**  
Soluté Oliva



**Sue Hellsten**  
The Bluebird Barn



**Jo Bear**  
Empower Her



**Meg**  
Empower Her

Jo and Meg will share their story of volunteering to spread the joy of netball and teamwork with rural women in India. A fascinating journey of women connecting in unexpected ways!

FREE event, catered by The Bluebird Barn. Bookings essential. Book in person at BRIC: call (03) 5455 2716 or use the QR code.



This International Women's Day Event is financially assisted by Loddon Shire Council and Boort Resource & Information Centre.

Quambatook

# INTERNATIONAL WOMEN'S DAY

8 MARCH 2024

# COFFEE & CREATE

Join us to celebrate International Women's Day with Caroline Ellis.



A FREE coffee & create workshop is coming to Quambatook for International Women's Day. Framed by the 5 Ways to Wellbeing, participants will complete a finished artwork and be able to take their creation home, bringing them future joy and wellbeing.



Fri 8th March 2024



10.00AM - 12.00PM



Quambatook Senior Citizens Hall



Coffee, conversations and no art experience needed.

To book call Annie on (03) 5457 1220 or email qcrc@bigpond.com - spots limited.

Free workshop provided by NDCH, GSC and Loddon Mallee Public Health Unit funding.



# INTERNATIONAL WOMEN'S DAY

8 MARCH 2024

# BREAKFAST

Join us to celebrate International Women's Day. Help raise awareness and inspire the actions needed to continue the work towards a gender equal future.

**Our MC: Amanda Wilson**

Director of Corporate Services  
Gannawarra Shire Council



Fri 8th March 2024



7.00AM - 8.30AM



Inside at Sir John Gorton Library, Kerang

### Our Guest Speakers:



**Yvonne Fabry**  
Nurse Practitioner



**Amy Treacy**  
Small Business Owner



**Rachel Robertson**  
Small Business Owner

Bookings preferred for catering purposes: <https://www.trybooking.com/COMTC>



Cohuna

# INTERNATIONAL WOMEN'S DAY

8 MARCH 2024

# COFFEE & CREATE

Join us to celebrate International Women's Day with The Dandy Lion Studio.



A FREE coffee & create workshop is coming to Cohuna for International Women's Day. 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.



Fri 8th March 2024



10.30AM - 12.00PM



Cohuna Gateway Centre



Coffee, conversations and no art experience needed.

To book call NDCH 5451 0200 or book via the QR code - spots limited.



Free workshop provided by NDCH, GSC and Loddon Mallee Public Health Unit funding.



# HEALTHY HEARTS & LUNGS



This is a FREE 7 week education and exercise program for people with long term heart and lung problems. It is in a group based setting with lots of fun and laughs not just exercise. The class runs for approx. 1.5 hours weekly in Kerang and Cohuna.

**To be eligible for the program you need to have a heart or lung condition or be at a high risk of developing these conditions.**

Some examples are listed below:

- heart attack
- stents
- COPD
- asthma
- type 2 diabetes
- high blood pressure
- obesity
- ... just to name a few

**Education topics include:**

- importance of exercise
- mental health matters
- occupational therapy
- coping strategies
- heart and lung health
- home exercises
- diabetes education

Our group exercise sessions help you get moving, live independently and live a happy, healthy life!

**How to get involved:**

- You can self refer by calling 03 5451 0200

OR

- your GP or specialist can refer you in and we will contact you (sometimes they will refer you after a hospital visit)



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.



Northern District Community Health



# VOLUNTEERS NEEDED

- For Meals on Wheels in Cohuna & Kerang. It only takes 1 hour, once a month
- For GNETS drivers, taking people to regional medical appointments
- Programs rely wholly on volunteer support

## Benefits of volunteering

- ✓ Make new friendships
- ✓ Try something new and exciting
- ✓ Make a difference by helping the most vulnerable in our community



**FOR MORE INFORMATION:**

Call: (03) 44291900, ask to speak to our Volunteer Coordinator, Laura.

## More about our programs:

### MEALS ON WHEELS

NDCH aims to deliver 20,000 meals a year through its partnership with Cohuna District Hospital and Kerang District Health and this would not be possible without the help of volunteers.

Meals on Wheels deliveries take just one hour a day and make a tremendous difference to the lives of many.

Meals on Wheels not only assists members of our community to remain independent and living at home, but also builds and sustains our local communities.

### GANNAWARRA NON-EMERGENCY TRANSPORT SERVICE (GNETS)

The Gannawarra Non Emergency Transport Service is a community transport service, developed to assist people to access their specialist and / or health care provider in larger regional areas.

GNETS could not operate without our volunteer drivers, so if you enjoy driving, meeting and talking to new people and helping others, then this is the volunteer program for you.



# SUMMERWAVE

## MUSIC FESTIVAL

Summerwave Music Festival 2024, held on February 10th at Atkinson Park in Kerang, was an incredible showcase of music, community, and inventive entertainment, even in the face of scorching temperatures.

With approximately 400 attendees, the event showcased a diverse lineup of high-quality musical performances, interactive attractions like rock climbing and airbrush tattoos, and spotlighted local talent such as rapper Ridzyray.

Standout sets from Masketta Fall and Hevenshe left audiences dancing and mesmerized, highlighting the festival's ability to unite music lovers and forge memorable experiences. Despite challenges, the festival surpassed expectations, cementing its status as a must-attend event and paving the way for future success,





**FREE EVENT**

BRING YOUR OWN  
OUTDOOR CHAIR

**A BBQ MASTERCLASS FOR  
GANNAWARRA MEN!**

# HALT ON TOUR IN GANNAWARRA



*When:*

Friday 22nd March at 6.15pm - 8.30pm



*Where:*

Tree Tops Gunbower Creek



*What:*

- 'OMG BBQ' meat masterclass. Learn how to slow cook and smoke a brisket, then it's feasting time for all! Non-alcoholic drinks provided.
- Hear from Jeremy Forbes, a tradie with 20 years' experience in the building industry. Jeremy shares his powerful tips for men looking out for each other and why he established the HALT service for men.
- FREE haircuts at the pop-up Bush Barber stand.



## WIN PRIZES

INCLUDING A 2 LITRE  
YETI INSULATED  
DRINKER, BBQ GOODS &  
CAMP CHAIRS.



**BOOKINGS ESSENTIAL:**

Book using the  
QR code

<https://www.trybooking.com/CPMOA>



This activity is supported by funding from Murray PHN through the Australian Government's PHN Program and Gannawarra Shire Flood Recovery Funding through the Gannawarra Community Resilience Committee.



*You're invited to our*



# MEET & GREET



*When:*

THURSDAY 14TH MARCH AT 10.00AM



*Where:* NDCH, Kerang



*What:*

Join us for a delightful morning tea and discover the wealth of local groups, exciting volunteering opportunities, and engaging activities awaiting you in your community.

**Kerang Neighbourhood House, Kerang District Health, Kerang Men's Shed, Kerang U3A, plus more will be there to chat!**

**Creating social connections and reducing loneliness are benefits awaiting those who become part of our local community groups.**

## **EXPRESSION OF INTEREST:**

*For catering purposes please book via the QR code or call NDCH on 5451 0200*

SCAN ME



Free event provided by NDCH and Loddon Mallee Public Health Unit funding.

**BENDIGO HEALTH** Loddon Mallee Public Health Unit



**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:

- ✓ Speech Pathologist - Full or Part Time
- ✓ Community Reference Group
- ✓ Community Care Worker
- ✓ NDCH Board Director
- ✓ Rural Withdrawal Nurse
- ✓ Sustainable Rural Healthcare Hubs Project Coordinator
- ✓ Quality Governance Leader
- ✓ Business Manager

**APPLY NOW**





Are you a secondary school principal, wellbeing co-ordinator or a school nurse in the Buloke, Loddon or Gannawarra (BLG) shires?  
Then, this is for you!

## INFORMATION SESSION

The Buloke, Loddon and Gannawarra Health and Wellbeing Executive Network is undertaking a scoping assessment for the Live4Life program to be rolled out across these three LGAs.

You are invited to hear from the Live4Life Team about this evidence-based program that improves mental health and reduces youth suicide in rural communities.

**Date:** Wed., 6th March. 2024

**Time:** 8:30 - 9:30am

**Venue:** Online (Zoom Meeting)

To book a spot, please scan the QR code on this flyer.

For more information, see [www.live4life.org.au](http://www.live4life.org.au)



## WOMEN RISING EMPOWERING FLOOD RECOVERY Report + Exhibition Launch



**TUESDAY 19 MARCH  
11AM-12PM**  
FOLLOWED BY LIGHT LUNCH + REFRESHMENTS

Gannawarra Visitors Centre  
90 King George Street, Cohuna



Get your FREE ticket here:



# Hearing the Nation Tour 2024 is coming to COHUNA!

IN THE BUS ON THE MAIN STREET, POP IN FOR A FREE HEARING CHECK!  
4/03/2024 • 9:00am - 3:00pm



FREE 15 minute hearing checks for adults

Search  to book your check today.



[www.hearing.com.au/hearingthenation](http://www.hearing.com.au/hearingthenation)

Conditions apply under the Australian Government Hearing Services Program.

## From Diagnosis to OAM

plus a Sibling's Perspective: A Personal Autism Journey

### Kerang

Wednesday 13 March 2024

6:30pm-9:30pm

(3 hour seminar including question time, doors open 6pm)

Daniel and Daniel's Dad (Daryl) will discuss Daniel's journey from diagnosis to present day giving an insight from Daniel's personal perspective of living life as an Autistic individual.

Daniel's sister (Leash) will also be sharing the sibling perspective and is a qualified educator (may be prerecorded).

Topics include diagnosis, school journey, independent living, employment and strategies used to achieve the best outcomes.

There will also be an opportunity for question time.

Early Bird  
Tickets  
until 6 March!



### Presented by

Daniel Giles OAM  
Order of Australia  
Medal Recipient  
& Autistic Self-Advocate

Daryl Giles  
Daniel's Dad

Leash Purcell  
Daniel's Sister  
and Educator



### Venue

Kerang Sporties  
25 Victoria St, Kerang VIC

Tickets (\*Includes \$0.50 booking fee for online bookings)

Autistic people, family & carers  
\$30.50\* early bird | \$35.50\* regular

Professionals (Educators/Caseworkers/Therapists - incl. CPD cert.)  
\$75.50\* early bird | \$85.50\* regular

[trybooking.com/CPGZW](http://trybooking.com/CPGZW) (or scan QR code)

### Contact

e: [admin@speakinginsights.com.au](mailto:admin@speakinginsights.com.au)

w: [speakinginsights.com.au](http://speakinginsights.com.au)



Find 'Speaking Insights' on Facebook and Instagram

EDUCATORS - Educators can claim 3 hours of Professional Development, Australian Professional Standard for Teachers at the level of Proficient Teacher 6.4.2



ABN: 11 945 440 100



### Does your neurodivergent child struggle with change?

Change is a normal part of life, however, neurodivergent children often find it hard to cope with change or transitions in their life.

Try the following tips to help your child -

- Talk about upcoming change so they can be prepared. Give them time and space to process the change
- Mark the change on a calendar. If possible, make it a fun countdown.
- Have support people around. Share the upcoming change with your child's family/friends and school so people they are comfortable with can help with the transition.
- Be sure to listen to, and respect, your child's feelings about the change.

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	COHUNA
<p><b>WHEN:</b> 10AM - 11.30am 3<sup>rd</sup> Wednesday each month</p>	<p><b>WHEN:</b> 1PM - 2.30PM 3<sup>rd</sup> Wednesday each month</p>
<p><b>WHERE:</b> Northern District Community Health 24 Fitzroy Street, Kerang</p>	<p><b>WHERE:</b> Northern District Community Health 25 King Edward Street, Cohuna</p>

For more information -

EMAIL: [carers@riac.org.au](mailto: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](http://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.**



# Northern District Community Health

**MEDICAL**

**CLINIC**

 Phone: 03 5452 1366

- Clinic services available include:
- GP consultation
- Nurse Practitioner consultations
- Referrals to specialists
- Immunisations
- Travel vaccines
- Ear Clearance and/or wash out
- ABI (Ankle-Brachial Index test)
- Spirometry (lung function test)
- ECG (Electrocardiogram)
- 24 hr Blood pressure monitor
- 24 hr heart monitor
- Health Assessments
- Cryotherapy
- Diathermy
- Skin biopsy & excision of skin tumours
- GP management plans
- GP mental health plans

### Visiting specialists:

- Cardiologist
- Psychologist
- Geriatrician
- Hearing Aid specialists

**COMMUNITY**

**HEALTH**

 Phone: 03 5451 0200


- Podiatry and Foot care
- Dietitian (on maternity leave)
- Counselling
- Occupational Therapy
- Diabetes Education
- Speech Pathology
- Paediatric Physiotherapy
- Homelessness support service
- Carer respite program
- Endocrinology Telehealth
- Registered NDIS provider
- Healthy Hearts & Lungs
- Health Promotion

### Community Nursing

- Help manage your health and wellbeing at home
- Palliative care
- AgriSafe™ Clinics
- Chronic disease management

**COMMUNITY**

**CARE**

 Phone: 03 44291900

### Our Services

- Home Care
- Personal Care
- Respite Care
- Property Maintenance
- Food Services
- Community Access
- Social Support
- Community Meals

- NDIS provider
- Registered TAC provider
- CHSP - Aged Care program
- HACC-PYP- Younger People program
- Veterans Home Care

Located: 24 & 34 Fitzroy St Kerang, 3579



**NOCH**

Northern District Community Health



MEDICAL CLINIC

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**5452 1366**

## DOCTORS

Dr John Shokry  
Dr Afolabi Ayeni  
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  
Leonie Garner



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  
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](mailto: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

# Thanks For Reading

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

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\*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.



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