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# INTERNATIONAL WOMEN'S DAY 2025



*You're invited to breakfast*

**FRIDAY 7 MARCH  
7.30AM FOR 8AM START**

Morton Garner Pavilion  
Cohuna Recreation Reserve,  
Island Road, Cohuna



### Guest speakers

- Wendy Lughusen, Director of Clinical Services, Cohuna District Hospital and
- Elise Drake, Indie Rock Singer/Songwriter and
- Our very own Penny Wilkinson as MC.



**Booking essential by Monday  
3 March:  
Call (03) 5450 9333  
Or book through [Trybooking](#).**

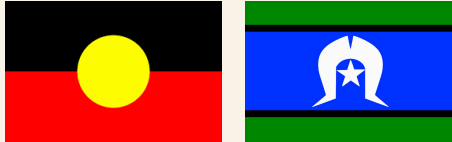
## March Forward

*It's time to turn  
promises into progress*

## 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.

## Vision

Building healthy, inclusive and connected rural communities.

## Purpose

To improve health and wellbeing and reduce rural health inequity by working across the social determinants of health.

## Values

We trust, encourage and look out for each other.



We have the courage and agility to champion new ways.



We have an eye on shaping the future.



We can be counted on to deliver and do things well.



We listen.



We know diversity of people, experiences and perspectives make our work stronger



## Connect with us on social media!



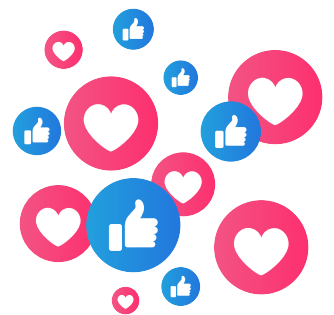
Facebook



LinkedIn



Instagram



# A ONE-STOP-SHOP FOR LOCALS LIVING WITH CHRONIC CONDITIONS



Buloke, Loddon and Gannawarra Shires have limited access to GPs and other health professionals. A new program –the Sustainable Rural Healthcare Hubs trial – is helping improve access to healthcare closer to home for rural people living with complex and chronic conditions.

Health services across this region collaborate to create Healthcare Hubs. Hubs are operating in Kerang, Quambatook, Pyramid Hill and Boort. Soon we'll be adding sites in the Inglewood & Districts Health Service and East Wimmera Health Service catchments.



## TEAMS CLOSER TO HOME

GPs and nurse practitioners lead teams of allied health professionals such as nurses, diabetes educators and mental health professionals, to give patients access to comprehensive healthcare. A care coordinator makes sure patient questions are answered and their needs met, helps make appointments and manages referrals to other health professionals. Patients can see members of their healthcare team face-to-face or via phone/video to save on travel time.

## GROWING THE HEALTH WORKFORCE

Training opportunities for existing team members as well as health and medical students will eventually support more people to work and stay in the region. Research and evaluation are part of the trial. As the model grows, it will create a blueprint for other regional areas facing similar issues.

The trial is delivered the Integrated Health Network Alliance, which includes Northern District Community Health, Murray PHN, Inglewood & Districts Health Service, Boort District Health and East Wimmera Health Service. Round 4 of the Australian Government's Innovative Model of Care Grant program funds the trial from 2024 to 2027.

# Exploring New Assistive Technology with Novis Healthcare

On the afternoon of Thursday 6 February, our Occupational Therapy team met with Natalia from Novis Healthcare to learn about the latest in assistive technology. Natalia provided updates on equipment that could benefit our clients, helping us explore new ways to support their independence and well-being.

We're always looking for innovative solutions to enhance client care.



# GANNAWARRA SPORTING CLUB DINNER

*Inviting members, volunteers, players and supporters from all sporting clubs in the Gannawarra Shire to come together and celebrate local sport, learn and network*

**KOONDROOK RECREATION RESERVE**

**Penglase Street, Koondrook**

**Tuesday 25 March, 2025**

**6:00 PM FOR 6.45PM START**



Hosted by Brihony Dawson

- TV Host, Entertainer, MC, Vocalist
- Sports Presenter @foxfooty
- Advocate and Ambassador

The night includes:

- Practical and proactive advice for successful grant applications from **The Grants Guy**
- Industry professionals in a Q&A panel on all things sport and recreation, grant funding, club support and more!
- The launch of the Gannawarra Fair Access Policy
- Lucky door prizes to be won!



Bookings essential

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

or scan the QR code

Enquiries to [grants@gsc.vic.gov.au](mailto:grants@gsc.vic.gov.au)

Dinner provided  
Drinks at bar prices



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



And

# THE LITTLE LONG WALK

VISITING  
BARAPA BARAPA  
COUNTRY

FROM MARCH 3RD



**FRRR**  
Foundation for Rural  
Regional Renewal



Gannawarra



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

# Meet Our New Doctors

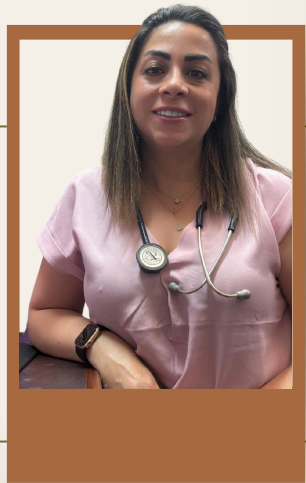


## Dr Joe Dawson

Dr. Joe Dawson, a GP registrar with a special interest in preventative health, chronic disease management, child health, and minor procedures. Originally from Gippsland, Dr. Dawson is passionate about providing compassionate care and improving the health of the Kerang community.

## Dr Zoya Sadeghi Pour

Dr. Zoya Sadeghi Pour, a specialist in gynaecology and women's health. Dr. Zoya provides expert care in contraception option such as Mirena & Implanon insertion and removal, reproductive health, menstrual concerns, menopause management, and more, supporting women at all stages of life.



## Dr Feryal Zubair



Dr. Feryal Zubair, also a GP registrar, provides patient-centered care across a wide range of health needs, including preventative care, chronic disease management, and acute conditions. She has a calm and approachable nature, with special interests in mental health, geriatrics, and women's health.

Book an appointment any of our doctors today!

Call our medical clinic on 03 5452 1366 or book online via HotDocs:



[NDCH HotDocs Link](#)

# Changes to Podiatry and Footcare Services



There have been changes to NDCH’s podiatry and footcare services. From February 2025, our podiatry services will operate three days a week, and we will focus on providing care for clients with high-risk foot health needs.

Here’s what you need to know:

- **Low-Risk Clients:** If you are a Kerang and/or Cohuna-based client and considered low-risk, you will receive a letter with information about these changes, including contact details for local podiatrists. These providers are accepting new clients.
- **Footcare Appointments:** If you were receiving footcare through Allied Health Assistants (AHAs), appointments are not being rebooked at this time. You will receive a letter with information about these changes, including contact details for local podiatrists. These local podiatrists are accepting new clients.
- **High-Risk Clients:** We will continue to book appointments for high-risk clients as needed, based on podiatrist discretion.
- **Diabetic Assessments:** Our 12-month diabetic foot assessments will continue to be available. Patients are encouraged to have a GP referral for this 12-month annual assessment.

If you’re seeking private podiatry services, we encourage you to speak with your GP about available options. While NDCH is no longer accepting GP management plans, local private podiatry providers do.

Our team is reviewing all podiatry and footcare clients to ensure everyone’s needs are addressed. If you have any questions or concerns, please contact our office on (03) 5451 0200.

We thank you for your understanding as we adapt to these changes, please see below for information on private podiatry options in your area.

<b>Gannawarra Services</b>	<b>Taylor Made Podiatry</b> Location: Kerang   Phone: 0419 999 549 Email: info@taylormadepodiatry.com.au	<b>Rivergum Podiatry</b> Location: Barham   Phone: 0499 361 719 Email: admin@rivergumpodiatry.com.au
<b>Loddon Services</b>	<b>Loddon Podiatry</b> Location: Boort, Lockington & Dingee   Phone: 5451 5200 (Boort District Health) Email: nicole@loddonpodiatry.com.au   Phone: 5436 8309 (Dingee)	
<b>Echuca Services</b>	<b>Echuca Podiatry</b> Location: Echuca   Phone: 5482 5844 Email: echucapodiatry@gmail.com	<b>Active Podiatry</b> Location: Echuca   Phone: 03 5442 2289 Email: activepodiatry@gmail.com
<b>Swan Hill Services</b>	<b>Country Feet Podiatry</b> Location: Swan Hill   Phone: 0421 928 840 Email: countryfeetpodiatry@gmail.com	<b>We Fix Feet</b> Location: Swan Hill   Phone: 0499 500 729 Email: wefixfeetswanhill@icloud.com



THE\_444\_RUN



# MINO'S MURRAY MARATHON *for Mental Health*



## THURSDAY MARCH 6<sup>TH</sup>

**12PM – 2PM • COMMUNITY EVENT • SAUSAGE SIZZLE**  
**GARDEN PARK, NEAR THE GATEWAY CENTRE**

Join the community celebration and cheer Ben "Mino" Welch into town as he starts to make his way to the last gruelling leg of his Murray Marathon (9 marathons in 4.5 days!! 380km the length of the Murray between Mildura and Echuca).

Sausage Sizzle available or bring your own picnic lunch and join us at The Gateway Information Centre where there will be representatives from both Headspace and NDCH to continue the conversation

about positive mental health and regional services that are available to tackle this disturbing and swelling phenomena. This event is to highlight Ben's mission to raise more awareness of mental health and the solutions that are so vital to our future to help protect and nurture the precious young minds of the next generation.

**THERE'S ALSO A CHANCE TO MEET BEN!**  
(depending how he is feeling after running 321km's)



**CAN'T ATTEND BUT WANT TO DONATE?**  
**DONATE VIA THE GO FUND ME PAGE**  
**ALL PROCEEDS TO FUND HEADSPACE MILDURA, SWAN HILL & ECHUCA**



headspace



**DOCTORS**

Dr John Shokry  
 Dr Zoya Sadeghipour  
 Dr Joe Dawson  
 Dr Feryal Zubair

**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  
 Hilda Higgins  
 Leonie Garner  
 Taylah Clements (casual)



If you have a **MEDICAL EMERGENCY**, please phone **000** and ask for an Ambulance.

For bookings call 03 5452 1366 or make an online appointment by visiting <https://ndch.org.au/gp-clinic-book-now/>

**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

**NURSE ON CALL**

*Caring, professional health advice 24 hours a day*  
 1300 60 60 24

**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

**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

**VICTORIAN HOUSING SUPPORT**

*Crisis housing support*  
 1800 825 955

**NURSE ON CALL**

*Caring, professional health advice 24 hours a day*  
 1300 60 60 24

**REGIONAL MENTAL HEALTH TRIAGE**

*Assessment service for people experiencing mental illness*  
 1300 363 788



# 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
- Pathology services onsite

**Procedures have a practice fee. Call our Medical Receptionists for appointments or information: 5452 1366.**

## 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.

## 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.



# Contact Us

## KERANG

### Community Health

24 Fitzroy Street  
Monday to Friday  
8.30am to 5.00pm  
Phone: 03 5451 0200  
Email: info@ndch.org.au

## 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 12:00pm 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  
Monday to Friday  
9:00am to 4:00pm  
Closed 12:00pm to  
1:00pm  
Phone: 03 5451 0200

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



Northern District Community Health

# Thank you 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.



Australian Government  
Aged Care Quality and  
Safety Commission

