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Meet Our NDIS Support Coordination Team!

At NDCH, we're proud to continue providing NDIS services, supporting participants to navigate their plans with confidence. Our dedicated Support Coordination team is here to help you make the most of your NDIS plan.



Emily Mathiske
Support Coordinator & Team Leader



Kellie Crellin
Support Coordinator

Contact us today!



ndis@ndch.org.au



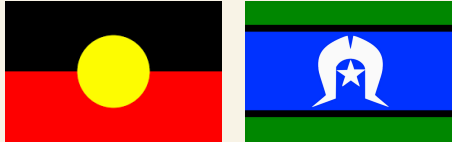
03 5451 0200

Let our experienced team support you every step of the way!

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](#)





NDCH AND IOP: BRINGING CULTURE AND PRIDE TO GANNAWARRA

For over 20 years, NDCH has proudly worked alongside local Elders and the community to support young Aboriginal babies and children aged 0-5 years. In recent years, our services have expanded to include children, youth, and whole-of-family support for Aboriginal people living on Barapa Barapa Country.



This March, NDCH celebrated the final day of an incredible event where over 1,300 local students from all 12 Gannawarra schools experienced the empowering messages of the Indigenous Outreach Projects (IOP)—"Be Proud, No Shame, Respect." Students and staff joined in on some deadly dancing, and we witnessed inspiring leadership from our local young people. The event highlighted culture, the story of Michael Long's Long Walk, and featured four local young Sista's leading the project!

The IOP team filmed a documentary during their visit—we'll be sharing it on our socials as soon as it's available, so stay tuned!

A huge thanks to FRRR, Gannawarra Shire Council, IOP, and The Gannawarra Community Resilience Committee for helping NDCH bring this impactful program to our community.

BEN WELCH COMPLETES THE 444 RUN – SUPPORTING YOUTH MENTAL HEALTH!



Ben Welch's 444 Run was nothing short of an epic endurance challenge, driven by a deep passion for mental health awareness and community support. Covering the grueling distance from Mildura to Echuca in just four days, Ben's mission was to shine a light on the importance of mental wellbeing and raise much-needed funds for local headspace centres in Mildura, Swan Hill, and Echuca.

Motivated by personal experiences and a strong desire to break the stigma surrounding mental health, Ben used his incredible journey to encourage open conversations and highlight the vital role of accessible mental health services. His run quickly gained momentum, receiving unwavering support from community members, local businesses, and health professionals who recognize the urgency of improving mental health resources and support networks.

The 444 Run was more than just a test of physical endurance—it was a movement for change. Ben's efforts served as an inspiration for individuals to seek help when needed, support one another, and prioritize their mental wellbeing. Northern District Community Health (NDCH) was proud to stand alongside Ben and his mission by hosting a community BBQ in Cohuna (providing free fruit, water and lunch) in support of the event. Lynne Wells passionate Community Member volunteered to lead this work, well done Lynne! With an incredible turnout of 300 community members throughout the day, the event brought people together to support Ben, advocate for young people, and strengthen the wider Gannawarra community's approach to mental health.

The campaign's core aims were clear: raise awareness, provide valuable education, and stimulate meaningful discussions about local mental health services. By creating a space where people could learn, connect, and support one another, the event reinforced the message that help is available for those who need it. We were really pleased to have local Cohuna schools getting involved, as a part of our Youth Programs it's vital to increase awareness around the importance of mental wellbeing and more importantly these young people knowing where to go to access local services. Ben's 444 Run has left a lasting impact, sparking vital conversations and strengthening community ties. NDCH remains committed to supporting initiatives that promote mental wellbeing and ensure that individuals, particularly young people, know they are never alone on their journey! A big well done to all involved.



MARCH FORWARD: TURNING PROMISES INTO PROGRESS AT THE INTERNATIONAL WOMEN'S DAY BREAKFAST IN COHUNA

Each year, as a strong and united partnership Gannawarra Local Agencies, we come together to celebrate International Women's Day (IWD). Since 2019, Gannawarra has proudly marked this global event, which not only acknowledges the social, economic, cultural, and political achievements of women but also calls for a more gender-equal future. This year's theme, March Forward: It's Time to Turn Promises into Progress, set the tone for an inspiring morning focused on action and meaningful change.

Held in the stunning setting beside the creek, approximately 60 community members gathered to share in the event for the first time being held in Cohuna. We were lucky to have our very own Penny Wilkinson, expertly guided the morning as MC, setting the tone for an engaging and uplifting experience. Reflecting on the event, Penny shared, "It was an honour to MC the 2025 International Women's Day Breakfast in Cohuna, a fantastic event that highlighted the strength and achievements of women in our community. Hearing from Wendy and Elise was truly inspiring, reinforcing the importance of supporting and uplifting one another. Our ongoing partnership with Gannawarra Shire Council is incredibly valuable, and events like these showcase the power of collaboration in fostering a more inclusive and connected community."



The crowd was privileged to hear from two remarkable and local guest speakers, Elise Drake and Wendy Lunghusen, who shared their powerful stories, leaving attendees feeling inspired and empowered to take action in their own communities. There wasn't a dry eye in the pavilion!

Guests enjoyed a delicious coffee from Suzie Q and a nourishing breakfast provided by Hippy Harvest Cohuna. The atmosphere was enhanced by the addition of live music, creating a warm and welcoming space for reflection and celebration. A special moment was the presence of children at the event, reinforcing the importance of intergenerational conversations about equality and leadership. The event was generously funded by Gannawarra Shire Council.



As a gesture of appreciation, five lucky door prizes featuring local goodies, generously provided by Gateway Cohuna, were awarded to attendees. The event's success was further reflected in the positive feedback received through the post-event survey.

One attendee captured the essence of the morning perfectly: "Coffee and breakfast were divine. Guest speakers were incredibly powerful. Music was a lovely addition. The venue next to the creek was magical. Good to see some children attend as well."

This year's International Women's Day Breakfast not only celebrated the achievements of women but also reinforced the strength of our local community in coming together to support, uplift, and inspire one another. With the theme March Forward, we are reminded that real progress comes from action. As we look ahead, we remain committed to fostering these connections, driving change, and turning promises into progress for a more inclusive and equitable future for all.

"What I love the most about Gannawarra's International Women's Day events is that the event provides a safe space for women to tell their stories and in doing so creates a space for healing, empowerment and discussion between women. This is also a really positive way to role model to young women and girls."
Anon – participant



KEEPING YOUR INFORMATION UP TO DATE

Next time you visit Reception for an appointment, our Customer Engagement Team (CET) may ask you to update your Client Registration Form if it hasn't been refreshed in the past two years.

Why? Things change! Addresses, emergency contacts, and expiry dates can all be updated to ensure we have the most accurate information on file. Keeping your details current helps us provide the best care possible.

Thank you for your time and cooperation - we appreciate it!

QUAMBATOOK

You are not alone

*drop by for a
free coffee & chat
under the peppercorns*

Fortnightly 10.30am-12noon
Guthrie Street, opposite The Stores

- **Friday 21st March**
- **Friday 4th April and**
- **Wednesday 16th April 2025**

Visit Quambatook Community Resource Centre for
Coffee vouchers and enquiries.

**THIS FRIDAY
21st March!**

 Lifeline



Quambatook Community Resource Centre



Gannawarra



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

Join us for a conversation about Climate

Kerang Neighbourhood House
in partnership with VCOSS is hosting a
conversation about

Victoria's Climate Change Strategy



Climate Change is already impacting communities in Victoria. VCOSS wants to empower and support communities to have their say in the things that are affecting them and the change they want to see happen.

We are hosting a conversation on



Tuesday 15th April
10.30am-12pm
at the Chatty Cafe
come and have your say!

Light refreshments & a \$50 voucher for your time provided



Registration Essential

Please register your interest to attend this important opportunity to inform important advocacy work around the critical issues of climate change and environmental justice.

Please RSVP or contact us below for more information:

03 4403 6640
reception@kerangnh.org.au

11 Scoresby St, Kerang





Walk

Safe Rural Walking Group

Kerang Neighbourhood House funded by
Road Safety Partnership team Road Safety
Victoria Department of Transport and
Planning

presents

MONDAYS

8AM - 9AM

MEET AT

KERANG

NEIGHBOURHOOD

HOUSE

CALL 4403 6640
FOR MORE INFO &
TO BOOK

GOODIE BAG
INCLUDED
WITH
RESOURCES

FREE!



New Bush Tucker Garden Taking Root!



Our Indigenous Children's Staff have joined forces with MDAS Kerang to create a vibrant new bush tucker garden! This exciting cultural project will provide a space to celebrate and learn about native plants and their traditional uses. Stay tuned for updates from Casey, Emma, and Lil as they bring this beautiful garden to life!

CELEBRATING HARMONY WEEK

Monday 17th –
Sunday 23rd of
March 2025

Every year in March, Australia comes together to mark Harmony Week which is inclusive of the United Nations International Day for the Elimination of Racial Discrimination on the 21st of March.



The 2025 theme is “Harmony – we all have a role to play!” and the Northern District Community Health team were out and about at Boort District School (BDS) to support their celebration. Jessica Merritt, Health Promotion Worker, wore the official Harmony Day colour orange to support students and staff to mark this important cause.

Australia is one of the world’s most successful multicultural nations. We are home to the world’s oldest continuous culture, being our Aboriginal people as well as migrants from nearly 200 countries.

NDCH encourages all people in our community to think about how they contribute to inclusivity and positive messaging around our cultural diversity and working towards ending racial discrimination.

Earlier this month, NDCH’s Indigenous Children and Youth Programs supported over 1300 children and young people across 12 Gannawarra schools to experience the Indigenous Outreach Project – Hip Hop dance troop, delivering an important message to local students “Be Proud, No Shame, Respect”

Image 1
Northern District Community Health’s Jess Merrett at BDS’s Harmony Week celebrations with BDS staff in Harmony Week t-shirts.

KERANG STREET PARTY

EASTER THURSDAY

FREE

LIVE MUSIC • FACE PAINTING
GAMES • GIVEAWAYS & MORE

LIVE MUSIC FROM

11AM

GET YOUR GROOVE ON KIDS SHOW

11:45
AM

MADI COLVILLE WALKER

1PM

REVIVE DUO

2:15PM

ELIAS LANYON

4PM

OFFICIAL CBD OPENING



VICTORIA STREET
THURSDAY 17TH APRIL

11AM-4:30PM
KERANG



Kerang
Traders Inc



Youth Music
Organisation



THIS IS A FULLY SUPERVISED ALL AGES EVENT THAT IS
ALCOHOL, SMOKE, VAPE AND DRUG FREE

This event has been funded through The Push All Ages Grants Program as part of the
Victorian Government's 10,000 Gigs initiative.

DOCTORS

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

NURSE PRACTITIONERS

Yvonne Fabry
Heather Spence

CLINIC NURSES

Jen Brereton-Team leader
Shannon Laursen
Kristen Hipwell
Narelle Weekly
Sharee Edge

COMMUNITY NURSES

Rosi Bear
Marg Winship
Jen Emonson

ADMIN STAFF

Aliesha O'Neill (Practice Coordinator)
Nicole Betson
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.

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

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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

