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Celebrating Our Incredible Volunteers

National Volunteers Week | 19 - 25 May 2025



During National Volunteers Week, we took the opportunity to say a heartfelt thank you to the dedicated volunteers who give their time, energy, and compassion to support our community.

As part of the celebration, we hosted morning teas in Cohuna (Monday 19 May) and Kerang (Tuesday 20 May)—a small gesture to show our appreciation for everything you do.

Our Meals on Wheels and GNETS (Gannawarra Non-Emergency Transport Services) volunteers are the heart of our service—bringing meals, support, and safe transport to those who need it most. Your kindness and commitment truly make a difference.

From all of us at NDCH—**thank you.**
We're better because of you.

Your Feedback Matters

We welcome your feedback - good or bad. You can tell us if:

- You are happy with our service
- Something went wrong
- You were treated unfairly
- Your rights were not respected
- You think we could do better

How to give feedback:

- Email us at feedback@ndch.org.au
- Fill out our Client Satisfaction Survey (available in waiting rooms or online at www.ndch.org.au or by scanning the below QR code)
- Write to us or drop off your feedback at:
Northern District Community Health
24 Fitzroy Street
Kerang VIC 3579



Connect with us on social media!

Want to see what we're up to between newsletters? Follow us on social media for the latest updates, behind-the-scenes moments, community stories, and more. It's a great way to stay in touch and be part of the conversation.

Follow us on



[Facebook](#)



[LinkedIn](#)



[Instagram](#)



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 LGBTIQ+, 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.

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.



LGBTIQ+ COMMUNITIES

NDCH proudly supports the LGBTIQ+ communities.



A Glittering Night to Remember

DRAG

BINGO

Shines in Cohuna

Despite the chilly evening, 130 fabulous humans braved the weather and filled the Big Cohuna Stockyard with laughter, sparkles, and unstoppable energy for Drag Bingo on Friday the 23rd, and what a night it was!

Presented by Northern District Community Health (NDCH) in partnership with Perfectly Queer, and proudly supported by the Pride Festivals and Events Fund, the event was a celebration of pride, inclusion, and community spirit.

Hosted by the dynamic Health Promotion team, the evening was anything but ordinary—serving up fierce fun, fabulous prizes, and more rainbow and sequins than you could count. The star of the show? The unforgettable Freida Commitment, who brought the house down with her charisma, jaw dropping comedy, and killer moves.

“This night was about more than bingo—it was about creating a space where everyone feels safe, celebrated, and connected,” said Jess. “And judging by the cheers, the laughter, and the dance moves—we think we nailed it!”

Every ticket sold on the night goes directly back into supporting LGBTQIA+ communities locally, and guests were invited to scan a QR code to share their feedback and help shape future events. We had an overwhelming response, the message was loud and clear that our local community want more events like this in the future.

A huge thank you to everyone who came along, got involved, and helped create such a joyful, inclusive, and memorable evening.



What attendees had to say....

- “Yaaaaaaasss Queen! (100%)”
- “Absolutely loved it! We need more of these events”
- “Great to see inclusivity. It was loads of fun.”
- “Great fun. Well done NDCH and Freida Commitment, please bring more entertainment like this”
- “Helped me feel less isolated as a lesbian woman living in the country”
- “So much Fun! Awesome hosts! Great community engagement!”
- “More! We want more! More queer events!”
- “Please, please, please run more of these events. My daughter doesn't feel like she can be herself most of the time in our community — we usually travel to Melbourne just so she can experience this kind of inclusivity.”

Summerwave

SUNDAYS

🎵 Summerwave Sundays: Velvet Bloom Album Launch at Big Cohuna Stockyard 🎵

Sunday, June 22 | 2PM – 6PM | Big Cohuna Stockyard | All Ages

Looking for the ultimate way to spend a laid-back Sunday afternoon? Summerwave Sundays is bringing the vibes to Cohuna this June, and you're invited!

Set against the rustic charm of the Big Cohuna Stockyard, this fully supervised, all-ages event promises chilled-out energy, community connection, and a stellar local lineup. Headlining the afternoon is Velvet Bloom, celebrating the launch of their new album with their signature blend of dreamy soul, jazz, and alternative pop.

Joining Velvet Bloom are:

- Jay Jarome Trio – smooth grooves and heartfelt songwriting.
- Courtney Rovere – emotionally rich vocals and acoustic goodness.
- Deaken Fawcett & Georga Carusi – a fresh local duo bringing stripped-back, soulful sounds.

Whether you're sprawled out on a picnic rug or dancing by the stage, this is a Sunday session that's all about live music, relaxed vibes, and soaking up the moment with friends and family.

🎫 Tickets are on sale now at www.trybooking.com/CZSMM.





Help us shape a healthier tomorrow!

What is the Active Living Census?

The Active Living Census (ALC) is a region-wide survey conducted by Healthy Loddon Campaspe that asks residents about their health, wellbeing and daily activities. No other region in Australia collects this level of detailed local data to support their communities!

Why is it important?

Your Health, Your Community, Your Say!

The ALC helps schools, sporting clubs, community groups, organisations and councils plan health programs, recreation spaces, and services that support your needs. The data also helps secure funding to create healthier, more inclusive communities.

Who can participate?

Everyone living in the six council areas of Greater Bendigo, Campaspe, Central Goldfields, Loddon, Macedon Ranges, and Mount Alexander Shires is invited to participate. Whether you're young or old, active or not – your input counts! Every household member aged 3+ can take part.

What type of questions will be asked?

The survey asks about:

- Physical activity and sports participation
- Eating and drinking habits
- Smoking and gambling behaviours
- Use of local facilities and public open spaces
- Barriers to being healthy and active

It takes 20-30 minutes to complete, and you can skip any questions you're not comfortable answering.

Your responses are confidential. No identifying information is shared, and data is only used to improve health services and programs.

How do I take part?

Simply visit go.healthyloddoncampaspe.au/alc from May 26, 2025 to complete the survey online on any device.

Get in early and go in the draw to win prizes!

We'll be holding an exclusive early bird competition! All entries received before the early bird deadline will go in the draw to win up to \$10,000 worth of prizes. Visit www.healthyloddoncampaspe.au/alc for all the details.

Need help?

Contact us at alc@healthyloddoncampaspe.au or 03 4408 6633 for support.

Help Us Shape A Healthier Tomorrow!

Your feedback helps build healthier, happier communities. Have your say and help shape the future of the Loddon Campaspe region.

Visit www.healthyloddoncampaspe.au/alc to learn more.

Scan here!



The Healthy Loddon Campaspe Initiative is supported by the Victorian State Government



**NDCH**

Northern District Community Health

SOCIAL PRESCRIBING

Social isolation and loneliness increase the risk of poor health outcomes.

An important step to improving health is through social connection as identified in the **5 Ways to Wellbeing**. Claire our Chronic Disease Nurse connects people to local groups and activities that will help support health and wellbeing.

Social prescribing shifts the focus from chronic illness to wellness and self-care.



Claire our Chronic Disease Nurse will:

- ✓ Identify the local activities and services you can benefit from. Such as art, conversation, volunteering, physical activity, games, music, nature walks etc.
- ✓ Support and give encouragement to start using services.

ELIGIBILITY:

- ✓ Living in Buloke, Gannawarra and Northern Loddon Shires including Boort and Pyramid Hill

CONTACT US

- ☎ 03 5451 0200
- 🌐 www.ndch.org.au
- ✉ referral@ndch.org.au
- 🕒 8.30am-5pm Mon to Thurs
- 📍 24 Fitzroy St, KERANG

FREE SERVICE.

SELF REFERRAL OR ASK YOUR GP.

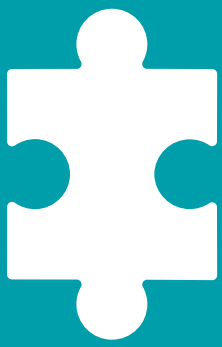
What are the 5 Ways to Wellbeing?



5waystowellbeing.org.au



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.



Let's Build a More Connected Community

Getting you connected

Did you know?

Being socially connected can improve your mental and physical health! Strong social connections can lift our mood, reduce stress, and even help us live longer.

That's why we're excited to share a fantastic new resource that makes it easier than ever to find your place in the Gannawarra community.

What's inside:

Our friends at Gannawarra Shire Council and the Gannawarra Neighbourhood Houses have created the Community Connections Directory – a one-stop guide to all the amazing ways you can get involved locally.

Inside, you'll find:

- Local groups and clubs
- Classes and workshops
- Events and activities
- Services and supports
- Volunteer opportunities



Explore the directory:

[Community Connections Directory - May 2025 \(PDF\)](#)

Or visit any NDCH office for a hard copy.

Want to be included?

Do you run a local group or service? We'd love to hear from you! Help us grow the directory and reach more people by getting in touch.



Let's make sure no one in our community feels alone

Whether you're new to the area, looking to try something different, or supporting someone who may be feeling isolated, the Community Connections Directory is here to help.

From walking groups and gardening clubs to men's sheds, craft circles and support groups, there's something for everyone. Let's celebrate and share the vibrant, welcoming spaces across Gannawarra—because connection is good for us all.

Share the directory far and wide—and let's build a more connected, healthier Gannawarra.



ENERGY EFFICIENCY AND LITERACY WORKSHOPS GANNAWARRA REGION

Be cool, stay warm and reduce your electricity and gas bills

The Loddon Mallee Public Health Unit's (LMPHU) free workshop can help you understand your options for electricity bills, improve the energy efficiency of your home at low or no cost and so improve your health and wellbeing.

Would you like to:

- Reduce your gas and electricity bills?
- Have a warmer home in winter and a cooler home in summer?
- Reduce the impact of climate on your health and wellbeing?

Where: Kerang Neighbourhood House
11 Scoresby St, Kerang

When: 11 June 2025 at 2pm
(Catering provided)

How to register:

Use the following [Eventbrite Link](#) to register or call the Neighbourhood House on 4403 6640.

Where: Cohuna Community House
29 Market St, Cohuna

When: 11 June 2025 at 6pm
(Catering provided)

How to register:

Use the following [Eventbrite Link](#) to register or call the Neighbourhood House on 5456 4666.

Please bring your electricity and gas bill.



EnviroShop
Energy • Sustainability • Efficiency

Reconciliation Week Walk: Honouring Country, Culture and Community

More than 350 people came together in Kerang yesterday to mark National Reconciliation Week, in a morning of reflection, connection, and celebration.

The event began at the Kerang Council Building, where Ray Davis and Deputy Mayor Cr Ross Stanton raised the Aboriginal flag, setting the tone for the morning. A traditional walk followed, taking participants from the Council offices to the Kerang Memorial Hall via Northern District Community Health and Mallee District Aboriginal Services (MDAS), symbolising our shared commitment to walking together toward reconciliation.

At the Memorial Hall, a Smoking Ceremony and a Barapa Barapa Welcome to Country were led by Hack Webster, followed by a heartfelt address from NDCH CEO Penny Wilkinson, who spoke about the importance of truth-telling, listening and ongoing action in reconciliation. Penny also noted “that every year the number of local schools attending increases, demonstrating the growing community commitment to what Reconciliation Week represents.”

One of the most moving moments came when Aunty Lil Murray read *Country*, a story written by Aunty Fay Muir and Sue Lawson. Aunty Lil’s reading brought warmth and depth to the story’s message—about the spiritual connection Aboriginal and Torres Strait Islander peoples have with the land, and the importance of respect and listening.

The morning also featured a stunning musical performance by Yorta Yorta musician Madi Colville-Walker, whose songs captured the spirit of the day.

Morning tea and coffee were shared to close the event, giving everyone a chance to reflect and connect.

The event was proudly organised in partnership by Gannawarra Shire Council, Northern District Community Health, MDAS, and the Kerang Elders and Leaders Group.

We are honoured to have taken part in such a meaningful event and remain committed to walking alongside Aboriginal and Torres Strait Islander peoples in the spirit of reconciliation—now and into the future.





Celebrating Success

Jacinta's Journey to Independence



At NDCH, we believe every achievement—big or small—is worth celebrating, especially when it represents courage, growth, and personal empowerment. This week, we're shining a light on one of those special moments.

Congratulations to Jacinta, who has officially gained her driver's licence!

This is more than just a licence—it's a symbol of hard work, determination, and new-found freedom. With the dedicated support of her NDIS Support Coordinator Kellie, Jacinta committed herself to driving lessons, steadily building her confidence and skills behind the wheel. Learning to drive can be a daunting journey for anyone, but Jacinta faced the challenge head-on, showing resilience and strength every step of the way.

Her journey hasn't been without nerves or setbacks, but through perseverance and a strong support network, Jacinta reached her goal. For her, this licence opens up new opportunities—greater independence, the ability to travel to work or social events, and a boost in confidence that carries into all areas of life.

At NDCH, we're privileged to walk alongside participants like Jacinta, supporting them as they pursue their goals and dreams. It's these milestones—driven by personal ambition and empowered through tailored support—that remind us why we do what we do.

So once again, congratulations Jacinta! Your success is a powerful reminder of what's possible when determination meets support. You're an inspiration to us all, and we can't wait to see where the road takes you next.



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

Community Centre

6 - 10 McKay 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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Australian Government
Aged Care Quality and
Safety Commission

