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Free Shingles Vaccination Clinic - Quambatook



Yvonne Fabry
Nurse Practitioner

NDCH Nurse Practitioner, Yvonne, will be running a shingles immunisation clinic for eligible residents aged 65 and over.

The shingles vaccine is free for those eligible and helps protect against a painful and potentially serious condition.

Bookings are essential – call 03 5452 1366 to book your appointment.

Thursday 10 July 2025 | 11:00am - 12:00pm

NDCH Quambatook - 33 Mildred Street, Quambatook



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.





PAINT YOUR PET PAW-TRAITS



Monday 7th July
2 - 4pm



Sir John Gorton
Library Kerang,
Murray Valley
Hwy,
Kerang VIC



LIMITED SPACES

For 12-18 year olds

Have a dog, cat, fish, bird or other pet?
Create a painted portrait of your beloved
creature!

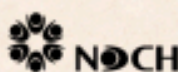
Provide us with a photo of your pet & Dandy
Lion Studio artists will outline your pet ready
for you to make your painting paw-fect!

After the session you'll get to take your
completed 16 x 20" canvas home!

Pet Photos need to be received by 27th June

Purchase a ticket for \$15 at:

www.trybooking.com/DCPHO



KERANG WINTER FEST

ON THURSDAY 17TH & FRIDAY 18TH JULY
KERANG CBD WILL TRANSFORM INTO
A WINTER WONDERLAND!

COME IN TO SPORTSPOWER KERANG
TO BEGIN YOUR WINTER ADVENTURE
ANYTIME FROM 10AM - 3PM.

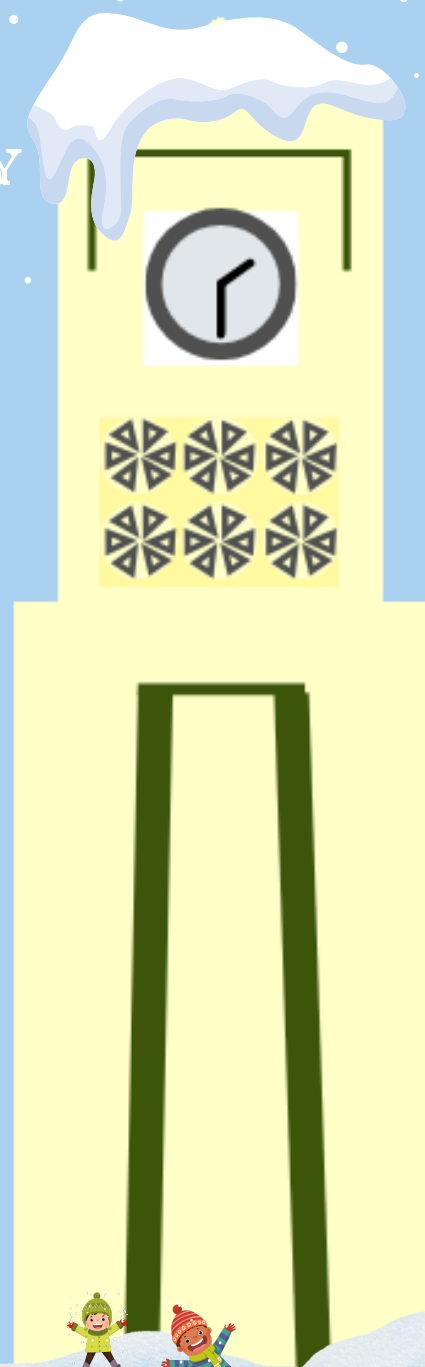
ACTIVITIES INCLUDE:

- SCAVENGER HUNT
- CUSTOM FOOTY CARDS
- SNOW MACHINE
- AXE THROWING
- MINI GOLF
- GOLD PANNING

PROUDLY SUPPORTED BY NDCH
AND KERANG TRADERS!



Kerang
Traders inc



Sweet Potato Soup

A winter warmer favourite from the Health Promotion Team – We love this one for nights at home and especially in a thermos for work and school lunches during the week!

Ingredients:

- 1 brown onion, diced
- 1 tbsp extra virgin olive oil
- 3 cloves of garlic, crushed
- 2 medium sweet potatoes, peeled and roughly chopped
- 2 carrots, roughly chopped
- 2cm knob fresh ginger, skin removed and grated
- 2 tsp ground coriander
- 1 tsp ground nutmeg
- 1 tsp turmeric
- 4 cups salt-reduced vegetable stock
- 8 tbsp Greek yoghurt, to serve



Instructions:

1. Heat oil in a medium to large pot and add garlic and onion, frying until softened.
2. Add ground coriander, nutmeg and turmeric stirring continuously for about a minute.
3. Pour in the stock, then add the sweet potato, carrot and ginger, and bring to the boil.
4. Cover with a lid and cook for about 20 minutes or until vegetables are soft.
5. Allow to cool then either blend with a stick blender or in a regular blender in batches.
6. Serve with a dollop of yoghurt and a few grinds of black pepper.

Ready to take control of your alcohol or other drug use? We're here to help!

Our Alcohol and Other Drug (AoD) Counselling Services offer support for anyone wanting to make a change. Whether you're looking to cut back, quit, or better understand your relationship with alcohol or other substances, our qualified and experienced clinicians are here to walk alongside you.

You don't have to do it alone—small steps can lead to big changes.

Our service is free and confidential.

To find out more or make an appointment, get in touch with our friendly team today on 03 5451 0200.



Arthur



Marilynn

Summerwave

SUNDAYS

On Sunday June 22nd, Summerwave returned albeit in a much calmer and relaxed vibe.

Velvet Bloom, headlined the event as part of their debut album national tour spanning from March through July and visiting all states and territories. They were supported by Jay Jarome. Filling out the lineup were Darcy Ramage and Deaken Fawcett & Georga Carusi.

Summerwave Sundays was hosted at the Big Cohuna Stockyard and despite the winter weather, sunshine brought a turn out of locals and travelers.

This event was made possible through NDCH as well as partnerships and grant funding from the Victorian Government's Amplify program.

Youth Programs Coordinator, Matt Allan, said of the event "it's great to bring such talented musicians to the area and showcase their skills to the locals. What's really special is seeing young people return to the area and perform for family and friends."

Deaken Fawcett, hailing from Kerang, returns to the Gannawarra Shire to perform for family and friends after moving to Bendigo to study music. He has been a mainstay at Summerwave events since the inception in 2021 and assisted in the organisation and planning of a variety of music events for both youth and all age audiences.

Summerwave Sundays will continue in 2025 with an all female lineup in the Loddon Shire. More details will be revealed at a later date on NDCH social media pages.



TOUGH NIGHT OUT WITH BEN PETTINGILL

Blind Bloke, Husband and Father, Speaker,
Water Skier, Podcaster and Adventurer

At 16, Ben lost 98% of his sight and still went on to compete in the Southern 80 water skiing race and inspire others with his grit and humour.

So, pull up a seat, grab a bite and hear an inspirational story about tackling the tough stuff in life.

Booking essential,
our last event here
SOLD OUT!

Book Now!



\$5 Entry | Light Supper |
Lucky door prize | Great chats

6PM - 8PM Friday, 18th July

The Big Cohuna Stockyard



This event is proudly supported by the Loddon Mallee Public Health Unit through the Primary Care Partnership surplus funding.





DO YOU LOVE YOUR FOOTY?

WHO WILL WIN THE FITZPATRICK MEDAL

FEATURING:
Famous Fitzpatrick Cup & Medal
Giveaways, skills acquisition and a whole lot more...



FITZY!
FITZY!

JUNIOR FOOTY

FUN HOLIDAY PROGRAM A TWO DAY PROGRAM FOR BOYS AND GIRLS

THE PROGRAM
CATERS FOR
BOYS AND GIRLS

WEDNESDAY, JULY 9
THURSDAY, JULY 10
8.30am - 4.30pm
Venue:
Cohuna Recreation Reserve

REGISTER ONLINE





FUN HOLIDAY PROGRAM DETAILS

The Cohuna Football Netball Club will be holding a Football based holiday program.

THE PROGRAM WILL RUN ON WEDNESDAY JULY 9 & THURSDAY JULY 10.

Time schedule from 8.30am to 4:30pm

The program is applicable to ages ranging from 5 to 15.

WE ENCOURAGE BOTH BOYS AND GIRLS TO BE INVOLVED.

Day One (Wednesday July 9)

Day one will be based at Cohuna Recreation Reserve and will focus on a variety of Football based activities.

These include Australian Rules Football skill acquisition, healthy lifestyle and nutrition, Day 1 Draft and trades and beginning of the Fitzpatrick Cup.

Morning and afternoon snacks as well as lunch will be provided for participants on this day. Structured aged games, with an emphasis on fun, will feature throughout the day.

Day Two (Thursday July 10)

Day one will be based at Cohuna Recreation Reserve and will focus on a variety of Football based activities and more.

Tuesday will see the business end of the famous Fitzpatrick Cup culminating in the Grand Final and the prestigious vote count of the Fitzpatrick Medal.

Morning and afternoon snacks as well as lunch will be provided for participants on this day. Parents/guardians are more than welcome to visit throughout course of the two days, especially the staging of the Famous Fitzpatrick Cup and the prestigious Fitzpatrick medal kicking off from 3.15 pm on the Tuesday of the program.

The program will be co-ordinated by experienced teachers and incorporates male and female accredited personnel (Working With Children Certified).

We encourage both boys and girls to be involved in the program.

The program will run regardless of the weather conditions (with modified activities).

The program incorporating Wednesday July 9th and Thursday July 10th is priced at \$150 (or \$80 for single day).

All enquiries phone 0409 495 372 (Nathan)

DOCTORS

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

NURSE PRACTITIONERS

Yvonne Fabry
 Heather Spence

NURSING TEAM

Medical Clinic, Community Health & Footcare

Jen Brereton
 Shannon Laursen.
 Narelle Weekly
 Sharee Edge
 Rosina Bear
 Michelle Whitelaw
 Kristen Hipwell
 Jenny Emonson
 Marg Winship

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
- Insertion and removal of Mirena and IUD's

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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*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

