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New Direct Debit Payment Option



Northern District Community Health is making it easier to manage your invoices with our new Direct Debit facility through GoCardless.

You can now choose a payment option that suits you:

- Pay the full invoice on the due date (21st of the month)
- Set up instalments (weekly, fortnightly, or monthly) for a set amount (e.g. \$40 per fortnight)

Payments will appear on your bank statement as 'GoCardless' on behalf of NDCH.

Need help or want to set up Direct Debit? Visit our Kerang, Cohuna or Swan Hill offices, or call us on 03 5451 0200 anytime.

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.



We will be **CLOSED**

Northern District Community Health will be closed on

**Friday 26 September 2025 for
the AFL Grand Final Public Holiday.**

Community Care ONCALL will be available for
Essential Service Only on 03 4429 1900

**We will be back to our usual operating hours
Monday 29 September 2025.**

For after-hour assistance, please use these contacts:

- Head to Health: 1800 595 212
- After Hour GP Hotline: 1800 022 222
- Lifeline: 13 11 14
- SafeSteps: 1800 015 188
- Nurse on call: 1300 606 024



R U Ok? Day

Thursday 11 September 2025

R U OK? Day is Australia's national day of action to remind us that every day is a good day to ask, "Are you OK?" Checking in with the people around us – friends, family, colleagues, neighbours – can make a real difference to someone who may be struggling.

Starting the conversation doesn't need to be complicated. Sometimes simply asking the question, listening without judgement, and letting someone know you care is enough to help them feel supported and connected.

If you or someone you know is going through a tough time, you don't have to face it alone.

Call us on 03 5451 0200

At NDCH, we know life can have its ups and downs, and it's okay to reach out for help. Our team is here for the local community with:

- A safe space to talk
- Mental health support and counselling services
- Guidance and connection to other health and community services

Visit us at 24 Fitzroy Street, Kerang

Together, by checking in and supporting one another, we can build a stronger and more connected community.

SPEECH PATHOLOGY WEEK

Sunday 24 August - Saturday 30 August 2025



CELEBRATING THE IMPACT OF COMMUNICATION

Speech Pathology Week is a chance to highlight just how powerful communication really is—and to celebrate the important work Speech Pathologists do to support people of all ages to express themselves, connect with others, and live full, independent lives.

At NDCH, our Speech Pathologist Jacqui works with children and adults living at home, supporting clients who come into our offices for appointments. Whether it's helping a child speak more clearly or assisting an adult to communicate their needs with confidence, Jacqui's work makes a real difference.

This year's theme, Impact Through Communication, focuses on how communication plays a role in so many parts of life. Each day of the week explores a different area:

- Connection – Communication helps build relationships and community
- Confidence – Expressing yourself clearly leads to self-assurance
- Inclusion – Everyone deserves accessible, diverse ways to communicate
- Empowerment – Communication allows people to advocate for themselves
- Opportunity – Language opens doors to learning, work, and participation
- Wellbeing – Being heard and understood supports mental and emotional health
- Independence – Having a voice enables choice and autonomy

We're proud to recognise and support the role Speech Pathology plays in our community—this week and every week.

To learn more about our Speech Pathology services, visit our website, send us an email or give us a call



03 5451 0200
info@ndch.org.au
www.ndch.org.au

ONE MORE WEEKEND

AUNTY MEREDITH TOUR

One More Weekend rock Rural Victoria with the Aunty Meredith Tour

On August 8th and 9th, One More Weekend hit the road for their Aunty Meredith Tour, bringing high-energy performances to Pyramid Hill, East Loddon, Bendigo and Cohuna.

The tour kicked off in Bendigo, where Ryan McPartlane opened the night with his smooth acoustic set, setting the scene for an electrifying headline performance.

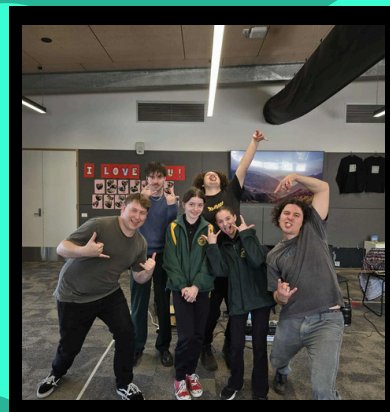
In Cohuna, One More Weekend played as part of the Cohuna Kangas Carnival, joined by local favourite Elias Lanyon, drawing a crowd of both passionate fans and curious first-timers.

Alongside their public performances, the band also visited local schools, running workshops and performing for students. These sessions gave young people a behind-the-scenes look at life as a touring musician, as well as tips on songwriting, performing, and building a career in the music industry.

Supported by NDCH, the Victorian Government, Engage and Amplify program, the shows were free for the community, giving locals the chance to enjoy live music from a high-quality Melbourne act without leaving their own backyard.

NDCH's Youth Programs Coordinator, Matt Allan, said, "It's not often we are able to bring a high-quality Melbourne act to the area for locals to enjoy for free. One More Weekend have been a Summerwave staple since 2021, so have built up a solid fanbase in the local area."

BLG Youth Events will continue to produce all ages music events with an all-female lineup in the Loddon Shire later this year. More details will be revealed at a later date on NDCH social media pages.



**BLG
YOUTH
FEST**

LASER TAG & LIVE MUSIC

FOR STUDENTS IN YEARS 5-12



DATE: 18TH SEPTEMBER

TIME: 4PM-8PM

(4-5:30PM FOR PRIMARY
SCHOOL AGED STUDENTS ONLY,
5:30-8PM OPEN FOR ALL)

FREE ENTRY

**THORNELLY HALL @ KTHS
48 MURRAY ST, KERANG**

MUSIC BY COLOUR COURT



CHRONIC DISEASE MANAGEMENT NURSE

Covering Buloke, Gannawarra, and Northern Loddon Shires including Boort and Pyramid Hill



What we do:

The nurse will be available to support clients living with heart conditions, chronic obstructive airways disease (COPD) and diabetes. We can help you manage your health condition, connect you with other health professionals, and reduce your need to attend hospitals.

What to expect:

You can expect flexibility in your appointments. Our nurse is available for consultations at your local health service centers, over the phone, or through telehealth services. Additionally, the nurse can attend meetings with other health professional if the situation requires it.

The care will include review of:



Medication



Mobility



Mental Health



and what matters to you

Contact us today!



03 5451 0200



24 Fitzroy Street, Kerang



info@ndch.org.au

Women's Health Week



Every September, Women's Health Week is a reminder for women to take time for their own health and wellbeing. It's easy to put family, work, and other responsibilities first, but looking after yourself is just as important.

At NDCH, we're here to support women at every stage of life. This might mean booking a routine health check, following up on a concern you've been putting off, or simply coming in for reassurance and advice.

Our services include:

- Appointments with female GP's who understand women's health
- Nurse Practitioners who can provide assessments, advice, and treatment
- Community Health Nurses for ongoing support and guidance
- Access to a wide range of health checks and medical services

Regular check-ups are one of the best ways to stay on top of your health and prevent small issues from becoming bigger problems. Women's Health Week is the perfect opportunity to book that appointment and put your health first.



Services Networking Day

**Support for Carers NDCH & LMMHCN
are hosting a networking day for
community services and programs**

Tailored for:

Carers

Carer Services

Mental Health Services

**Community Support
programs**

Community members

Details:

Monday, 22nd September

1-3pm

NDCH Fitzroy Street, Kerang

Guest Speaker Pam Lingenberg

Catering and a cuppa provided

**Contact Georgia to RSVP (03) 5451 0200 or
georgia.anderson@ndch.org.au**



**Ioddon mallee
mental health
carers network**



Plan for the future with confidence

Monday 15th September

Making decisions about your future can feel overwhelming, but being prepared brings peace of mind for you and your loved ones.

Our Community Legal Centre is here to guide you through the process, offering a free information session designed to help you understand and plan for crucial financial, medical, and personal decisions.

This session will provide practical advice on important tools to ensure your wishes are respected, even if you're unable to express them yourself.

Morning tea provided

**This session is for general information purposes only and does not include individual legal advice.*

Topics include:

- Enduring Powers of Attorney
- Medical Treatment Decision Makers
- Advance Care Directives
- Wills: why it's important to have one

Time

10am

Where:

Kerang Dementia Carers Support Group
Northern District Community Health





UPCOMING GNETS CHRISTMAS & NEW YEAR BREAK

The festive season is still a little while away, but we'd like to let you know in advance that GNETS will be taking a holiday break from **14 December 2025 to 1 February 2026**.

During this time, services will be on pause. We'll share another reminder closer to the date, but for now you can mark it in your calendar.

If you have any questions, please call the community care team on 03 4429 1900.



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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Australian Government
Aged Care Quality and
Safety Commission

