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Our Doors Are Open

Pyramid Hill Community Hub



Jenny & Rosi out the front of the new Pyramid Hill Community Hub

We are excited to share that the **Pyramid Hill Community Hub officially opened its doors on Tuesday, 30th September**. This milestone has been made possible thanks to the dedication of our staff, the generosity of our local community, and the invaluable support of the Shire of Loddon and the Victorian Government.

From donation tins at the supermarket and the Bank Café, to Council working closely with us on the fit-out, this project has been a true community effort. It is a proud moment to see an idea transform into a reality that will benefit so many.

Our team is now settling into the new space, and we look forward to hosting a Community Open Day in the near future to celebrate with everyone.

Thank you to all who contributed – your support has made the Pyramid Hill Community Hub possible.

New Pyramid Hill Address:



8 - 10 McKay Street, Pyramid Hill

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.



TINS & TOYS

DONATION PERIOD

3 Nov - 14 NOV 2025

NDCH are asking the community to donate non-perishable food and toys which will be shared with local vulnerable people this Christmas.

Items to donate include

New toys:

- Arts & Craft
- Board Games
- Baby Toys
- Sports Equipment
- Musical Instruments

Non Perishable Foods:

- Canned Fruit & Vegetables
- Canned Puddings
- Canned Meat & Fish,
- Jams & Spreads,
- Tea & Coffee
- Rice & Pasta



NDCH DONATION POINTS

- BRIC Boort 119 Godfrey Street
- NDCH Quambatook 33 Mildred Street
- NDCH Pyramid Hill 8/10 McKay Street
- NDCH Cohuna 33 King Edward Street
- NDCH Kerang, 24 Fitzroy Street, Kerang

Tyapa Kurra Kahl

Bush Tucker Garden Official Opening

Northern District Community Health is proud to work with Mallee District Aboriginal Service-Kerang and the local Aboriginal Community to celebrate the opening of their newly created Bush Tucker Garden on the 1st of October. The Tyapa Kurra Kahl (To Plant on Country) garden, has been led by the local Aboriginal Community and features over 28 native plants with signs detailing their traditional uses and care, a firepit and a beautiful mural wall. Staff from NDCH involved in the Typien Kwe, Aboriginal Children and Youth Program, worked on the Bush Tucker Garden project along with staff from the Gannawarra Shire Council. A space for Aboriginal people and community to enjoy for years to come.





Come along and celebrate

International Day of People with a Disability-2025

Dress up for action and enjoy fun activities for all ages and abilities conducted by the Mallee Sports Assembly along with a delicious BBQ supplied by AXIS Employment!

Venue: Kerang Lawn Tennis Club (a big thank you to the club)

Date: Tuesday 11th November 2025

Time: 10.30am start for a fun tennis session (test the speed of your serve with the Vic Police radar gun), minor games followed by lunch at 11.30am onwards.

Let's celebrate the day and promote awareness of people with disabilities. Whether you have a disability, know someone with a disability or just want to come along to say hello, we'd love to see you there. All welcome!!

Please register by Friday 7th November 2025 (for catering purposes)

Please contact:

Rhonda at Mallee Sports Assembly – 0427 780 109

Email: rhonda@malleesportsassembly.org.au

Hope to see you there!!

“Participate, Feel GREAT”



Swan Hill District Health

TRANSGENDER & GENDER DIVERSE SOCIAL SUPPORT GROUP FOR ADULTS

IN SWAN HILL & SURROUNDING AREAS



CONNECT · SHARE · SUPPORT

FOR MORE INFORMATION:
chreception@shdh.org.au or

03 5033 9337



Swan Hill
District Health
Connected Care. Best Experience.



Community Health

Do you have a NDIS Plan?

Our Support Coordination Team has capacity!



Emily Mathiske

Support Coordinator



Kellie Crellin

Support Coordinator



Taylah Collier

Support Coordinator

The NDIS helps people with a disability to join in with their community and live independently.

Our NDIS services are:

- Support Coordination
- Community Nursing Care
- Podiatry
- Occupational Therapy (*currently not available*)
- Paediatric Physiotherapy (*currently not available*)
- Dietitian

Reach out to our team today!



03 5451 0200 - ask to speak with a member of the Support Coordination team



ndis@ndch.org.au

We are proud to be NDIS Registered & Accredited



REGISTERED
NDIS
PROVIDER



Northern District
Community
Health

Specialist Homelessness Service

At Northern District Community Health, our **Specialist Homelessness Service** (SHS) supports individuals and families who are experiencing or at risk of homelessness. We offer **practical assistance, advocacy, and referrals**.

Our Services

- ✓ **Housing Information & Guidance** with your options and next steps.
- ✓ **Advocacy & Support** with other homelessness and housing providers and agencies.
- ✓ **Referrals** to connect you with additional resources including material aid, accommodation support and specialise support.



For more information
contact us on:

03 5451 0200

www.ndch.org.au
info@ndch.org.au

Providing services to Gannawarra, Buloke & North Loddon Shire

ALLIED HEALTH PROFESSIONS DAY

Allied Health
Professions
Australia



Tuesday, 14th October is **Allied Health Professions Day** – a chance to recognise the incredible work of our Allied Health team. From podiatry to diabetes education and everything in between, these professionals play a vital role in supporting the health and wellbeing of our community.

Join us in thanking our Allied Health team for their dedication, expertise and care.

THANK YOU ALLIED HEALTH TEAM

Mental Health Month

1st – 31st October 2025

October is Mental Health Month

Mental Health Month is a chance to pause, reflect, and focus on our wellbeing. This year's theme is about connection, awareness, and support.

Looking after our mental health is just as important as caring for our physical health. Everyone experiences ups and downs, but taking time to check in with ourselves and those around us can make a big difference.

Ways to Support Your Mental Health

- **Stay Connected** – Reach out to friends, family, or colleagues. A simple chat can brighten someone's day.
- **Move Your Body** – Even a short walk can help lift mood and ease stress.
- **Rest & Recharge** – Sleep, mindfulness, or taking a break are powerful tools.
- **Seek Support** – Talking to your GP, a counsellor, or a mental health service is a strong step, not a weakness.

How You Can Help Others

- Ask, "How are you really going?" and listen without judgment.
- Share resources and encourage help-seeking.
- Create safe, supportive spaces in your community and workplace.

If you need support, you're not alone.

- Lifeline: 13 11 14
- Beyond Blue: 1300 22 4636
- Kids Helpline: 1800 55 1800
- Or speak with your GP or local health service.

YOUTH FEST TAKES OVER KERANG & PYRAMID HILL

NDCH STAFF WORKED WITH STUDENTS FROM LOCAL SCHOOLS TO CELEBRATE YOUTH THROUGH EXTERNAL FUNDING FROM VICTORIAN GOVERNMENT FOR VICTORIAN YOUTH FEST THIS PAST SEPTEMBER.

“THE EVENTS IN KERANG AND PYRAMID HILL ARE A MAINSTAY AND HAS BEEN A HIGHLIGHT ON YOUTH CALENDARS OVER THE PAST 3 OR 4 YEARS.” SAID YOUTH PROGRAMS COORDINATOR, MATT ALLAN. “THESE EVENTS, CO-DESIGNED WITH YOUNG PEOPLE, ARE ALWAYS WELL ATTENDED AND SUPPORTED IN THEIR LOCAL COMMUNITIES.

**BLG
YOUTH
FEST**

LASER TAG & LIVE MUSIC

KERANG LOCALS WERE ENTERTAINED BY ECHUCA ARTIST LASER TAG



**BLG
YOUTH
FEST**

PH DISCO

PYRAMID HILL YOUTH ENJOYED A DISCO WITH DJ SCOTTY



VYF VICTORIAN
YOUTH
FEST



BOORT SHOW

EMERGING ARTISTS STAGE

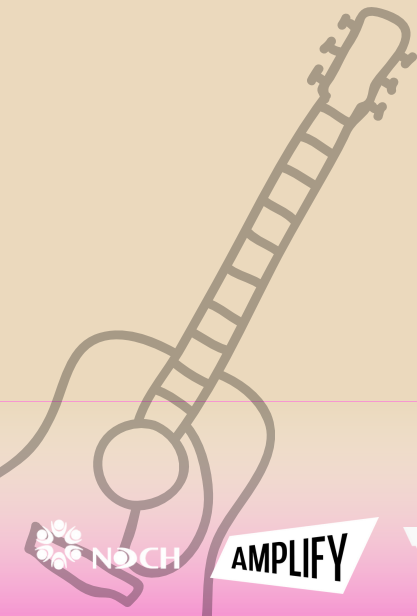
1:30PM - 7PM

DARCY RAMAGE

SARAH MACKENZIE-ROSS

COLOUR COURT

ELIAS LANYON



AMPLIFY



LINEUP COMING SOON

SUNDAY NOV 2ND

12PM-5PM

LODDON SHIRE

TICKETS ON SALE SOON



AMPLIFY



ALCOHOL & OTHER DRUG SUPPORT

COVERING BULOKE, GANNAWARRA
AND NORTHERN LODDON SHIRES

AGES 12+

How we can help

- Confidential conversations with a trained professional
- Support for mental health, friends, family and life issues
- Focus on better wellbeing
- Access to detox/rehab services
- Help to reduce or stop substance use

Why choose NDCH?

- Free service
- No referral needed
- Compassionate, local and professional support

Contact us:

03 5451 0200 | reception@ndch.org.au

Live the life you want to live



MEET OUR NURSE PRACTITIONER

YVONNE



Yvonne is a highly skilled Nurse Practitioner with advanced training and years of experience. She can help you with many of your health needs in a friendly and professional way.

Yvonne can provide:

- ✓ Prescriptions and medication reviews
- ✓ Women's health care: Pap smears, contraception, menopause support
- ✓ Care for long-term conditions: diabetes, asthma, heart health
- ✓ Tests and referrals: blood tests, x-rays, ultrasounds
- ✓ Vaccinations for adults and children
- ✓ Pregnancy and after-birth care
- ✓ Men's health, health checks, and much more

You can find Yvonne at:

- ✓ NDCH Medical Clinic (Kerang)
- ✓ Swan Hill - every fortnight from 14 October
- ✓ Quambatook & Pyramid Hill - alternating Thursdays

Please check with the Medical Clinic for exact dates when booking.

*Call the NDCH Medical clinic to book
your appointment with Yvonne today!*



03 5452 1366

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



See a doctor sooner - book at our Kerang clinic
(Swan Hill patients welcome)

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

8 - 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

