



Newsletter

FEBRUARY 2026

Support & Care

A snapshot of the services and programs NDCH offers to support your health and wellbeing.

In Our Community

Celebrating the people, programs and partnerships that make our community strong.

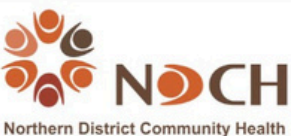
Inside NDCH

A look at what's happening across NDCH, including updates, milestones and team highlights.



Congratulations!

for receiving a Smiles 4 Miles award – recognising your service for creating a healthy environment for children.



Celebrating Smiles 4 Miles Success!

NDCH is proud to recognise all our early learning centres across Loddon and Gannawarra Shires who have achieved their **Smiles 4 Miles award**. This award celebrates the hard work and dedication of educators in promoting Drink Well, Eat Well and Clean Well messages within their services, supporting healthy habits for children from an early age. We look forward to presenting certificates, the book Rainbow Plate, and hosting celebration parties when kindergartens return — congratulations to all involved for this fantastic achievement! Thank you to our valued partners — Boort District Health, Loddon Shire Council, and Gannawarra Shire Council — for your ongoing support.



Honouring the Legacy of Merrill Kelly

This time last year, our community lost Merrill Kelly — a much-loved advocate, leader and tireless champion of Northern District Community Health and the town of Quambatook.

Merril's connection to NDCH spanned an extraordinary 27 years as a Board Director. In 2023, she was appointed Life Governor on the 30th anniversary of NDCH, recognising her steadfast commitment to rural communities and her belief that everyone deserves access to quality, community-based health care.

In late January, the town of Quambatook came together to honour Merrill's life and legacy by Turning Quamby Pink. Homes, businesses and public spaces were decorated with pink lights, ribbons and displays — a powerful and heartfelt show of respect for a woman who gave so much of herself to her community.

The outpouring of support was a reflection of Merrill's impact. She was a mentor, a colleague, a friend and a fierce advocate for better services for her town and the broader region. Her passion, generosity and belief in the strength of community helped shape NDCH into the organisation it is today.

While the colour has now faded from the streets, Merrill's legacy remains. We honour her every day through our continued commitment to supporting communities where and when they need it most, and by upholding the values she held so deeply.

Merril Kelly's contribution will never be forgotten.

Images posted on [Facebook](#) by Quambatook Community Resource Centre



YOUR CARE, OUR PRIORITY



Our Nurse Practitioner, Yvonne, will be visiting several towns during February and would love to see you!

Swan Hill	Pyramid Hill	Quambatook	Kerang
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Get in touch with our Medical Clinic to find out when she'll be in your area and to make a booking.

Call 03 5452 1366 today!

Rocking Independence in Melbourne



Hayley and Kaylah recently had an unforgettable experience, travelling to Melbourne to attend the **Yungblud concert at the Sidney Myer Music Bowl**.

Supported at a 1:2 ratio, the girls travelled together, attended the concert, and stayed overnight in Melbourne. What made this experience especially meaningful was the way Hayley and Kaylah took the lead, independently organising their tickets and accommodation, with a support worker assisting with transport to and from Melbourne and the concert.

This experience is a fantastic example of how we support our clients to build capacity, strengthen independence, and grow confidence through real-life opportunities. Hayley and Kaylah did an amazing job, and we're so proud of what they achieved.

Looking for NDIS support?

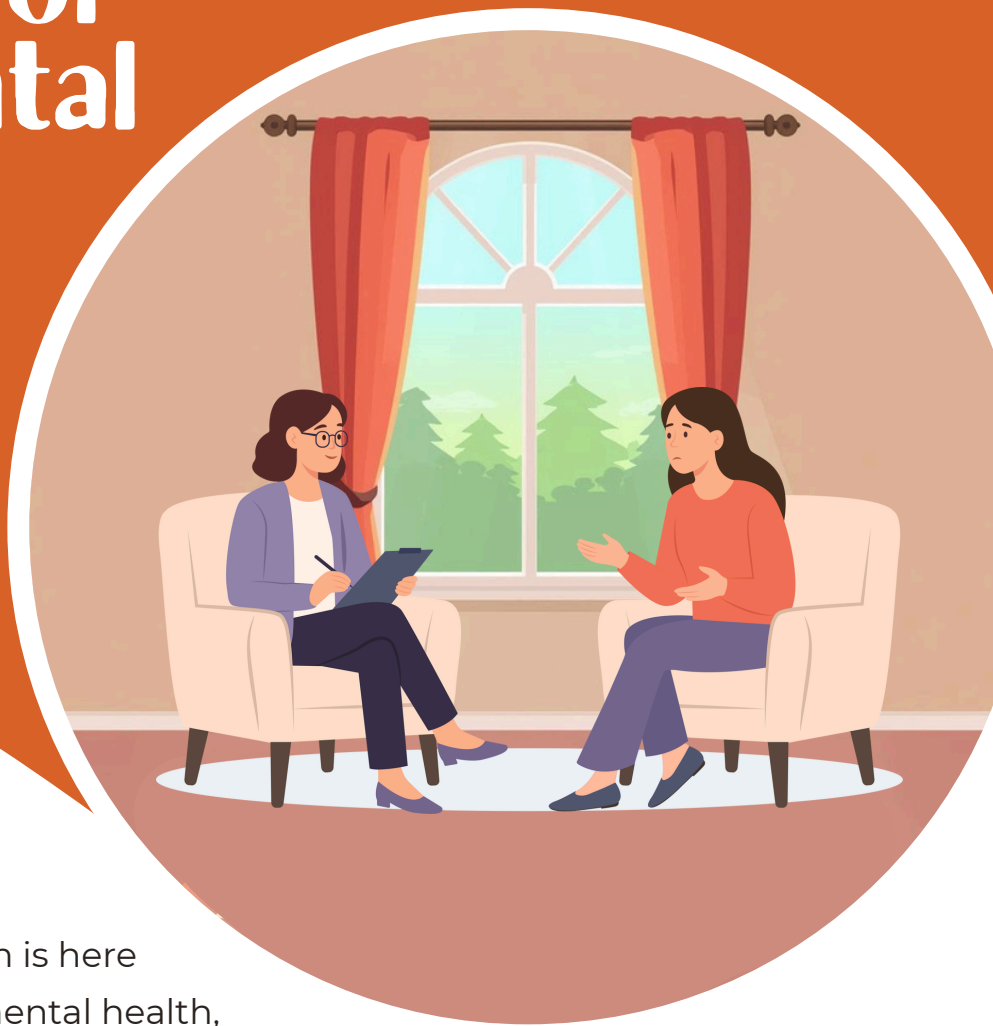
This story comes from our NDIS team, who support people to live their lives - building skills, confidence and independence along the way.

Get in touch on **03 5451 0200** to learn more.



Support for Your Mental Health

Counselling Services
Available Across Our
Region



At Northern District Community Health, we understand that life can be challenging at times. Our professional counselling team is here to provide support for your mental health, wellbeing, and personal growth.

We offer confidential, safe, and non-judgemental counselling services, including:

- **Generalist/Mental Health Support** - talk through stress, anxiety, depression, or life changes, or develop practical tools to help manage daily challenges with wellbeing and coping strategies
- **Alcohol & Other Drug (AOD) Support** - guidance and strategies to help manage alcohol or drug use.

Our services are available in:

- **Gannawarra**
- **Boort**
- **Birchip**
- **Pyramid Hill**
- **Wycheproof**

For more information speak to our friendly team on 03 5451 0200

NDCH

CARER SUPPORT GROUPS

1ST MONDAY
EVERY
MONTH

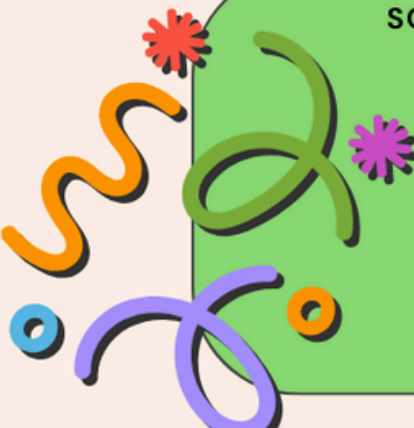
Carers of Persons with Mental Illness

2ND
TUESDAY
EVERY
MONTH

Cohuna Carers

3RD
MONDAY
EVERY
MONTH

Support for Carers of loved ones with
Dementia or aging needs



SOME GROUP ACTIVITIES THIS YEAR INVOLVE:
HEALTH AND WELLNESS
ROAD TRIPS
GRIEF & LOSS COUNSELLING
GUITAR & PLATTERS IN THE PARK
ART & FUN
SOUP AND MOVIE DAY
MURRAY CRUISE

Call Georgia on [\(03\) 5451 0200](tel:(03) 5451 0200)



NDCH



INDIGENOUS CHILDRENS PROGRAMS

NDCH welcomes and supports Indigenous children and families. Our Kethawil Pembengbuk program is for young children and families (0-5yr olds).

Our Tyipen Kwe program is for older children and youth (12-25).

KETHAWIL PEMBENGGUK

- Supporting children in school readiness.
- Cultural activities that promote pride in self.
- Family activities supporting connections and mentorship.
- Cultural resources and incursions.
- Education and education supporting healthy eating.

TYIPEN KWE

- Supporting children & youth in Independence.
- One on one supports and mentoring.
- Embracing Culture and self into adulthood.
- Family camps on country and activities
- Afterschool group activities and adventures.

All Aboriginal & Torres Strait Islander children are welcome, call Casey or Emma to join our programs!



0456 595 771

TYIPEN KWE ENJOYS

BOORT
PYRAMID HILL
COHUNA
KERANG



Over the school holidays Matt from our Amplify youth program ran 5 'movie at the pool' sessions around the district, Tyipen Kwe attended 4 of these! Everyone had a blast, and visited some locations they had never been to before. Pyramid Hill being one of those locations. Everyone enjoyed the sight of 'the Hill' and plans are to visit for a bushwalking / exploration on country adventure when the weather is a bit cooler. Pyramid Hill is an important landscape on Barapa Barapa country, being known as the meeting place for mobs to gather, as well as the large hill being a lookout that provided views over lots of Barapa Barapa country. Very exciting to be able to do a visit on country there.



PYRAMID HILL FUN. Matt and Molly spoiled TK with popcorn and slushies, whilst they watched The Little Mermaid, followed by Aquaman!

TYIPEN KUNE @
COHUNA

Summer Cinema At The Pool



THE JUNGLE BOOK and JUNGLE CRUISE



Floods, Fires and Water Safety in Boort

Learn how to keep your family safe while living in Regional Victoria. CFA, SES and other key agencies will talk about what happens in Boort when there's an emergency. Ask questions, see inside a fire truck, share a beautiful community dinner!

FRIDAY 13TH FEB 2026

6 PM - 8.30 PM

BOORT MEMORIAL HALL

This is a free workshop and dinner, children welcome!
Booking essential

https://events.humanitix.com/em_boort



Loddon Mallee
Public Health Unit



Multicultural
Connect
Central Victoria



FRRR
Foundation for Rural
Regional Renewal



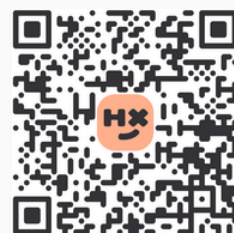
NOCH
Northern District Community Health



BRIC
BOORT RESOURCE &
INFORMATION CENTRE
A.B.N. 38 244 214 245



Multicultural
Emergency
Management
Partnership



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

Nicole Betson
 Leonie Garner
 Taylah Clements

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.

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 strive to provide a safe, inclusive environment where children feel heard and respected. Our commitment includes cultural safety for Aboriginal children, children from culturally and linguistically diverse backgrounds, LGBTIQ+ children, and children with a disability. View our full Child Safe Commitment Statement at www.ndch.org.au.

ACKNOWLEDGEMENT OF COUNTRY

NDCH acknowledges the Traditional Owners of the land on which we work – the Barapa Barapa, Wamba Wamba, Yorta Yorta and DjaDja Wurrung peoples.

We pay our respects to Elders past, present and emerging, and to all Aboriginal and Torres Strait Islander peoples.



LGBTIQ+ COMMUNITIES

NDCH proudly supports the LGBTIQ+ communities.



Your Feedback Matters

We welcome all feedback - positive or constructive - to help us improve our services.

Share your feedback by:

- Email: feedback@ndch.org.au
- Complete our Client Satisfaction Survey (available in waiting rooms or online at www.ndch.org.au)
- 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!

Follow NDCH on social media to keep up with news, updates and community stories.



NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program. NDCH is supported by the Australian Government Department of Health.

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.