



Newsletter

MARCH 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.

Future Speech Pathologist in Action!

NDCH is delighted to welcome **Mackenzie Cartright**, a **Speech Pathology student** from La Trobe University, who is completing her placement with our team. Originally from Bendigo, Mackenzie discovered her passion for speech pathology through early work experience and was drawn to the profession for the difference it makes in people's lives across all ages. She is looking forward to gaining hands-on experience in speech, language and communication while supporting positive outcomes for our community.



Occupational Therapy

The role of an occupational therapist is to help maintain your independence



Denise



Anna



Karis

We can help provide solutions if you are having difficulties with:

- Showering
- Toileting
- Dressing
- Sleep
- Eating
- Meal Preparations
- Accessing your home and the community
- And much more!

Some of our recommendations include:

- Grab rails
- Ramps
- Education e.g. energy conservation, pain, equipment
- Equipment e.g. shower stool, personal alarm, scooter
 - *You may be eligible for funding to help with the cost of these recommendations

How do I get a referral?

If you are under 65 years old:

- Referral by GP
- Self referral


If you are over 65 years old:

- Call My Aged Care (MAC) 1800 200 422 and register stating that you want occupational therapy.

Cost:

- Concession: \$12
- Full fee: \$25

Get in contact with us!

 03 5451 0200

 www.ndch.org.au



YOUR CARE, OUR PRIORITY



Our Nurse Practitioner, Yvonne, will be visiting several towns during March 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!

Now
Bulk Billing!



HACC PYP

Supporting You to Stay Independent



What is HACC PYP?

HACC PYP (Home and Community Care - Program for Younger People) is a Victorian Government-funded support program for:

- People aged 0 - 65 years
- Aboriginal and Torres Strait Islander people aged 0 - 50 years

Who are at risk of losing their independence due to

- Chronic illness
- Disability
- Mental health conditions
- Other health-related conditions

Services may include:

- Personal care
- Domestic assistance
- Respite
- Social support
- Nursing care
- Allied health
- Home maintenance

How can we help?

HACC PYP supports people to:

- ✓ Maintain or regain independence
- ✓ Stay living safely at home
- ✓ Participate in their community

Support can be

- One-off
- Short-term
- Intermittent
- Ongoing

Individualised Support

Services are tailored to your goals and the level of support you require.

Contact Us!

For more information, contact the Community Care Team



03 5451 0200



reception@ndch.org.au

COMING MARCH 2026

NDCH SOCIAL SUPPORT GROUP

Keep an eye out for NDCH's new **Social Support Group**, launching in March 2026!

This exciting new program is designed to help individuals stay **active, connected, and independent** within their community.

What to Expect



Promoting Independence

Activities are thoughtfully designed to support participants to live confidently at home and stay engaged in their community.



Building Confidence & Connection

The group focuses on developing personal strengths while encouraging meaningful social interaction in a supportive setting.



Enhancing Wellbeing

By fostering social connection and participation, the program supports both physical and mental wellbeing.

Important Information

- Attendees must have **My Aged Care approval** for:
 - Social Support and Community Engagement - Group Social Support
- A small client Contribution fee will apply
- Maximum of 40 participants per session

Why It Matters

Social Support Groups play an important role in strengthening community connections and improving overall quality of life.

We can't wait to welcome participants and build a vibrant, supportive community together.

MORE DETAILS COMING SOON!

MENTAL HEALTH CARERS 2026

FEBRUARY

**KERANG BASED GROUP
RSVP'S OR ENQUIRIES TO
GEORGIA ON
(03) 5451 0200**

**GUEST SPEAKER, LOCAL
PHARMACY**

**MONDAY THE 2ND
1.30PM @NDCH**

MARCH

**CHAIR YOGA &
MEDITATION WITH
BELINDA THATCHER**

**MONDAY THE 2ND
1.30PM @NDCH**

APRIL

**CARER CATCH UP
MONDAY THE 6TH
1.30PM @NDCH**

**+ ROAD TRIP TO BOORT
DATE TBC**

MAY

**PUBLIC GUEST SPEAKER
MONDAY THE 4TH
1.30PM @NDCH**

**+ VICTORIAN LAW WEEK
WITH MFC
MON 18TH 10-12PM
@NDCH**

JUNE

**CRAFT WITH DEB
MONDAY THE 1ST
1.30PM @NDCH**

JULY

**CHRISTMAS IN JULY
ROAST LUNCH
MONDAY THE 6TH
12.30PM@NDCH**

AUGUST

**PAMPER DAY
MONDAY THE 3RD
1.30PM @NDCH**

SEPTEMBER

**CARER CATCH UP
MONDAY THE 7TH
1.30PM @NDCH**

**+MURRAY CRUISE
DATE TBC**

OCTOBER

**CARER CATCH UP
MONDAY THE 5TH
1.30PM @NDCH**

NOVEMBER

**MELBOURNE CUP DAY
HAT MAKING
MONDAY THE 2ND
1.30PM @NDCH**

**+ MELBOURNE ZOO
DATE TBC**

DECEMBER

**CHRISTMAS BREAK UP
MONDAY THE 7TH
12.30PM
LOCATION TBC**

RSVP TO GEORGIA - (03) 5451 0200



COHUNA CARERS 2026

JANUARY

CARERS CATCH UP

**TUESDAY 13TH
10-12PM
@NDCH COHUNA**

FEBRUARY

**CARING, GRIEVING & CHOOSING
LIFE
WITH LOCAL SPEAKER, LINDY
LEYONHJELM**

**TUESDAY 10TH,
10-12PM @NDCH**

MARCH

**CHAIR YOGA AND MEDITATION
WITH BELINDA THATCHER
FROM THE FITSPACE KERANG**

**TUESDAY 10TH, 10-12PM
@NDCH**

APRIL

**A NIGHT IN THE PARK - GUITAR
AND PLATTERS**

**FRIDAY 17TH
@ GARDEN PARK
TIME TBC**

MAY

**VICTORIAN LAW WEEK WITH
MALLEE FAMILY CARE**

**TUESDAY 19TH
10-12PM @NDCH**

JUNE

**SKIN THERAPY & GUT HEALTH
SESSION WITH LOCAL
NATUROPATH, SALLY WILSON**

**TUESDAY 9TH, TIME TBC
@NDCH**

JULY

**CARER RESILIENCE TRAINING
(FURTHER DETAILS TBC)**

**TUESDAY 14TH
10-12PM @NDCH**

AUGUST

**ALL THINGS CRYSTALS &
NUMEROLOGY
WITH GEORGENE BRYANT**

**TUESDAY 11TH
10-12PM @NDCH**

SEPTEMBER

CRAFT WITH KIM

**TUESDAY 15TH
10-12PM @NDCH**

OCTOBER

**CARER CATCH UP
(FURTHER DETAILS TBC)**

**TUESDAY 13TH
@NDCH**

NOVEMBER

**CARER CATCH UP
(FURTHER DETAILS TBC)**

**TUESDAY 10TH
@NDCH**

DECEMBER

CHRISTMAS LUNCH BREAK UP

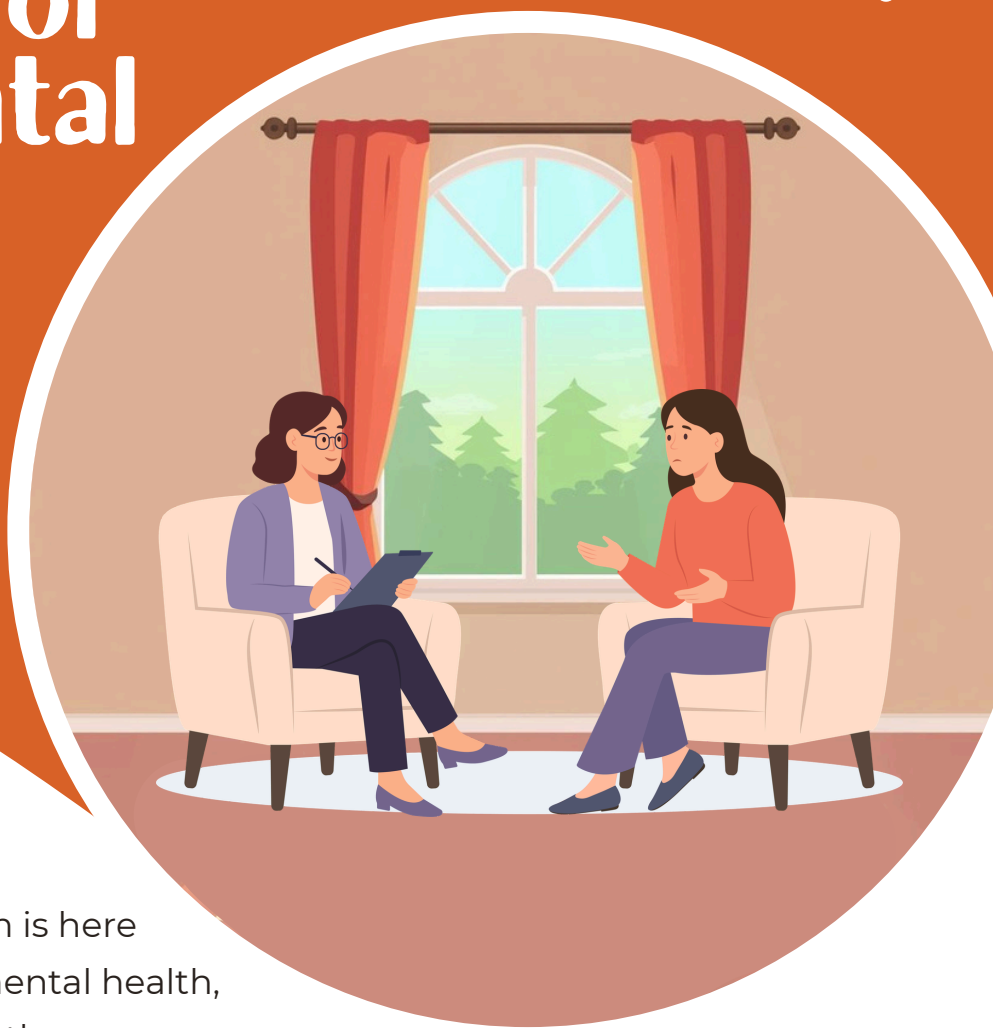
**TUESDAY 8TH
12PM @THE BOWER TAV**

ENQUIRIES AND RSVP'S TO GEORGIA ON (03) 5451 0200



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:

- **Cohuna**
- **Pyramid Hill**
- **Charlton/Donald**
- **Kerang**
- **Wycheproof**
- **Koondrook**
- **Boort**
- **Leitchville**
- **Murrabit**
- **Quambatook**
- **Birchip**



Marilynn



Arthur



Piyush

For more information speak to our friendly team!

 03 5451 0200

 referrals@ndch.org.au

NDCH invites Friends & Supporters to

Drag

BINGO

2 Nights of Pride & Fun

Food - Drinks - Prizes

HOSTED BY

Della Katesse

FRIDAY 20TH MARCH
6:30PM - 9PM

@ **BIG COHUNA STOCKYARD**

SATURDAY 21ST MARCH
6:30PM - 9PM

@ **BOORT MEMORIAL HALL**



COHUNA

\$10 ENTRY

BOORT

\$10 ENTRY

PROUDLY SUPPORTED BY NDCH IN PARTNERSHIP WITH THE PRIDE EVENTS AND FESTIVALS FUND.



18+
14+ WITH PARENT OR GUARDIAN

Celebrating Maureen

A Lifetime of Advocacy and Impact

From 27-29 January 2026, local legend Maureen Hewitt attended the Having a Say Conference at Deakin University (Waterfront Campus) in Geelong, accompanied by her support worker, Joselyn. A long-time attendee, Maureen values the opportunity to connect, learn and contribute to discussions that matter to people with disability.

At this year's conference, Maureen received an award recognising her longstanding advocacy. In accepting the award, she reflected on her personal journey and the changes she has worked tirelessly to achieve within the community.

Her advocacy has led to meaningful local improvements, including upgraded accessible toilet facilities at Swan Hill Town Hall and the introduction of a hospital passport at Swan Hill District Health to better support individual care needs. Most recently, Maureen successfully advocated for a permanent all-abilities toilet at the Swan Hill Showgrounds, improving access for community events.

Maureen's commitment to inclusion has also been recognised at a state level, receiving the Excellence in Advocacy and Promotion of Human Rights Award at the Victorian Disability Awards in 2016. She continues to share her lived experience at schools, TAFEs and community events.



Northern District Community Health warmly congratulates Maureen on this well-deserved recognition and thanks the staff and support workers who continue to assist her in achieving her goals.

2026

United Nations
IWD Theme: *Balance
the Scales...make
equality the rule, not
the exception*

Bookings
essential by
Monday 2 March:
(03) 5450 9333
or via QR code.



THURS.
5
MARCH

FREE
BREAKFAST
PROVIDED

INTERNATIONAL WOMEN'S DAY *Breakfast*

All of community are welcome to join the
CELEBRATION of GANNAWARRA WOMEN & GIRLS

Guest Speakers:



LUCY PILGRIM

Student, Cadet, Peacekeeper



BELINDA BATCHELOR

The Fiit Space, Kerang Balloon
Bar & Kerang Fresh Flowers



RIANNA MATUCH

Murray Mind & Wellness

Thursday 5 March 7.30AM for an 8AM start
Glasshouse, Sir John Gorton Library
Shadforth St. Kerang

GLAM - Gannawarra Local Agency Meeting - Partnership



Celebrating Excellence in Community Health

NDCH ARRCH Award Winners

Northern District Community Health (NDCH) is proud to recognise three staff members honoured through the ARRCH Awards, celebrating leadership, collaboration, and innovation that strengthen community health across rural and regional Victoria.

Innovator Award



Arthur Racoute
AOD Counsellor

Arthur was recognised for identifying opportunities to improve service delivery and enhance the client experience, strengthening support across our community.

Living the Values Award



Emma Darker
Podiatrist

Emma consistently demonstrates NDCH's values in her work. Her compassion and dedication make a meaningful difference to the people she supports every day.

Team Player Award



Julie Triffle

*Customer Engagement
Team Leader*

Julie was recognised for her collaborative leadership and care for colleagues, fostering a positive environment that benefits both staff and clients.

As local award recipients, Arthur, Emma, and Julie now progress as finalists to the statewide ARRCH Awards – a testament to the impact of their work beyond our region.

We congratulate all three and thank them for their dedication to strengthening community health.

A New Face in Community Care



*Claudia
O'Halloran-Farrow*

We're excited to officially welcome **Claudia O'Halloran-Farrow** to NDCH as our new **Community Care Admin Officer**.

Claudia brings a wonderfully diverse background to the Community Care Admin Team. A true jack of all trades, she has previously worked as a Pilates instructor, Duty Manager and Lifeguard at the Swan Hill Aquatic Centre, and is also part of the team at Colin's Bookstore. Many in the Swan Hill community will fondly remember Claudia as the former owner of the much-loved restaurant and bar Peachy's.

With her wide-ranging experience, vibrant energy, and strong connection to the local community, we're thrilled to have Claudia on board and look forward to the contributions she'll bring to the team.

Please join us in giving Claudia a very warm welcome!

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.



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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.