



Newsletter

JULY 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.

NDCH Connects with the Cohuna Community

On Monday 22 June, NDCH hosted a Community Pop-Up Event in Cohuna, providing a valuable opportunity to connect with local residents and hear their thoughts about healthcare services in the area.

NDCH CEO Penny Wilkinson, along with Board Members Di Bowles and Travis Collier, spent the morning speaking with community members and encouraging them to complete a community survey. The feedback collected will help inform future planning and ensure local voices continue to shape the services we provide.

The event also offered free blood pressure checks, with NDCH Nurse Sharee Edge on hand to provide quick health checks and chat with community members about the services available through NDCH.

Thank you to everyone who stopped by, shared their feedback, and took the time to connect with us. Your input plays an important role in helping us understand the needs of our communities and continue delivering services that support the health and wellbeing of our region.



MEET OUR NURSE PRACTITIONER YVONNE

Visits Kerang, Swan Hill, Pyramid Hill
and Quambatook

Yvonne is an experienced Nurse Practitioner with a strong background in primary health, chronic disease management, and community-based care. She has a particular passion for women's healthcare and brings many years of clinical expertise, **providing accessible, person-centred care close to home.**

Yvonne can provide:

Assessment and treatment
of minor illnesses and
injuries

Prescribing medications,
ordering pathology and
diagnostic tests

Chronic disease
management (diabetes,
heart and lung conditions,
blood pressure)

Women's and men's
health services

Preventative health and
wellbeing support

Health education, lifestyle
coaching, and care
coordination

Yvonne will be in:

Pyramid Hill

16th July	17th Sep	8th Oct
19th Nov	10th Dec	

Quambatook

9th July	19th Sep	1st Oct
3rd Dec	24th Dec	



Meet Brooke

Our newest Occupational Therapist

We are delighted to welcome Brooke to Northern District Community Health's Occupational Therapy team.

Brooke brings extensive experience across a range of settings, including community occupational therapy, aged care, neurological rehabilitation, acute hospital services, complex equipment prescription, and home modifications. Her career has spanned both Australia and the United Kingdom, providing her with a broad and diverse skill set.

Throughout her career, Brooke has worked closely with older adults, people living with progressive neurological conditions, and individuals with complex disabilities. She is passionate about helping people maintain their independence, safety, and quality of life within their homes and communities.

We are excited to have Brooke join our growing team and look forward to the knowledge, experience, and enthusiasm she will bring to our services.

Please join us in giving Brooke a warm welcome to NDCH.



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

OCCUPATIONAL THERAPY

Now Accepting NDIS Referrals!

NDCH is currently accepting new adult Occupational Therapy referrals for NDIS participants with physical disability and functional impairment.



Our OT Team provides assessment and intervention in:



Functional independence



Assistive technology prescription



Home modifications



Fall prevention



Seating and positioning



Activities of daily living



Home and community mobility and safety



Referral criteria

We accept referrals where the primary support need is physical disability and functional impairment.

We are unable to accept referrals where the primary presentation relates to:

- ✗ Developmental needs
- ✗ Psychosocial needs
- ✗ Behavioural concerns



Not currently accepting referrals for:

- ✗ SIL (Supported Independent Living) assessments or reports
- ✗ SDA (Specialist Disability Accommodation) assessments or reports
- ✗ Functional Capacity Assessments
- ✗ Paediatrics



Important note

All referrals are reviewed to ensure they align with NDCH OT scope of practice, clinical expertise, and current service capacity



Enquiries

For more information, please contact the **NDCH Allied Health Team**.

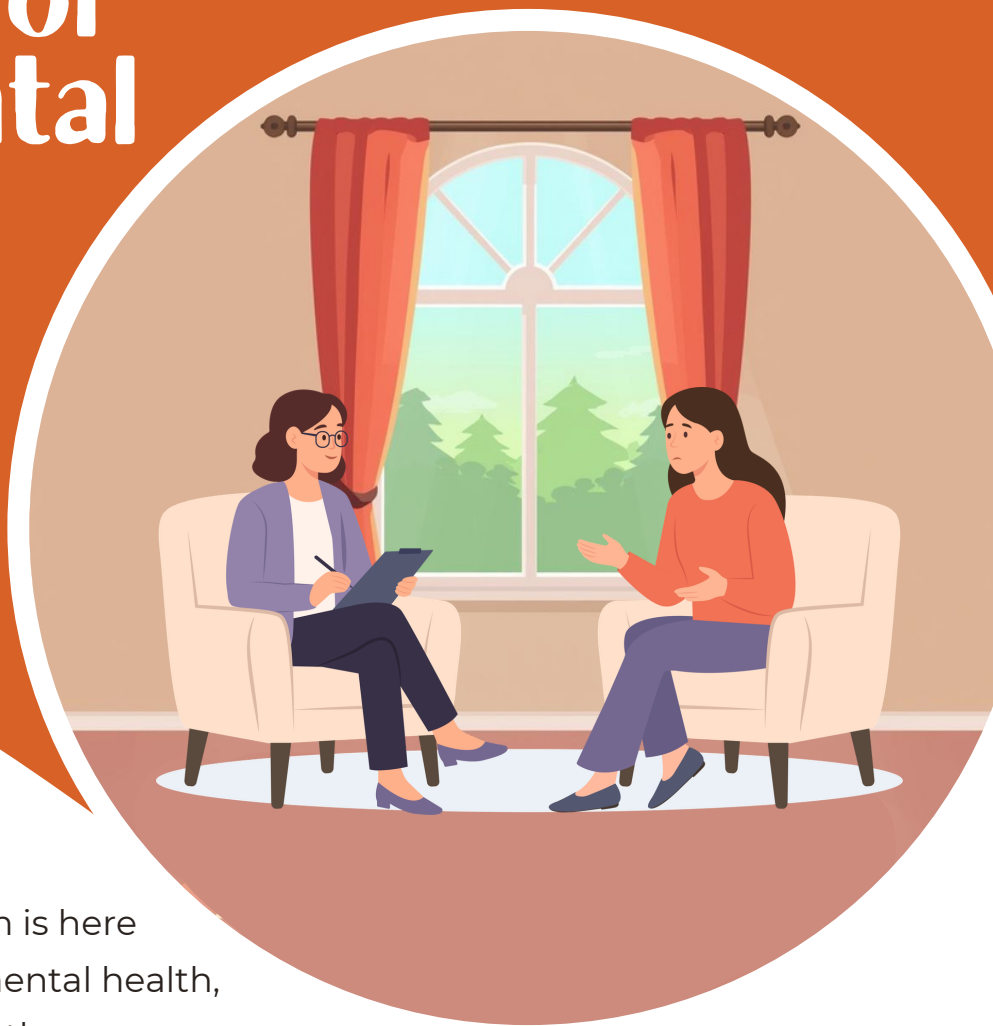
03 5451 0200

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 (age 18 or above)** - 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 (age 12 or above)** - guidance and strategies to help manage alcohol or drug use.

Our services are available in:

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

Get in touch with us directly to self-refer or scan the QR code!



03 5451 0200



referrals@ndch.org.au



Are you interested in

YOUTH

Mental Health First Aid?

MANY MENTAL HEALTH SYMPTOMS BEGIN IN ADOLESCENCE AND CAN IMPACT A YOUNG PERSONS FUTURE.

Adults who complete the course become Mental Health First Aiders, equipped with the knowledge, confidence, and skills to provide a young person with mental health information and support when it matters most.

EXPRESSION OF INTEREST HERE:



Interested in Youth Mental Health First Aid training? We're seeking EOIs across Gannawarra and North Loddon. Let us know your interest!



More Appointment Options with Saturday GP Services



We're making it easier than ever to access quality healthcare, with Dr Joe now consulting on Saturdays at NDCH.

We know that taking time away from work or family commitments during the week isn't always possible. Saturday appointments provide greater flexibility, making it easier to see a GP when it suits your schedule.

Appointments are available for a wide range of healthcare needs, including:

- General medical consultations
- Repeat prescriptions
- Chronic disease management
- Preventative health checks
- Referrals and follow-up care
- Are you aged 45–49?

Are you aged 45–49?

This is also a great opportunity to book a 45–49 Year Old Health Assessment.

If you're aged between 45 and 49 and at risk of developing a chronic disease, you may be eligible for a Medicare-funded health assessment. These assessments help identify potential health risks early, giving you the opportunity to make positive changes before health problems become more serious.

Your GP will discuss your overall health, lifestyle, medical history and any risk factors, and work with you to develop a plan to help keep you healthy.

To book a Saturday appointment with Dr Joe or find out if you're eligible for a 45–49 Year Old Health Assessment, contact NDCH today.

HAVE YOU BEEN TESTED & VACCINATED FOR Q FEVER?

WHAT IS Q FEVER?

- Q fever is an infectious bacterial disease, it is spread to humans from animals, predominantly cattle, sheep & goats.
- People usually get infected by **breathing in air or dust**, contaminated with bacteria from **birth fluids, blood, urine, faeces** of infected animals.
- Q fever can cause **flu like symptoms** & can cause short- & long-term complications including **chronic fatigue & heart disease**.



Q FEVER TESTING & VACCINATION SUBSIDY

Victorian dairy farm owners, family members & employees (aged 15 years old & over) will soon be able to **access subsidised Q fever testing and vaccinations** at participating medical centres. This is a GippsDairy-led project & extends to farmers in Murray & Western Victoria dairying regions.

BE NOTIFIED OF Q FEVER CLINICS

Be notified of when and where subsidised clinics are next available in your region of Victoria:

<https://www.dairyaustralia.com.au/news-repository/2026/01/15/preventing-q-fever-on-farm#register-now>



or scan QR code 





NDCH CONNECTS WITH THE CHARLTON COMMUNITY

Recently, our Counselling team and Homelessness Specialist held a pop-up event in Charlton to connect with community members and raise awareness of the support services available through NDCH.



The team spent time promoting our services and sharing information about mental health, alcohol and other drug (AOD), and homelessness support. Community members were able to access brochures, learn about referral pathways, and ask questions about the services available to them.

Events like these provide a valuable opportunity to connect with the community, increase awareness of local support services, and help ensure people know where to turn when they need assistance.

Tyapa Kurra Kahl

MDAS Comes to Life!



Throughout Term 2, the Tyapa Kurra Kahl Bush Tucker Space at MDAS has been buzzing with activity, bringing together Indigenous children, young people, and families through a series of community cook-ups.

Across three activations of the space, participants worked together to prepare and share delicious meals while learning about native ingredients and traditional food knowledge. Community feeds provided an opportunity to connect, yarn, and celebrate culture in a welcoming outdoor environment.

Some of the bush-inspired foods enjoyed included fresh salads decorated with native violets, homemade hamburger patties seasoned with saltbush, pepperberry, and other native spices, and roasted corn cobs topped with butter and saltbush. The corn cobs were a particular favourite among participants!

These cook-ups have been a wonderful way to encourage cultural learning, healthy eating, and community connection, while showcasing the rich flavours and knowledge of Aboriginal bush foods.



*This project is supported by
Loddon Mallee Public Health Unit*



Koori Courtside Connection Celebrating NAIDOC Week

Location: Kerang Basketball Stadium 11am- 3pm

- Face Painting
- Welcome to Country & Cultural Opening Ceremony
- Basketball tournament Youth vs Police- prizes to be won
- Traditional Dances
- Live Acoustic Entertainment by Lou Green
- Weaving Workshop & Emu Egg Painting
- Aboriginal Art, Symbols & Wildlife Tracks Workshop
- Marngrook & Traditional Aboriginal Games
- Bush Tucker Tasting & Traditional Foods Experience



Special Guest workshops with Uncle Ron Murray, Uncle Ron Galway, Mel Lane & Kai Lane



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
Desiree Hibbet

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.