



Newsletter

AUGUST 2026



Be Prepared for the Next Emergency with a Free Go Pack!

Northern District Community Health (NDCH) is proud to partner with Gannawarra Shire Council, local neighbourhood houses, Vivid and Community Living & Respite Services (CLRS) to provide free **Go Pack!** emergency preparedness bags to National Disability Insurance Scheme (NDIS) participants living in the Gannawarra region.

Developed through a partnership led by Bendigo Health's Loddon Mallee Public Health Unit, each Go Pack! includes a "First 72 Hours" information flyer, an emergency plan worksheet and practical tips to help participants prepare before an emergency occurs. Gannawarra Shire Council has also included a checklist fridge magnet and reusable water bottle.

Participants are encouraged to add important documents, medications, chargers, toiletries, a torch, personal care items and non-perishable food.

Go Packs! are available from NDCH offices in Kerang and Cohuna, Kerang and Cohuna Neighbourhood Houses, Quambatook Community Resource Centre, and Gannawarra Shire Council's Customer Service Centre in Kerang.

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.



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

17th Sep

8th Oct
10th Dec

19th Nov

Quambatook

19th Sep

1st Oct
24th Dec

3rd Dec

Meet Our New Doctors

We are pleased to welcome Dr Harshani and Dr Kasun to the NDCH medical team.



Dr Harshani

Dr Harshani joins us with a strong hospital background and a special interest in women's health. She enjoys the variety of rural general practice and is passionate about providing practical, holistic care for women through every stage of life.



Dr Kasun

Dr Kasun brings more than nine years of experience across emergency medicine, surgery, paediatrics, and obstetrics and gynaecology. His extensive rural hospital experience has provided him with a broad clinical background and a strong foundation in rural general practice.

We are delighted to have Dr Harshani and Dr Kasun join NDCH. Their skills and experience will strengthen the care we provide to our community, and we look forward to the positive contribution they will make to the health and wellbeing of our patients.



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**.

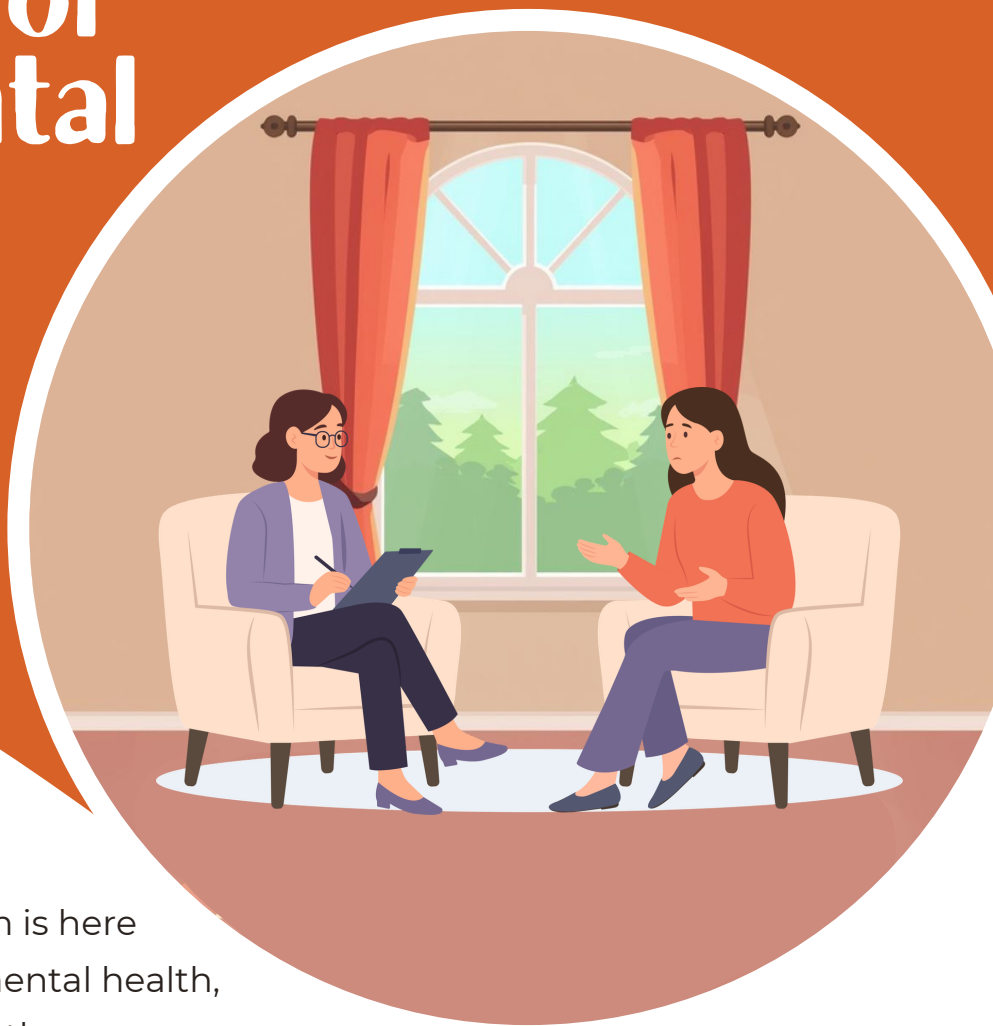
03 5451 0200

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





New Vital Signs Monitor for Pyramid Hill Clinic

We're incredibly grateful to Finders Keepers Op Shop and the Pyramid Hill Progress Society for their generous donation of a new automatic vital signs monitor to our Pyramid Hill Clinic.

The new equipment will be a valuable addition to the clinic, supporting our team to monitor patients and continue providing high-quality care to the Pyramid Hill community.



Our casual Registered Nurse, Jenny Emonson, who is also a member of the Pyramid Hill Progress Society, recently joined Kirsty Orr from the Progress Society at the clinic to celebrate the donation and capture a few photos of the new equipment.

A huge thank you to Finders Keepers Op Shop and the Pyramid Hill Progress Society for supporting our local health services and helping us provide better care for our community.

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.

SOFT PLAY BRINGS LOCAL MUMS TOGETHER

Northern District Community Health (NDCH) was thrilled to welcome the Gannawarra Mum Club to our Cohuna site for a morning of soft play on Tuesday 14 July.

The response from the community was fantastic, with 21 mums and their little ones joining us from across the region, including Cohuna, Kerang, Koondrook and Gunbower. The morning was filled with laughter, conversation and opportunities for children to play while mums connected with one another.

One mum summed it up perfectly, saying, "This is so needed." We heard that message loud and clear!

In response to the overwhelming interest, Jaz and Katie, the wonderful women behind Gannawarra Mum Club, will be hosting another Soft Play Pop-Up at NDCH Cohuna on Tuesday 18 August from 10.00 am.

Come along for a relaxed morning, meet new people, enjoy a chat, and let your little ones explore and play in a safe, welcoming space.



Women's Health Mobile Clinic now in your community

Free and confidential, 45-minute women's health consultations with a Nurse Practitioner

This service is available to women of all ages and teenagers

- Cervical and bowel screening
- Contraception (IUDs & Implants)
- STI testing and treatment
- Pregnancy options
- Menopause and bladder health
- Pelvic pain and irregular bleeding
- Any other women's health concerns

Location and dates

Cohuna

From 31 August to 4 September 2026
Northern District Community Health Service,
33 King Edward Street, Cohuna



**To book scan the QR code
or call 03 9675 0050
or visit breastscreen.org.au/whmc**



Hearing or speech difficulties TTY 13 36 77

 Interpreter support 13 14 50



CELEBRATING 20 YEARS OF ALEX AT NDCH

On 31 July, we celebrated a very special milestone as Alex marked 20 years with NDCH.

Alex joined NDCH in 2006 as a Community Health Nurse, providing care to the Pyramid Hill and Quambatook communities while also delivering foot care services across the organisation. In 2013, she completed her postgraduate studies in Diabetes Education and has continued to build her expertise in diabetes care, supporting clients across our community as a Diabetes Educator.

Reflecting on her 20 years with NDCH, Alex says she feels proud, honoured and grateful to have reached this milestone.



Over the past two decades, Alex has cared for hundreds of people, supported colleagues and generously shared her knowledge and experience. Her dedication to improving the health and wellbeing of our community has made a lasting impact, and we are incredibly grateful for everything she has contributed to NDCH.

Staff came together for a morning tea to celebrate this wonderful milestone and recognise Alex's two decades of commitment to our community.

Congratulations, Alex, on 20 years of caring for our community! Thank you for your commitment, compassion and everything you have brought to NDCH over the past two decades. Here's to many more!

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.



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.