



Newsletter

SEPTEMBER 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.



A Night of Trivia, Community and Giving

Our first NDCH Advocacy and Fundraising Trivia Night Event was a wonderful evening of community, connection and plenty of friendly competition!

We would like to extend a heartfelt thank you to everyone who attended, contributed and helped make the night such a success. It was fantastic to see so many people come together in support of NDCH and the important role we play in our local communities.

A very special thank you also goes to our generous sponsors and donors. Your support helped make the event possible and will contribute to our ongoing advocacy and fundraising efforts.

For 35 years, NDCH has been providing essential health and wellbeing services to people across our communities. As we look to the next 35 years, we want to make sure these services remain available to the people who need them.

Whether it's attending an event, sharing our story, supporting our fundraising efforts or simply talking to others about the importance of accessible local healthcare, every bit of community support helps us protect the next 35 years of care.

The Trivia Night was a fantastic first step, and we look forward to continuing this journey with our community.

***Thank you for helping us celebrate
35 years of caring — and protect the next 35.***



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

35 YEARS OF CARING PROTECT THE NEXT 35

For 35 years, NDCH has been part of the everyday lives of people across our community.

Community Nursing: Care Without Boundaries Cliff & Alice Harrison's Story



Outside Pyramid Hill, at the end of a long rural road, Cliff and Alice Harrison are continuing the life they have shared for more than 60 years.

For more than 20 years, NDCH Community Nurses have supported Cliff and Alice in their home. Today, as travelling into Kerang has become increasingly difficult, those visits remain an essential part of their lives.

Each visit continues beyond the sealed roads, along rural tracks and through changing conditions, until the nurse reaches their farm.

When the nurse arrives, Cliff and Alice receive the treatment they need in the comfort and familiarity of their own home from someone they know and trust.

Now approaching 98, they still hold closely to the routines that give each day purpose. Cliff remains connected to the farm, while Alice continues caring for their home and preparing their meals.

But the visit brings more than treatment. With no close neighbours nearby, it also brings conversation, reassurance and a valued connection with the world beyond the farm.

These visits help Cliff and Alice remain together, maintain their independence and continue the life they have built here.

Because care close to home sometimes means travelling a very long way.

DID YOU KNOW? NDCH IS MORE THAN YOU MAY REALISE

NDCH supports people across all stages of life - from early childhood through to older age.



A nurse travelling country roads so someone can recover at home.



A speech pathologist helping a child find their voice.



A support worker helping someone remain independent.



A counsellor supporting someone through a difficult time.



Connection, prevention, early intervention and practical support.

For 35 years, we've been helping people live healthier, more connected lives - right here in our community.

There's a good chance NDCH has helped someone you know.

SHARE YOUR NDCH MEMORIES

Somewhere in our community, there's an NDCH story we've never heard. Maybe a nurse who came when you needed them. A worker who noticed something others didn't. Or simply a moment that made a difficult time a little easier.

We'd love to hear your story.



Comment on social media



Send us a private message



Share your story through ndch.org.au



Tell us at an upcoming community event



Nothing will be shared publicly without your permission.

Some memories are private and they can stay that way - we'd still love to read them

BE PART OF THE NEXT CHAPTER

For 35 years, this community has cared for NDCH - and NDCH has cared for this community.

Now we're looking towards the next 35 years

There are lots of ways to be part of what comes next:



Share your NDCH story



Spread the word about the work we do



Partner with us as a business, club, school or community organisation



Volunteer your time and skills



Come along to an event and meet the people behind the work



Give if you're able - every dollar stays local, and it's tax-deductible



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**.

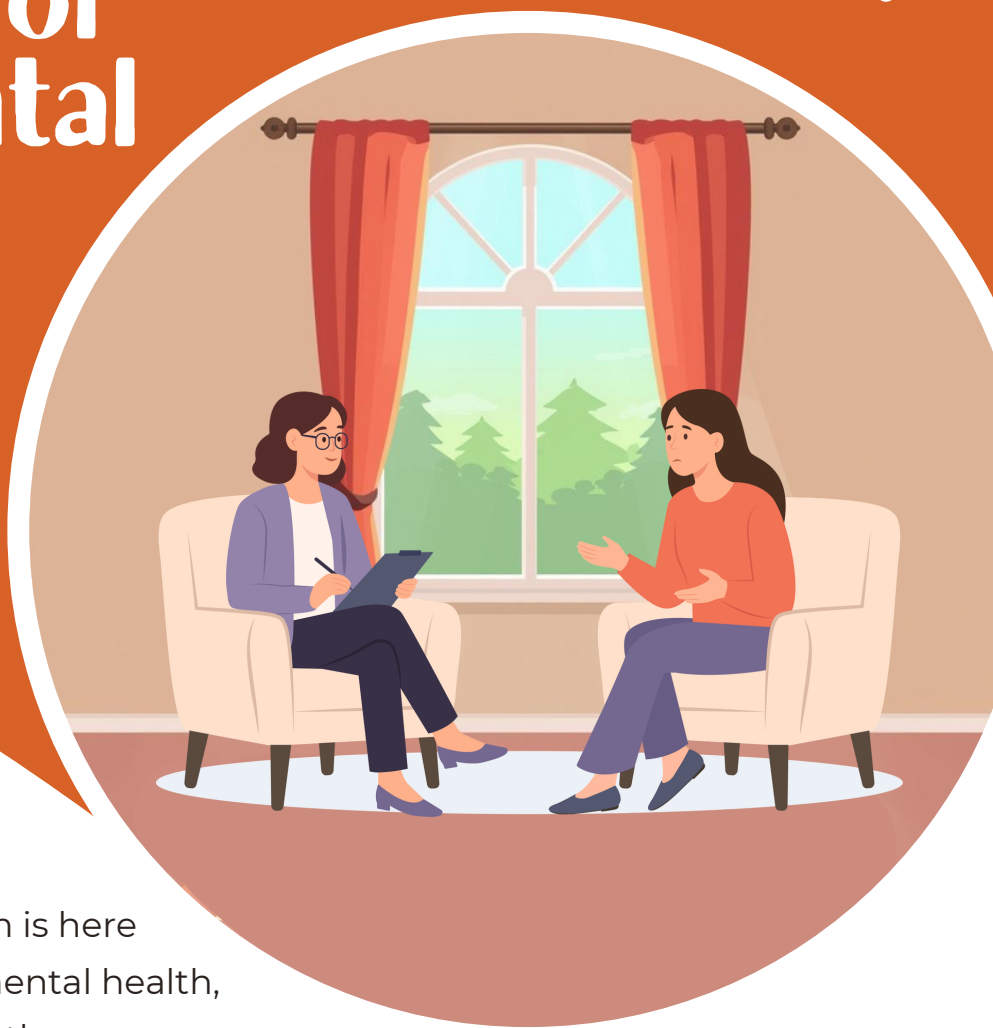
03 5451 0200

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





BDS
WRITERS
FESTIVAL
2026



WRITERS FESTIVAL 2026



CELEBRATED
11 AUGUST

Writers Festival 2026 celebrated at Boort District
P-12 School, with students from Pyramid College
travelling across to Boort to join in.

**Celebrating creativity,
storytelling and young voices!**

With thanks to



AMPLIFY

**YOUTH
EVENTS**

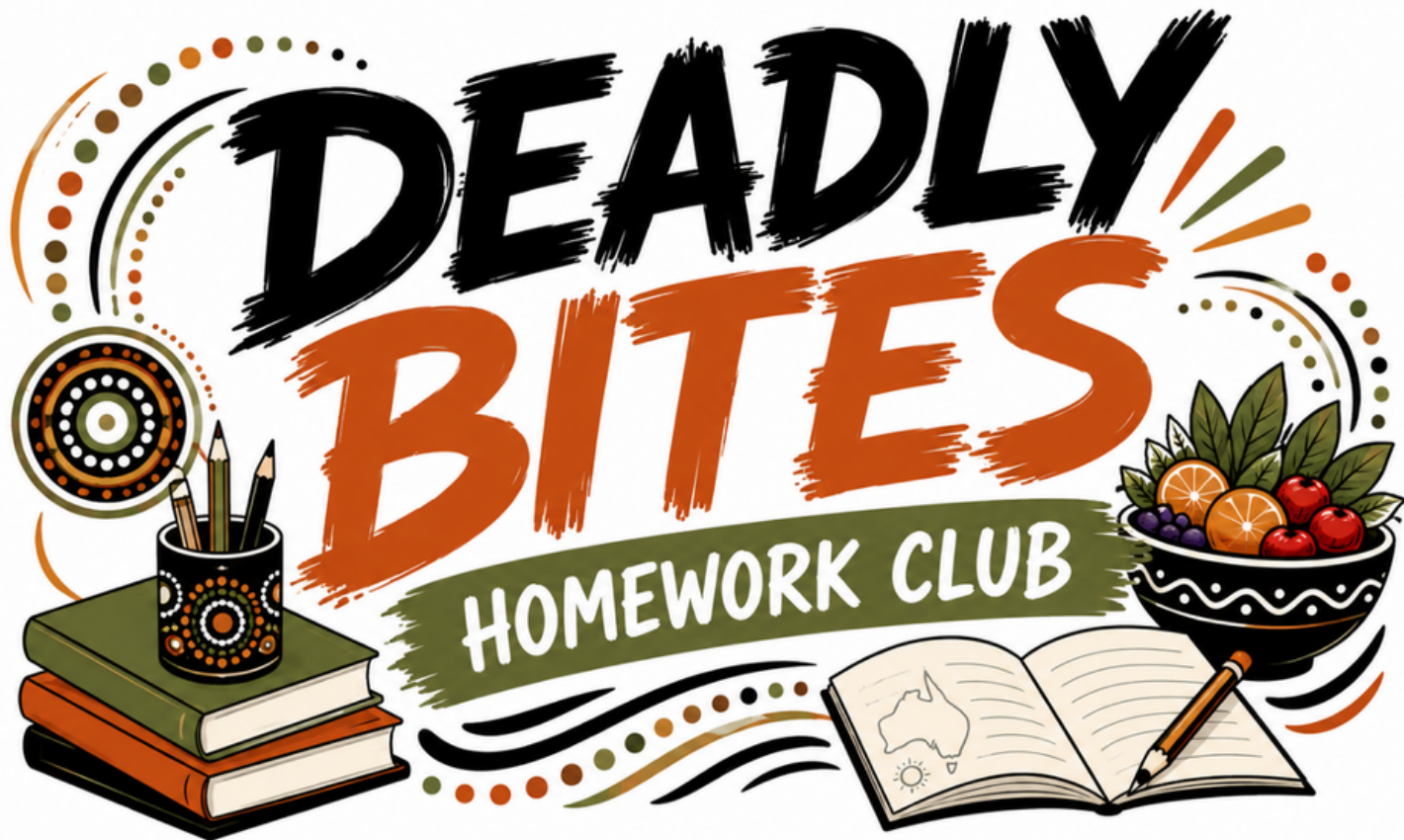


NDCH

Northern District Community Health

The Amplify grant program, delivered in Gannawarra and Loddon Shire, by NDCH offers funding to help young people lead the planning, development and delivery of safe, youth-friendly events for Victorians aged 12-25.

Are you 12-25 years old? Join our Amplify planning committee - email us at youthprograms@ndch.org.au



Monday's 3.30-4.30 over Term 3 & 4
Starting Monday 17th August

Aboriginal & Torres Strait Islander Children are invited to join our Deadly Bites Homework Club

**Kerang School
Pickup**
**Kerang Home
Drop Off**

**Homework
Support**
Book Reading

**Afternoon
Tea**
**Healthy
Movement**

Northern District Community Health
would like to acknowledge the contribution from



Youth Fest 2026

Celebrating all young Victorians

Tyipen Kwe

Arts and Culture Project



September 2026

Youth Led, Community included, Cultural transformation
of the TK/KP meeting space at NDCH



Northern District Community Health



The Tyipen Kwe Arts and Culture Project is supported by the Victorian Government



WELCOME TO IDF-WPR & ADC & METABOLIC DISEASES 2026

Alex Carter at the International Diabetes Federation Western Pacific Region Congress.



ALEX CONNECTS WITH DIABETES PROFESSIONALS FROM AROUND THE WORLD

Our Credentialed Diabetes Educator, **Alex Carter**, recently attended the International Diabetes Federation Western Pacific Region Congress (IDF-WPR), held in conjunction with the Australasian Diabetes Congress and Metabolic Diseases.

With more than **3,000 delegates** in attendance, the four-day event provided an incredible opportunity for learning, sharing knowledge and connecting with healthcare professionals and people living with diabetes from across the region.



It was a memorable and enriching experience, which only further cements why I do what I do!

- ALEX CARTER



THE FUTURE OF DIABETES CARE

One of the standout themes for Alex was the rapidly evolving role of technology in diabetes care. From Continuous Glucose Monitoring (CGM) and automated insulin delivery systems to the growing use of Artificial Intelligence (AI), technology is continuing to transform the way people living with diabetes and healthcare professionals manage treatment, food, insulin and exercise.



Alex also highlighted the importance of ensuring Continuous Glucose Monitoring is **accessible to all people living with diabetes**, while automated insulin delivery devices are increasingly becoming the gold standard for early insulin therapy.



Beyond the learning, one of the most valuable parts of the congress was the opportunity to connect and share experiences with other diabetes healthcare professionals.

We're proud to have passionate staff like Alex continuing to learn, connect and bring the latest knowledge and ideas back to support our community.

Learning from the Community, Growing for the future

Two La Trobe University Occupational Therapy students
share their NDCH placement experiences.



Meet Rose

Rose, a third-year Occupational Therapy student, recently spent four weeks on placement with our Occupational Therapy team.

During her placement, Rose gained hands-on experience supporting clients through home visits, functional assessments, assistive equipment prescription and home modifications.

“Working with the OTs at NDCH has helped me develop my clinical skills and broaden my understanding of the role of occupational therapy within the community.”

For Rose, one of the most valuable parts of her placement was gaining a greater understanding of the challenges and opportunities involved in delivering healthcare in rural communities.

“Seeing this firsthand has strengthened my appreciation for rural healthcare workers and the important role they play in supporting their communities.”

Rose says the welcoming and supportive environment at NDCH made her placement a particularly memorable experience.

“The OT team's passion, dedication and commitment to supporting their clients and community is inspiring. I am incredibly grateful for the opportunity to learn from such a passionate and dedicated team!”

Meet Joey

Joey, a fourth-year Occupational Therapy student, spent eight weeks on placement with NDCH, with a focus on paediatric occupational therapy



Through his placement, Joey worked alongside children and families in clinic sessions and visited local kindergartens as part of the School Readiness Program

He supported children across key areas including:



Gross &
fine motor
skills



Coordination



Sensory
processing



Emotional
regulation



And
more!

Joey also spent time with our OT team attending home visits, equipment trials and other sessions.

“I really enjoyed seeing the different ways OTs work with people in their own environments to support their goals and independence.”

For Joey, the experience was an opportunity to develop his skills, confidence and understanding of paediatric practice.

“NDCH feels like so much more than a workplace - it feels like a family. I am extremely grateful to everyone who made my placement such a memorable and special chapter of my OT journey.”

Supporting the Next Generation



Providing placement opportunities is an important way we can support and inspire the next generation of healthcare professionals.

A huge thank you to Rose and Joey for their enthusiasm, fresh perspectives and energy they brought to NDCH - and to our wonderful Occupational Therapy team for sharing their knowledge, experience and passion.

We wish Rose and Joey every success as they continue their Occupational Therapy journeys!



A FINAL FAMILY MEAL TO CELEBRATE!

TK KANGAROOS - CULTURE - COOKING - CONNECTION

Celebrating two terms of child led, family meals supported through LMPHU funding.



Rivermint infused fresh squeezed fruit juice



Lasagna with saltbush & pepperberry

What a wonderful way to finish!

The final meal under our LMPHU funding has been served - and what a fantastic celebration it was! Over the past two terms, the children in our program have been planning family dinners; choosing the menu, creating a theme for the event, and then putting everything together on the day to share with their close family and friends.

A special part of this program has been utilising bush tucker flavours, including picking fresh ingredients from Tyapa Kurra Kahl and adding these ingredients into the cooking. It has been a joy to watch the children learn, create, and proudly share their meals with their family.

Final Highlight

The TK kangaroos chose lasagna to share with their families, it was flavoured with saltbush and pepperberry - and was REALLY! good!

Thank you Kangaroos for your great work on the final LMPHU meal. We hope you all enjoyed the wonderful opportunities this funding supported.



Saltbush crusted salmon



Salad with macadamia oil dressing



Official thumbs up!



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES



THIS PROJECT SUPPORTED BY
Loddon Mallee Public Health Unit

DOCTORS

Dr John Shokry

Dr Joe Dawson

Dr Harshani Hettiarachchi

Dr Kasun De Soyza

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.