

# PYRAMID PRESS

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**O'CONNORS CASE IH**

**PYRAMID HILL  
FOOTBALL AND NETBALL CLUB  
O'CONNORS CASE IH  
COMMUNITY PRACTICE  
MATCH SERIES**

**SATURDAY 23RD MARCH  
MITCHELL PARK, PYRAMID HILL**

TOWARDS 

We are a Good Sports club  


**11:30AM - BENDIGO U18 WOMEN YELLOW V BLUE**

**1:00 PM - NEWBRIDGE V WANDELLA**

**2:30 PM - CHARLTON V ULTIMA**

**4:00 PM - LAKE BOGA V WOORINEN (MURRABIT - NETBALL)**

**5:30 PM - PYRAMID HILL V BOORT**










**SUPPORTED BY**



Sport Medicine Supplies



**Entry: Gold coin donation. Proudly supporting our local CFA with proceeds being donated directly to the Pyramid Hill Fire Brigade. Supported by LVFNL and Central Rivers Umpires**

## 2024 O'CONNORS CASE IH COMMUNITY PRACTICE MATCH

Don't forget to mark Saturday March 23<sup>rd</sup> in your calendar as a date to keep free!

This year we are excited to welcome Latrobe Bendigo Pioneers U18 girls footballers to Mitchell Park to open the 2024 series. We're also looking forward to welcoming back a number of our neighbouring clubs and a couple of new ones as football and netball teams get ready for the 2024 season.

Entry is via gold coin donation. Proudly supporting our local CFA, 100% of gate takings will again be donated directly to the Pyramid Hill Fire Brigade.

- Gates open from 11.00am.
- Canteen Facilities available
- Representatives from O'Connors CIH, Sportstrap, Your Skin Scan, Healthy Mates, Northern District Community Health and the Anglicare KIT (Keeping In Touch) Van will be in attendance on the day

Bring the family and the grandkids and make a day of it, we'd love to see you!

#O'ConnorsCIH #pyramidhillfamilies

#bepartofthegamethecommunityandthesuccess #countrysportingclubs

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## Pyramid Hill Neighbourhood House

43 Kelly Street | Tel: 5455 7129

Hours: Tues - Fri 10-4pm

**Submissions due Tuesdays | 3:00 PM**

Email: [pyramidhillpress@gmail.com](mailto:pyramidhillpress@gmail.com)

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Produced by the community and Pyramid Hill Neighbourhood House  
Sponsored by the Loddon Shire Council



**REMINDER: NO PRESS DURING THE SCHOOL HOLIDAYS**

## CO-ORDINATOR CATCH UP

Hi Neighbours!

I don't know about you but it feels like we've had a busy week! The hot topic at the neighbourhood house and around town has been this year's tomato harvest, it seems like everyone--including myself--has been bottling tomato sauces and passata, chutneys and salsa. I've done a small mountain of tomato products but I'd love to hear what different creations others have made, or even better send in a photo and we could include it in the Press!

There's always something interesting going on around Pyramid Hill, music at the hall or family nights

at the footy grounds, I love the variety of events happening around town. At the Neighbourhood House we've got our school holiday program ready to take bookings too, so if you're looking for something for the kids over term break give us a call.

And as always if you'd love a cuppa and a chat, we'd love to see you.

'Til next week,

Lizzie



Pyramid Hill Neighbourhood House

# KIDS HOLIDAY PROGRAM

**WEDNESDAY 3RD APRIL**  
2-4 PM CUPCAKE DECORATING

**WEDNESDAY 10TH APRIL**  
2-4PM COIL BASKETS

**FRIDAY 12TH APRIL**  
10.30AM - 12.30 AIR-DRY CLAY

**Book In: 54557129**

*\*school aged kids*

\$5 PER CHILD EACH SESSION\*



# WHAT'S ON

**Uphill Line Dancing**  
Sunday | Mount Hope

**Festival of Small Halls**  
21 Mar | 6.30 PM  
Memorial Hall, Kelly St

**Storytime**  
22 Mar | 10.30 - 11 am  
67 Kelly St

**PHFNC Practise Match Series**  
23 Mar | All day from 11.30 AM

**Food Share**  
25 Mar | 4.30 PM | St Patrick's Catholic Church

**PH Golf Club**  
Working Bee  
24 Mar | 7 Apr | 9 am  
First Hit | 7 Apr  
Opening Day | 14 Apr

**Book Club**  
27 Mar | 4.30 - 6.30 PM  
Neighbourhood House

**Nurse Practitioner in Pyramid Hill**  
28 Mar | NDCH Victoria St bookings essential  
54557065

**Good Friday Service**  
29 Mar | 10 am | Church of Christ

**Boort Tennis Club 2024 Easter Tournament Tennis during the day**  
29 Mar to 1 Apr 2024  
Boort Tennis Club Godfrey St Boort  
Contact: Alister 0427 221 098 or Adam 0428 554 204  
ahvmc@bigpond.net.au

**Applications close, Position vacant, cleaner**  
1 Apr | 5 PM  
PHFNC

**Bowl's Events**  
3 Apr, 7 May | Refer to Bowl's News 7 & 14 Mar

**Kids Holiday Program**  
3, 10 and 12 Apr | refer to flyer

**Bike Mechanic**  
Neighbourhood House  
19 Apr | 10 - 11.30 am, 12 - 2 pm  
Bookings ph: 5455 7129

## REGULAR ACTIVITIES

**TUESDAYS**  
Morning Coffee | 10:15 AM | Neighbourhood House  
Goldfields Library visit | 11:00 AM | Neighbourhood House

**WEDNESDAYS**  
Moderate Movers exercise group | 1 PM | Pyramid Hill Memorial Hall | BYO exercise mat or towel  
Social Bowls | 7:00 PM | 98 Victoria St  
Book Club | 4:30 PM | last Wednesday of each month

**THURSDAYS**  
Pyramid Cares Walking Group | 9.30 AM | weekly  
Caring for Kids | 5 PM | 3rd of each month

**FRIDAYS**  
Playgroup | 10:00 AM | Preschool, 67 Kelly St  
Scrabble Fever | 2:00 PM - stumps | Neighbourhood House  
Pyramid Cares | 11 AM | 1st and 3rd of each month

Mark Boyce, **Justice of the Peace** is on leave until after the Term 1 holidays.



**PYRAMID HILL STORYTIME.**  
Stories, songs and rhymes for preschoolers

Pyramid Hill Playgroup 67 Kelly Street	Fri 22 Mar Fri 19 Apr Fri 17 May Fri 14 Jun	10.30-11am
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Pyramid Hill Church of Christ  
Kelly Street, Pyramid Hill

**Good Friday Service**  
29th March, 2024  
10.00 am



**All Welcome**

# PUBLIC NOTICES

## CHURCH SERVICES Anglican

**1st and 3rd Sun** | 10:00 AM  
Tyndale Church, Victoria Street

**2nd Sun** | 9:00 AM  
**4th Sun** | 11.00 AM  
St Thomas' Church  
Durham Ox Road  
Enquiries:  
Rev Sue Allen | 0417 365 386  
Bill Boyd | 0448 219 457

**Church of Christ**  
Sun | 11:00 AM  
Church of Christ, Kelly St  
Enquires:  
June Smith | 0438 062 646

**Uniting**  
1st & 3rd Sun 10:00 AM  
Tyndale Church, Victoria St

**Kids Rock**  
For all school aged children  
Every second Tuesday  
during term  
3:30-5:00 PM, Uniting Church  
Enquiries:  
Robyn | 0427 561 973

**Catholic**  
Sat Mass | 6:30 PM  
St Patrick's Catholic Church,  
Victoria St

## Thank you from the McCahon Family

Beth, Bruce and Sally, Dale and Leigh, Maree and their families have been overwhelmed by the loving support shown to us both before and while Leigh was in hospital and since his death. Whether it be food, flowers, cards, words of comfort or just being available and keeping in touch, we thank you all.

Special thanks to Dr Peter Barker and the Cohuna Hospital, NDCH Community Nurses, Pyramid Hill Uniting Church and the Pyramid Hill Football Netball Club.

What a wonderful community this is and we thank God for you all. We extend our love, gratitude and appreciation to everyone.

**Yarrawalla  
Community BBQ**

MONDAY 25TH MARCH  
CFA SHED, YARRAWALLA  
From 6PM, CFA AGM to follow  
ALLWELCOME  
RSVP SUE 0428 551 275  
By Thursday please

## Loddon Healthy Minds Network

Seeking community representative members Council is seeking expressions of interest from residents across the Loddon Shire area to represent the community on the Loddon Healthy Minds Network. The Loddon Healthy Minds Network promotes and advocates for improved wellbeing and access to appropriate services for people in Loddon Shire affected by mental health issues. For more information, visit <https://www.loddonhealthyminds.com.au/news/loddon-healthyminds-committee-community-representatives> You can also request a paper copy by emailing Vicki Andrew at [healthyminds@loddon.vic.gov.au](mailto:healthyminds@loddon.vic.gov.au) or calling 5494 1230.















## Position Vacant Cleaner

Fortnightly during footy season and before any functions.

Must be Fridays approximately four hours.

Floors, windows and toilets.

Applications with reference and hourly rate to PO Box 18 or emailed to: [terrystobaus@gmail.com](mailto:terrystobaus@gmail.com)  
by 5pm 1<sup>st</sup> April.

TRAIN/COACH MELBOURNE TO PYRAMID				TRAIN/COACH PYRAMID TO MELBOURNE			
Monday – Friday				Monday – Friday			
	Dep Melb	Dep Bendigo	Arrive Pyramid		Dep Pyramid	Dep Bendigo	Arrive Melb
	07:39 AM	10:00 AM	11:09 AM		08:05 AM	09:18 AM	11:28 AM
	06:08 PM	08.26 PM	09:34 PM		02:46 PM	03:59 PM	06:11 PM
Tuesday and Thursday (Need to book on Thursdays)				Tuesday and Thursday			
	01:06 PM	TUE 03:09PM	04:29 PM		10:51 AM	12:26 PM	02:25 PM
		THU 03:10PM	04:29 PM				
Friday Only				Friday Only			
	07:08 PM	09:10 PM	10:25 PM		05:30 PM	07:01 PM	09:09 PM
Saturday & Sunday Only				Saturday Only			
	07:40 AM	10:00 AM	11:09 AM		08:05 AM	09:20 AM	11:30 AM
	06:43 PM	08:57 PM	10:05 PM		02:46 PM	04:01 PM	06:09 PM
				Sunday Only			
					08:05 AM	09:18 AM	11:30 AM
					05:47 PM	07:00 PM	09:12 PM





## West Area customer service centre changes

Goulburn-Murray Water (GMW) will close its Pyramid Hill customer service centre from 28 June, 2024 to improve efficiency.

GMW Water Delivery Services general manager Warren Blyth said the office would close on Friday, 28 June and services would be transitioned to the Kerang customer service centre.

The Pyramid Hill customer service centre has been an appointment-only centre since 2022.

“This transition will not impact our commitment to delivering exceptional customer service across the West Area footprint,” Mr Blyth said.

“Customers will continue to receive high-level face-to-face service from our team based at our Kerang customer service centre.”

GMW has continued to see a significant decrease in foot traffic in its regional customer service centres in recent years.

“Even with the easing of coronavirus (COVID-19) restrictions, the number of people attending our offices is less than pre-2020,” Mr Blyth said.

“With improvements in technology, staff have been able to head straight to the field to meet a customer without needing to visit or meet at a GMW office.”

The Pyramid Hill works depot will close mid-August 2024 and the site will be sold.

The Kerang customer service centre is located at 78 Kerang-Koondrook Rd, Kerang and is open from 8.30am to 4.30pm Tuesdays, Wednesdays and Thursdays.

While people are welcome to drop-in, booking an appointment is encouraged by:

- using GMW’s online booking system at [www.gmwater.com.au/about/contact/bookappointment.html](http://www.gmwater.com.au/about/contact/bookappointment.html) or
- calling the GMW Customer Experience Team on 1800 013 357 or
- emailing [reception@gmwater.com.au](mailto:reception@gmwater.com.au) to pre-book an appointment. For information, visit the GMW website or contact the GMW Customer Experience Team on 1300 013 357.



## Natural Capital Forum - Balancing the books between nature, productivity, and people.

Join us at the upcoming Natural Capital Forum on Thursday, June 13, 2024, in Bendigo, where we'll be delving into the crucial balance between nature, productivity, and people.

Natural capital refers to the world's stocks of natural assets, which include geology, soil, air, water, and all living organisms. These resources provide a wide range of services that benefit humans, from food and raw materials to clean air and water, and even recreational opportunities. Learn how you can make natural capital on your property work for you.

This event is tailored for land managers, primary producers, farmers, Landcare members, and support organisations eager to explore the wealth of Natural Capital opportunities in the North Central CMA region.

Throughout the forum, we'll emphasise farm-scale natural capital accounting, strategies for enhancing productivity, making the most of marketing opportunities, fostering environmental stewardship, and delving into nature-based solutions, including environmental markets for biodiversity and carbon.

Save the date and stay tuned for more details on speakers, key topics, and agenda refinement. Stay tuned for more details or to request an invite, please email [info@nccma.vic.gov.au](mailto:info@nccma.vic.gov.au).

Don't miss out on this invaluable opportunity to connect, learn, and find out to how to maximise on natural capital. Join us in balancing the books between nature, productivity, and people at the North Central Natural Capital Forum.





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Autumn Tour 2024

PYRAMID HILL MEMORIAL HALL

THURSDAY MARCH 21<sup>st</sup>

DOORS &amp; BAR OPEN: 6.30 pm

SHOW STARTS: 7.00 pm

\* with local artist *LOU GREEN*

ENTRY: Adults \$10  
 (includes COUNTRY SUPPER at interval)  
 Tickets available from  
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 Pyramid Hill Neighbourhood House  
 or at the door

TWO 28 MAR - MON 1 APR THE NATIONAL FOLK FESTIVAL, CANBERRA, ACT

6th March 2024 to 1st April 2024

Port Fairy Folk Festival to The National Folk Festival

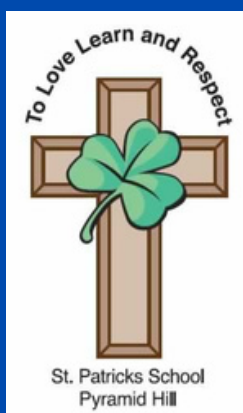
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# ST. PATRICK'S PRIMARY SCHOOL

‘Education for All’



## Playgroup

A Supported Playgroup runs every Monday morning from 10:30 - 12:30 in our school library. This group, organised through Loddon Shire, continues to grow and is a great way to meet other families in our community with young children. Supported playgroups are run by a facilitator who will welcome you and help you to build up friendships within the group. For more information contact St. Patrick's School on 54557220 or Kinsley Mowat from Northern District Community Health on 54510200.

## Good Samaritan Cup

Every year the students from St. Patrick's join with the students from St. Mary's Cohuna and St. Joseph's Kerang for the Good Samaritan Cup. This day started with Mass before the children went off in different directions to compete in Tennis, Cricket, Basketball and Tabloid Sports. We all had an awesome day with St. Joseph's Kerang coming out on top to win the cup for 2024.



## St. Patrick's Day

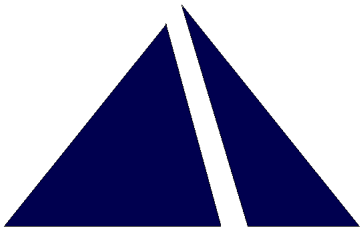
March 17th is the traditional Feast Day of St. Patrick. This year though, St. Patrick's Day fell on a Sunday, therefore we celebrated on Monday with our usual festivities, activity day, Mass and BBQ lunch. As per usual, the Primary students from Pyramid Hill College joined us for activities which included tabloid sports, art & craft and cooking. A big thank-you to all the staff for the effort they put in to make it such a fun day.

Ph: 54557220

Mobile: 0438359981



# This week’s happenings at Pyramid Hill College



Respect Learn Community

## District Level Sporting Events

### Sandhurst Swimming Sports

Recently, Tia Gould and Elsie Poole represented our school at the Sandhurst Division Swimming Sports in Bendigo. The girls swam very well achieving personal bests and benefiting from the experience.



### LMR Swimming Sports

Congratulations to our super six swimmers Cooper Gould (breaststroke), Cecily Farrar (freestyle), Laura Poole (backstroke) and the relay teams comprising Jamison Walters, Sophie Gilmore, Siri Harrison, Laura Poole and Cecily Farrar. All swimmers competed strongly, swam faster than their qualifying times and were great ambassadors for PHC!

### NCD Triathlon

Last Thursday 28 students travelled to Boort to compete in the triathlon. The students gave their all and encouraged each other and fellow competitors throughout the day. Thank you to the parents and family members who travelled to support the College and to the families who lent us road bicycles, your support is greatly appreciated.

### Individual participants - (4km run, 12km bike ride & 300m swim)

Rylan Chislett, Lily Price, Matthew Caspani, Tristan Broad

### Team participants - 4km, 16km bike ride & 300m swim

Tyler Manton (run), Thomas Hercott (ride) and Jaxon Peter (swim)

Jacobi Mitchell (run), Kobi Manton (ride) and Cohan Lobb (swim)

Cecily Farrar (run), Alina Gould (ride) and Sophie Gilmore (swim)

Ollie Quaife (run), Eloise Walters (ride) and Dempsey Lee (swim)

William Kunde (run), William Hercott (ride) and Jack Gould (swim)

Rain Pantig (run), Sophie Twigg (ride) and Laura Poole (swim)

Gillian Pacala (run), Jamison Walters (ride) and Siri Harrison (swim)

Mitchell Quaife (run), Fletcher Cain (ride) and Cooper Gould (swim)

### Placings

Matthew Caspani 2<sup>nd</sup> Junior Boys

Rian Pantig, Sophie Twigg and Laura Poole 3<sup>rd</sup> Junior Girls

Rylan Chislett 2<sup>nd</sup> Intermediate Boys

Cecily Farrar, Alina Gould and Sophie Gilmore 3<sup>rd</sup> Intermediate Girls







## SPLIT FIREWOOD FOR SALE

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**Contact Gavin 0411 355 842**

## PYRAMID HILL RECYCLE CENTRE & TIP

**Ballast Road Pyramid Hill**

Opening Hours

Tuesday - 1pm-5pm

Sunday - 8am-12pm

For more information on garbage &  
recycling visit [loddon.vic.gov.au](http://loddon.vic.gov.au)



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## PYRAMID HILL NEWS & POST

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**Sat 8am - 12pm**

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V/Line Tickets & much more

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## PYRAMID HILL COMMUNITY OP SHOP

Opening hours

**Tue, Wed, Fri**  
**11:00 AM - 04:00 PM**

5 Kelly St, Pyramid Hill



## CONCRETE & QUARRY PRODUCTS

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**SUN: 9.00am - 1.00pm**

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**Every Thursday**  
**to Dingee, Calivil,**  
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## Boort District Medical Centre

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We welcome all existing and new patients  
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**APPOINTMENTS PHONE: 5451 5220**

MON TO FRI | 08:30 AM - 05:00 PM  
SAT | 8.30 - 2 PM

Pathology  
MON to THU 8.30-10.00  
(Service provided to Boort District  
Medical Centre Patients Only)

HOTDOC Available



**NEED AN APPOINTMENT  
WITH YVONNE OUR  
NURSE PRACTITIONER?**



**QUAMBATOOK & PYRAMID HILL**

**QUAMBATOOK**

Thursday, February 29th  
Thursday, April 11th

**PYRAMID HILL**

Thursday, March 7th  
Thursday, March, 28th

Contact us to make an appointment on 54521366

Services:  
⌚ **Long Consults (30 minutes):** Nurse Practitioner Yvonne offers 30-minute long consults. This allows ample time for in-depth conversations, ensuring all your queries are addressed comprehensively.

⌚ **Short Consults (15 minutes) - Existing Patients Only:** Yvonne is available for 15-minute short consults exclusively for existing patients. It's perfect for routine follow-ups.

- Nurse Practitioner Yvonne can:**
- diagnose and treat a variety of health related conditions
  - initiate and receive referrals from other health referrals
  - specialise in Women's Health, Child Health, Age Care and Chronic Disease management

  
NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.





**HAVE YOUR SAY**  
**COMMUNITY SURVEY**

*Your feedback is valued*

A 30 mins free survey  
F 2024-2025 | E 2024-2025

At Northern District Community Health, we're dedicated to providing the best possible services to our community. Your feedback is essential in helping us understand what we're doing well and where we can improve. We have two surveys available:

**Quick Survey (Less Than 2 Minutes):**

Help us with a brief survey that will take just a couple of minutes of your time: Quick Survey Link:



**Detailed Survey (Approximately 5 Minutes):**

For a more in-depth insight, please participate in our detailed survey, which takes approximately 5 minutes to complete: Detailed Survey Link:



**Thank you for taking the time to share your thoughts and suggestions.**



*Pyramid Hill*  
**FOOD SHARE**



# SCHEDULES

26 February 2024  
25 March 2024  
22 April 2024  
20 May 2024  
17 June 2024

15 July 2024  
12 August 2024  
23 September 2024  
21 October 2024  
18 November 2024  
2 December 2024



## ALL ARE WELCOME

St. Patrick's Catholic Church  
Pyramid Hill

**SUPPORTED BY:**



**From 4.30PM while SUPPLY lasts**



**RIAC's Tips for Carers/Parents of ASD and ADHD children**

Mealtimes can be challenging if your child refuses to eat or is a picky eater!

If there are no medical reasons for the food refusal, these tips may help make mealtimes a little less stressful.

Try the following tips to help your child...

- Have meals and snacks at consistent times during the day.
- Use a timer to show your child how long the meal will be and how long they have to sit at the table.
- Before asking your child to eat a new food, let them explore the new food by touching, smelling,

and talking about it. Then have the new food on the table at mealtime. When they are ready, offer a small portion or a single bite.

- Neurodivergent children often choose their food solely based on texture or colour. Try adding new foods that are similar to their preferred foods (e.g. - if they eat celery, add a food that is crunchy. If they prefer a smooth texture, try blending new foods).
- Remember encouraging children to eat a variety of foods takes patience and persistence. Try to remain calm and offer regular praise.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

KERANG	COHUNA
<b>WHEN:</b> 10AM – 11.30am 3 <sup>rd</sup> Wednesday each month	<b>WHEN:</b> 1PM – 2.30PM 3 <sup>rd</sup> Wednesday each month
<b>WHERE:</b> Northern District Community Health 16 Fitzroy Street, Kerang	<b>WHERE:</b> Northern District Community Health 25 King Edward Street, Cohuna

**For more information –**  
EMAIL: [carers@riac.org.au](mailto:carers@riac.org.au)  
PHONE: Carolyn – 0488 605 363

Pyramid Press

11

## Rural Healthcare Hubs funded 15 February 2024

Six communities across Buloke, Loddon and Gannawarra Shires will soon have new Healthcare Hubs to complement existing GP services, with nurse practitioner and allied health services much closer to home. The first four Hubs will be located in the communities of Kerang, Quambatook, Pyramid Hill and Boort.

The Integrated Health Network Alliance is one of six successful applicants selected from 80 submissions nationally to receive \$1.4 million in funding through the Australian Department of Health and Aged Care's Innovative Model of Care grant.

Northern District Community Health is leading the four-year primary health initiative, with partners Murray PHN, Inglewood & District Health Service, East Wimmera Health Service and Boort District Health. Murray PHN Project Lead, Dr Nerida Hyett, says the original Healthcare Hubs pilot had been built on the back of local co-design research and ongoing community engagement.

"In 2022, we spoke to 44 healthcare professionals and 21 healthcare consumers and carers, who told us what the communities of Buloke, Loddon and Gannawarra needed. "For health professionals, it was more attractive job roles that include local training and career paths and being part of a bigger health team. "For consumers and carers, it was access to a range of different health services by a regular team of professionals, closer to home and who work closely with one another," Nerida said.

The six new Healthcare Hubs will support local doctors, or fill gaps where there are none, helping to reduce workload pressures and create more supportive work environments to recruit new health and medical professionals more effectively. Working groups will be established through the broader Buloke Loddon Gannawarra Health and Wellbeing Executive Network, including North Central Local Learning and Employment Network, Mallee District Aboriginal Services and Shire Councils, to lead this health system improvement project and promote service collaboration.

Peak bodies including the Rural Workforce Agency Victoria, and university training providers including La Trobe University, Monash University and Charles Sturt University. The new Hubs will be led by general practitioners and nurse practitioners and staffed with multidisciplinary team members, potentially including physiotherapists, occupational and speech therapists, podiatrists, dieticians and mental health counsellors. Together, they will provide a one-stop-shop and comprehensive care for people with chronic conditions including chronic pain, diabetes and cardiovascular disease and mental illness, plus those needing palliative care. Hubs will provide multidisciplinary services onsite, initially starting with one day per fortnight per Hub. Telehealth will be available to help patients access specialist appointments. Outreach services will be provided into schools, residential aged care homes and hospitals to address service gaps.

Murray PHN CEO, Matt Jones, said the aim of these new multidisciplinary primary care models is to reduce chronic

workforce shortages and improve patient access in rural locations. "We are already learning from pilots underway and incorporating our findings into these new trials. Each one of them is evaluated to help us determine which models work, where they work and whether they are financially sustainable," Matt said.

Northern District Community Health (NDCH) interim CEO, Margaret McDonald, said it was important to find solutions for the long-term difficulties that health services were experiencing in recruiting workforce into rural environments. "We are really excited about the prospect of Hubs, which will provide a pooled workforce, improved access to supervision and the sharing of healthcare resources between services. "Ultimately, they are creating a more attractive employment proposition for clinicians, which can only be for the benefit of our communities," Margaret said.

The trial will be evaluated and adapted each year as needed. It is anticipated that the Hubs will be more financially stable by year-three and then be able to offer more clinic days. At the end of the four-years, an independent evaluation led by Monash University will produce highquality evidence to support the application of Hubs in similar rural regions with small, isolated communities and thin workforce markets.

The partnership would like to acknowledge the commitment of former NDCH CEO, Mandy Hutchinson, who played a major role in helping the funding application be successful and providing long-term benefits for local communities that she served.

About the IHN Alliance: The Integrated Health Network Alliance (IHN) was formed in 2019 to focus on addressing the health needs of the Buloke, Loddon and Gannawarra region. These include chronic conditions like diabetes, heart, respiratory, mental and oral health, and other needs of our ageing population. In 2022, the IHN Alliance launched its Sustainable Rural Health Project to begin addressing the gaps caused by workforce shortages. Using up-to-date research, the project is helping health services work with community to create and trial new services and strategies that encourage doctors, nurses, and allied health professionals to live and work in rural areas over the longer term. The IHN Alliance includes Boort District Health, Inglewood & Districts Health Service, East Wimmera Health Service, Northern District Community Health, and Murray PHN.

About Murray PHN: Murray PHN is one of 31 Primary Health Networks around Australia working to increase the efficiency and effectiveness of primary healthcare and service systems. Across our region, we work with general practitioners, community health, Aboriginal Community Controlled Health Organisations, pharmacy, aged care and allied health practitioners, and with acute services such as hospitals, specialists and emergency care. The role of PHNs is to help to support and integrate the work of these important services to ensure that the people get the right care, in the right place, at the right time. In the Murray PHN region, which covers almost 100,000 sq km of regional Victoria, we work to develop and maintain sustainable models of primary healthcare for our communities



# TENNIS NEWS

## RESULTS

Calivil North took out the grand final today.  
Raywood runners up. Game score was 112 to 70.

Thanks all for a great season.

# PH Golf Club

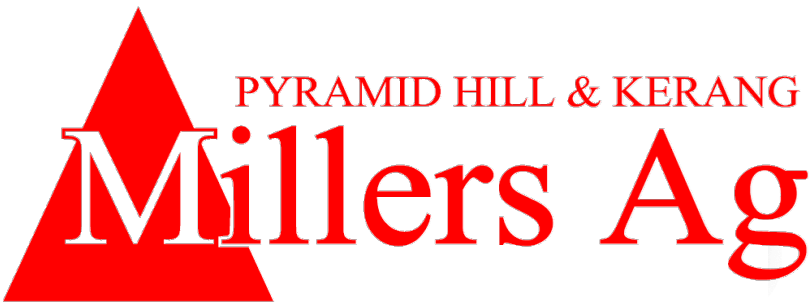
The golf season is nearly upon us so we are looking at getting the course ready for play. Please see the dates for our upcoming working bees, many hands will make light work!

Sunday 24th March

Sunday 7th April

All working bees will start at 9am.

Our first hit is Sunday 7<sup>th</sup> April and our official opening day is Sunday 14<sup>th</sup> April (Ambrose)



Have you organised your pasture seed yet? We have quantities of annual rye, italian rye, shaftal and shaftal mixes at both stores.

Need a new pair of boots? Rossi Boots are walking out the door!!

TJStockfeeds has a large selection of horse rugs for your best mate. Keep them cool in summer and snug in winter.

Don't forget to order your fox baits prior to lambing! You will need to show your ACUP with the 1080 endorsement.

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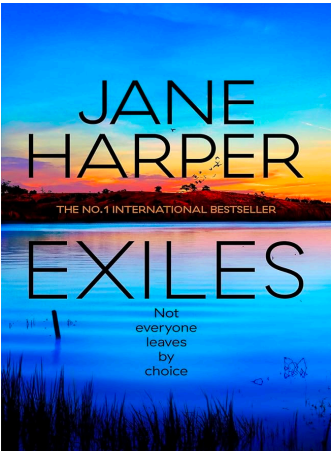
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## BOOK CLUB

### Last Wednesday of the month

**Exiles** by Jane Harper. At a busy festival site on a warm spring night, a baby lies alone in her pram, her mother vanishing into the crowds.









# MAYORAL COLUMN

## Victoria Minister for Emergency Services announcement

On Friday 8 March, I attended an event in Newbridge where the Victorian Minister for Emergency Services, Jaclyn Symes and representatives from the North Central Catchment Management Authority (CMA) announced the third round of grants under the National Partnership Agreement on Disaster Risk Reduction (NPA). The grants aim to mitigate the impact of natural disasters on local communities and councils across Victoria. This funding will be distributed through two grant programs, the Risk and Resilience and the State and Regional Priority Projects programs. These programs will provide expert agencies with the resources to better prepare and respond to severe weather events. CMA was one of the successful applicants and will receive over \$448,000 in Risk and Resilience funding to support three projects, including:

- The Flood Eye mapping tool helps monitor flood information across five townships – Newbridge, Bridgewater, Clunes, Echuca and Quambatook
- The Loddon Flood Warning System Review to examine in detail the flood warning systems available to communities in the Loddon catchment,
- The Traditional Owner and Floodplain Management in the Gannawarra Shire Project aims to better incorporate guidance from Traditional Owners in floodplain management and flood response activities.

To read more about the programs, visit <https://www.emv.vic.gov.au/index.php/how-wehelp/grants-and-awards/risk-and-resilience-grants-program>.

## Victorian Virtual Emergency Department (VVED)

The Victorian Virtual Emergency Department (VVED) allows people to connect to care anytime and from anywhere in Victoria, for non-life threatening emergencies, please click on this link <https://www.vved.org.au/faqs/> 2 of 5 Eligible people who have a camera enabled, can be connected virtually via video to a waiting room and speak with emergency doctors and nurse practitioners to receive medical advice. There is no charge for this service and waiting times fluctuate based on how many callers are online at a time. To view the VVED information fact sheet, visit [https://media.vved.org.au/wpcontent/uploads/2022/11/V3\\_NH-VVED-A4-information-sheet-Patients\\_NOV22.pdf](https://media.vved.org.au/wpcontent/uploads/2022/11/V3_NH-VVED-A4-information-sheet-Patients_NOV22.pdf)

## Telstra Local Footy Country Grants are now open

Local footy clubs across the country can now apply for Telstra Footy Country Grants and applications are now open for Round 2. Unveiled in September 2023 by the AFL and Telstra, Telstra Footy Country

Grants will give local footy clubs an \$8 million boost over the next four years, with a pool of \$2 million to be distributed each year starting in 2024. Co-funded by Telstra and the AFL, eligible clubs can apply for grants to invest in everything from new equipment for new teams to themed guernseys to increase cultural awareness and new training programs to help support and upskill volunteers. The Grants also aim to grow female participation and increase opportunities for clubs to implement new women's and girls' teams. Eligible regional and metro clubs that meet the eligibility criteria can apply for grants of up to \$20,000. These grants will help to strengthen, sustain and grow local footy. Please note that Round 2 applications close on Friday 19 April 2024 Round 3 applications will open on Friday 19 April 2024 and close on Thursday 13 June 2024. For more information, eligibility criteria and to apply online, please visit <https://play.afl/clubhelp/footy-country-grants-2024>

## Official Visitor Guide

This year the 2024 Official Visitor Guide has grown to 80 pages, showcasing the best tourism experiences across the Shire. If you want to know what to do, see, eat, drink and where to stay in the Loddon Region, this guide is a must read. This guide will be distributed across the State, bringing targeted exposure to local businesses while highlighting the Shire's many leading experiences, attractions, events and must visit destinations. The publication highlights Loddon Valley's points of difference, including undiscovered villages, cultural events and natural wonders to be unearthed, as well as numerous itineraries, trails and local profiles of must do activities. Council has printed 10,000 copies of the 2024 edition, which will be distributed shortly to participating businesses throughout the Shire.

## Have your say on our Recreation Open Space and Aquatic Strategy

Remember to have your say this week on the future of Recreation, Open Spaces and Aquatic facilities in Loddon. Council is developing a 10-year strategy that focuses on activating open spaces, including sport and other active recreation reserves, parks and playgrounds, swimming pools, tracks and trails, bushland reserves, rivers and lakes. You can get involved by completing the survey here <https://connect.loddon.vic.gov.au/> Consultation closes on Sunday 24 March 2024.







For any enquiries call or message

**Emelia I 0428 586 516**

Email: [chrisleerson@gmail.com](mailto:chrisleerson@gmail.com)

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- Rock, mulch and soil supply
- Lawn mowing and whipper snipping



## Battery Round Up Fundraiser

If you have any old car, truck or large batteries laying around and getting in the way drop them off on the nature strip at

4 Albert Street Pyramid Hill

Any queries please call

**Tan: 0427 993 004 I Bill: 0427 888 102**

## Northern District Community Health

*Services located in Boort, Cohuna, Kerang, Pyramid Hill, Koondrook and Quambatook*

- **Medical Clinic**
- **Allied Health**
- **Community Nursing**
- **Community Support**
- **Registered NDIS provider**
- **Health Promotion**

### Community Nursing

- Help manage your health and wellbeing at home
- Palliative care
- AgriSafe™ Clinics
- Chronic disease management

- Podiatry and Foot care
- Dietician
- Counselling
- Occupational Therapy
- Diabetes Education
- Speech Pathology
- Paediatric Physiotherapy
- Homelessness service

### 📍 Kerang Medical Clinic

34 Fitzroy St Kerang

📅 Mon to Fri

8.45am to 5.30pm

☎ Phone: 03 5452 1366

### 📍 Pyramid Hill

12 Victoria St, Pyramid Hill

📅 Mon to Fri

9.00am to 10.00am

(other times by appointment)

☎ Phone: 03 5455 7065



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