

NEWSLETTER JUNE 2016



REGULAR PROGRAMS

All members of the community are invited to participate in the following health promotion programs – for more information or to make a booking please ring the Centre on 5155 9222.

'FOOD, FRIENDSHIP & FUN' LUNCHEON

27th June - You are invited to attend our luncheon at the Bush Nursing Centre. **The client contribution is \$8/others - \$15.** Bookings are essential by the Thursday prior to the lunch. All welcome. Program partner: Dep. of Health & Human Services.

HEALTHY HEART WALK – Facilitator: Grace Davis

Thursday 16th, 23rd & 30th June from 8am- 9am. No cost. Meet outside Caves Reserve Information Centre. Dates are on this calendar.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Thursday 16th, 23rd & 30th June from 9.30am – 11am. Cost \$5.00 per class. Dates are on this calendar.

SCRAPBOOKING

Sunday 26th June. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 22nd June.



BBNA Annual Subscriptions – Membership Fees are due on 1st July for 2016 – 2017- see attached reminder.

Family \$35.00 Single \$25.00

You are encouraged to pay your annual subscriptions at your earliest convenience to avoid paying 'non-member' service fees.

Melbourne Medical Companion Service Available for Patients

Travellers Aid trained volunteers meet medical travellers and accompany them by public transport to and from their appointment in central Melbourne. They assist people able to travel independently but who are unfamiliar with Melbourne, or feel anxious using public transport alone.

The service is:

- Free
- Can be booked online or by calling 1300 700 399 (2 days notice required)
- Available to regional and metropolitan travellers
- Travellers must purchase their own public transport tickets. Travellers Aid will cover the volunteer's transport costs
- Available Monday to Friday: 8.00am – 6.00pm.
- Weekend or out-of-hours services can be requested depending on volunteer availability.

The Medical companion service is available at both Flinders Street Station and Southern Cross Station.

A buggy service is also available. The service is handy for seniors and people with disability or mobility issues who require assistance navigating Southern Cross Station.

For more information patients can contact Travellers Aid on (03) 9654 2600, info@travellersaid.org.au or via the website

www.travellersaid.org.au

Information provided by Gippsland Primary Health Network

DATES FOR THE MONTH

*Dr. Tan. - Wed. 8th June
Appointments 5155 9222*

*Maternal & Child Health—
Appointments 5152 0052*

*Immunisation— Anne Brewer
Appointments 5155 9222*

*Pathology—Wed. & Fri. am.
Appointments 5155 9222*

*Women's Clinic – TBA
Appointments 5155 9222*

*'Neatfeet' Footcare —
Mon. 6th & 20th June
Appointments 5155 9222*

EMERGENCY NUMBERS

Police/ Ambulance/ Fire—000

Buchan Police—5155 9268

**Buchan Bush Nursing Centre
— 5155 9222—Bus.Hrs.**

**Gelantipy Bush Nursing Centre
—5155 0274**

Hospitals—

Bairnsdale 5150 3333

Orbost 5154 6666

National GP Helpline

1800 022 222

Nurse-on-Call 1300 606 024



***For all EMERGENCIES
RING 000 then for medical
emergencies ring a nurse who
may be available.***

***Out of Hours Procedure
Nursing staff are not obliged to
be available outside normal
opening hours, in the event they
are able to respond to an
emergency, all staff workplace
entitlements will apply.***

**BBNA Newsletter is on the Buchan
Community Website: <http://buchan.vic.au>**

Bowel Cancer Awareness Month

Bowel cancer is the second most common cancer affecting people in Australia. It is estimated that about 17,000 people are diagnosed with bowel cancer every year. About one in 19 men and one in 28 women will develop bowel cancer before the age of 75. It is most common in people over 50, but it can occur at any age. The causes of bowel cancer are not clearly understood. However, we know that some risk factors make it more likely that a person will develop bowel cancer. These include:

- getting older – bowel cancer more commonly affects people aged 50 and over
- inheriting one of two uncommon genetic disorders – familial adenomatous polyposis (FAP) or Lynch syndrome – this was previously known as hereditary non-polyposis colorectal cancer (HNPCC)
- a personal or strong family history of bowel cancer
- having ulcerative colitis (inflamed colon lining) for more than eight to 10 years
- that there is also reasonable evidence that having a diet high in red and processed meat, drinking too much alcohol (an average of no more than two standard drinks a day) and smoking, may increase your risk of developing bowel cancer. Being overweight or obese (particularly for men) may increase your risk of bowel cancer.

People at relatively high risk of bowel cancer can arrange with their doctor to have regular tests to check that everything is okay.

Screening for bowel cancer

Ninety per cent of bowel cancer is curable if it is found early, before it has had a chance to spread. Screening checks for health problems before they cause symptoms. Bowel cancer screening is looking for early changes in the bowel lining, or signs of a bowel cancer in healthy people who do not have symptoms. Screening can find polyps so they can be removed before they turn into cancer. It is one of the most effective ways to prevent bowel cancer developing. The screening test that is used is called the faecal occult blood test (FOBT). This involves taking tiny samples from two separate bowel motions (poo) using a test kit. The samples are then posted to a laboratory for testing. Everyone 50 and over should talk with their doctor about the screening tests, so that any signs of bowel cancer can be picked up early. The Cancer Council recommends doing a screening test every two years to protect yourself against bowel cancer. The Australian Government currently offers free FOBT kits to people turning 50, 55, 60, 65, 70 and 74. To be eligible for a free test, you need to have a Medicare card or a Veteran Affairs card.

Information provided by Better Health Channel

As the winter weather rolls in, take care on those frosty mornings, be aware of frosty surfaces being slippery and make sure appropriate footwear is worn.

JUNE 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pathology	2 No Walk / Exercise Class today	3 Pathology	4 Bruthen v Buchan	5
6 Footcare	7	8 Pathology Doctor's Clinic	9 No Walk / Exercise Class today	10 Pathology	11	12
					Queen's Birthday Weekend	
13 PUBLIC HOLIDAY Centre Closed	14	15 Pathology	16 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am	17 Pathology	18 Buchan v Omeo	19
20 Footcare	21	22 Pathology CoM Meeting	23 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am	24 Pathology	25 Swan Reach v Buchan	26 Scrapbooking 10am
27 'Food, F/ship & Fun' lunch – 12noon	28	29 Come & Try Exercise session -no cost -9-11am.	30 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am		Sat. JULY 2 FEDERAL ELECTION	

