

NEWSLETTER DECEMBER 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' XMAS LUNCHEON

12th December - You are invited to attend our Christmas luncheon at the Bush Nursing Centre. **The client contribution for the meal for 'HACC eligible' people 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 15th December from 8am – 9am. No cost.
Meet outside Caves Reserve Information Centre.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Thursday 15th December from 9.30am – 11am. Cost \$5.00 per class.
Dates are on this calendar.

SCRAPBOOKING

Sunday 11th December. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 7th December.



Protect yourself against Shingles

A **free Vaccine** is now available for people aged 70–79 years.

Shingles can lead to serious long-term complications.

Shingles is a painful blistering rash caused by the reactivation of the varicella zoster virus – the same virus that causes chickenpox.

One in three people will develop shingles in their lifetime.

As a person gets older, the risk of getting shingles and neurological complications increases.

Your vaccinations don't stop at childhood. It is important for adults to be vaccinated too.

Those who are not eligible for a free vaccine can purchase it with a prescription from their general practitioner or vaccination provider. Please contact the Centre if you are interested in receiving the vaccine.

For information regarding immunization, visit immunise.health.gov.au or call the Immunise Australia Information Line on 1800 671 811.

AN AUSTRALIAN STATE AND TERRITORY GOVERNMENT initiative.

Dep. Health & Human Services '**HEALTH ALERT**'- Thunderstorm Asthma
Thunderstorms have been linked to episodes of asthma, especially during the current grass flowering season. An asthma attack can be life threatening. Anyone experiencing wheezing, chest tightness and difficulty breathing should call 000, then the Centre during opening hours–5155 9222 or follow the 'Out of Hours Procedure' located on this page.

BUCHAN BUSH NURSING ASSOC. INC. Committee and staff would like to take this opportunity to wish you all a very safe and Happy Christmas & a prosperous New Year.

PLEASE NOTE: THE CENTRE WILL BE CLOSED ON ALL PUBLIC HOLIDAYS.

DATES FOR THE MONTH

Dr. Raj Pillay – Wed. 14th December

Dr. Tan – Wed. 21st December

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. 5th & 19th December

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>

Protecting children from UV damage

During the sun protection times, remember to use a combination of five sun protection measures – slip, slop, slap, seek and slide.

Slip on covering clothing: Use cool, loose-fitting clothing to cover as much of your child's skin as you can. If possible, choose fabrics that contain full percentages or blends of heavyweight natural fibres. These include cotton, linen and hemp or lightweight synthetics such as polyester, nylon, Lycra and polypropylene. The tighter the fabric structure, whether knitted or woven, the better the sun protection.

Slop on SPF30 or higher sunscreen.

Slap on a sun protective hat: To help protect the neck, ears, temples, face and nose, children should wear a broad-brimmed, legionnaire or bucket style hat. Remember that: Baseball caps and visors offer little protection to the cheeks, ears and neck and are not recommended. Choose a style that can be adjusted at the crown or has a strap with a safety snap to avoid any possible choking hazards. Wearing a hat with a brim that shades the eyes can also reduce UV radiation to the eyes by 50 per cent.

Seek shade: Try to use shade to protect your child whenever possible. Choose shady play spaces or take some shade with you. However, even when your child is in the shade, UV can still reach them, so it is important that children continue to wear a hat, appropriate clothing and sunscreen.

Slide on some sunglasses: Where practical, children should wear close-fitting, wrap-around sunglasses that cover as much of the eye area as possible. The sunglasses should meet Australian/New Zealand Standard AS/NZS 1067:2003 and preferably be marked EPF (eye protection factor) 10.

Encourage your child, whatever their age, to be SunSmart and maintain a healthy balance of UV exposure.

Information: Better Health Channel

Tips for the Festive Season

Ease Christmas stress by drawing up a budget, shopping early and taking steps to avoid overspending.

Financial and time pressures

The expense of gifts and food, the pressure of shopping and the expectations of the season can make Christmas an extremely stressful time.

General suggestions include: Budget for Christmas so that you don't overspend. This may mean putting money away each week throughout the year and sticking to your shopping list. Do your Christmas shopping early. Shop online or use mail order catalogues to avoid the crowds at shopping centres. Consider a simpler version of Christmas lunch this year (such as a buffet where everyone brings a plate or delegate as many tasks as you can). Seek advice from a financial counsellor if you are experiencing severe money troubles. Centrelink offers free advice for people on benefits.

General health and wellbeing

Some other ways to keep your stress levels down include:


Try to be moderate – it may be the season to be jolly, but too much food and alcohol is harmful. Drink driving is a real danger and is illegal. If you can't (or don't want to) step off the social merry-go-round, at least try to eat and drink in moderation.

Get enough sleep – plan for as many early nights as you can.

Keep moving – keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.

Information: Better Health Channel

DECEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Pathology	3	4
5 Footcare	6	7 Pathology	8 CoM Xmas Get-together	9 Pathology	10	11 Scrapbooking 10am
12 'Food, F/ship & Fun' Christmas lunch –12noon	13	14 Pathology Doctor's Clinic	15 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am	16 Pathology	17	18
19 Footcare	20	21 Pathology Doctor's Clinic	22	23 Pathology	24	25 
26 CENTRE CLOSED PUBLIC HOLIDAY	27 CENTRE CLOSED PUBLIC HOLIDAY	28 Pathology	29	30 Pathology	31	