

NEWSLETTER APRIL 2017



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

10th & 24th April. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **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 & the Buchan Hotel.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 4th, 11th & 18th April from 8am- 9am.
No cost. Meet outside Caves Reserve Information Centre.



EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Tuesday 4th, 11th & 18th April from 10am – 11am. Cost \$5.00 per class.

SCRAPBOOKING

Sunday 9th April. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 5th April.

FLUVAX

Fluvax vaccine helps prevent influenza, often called 'the flu'. Influenza is caused by a highly contagious virus that is spread by contact with fluids from coughs and sneezes. The Department of Health have advised that according to current data the flu vaccine is only protective for 3 to 6 months, with our peak flu season being August/September being vaccinated this early will not provide adequate protection for the flu season, especially in the elderly who have a very poor immune response to the flu vaccine. Information shows the peak level of protection is provided 2 weeks following vaccination, it then wanes by 11% each month. Vaccination is recommended every year, for anyone wanting to lower their chance of catching influenza. Vaccinations will be available at the Bush Nursing Centre from mid April. Bookings are required – 5155 9222.

BBNA COMMUNITY SURVEY

The Committee of Management would like to thank everyone who responded to the BBNA community survey. Your answers will form part of the new Strategic Plan. We will to publish the results in the near future.

EXPRESSIONS OF INTEREST IN FORMING A 'BUCHAN COMMUNITY SHED'

For this concept to proceed, we need at least 6 interested people. Your interest must be lodged at the BNC by 30th April.

Easter is just around the corner – to make sure all our family and friends have a safe holiday requires safety awareness. Remember to drive safely, buckle up and don't speed. Actively avoid dangerous situations. Minimise the risks to yourself and others.

Have a Happy and Safe Easter!



DATES FOR THE MONTH

*Dr. Tan - Wed. 5th April
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 –To be advised
Appointments 5155 9222*

*'Neatfeet' Footcare —
Mon. 3rd & 10th April
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

State
Government
Victoria

***For all EMERGENCIES
RING 000***

***then for medical emergencies
you may ring a nurse and if
available they may respond.***

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

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

Publicly Accessible Defibrillator is housed in an alarmed cabinet in the Centre Carport.

Fires in the home

On average, there are 3,000 house fires in Victoria. Most could be prevented by taking simple precautions.

Prevent fires in your home

Heaters, chimneys, electric blankets and clothes dryers can become a fire risk, particularly if they have been sitting unused for a period of time.

- Book a licensed gas-fitter to check your gas heater
- Check chimneys, flues and fire boxes for cracks, rust and debris
- Check electric blankets for kinks in the wiring
- Clean the lint filter in your dryer (and continue to do this after every use)
- Check appliances for visibly frayed or damaged wiring
- Complete the Home Fire Safety Checklist to see if you've done everything you can to protect you and your family. See *Country Fire Authority website*
- Launch the Hotspot House to see how to keep your home safe. See *Country Fire Authority website*

Smoke Alarms

Without a working smoke alarm in your home you are:

57% more likely to suffer property loss and damage
26% more likely to suffer serious injury

Four times more likely to die in a residential fire than people with a working smoke alarm.

A working smoke alarm provides you with early warning of a fire and gives you time to escape safely.

When you are asleep, you can't smell smoke.

Only working smoke alarms save lives.

Tips to keep your smoke alarm in working order:

- Install photo-electric smoke alarms
- Use long-lasting 9V alkaline batteries in your smoke alarm to ensure year-round protection
- Test smoke alarms once a month. The alarm should produce a loud "beep beep beep beep" sound when you press the test button using a broom handle
- Use the brush attachment on your vacuum cleaner to dust the smoke alarm every six months
- Smoke alarms have a ten year life span. Replace all smoke alarms - both battery powered and 240v hard-wired - every ten years (the year of manufacture is displayed on the alarm)
- Purchase smoke alarms that meet Australian Standards. Look for the AS3786 marking
- Help your elderly family, friends and neighbours to make sure their smoke alarm is working

Waiting until the smoke alarm beeps before you change the battery is too late - this indicates that the battery is already flat, and your family is not protected.

Information from Country Fire Authority website

ANZAC DAY – Tuesday 25th. April at the Avenue of Honour
5.45am Service & Gunfire Breakfast
Later service commences 10.00am. followed by morning tea. Please bring a plate of Morning Tea to share.
Lest We Forget

APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Daylight Saving ends
3 Footcare	4 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	5 Pathology Doctor's Clinic	6	7 Pathology	8 Buchan v Lindenow Sth.	9 Scrapbooking 10am
10 Footcare 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	11 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	12 Pathology	13	14 GOOD FRIDAY CENTRE CLOSED	15 EASTER SAT. CENTRE CLOSED Pony Club Horse Trials	16 CENTRE CLOSED Buchan Rodeo
17 EASTER MON. CENTRE CLOSED Pony Club Gymkhana	18 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	19 Pathology CoM Meeting	20	21 Pathology	22 Swifts Creek v Buchan	23
24 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	25 ANZAC DAY CENTRE CLOSED	26 Pathology	27	28 Pathology	29 Omeo Benambra v Buchan	30