

NEWSLETTER JUNE 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

26th June. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for the meal for 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

Classes will not be held during June, July or August.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Classes will not be held during June, July or August.

SCRAPBOOKING

Saturday 1st July. Time: 9am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 28th June.



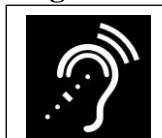
Hearing Clinic Available – Wednesday 14th June, 2017

Concerned about your hearing? Already have a hearing aid?

Reserve your **free** hearing check at the Buchan Bush Nursing Centre.

Book in for a free hearing aid health check

Book early – limited appointments available.



SPOT CHECK CLINIC - Dr. Anthea Tan

Friday 7th July, 2017 – 10am onwards

In partnership with the Orbost Medical Group, a 'SPOT CHECK' Clinic will be offered at the Bush Nursing Centre.

Appointments are essential and can be made by phoning the Centre on 5155 9222.

This Clinic is for **Spot Checks only**

– no other medical issues will be addressed on this day.

BBNA Annual Subscriptions

Membership Fees are due on 1st July for 2017 – 2018 - see attached reminder. Family \$35.00 Single \$25.00

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

A CASUAL ADMINISTRATION ASSISTANT POSITION IS

CURRENTLY BEING ADVERTISED for the Bush Nursing Centre.

Position Descriptions are now available to pick up from the Centre or by emailing: buchانبna@gha.net.au

URGENTLY WANTED for fundraiser – small jars for home-made marmalade.

DATES FOR THE MONTH

*Dr. Tan - Wed. 7th June &
Dr. Pokharel – Wed. 28th 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 –To be advised
Appointments 5155 9222*

*'Neatfeet' Footcare —
Mon. 5th & 19th 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
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.

Colds

Colds, or upper respiratory tract infections, are the most common cause of illness in children and adults. Most colds are caused by a virus. There are over 200 types of viruses that can cause the common cold, which is why it's not possible to be immunised against a cold.

Colds are more common in the winter months. Cold weather by itself does not increase the chance of getting a cold.

People are in closer contact with each other at this time of year, because they stay indoors, and so are more likely to infect each other. The viruses that cause colds are spread by sneezing, coughing and hand contact.

Symptoms of colds

The symptoms of a cold include various combinations of:

A stuffy or runny nose, sneezing, sore throat, cough, headache, red eyes, swelling of lymph glands, fever (occasionally), there may be loss of appetite and, sometimes, nausea and some vomiting. The actual symptoms will vary from person to person and from illness to illness. Usually, the symptoms will last from a few days to a week or more and the person recovers fully without any ongoing problems. There is no cure for the common cold.

There is no specific treatment that will make the cold go away more quickly.

Symptoms can be relieved in a number of ways: paracetamol can be given in appropriate doses if fever is present; warm drinks will ease a sore throat and dry mouth; nasal drops or spray will ease a blocked nose or lozenges – the cheapest ones from the milk bar are equally as good as the expensive ones from the chemist.

Better Health Channel

Flu (influenza)

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes. It is estimated that flu contributes to over 3,000 deaths in Australia each year. The "swine flu" virus – also known as influenza A (H1N1) – emerged in 2009 and caused the first influenza pandemic in more than 40 years. However, it is now a regular human flu virus that continues to circulate seasonally worldwide. The current seasonal influenza vaccine has been designed to include protection against the swine flu virus.

The most common symptoms of the flu are:

sudden appearance of a high fever (38 °C or more), a dry cough, body aches (especially in the head, lower back and legs), feeling extremely weak and tired (and not wanting to get out of bed). Other symptoms can be: chills, aching behind the eyes, loss of appetite, sore throat, runny or stuffy nose.

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring. Symptoms of the flu hit very quickly and may last for several weeks. A bout of the flu typically follows this pattern: Days 1–3: Sudden appearance of fever, headache, muscle pain and weakness, dry cough, sore throat and sometimes a stuffy nose.

Day 4: Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable. You may feel tired or flat.

Day 8: Symptoms decrease. Cough and tiredness may last one to two weeks or more.

Better Health Channel

JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Pathology	3 Buchan v Omeo Benambra	4
5 Footcare	6	7 Pathology Doctor's Clinic	8	9 Pathology	10	11
					Queen's Birthday Weekend	
12 PUBLIC HOLIDAY CENTRE CLOSED	13	14 Pathology Hearing Clinic	15	16 Pathology	17 Buchan v Bruthen	18
19 Footcare	20	21 Pathology CoM Meeting	22	23 Pathology	24 Swan Reach v Buchan	25
26 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	27	28 Pathology Doctor's Clinic	29	30 Pathology	1 Scrapbooking 10am	