

NEWSLETTER SEPTEMBER 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

11th & 25th Sept. 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 AND EXERCISE/RELAXATION PROGRAMS

– will not be held during September.

SCRAPBOOKING

Scrapbooking classes will not be held during September.

WOMEN'S CLINIC – including Pap Smears

A Women's Clinic is available at the Bush Nursing Centre - **Thursday 21st September, 2017.**



A small fee will apply. Bookings are essential.

Issues that you may like to discuss can include incontinence, menstrual discomfort, menopause and any associated issues.

Please ring the Centre for more information or to make an app't.

This service is provided by Bairnsdale Regional Health Service.

DATES FOR THE MONTH

Dr. Pradeep – Wed. 20th September
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 –
Thurs. 21st September
Appointments 5155 9222

'Neatfeet' Footcare —
Mon. 11th & 25th September
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.

MEDICAL CLINIC CONSULTATION FEES FROM SEPTEMBER 1ST. 2017

These changes will have no impact on patients who are Bulk-Billed.

This means concession card holders & children to the end of Year 12.

1. Patients, starting from the beginning of September, will receive an account in the mail from Orbost Medical Clinic. They should hold onto this account until they receive a cheque from Medicare.

2. Orbost Medical Clinic will send the patient's accounts directly to Medicare.

3. Patients will receive a Medicare cheque in the mail payable to Orbost Medical Clinic.

4. The Medicare cheque needs to be forwarded to Orbost Medical Clinic **along with the balance owing.**

LEVEL A: \$40.00 (GAP Payment for patient \$23.05)

LEVEL B: \$60.00 (GAP Payment for patient \$22.95)

LEVEL C: \$95.00 (GAP Payment for patient \$23.30)

LEVEL D: \$130.00 (GAP Payment for patient \$24.45)

These Fees are necessary due to the rising costs of providing general practice services. The fees are at the low end of what is considered standard practice for general practices in Australia.

Bush Nursing Centre Equipment

If anyone has any hire equipment currently not being used (including crutches) please return to the Centre at your earliest opportunity.



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

New Cancer Council Victoria bowel cancer screening campaign

Cancer Council Victoria has launched a new bowel cancer screening campaign,

‘Do the Home Test – It Could Save Your Life’.

Australia has one of the highest rates of bowel cancer in the world. Around one in 23 Australians will develop bowel cancer during their lifetime. The National Bowel Cancer Screening Program aims to continue to reduce deaths from bowel cancer through early detection of the disease.

Bowel cancer develops in the wall or lining of the colon. It begins when cells grow too quickly, forming a clump known as a polyp or adenoma. Most are benign (non-cancerous), but over several years, some can become cancerous. If left untreated, the cancer can spread to other areas of the body.

Cancer Council Victoria would like to encourage more Victorians aged 50 – 74 to complete the home screening test when they receive it in the mail. If detected early, more than 90 per cent of bowel cancers can be successfully treated.

Unfortunately only 39.9 per cent of Victorians participated in the National Bowel Cancer Screening Program in 2014 – 2015.

Even if you feel well, screening is important because bowel cancer can develop without symptoms.

Infoline: 1800 118 868



The **ANNUAL GENERAL MEETING** of the Buchan Bush Nursing Association will be held at 6.30pm. on Wednesday 18th October 2017 at the Buchan Hotel. All residents are encouraged to attend, however, only financial members of the BBNA have voting rights and are eligible to be elected to the Committee of Management. Nomination forms are available at the Centre. More details in the October newsletter.

Victorian Firearms Safety Course

Shooters Licence Course

This course will enable you to obtain a shooters licence and possess firearms. Children aged between 12 years and 18 years are invited to attend the course and obtain their Junior Shooters Licence.

When: Tuesday, 19th September, 2017

Where: Buchan Neighbourhood House

Time: Arrive at 6.15p.m. for a 6.30p.m. start

Bring: Photo ID required

Cost: Free. The completion of this course allows you to fill out a shooters licence application form and apply for a shooters licence.

Duration: 3 hours. The course is made up of a two hour lecture covering all aspects on the firearms test, followed by a short firearms question test.

Please contact Ray Moreland on 5155 9268 or 0437 366 332 to register your interest in attending the course.

There are Firearms Safety Course booklets at the Buchan Police Station for those wishing to read up before the course commences.

SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Pathology	2	3
4	5	6 Pathology	7	8 Pathology	9	10
←	National Stroke Week					→
11 Footcare ‘Food, F/ship & Fun’ lunch – 12noon – Buchan Hotel	12	13 Pathology	14	15 Pathology	16	17
18	19	20 Pathology Doctor’s Clinic	21 Women’s Clinic	22 Pathology	23	24
25 Footcare ‘Food, F/ship & Fun’ lunch – 12noon – Buchan Hotel	26	27 Pathology CoM Meeting	28	29 AFL PUBLIC HOLIDAY - CENTRE CLOSED	30 AFL GRAND FINAL	