

NEWSLETTER JANUARY 2018



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

22nd Jan. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for eligible people is \$8 / others - \$15.** Bookings are essential Thursday prior to the lunch. ALL WELCOME.

Program partner: Dep. of Health & Human Services.

HEALTHY HEART WALK – Facilitator: Grace Davis

Thursday 11th, 18th & 25th January from 7.30am – 8.30am. No cost. Meet outside Caves Reserve Information Centre.

SCRAPBOOKING

Sunday 21st January at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 17th January.

CODE RED DAYS/EXTREME WEATHER OR FIRE DANGER

The Centre will be open during normal operating hours. However home visits may not be available. The Committee of Management advises that the safety of staff members is their priority. Please ensure that you have adequate essential items e.g. medications, food, etc. to last a few days. It's important to stay aware of the weather during summer, especially when there are risks of heat waves or days of high UV.

On fire risk days stay informed

During the fire season, it is up to you to stay informed.

Where to find warnings and updates:-

Local News: Listen to ABC Local Radio, commercial and designated community radio stations and watch Sky News TV.

Online: VicEmergency website: emergency.vic.gov.au

Hotline: The Victorian Bushfire Information Line **1800 240 667**

Social Media: Twitter @CFA_Updates and [facebook.com/cfavic](https://www.facebook.com/cfavic)

Bites and Stings

Bites and stings usually cause irritation of the skin, which is not an allergic response, but some people can also have allergic symptoms that range from mild to severe and life threatening. Bees can sting only once, because they inject a venom sac into the skin and then die. Unlike bees, paper wasps and European wasps can sting several times. Although paper wasps cause most of the serious stings, the European wasp is becoming more of a problem in Australia.

For minor allergic reactions, first aid approaches include: applying a cold pack to the area; applying soothing creams; taking oral antihistamines to help reduce itching. For large and painful areas of swelling, you may need to visit the Bush Nursing Centre or your doctor to seek medical assistance. *Information: Better Health Channel Website*

BUCHAN BUSH NURSING ASSOC. INC. Committee and staff would like to take this opportunity to wish you all a Happy New Year and may 2018 be a prosperous year.

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

DATES FOR THE MONTH

Dr. Tan – 17th January
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. 22nd January
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>

Survive the heat this summer with these simple tips:

Drink more water

- Drink plenty of water, even if you don't feel thirsty.
- Keep a full drink bottle with you.
- Take small sips of water frequently.
- If your doctor normally limits your fluids, check how much you should drink during hot weather.



Never leave anyone in a car

- Never leave kids, adults or pets in cars – the temperature can double in minutes.
- Visit Kidsafe's **Unconventional oven website** for more information on kids in hot cars.

Stay somewhere cool

- Spend as much time as possible in cool or air-conditioned buildings.
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- If you must go out, wear a hat, shirt, sunglasses and sunscreen and take a bottle of water with you.
- Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid intense activity like exercise, renovating and gardening.
- Watch or listen to news reports for more information.



- Don't forget your pets – a cool bath, wet towel to lie on, a place next to a fan and plenty of fresh water work just as well for animals.

Plan ahead

- Keep up to date with weather forecasts
- Schedule activities for the coolest part of the day.
- Stock up on food, water and medicines so you don't have to go out in the heat.
- Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Prepare for power failures - ensure you have a torch, battery-operated radio, fully charged mobile phone, food items that don't require refrigeration, medications, plenty of drinking water and other essential items.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

Check in on others

- Look after those most at risk in the heat – your neighbour living alone, older people, young children, people with a medical condition and don't forget your pets.
- Keep in touch with friends and family who may need help. Call or visit them at least once on any extreme heat day.
- Encourage them to drink plenty of water.
- Offer to help family, friends and neighbours who are aged over 65 or have an illness, offer to do their shopping or other errands so they can avoid the heat or take them somewhere cool for the day.
- If you observe symptoms of heat-related illness, seek medical help.



Information: Better Health Channel Website

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 PUBLIC HOLIDAY CENTRE CLOSED	2	3 Pathology	4	5 Pathology	6	7
8	9	10 Pathology	11 Healthy Heart Walk 7.30am-8.30am	12 Pathology	13	14
15	16	17 Pathology Doctor's Clinic	18 Healthy Heart Walk 7.30am-8.30am	19 Pathology	20	21 Scrapbooking
22 Footcare 'Food, F/ship & Fun' lunch – 12noon	23	24 Pathology	25 Healthy Heart Walk 7.30am-8.30am	26  PUBLIC HOLIDAY CENTRE CLOSED	27	28
29	30	31 Pathology				