

# NEWSLETTER

## MAY 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

**14<sup>th</sup> & 28<sup>th</sup> May.** 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 by the Thursday prior to the lunch. ALL WELCOME. Program partner: Dep. of Health & Human Services.

#### HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> May from 8am – 9am. No cost. Meet outside Caves Reserve Information Centre.

#### SCRAPBOOKING

Sunday 20<sup>th</sup>. May at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 16<sup>th</sup>. May.

#### WOMEN'S CLINIC – including Pap Smears

A Women's Clinic is available at the Bush Nursing Centre - **Thursday 24<sup>th</sup> May, 2018.**



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 appointment.

This service is provided by Bairnsdale Regional Health Service.

#### Fluvax Immunisation

For those who have ordered the vaccination they will be available at the Bush Nursing Centre the last week of May. The Centre will ring you to arrange appointment times. If you would like to make a booking please ring the Centre prior to mid May. Bookings are required for ordering purposes.

**NEWLY APPOINTED STAFF:** Some staff positions have recently changed and some new staff have joined our team. The following people have been appointed to the positions as listed: Tracey Fall - Office Manager, Lynette Vint - Part time Administration Assistant, Sophie Sandy – Casual Administration Assistant and Dale Porter & Jacinta MacCormack – Casual Nurses.

#### **Justice of Peace**

Services are still available within the community. Arrangements can be made by contacting Janice Coates on Ph. 5155 9301.

*Watch This Space .....*

**The Royal Flying Doctor Dental team is coming to Buchan and Gelantipy in 2018.**

Check-ups, treatment and oral health advice will be offered later this year.

More information will be available in coming months.

### DATES FOR THE MONTH

*Dr. Pokharel – 2<sup>nd</sup> May &*

*Dr. Tan – 23<sup>rd</sup> May*

*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. 24<sup>th</sup> May & Wed. 17<sup>th</sup> Oct.*

*Appointments 5155 9222*

\*\*\*\*

*'Neatfeet' Footcare —*

*Mon. 14<sup>th</sup> & 28<sup>th</sup> May*

*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>**

**REMINDER OF PROCESS FOR MEDICAL CLINIC CONSULTATION FEES AS OF SEPTEMBER 1<sup>ST</sup>, 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 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.*

**Passing law enforcement and emergency vehicles**

This road rule was introduced on 1 July 2017 to improve safety for our emergency and enforcement workers.

You must slow down to a speed that would enable you to stop safely when approaching and passing enforcement, emergency or escort vehicles that are stationary or moving slowly (less than 10km/h)\*, and have either:

- Red and blue flashing lights
- Magenta (purple flashing lights)
- An alarm sounding.

You must not exceed 40km/h when passing the vehicle and not increase your speed until a safe distance from the scene.

This road rule does not apply to vehicles on the opposite side of a divided road (separated by a median strip) from an emergency or enforcement vehicle scene.

*\* A fire truck extinguishing roadside spot fires is an example of a slow moving emergency vehicle.*

If an emergency or enforcement vehicle is in an area of low visibility due to the location or poor weather, it will be because it is absolutely necessary and there will likely be alarms sounding in addition to flashing lights.

In these situations, drivers should slow down safely when they first see flashing lights, taking into account the current road conditions and avoiding sudden braking.

Reducing speed, even if the vehicle does not get down to 40km/h, will still have safety benefits for law enforcement or emergency workers and will help drivers take evasive action if needed.

*Information: [www.vicroads.vic.gov.au](http://www.vicroads.vic.gov.au)*

**MAY 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b> Pathology Doctor's Clinic	<b>3</b>	<b>4</b> Pathology	<b>5</b> Swan Reach v Buchan	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Pathology	<b>10</b>	<b>11</b> Pathology	<b>12</b> Swifts Creek v Buchan	<b>13</b> Mother's Day 
<b>14</b> Footcare 'Food, F/ship & Fun' lunch – 12noon	<b>15</b> Healthy Heart Walk 7.30am–8.30am	<b>16</b> Pathology	<b>17</b>	<b>18</b> Pathology	<b>19</b> Buchan v Lindenow Sth.	<b>20</b> Scrapbooking
<b>21</b>	<b>22</b> Healthy Heart Walk 7.30am–8.30am	<b>23</b> Pathology Doctor's Clinic COM Meeting	<b>24</b> Women's Clinic	<b>25</b> Pathology	<b>26</b> Omeo Benambra v Buchan	<b>27</b>
<b>28</b> Footcare 'Food, F/ship & Fun' lunch – 12noon	<b>29</b> Healthy Heart Walk 7.30am–8.30am	<b>30</b> Pathology	<b>31</b>	<p><i>The Buchan Bush Nursing Association would like to acknowledge the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present.</i></p>  		