

NEWSLETTER OCTOBER 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

8th & 22nd October. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **For both lunches 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 2nd, 9th, 16th, 23rd & 30th October from 8am – 9am. No cost. Meet outside Caves Reserve Information Centre.

SCRAPBOOKING

Sunday 7th & 28th October at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 3rd & 24th October.

BBNA ANNUAL GENERAL MEETING - ALL WELCOME

Wednesday 17th October, 2018 – 6pm at the Caves Hotel.

Guest Speaker from the Department of Health & Human Services.

Meals will be available to purchase.

RSVP essential by: Thursday 11th October, 2018.

Currently there are 2 vacant committee positions. Nomination forms are available at the Centre. Completed forms need to be returned to the Secretary by Thursday 11th October, 2018.

Only financial members of the Buchan Bush Nursing Assoc. have voting rights and are eligible to be elected to the Committee of Management.

Living Life Well – Supporting Your Wellbeing

The BBNA in conjunction with Royal Flying Doctor Service will offer a presentation and discussion evening at the Buchan Caves Hotel.

Knowing what we are dealing with in managing our well being

- Managing and reducing stress
- Review unhelpful thinking and behaviour styles
- Know your vulnerable points and the triggers that make you feel inadequate
- Strategies for having choice and control over how we react
- Supports for good decision making, healthy choices and behaviours

Tuesday 16th October, 2018 at 6.00pm — 7.00pm

Light refreshments provided. Meals available at own expense if you wish.

WOMEN'S CLINIC – including Pap Smears

A Women's Clinic is available at the Bush Nursing Centre – **Wednesday 17th October, 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 app't.

This service is provided by Bairnsdale Regional Health Service.



DATES FOR THE MONTH

*Dr. Tan – 17th October
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 –
Wed. 17th Oct.*

Appointments 5155 9222

*'Neatfeet' Footcare —
Mon. 1st & 29th October
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.***



Subscription Reminder: Annual Membership in now 3 months overdue. Family \$35.00 Single \$25.00

Swooping Magpie Safety Tips

Below are safety tips that may help with preventing and avoiding a magpie attack.



- Pay attention for any magpie nesting sites and avoid those areas.
- Do not provoke the magpies, they are very territorial and will protect their nests.
- Keep an ear open for their distinctive calls.
- Wear sun glasses and with a hat to protect your head and eyes.
- Travel in groups where possible as the birds often target individuals.
- If you get swooped then tell others and inform your local council.
- If a magpie swoops while you are cycling, it will probably stop swooping if you get off your bike and walk.
- Face the magpie they tend to attack from behind so facing them should avert an attack.
- It is important to try to stay calm, if you panic and flap then this is more likely to appear as aggressive behaviour and provoke a further attack.

October is Australia's walking month!

With the winter months behind us, it is a great time to get outside, join up with family and friends, and go for a walk. It is easy to incorporate walking into more of our daily activities. Walk to the shops instead of driving the car, walk your children to school and enjoy some quality time together or join friends for a stroll around a local park or along the beach. Walking ticks the boxes on so many levels. We get fresh air, sunshine, we move our bodies and we can socialize with others while we are walking.

Victorian Firearms Safety Course - Shooters Licence Course

When: Wednesday, 17th October, 2018

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.

Please find herewith information relating to Thunderstorm Asthma and the My Health Record for your perusal.

Community BBQ to support Farmers in East Gippsland, Sunday 7th October, 2018 at 10am at the Caves Reserve

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Footcare	2	3 Pathology	4	5 Pathology	6	7 Scrapbooking Community BBQ to support Farmers
8 'Food, F/ship & Fun' lunch – 12noon	9 Healthy Heart Walk 8am–9am Comp. & OH&S S/C. meeting 9am	10 Pathology	11	12 Pathology	13	14
15	16 Healthy Heart Walk 8am–9am	17 Pathology Doctor's Clinic Women's Clinic AGM @ Caves Hotel	18	19 Pathology	20	21
22 'Food, F/ship & Fun' lunch – 12noon	23 Healthy Heart Walk 8am–9am	24 Pathology Finance S/C. & COM Meeting	25	26 Pathology	27	28 Scrapbooking
29 Footcare	30 Healthy Heart Walk 8am–9am	31 Pathology	 <p>Fluvax still available, contact Centre if interested.</p>		<p>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.</p>  	