

NEWSLETTER NOVEMBER 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

12th & 26th November. 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

No Healthy Heart Walk Program until further notice.

SCRAPBOOKING

No planned scrapbooking until 2019.

OPEN DAY

Saturday 3rd November, 2018 10am – 2pm

Services being offered:

- Blood Pressure Tests
- Blood Sugar Level Tests
- Stall
- Raffle Drawn at 1.30pm



Come and enjoy a cuppa and familiarize yourself with our facilities.

ALL WELCOME



Raffle
Tickets
\$2.00 ea
10 Prizes

Below are a few statistics from the Royal Flying Dental Service

- Flying Doctor Dental Clinic operated in town for a period of 16 days over the months of July, August and September.
- They had 134 Occasions of Service with 130 patients seen and treated.
- There were three Failed to Attend Appointments over this time. This equates to 2% which is well below their target.
- They were very happy with the utilisation rate which was 99%.

Their team had wonderful things to say about our town and they look forward to returning in 2019.



BBNA ANNUAL GENERAL MEETING

Following the AGM of the BBNA the following members were elected to the Committee: President: Julie Cameron, Secretary/Treasurer: John Rogerson, Sen. Vice Pres.: Bronwyn Graham, Jr. Vice Pres.: Grace Davis, OH&S & Consumer Rep.: Sue Dalley, Fundraising: Vicki Hanman, Committee Members: Clive Norfolk, Keith Greenwood, David Pedley & Janice Coates.

DATES FOR THE MONTH

*Dr. Tan – 14th & 28th November
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. 19th November
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>

Snakes slither into spring

Springtime is a great time of year... it's warming up and people are getting outdoors and enjoy spending more time in the garden. Snakes are emerging from their winter hibernation to bask in the sun and to search for food and a mate. If you see a snake in these situations it is best left alone. Some key points to remember:-



If you live in an area with snakes please remember:

- If you see a snake - keep calm and try to move yourself, anyone with you and your pets away from the snake
- Never touch or attempt to capture or hurt snakes – instead call DELWP on 136 186 for further advice, or call a licensed snake catcher if the snake cannot remain where it has been found
- Have a spring clean - clean up around the house and cut lawns regularly – snakes are attracted to shelter such as piles of rocks and timber, sheets of metal, or building materials
- Undertake first aid training, ensure your first aid kit contains several compression bandages, and if someone is bitten, call 000 immediately

Snakes are protected under the Wildlife Act 1975. It is illegal to capture, kill or harm them. Bites can occur when people try to kill snakes.

Information from Department of Environment, Land, Water and Planning Website

My Health Record

In 2018, every Australian will get a My Health Record. However, if you decide you don't want a record, you can opt out prior to **15th November, 2018** by visiting the website or calling the Help line.

To help consumers make an informed and considered decision about My Health Record, **The Consumers Health Forum of Australia** are holding a series of 6 webinars that cover the key information people need to understand the benefits and risks of **My Health Record** in the context of their own lives.

Further resources will also be developed to help people unable to attend the webinar engage with this important topic and help them make an informed decision about whether to opt-out of My Health Record.

To opt out of My Health Record, you need to verify your identity. You will need your Medicare card and driver licence (or other identification) to complete the opt-out process.

For more information go to:

MyHealthRecord.gov.au

Help line 1800 723 471

The Consumers Health Forum of Australia Website

Remembrance Day Service

Sunday 11th November, 2018 – 10.15am Gather at the Avenue of Honour. Commemorating the Centenary of Armistice. This years' service will be supported by the 13th Gippsland Light Horse.

Contributions for Morning Tea are very welcome.

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Pathology	3 BBNA OPEN DAY 10am – 2pm	4
					Flower & Arts n Craft & Photography Show	
5	6 PUBLIC HOLIDAY CENTRE CLOSED 	7 Pathology	8 Comp. & OH&S S/C. meeting 9am Building & Grounds S/C. meeting 4pm	9 Pathology	10	11  <i>Less We Forget</i>
12 'Food, F/ship & Fun' lunch – 12noon	13	14 Pathology Doctor's Clinic	15	16 Pathology	17	18
19 Footcare	20	21 Pathology	22	23 Pathology	24	25
26 'Food, F/ship & Fun' lunch – 12noon	27	28 Pathology Doctor's Clinic Finance S/C. & COM Meeting	29	30 Pathology	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.  	