

# NEWSLETTER DECEMBER 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

**10<sup>th</sup> December.** You are invited to attend our Christmas 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.

### **Australian Government Mobile Service Centre Serving Regional Australia**



Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people. Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

**When:** Tuesday, 11<sup>th</sup> December, 2018 **Time:** 2pm – 4pm

**Where:** Near the Mechanics Hall, Main Street, Buchan

A Farm Household Case Officer will be in attendance. For more information go to [humanservices.gov.au/mobileoffice](http://humanservices.gov.au/mobileoffice) or call **132316**.

The Bush Nursing Centre would like to take this opportunity to thank all the Sponsors who contributed to the major fundraiser held recently. Your support was very much appreciated.

Thank you to everyone who purchased tickets, your support was also very valued. Proceeds from the raffle was \$1,240.00.

#### **Raffle Results:-**

1<sup>st</sup> Prize – Annemarie Henderson

6<sup>th</sup> Prize – Tony Crisp

2<sup>nd</sup> Prize – Carol Hulley

7<sup>th</sup> Prize – Nathan Fall

3<sup>rd</sup> Prize – Jessica Benton

8<sup>th</sup> Prize – Marylynne Greenwood

4<sup>th</sup> Prize – Julian Richardson

9<sup>th</sup> Prize – Deb Smith

5<sup>th</sup> Prize – Keith Greenwood

10<sup>th</sup> Prize – Andrew Mitchell

### **Royal Flying Doctor Service – Mobile Eye Care**

An Optometrist is visiting Gelantipy Bush Nursing Centre 10<sup>th</sup> -14<sup>th</sup> December. Ring the Centre on 5155 0274 to make an appointment.

**BUCHAN BUSH NURSING ASSOC. INC. Committee and staff would like to take this opportunity to wish you all a very safe and Happy Christmas & a prosperous New Year.**



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

## DATES FOR THE MONTH

*Dr. Tan – 19<sup>th</sup> December  
Appointments 5155 9222*

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*Maternal & Child Health—  
Appointments 5152 0052*

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*Immunisation—Anne Brewer  
Appointments 5155 9222*

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*Pathology—Wed. & Fri. am.  
Appointments 5155 9222*

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*Women's Clinic – To be advised  
Appointments 5155 9222*

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*'Neatfeet' Footcare —  
Mon. 3<sup>rd</sup> & 17<sup>th</sup> December  
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>

## ANTIBIOTIC AWARENESS

### **WE CAN SLOW DOWN ANTIBIOTIC RESISTANCE IN AUSTRALIA BY ONLY USING ANTIBIOTICS WHEN THEY ARE REALLY NEEDED**



The most important thing we all need to know is that the problem of antibiotic resistance belongs to everyone. It's all our responsibility to take antibiotic resistance seriously. We can help to minimise the impact of antibiotic resistance by only taking antibiotics when they are really needed.

#### **WHEN DO YOU NEED ANTIBIOTICS?**

Antibiotics are needed for people who:

- have serious infections caused by bacteria (e.g. whooping cough)
- have an ongoing health condition (e.g. asthma, diabetes or lung disease)
- are older or in generally poor health, or have a weakened immune system (e.g. due to HIV infection)
- have a higher risk of complications with respiratory tract infections (complications often include bacterial infections)

Everyone has a role to play. The more people know about this urgent health problem, the less we will misuse antibiotics, and the more we will be able to preserve the power of these important medicines.

#### **Take home messages about antibiotics:**

- Antibiotics don't work for all infections. Most coughs and colds will get better on their own without antibiotics.
- Don't ask for antibiotics for your cold or flu. These common conditions are mostly caused by viruses and antibiotics will have no effect.
- Don't share antibiotics with others. This is important because the type of antibiotic may not be targeted to the bacteria causing their particular infection.
- Use antibiotics wisely. When they are needed, take the prescribed dose and complete the whole course of treatment prescribed by your doctor.
- Don't keep leftover antibiotics to use next time you are sick. The leftover antibiotic may not be effective against the bacteria causing the new infection.
- Understand that it is possible to pass on antibiotic-resistant bacteria to others – friends, family and other people in the community.
- Prevent the spread of germs by practicing good hand hygiene. Washing your hands regularly with soap and running water can help you stay healthy, and can prevent the spread of antibiotic-resistant bacteria.

*Information: NPS Medicinewise Website*

## DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b>	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.  				<b>1</b>	<b>2</b>
<b>3</b> Footcare	<b>4</b>	<b>5</b> Pathology	<b>6</b>	<b>7</b> Pathology	<b>8</b>	<b>9</b>
<b>10</b> 'Food, F/ship & Fun' Christmas lunch –12noon	<b>11</b>	<b>12</b> Pathology	<b>13</b> Comp. & OH&S S/C. meeting 9am	<b>14</b> Pathology	<b>15</b>	<b>16</b>
<b>Royal Flying Doctor Service – Mobile Eye Care visiting Gelantipy Bush Nursing Centre</b>						
<b>17</b> Footcare	<b>18</b>	<b>19</b> Pathology Doctor's Clinic	<b>20</b>	<b>21</b> Pathology	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> PUBLIC HOLIDAY CENTRE CLOSED 	<b>26</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>27</b>	<b>28</b> Pathology	<b>29</b>	<b>30</b>