

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER - APRIL 2019

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 April. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for eligible BBNA members \$10 / other eligible non member/other community members \$15.** Bookings are essential **Thursday prior to the lunch.** ALL WELCOME. Program partner: DHHS & Caves Hotel.

SCRAPBOOKING

Scrapbooking classes will not be held during April.

Carer Workshops

The following workshops will be held at the Buchan Neighbourhood House

Time: 10am - 1.30pm

8th May – Relationships – Differences and Stress

22nd May - The Carer's Grief Journey
Please email

Joanna.Aquila@grow.org.au or contact the Centre if you require a Registration Form.



The Buchan Bush Nursing Centre in partnership with Far East Victoria Landcare will host the following clinics on Monday, 13th May

9am – 12pm

Breast Care & Pap Smears – Heather Daly
Royal Flying Doctors – Mental Health, Peter Quinn
Blood Pressure Checks also available

12pm – 1.30pm - Lunch will be provided

1.30pm – 5pm

Skin Checks – Ann Miller & Iain Miller
Diabetes – Katy Radic
Nutritionist - Thorsten Kasel (to be confirmed)

Appointments are essential for Breast Care Nurse, Pap Smear, Skin checks, Diabetes & Nutritionist.

Cost: Free – funding from the East Gippsland Shire, State Drought Relief
Please contact the Centre on 51559 222 to RSVP or make an appointment.



Changes to our payment system to be implemented

The BBNA would like to encourage clients to pay-as-you-go for all consultation fees and consumable fees. We are trying to keep postage expenses to a minimum.

A \$5.00 monthly accounting fee will be introduced from 1st May, for all overdue accounts. Bank details are available to enable online payments to be made.

FLUVAX

Annual immunisation against the flu is strongly recommended for people in at-risk groups such as older people, pregnant women and those who work or live with people in at-risk groups. Annual influenza vaccination is recommended for any person from six months of age who wishes to reduce the likelihood of becoming ill with the flu.

Vaccinations will be available at the Bush Nursing Centre from early May. **Bookings are required for ordering purposes – 5155 9222.**

DATES FOR THE MONTH

Dr. Tan – Wed. 3rd & 24th April

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 – 13th May

Appointments 5155 9222

'Neatfeet' Footcare —

Mon. 1st, 15th & 29th April

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>

Make water your drink of choice when exercising.

Drinking water instead of sugary drinks is not only better for health, but important for hydration before, during and after playing sport and being active.

Water is vital for life and ensuring adequate hydration is important for both physical and mental well-being and performance.

Hydration has many important functions for health, including the regulation of body temperature and blood pressure, cleaning the body and removing it of stored toxins, supporting immune function, aiding digestion and ensuring transportation of oxygen and nutrients around the body. From a body composition perspective, water is important in the metabolism of fats, as fats are only utilised in the muscle cells and for muscle cells to work they require water. Water is also important for many reactions within the cells including our metabolism, as well as helping us focus, concentrate and preventing low mood.

Water loss and dehydration

Throughout the day, we lose approximately 700 ml of water during expiration when breathing, 1.5 litres through urination and up to 150-200 ml as sweat whilst exercising. These figures will increase further if exercising intensely, particularly during endurance based exercise or when exercising in warm temperatures. The risk of dehydration can increase for various reasons, such as illness (through vomiting and diarrhea), diseases of the gastrointestinal tract or failure to take on a sufficient volume of fluid to replace that which is lost. As little as a 1.5 % loss in hydration is classed as dehydration, which is referred to as an 'excessive loss of water from the body'.

Active April

Premier’s Active April encourages all Victorians to commit to doing 30 minutes of physical activity a day. It’s free, it’s fun and it’s part of the Victorian Government’s commitment to get more people active and healthy. It’s as easy as taking the stairs, walking the kids to school or getting out in the garden. The 30 minutes of activity can be made up of any sort of physical activity, including incidental activity. You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.

Start small – remember every little bit counts. It’s an easy way to kick start a healthier you!



More information available: www.activeapril.vic.gov.au

ANZAC DAY – Thursday 25th. April
at the Buchan South Avenue of Honour
 5.45am Service & Gunfire Breakfast Barbeque
 \$5.00 per person, Children Free
 Later service commences 10.00am followed by morning tea.
 Please bring a plate of Morning Tea to share.

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Footcare	2	3 Pathology Doctor’s Clinic	4 Drought Support at the Hall 9am-12pm Poster displayed on noticeboards	5 Pathology	6 Bruthen v Buchan	7 Daylight Saving ends
8 ‘Food, F/ship & Fun’ lunch – 12noon	9	10 Pathology	11	12 Pathology	13 Lindenow Sth. v Buchan	14
15 Footcare	16	17 Pathology	18	19 PUBLIC HOLIDAY CENTRE CLOSED	20 CENTRE CLOSED 	21 CENTRE CLOSED Buchan Rodeo
22 CENTRE CLOSED Pony Club Gymkhana	23	24 Pathology Doctor’s Clinic	25 ANZAC DAY CENTRE CLOSED	26 Pathology	27 Buchan v Omeo Benambra	28
29 Footcare	30				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. 	