

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER - JUNE 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 – 24<sup>th</sup> June.** 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

Sunday 16<sup>th</sup> June at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 12<sup>th</sup> June.



The My Health Record system is built to make your health information available safely and securely. You control who can look at your record. Please see attached information relating to My Health Record. MyHealthRecord.gov.au Call the Help Line 1800 723 471

### DATES FOR THE MONTH

*Dr. A. Tan – Wed. 5<sup>th</sup> June  
& Dr. J. Vardhi - Wed. 26<sup>th</sup> June*

*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. 17<sup>th</sup> June*

*Appointments 5155 9222*

### REMINDER: 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 has been introduced for all overdue accounts. Bank details are available to enable online payments to be made.

The Centre now have a Card facility that accepts payments via Mastercard, Visa & AMEX credit, EFTPOS and debit cards.

### BBNA Annual Subscriptions

*Membership Fees are due on 1<sup>st</sup> July for 2019 – 2020*

*Family \$35.00*

*Single \$25.00*

*You are encouraged to pay your annual subscriptions at your earliest convenience to avoid paying 'non-member' service fees i.e. \$20.00 plus per visit.*

Thank you to everyone who participated in the Health Clinics on Monday, 13<sup>th</sup> May at the Bush Nursing Centre. A huge thank you to Emma Orgill - Far East Victoria Landcare, East Gippsland Shire – for the funding from State Drought Relief and all the Consultants for their time and effort. All clinics were very well attended.

### Carer Workshops

The next workshop to be held at the Buchan Neighbourhood House is The Emotional Rollercoaster – Carer's First Aid

Time: 10am - 1.30pm

Date: To be advised – 19<sup>th</sup> or 20<sup>th</sup> June

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

**Grow**   
mental wellness programs

*Workshops  
are free*

### 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>

## NDIS workshops – Outer Gippsland

### What are the workshops about?

The three-hour workshops will cover lots of different parts of the NDIS, including knowing who is eligible for the NDIS, working out what support you can get in your NDIS plan, to using the funds in your NDIS plan to live a better life in the community.

### Who is running the workshops?

The workshop is designed and delivered by staff with a disability from AFDO (Australian Federation of disability Organisations). AFDO and its member organisations are run by and for people with lived experience of disability. AFDO Disability Loop is a program that aims to make information about the NDIS easier to find, understand, and use.

### When and where are the workshops being held?

**When:** you can choose from three options of dates and times: **Thursday 13 June 2019 from 5pm to 8pm, Friday 14 June 2019 from 10am to 1pm or Saturday 15 June 2019 from 10am to 1pm**

**Where:** Bairnsdale RSL, 2 Forge Creek Road, Bairnsdale VIC 3875.

### There are lots of NDIS workshops, how is ours different?

This workshop was developed by people with disability, for people with disability. This is a strength, because it allows the workshop to better focus on the needs of people with disability. The workshop was written using plain language, which makes complicated concepts easier to understand. We aim to make the workshops a safe space where people can share their questions and concerns without worrying about any judgement.

All workshops are held in wheelchair accessible venues, near public transport where possible, and are free for people with disability and their families! We are also providing a wide range of accessibility supports for attendees with disability, free of charge, to make it easier to participate. This includes Auslan interpreters or captioning if requested.

Complimentary food is available. You will receive a detailed information handbook to take home.

**Bookings are essential for catering and accessibility purposes. Please register by 6 June 2019. For more information and to register, visit: [www.disabilityloop.eventbrite.com](http://www.disabilityloop.eventbrite.com) Call: (03) 9662 3324**

*As the winter weather rolls in, take care on those frosty mornings, be aware of frosty surfaces being slippery and make sure appropriate footwear is worn.*

## JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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> Omeo Benambra v Buchan	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Pathology Doctor's Clinic	<b>6</b> Compliance & OH&S S/C Meeting 9am	<b>7</b> Pathology	<b>8</b>	<b>9</b>
<b>10</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>11</b>	<b>12</b> Pathology	<b>13</b>	<b>14</b> Pathology	<b>15</b> Buchan v Swan Reach	<b>16</b> Scrapbooking
<b>17</b> Footcare	<b>18</b>	<b>19</b> Pathology	<b>20</b>	<b>21</b> Pathology	<b>22</b> Buchan v Swifts Creek	<b>23</b>
<b>24</b> 'Food, F/ship & Fun' lunch – 12noon	<b>25</b>	<b>26</b> Doctor's Clinic Finance S/C. & CoM Meeting	<b>27</b>	<b>28</b> Pathology	<b>29</b> Bruthen v Buchan	<b>30</b>