

NEWSLETTER OCTOBER 2015



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 October - You are invited to attend our luncheon at 12 noon at the Callemondah Cafe. **The client contribution for the meal for 'HACC eligible' people is \$8 / others - \$15.** Bookings are essential by the Thursday prior to the lunch. ALL WELCOME. Program partners: Dep. of Health & Human Services & Callemondah Cafe.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 6th, 13th, 20th & 27th October from 9am – 10am. No cost. Meet outside Caves Reserve Information Centre. Dates are on this calendar.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis – Tuesday 6th, 13th, 20th & 27th October from 10.30am – 12 noon. Cost \$5.00 per class. Dates are on this calendar.

SCRAPBOOKING

Sunday 11th October. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 7th October.



DATES FOR THE MONTH

Doctors Clinic

Dr. Vaz – Wed. 21st 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 –To be advised
Appointments 5155 9222

'Neatfeet' Footcare —
Mon. 12th & 26th 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 ring a nurse who may be
available.**

Out of Hours Procedure

**Nursing staff are not obliged to be
available outside normal opening
hours, in the event they are able to
respond to an emergency, all workplace
entitlements will apply.**

Life Membership Award

Congratulations to Mr. John Rogerson on being awarded a Life Membership to the Buchan Bush Nursing Association in appreciation of his outstanding service over many years.



Tonia, John & Robin Rogerson

He has been a Committee Member since 1994, during that time he has held most positions on the Committee and is our current Secretary/Treasurer.

BUCHAN BUSH NURSING COMMUNITY SURVEY 2015

Continuation of information arising from survey results.

Question 3: *'What is an advocate & how can you obtain one?'*

Answer 3: **An advocate can be any person who you choose to have speak on your behalf or give you an explanation of conversations with health providers (our staff can act as your advocate or a list of specialist advocates is available at the Centre).**

The Office of the Public Advocate (OPA) is an independent statutory body established by the Victorian State Government, working to protect and promote the interests, rights and dignity of people with a disability or a mental illness.

The ANNUAL GENERAL MEETING of the Buchan Bush Nursing Association was held on Wednesday 16th September, 2015. Committee of Management members for the next 12 months are: Frances Haldane – President, John Rogerson – Secretary/Treasurer, Clive Norfolk – Snr. Vice President, Dennis Sandy – Jnr. Vice President, Grace Davis – OH&S Rep., Keith Greenwood – Fundraising Officer and David Wisnewski, Paul Spence and Sue Dalley– Committee Members. There are still currently 3 positions vacant on the committee – expressions of interest are welcome.

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. October is beautiful in Australia — not too hot or wet yet in the north and in the south the weather is breaking out of winter's bleakness and we can see new leaves on the trees and feel the sunlight on our skin. We learn to walk when we are young. To feel the ground, earth, grass or sand beneath our feet. And we continue this throughout life. Walking is ideal as a way to enjoy being active. It is available for all ages and abilities, whether you are young or old, or walk fast or slow.



It is easy to incorporate Walktober 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. Work colleagues can even hold a walking meeting instead of sitting in a coffee shop or an office.

Walking ticks the boxes on so many levels. We get fresh air, sunshine, we move our bodies and we can socialise with others when we are walking. We are also helping the environment by using our bodies instead of driving cars.

And it is also free! So get your walking feet happening this October. Join one of the great walks taking place across East Gippsland, showcasing the beauty of the area! Try and incorporate some Walktober into your every day — and you will not only be a bit more healthier but also know that you are a part of a great walking community throughout Australia. Come and join the Buchan Walking Group every Tuesday morning at the Caves Reserve. *Happy Walking!*



Hay Fever

Hay fever, also called allergic rhinitis, is common in spring because it is often caused by an allergy to grass pollen. Hay fever can occur at any time of the year as an allergic reaction to dust mites, mould and animal fur or hair. Symptoms include a running nose, sneezing and itchy, watering eyes. Medication including antihistamines and staying indoors can help symptoms. Allergen immunotherapy may be a suitable treatment for some people.

Suggestions to prevent or limit symptoms of hay fever include: Check the pollen count forecast on television or in the newspaper. Try to stay indoors if it's a high count; stay indoors as much as possible in spring, on windy days or after thunderstorms; in your garden, choose plants that are pollinated by birds or insects, rather than plants that release their seeds into the air; replace your lawn with types of artificial grass, bricked or paved areas; splash your eyes often with cold water to flush out any pollen; reduce your exposure to dust and dust mites, animals and animal hair or fur (dander).

Some medications may help the symptoms of hay fever. Ask your doctor or pharmacist for advice.

Better Health Channel Website

OCTOBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 PUBLIC HOLIDAY CENTRE CLOSED	3	4
5	6 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	7 Pathology	8	9 Pathology	10	11 Scrapbooking 10am
12 Footcare 'Food, F/ship & Fun' lunch – 12noon	13 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	14 Pathology	15	16 Pathology	17	18
19	20 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	21 Pathology Doctor's Clinic CoM Meeting	22	23 Pathology	24	25
26 Footcare 'Food, F/ship & Fun' lunch – 12noon	27 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	28 Pathology	29	30 Pathology	31	1
					<div style="border: 1px solid black; padding: 5px; display: inline-block;">Flower & Arts n Craft & Photography Show</div>	

