

NEWSLETTER MARCH 2017



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

27th March. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **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 partner: Dep. of Health & Human Services & the Buchan Hotel.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 7th, 14th, 21st & 28th March from 8am- 9am.
No cost. Meet outside Caves Reserve Information Centre.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Tuesday 7th, 14th, 21st & 28th March from 10am – 11am. Cost \$5.00 per class.



SCRAPBOOKING

Sunday 5th March. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 1st March.

Buchan Bush Nursing Centre & Buchan/Gelantipy Racing Club Raffle Results

- 1st:** Buchan Caves Wilderness Retreat accommodation - *Clive Norfolk, Buchan*
2nd: Oil Painting by H. Livingstone - *Shannon Cassidy*
3rd: Gas BBQ from Dahlsens, Lakes Entrance - *Alysha Holmes*

Thank you all for your support

BBNA COMMUNITY SURVEY – will arrive with your mail during March. The committee of management is currently reviewing the Bush Nursing Centre's Strategic Plan and would like to give you the opportunity to have your say about your health service. Your answers will form part of the new Plan. Please return your survey by post or drop it in to the Centre.

EXPRESSIONS OF INTEREST IN FORMING A 'BUCHAN COMMUNITY SHED' (OFTEN KNOWN AS A 'MEN'S SHED')

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends, and maintaining an active body and mind. Becoming a member of a 'Community Shed' provides a safe and busy environment where community members can find many of these things in an atmosphere of old fashioned mate ship. And importantly, there is no pressure, participants can just come and have a yarn and a cuppa if that is all they're looking for. For this concept to proceed, we need at least 6 interested people. Your interest must be lodged at the BNC by March 30th.

DATES FOR THE MONTH

*Dr. Tan - Wed. 1st March &
Dr. Pokharel – Wed. 15th March
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. 20th March
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>

Celebrate cultural diversity at work with
A Taste of Harmony

What is A Taste of Harmony?

A Taste of Harmony is a free National event celebrating cultural diversity in workplaces.

The concept is simple: workmates bring a dish of food that tells a story about their cultural history to share with their colleagues. These stories at the shared table offer an opportunity to discover 'A taste of what makes Australia great'. Whether we identify as one of Australia's first peoples, a new Australian or as descendent of migrants who have arrived during the past 228 years, understanding and celebrating Australia is about recognising the diverse cultural stories that make up our society.

Now in its ninth year, A Taste of Harmony represents an ideal opportunity for workmates to learn more about each other's culture and heritage – it's fun, informal and involves delicious food and fascinating stories.

This year, A Taste of Harmony runs from **Monday 20 March to Friday 31 March.**

Share a world of food and culture at work



Cheese & Vegemite in puff pastry

Ingredients:

- Frozen Puff Pastry - 1 sheet makes approx 6-8
- Vegemite - room temperature
- Grated Cheese – Tasty



Method:

- Pre heat oven to 180c.
- Lay out 6 sheets of puff pastry to defrost (this will make approx 36-40 wheels).
- Spread vegemite over the pastry and top with grated cheese. Allow about 1cm at one side to stick down.
- Roll up pastry tight and cut into 2-3cm portions (wheels).
- Generously spray oven tray to prevent cheese sticking.
- Place wheels on tray leaving space between as they will expand and cook for 15-20 mins or until golden brown.

Community Accessible DEFIBRILLATOR
Now Available

Defibrillation is a procedure used to treat life threatening conditions that affect the rhythm of the heart.

This equipment has been donated to the Bush Nursing Centre and is available to the community in the event it is needed. It has been installed in an alarmed cabinet on an external wall in the Centre carport.

MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pathology Doctor's Clinic	2	3 Pathology	4	5 Scrapbooking 10am
6	7 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	8 Pathology	9	10 Pathology	11	12
					Labour Day Weekend	
13 PUBLIC HOLIDAY CENTRE CLOSED	14 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	15 Pathology Doctor's Clinic	16	17 Pathology	18	19
20 Footcare	21 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	22 Pathology CoM Meeting	23	24 Pathology	25	26
27 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	28 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	29 Pathology	30	31 Pathology		