

NEWSLETTER MAY 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

8th & 22nd May. 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 2nd. May only from 8am- 9am.

No cost. Meet outside Caves Reserve Information Centre.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Tuesday 2nd. May only from 10am – 11am.

Cost \$5.00 per class.



SCRAPBOOKING

Sunday 7th May. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 3rd May.

Hearing Clinic Available – Wednesday 14th June, 2017

Concerned about your hearing?

Already have a hearing aid?

Reserve your **free** hearing check at the Buchan Bush Nursing Centre.

Book in for a free hearing aid health check

Book early – limited appointments available.



RESULTS OF BBNA COMMUNITY SURVEY

230 surveys were circulated to the community, 55 were completed and returned (almost 25% - an excellent response). We would like to thank everyone who took the time to complete and return their survey.

RESULTS:

Buchan BNC members – 50 / Gelantipy BNC members – 5, 49 are financial members of the BBNA and included - 12 males / 37 females.

Age groups were - 12 to 25yrs. - None 26 to 65yrs. 23 Over 65yrs. 27

100% of those surveyed receive the BBNA newsletter.

The services most received were pathology, nursing care, doctor visits, BP. Footcare, emergency care, Food, Friendship & Fun program.

EXPRESSIONS OF INTEREST IN FORMING A 'BUCHAN COMMUNITY SHED'

For this concept to proceed, we needed at least 6 people, who would be prepared to be leaders in this program.

Those who have expressed interest are happy to participate but not lead the program, therefore this concept will not go ahead at this time.

DATES FOR THE MONTH

Dr. Pokharel- Wed. 3rd May &
Dr. Tan – Wed. 17th May
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. 8th & 22nd May
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>

Publicly Accessible Defibrillator is housed in an alarmed cabinet in the Centre carport.

Ambulance Victoria Membership

Ambulance Victoria responds to over 800,000 calls for medical help from Victorians every year. That is over 2,200 calls a day. Emergency medical transport services are not free and are not covered by Medicare.

Can you afford an ambulance transport bill? The average cost of an emergency transport is in excess of \$1,100.

Membership Cost: Family - 1 year - \$89.80
Single – 1 year - \$44.90

Ambulance Victoria Membership cover gives you protection against the cost of world class emergency treatment and transport services delivered by highly skilled and dedicated paramedics, aided by state-of-the-art equipment and resources. Specifically it includes:

- All emergency road ambulance transport;
- All MICA (Mobile Intensive Care Ambulance) attendance and treatment;
- All emergency air ambulance and clinically necessary non-emergency air ambulance;
- All ambulance treatment when transport is not required;
- The same level of cover for ambulance treatment and transport services provided interstate as are covered back in Victoria*
- All clinically necessary non-emergency patient transport.

NOTE: *Ambulance transport back to Victoria must be clinically necessary and approved in advance by Ambulance Victoria.

Tips for drinking responsibly

The basic thing to remember around responsible drinking is common sense. If it doesn't sound like a good idea, it probably isn't one. If you're not comfortable with the environment you're in or are worried about bad things happening, you should probably rethink your plans.

Keep an eye on what you're drinking. Find out about what a standard drink is and use that as a way of keeping track of how much you're drinking. Think about the alcohol content in each drink you consume and make sure that you space out the time between your drinks.

Don't drink and drive. If you have to drive anywhere, don't drink more alcohol than is recommended for when you're driving (around 1 standard drink for women, 2 standard drinks for men on a full licence. The laws are different for provisional and learner licenses). Alcohol is a depressant drug which slows down your reaction speed, which means if you need to think and act fast, you probably won't be able to.

Wait till you're 18. It's actually illegal to drink if you're under 18 and this isn't just because adults want to tell you what to do. The main reason is just that your body doesn't cope as well with alcohol when you're younger. Your brain, heart and liver just aren't fully developed enough to process the alcohol so it can do serious damage to your health.

Avoid mixing alcohol and other drugs. The impact of mixing alcohol and other drugs (whether medication or recreational) is pretty serious. Not only can you not anticipate the effect it will have on your behaviour, it will most likely make you pretty sick. There are no safe combos when it comes to alcohol and other drugs, so it's better to just stick to one or the other.

Information: ReachOut.com website

MAY 2017

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