

# NEWSLETTER JUNE 2018



## 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

**25<sup>th</sup> June.** You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for 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.

### HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 19<sup>th</sup> & 26<sup>th</sup> June from 8am – 9am. No cost. Meet outside Caves Reserve Information Centre.

### SCRAPBOOKING

Sunday 17<sup>th</sup> June at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 13<sup>th</sup> June.

### Fluvax Immunisation

A huge increase in demand for the influenza vaccine across Australia has led to rationing in Victoria and New South Wales. There has been a 25-30 per cent uptake in demand for the vaccine. Hopefully we will be supplied with some of our order shortly. For those who have ordered the vaccination the Centre will ring you to arrange appointment times as soon as we receive our supplies.



### **The Dentist is coming in July 2018**

The Flying Doctor mobile dental clinic will be providing an annual dental service in your area.

We will be offering **check-ups, treatment and oral health advice, free to everyone** in the Gelantipy and Buchan area.

**For further information or to book your appointment call (03) 8412 0444.**

*Note: There is no eligibility criteria, everyone living in the area can access this service at no cost.*



### **BBNA Annual Subscriptions**

**Membership Fees are due on 1<sup>st</sup> July for 2018 – 2019 - see attached reminder. 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.**

## **DATES FOR THE MONTH**

*Dr. Pokharel – 13<sup>th</sup> June  
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 –  
Wed. 17<sup>th</sup> Oct.  
Appointments 5155 9222*

\*\*\*\*

*'Neatfeet' Footcare —  
Mon. 18<sup>th</sup> & 25<sup>th</sup> June  
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>**

## Colds

Colds, or upper respiratory tract infections, are the most common cause of illness in children and adults. Most colds are caused by a virus. There are over 200 types of viruses that can cause the common cold, which is why it's not possible to be immunised against a cold. Colds are more common in the winter months. Cold weather by itself does not increase the chance of getting a cold. People are in closer contact with each other at this time of year, because they stay indoors, and so are more likely to infect each other. The viruses that cause colds are spread by sneezing, coughing and hand contact. The actual symptoms will vary from person to person and from illness to illness. Usually, the symptoms will last from a few days to a week or more and the person recovers fully without any ongoing problems.

### **There is no cure but symptoms can be relieved**

There is no cure for the common cold. There is no specific treatment that will make the cold go away more quickly.

Symptoms can be relieved in a number of ways:

- Paracetamol can be given in appropriate doses if fever is present.
- Warm drinks will ease a sore throat and dry mouth.
- Nasal drops or spray will ease a blocked nose.
- Lozenges – the cheapest ones from the milk bar are equally as good as the expensive ones from the chemist.

*Information: Better Health Channel Website*

## Save lives - Ring 000 for emergencies

### What's an emergency?

In a medical emergency, calling for an ambulance could mean the difference between life and death. However, people sometimes hesitate to call because they are not sure if the situation qualifies as an emergency. If in doubt, always call triple zero (000). The people who take your call are trained to help you and will direct you to the appropriate resources. An immediate life-threatening emergency needing an ambulance may include:

- chest pain or chest tightness
- sudden numbness or paralysis of the face, arm or leg
- large burns
- serious accidents or trauma
- severe bleeding
- difficulty breathing
- extreme pain
- unconsciousness

### In a non-emergency who should you contact?

There are a number of options available being:- our local Bush Nursing Centres, Hospitals, National GP Helpline or Nurse-on-Call. Phone numbers are listed on the front page.

**Bush Nurses have the ability to communicate with Ambulance Victoria once they have assessed the patient. If the Nurse doesn't think that the Ambulance is necessary they can stop the process.**

***Start the process, time may be vital!***

## JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>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.</i> 				<b>1</b> Pathology	<b>2</b> Bruthen v Buchan	<b>3</b>
<b>4</b>	<b>5</b> Comp. and OH&S S/C. Meeting	<b>6</b> Pathology	<b>7</b>	<b>8</b> Pathology	<b>9</b>	<b>10</b>
					Queen's Birthday Weekend	
<b>11</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>12</b>	<b>13</b> Pathology Doctor's Clinic	<b>14</b>	<b>15</b> Pathology	<b>16</b> Buchan v Swan Reach	<b>17</b> Scrapbooking
<b>18</b> Footcare	<b>19</b> Healthy Heart Walk 8am-9am	<b>20</b> Pathology	<b>21</b>	<b>22</b> Pathology	<b>23</b> Buchan v Swifts Creek	<b>24</b>
<b>25</b> Footcare 'Food, F/ship & Fun' lunch – 12noon Finance S/C. Meeting	<b>26</b> Healthy Heart Walk 8am-9am	<b>27</b> Pathology COM Meeting	<b>28</b>	<b>29</b>	<b>30</b> Lindenow Sth. v Buchan	