

NEWSLETTER JULY 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

9th July. You are invited to attend our **14th Birthday luncheon** at 12 noon at the Buchan Hotel.



23rd July. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **For both lunches 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

No walking for month of July.

SCRAPBOOKING

Sunday 15th July at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 11th July.

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.

DATES FOR THE MONTH

Dr. Tan – 4th July & 25th July
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. 17th Oct.

Appointments 5155 9222

'Neatfeet' Footcare —
Mon. 9th & 23rd July

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.**



**The Flying Doctor Dentist is
coming to Buchan and Gelantipy**

We are offering check-ups, treatment and
oral health advice from 17 July 2018

**To book an appointment call the Flying
Doctor Dental team on (03) 8412 0444**

**Buchan
CFA Base
Main Road, Buchan**

**Gelantipy
Bush Nursing Centre
1 Saleyard Rd, Gelantipy**

Who can receive treatment in the Flying Doctor Dental Clinic:

- Anyone living in the Gelantipy and Buchan area can have a check-up and treatment at our clinic at no cost.

To find out more or to download your **free colour-in teeth-cleaning calendar** go to flyingdoctor.org.au/vic/our-services/mobile-dental-care/

**No Cost
Visiting Buchan
From 17th July
Please support
this service**



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.



BBNA Newsletter is on the Buchan Community Website: <http://buchan.vic.au>

HYDRATION DURING THE COOLER MONTHS

With the coldest season setting in, it is important to keep your body hydrated. Without fluids your body won't function optimally. Here's what will happen if you don't drink enough fluid:

- Your body temperature and heart rate will rise. That's because when the total amount of water in your body is below normal level (hypohydration) your body can't properly regulate heat.
- You'll feel more fatigued than usual.
- You won't think clearly – your motor control, decision-making abilities and concentration will decrease.
- Your body's functions will slow – this includes gastric emptying, so you may feel uncomfortable in your stomach.
- Your performance in sport or exercise won't be as good as it could be. The impact is even worse when you're active and dehydrated in hot conditions.



Drinking enough fluids will help to maintain your concentration and performance, increase your endurance, and prevent excessive elevations in heart rate and body temperature. **It's all about sufficient hydration.**

Information: Better Health Channel

BBNA Annual Subscriptions

Membership Fees are due on 1st July for 2018 – 2019

Cost: 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.

Parenting is one of the most important jobs we do sometimes it isn't easy!

Do you have children aged between 4 and 12 years?

Would you like to:

- Learn about how you can reduce your child's challenging behaviours
- Have strategies to increase the behaviours you would like to see more of
- Build your child's self-esteem and positive social skills
- Learn how to give your child the attention they need in positive and fun ways
- Introduce household rules that support positive behaviour and relationships
- Learn from and with other parents who want these things too

Yes! Then the FREE 'Incredible Years' Parenting Program is for you!

What is The Incredible Years Parenting Program?

- An evidence based, proven program that strengthens parenting skills and confidence and improves children's social and emotional behaviour
- A safe, friendly environment
- Facilitated by experienced Early Childhood and Family Support Workers
- A series of 12 weekly sessions that run for 2.5 hours each

WHERE: Buchan Neighbourhood House

WHEN: Monday's starting 23rd July 2018

TIME: 9:30 to 12 noon

**This program is FREE! Refreshments provided
Free supervised children's activities for younger siblings**

To find out more or register in the Incredible Years Program ...

The friendly facilitators will be at Buchan Neighbourhood House so drop in and have a chat about the program or register:

Monday 9th & 16th July from 10am to 11am

Come and say hi to Cathy and Jo. Be quick, register your interest in the Program as places are limited!!

You can also enquire or register by calling Cathy on 5153 7533 or email cathryn.wade@savethechildren.org.au

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
2	3	4 Pathology Doctor's Clinic	5	6 Pathology	7	8
9 Footcare 'Food, F/ship & Fun' 14 th Birthday lunch –  12noon	10	11 Pathology	12	13 Pathology	14 Buchan v Omeo Benambra	15 Scrapbooking
16	17	18 Pathology	19	20 Pathology	21 Buchan v Bruthen	22
23 Footcare 'Food, F/ship & Fun' lunch – 12noon Finance S/C. Meeting	24	25 Pathology Doctor's Clinic COM Meeting	26	27 Pathology	28 Swan Reach v Buchan	29