

BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER - MARCH 2019

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 - 25th March

Guest speaker Elizabeth re: planned activity group options. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for eligible BBNA members \$10 / other eligible non member \$15 / other community members \$15.** Bookings are essential Thursday prior to the lunch. ALL WELCOME. Program partner: DHHS & Caves Hotel.

SCRAPBOOKING

Sunday 3rd & 17th March at 10am.

Where: Bush Nursing Centre.

RSVP to Anne by Wednesday 27th

February & 13th March.

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

- 1st. 2 nights' accommodation and Cave Tour tickets at Buchan Caves Reserve. Donated by Parks Vic. Winner: Karen Devey
- 2nd. Oil Painting. Donated by local artist Heather Livingstone. Winner: Paul Berry
- 3rd. Boat cruise on Gippsland Lakes. Donated by Peels Cruises. Winner: Donald Graham
- 4th. Cooler Bag. Donated by Racing Victoria. Winner: Jeff Wilson

Proceeds from the raffle was approximately \$1200 which is shared between the Racing Club and the Bush Nursing Centre. We would like to take this opportunity to thank everyone who contributed to this fundraiser.

Thank you all for your support!

CLIENT SURVEY INCLUDED IN THE JANUARY NEWSLETTER

Due to the low number of surveys returned we have extended the time frame to **15th March, 2019**. Feedback from this survey will assist us to review the effectiveness of the Centre in meeting its goals and to plan for our future. We would appreciate if you could complete the survey and return it to the Centre. If you require another copy please contact the Centre.

~VALE~

**The members of the Buchan
Bush Nursing Association Inc.
are saddened by the passing of
Jean Douglass.
She was a long serving nurse and
Honorary Member of the
organisation.**

EAST GIPPSLAND WATER – MEDIA RELEASE

Safeguarding Buchan water supplies from bushfire impact

East Gippsland Water is temporarily bolstering its water storages in Buchan with carted water. Bushfires and recent rain events have rendered the water flowing down the Buchan River too dirty to treat and supply to customers. The standpipe has also been taken out of service until further notice, to help conserve drinking water supplies.

DATES FOR THE MONTH

*Dr. Tan – Wed. 13th 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. 4th & 18th 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>

Drought Relief Assistance

At present there are some Government avenues for farming families to receive help. Below is a list of the possible areas that help may be sought.

- On-Farm Drought Infrastructure Support Centre (up to \$5,000). Call Rural Finance on 1800 260 425 or www.ruralfinance.com.au
- Centrelink: The "Farm Household Allowance" – The Australian Government makes an income support payment available to eligible farmers and their families experiencing financial hardship. Call 13 23 16 or www.humanservices.gov.au
- Rural Financial Counselling Service – Free financial counselling to farmers and small related businesses who are in, or at risk of, financial hardship. Counsellors can assist applicants to apply for the Farm Household Allowance. Call 1300 045 747 or www.agriculture.gov.au/afarm-food/drought/assistance/rural-financial-counselling-service
- Farmer assistance hotline – Information on the Australian Government's support services available to farmers and rural communities. Call 13 23 16 or www.humanservices.gov.au
- Regional Investment Corporation Farm Business Concessional Loans - Call 1800 875 675 or www.ric.gov.au
- Farm Debt Mediation: Call The Agriculture Vic Information line on 13 61 86 or www.agriculture.vic.gov/agriculture/farm-management/business-management/farm-debt-mediation
- Aussie Helpers: Email or chat to Aussie Helpers Psychologists at www.virtualpsychologist.com.au or if you prefer SMS or phone 0488 807 266. Aussie Helpers Charity 1300 665 232.
- RFDS Counselling Services – email wellbeing@rfdsvic.com.au or phone 03 8412 0400.
- Other services that may provide some assistance e.g. Rotary, Lions Clubs or Church groups.

Carer Workshops

The following workshops are open to **ANY CARER** in **ANY CAPACITY**.



The workshops are **FREE**.

Each workshop runs for approximately 3-4 Hours.

The Art of Communication will be held on Monday 25th March, 2019 at the Buchan Neighbourhood House at 10am.

There will be a series of 5 other workshops over the months of April and May based on interest.

Other workshops include:-

- The Carers Journey – Introduction to Caring and Wellness
 - The Emotional Rollercoaster – Carer's First Aid
 - The Carer's Grief Journey
 - Relationships – Me, Myself, I and Others
 - Relationships – Differences and Stress
- Please contact the Centre if you require a Registration Form.

MOUNTAINS PROJECT COMMUNITY RESILIENCE GET-TOGETHER

When: Friday 22nd March, 2019

Where: CFA Hall Swifts Creek

Time: 11am – 2.30pm


Focus on "Self-care"

- Relax and recharge
 - Lunch provided
 - Join in with the activities
 - Be supported & support
- All community members are welcome

Bookings essential:

Phone Rowena @ Highcountry Patrol 0409 111 996

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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. 				1 Pathology	2	3 Scrapbooking
4 Footcare	5	6 Pathology	7	8 Pathology	9	10
11 PUBLIC HOLIDAY CENTRE CLOSED	12	13 Pathology Doctor's Clinic	14 Building & Grounds S/C. meeting 4.30pm	15 Pathology	16	17 Scrapbooking
18 Footcare	19	20 Pathology	21 Comp. & OH&S S/C. meeting 9am	22 Pathology	23	24
25 'Food, F/ship & Fun' lunch – 12noon	26	27 Pathology Finance S/C. & CoM Meeting	28	29 Pathology	30 Buchan v Swifts Creek	31