

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER - SEPTEMBER 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 – 9th & 23rd

September. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for an eligible BBNA member is \$10. Other eligible non BBNA member/non eligible BBNA member \$15. Non eligible & non BBNA member \$20.** Bookings are essential Thursday prior to the lunch. ALL WELCOME. Program partner: DHHS & Caves Hotel.

SCRAPBOOKING

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

Bouncing back from life's challenges – Flying Doctor Wellbeing workshop at the Buchan Hotel

Living in rural and remote communities comes with many unique challenges, which is why resilience is an essential tool to have. Resilience can help you to manage through and bounce back from tough times.

Join Peter Quin, Mental Health Clinician with Royal Flying Doctor Service Wellbeing program for a one-hour workshop on 'Bouncing back from life's challenges' at **5:30pm on Tuesday 17th September at the Buchan Hotel.**

As Peter has lived and worked in Gippsland for 23 years, he understands the specific challenges faced by rural and remote communities and the impact these challenges have on people's mental health and wellbeing. Peter says, "Resilience can be developed by learning how to better accept challenging situations and feelings, and understanding our strengths to help us cope".

Peter will talk about resilience and give community members practical tips and strategies on how to improve and maintain your wellbeing in difficult circumstances.

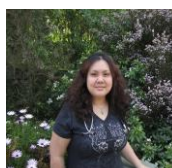
Anyone is welcome to attend, no RSVP required. Light refreshments and take-home resources will be provided. For more information, please contact the Flying Doctor Wellbeing team on (03) 8412 0480 or email at wellbeing@rfdsvic.com.au.



THANK YOU

The Buchan Bush Nursing Centre COM and staff would like to thank

Dr. Anthea Tan for her valued service for many years in our community. We wish her well in future endeavours.



BreastScreen van returns to East Gippsland with free breast screens. Where: Wolseley Street Carpark, Orbost. When: 23rd Sept.–11th Oct. '19 Call 13 20 50 or visit breastscreen.org.au to book.

New purchase

A new emergency trolley has been purchased from an accumulation of recent donation money. This replaces the trolley that was purchased in early 1980's. Thank you to all contributors.



DATES FOR THE MONTH

Dr. J. Vardhi - Wed. 18th September

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. 9th & 23rd September
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>

Women's Health Week 2nd - 6th September

The five days of Women's Health Week are all about women supporting women to improve their health and wellbeing. By signing up, you'll receive an email each day (September 2-6) with information, tools and tips to help you unlock your own powers for good health. Each day at 1pm AEST a health expert will be live on the Facebook page to give women's health insights, share personal stories and dispel health myths.

Day 1 - Mighty movement

We're kicking things off with the powerful theme of movement. Let's learn how to move more and stay motivated, and take a step towards a stronger, healthier you...

Day 2 - Bathroom boss

Bladder, bowel and gut health are important business for your health overall. Learn how to improve the health of these body parts, instead of just trying to get by.

Day 3 - Reproductive health

Whether you're thinking about your future fertility, having issues falling pregnant, looking for the right contraception choice or just wanting some help for your hormonal health – getting the right advice, information and support are key.

Day 4 - Treasure chest

We're talking about chest health... the health of your heart, the health of your breasts. Make it your mission to gain the knowledge and skills to protect these important body parts, one heartbeat at a time.

Day 5 - Mastering your mind

Take a moment for mental health. Become the master of your own mind, press pause on the busy button and learn how to tackle issues such as worry, anxiety, exhaustion and loneliness head on.

Website: jeanhailes.org.au

Carer Workshop



The following workshop will be held at the Buchan Neighbourhood House on 25th September, Time 10am - 1.30pm - Managing Change and Caring. For more information please email Joanna.Aquila@grow.org.au.

EXPRESSION OF INTEREST FOR A CONSUMER ENGAGEMENT SUBCOMMITTEE

A BBNA Consumer Engagement Committee (CEC) is being created as an acknowledgment of the valued partnership we have with BBNA consumers (patients, carers, family members) and our community. Financial members of the BBNA are invited to volunteer for our Consumer Engagement Sub-committee. It requires the capacity to reflect on and present community issues, rather than focusing on personal concerns or individual issues. The role of the subcommittee will be to:

- advise on priority consumer issues and views
- represent the community in BBNA planning and reporting
- advocate on behalf of the community
- ensure the BNC maintains open communication with the community
- identify staff and community training opportunities.

There will be at least two meetings a year. For additional information please contact the Centre or the Consumer Engagement Representative, Sue Dalley.

Expressions close: Monday, 23rd September, 2019.

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30		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
2	3	4 Pathology	5	6 Pathology	7	8
←		Women's Health Week & National Stroke Week				→
9 Footcare 'Food, F/ship & Fun' lunch – 12noon	10	11 Pathology	12 Compliance & OH&S S/C Meeting 9am	13 Pathology	14	15 Scrapbooking
16	17 RFDS Wellbeing Workshop at Caves Hotel 5.30pm	18 Pathology Doctor's Clinic	19	20 Pathology	21	22
23 Footcare 'Food, F/ship & Fun' lunch – 12noon	24	25 Pathology Carer's Workshop Finance S/C. & CoM Meeting	26	27 PUBLIC HOLIDAY CENTRE CLOSED	28 AFL Grand Final Day	29
BreastScreen Van in Orbost, 23 rd Sept. – 11 th Oct.						