

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER - NOVEMBER 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 – 11<sup>th</sup> & 25<sup>th</sup>

**November.** 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: Caves Hotel.

### SCRAPBOOKING

Sunday 3<sup>rd</sup> November at 10am.

Where: Bush Nursing Centre. RSVP to Anne by Wednesday 30<sup>th</sup> October.

### Remembrance Day Service

Monday 11th November, 2019

10.15am Gather at the Avenue of Honour.

Commemorating Flowers of War.

Contributions for Morning Tea are very welcome.



### BBNA ANNUAL GENERAL MEETING

Following the AGM the following members were elected to the Committee: President: Julie Cameron, Secretary/Treasurer: John Rogerson, Sen. Vice Pres.: Bronwyn Graham, Jnr. Vice Pres.: Janice Coates, OH&S Rep.: Keith Greenwood, Consumer Rep.: Sue Dalley, Fundraising Officer: Vicki Hanman, Committee Members: Amanda Curlewis.

### Carers Support Group

If you are a carer for a loved one, in ANY

**CAPACITY** You can be part of a peer-group

(face to face) support group, meeting over a cuppa to share experiences, to learn from lived-in experiences and to know that you are not alone.

**When:** Wednesday 20th November 2019 **Time:** 10.00am – 12 Noon

**Where:** Bush Nursing Centre

**Facilitator:** Jo Aquila – Carer Support Officer



### Hearing Clinic – Tuesday, 26th November, 2019

**Rediscover the sounds you love!** Take the first step with a **free \*** hearing check at the Buchan Bush Nursing Centre.

**\*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program.**

A hearing check is a screening that helps identify people that may have hearing loss. **Book early – limited appointments available.**

In partnership with Hearing Australia.



### WOMEN'S CLINIC – including Pap Smears

A Women's Clinic is available at the Bush

Nursing Centre – **Thursday, 28<sup>th</sup> November, 2019.**

A small fee will apply. Bookings are essential.

Issues that you may like to discuss can include incontinence, menstrual discomfort, menopause and any associated issues.

Please ring the Centre for more information or to make an appointment.

This service is provided by Bairnsdale Regional Health Service.



### DATES FOR THE MONTH

*Dr. J. Vardhi - Wed. 20<sup>th</sup>*

*November*

*Appointments 5155 9222*

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*Maternal & Child Health—*

*Appointments 5152 0052*

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*Immunisation— Anne Brewer*

*Appointments 5155 9222*

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*Pathology—Wed. & Fri. am.*

*Appointments 5155 9222*

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*Women's Clinic –28<sup>th</sup> November*

*Appointments 5155 9222*

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*'Neatfeet' Footcare —*

*Mon. 4<sup>th</sup> & 18<sup>th</sup> November*

*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>

## Unpacking the Mental Load

Continued from previous newsletter.

**High stress times** – it helps to recognise that some points in our life might bring us more emotional challenges. There are 2 stages of life that are particularly stressful for women in terms of managing mental load and juggling multiple roles. The first is when you have young children. Trying to work part time, worrying about sick leave, school holidays, so many activities for kids, busy weekends, trying to maintain couple intimacy, trying to be still part of an extended family, trying to maintain a social media friendship support network and trying to juggle your own health and exercise – it can be really tough. The other stage is at menopause, when fatigue and pressure of raising teenagers combine with the stress of caring for ageing parents. There are ways to ease that sense of being overwhelmed. It starts with pausing to take an audit of your commitments, then prioritising what is essential and what can be delegated or delayed. Often we just keep propelling ourselves towards a certain direction without actually standing outside of it and checking whether it works for us or what we could do differently. Trying to carve out time for regular exercise is important, along with getting enough sleep and having a balanced diet.

**Say no** - One of the greatest skills a woman can master is learning how to say no and not over commit. A lot of women don't have the capacity to say no, but need to understand that being assertive is not being mean to other people. There's a lot of work around valuing yourself and what messages you give yourself. Reaching out for support from family, friends and neighbours is an important protective factor in preventing burnout, as is taking breaks – whether a long holiday, or a few minutes of “alone time” each day – to recharge and reflect. Taking time to step back and ask what is really important to you is a critical factor in managing mental load. If you can get that sorted, then a lot of other things fall in place because you realise if it's not done perfectly it doesn't matter.

### 3 Things to know

1. Learning to recognise that taking time out is not selfish, but important for recharging, is a good step in easing the mental load.
2. Regular exercise, adequate sleep, a healthy diet, a strong support network and not overcommitting can all help.
3. Learning to say no can be difficult for many women who are used to multi-tasking, but with patience, delegating and delaying non-essential tasks can make life much less stressful and more productive.

*For more information visit [www.jh.today/mind5](http://www.jh.today/mind5)*

## NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>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.</p> 				<b>1</b> Pathology	<b>2</b> <div>Flower &amp; Arts n Craft &amp; Photography Show</div>	<b>3</b> Scrapbooking
<b>4</b> Footcare	<b>5</b>  PUBLIC HOLIDAY CENTRE CLOSED	<b>6</b> Pathology	<b>7</b>	<b>8</b> Pathology	<b>9</b>	<b>10</b>
<b>11</b>  'Food, F/ship & Fun' lunch – 12noon	<b>12</b>	<b>13</b> Pathology	<b>14</b>	<b>15</b> Pathology	<b>16</b>	<b>17</b>
<b>18</b> Footcare	<b>19</b>	<b>20</b> Pathology Doctor's Clinic Carers Support Group	<b>21</b>	<b>22</b> Pathology	<b>23</b>	<b>24</b>
<b>25</b> 'Food, F/ship & Fun' lunch – 12noon Safety & Quality S/C Meeting 3.30pm	<b>26</b> Hearing Clinic	<b>27</b> Pathology Finance S/C. & CoM Meeting	<b>28</b> Women's Clinic	<b>29</b> Pathology	<b>30</b> <b>FREE EVENT</b> Community gathering at the Hall 6pm BBQ dinner, Music by Gippsland Band 'Your Shout'. Tickets available at the Bush Nursing Centre & Neighbourhood House	