

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – MARCH 2020

### 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 – 23<sup>rd</sup> March.** 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 15<sup>th</sup> March at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 11<sup>th</sup> March.

~ VALE ~

The members of the Buchan Bush Nursing Association Inc. are saddened by the passing of Frances Haldane. She was a valued President and Committee Member. Our condolences to her family.



### DATES FOR THE MONTH

Doctor Clinic - Wed. 18<sup>th</sup> 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. 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> March

Appointments 5155 9222

### Buchan and Gelantipy District Bushfire Committee will hold an Inaugural Meeting on Monday, 2<sup>nd</sup> March, 2020 at the Recreation Pavilion at 7pm.

At this meeting the Executive will be elected.

All General Members are welcome.

Should you have any questions regarding this meeting please contact East Gippsland Shire Council's Community Planning Officer, Suzie Healy on [suzieh@egipps.vic.gov.au](mailto:suzieh@egipps.vic.gov.au) or 0429 467 794.

### LASA Tri-State Conference held in Albury 24th & 25th February.

Anne Brewer participated in a panel discussion on response, recovery and renewal. While the focus was essentially on aged care there were several learnings to take forward. Business continuity plans need to be developed for longer term disasters, the need to be self-reliant within a business, organisation or community. Build capacity within but recognise the need to ask early for help. Consider what that help needs to look like. Learn from your own experience and be prepared to share both the good and the bad. Learn from the past and build for the future.

### Victorian Bushfire Case Support Program

The Victorian Bushfire Case Support Program can provide practical support for people who have been affected by the bushfires. Case Support Co-ordinators can help you with:

- discussing your needs and the next steps you could take
- information and support to access services
- completing paperwork and accessing grants
- community information
- financial counselling and assistance with insurance
- advise for business owners
- financial support to help with immediate needs.

Support can be provided face to face, over the phone or at a location that suits you. **This is a FREE service.**

To access the Case Support Program: call 1800 560 760 or email [bushfirerecovery@windermere.org.au](mailto:bushfirerecovery@windermere.org.au)

For more information about grants, clean-up, fencing, community recovery and other issues visit [brv.vic.gov.au](http://brv.vic.gov.au) or call 1800 560 760

### 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>

### **Volunteer and boost your health**

Over the past weeks our community has seen many volunteers offering to assist with a broad range of duties. Volunteering is great for our health – it makes us feel good while helping others in the process. Volunteers are generally happier, healthier and have lower rates of depression.

### **Boost your health**

Research shows people who volunteer have better health and **wellbeing**. Some in the field, say it makes them happier, gives them a sense of self-worth and helps them sleep better. Other reports show that volunteering can help us live longer, improve our brain function and reduce our risk of **depression** and **heart disease**. So, what are you waiting for? Go out and have some fun!

### **Make new friends**

Loneliness can be detrimental to our health. Volunteering breaks down social barriers and improves the **wellbeing** of volunteers and the people they work with. You may even find some lifelong **friends**. Just being there for another person can make them smile – it's a win, win all round!

### **Build your confidence**

Whether you're an introvert or an extrovert, we could all do with a confidence boost at times. People are grateful for any help, however big or small. Helping others also increases our **self-esteem**.

*Information: Better Health Channel Website*

Think about joining a Club, Committee or organisation, it's a great way to stay busy and connect with others. We take this opportunity to thank everyone who has volunteered within our community over recent weeks.

### **East Gippsland Water - Community BBQ**

**When:** Monday, 16<sup>th</sup> March, 2020 **Venue:** Buchan Recreation Reserve **Time:** 5p.m. – 6.30p.m.  
Come and listen to the East Gippsland Water discuss water quality and the treatment plant process. Tours of the Treatment Plant will be offered.  
RSVP: Buchan Bush Nursing Centre or Neighbourhood House by Thursday, 12<sup>th</sup> March, 2020

### **Carer Workshop - Navigating the System**

Guidelines for effective connection in communicating with professionals and organisations.



### **Workshop will offer:**

- How to communicate and devise plans and the outcomes that meet the mutual benefit of all parties involved
- Adopt strategies that can allow you to work more effectively as part of a 'system' – be it health, educational, legal, carer focused support
- Identify the benefits of acceptance and adaptability when interacting with professionals, organisations and processes
- Help you to experience improved working relationships with organisations

**When: Wednesday 25th March, 2020**

**Time: 10.00am – 2pm (includes lunch)**

**Where: Buchan Neighbourhood House**

**Please register with Jo Aquila – Carer Support Officer  
Mobile 0435 743 894.**

### **Cultural Diversity Week**

Cultural Diversity Week will be held from 21 – 29 March with the theme 'Curiosity. Conversation. Community.'

## **MARCH 2020**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> Footcare	<b>31</b>	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. 				<b>1</b>
<b>2</b> Footcare Bushfire Inaugural meeting 7pm	<b>3</b>	<b>4</b> Pathology	<b>5</b>	<b>6</b> Pathology	<b>7</b>	<b>8</b>
<b>9</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>10</b>	<b>11</b> Pathology	<b>12</b> Safety & Quality S/C Meeting 9am Consumer Engagement S/C Meeting 4pm	<b>13</b> Pathology	<b>14</b>	<b>15</b> Scrapbooking
<b>16</b> Footcare East Gippsland Water - BBQ 5pm	<b>17</b>	<b>18</b> Pathology Doctor's Clinic	<b>19</b>	<b>20</b> Pathology	<b>21</b>	<b>22</b>
<b>23</b> 'Food, F/ship & Fun' lunch – 12noon	<b>24</b>	<b>25</b> Pathology Navigating the System @ N'hood House Finance S/C. & CoM Meeting	<b>26</b>	<b>27</b> Pathology	<b>28</b>	<b>29</b>
Cultural Diversity Week 21 <sup>st</sup> March – 29 <sup>th</sup> March						