

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – JULY 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 – 13<sup>th</sup> & 27<sup>th</sup> July.** 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

To be advised.

A Consumer Engagement Subcommittee has been formed to represent consumers and feedback issues and views and advocate on behalf of the community. Members are:  
Sue Dalley Mob. 0407 539 738  
Michael Harper Mob. 0492 852 854  
Grace Davis Mob. 0457 583 940  
Gina Cantarella Mob. 0411 583 236  
Please make contact if you have any queries.



### DATES FOR THE MONTH

*Doctor Clinic –  
Wed. 1<sup>st</sup> & 22<sup>nd</sup> July  
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 – To be advised  
Appointments 5155 9222  
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*'Neatfeet' Footcare –  
Mon. 13<sup>th</sup> & 27<sup>th</sup> July  
Appointments 5155 9222*

### Country Women's Association & Red Cross donations

The CWA and Red Cross have distributed some wonderful winter clothing that the East Gippsland group and city branches donated for drought and fire affected areas in East Gippsland. Feel free to visit the BBNA to have a look at the items.

Pictured: Ann Guy, Joanne Alderman & Anne Brewer



### BBNA Annual Subscriptions

**Membership Fees are due on 1<sup>st</sup> July for 2020 – 2021**

**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. See attached flyer for more details.*

### Royal Flying Doctor Dental Clinic

The Flying Doctor Dental Clinic will be returning to Buchan to provide dental services to the community from Monday 14th September to Friday 23rd October – dependant on demand. The truck will be parked outside the Buchan CFA building. For bookings please call the Health Line on (03) 8412 0444.

### RFDS Wellbeing Program

Sessions are being offered at the Bush Nursing Centre via telehealth and face to face. Please ring the Centre to arrange an appointment.

### Doctor's Clinic

Doctor Clinic appointments are currently being conducted via telehealth. If you would like to attend an appointment at the Centre on 1<sup>st</sup> & 22<sup>nd</sup> July, please call 5155 9222 to book.

### Coronavirus information

To stay informed, visit [www.health.gov.au](http://www.health.gov.au) or call the Coronavirus Health Information line on 1800 020 080, 24 hours a day, seven days a week.

**\*\*\* MAINTAIN SOCIAL DISTANCING \*\*\***

### **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>

### Breathing to reduce stress

When a person is under stress, their breathing pattern changes. Typically, an anxious person takes small, shallow breaths, using their shoulders rather than their diaphragm to move air in and out of their lungs. This style of breathing disrupts the balance of gases in the body. Shallow over-breathing, or hyperventilation, can prolong feelings of anxiety by making the physical symptoms of stress worse. Controlling your breathing can help to improve some of these symptoms.



### Relaxation response

When a person is relaxed, they breathe through their nose in a slow, even and gentle way. Deliberately copying a relaxed breathing pattern seems to calm the nervous system that controls the body's involuntary functions.

### Abdominal breathing

There are different breathing techniques to bring about relaxation. The general aim is to shift from upper chest breathing to abdominal breathing. You will need a quiet, relaxed environment where you won't be disturbed for 10 to 20 minutes. Sit comfortably and raise your ribcage to expand your chest. Place one hand on your chest and the other on your abdomen. Concentrate on your breath and try to gently breathe in and out through the nose. Your upper chest and stomach should be still, allowing the diaphragm to work more efficiently with your abdomen rather than your chest. With each breath, allow any tension in your body to slip away. Once you are breathing slowly and with your abdomen, sit quietly and enjoy the sensation of physical relaxation. *Better Health Channel Website*

### Mindful breathing

Before you begin to alter it pay attention to the pace and depth of breath. Are you taking deep breathes or shallow? Are you breathing quickly or slowly? Becoming aware of your breathing can help you to become more mindful of your body's response to stress, and can help you to notice when you need to deliberately relax your breathing. Counting backwards whilst slowing breathing can create a distraction from the stress while breathing helps the body relax.

### BBNA Resources

Books written and illustrated by Matthew Johnstone have been kindly donated by Pan Macmillan Australia are available from the Centre to help people cope during tough times. They include strategies to help deal with anxiety. These books have been written to help people struggling with mental health issues at any time of life. With all that has been endured in recent events there is growing demand for mental health support. The following books can be borrowed from the Centre:- Alphabet of the Human Heart, The Big Little Book of Resilience, I Had a Black Dog, Living with a Black Dog, Quiet the Mind and Stress Less.

### Buchan BlazeAid – still open for business

You may not be aware but the Buchan BlazeAid camp and volunteers are still working with landowners to replace damaged fences across the District. The BlazeAid camp at Buchan has recently opened up to new volunteers and would particularly welcome volunteers from the local community. The camp is located at the Buchan Racecourse but is currently closed for 'drop ins' so the best way to register or to check your registration, is to give the Buchan Camp Coordinator Graeme a call on 0477 488 434.

## JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> Pathology Doctor's Clinic	<b>2</b> RFDS "Sleep better" session at Buchan CFA 7pm	<b>3</b> Pathology	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Pathology B & G S/C Meeting 10am	<b>9</b>	<b>10</b> Pathology	<b>11</b>	<b>12</b>
<b>13</b> Footcare 'Food, F/ship & Fun' lunch – 12noon	<b>14</b>	<b>15</b> Pathology	<b>16</b> S&Q S/C Meeting 9am	<b>17</b> Pathology	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Pathology Doctor's Clinic Finance S/C. & CoM Meeting	<b>23</b>	<b>24</b> Pathology	<b>25</b>	<b>26</b>
<b>27</b> Footcare 'Food, F/ship & Fun' lunch – 12noon	<b>28</b>	<b>29</b> Pathology	<b>30</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.		

