

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – SEPTEMBER 2020

### REGULAR PROGRAMS

Due to the Coronavirus crisis our regular programs have been cancelled until further notice.

### When do I have to wear a face covering?

Unless an exception applies, you must wear a face covering when you leave your home. This includes travelling on public transport, or with people outside of your household. You are not required to wear a face covering when driving with someone from your household, or if you are driving for work purposes on your own, for example, if you are a delivery driver.

Cloth masks are available to purchase from the Centre.  
Cost \$2.00 each.



### Women's health. Powerful stuff. Women's Health Week 7<sup>th</sup>-11<sup>th</sup> Sept.

Women's Health Week is a nation-wide campaign of events and online activities – all centered on improving women's health and helping you to make healthier choices. Sign up at [www.womenshealthweek.com.au](http://www.womenshealthweek.com.au) COVID has altered the social scene, so join the online community, you can even host an online event.

Then, on each day of Women's Health Week, focus on an important women's health topic. You'll receive a daily email with videos, recipes, quizzes, articles and tools to help you unlock your own powers for good health. All the health information produced is based on research and reviewed by an expert medical team.

### BBNA ANNUAL GENERAL MEETING

Due to Covid-19 this year's meeting will be conducted via ZOOM on **Wednesday 23rd September, 2020 – 6pm.**

Contact the Centre to enable the link to be forwarded prior to the meeting.

Currently there are 4 vacant committee positions.

Nomination forms are available at the Centre.

Completed forms need to be returned to the Secretary by **Thursday 17th September, 2020.**

Only financial members of the Buchan Bush Nursing Assoc. have voting rights and are eligible to be elected to the Committee of Management.

**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.

### Royal Flying Doctor Dental Clinic

Due to Covid-19, restrictions have been placed on dental services by the Australian Dental Association and Dental Health Services Victoria. It is with regret that the Flying Doctor Dental Service has been postponed. All clients that have already made an appointment through the Health Line, will be contacted accordingly. Once restrictions have eased, arrangements will be made for the Flying Doctor Dental Clinic to return.  
Call (03) 8412 0444 for any further information.



### 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 \*\*\***

### DATES FOR THE MONTH

*Doctor Clinic –*

*Wed. 2<sup>nd</sup> September*

*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. 14<sup>th</sup> & 28<sup>th</sup> 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>

**Getting ready to ask** – Am I in a good headspace? Can I give as much time as needed? Am I willing to genuinely listen? **Am I prepared?** Do I understand the answer may be “no I am not ok”? Do I understand I cannot fix someone’s problems? Do I accept they may not be ready to talk, or not want to talk to me? **Picked my moment?** Have I chosen somewhere quiet and comfy, Have I figured out a time which would be good for them? Do I have enough time to chat?

**1. ASK ARE YOU OK?**

Pick the right time and place to start the conversation. Mention specific things which have made you concerned for them, like “you seem less chatty than usual? How are you going?”

**2. LISTEN**

Take what they say seriously – don’t interrupt, don’t rush them. Encourage them to explain “How are you feeling about that” or how long have you felt that way?” Listen without problem solving. Have an open mind.

**3. ENCOURAGE ACTION**

Help them think of the next steps they could take to help them manage their situation. “Where do you think we can go from here?” If they have been down for more than 2 weeks encourage them to see a GP, Bush Nurse or phone one of the helplines. Be positive about the roles of professionals in getting through tough times.

**4. CHECK IN**

Schedule a reminder to call them in a couple of weeks. If they are really struggling, follow up sooner. Stay in touch and be there for them. “I’ve been thinking of you and wanted to know how you have been going since we last chatted?” “Did you call any of the numbers I gave you?” “How’d you go speaking to the Doc?”

**Remember these simple conversation steps**



**1. Ask RU OK?**



**2. Listen with an open mind**



**3. Encourage action**



**4. Check in**

**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.

**BBNA Resources**

Books 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, Relaxation CD’s are also available.

**SEPTEMBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b> Pathology Doctor’s Clinic	<b>3</b>	<b>4</b> Pathology	<b>5</b>	<b>6</b>
	<b>8</b>	<b>9</b> Pathology	<b>10</b> <b>RU OK DAY?</b> S&Q S/C Meeting 9am	<b>11</b> Pathology	<b>12</b>	<b>13</b>
<b>14</b> Footcare	<b>15</b>	<b>16</b> Pathology	<b>17</b>	<b>18</b> Pathology	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Pathology Finance S/C Annual General Meeting @ 6pm & CoM meeting	<b>24</b>	<b>25</b> Pathology	<b>26</b>	<b>27</b>
<b>28</b> Footcare	<b>29</b>	<b>30</b> Pathology		<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> 		