

# BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – DECEMBER 2021

See insert for programs and calendar

## EMERGENCY NUMBERS

**Police / Ambulance / Fire—000**

**Buchan Police—5155 9268**

**Bush Nursing Centre —**

**Buchan 5155 9222**

**Gelantipy 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.**



## 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.

**\*\*\* SANITISE & MAINTAIN  
SOCIAL DISTANCING \*\*\***

## COVID-19 Vaccination CLINIC in BUCHAN

Gippsland Public Health Unit

COVID-19 Vaccination Booster Clinic will be held at the Bush Nursing Centre early in 2022

**The Pfizer vaccine will be available for everyone aged 12 and over**

Please ring the Centre express your interest



## Staying Healthy over the Holidays

### Drink smart

Did you know that 1 in 5 adults exceed Australia's lifetime alcohol risk guidelines? Space alcoholic drinks with non-alcoholic alternatives like soda or mineral water with fresh fruit. A beer or wine is equivalent to 600 kilojoules which takes a 20 run or 30 minute walk to burn off.

### Do some additional exercise

Extra holidays can provide a great opportunity for some fun activity to help burn off those extra kilojoules – a walk around the streets to see Christmas displays, backyard cricket or a swim.

### Have healthy, fresh foods available

Such as stone fruits, berries, salad and seafood as long as it's not battered and deep-fried. Grilling and barbecuing are the healthiest cooking options. Remember: Christmas is only one day! If you stock up on lots of goodies for the Christmas/New Period, you're setting yourself up for at least a month of indulging.

### Limit portion size

Have smaller helpings of favourite foods and eat slowly. Be cautious about the size of drinks. Reduce the size of plates and glasses to help reduce consumption.

### Take action before a Christmas party

If you're going out for dinner, then have a lighter lunch or plan to do some extra exercise that day – or have a healthy snack to take the edge off hunger. At Christmas parties, stand a little away from the food table. Reach for a soda and fresh lime and rather than trying all the foods on offer at a party, choose a few favourites.

### Share Christmas treats with others

Take the chocolates, candy canes, or bottles of wine you've been given to parties and share them.

### Get enough Sleep

With all the partying and fun pursuits, don't forget the importance of sleep. Sleep is time for your body to rest and repair, and inadequate sleep can play havoc with your internal body clock. Growing research shows a link between a lack of sleep and weight-gain, type 2 diabetes, heart disease and an increased risk of accidents. Aim for between 7–8 hours sleep each night. *Sourced from ethoshealth.com.au*

## Buchan Bush Nursing Centre GP Doctors Clinic

As of 1<sup>st</sup> December 2021 new charges apply.

Cost to see GP will be \$60. Medicare Rebate is \$38

The fee gap will equate to approximately \$22.



BBNA Newsletter is on the  
Buchan Community Website:  
<http://buchan.vic.au>

### **Healthy food gift ideas for Christmas**

Seasonal fruits like mango, apricots, berries and cherries.  
Mixed nuts and dried fruits, like dates and apricots.  
Condiments like chutneys, relishes, tapenades, dried herbs and spices. Scented and herbal teas  
Gardening gifts: pots of herbs, a worm farm, seeds for summer garden favourites, like strawberries or tomatoes  
Flavoured vinegars. Healthy cooking classes.  
Decorative jars filled with unsalted raw or roasted nuts  
Magazine subscription – Healthy Food Guide  
Something for the vegetable garden – garden tools, seedlings, seeds...

### **Gifts to help us stay active over Christmas**

Exercise equipment: skipping rope, boxing gloves, hand weights, a yoga mat  
Sports equipment: tennis racquet, swimming goggles, towel, sports shoes or socks  
Gym membership or a session with a personal trainer or exercise physiologist  
Exercise gadgets: eg. food and exercise trackers such as FitBit. *Sourced from ethoshealth.com.au*

### **~ Reminder of current fitness classes ~**

In Your Corner Boxing  
Wednesdays @ the Buchan Rec Reserve  
**5pm - Primary School age**  
**6pm - Males Session**                      **6pm - Females open session**  
These are free exercise sessions, just bring a mask and water bottle. Call 0439 288 998 for more info. At this stage classes are running until mid-December.

### **Planned Activity Group in Buchan**

9.30am -2.30pm - at the Buchan Rec Pavilion  
Morning Tea, Lunch and afternoon Tea will be provided, all community members in the district are welcome  
\$14.40 covers attendance and all food  
Monday the 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> December 2021.  
Call Kate on 0409957308 for any enquiries

### **NEAT FEET FOOTCARE CLINIC UPDATE**

This service will be unavailable in Buchan for the remainder of the year. Cara will resume the Foot Clinic in Buchan in early 2022. Dates are still available for clients to see her in Bairnsdale on Monday the 6<sup>th</sup> December 2021. Please phone 0408576715 to make an appointment.

### **New Farmer Health Program for Buchan District**

Reminder Farmer Health will be running a program to help improve the health, wellbeing and safety of farmers, farm employees, agricultural workers and their families. We will be doing Health and Lifestyle assessments both on farm and in the clinic. This is a fantastic opportunity, so please while we are going to contact people we are also happy for people to contact us.  
Phone Thursdays and Fridays ask for Dale to make an appointment.

### **Safety of Drinking Water**

Drinking water may become contaminated from a range of contaminating sources, including animal droppings, microbes from dead animals, chemicals, farm run-off, industrial or mining waste, urban pollution (such as storm water) and sewage from leaking septic tanks, or other poorly-maintained onsite wastewater treatment systems. Other contaminants include Lead – from old paint or flashing on roofs that can flake and end up in tanks and Fire retardants – chemicals used to slow the spread of fire can contaminate water with ammonia and sulphate, making it unsuitable for humans and animals to drink.

Installing fine-mesh screens on inlets and outlets will prevent mosquitoes entering. Cleaning your roof, gutters and water tanks regularly will help keep surfaces hygienic. If your tank needs to be cleaned, get a professional tank cleaner. Never enter a tank. Tanks are confined spaces and are very dangerous; the risks include loss of consciousness, asphyxiation and death. Tanks, which should be inspected every two to three years for the presence of accumulated sediments.

People with weakened immune systems who source their drinking water from tanks, bores or dams should seek advice from their doctor as to what precautions should be taken in relation to using such water sources as drinking water (which may involve always boiling water prior to consumption).

*Sourced from the Better Health Channel*

**Group and 1:1 Physiotherapy sessions through GLCH have commenced. Contact the Bush Nursing Centre for info.**

### **ANGLICARE Information Session 4**

**Elder Rights Advocacy – Rights of the Older person and Navigating Aged Care Wednesday 1st December between 11:00am and 1:00pm**  
Buchan Recreation Reserve Pavilion  
Registrations are essential call **1800 286 260**  
Please note participants must be fully vaccinated

### **Standard Mental Health First Aid Training (12hours)**

**9<sup>th</sup> & 10<sup>th</sup> February 2022** 9.30am - 4.30pm  
@ Buchan Rec. Book at [www.trybooking.com/BVMRK](http://www.trybooking.com/BVMRK)

### **RFDS Wellbeing Program**

Sessions are being offered at the Bush Nursing Centre or via telehealth according to current Covid-19 requirements. Please ring the Centre to arrange an appointment or phone RFDS (03) 8412 0480.