

BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – NOVEMBER 2022

See insert for programs and calendar

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

Bush Nursing Centre —

Buchan 5150 2400

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 or call the
Coronavirus Health Information line
on 1800 020 080, 24 hours a day,
seven days a week.

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

Podiatrist in Buchan – Thursday 8th December

Podiatrist cost - \$90 per appointment,
Medicare rebate \$46. If you have an
Enhanced Primary Care Plan
from GP Medicare rebate is \$56.
Community Aged Care Packages are
billed direct to package.



MOVIE NIGHT

**SATURDAY
5TH
NOVEMBER**

**SCREENING TWO
MOVIES**

**AT THE BUCHAN HALL
STARTING TIME 5PM**

DOORS OPEN 4.45PM



ENTRY:
Family \$10.00
Single \$5.00
Sausage sizzle \$2.00

**5PM SING 2
7PM SAUSAGE SIZZLE
7.45PM THE
GREATEST SHOWMAN**

**TEA, COFFEE & CORDIAL
PROVIDED
BRING ALONG YOUR OWN
DRINKS & SNACKS
CHILDREN MUST BE
ACCOMPANIED BY AN
ADULT
ALCOHOL FREE EVENT**

The Buchan Bush Nursing Centre
would like to encourage the
community to come along and
enjoy the evening.

For catering purposes please
book your tickets at the Bush
Nursing Centre by Monday
31st October, 2022.

We would like to thank Black Dog Ride
and Sun Cinema for their support in
making this event possible.

DOCTOR CLINIC 2nd & 23rd November

Orbost Medical Clinic will be visiting Buchan

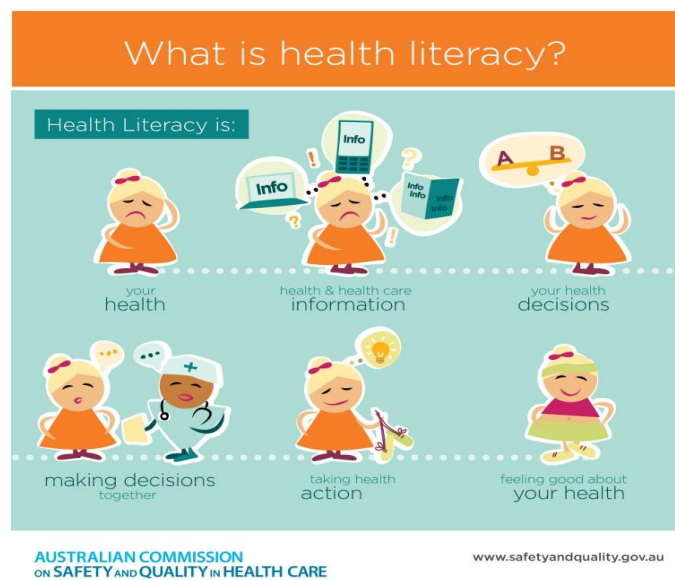
Fees may apply.

Please contact the Centre to make an appointment.



Bush Nurse Resilience Garden project funding announced

The Buchan Bush Nurse Resilience garden was generously funded by the State of Victoria through Bushfire Recovery Victoria (BRV) grant program in response to the 2019-20 bushfires which impacted East Gippsland and North East Victorian Communities. The project is to create an easy to maintain garden space which is fire resilient. Thank you to Emergency Recovery Victoria (ERV) formerly BRV and the Victorian State Government for the opportunity. The project will commence in 2023.



Community Christmas Festival

Friday 9th December 5 - 7.30pm
Further details to come

Diabetes is common in our community

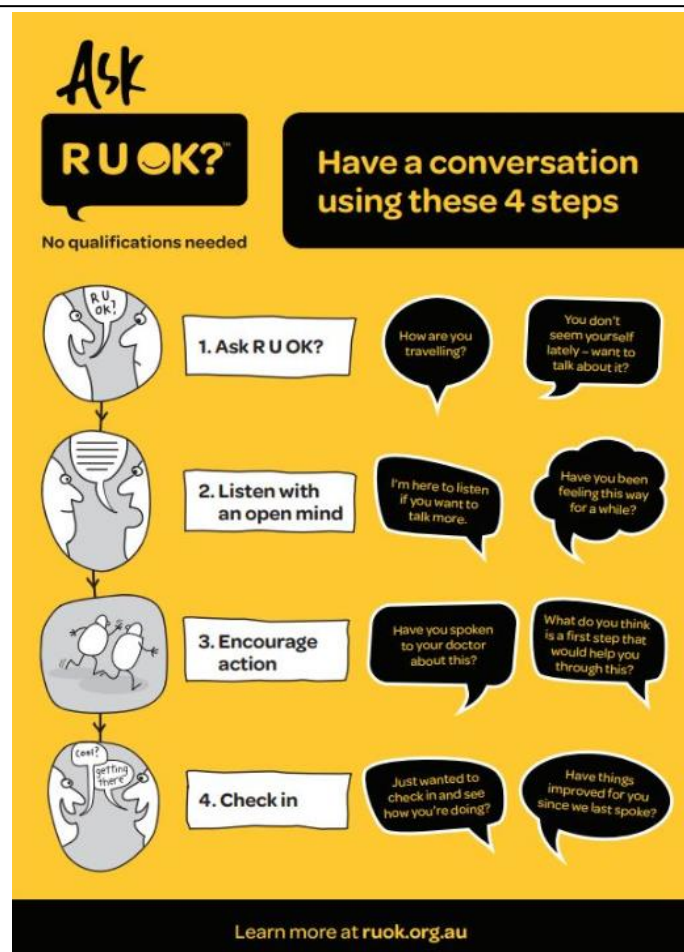
Type 1 diabetes is an autoimmune condition in which the immune system is activated to destroy the cells in the pancreas which produce insulin. We do not know what causes this autoimmune reaction. Type 1 diabetes is not linked to modifiable lifestyle factors. There is no cure and it cannot be prevented.

Symptoms - Being excessively thirsty, passing more urine, feeling tired and lethargic, always feeling hungry, having cuts that heal slowly, itching, skin infections, blurred vision, unexplained weight loss, mood swings, headaches, feeling dizzy and leg cramps.

Type 2 diabetes is a condition in which the body becomes resistant to the normal effects of insulin and gradually loses the capacity to produce enough insulin in the pancreas. The condition has strong genetic and family-related (non-modifiable) risk factors and is also often associated with modifiable lifestyle risk factors. We do not know the exact genetic causes of type 2 diabetes. People may be able to significantly slow or even halt the progression of the condition through changes to diet and increasing the amount of physical activity they do. **Symptoms** – Same as for Type 1 Diabetes.

Managing Type 2 diabetes - Eating well helps manage your blood glucose levels and your body weight. Exercising helps the insulin work more effectively, lowers your blood pressure and reduces the risk of heart disease. Regular blood glucose monitoring tests whether the treatment being followed is helping to manage blood glucose levels or whether you need to adjust your treatment. Annual vision and podiatry checks are essential for both types of Diabetes.

Sourced from www.diabetesaustralia.com.au



PLANNED ACTIVITY GROUP IN BUCHAN

9.30am -2.30pm - at the Buchan Rec Reserve Pavilion. Morning tea, lunch and afternoon tea provided, all community members welcome \$14.40 covers attendance and all food. Call Kate on 0409 957 308 for any enquiries
November 2022 - Monday 7th, 14th, 21st, 28th

Group Session Exercise and 1:1 Physiotherapy

Group exercise sessions are available to address mobility, falls prevention and improve overall health. 1:1 Physiotherapy is available to prevent or manage muscle, tendon and joint issues for any age. To register phone GLCH on 51558300