

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER – NOVEMBER 2025

See insert for programs and calendar

EMERGENCY NUMBERS

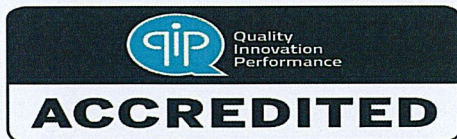
Police / Ambulance / Fire—000

Buchan Police—5155 9268
Bush Nursing Centre —
Buchan 5150 2400
Gelantipy 5150 2410
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.



Diabetes Educator
Monday 8th December
Talk with a diabetes educator
about any risk factors you may
have identified.
Contact BBNC for appointment

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



DOCTOR CLINIC - Monday 17th November

2025 Patient Experience Survey Results

Thank you to all who took the time to complete our survey, we had 29 forms returned. Below are a section of the results:

Q. 10 Have you been offered information such as how the Bush Nursing Centre works, your rights and responsibilities, how to give feedback, etc.?

5/29 ticked YES 4/29 ticked N/A

Q. 11 Have you been offered information to develop a care plan that considered all of your needs, including support, coordination and follow up (if needed)?

18/29 ticked YES 4/29 ticked NO 7/29 ticked N/A

Q. 12 Has the Bush Nursing Centre enabled or enhanced your skills and strategies to look after your own health and wellbeing?

25/29 ticked YES 2/29 ticked NO 2/29 ticked N/A

Tips and Tricks

Meal prep and budgeting with Wellbeing Worker Jess
Thursday 20th November 2025 at 11am.
Buchan Bush Nursing Centre

Ambulance Victoria Memberships

Ambulance Victoria membership gives you Australia wide protection against the cost of emergency ambulance services including:

- Treatment when transport not required
- Road transport or Air transport

Emergency medical transport services are not free and are not covered by Medicare. For example, road transport from Buchan to Bairnsdale can cost over \$2000 and a helicopter from Bairnsdale to Melbourne can cost over \$12,500.

Without cover you may be left with a big bill.

Pensioner concession & health care cardholders may be entitled to free cover under certain circumstances.

Membership Cost:

Family 1 year - \$109.93 (children up to aged 17)

Single 1 year - \$54.97

For more information visit [Ambulance Victoria | ambulance.vic.gov.au](http://ambulance.vic.gov.au)

All personal details must be up kept up to date particularly family members names and addresses or you may risk being uncovered.

Following the AGM members were elected to the below positions on the Committee of Management:

President and Fundraising Officer : **Julie Cameron**

Snr. Vice Pres.: **Rodney Mitton**

Jnr. Vice Pres and Community Rep.: **Janice Coates**

Secretary/Treasurer: **Nicholas Baullo**

OH&S Rep.: **Vicki Hanman**

Ordinary Members:

Amanda Curlewis, Regan Ireland and Christina Moore.

National Lung Cancer Screening Program

The National Lung Cancer Screening Program is a new Government program for people who maybe at higher risk of lung cancer. The program aims to detect lung cancer early, which can lead to more effective treatment options and improved health outcomes.

It uses a low-dose computed tomography scan (low-dose CT scan) to look for signs of lung cancer before symptoms appear.

People are eligible for the program if they are aged between 50 and 70 years and:

- Show no signs or symptoms suggesting you may have lung cancer;
- Currently smoke or have quit smoking in the past 10 years;
- Have a history of tobacco cigarette smoking of at least 30 pack-years.

Lung cancer is the fifth most common cancer and the leading cause of cancer death in Australia. It is a disease where abnormal cells in the lungs grow and multiply out of control. It can also spread to other parts of the body.

Lung cancer screening saves lives and helps to detect cancer at an earlier stage. This will reduce the number of people who need treatment for advanced stage lung cancer, when the survival rate is much lower.

Eligible participants do not need to quit smoking to participate in the program.

Did you know.....

70% of lung cancers can be detected via a CT scan in early stages

20% reduction in mortality from early detection

65% of lung cancers detected early can be successfully treated.

The first step is to talk to your GP to find out if you're eligible to participate and suitable for screening. If you consent to take part in the program, your GP will refer you for a free low-dose CT scan covered by Medicare.

(www.lungfoundation.com.au)

(www.health.gov.au)

THUNDERSTORM ASTHMA

Thunderstorm asthma (also covered in September newsletter) can be very serious for people with asthma. The peak time for thunderstorm asthma is mainly spring, but can extend to December during grass pollen season. Local media may announce 'Thunderstorm Asthma Alerts' on days of high risk.

To lower the chance of having thunderstorm asthma when it's a known trigger for you it's best to have good asthma management all year round.

This means:

- Using preventer especially during spring thunderstorm season
- Keep hay fever under control and take necessary medications
- Check pollen levels, and avoid being outside on days when pollen count is high
- **Being prepared** – have scripts and **supply of asthma and hay fever medication** ready for the pollen season, and your **ASTHMA ACTION PLAN**

ASTHMA ACTION PLAN

An asthma action plan is **written instructions by your doctor** and is a guide on how to manage your asthma and what to do if you have an asthma attack. The goal is to prevent and control asthma symptoms, and it's useful to have clear instructions in an emergency.

All carers and family members should understand how to use your asthma action plan so they can help during an attack. Keep your plan somewhere easy to find such as on the fridge or where you keep your puffers. Take a photo of it to keep on your phone. Give a copy to your child's childcare centre or school, and **please provide a copy to the Bush Nurse**.

Make sure your doctor updates your asthma action plan whenever symptoms or medications change, or annually for adults and 6 monthly for children.
(www.asthma.org.au)

SNAKES ARE ON THE MOVE

As the weather warms up snakes are becoming more active. Be cautious outdoors, clean up hiding spots around your house, watch your pets, and know what to do if bitten.

Snake bite kits available to purchase from First Aid Kits Australia starting at \$10.00.

Wellbeing In Buchan, Gelantipy and District!

What is Happening:

Food Friendship & Fun will be at the Buchan hotel and will be on the 13th & 27th November

(Bookings are essential)

Walk and Talk the walk commences every Tuesday from the neighbourhood house in Buchan at 9:30 am and will return at 10:30am where we will have tea/coffee and play lawn/board games for another hour or so if desired. All are welcome to come and join in.

Community Garden is open to all community members with a couple of available garden beds if anyone is interested. Jess will be there every Thursday (but the 3rd Thurs) from 10am. The 3rd Thursday of every month will be a meal prep and budgeting class "Tips and Tricks" at BBNA from 11am.

Tips and Tricks will be held this month on Thursday the 20th November at 11:30am

Mobile Library can help you with Shire related issues, paying your rates and animal registrations. Brent has Wi-Fi and laptops you can use while attending the mobile library.

Frozen Meals we are still receiving frozen meals from Bairnsdale Neighbourhood House. If you require any frozen meals or know of anyone that would appreciate frozen meals, please let staff know at the BBNA.

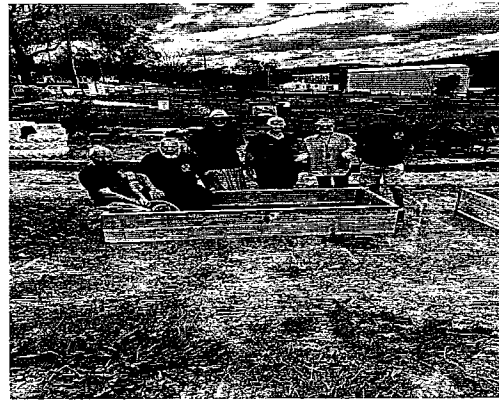
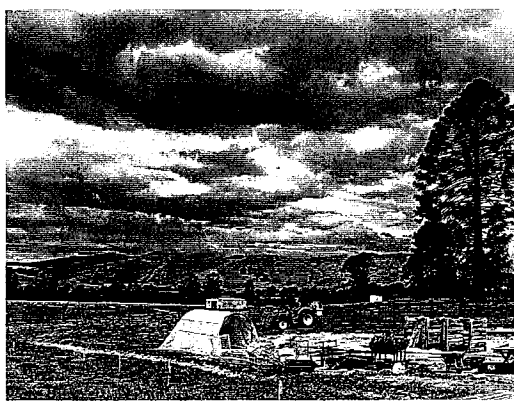
Buchan Community Garden Relocation Stage 1 Complete!

Stage 1 of the Buchan Community Garden relocation is now complete — and what an incredible week it was! A huge thank-you to the **Buchan Bush Nurse Association** for generously providing the land for our new garden right in the heart of town.

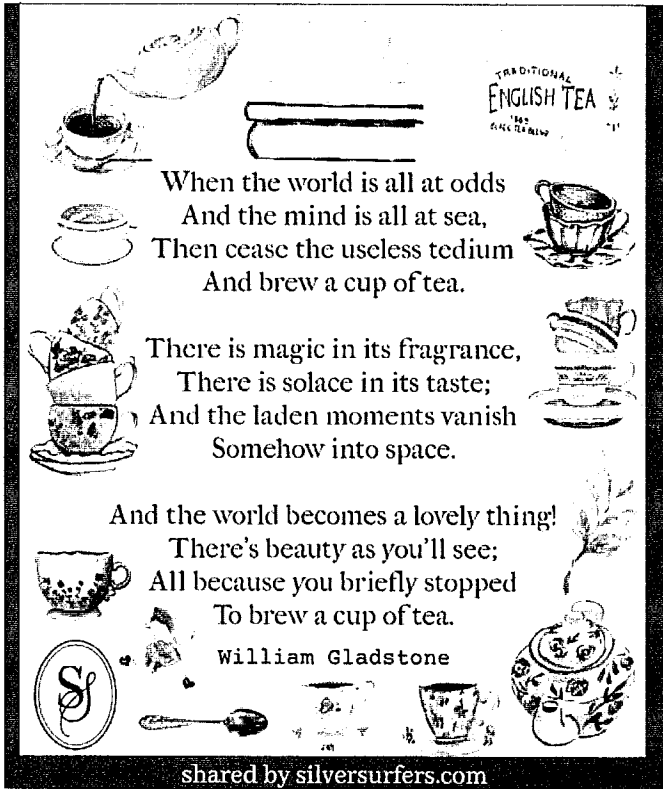
From 29 September to 3 October, we were joined by an amazing team of volunteers from **Frontier Services**, who rolled up their sleeves and worked alongside locals to bring the new site to life. Together, we relocated fruit trees, set out garden beds, painted tyres, installed plumbing, and started shaping the layout of what will soon be a thriving new space for everyone to enjoy. The energy, teamwork, and laughter throughout the week truly showed the best of what community collaboration can achieve.

We also extend our thanks to **Mental Health and Wellbeing Local** for their \$1,000 donation, **Next Business Farming Wellness** for their \$300 contribution, **Kennards Hire in Bairnsdale** for the generous use of a trench digger, and the **Crane workers** for their time and assistance relocating the fruit trees — all of which supported the week of work.

The garden is already taking shape beautifully — a living reminder of what can happen when neighbours, volunteers, and local services all come together to make something grow.



If you think you may need any wellbeing support and live in the Buchan, Gelantipy and District please contact Jess the wellbeing support officer at BBNA, Monday to Thursday on **0448064760**.



TRADITIONAL
ENGLISH TEA

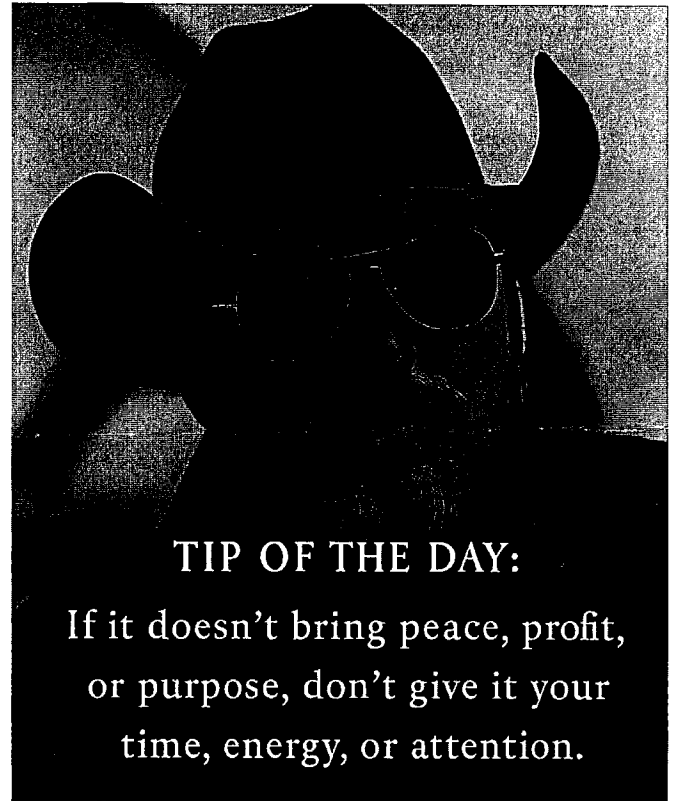
When the world is all at odds
And the mind is all at sea,
Then cease the useless tedium
And brew a cup of tea.

There is magic in its fragrance,
There is solace in its taste;
And the laden moments vanish
Somehow into space.

And the world becomes a lovely thing!
There's beauty as you'll see;
All because you briefly stopped
To brew a cup of tea.

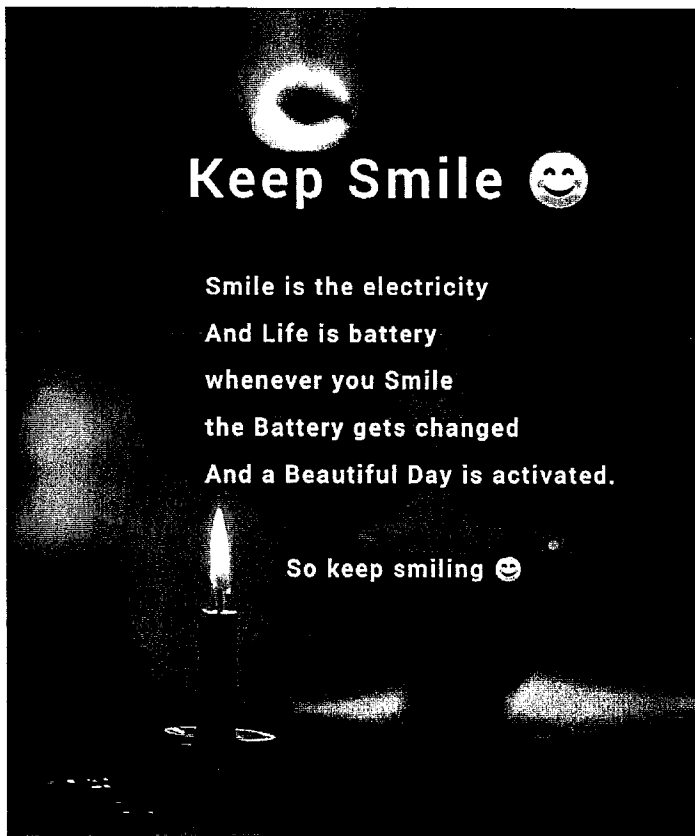
William Gladstone

shared by silversurfers.com



TIP OF THE DAY:

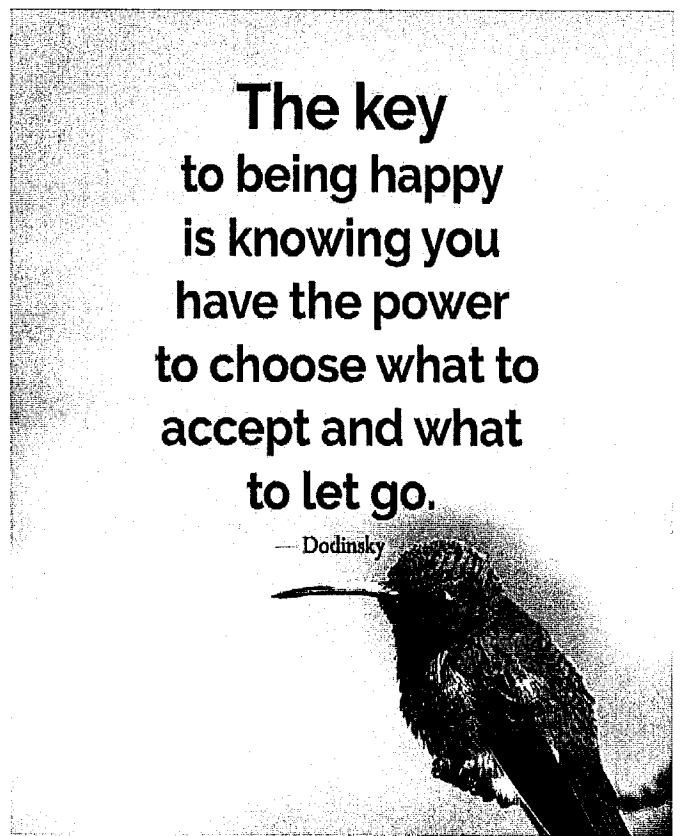
If it doesn't bring peace, profit,
or purpose, don't give it your
time, energy, or attention.



Keep Smile 😊

Smile is the electricity
And Life is battery
whenever you Smile
the Battery gets changed
And a Beautiful Day is activated.

So keep smiling 😊



**The key
to being happy
is knowing you
have the power
to choose what to
accept and what
to let go.**

— Dodinsky

BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER INSERT – NOVEMBER 2025

REGULAR PROGRAMS

All members of the community are invited to participate in our health promotion programs – for more information ring 5150 2400.

'FOOD, FRIENDSHIP & FUN'

Thursday 13th & 27th November

You are invited to attend our luncheon at 12 noon at the Buchan Hotel. Cost for eligible BBNA member is \$10. Other eligible non BBNA member/non eligible BBNA member \$18. Non eligible & non BBNA member \$25.

Bookings are essential Wednesday prior to the lunch.

Program partner: Caves Hotel

SCRAPBOOKING

Sunday 30th November 11am – 4pm.

Where: Bush Nursing Centre.

RSVP: 24th November 2025

DATES FOR THE MONTH

*Doctor Clinic –
Monday 17th November 2025
Appointments 5150 2400*

*Diabetes Education
Monday 8th December*

*Maternal & Child Health—
Appointments 5152 0052*

*Immunisation— Anne Brewer
Appointments 5150 2400*

*Pathology—Wed. & Fri. am.
Appointments 5150 2400*



A Consumer Engagement Subcommittee has been formed to represent consumers and feedback issues and views and advocate on behalf of the community. Members are: Janice Coates, Michael Harper & Gina Cantarella. Please make contact if you have any queries.



Masks are required at the BBNA if respiratory symptoms



November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Buchan Bush Nursing Association would like to acknowledge the Traditional Custodians of the land on which we gather and pay our respects to their Elders both past, present and emerging.					1 CENTRE CLOSED	2 CENTRE CLOSED
3	4 PUBLIC HOLIDAY CENTRE CLOSED	5 Pathology	6 Community Garden 10am	7 Pathology	8 CENTRE CLOSED	9 CENTRE CLOSED
10	11 Mobile Library Walk N Talk	12 Pathology	13 Community Garden 10am Food, Fun Friendship Lunch 12pm	14 Pathology	15 CENTRE CLOSED	16 CENTRE CLOSED
17 GP Clinic	18 Mobile Library Walk N Talk	19 Pathology	20 Tips and Tricks 11am	21 Pathology	22 CENTRE CLOSED	23 CENTRE CLOSED
24	25 Mobile Library Walk N Talk	26 Pathology 5.30pm Finance 6pm Board	27 Community Garden 10am Food, Fun Friendship Lunch 12pm	28 Pathology	29 CENTRE CLOSED	30 CENTRE CLOSED Scrapping