

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – FEBRUARY 2026

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—**

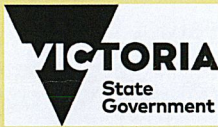
**Bairnsdale 5150 3333**

**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 2<sup>nd</sup> February 2026**

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 2<sup>nd</sup> & 23<sup>rd</sup> February 2026**

### Tips to tackle Summer

Take these steps to stay cool during hot weather:

- Use air conditioning or a fan.
- Wear light and loose-fitting clothing.
- Keep skin wet, using a spray bottle or damp sponge.
- Take cool showers or foot baths in cool tap water.
- Wrap ice cubes in a damp towel and drape around your neck.
- At home keep blinds or curtains closed. Open windows and doors if you think it is hotter indoors than outdoors.
- Consider spending some time in a cool place such as an air-conditioned area
- Avoid vigorous physical activity.

During extreme heat, keep drinking fluids before you feel thirsty, especially if outdoors and performing physical activity.

- Take a full bottle of **water** with you whenever you leave the house.
- Watch for signs of **dehydration** like feeling thirsty, lightheaded, having a dry mouth, tiredness, having dark-coloured, strong-smelling urine or passing less urine than usual.
- If your doctor normally limits your fluids, check how much you should drink during hot weather.

A quick call can make a big difference. Let family, friends and neighbours know you are OK or check in with those at increased risk or who may need your support during days of extreme heat.

Monitor the weather forecast and warnings via TV or radio

People more at-risk during heat are:

- Those over the age of 65, young children and babies
- Pregnant women
- People with acute or chronic health problems
- People who are socially isolated.
- People who have existing medical conditions, such as **cardiovascular disease**, **kidney disease**, **diabetes**, or **mental illness**
- People on certain medications including diuretics (fluid tablets), beta-blockers, drugs with anticholinergic properties, and central nervous system stimulants
- People who work or exercise outdoors
- People with limited ways to keep cool

*Sourced from the Better Health Channel*

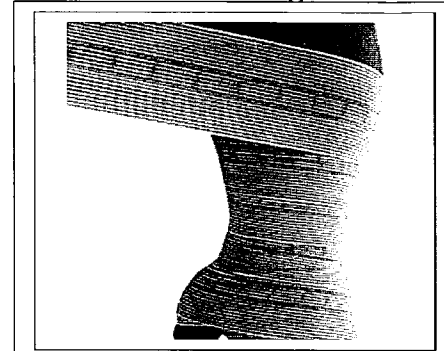
## Pressure Immobilisation Technique (PIT) for the treatment of Australian snake bites

If resuscitation is needed it takes precedence over the PIT. However apply PIT as soon as possible. If on a limb, apply a broad pressure bandage over the bite site. Elasticised bandages (10-15cm wide) are preferred. It should be firm and tight (unable to easily slide a finger between bandage and skin). Apply a further pressure bandage, commencing at the fingers or toes of the bitten limb and extending upward covering as much of the limb as possible. The bandage should be applied over existing clothing if possible. Splint the limb including joints on either side of the bite, to restrict limb movement. The splint material can be incorporated under the layers of the bandage. For the upper limb, use a sling. Keep the victim and the limb completely at rest. Bring transport to the victim if possible. Transport the victim to medical care, preferably by ambulance. If alone, the victim should apply PIT over the bite site and affected limb. Stay immobile until assistance arrives. If unable to obtain urgent help apply local pressure, move to seek urgent help. Do not remove the bandages or splints before evaluation in an appropriate hospital environment. If the bite is not on the limb, firm direct pressure on the bite site may be useful. Do not restrict breathing or chest movement and do not apply firm pressure to the neck or head. Note: DO NOT cut or excise the bitten area, or attempt to suck venom from the bite site.

DO NOT wash the bitten area. DO NOT apply an arterial tourniquet.  
ANZCOR, 2026, Guideline 9.4.8 - Envenomation - Pressure Immobilisation Technique, accessed 20 January 2026,

*Image shows snakebite*

*bandage with Square indicators to show correct application.*



### FEELING WORRIED OR OVERWHELMED? THE FLYING DOCTOR WELLBEING CAN HELP WHEN TIMES ARE TOUGH

Mental Health and Wellbeing services are available in East Gippsland. Flying Doctor Wellbeing provides confidential mental health appointments at no cost. You don't need a GP referral or a Mental Health Plan to use this service and you are welcome to self-refer via the phone number listed below. However, **Flying Doctor Wellbeing** always aims to work in collaboration with local services complementing your care and we welcome referrals from your GP. Appointments can be in person or via telehealth.

This free, confidential service offers mental health support for individuals experiencing **mild to moderate mental health challenges** such as anxiety, depression, stress, grief or adjustment difficulties.

Wendy Reed is an experienced and compassionate Mental Health Clinician delivering services to your area. She brings a practical and person-centred approach, drawing on a strong background in rural mental health and is available to provide therapeutic support to adults aged 18 through the lifespan. As a **Clinical Family Therapist**, she can also provide Couples' and Family counselling.

Wendy can provide flexible service delivery including **in-person sessions, phone or video calls**, depending on client preference and location, however all in-person sessions are only available through Buchan and Gelantipy Bush Nursing and Community Centres. Please contact the Royal Flying Doctor Wellbeing Team on the number below. You will then be offered an Intake session so we can assess how to best support you.

**For more information or to make a referral:**

**Phone: 03 8412 0480**

**Email: [wellbeing@rfdsvic.com.au](mailto:wellbeing@rfdsvic.com.au)**

# Wellbeing In Buchan, Gelantipy and District!

## What is Happening:

**Food Friendship & Fun** will be at the Buchan hotel and will be on the 12<sup>th</sup> and the 26<sup>th</sup> February (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 3<sup>rd</sup> Thurs) from 10am. The 3<sup>rd</sup> Thursday of every month will be a meal prep and budgeting class "Tips and Tricks" at BBNA from 11am.

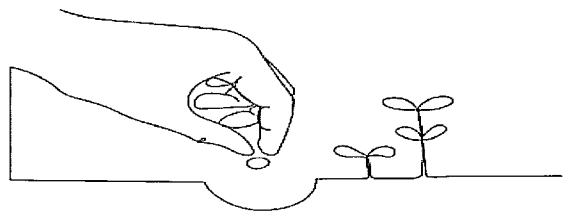
**Tips and Tricks** will be held on the 3<sup>rd</sup> Thursday of every month, with the next session on 19<sup>th</sup> of February. The upcoming session will focus on Zucchini's. If you have any ideas for future monthly classes, please let us know in advance.

**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.

**Wellbeing visits to Gelantipy** will take place on the 9<sup>th</sup> and 23<sup>rd</sup> of February. If you would like to connect with Jess, to organise a home visit or an appointment at the Gelantipy Bush Nursing Centre, please get in touch with her or the Gelantipy Bush Nursing Centre.

**Community Garden** – Stage 2 commencing March (date TBC). Community conversations were held on the 22<sup>nd</sup> and 29<sup>th</sup> of January to gather ideas and feedback for Stage 2 of the Community Garden project. If you were unable to attend and would still like to share an idea, make a contribution or find out how to be involved, please contact Jess. This includes anyone interested in donating or taking part in the Stage 2 working bee with Frontier Services in March.



## **February:** Finding your rhythm

By February, the year often takes on a different feel. For some, this can mean changes like school returning, new routines at home, different work patterns or the start of new projects. For others, life continues much as it was, with familiar days and steady rhythms. Both experiences are equally valid.

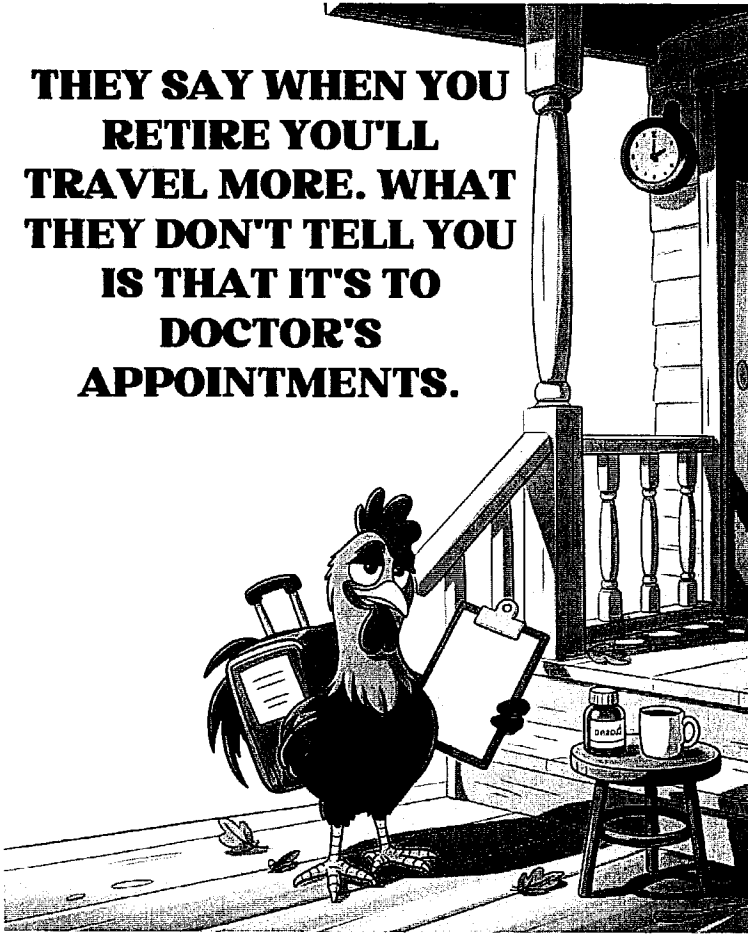
Whether things feel busy, quiet or somewhere in between, this time of year can be about gently settling rather than rushing. It's okay to take time to adjust, move at your own pace and focus on what helps you feel grounded and supported.

Connection remains important for everyone. A chat with a neighbour, a shared cuppa or a simple conversation can make a difference, especially in the weeks where days feel long or routines feel repetitive.

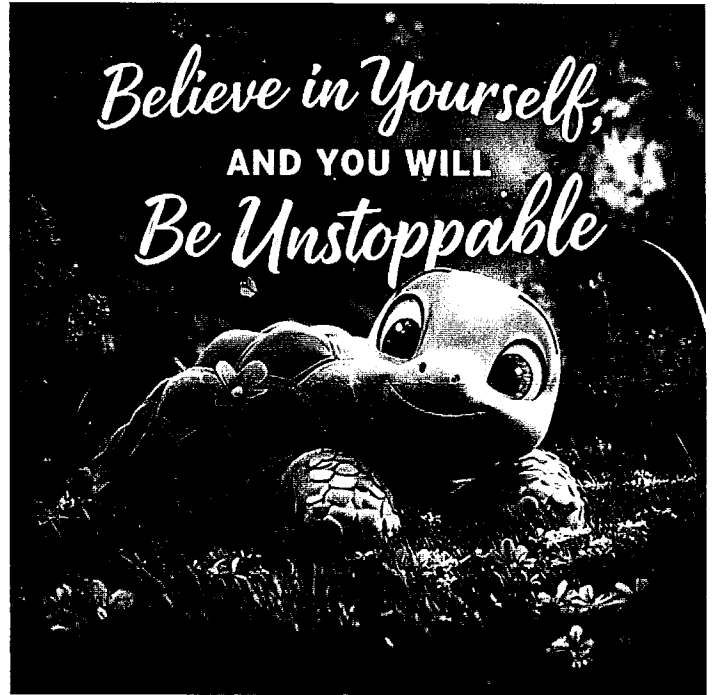
Wishing everyone a calm February, with comfort in routine where it exists, patience where things are changing and space to move through the year in a way that feels right for you.

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**.

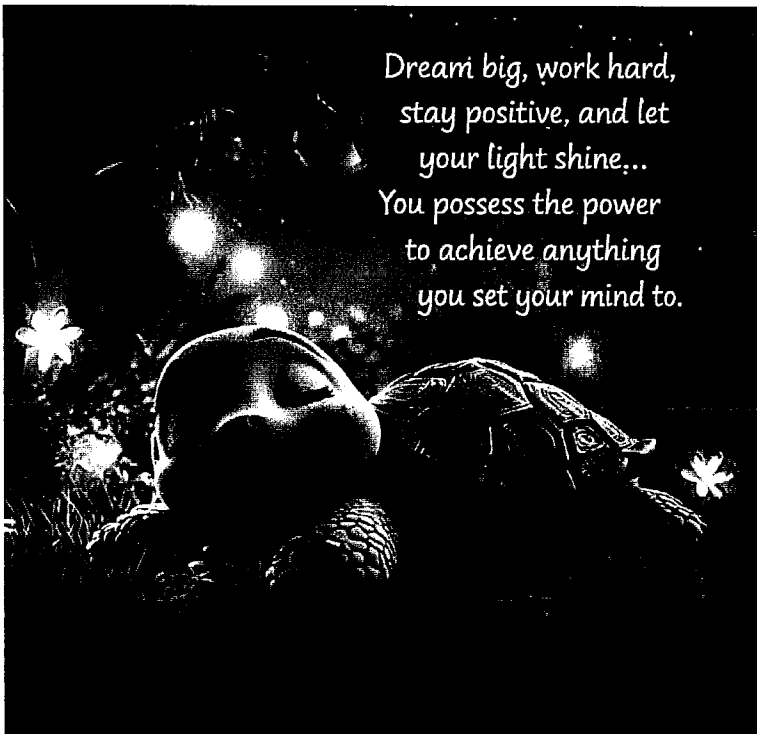
**THEY SAY WHEN YOU  
RETIRE YOU'LL  
TRAVEL MORE. WHAT  
THEY DON'T TELL YOU  
IS THAT IT'S TO  
DOCTOR'S  
APPOINTMENTS.**



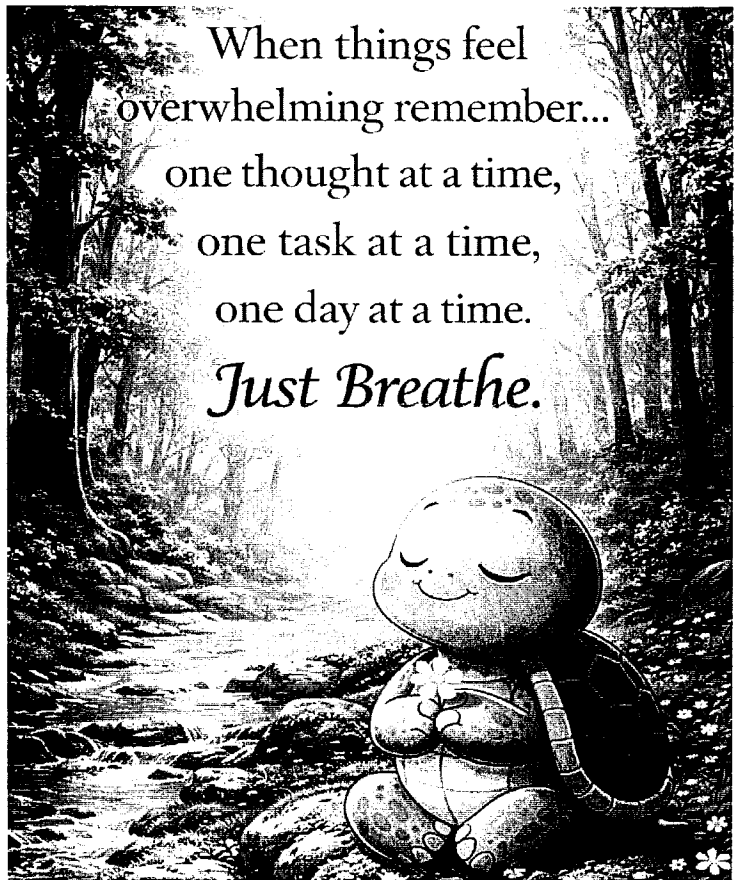
*Believe in Yourself,*  
AND YOU WILL  
*Be Unstoppable*



*Dream big, work hard,  
stay positive, and let  
your light shine...  
You possess the power  
to achieve anything  
you set your mind to.*



When things feel  
overwhelming remember...  
one thought at a time,  
one task at a time,  
one day at a time.  
*Just Breathe.*



# BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER INSERT – FEBRUARY 2026

## 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 12<sup>th</sup> & 26<sup>th</sup> February**

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

Saturday 7<sup>th</sup> February 11am – 4pm.

Where: Bush Nursing Centre.

RSVP: 2<sup>nd</sup> February 2026

## DATES FOR THE MONTH

*Doctor Clinic –  
Monday 2<sup>nd</sup> and 23<sup>rd</sup> February  
Appointments 5150 2400*

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*Diabetes Education  
Monday 2<sup>nd</sup> February 2026*

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*Maternal & Child Health—  
Appointments 5152 0052*

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*Immunisation— Anne Brewer  
Appointments 5150 2400*

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

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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**



## February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>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.</p>						<p><b>1</b> CENTRE CLOSED</p>
<p><b>2</b> GP Clinic Diabetes Clinic</p>	<p><b>3</b> Mobile Library Walk N Talk</p>	<p><b>4</b> Pathology 4pm Consumer Engagement Meeting</p>	<p><b>5</b> Community Garden 10am</p>	<p><b>6</b> Pathology</p>	<p><b>7</b> CENTRE CLOSED Scrapping</p>	<p><b>8</b> CENTRE CLOSED</p>
<p><b>9</b></p>	<p><b>10</b> Mobile Library Walk N Talk</p>	<p><b>11</b> Pathology 5.30pm Safety &amp; Quality Meeting</p>	<p><b>12</b> 10am Community Garden 12pm Food, Fun Friendship Lunch 4pm B &amp; G Meet</p>	<p><b>13</b> Pathology</p>	<p><b>14</b> CENTRE CLOSED Canni Races</p>	<p><b>15</b> CENTRE CLOSED</p>
<p><b>16</b></p>	<p><b>17</b> Mobile Library Walk N Talk</p>	<p><b>18</b> Pathology</p>	<p><b>19</b> Tips and Tricks 11 am</p>	<p><b>20</b> Pathology</p>	<p><b>21</b> CENTRE CLOSED</p>	<p><b>22</b> CENTRE CLOSED</p>
<p><b>23</b> GP Clinic</p>	<p><b>24</b> Mobile Library Walk N Talk</p>	<p><b>25</b> Pathology Pathology 5.30pm Finance &amp; Board Meetings</p>	<p><b>26</b> Community Garden 10am Food, Fun Friendship Lunch 12pm</p>	<p><b>27</b> Pathology</p>	<p><b>28</b> CENTRE CLOSED</p>	