

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER – JANUARY 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 2nd 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 12th January 2026

Message from Orbost Medical Clinic

From November 2025, Medicare Bulk Billing is now available for all consultations. This will include all patients who utilize the Buchan Bush Nursing Centre Doctor Clinic.

* Patients must have a valid Medicare Card*

Speak directly with Orbost Medical Clinic if you have any queries



PLEASE PHONE BEFORE COMING TO BUSH NURSE CENTRE TO ENSURE A NURSE IS AVAILABLE

Below are a range of options for healthcare when you can't access your usual GP or health professionals



vved.org.au

A public health service to treat non-life-threatening emergencies. Access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. You will be connected to our team of emergency nurses and doctors, who are trained to assist you. There is no referral required, and all patients can connect directly from any personal device with a camera.

VVED is an emergency care service and does not do routine prescription refills or medical certificates. Please contact alternative providers for these needs.

Interpreter services are available for patients who prefer to speak in their own language.

Patients can also be connected to the service via Ambulance Victoria, their GP, or other health professionals.

Nurse-on-call 1300 60 60 24

This service puts you in contact with a registered nurse for health advice 24 hours 7 days a week.

GP helpline 1800 022 222

24 hours 7 days a week - free health information and advice. Your local pharmacist can also advise on many non-serious conditions.

First Aid Management of Snake Bite

The bite may be painless and without visible marks. Other symptoms and signs of a snake bite may include: paired fang marks, or single mark or a scratch mark; headache; nausea and vomiting; abdominal pain; blurred or double vision, or drooping eyelids; difficulty in speaking, swallowing or breathing; swollen tender glands in the groin or armpit of the **bitten** limb; limb weakness or paralysis; respiratory weakness or respiratory arrest.

Collapse with cardiac arrest can occur within 10 to 60 minutes of a bite with envenomation, is most often pre-hospital, and requires immediate CPR. Other significant effects may include: major bleeding; nerve paralysis leading to respiratory muscle paralysis; muscle damage; kidney failure.

An occasional feature of a brown snake bite is initial collapse or confusion followed by apparent partial or complete recovery. Tell ambulance officers if collapse and/or recovery has occurred.

The Australian and New Zealand Committee on Resuscitation (ANZCOR) makes the following recommendations:

- 1. Send for an ambulance.**
- 2. Keep the person immobilised (still), reassured and under constant observation.**
- 3. Apply pressure bandaging with immobilisation.**
- 4. Sudden collapse with cardiac arrest requires immediate CPR. (There is no risk of transmission of venom to rescuer by providing CPR.)**

- DO NOT cut or incise the bite
- DO NOT use an arterial tourniquet
- DO NOT wash or suck the bite

Guideline 9.4.1 – First Aid Management of Australian Snake Bite

CODE RED DAYS/EXTREME WEATHER OR FIRE DANGER

The Centre will be open during normal operating hours. Home visits may not be available. The Board advises that the safety of staff members is their priority. Please ensure that you have adequate essential items e.g. medications, food, etc. to last a few days. It's important to stay aware of heat waves or days of high UV.

On fire risk days stay informed

During the fire season, **it is up to you** to stay informed.

Where to find warnings and updates:-

Local News: Listen to ABC Local Radio, commercial and designated community radio stations and watch Sky News TV.

Online: VicEmergency website:

www.emergency.vic.gov.au

Hotline: VicEmergency Hotline: **1800 226 226**

Social Media: Facebook or Twitter (#vicfires)

Ovarian Cancer Awareness Month

There is no early detection test for ovarian cancer, so all women need to be aware of the symptoms. The most commonly reported symptoms for ovarian cancer are:

- Increased abdominal size or persistent abdominal bloating, Abdominal or pelvic pain
- Feeling full after eating a small amount
- Needing to urinate often or urgently
- Additional Symptoms - Changes in bowel habits
- Unexplained weight gain or loss, Excessive fatigue
- Lower back pain, Indigestion or nausea
- Bleeding after menopause or in-between periods
- Pain during sex or bleeding after

It is important to remember all the symptoms mentioned can be caused by other, less serious medical conditions. However, if you are experiencing any of these symptoms, which are persistent and troublesome, you should see your doctor. They will be able to examine you and if necessary, do further tests to find the cause of your problems.

If you are not comfortable with your doctor's diagnosis or you are still concerned about unexplained persistent symptoms, you should seek a second opinion.

You know your body better than anyone else, so always listen to what your body is saying and trust your instincts. *Reference:*

<https://www.ovariancancer.net.au/page/134/signs-and-symptoms>

Children and Water Safety

Around 3 children aged from birth to 4 years drown every year in Victoria. Parents can reduce risks by actively supervising their children around water at all times, enrolling them in swimming lessons and taking precautions to reduce the risk of drowning around their home by restricting their access to water. Its advised that parents do a course in infant/child CPR/First Aid. *Reference:* <https://www.kidsafevic.com.au/water-safety>

Bites and Stings - For minor allergic reactions, first aid approaches include: applying a cold pack to the area; applying soothing creams; taking oral antihistamines to help reduce itching. For large and painful areas of swelling, you may need to visit the Bush Nursing Centre or your doctor to seek medical assistance. *Reference: Better Health Channel*

Wellbeing In Buchan, Gelantipy and District!

What is Happening:

Food Friendship & Fun will be at the Buchan Hotel and will resume again in February. Look forward to seeing you all there. (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.

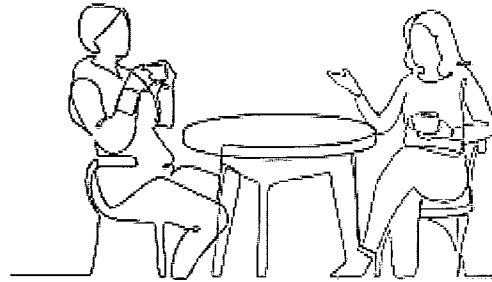
Tips and Tricks will be held on the 3rd Thursday of every month, with the next session on 15 January. The upcoming session will focus on rhubarb. If you have any ideas for future monthly classes, please let us know in advance.

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.

If anybody has any ideas for future wellbeing programs please come and speak to Jess

The wellbeing program also offers one-on-one support visits at the BBNA or in your home. If you'd like to book an appointment or find out more, please call and have a chat with us.



January: settling into the new year

January often arrives quietly after the rush of December. The decorations come down, routines shift again and there can be a strange mix of relief, tiredness and uncertainty about what the year ahead might hold. If things feel a bit flat, unsettled or slower than expected, that's very normal.

This time of year can be about gently easing back into everyday life rather than jumping straight into big plans or expectations. It's okay to take things one step at a time, listen to your body and mind and give yourself permission to rest where you need to.

Connection still matters in the quieter weeks. A check-in with a neighbour, a shared cuppa or a simple conversation can help us all feel a little more grounded as the year gets underway.

Wishing everyone a calm and steady January, with space to find your feet and move into the year ahead in your own time.

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**.

Take life one gentle step at a time.

Let your mind rest in the
present moment, right
where your feet are.

Release the urge to predict
or control every outcome.

● Let go of expectations.

Let go of judgment—
of yourself and others.

And loosen your grip on the need
to understand why everything
happens the way it does.

Some answers come later.

Peace comes now.

Choose to release it all.

Wings of Positivity

When a new day meets your eyes...
Pause and honor the gift of being
alive. Appreciate the people
who bring warmth and meaning
into your world.

Acknowledge the chances, doors,
and possibilities that continue
to unfold for you.

And above all, be thankful for your
heart — its ability to feel, to give,
to heal, to hope for better days,
and to dream beyond where
you stand.

Wings of Positivity

This year taught me something
different. It's not about waiting
for the chaos to end. It's learning
how to feel okay even when it's
there. There's always something
to fix, but I can still choose joy.
Even on hard days, I can still find
moments that feel light.

Not every moment of your
life will unfold perfectly,
but bright endings still happen.
So even when the path feels
uncertain or things fall out
of place, hold on to the belief
that good things can still
find you.

Your journey isn't

finished — your

story still has

beautiful chapters
ahead.

Wings of Positivity

BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER INSERT – JANUARY 2026

REGULAR PROGRAMS

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

'FOOD, FRIENDSHIP & FUN'

Resumes February 2026

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 & CARD MAKING

Sunday January 18th 11am – 4pm.

Children >8 yrs 11am-12.30pm

Where: Bush Nursing Centre.

RSVP: 13th January 2026.

Bookings essential.

DATES FOR THE MONTH

*Doctor Clinic –
Monday 12th January 2026
Appointments 5150 2400

*Diabetes Education
Monday 2nd February 2026

*Maternal & Child Health—
Appointments 5152 0052

*Immunisation— Anne Brewer
Appointments 5150 2400

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



A Consumer Engagement Sub-committee 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



January 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>1 New Years Day CENTRE CLOSED</p>	<p>2 Pathology</p>	<p>3 CENTRE CLOSED</p>	<p>4 CENTRE CLOSED</p>
<p>5</p>	<p>6 Mobile Library Walk N Talk</p>	<p>7 Pathology</p>	<p>8 Community Garden 10am</p>	<p>9 Pathology</p>	<p>10 CENTRE CLOSED</p>	<p>11 CENTRE CLOSED</p>
<p>12 GP Clinic</p>	<p>13 Mobile Library Walk N Talk</p>	<p>14 Pathology</p>	<p>15 Tips and Tricks 11 am</p>	<p>16 Pathology</p>	<p>17 CENTRE CLOSED</p>	<p>18 CENTRE CLOSED Scrapping</p>
<p>19</p>	<p>20 Mobile Library Walk N Talk</p>	<p>21 Pathology</p>	<p>22 Community Garden 10am</p>	<p>23 Pathology</p>	<p>24 CENTRE CLOSED</p>	<p>25 CENTRE CLOSED</p>
<p>26 Australia Day CENTRE CLOSED</p>	<p>27 Mobile Library Walk N Talk</p>	<p>28 Pathology</p>	<p>29 Community Garden 10am</p>	<p>30 Pathology</p>	<p>31 CENTRE CLOSED</p>	