

# BUCHAN BUSH NURSING ASSOCIATION INC.

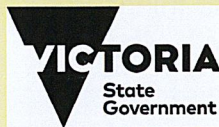
## NEWSLETTER – MARCH 2026

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 16<sup>th</sup> March 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 16<sup>th</sup> March 2026

March Health Awareness - What is childhood stroke?

A stroke is when blood cannot get to all parts of your brain. If this happens, your brain can be injured. Blood carries oxygen and nutrients for your brain cells.

Infant Stroke Signs – Seizures and extreme sleepiness.

Toddlers, children & teens – various signs may include weakness or numbness in parts of body, difficulty talking or vision issues.

If you notice these signs call triple zero (000) immediately.

<https://strokefoundation.org.au/about-stroke/learn/childhood-stroke/about-childhood-stroke>

### Melanoma March

#### Professional skin checks

It is important to get a professional skin check by a GP or dermatologist if anything suspicious appears on your skin or if you are high risk. Talk to your doctor about if and how often you should be getting a regular professional skin check.

**Who to see:** General Practitioner (GP), Skin Cancer Clinics or Dermatologists

**East Gippsland Skin Cancer Clinic: 03 5150 0772 or**  
**Molemap Bairnsdale: 0409 007 306 are two local options.**

#### FACTS

Melanoma - most common cancer for Australians aged 20-39.

Melanoma is the second most common cancer in Australian men, after prostate cancer

Melanoma is the third most common cancer in Australian women, after breast and colorectal cancer.

Reference <https://melanoma.org.au/>

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

### CODE RED DAYS/EXTREME WEATHER OR FIRE DANGER

The Centre will be open during normal operating hours. Home visits may not be available. The Committee of Management 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, other radio stations and watch Sky News TV.

**Online:** VicEmergency website:

[www.emergency.vic.gov.au](http://www.emergency.vic.gov.au)

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

**Social Media:** Facebook or Twitter (#vicfires)

### **Medicare Safety Nets can help to lower your out of pocket medical costs for out of hospital services.**

If you need to see a doctor or get tests regularly, you could end up with high medical costs.

These can include:

- seeing a doctor or specialist
- some tests and scans like blood tests and CT scans.

When you spend over a certain amount in a calendar year, Services Australia will give you a higher amount back. Safety Nets are calculated each calendar year, 1 Jan to 31 Dec.

Keep in mind, your doctor's visit or test will still cost the same.

If you're enrolled in Medicare, you're eligible for Medicare Safety Nets. If you're part of a family or couple you can combine your costs by registering as a family.

If you're leaving a relationship or living with violence or abuse, there are some things you need to do to keep your information safe. This includes updating your personal details with Medicare.

<https://www.servicesaustralia.gov.au/medicare-safety-nets>

Continued next month

## Someone Health – Online Psychology

Someone Health is a platform to connect you with Australian online psychologists. This is an option with shorter wait times and the convenience of remote therapy.

How it works for Medicare rebate appointments - The platform connects you with qualified, compassionate Medicare therapists who provide subsidised therapy for all Australians. Services include bulk billed psychology, DVA, WorkCover, NDIS or self funded therapy. Medicare card holders can access up to ten subsidised psychology sessions annually.

What you need - To be eligible for Medicare rebate appointments, you need a referral and mental health treatment plan. You can get this from your GP.

Find a psychologist - Find the right psychologist for you: Get matched by answering a few short questions or browse using the handy filters.

Book - Pick a time and date with your chosen psychologist. They will need some personal details so there's no delay in confirming your appointment.

Confirm - You're locked in! Two days before your scheduled appointment, they will take the relevant payment (if self funded). See pricing if you're unclear on the fees.

Attend your appointment - At your confirmed time, jump online to meet with your chosen psychologist. Join wherever you are, on your chosen device.

Book a follow up - Log in anytime to the secure portal to schedule, modify, or cancel upcoming sessions.

Someone Health is not an emergency service. If you are in crisis, contact 000 or Lifeline on 13 11 14.

<https://someone.health/how-it-works>



# Community Activities in Buchan

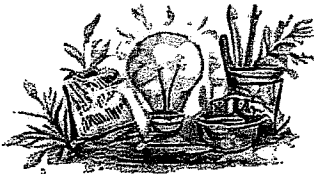
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## Walk & Talk

Meet every Tuesday at 9:30am at Buchan Neighbourhood House.

Join Jess for a gentle walk followed by a cuppa and a chat.



## Tips & Tricks Sessions

Held on the third Thursday of every month at 11am

Get together to learn and swap tips and tricks about a new food each month.



## Buchan Community Garden

Volunteer group meets every Thursday at 10am  
at the Community Garden in the Main Street.

Come along to explore the space, lend a hand, or maybe start your own  
garden bed or pod!

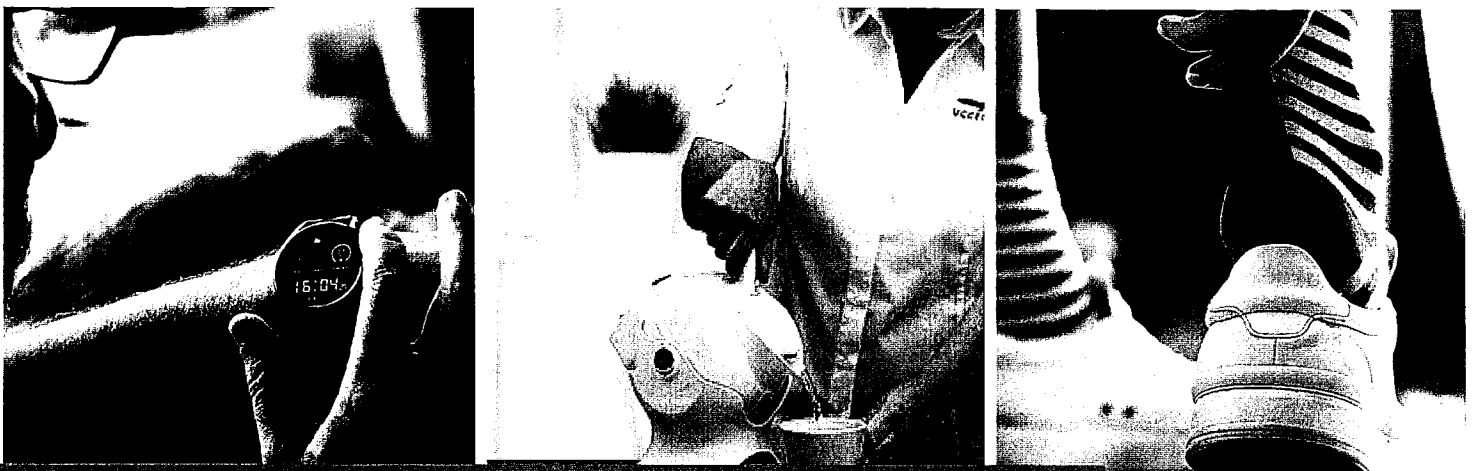
Everyone is welcome!

For more information, please contact  
Jess – Wellbeing Support Officer  
0448 064 760

**BBNA**

BUCHAN BUSH NURSING ASSOCIATION





# AlertABLE + AdaptABLE Group Sessions

Are you looking to stay safe, independent, and confident at home? Our Occupational Therapy team is bringing two of our most popular programs – AlertABLE and AdaptABLE – to the Buchan and Gelantipy communities for a special one-day visit!



## AlertABLE

Learn about and trial personal alarms that can help you call for help after a fall or medical emergency. Great for older adults, carers, and people with disabilities.



## AdaptABLE

Explore assistive products that help you stay safe and independent with everyday tasks – from cooking to showering and everything in between. Test out different items and get advice tailored to your needs.

**Where:** Buchan Hall

**When:** Thursday 19 March 2026

**Time:** Group sessions start from 10.00 am (morning tea provide)

### Costs:

- Costs: \$200 (ex GST) from your Support at Home Package. This includes group education, written advice, and a product quote. A government subsidised rate of \$40 is available for non-compensable clients. Additional fees apply for help to set up your products at home.

**Bookings essential.**

Call **5155 8370** or email [serviceaccess@glch.org.au](mailto:serviceaccess@glch.org.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> & 26<sup>th</sup> March (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 3rd Thursday of every month, with the next session on 19th of February. The upcoming session focus has not been chosen yet, if you have any ideas for 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 23rd of March. 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 of the community garden will begin on the 23rd of March, running throughout the week. During this time Frontier Services will be on site to assist with stage 2. If you're interested in getting involved or lending a hand please reach out to Jess for more details.**



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## **March: Embracing the Change of Autumn**

As March arrives, the cool change of autumn settles in. With shorter days and cooler evenings, everything feels a little quieter, a little slower. It's a time to reflect, rest, and adjust to the shift around us. Autumn often brings a sense of calm, whether in the routine of daily life or the slower pace that comes with cooler weather. It's a good time to check in with yourself—take a step back, revisit your goals, or appreciate the small changes around you. This month, give yourself permission to embrace the transition, whatever it looks like for you. Whether adjusting to a new rhythm or taking time for rest, autumn helps us reset at our own pace. Remember, connection is key. A chat with a neighbour or a warm drink shared with a friend can help keep us grounded through the season.

Wishing you a peaceful March, full of moments to reflect, rest, and connect as we ease into autumn together.

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**.

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## YOU ARE

the author of your story, and you have the power to write beautiful chapters for yourself. Never let anyone take control of your pen, because it belongs to you.

*Roger Lee*



RLQ

Happiness is a choice,  
not a result.  
Nothing will make you  
happy until you decide to  
be happy.

No one can give you  
happiness unless  
you choose it.  
Happiness doesn't come to  
you, it comes from within  
you.

@TheLordMyShepherd

Don't ever get  
tired of being a good person  
with a good heart.  
In a world that often forgets  
kindness, people like you  
keep hope alive.

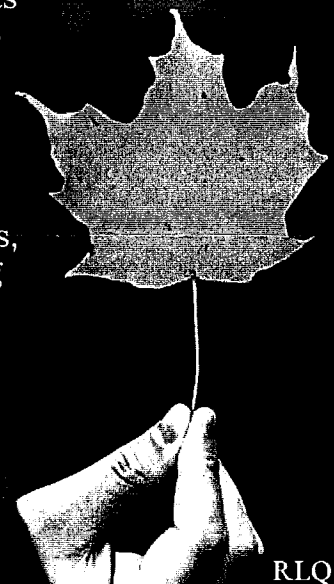


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## SOMETIMES

it's the little moments  
in life that remind us  
that, although life  
hasn't been perfect,  
there have been  
moments when we  
experienced love,  
peace, and happiness,  
and that's something  
we should always  
be grateful for.

*Roger Lee*



RLQ

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER INSERT – MARCH 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'

**Thursday 12<sup>th</sup> & 26<sup>th</sup> March**

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> March 11am – 4pm.

Where: Bush Nursing Centre.

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

### DATES FOR THE MONTH

*Doctor Clinic –  
Monday 16<sup>th</sup> March  
Appointments 5150 2400*

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*Diabetes Education  
Monday 16<sup>th</sup> March*

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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, Keith Greenwood & Gina Cantarella. Please make contact if you have any queries.



**Masks are required at the BBNA if respiratory symptoms**



## MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b>	<b>31</b> Mobile Library Walk N Talk	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.				<b>1</b> CENTRE CLOSED
<b>2</b>	<b>3</b> Mobile Library Walk N Talk	<b>4</b> Pathology	<b>5</b> Community Garden 10am	<b>6</b> Pathology	<b>7</b> CENTRE CLOSED Scrapping	<b>8</b> CENTRE CLOSED
<b>9</b> Public Holiday CENTRE CLOSED	<b>10</b> Mobile Library Walk N Talk	<b>11</b> Pathology	<b>12</b> 10am Community Garden 12pm Food, Fun Friendship Lunch	<b>13</b> Pathology	<b>14</b> CENTRE CLOSED	<b>15</b> CENTRE CLOSED
<b>16</b> GP Clinic Diabetes Clinic	<b>17</b> Mobile Library Walk N Talk	<b>18</b> Pathology 5.30pm Safety & Quality Meeting	<b>19</b> Tips and Tricks 11 am	<b>20</b> Pathology	<b>21</b> CENTRE CLOSED	<b>22</b> CENTRE CLOSED
<b>23</b> Community Garden Working Bee Week →	<b>24</b> Mobile Library Walk N Talk	<b>25</b> Pathology 5.30pm Finance & Board Meetings	<b>26</b> Community Garden 10am Food, Fun Friendship Lunch 12pm	<b>27</b> Pathology	<b>28</b> CENTRE CLOSED	<b>29</b> CENTRE CLOSED