

BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – APRIL 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.**

**DOCTOR CLINIC – TUESDAY 14th APRIL
DIABETES EDUCATOR - MONDAY 20th APRIL**

NEW BUILD UPDATE - BBNA has land, planning permit and are ready to go to tender. Two applications for funding to the Rural Health Infrastructure Fund have been unsuccessful despite the fact that they provided some funding to get this far.

Tim Bull has raised the issue in parliament and there have been some interviews for both the Advertiser and the Weekly Times. To date this has put the matter in the public eye but with no real outcome.

The existing building is becoming increasingly non-compliant as requirements have evolved over the years and there is reluctance to spend substantial money on a building that will never be able to meet modern standards. We continue to address what can be financially managed via grant processes to maintain the required standards.

We have followed health department advice at every turn, including finding a new site to do a full rebuild.

While we wait for the next round of funding to open, we are launching a fundraising campaign starting with the huge sign that you may have noticed on the proposed site, signage to take to major community events, tins around the town and a tattsлото fundraiser to commence soon.

Please share the information far and wide to give all the chance to help fund our new centre of care for the community. With everyone's support we can make it a reality.



WIN WITH SATURDAY TATTSLOTTO

Cost \$20, includes 6 weekly draws!

★ If your allocated number matches either supplementary number – YOU WIN!

Commencing Saturday 9 MAY 2026

WEEKLY PRIZES

Week 1–5 - 9 MAY to 6 JUNE

\$30 per supplementary number

Week 6 – 13 JUNE

\$50 per supplementary number



Pay **CASH** at the Bush Nursing Centre or
Electronic funds transfer details:

Account name: Buchan Bush Nursing Association
BSB 083-519 Account Number 83 410 9344

Please include full name when
making payment.

24 PAYMENT DEADLINE: 24 APRIL 2026

**PLEASE SUPPORT
OUR NEW BUILD
FUNDRAISING**



Please call in to the Centre or give us a call on
5150 2400 to provide your contact details so
we can notify winners.

Medicare Safety Nets can help to lower your out of pocket medical costs for out of hospital services. You can register for Medicare Safety Nets as a family or couple.

Individuals-You don't need to register if you're an individual with no dependants. Services Australia will register you for Medicare Safety Nets. They keep a tally of your out of pocket and gap amounts. They will pay you higher Medicare benefits when you reach a threshold. This means you'll get more money back from Services Australia for certain Medicare services and the higher benefit will be for the rest of the calendar year.

Families and couples-If you're part of a family or couple, you can register as a family to combine your costs. This means you're more likely to reach the thresholds sooner. Even if all family members are on the same Medicare card, you'll still need to register. You only need to register once. If you're registered and your family situation changes, you'll need to let Services Australia know. This includes having a child or separating from your partner. You can register about a change in your family situation by either:

- filling in the Medicare Safety Net couples and families registration and amendment form
- calling the Medicare program.

Families and dependants-For Medicare Safety Nets purposes, a family is any of these:

- a married couple, not separated, with or without dependants
- a couple in a de facto relationship, with or without dependants
- a single person with dependants.

For Medicare Safety Nets purposes, a dependant is someone the family supports financially and either a:

- child under 16 years
- full time student between 16 and 25 years.

A dependant can be a member of 2 registered Medicare Safety Net families. The dependants out of pocket and gap amounts only count towards one Medicare Safety Net family. They count towards the Medicare Safety Net family that pays for the medical services.

When you're registered, Services Australia keep a tally of your out of pocket and gap amounts. They will notify you when you're close to reaching your Medicare Safety Net threshold. You'll need to confirm your family members before you're eligible to get a higher Medicare benefit.

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

Next month- thresholds

Falls Prevention is Everyone's Business Did you know...

- *37% of injury related deaths are caused by falls**
- *30% of over 65s fall each year**
- *23% reduction in falls with regular exercise**

April Falls Month® is an annual campaign to raise awareness about the impact of falls and to promote the latest best practice fall prevention strategies. The overall campaign goal is to get active and improve balance for fall prevention. The campaign aims to help Australians find appropriate exercise programs to meet your needs and interests.

These programs may work to build confidence and capacity to return to usual activities, introduce or begin new activities, and participation in social activities to improve general health and wellbeing. For optimal physical and mental health, it is recommended that all adults (regardless of age, health, or ability) do 30-60min of physical activity most days.

To prevent falls and maintain independence this should include exercise or activities that improve strength and balance.

If you need advice on how to get started talk to your GP, Bush Nurse, Physio or exercise physiologist. Remember to start slow and build up. Every bit of activity helps. Keeping active is essential for healthy aging. Falls can be prevented. ***It's never too late to get active!***

Reference - <https://fallsnetwork.neura.edu.au/aprilfalls>

Wellbeing In Buchan, Gelantipy and District!

What is Happening:

Food Friendship & Fun will be at the Buchan Hotel and will be on the 9th & 23rd April (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 16th April. 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 20th April. 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 Completed

We are excited to share that Stage 2 of our Community Garden has now been successfully completed!

Work began on Monday the 24th and continued through to Thursday, with an incredible effort from everyone involved. This stage of the project would not have been possible without the generous support and hard work of Frontier Services and their fantastic team of volunteers, along with our dedicated community members who gave their time and energy.

A special thank you goes to Greg King for his outstanding work on the land preparation, and to Gary Anderson for completing the concrete works. Their contributions have played a vital role in bringing this stage of the garden to life.

Looking ahead, Stage 3 is already being planned. We are hopeful this next stage will include the construction of a rotunda and a new greenhouse, further enhancing the space for everyone to enjoy.

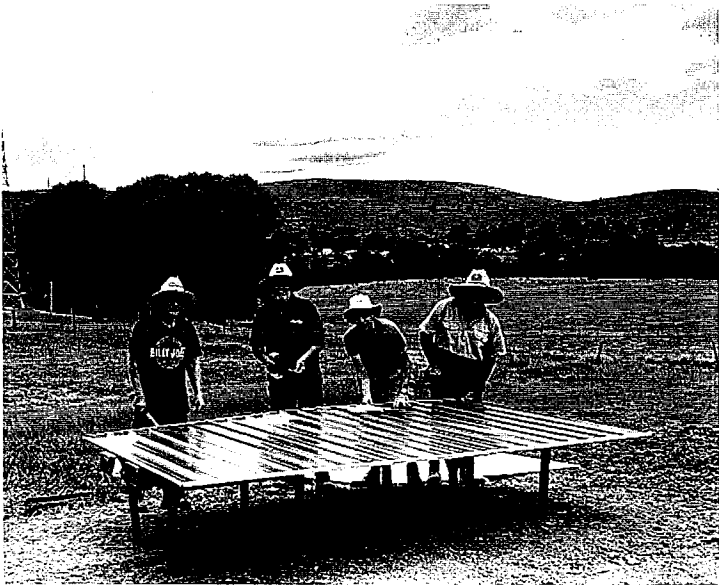
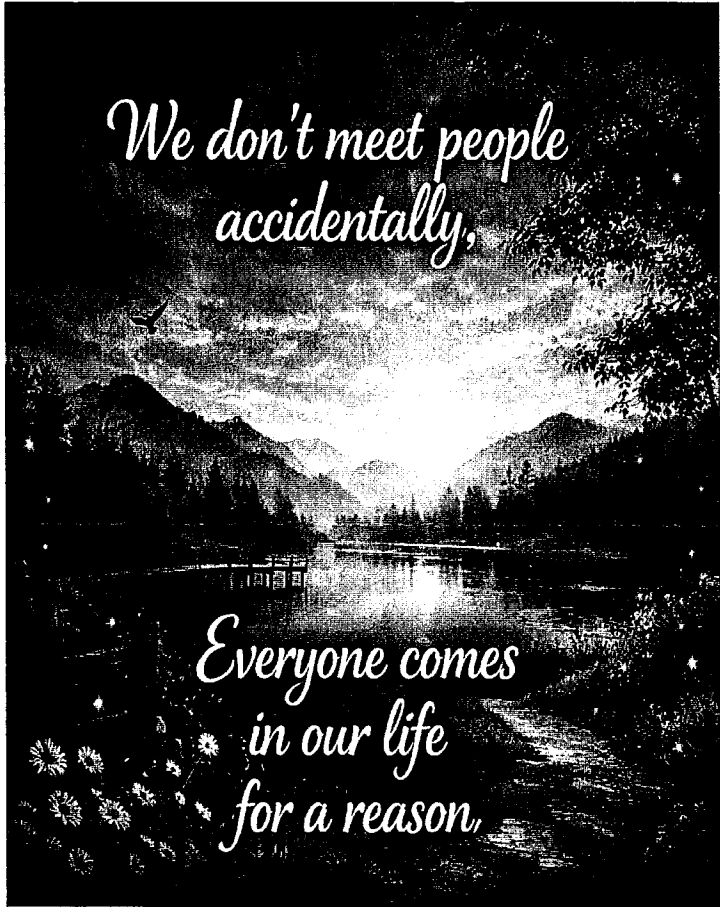
It has been wonderful to see the community come together to create a space that will be enjoyed by many. We look forward to seeing the garden continue to grow and flourish in the months ahead.

Thank you again to everyone who helped make this project a success!



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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**.



BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER INSERT – APRIL 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 9th & 23rd April

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

Friday 3rd April 11am – 4pm.

Where: Bush Nursing Centre.

RSVP: 30th March 2026

DATES FOR THE MONTH

Doctor Clinic –

Tuesday 14th April

Tuesday 5th May

Appointments 5150 2400

Diabetes Education

Monday 20th April

Maternal & Child Health—

Appointments 5152 0052

Immunisation— Anne Brewer

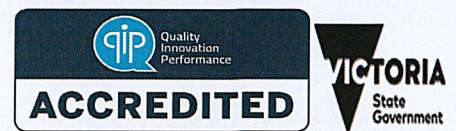
Appointments 5150 2400

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



Masks are required at the BBNA if respiratory symptoms



61 Main Street, BUCHAN 3885

Phone: (03) 5150 2400

Fax: (03) 5155 9261

E-mail: buchanbna@gha.net.au

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pathology	2 Community Garden 10am	3 Scrapping EASTER FRIDAY CLOSED	4 CENTRE CLOSED	5 CENTRE CLOSED
6 EASTER MONDAY CENTRE CLOSED	7 Mobile Library Walk N Talk	8 Pathology	9 Community Garden 10am 12pm Food, Fun Friendship	10 Pathology	11 CENTRE CLOSED	12 CENTRE CLOSED
13	14 GP CLINIC Mobile Library Walk N Talk	15 Pathology	16 Tips and Tricks 11 am	17 Pathology	18 CENTRE CLOSED	19 CENTRE CLOSED
20 DIABETES EDUCATOR	21 Mobile Library Walk N Talk	22 Pathology 5.30pm Finance & Board Meetings	23 Community Garden 10am 12pm Food, Fun Friendship Lunch	24 Pathology	25 ANZAC DAY CENTRE CLOSED	26 CENTRE CLOSED
27	28 Mobile Library Walk N Talk	29 Pathology 5.30pm Safety & Quality Meeting	30 Community Garden 10am	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.		