

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER – MAY 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
 Orbest 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.**



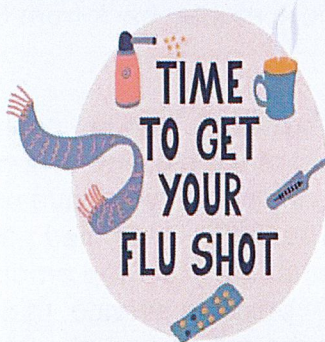
Diabetes Educator Monday 1st June 2026

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 – Tuesday 5th MAY 2026



The Buchan Bush Nursing Centre is
 now taking expressions of interest
 for the Flu Shot.

Vaccinations will be available from
 May 2026 onwards.

Please note prepayment on booking
 is required if ineligible for the free
 Fluvax.
 Call the Centre to book.

HEART WEEK 4th-10th May

'Australia's Biggest Blood Pressure Check'

Get your blood pressure checked.
 Its fast and could save your life

Heart Week is Australia's national heart health awareness week held in May each year, and throughout May all Australians are encouraged to get their blood pressure checked. High blood pressure (hypertension) is the leading risk factor of death in Australia, and 1 in 3 adults have hypertension (National Hypertension Taskforce, 2022). Building blocks to heart health – healthy diet, physical activity, healthy weight, no smoking, minimize alcohol, mental wellbeing, know your levels, take prescribed medication, visit your GP.

Visit <https://www.heartfoundation.org.au/heart-week>

In May 2025 **106 Blood pressure checks** were
 conducted. Lets grow this for 2026

..... Let's Acknowledge.....

National Volunteer Week 18th – 24th May
 This years theme "your year to volunteer"

We thank our BNC volunteer Board members and all volunteers who
 work tirelessly for the Bush Nursing Centre and the Buchan
 community for their tremendous volunteer work.



International Nurses Day 12th May

Theme - "Our Nurses. Our Future. Empowered Nurses Save Lives"
 What do you say?
 What a great bunch 😊

Medicare Safety Nets - Services Australia Part 3 of 3

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

What are the thresholds

Medicare Safety Nets have thresholds. When you spend certain amounts in gap and out of pocket costs, you'll reach the thresholds. Once you've reached the thresholds, you'll start getting higher Medicare benefits. This means you'll get more money back from Services Australia for certain Medicare services.

Only verified payments count towards the threshold. Verified payments are when you pay for your health professional service in full, before you make a claim. When this happens, your gap amount and out of pocket costs count towards your thresholds. If you have unverified payments, you'll need to pay them before they count towards your threshold. Unverified payments are when you don't pay your doctor's fee before you claim. When this happens, your gap amount and out of pocket costs don't count towards your thresholds. Once you've paid the service, mail or bring the receipt to a service centre. Then Services Australia will include the out of pocket costs towards your Medicare Safety Net threshold.

You can use your Medicare Online Account to get a statement of your unverified payments. The threshold amounts are set each year from 1 January.

2026 Medicare Safety Nets thresholds

Thresholds	Threshold amount	Who it's for	What counts towards the threshold	What benefit you'll get back
Original Medicare Safety Net (OMSN)	\$594.40	Everyone in Medicare	Your gap amount for the calendar year.	100% of the schedule fee for out of hospital services.
Extended Medicare Safety Net (EMSN)- General	\$2699.10	Everyone in Medicare	Your out of pocket amount for the calendar year.	80% of out of pocket costs or the EMSN benefit caps for out of hospital services.
Extended Medicare Safety Net (EMSN) - Concessional and Family Tax Benefit Part A	\$861.20	Concession cardholders and families eligible for Family Tax Benefit Part A	Your out of pocket amount for the calendar year.	80% of out of pocket costs or the EMSN benefits caps for out of hospital services.

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

Australia's Biggest Blood Pressure Check

What is high blood pressure?

Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps (systolic or top number) and relaxes (diastolic or bottom number). Although blood pressure can vary throughout the day such as during exercise or with stress, our body aims to maintain our blood pressure in a tight range

Why does high blood pressure matter? High blood pressure (or hypertension), puts a strain on blood vessels all over the body, including the arteries that lead to the brain. This means the heart must work much harder to keep the blood circulation going. High blood pressure remains the single largest risk factor for stroke – and its preventable.

What do my blood pressure numbers mean?

Normal blood pressure is around 120/80. If your blood pressure is regularly over 140/90, you have high blood pressure. (Stroke Foundation, 2025)

Wellbeing In Buchan, Gelantipy and District!

What is Happening:

Food Friendship & Fun will be at the Buchan hotel and will be on the 14th and the 28th of May (Bookings are essential)

Walk & 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 & Tricks will NOT be held in May

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 4th of May.

Youth Group for Grade 6 and high school aged young people runs every Tuesday at 5pm at the Neighbourhood House.

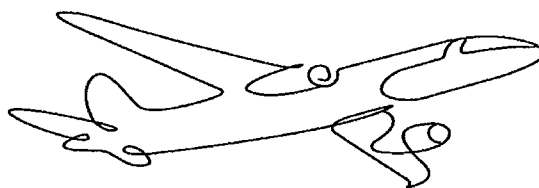
Line Dancing has received great feedback and will continue Wednesday's from 6pm to 8pm at the Hall. Cost is \$15 per session.

Jess will be on leave from the 15th of May to the 15th of June.

Walk & Talk sessions will continue as usual.

Tips & Tricks will pause during this time.

Community Garden will remain open for anyone to visit and enjoy.



If you need support, you can contact the Bush Nurse Centre or for

Local and regional support:

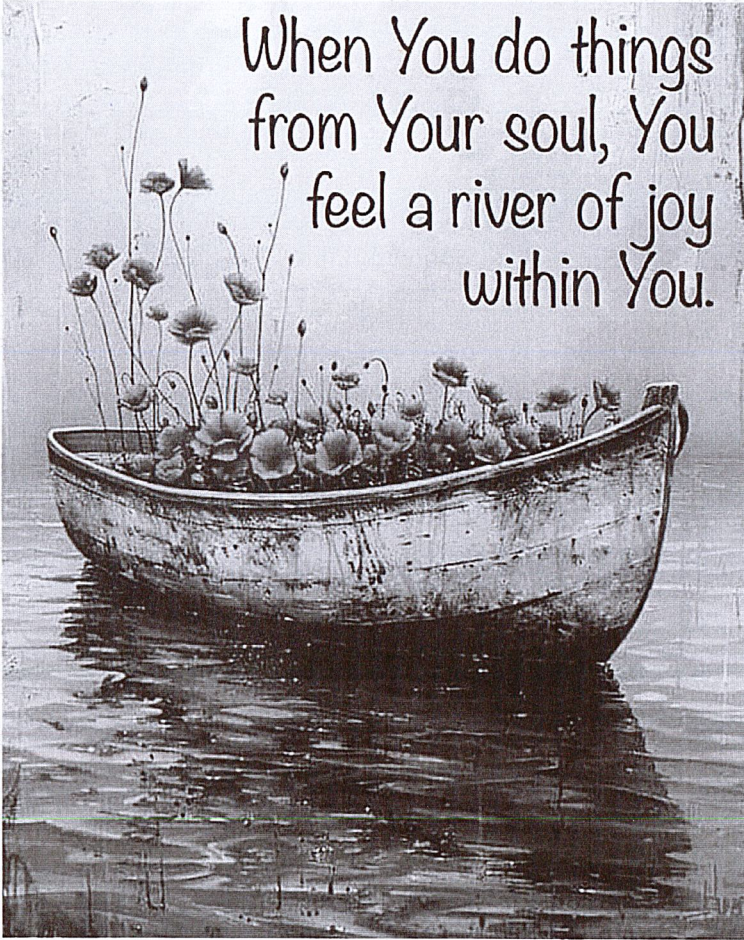
- Mental Health and Wellbeing Local – East Gippsland (Wellways): 1300 000 352
- Healthy Communities Foundation Australia: 1300 147 761 | mentalhealth@thcfa.org.au | thcfa.org.au
- TIACS (for tradies, farmers and truckies): 0488 846 988 | tiacs.org
- Someone.Health: Free online psychologists via Medicare – someone.health
- Gippsland Mental Health Triage: 1300 363 322 (24 hrs)

24-hour helplines:

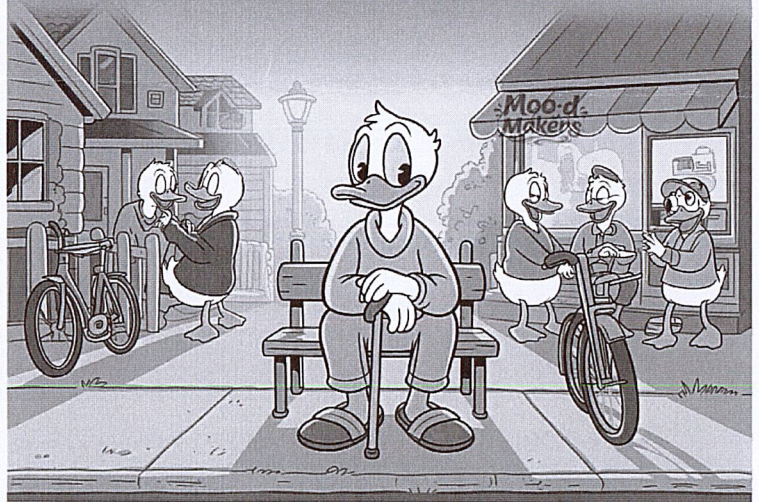
- Lifeline: 13 11 14
- Beyond Blue: 1300 22 4636
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800
- 13 Yarn (for Aboriginal and Torres Strait Islander support): 13 92 76

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**.

When You do things
from Your soul, You
feel a river of joy
within You.



I don't miss everything from the past,
but I do miss people talking
face to face, cashiers knowing your
name, neighbors checking in,
and moments that didn't need wi-fi to
matter. Convenience is nice, but human
connection is everything.

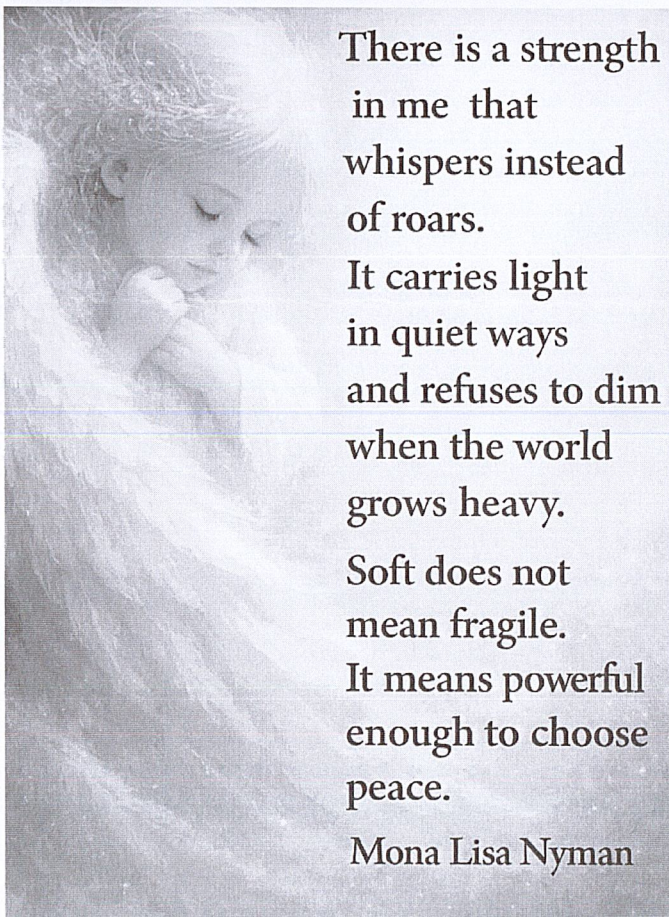


There is a strength
in me that
whispers instead
of roars.

It carries light
in quiet ways
and refuses to dim
when the world
grows heavy.

Soft does not
mean fragile.
It means powerful
enough to choose
peace.

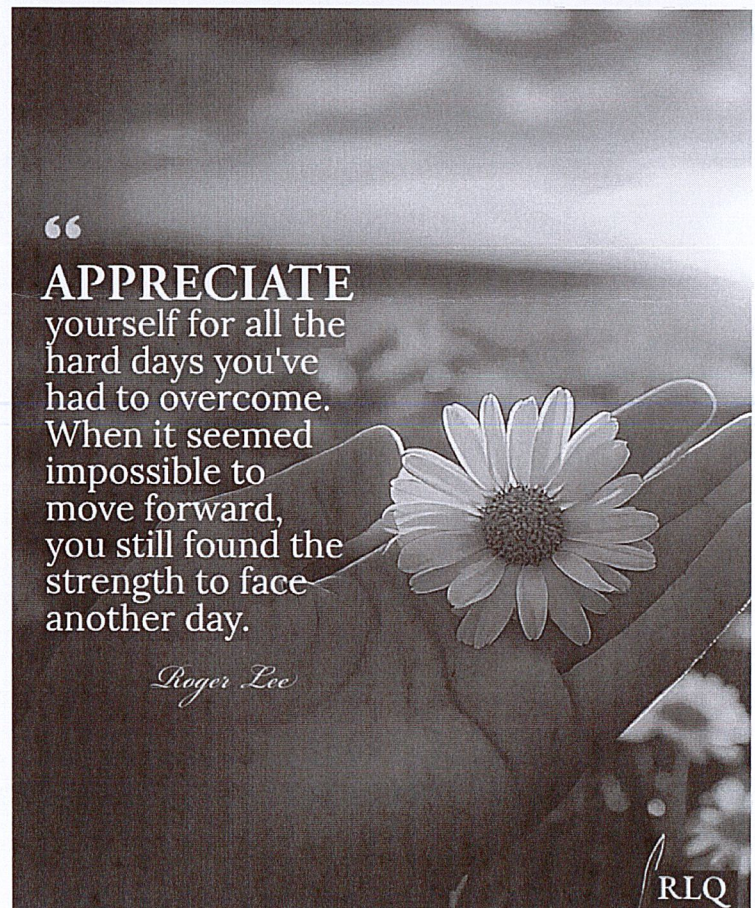
Mona Lisa Nyman



“

APPRECIATE
yourself for all the
hard days you've
had to overcome.
When it seemed
impossible to
move forward,
you still found the
strength to face
another day.

Roger Lee



RLQ

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NEWSLETTER INSERT – MAY 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 14th & 28th MAY

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

No scrapbooking for MAY

DATES FOR THE MONTH

*Doctor Clinic –
Tuesday 5th May
Appointments 5150 2400*

*Diabetes Education
Monday 1st June*

*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



MAY 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>				1 Pathology	2 CENTRE CLOSED Buchan V Bruthen	3 CENTRE CLOSED
4	5 GP CLINIC Mobile Library Walk N Talk	6 Pathology	7 Community Garden 10am	8 Pathology	9 CENTRE CLOSED BYE	10 CENTRE CLOSED Mothers Day
11	12 Mobile Library Walk N Talk	13 Pathology	14 Community Garden 10am 12pm Food, Fun Friendship Lunch	15 Pathology	16 CENTRE CLOSED Buchan V L South	17 CENTRE CLOSED
18	19 Mobile Library Walk N Talk	20 Pathology 5.30pm Finance & Board	21 Community Garden 10am	22 Pathology	23 CENTRE CLOSED Buchan V Swifts Creek	24 CENTRE CLOSED
25	26 Mobile Library Walk N Talk	27 Pathology	28 Community Garden 10am 12pm Food, Fun Friendship Lunch	29 Pathology	30 CENTRE CLOSED Buchan V Omeo	21 CENTRE CLOSED