

**HBNC Health & Activities Calendar
December 2017**

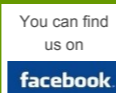
Bookings call 03 5588 2000

01/12	
02/12	
03/12	
04/12	
05/12	Yoga
06/12	Podiatrist, Diabetes Ed, MCH Nurse, Pilates Plus
07/12	Physio, Pump n Puff & Pilates, Mens Shed BBQ, Singing (final)
08/12	PAG Christmas Lunch
09/12	
10/12	
11/12	OT, Sketching
12/12	Yoga, Healthy Minds Workshop,
13/12	Continence Nurse, Pilates Plus
14/12	Dr Lalani, Pump n Puff & Pilates, Mens Shed (final)
15/12	
16/12	
17/12	
18/12	Pets Christmas
19/12	Yoga, PAG Shopping Trip
20/12	Dietician, MCH Nurse, Makeup Workshop, Pilates Plus (last)
21/12	Physio, Pump n Puff & Pilates (final)
22/12	Podiatrist
23/12	
24/12	
25/12	Christmas Day Public Holiday ~ Centre Closed
26/12	Boxing Day Public Holiday ~ Centre Closed
27/12	Centre Closed
28/12	Dr Lalani
29/12	
30/12	

Harrow Bush Nursing Centre is a child safe organisation.

Contact Us

Give us a call for more information about our services and products
Harrow Bush Nursing Centre
 ABN: 92 892 565 164
 PO Box 103
 24 Blair Street
 Harrow, Vic 3317
 Phone 5588 2000
 Fax 5588 1300
 E: operationsadmin@hbnc.org.au
 W: hbnc.org.au



Home of the:
Bay Riders Community Centre
 (Harrow Neighbourhood House)
Harrow Men's Shed
Public Internet Access

**Account
Payment Options**

EFTPOS, Cash, Cheque or
Electronic Funds Transfer

Harrow Bush Nursing Centre
BSB: 083-440
ACC: 515 593 511

Please include your name or invoice number as a reference and email remittance advice to: finance@hbnc.org.au

** Please note when paying by cheque, it must be marked to Harrow Bush Nursing Centre (writing the terms HBNC, Mens Shed or BRCC will not meet banking requirements)*



Harrow Bush Nursing

BUSH TELEGRAPH



Harrow Bush Nursing Centre Newsletter

December 2017

Welcome to the December edition of the Bush Telegraph!

Welcome to our Committee of Management

We are pleased to announce the Committee of Management have appointed their new executive positions for the coming year. The positions are as follows; President: Peter Johnson, Vice President: Richard Edgar, Treasurer: Hugh Jarvis, Public Secretary: Bronwyn Hobbs.

We would like to thank Ron for his commitment to the Centre as Vice President in the past year and thank all our committee members for their dedication and commitment to our service.

Services at Harrow Bush Nursing Centre

Did you know we have a podiatry service that visits the Centre 1 -2 times each month and a physiotherapist that provides a fortnightly service? We also have a range of other allied health professionals including an experienced dietician, diabetes educator, counsellor, men's and women's health specialists that visit regularly as well as our many other programs that we provide. Many of these services are in high demand and you need to book early to ensure you can get an appointment. These services are often free or have a small charge to cover their costs. We encourage members of our community to use the services and programs at our centre to ensure that we can continue to provide these into the future. The more demand there is for services the more we can lobby for funding to ensure that these services continue as well as encouraging other professionals to visit our service. Please don't hesitate to ask our staff if you have any questions in relation to any of these services and programs.

Christmas and New Year

Please take note of the closures to the Centre on Public holidays during the Christmas and New Year period. During this time of closure if you require emergency care an ambulance will need to be contacted by calling 000. For all non-emergencies please contact Nurse on Call on or contact your local Doctor or hospital. We wish you are very joyous Christmas and look forward to seeing you all in the coming year.

**Ann Vaughan
Centre Manager**

COMMITTEE OF MANAGEMENT
President: Peter Johnson
Vice President: Richard Edgar
Treasurer: Hugh Jarvis
Public Officer: Bronwyn Hobbs

Committee Members:
 Eleanor Edgar
 Ron Penrose
 Hardy Hauke
 Jessie Ferguson
 Leanne Dillon

**Centre Contacts
Centre Manager**

Ann Vaughan
Business Coordinator
 Emma Cush
Admin and Programs Coordinator
 Anita McGuigan
Community Services Coordinator
 Marg Elliott
Quality and Safety Officer
 Lucy Teusner

In an emergency Call 000

Lifeline
13 11 14

Beyond Blue
1300 224 636

Kid's Helpline
1800 551 800

Suicide Helpline
1300 651 251

Nurse-on-call
1300 60 60 24

AH GP Helpline
1800 022 222

CONTACT DETAILS

Email: operationsadmin@hbnc.org.au
 PO BOX 103, Harrow, VIC, 3317
 PH: 5588 2000 FAX: 5588 1300 www.hbnc.org.au



Opening hours:

Monday to Friday
8:30am — 4:30pm
Closed Public Holidays

Visiting Health Professionals for December 2017

Phone 5588 2000 for ALL appointments

DOCTOR LISTING

Dr Lalani Udalamatta 14th & 28th

ALLIED HEALTH

Physiotherapist 7th & 21st
Podiatrist 6th & 22nd
Social Worker Contact Centre
MCHN 6th & 20th
Diabetes Educator 6th
Dietician 20th
Occupational Therapist 11th
Remedial Masseuse Thursdays Ph 5583 1502 or
0428 831 502 for appointment

EXERCISES & HEALTH CLASSES

Exercises Pilates and Pump n' Puff—Thursdays 10.30am—12pm
Pilates Plus with Loren (Terms)—Wednesdays 6.10am & 8.40am -
20th December is last Pilates Plus for 2017
Yin Yoga—Tuesdays 9-10.15am & 6.30-7.45pm
For further information about Pilates Plus and Yoga classes see the
BRCC newsletter.

FLU VACCINATIONS available on Wednesday and Thursday
afternoons, by appointment. The non Government funded fluvax is
\$25. Free for eligible clients.

Rural Mental Health Services

From 1 November 2017, people in rural and regional Australia will be able to claim a Medicare rebate for timely and convenient online videoconferencing consultations with psychologists and other allied mental health professionals. This new initiative significantly reduces the inconvenience, time and expense of having to travel to larger regional centres or major cities for Better Access psychological services. Allied mental health professionals will be able to connect sooner with their rural and remote patients in need of psychological services.

Centre Closure Days

The Harrow Bush Nursing Centre will be closed over the festive season on the following days: 25th & 26th December (Christmas & Boxing Day), 27th December (Centre Closure), 1st January 2018 (New Years Day), 26th January 2018 (Australia Day)

Donations called for Christmas Hamper

Once again this year we are calling for donations from community members for a hamper that we will put together to donate to the Hamilton Uniting Church Care Team. The Hamilton Uniting Church continues to support Harrow by donating bread and other goods every week throughout the year. Its time to give back for those in need over this season of Good Will. Please drop your **NEW items—non perishable food or other handy items such as Christmas wrap and small toys to the Harrow Bush Nursing Centre no later than 12th Dec. Your generosity is appreciated.**



Farewell Dr Greta

After over 10 years of dedicated services as a visiting GP to Harrow, Dr Greta is moving onto another chapter! We said farewell on 21st November after her last (full) day seeing patients. Thank you Dr Greta for all you have done for Harrow and good luck for the future!



Above: Jo McCure, Dr Greta and Carolyn present flowers to Dr Greta.

Planned Activity Group (PAG) Report for November

The November PAG lunch with Sloba was once again magnificent and the chocolate cake was to die for, and Sloba and Lilja's son Victor provided his home made cheese which was delectable.

Kay Miller visited us from Dementia Australia (formerly Alzheimer's Australia) and talked about setting up a garden that is friendly for people who have dementia/memory loss. Obviously a lot of thought and planning has gone into this and we all enjoy having a nice place to sit and contemplate/reflect. Kay is a wonderful presenter and puts things in easy to understand language. I have copies of recommendations of how to set up these gardens if you are interested. I also have a small card that you can carry with you explaining "your companion has a condition that effects behaviour, thinking and language". This can be very useful in avoiding embarrassing moments if out shopping etc

Unfortunately we had to cancel the bus trip due to hot weather, we will be offering another shopping trip for the 19th December if you still need to top up your Christmas shopping. We wind up on the 8th December with our Christmas meal so wear something festive. Here are a couple of brain teasers (find the answers in Community Health section).

You walk into a room with a match. In the room there is a stove, a heater and a candle. What do you light first? How many letters are in envelope?

Marg Elliott
Community Services Coordinator

Date	Event
December 7th	Singing (last for the year) 1.30pm - \$3
December 8th	Christmas lunch with Sloba
December 19th	Bus trip for shopping if required
No PAG events in January	

Community Health

Podiatry Fee Changes

Please note—changes to the funding for Podiatry services through PHN means the fees for non pensioners has been reduced to \$14.90.

Ambulance Victoria Memberships

Did you know that under the State Concession Scheme, Victorian with concession cards receive free clinically necessary ambulance coverage throughout Australia with the exclusion of ambulance transport originating from a private healthcare facility.

Single ~ \$46 annually

Families ~ \$92.05 annually

Phone 1800 64 84 84



Brain teaser Answer 1—the light and Answer 2 - one

Mums and Bubs

Midwife Jo McCure has commenced a Mums and Bubs group for younger and new mums. To be held fortnightly, dates to be advised. Please call the Centre on 5588 2000 for enquiries.

Dietician

Dietician services are now being provided by West Wimmera Health Services. Laura Schembri will be the visiting Dietician. For appointments please contact the Centre on 5588 2000.

Healthy Minds Workshop ~ 12th December

Rural Minds has been traveling throughout Australian remote communities delivering vital workshops on mental health and wellbeing. They are now coming to Harrow and Balmoral. You are invited to this free workshop which is highly recommended. See flyer insert for more details for the Harrow workshop. Please contact Balmoral Bush Nursing Centre for the Balmoral workshop.