



# Harrow Bush Nursing Centre

# BUSH TELEGRAPH

Harrow Bush Nursing Centre Newsletter

April 2018

## Welcome to the April edition of the Bush Telegraph!

This month we have witnessed the generosity and kindness of our community. How lucky are we to be part of this wonderful community and know that there are many people who so willingly donate time and resources to help run the many amazing events held in Harrow over the past month. Harrow Bush Nursing Centre has also been the beneficiary of this generous spirit and we can only convey a sincere thank you to the many that supported us over the recent months.

Last month we had delivery of two new examination beds for our clinical areas which will greatly improve the accessibility and delivery of services for our clinical area, visiting GPs and allied health staff. Thank you to the many generous groups that assisted with the purchase of these items. We have been so fortunate to have received a donation from the Edenhope Lions Club that supported catering for the Sustainable Farm Families day held in January, thank you to the Lions Club for their support of this valuable program. We also received overwhelming support at the Harrow Billy Carts Day in March with many visiting our pop up Clinic to have a health check and also purchasing a duck for the Duck Race. Thank you again to all that supported this novel event which was a valuable fundraiser for HBNC. We have also received a donation of a defibrillator for our Men's Shed from the Joe White Foundation.

### Long Lunch

The Long Lunch was the pivotal event for the month of March in which we were overwhelmed by the support of so many who assisted to make it such a successful day. Thank you to our fabulous Chefs Sloba Petrovic, Katrina Lodge, Gurjit Sondhu, Greg Hodgson and Narelle Webb. They worked with a tireless group of amazing volunteers to provide the most spectacular spread of food. Thank you also to the many that assisted the event by providing help in the set-up, decorations and pack up of this event. There is so many who helped make this event possible, thank you all. Thank you to the West Wimmera Shire Council through the Community Strengthening grant we were able to provide the beautiful music by the Kalimna Jazz band. A sincere thank you to all our sponsors and donors that supported this event, these were greatly appreciated. All proceeds from this event will go to the Bay Riders Community Centre, an auspiced organisation of HBNC.

### Men's Golf Day

The events continue into April with the Men's Golf Day planned for Sunday 22<sup>nd</sup> April at the Harrow Golf Club. This day brings a great opportunity to play a friendly game of golf, share a meal and become informed on various health topics. We are fortunate to have the support of Stu Wilder, Men's Nurse Practitioner from Western District Health Service and a guest speaker from Beyond Blue for this event. It promises to be a great day with fantastic food, golf and prizes, so please arrange a team and join in.

## 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](mailto:operationsadmin@hbnc.org.au)  
PO BOX 103, Harrow, VIC, 3317  
PH: 5588 2000 FAX: 5588 1300 [www.hbnc.org.au](http://www.hbnc.org.au)

facebook

## Opening hours:

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

## Visiting Health Professionals for April 2018

Phone 5588 2000 for ALL appointments

### DOCTOR LISTING

Dr Lalani Udalamatta 5th & 19th

### ALLIED HEALTH

Physiotherapist 12th & 26th  
Podiatrist 4th & 17th  
MCHN 4th & 18th  
Diabetes Educator 17th  
Dietician June  
Occupational Therapist Contact Centre  
Remedial Masseur 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  
Yin Yoga—Tuesdays 8.30am -10.15am & 6.30-7.45pm  
For further information about Pilates Plus and Yoga classes see the  
BRCC newsletter.

### MEDICARE CARD DETAILS

Please note that we are requiring to check your Medicare card  
when you attend the centre for appointments and clinics.  
Thank you.

**FLU VAX Clinics** Commencing in May on Wednesdays and  
Thursdays.



# Save the Date!

## HBNC BLACK TIE BALL

# 9 June 2018



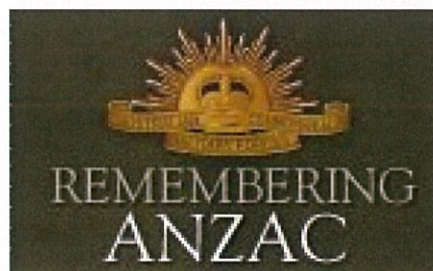
## CENTRE CLOSURE DATES

Please note that the Centre will be closed on the following dates due to  
Scheduled Public Holidays:

- Friday 30th March  
Good Friday
- Monday 2nd April  
Easter Monday
- Wednesday 25th April  
ANZAC Day

**Dial 000 in an emergency**

We will be closed  
25th April for  
**ANZAC DAY**



# Annual National Seasonal Flu Vaccinations Program

**The Annual National Seasonal Influenza Vaccination Program will commence in April 2018.**

The peak influenza 'flu' season is from June to September and flu vaccination is recommended for all people over 6 months of age. This year – Fludax® and Fluzone High Dose® – were registered in Australia to specifically provide increased protection for people aged 65 years and older. These vaccines have been specifically made for the elderly, as their immune systems respond less effectively to other flu vaccines. From late April 2018, both these vaccines will be available for free. These new trivalent (three strain) vaccines work in over 65s by generating a strong immune response and are more effective for this age group in protecting against influenza.

For all other people under 65 the following four strains will be contained within this year's Southern Hemisphere flu vaccines:

A(H1N1): an A/Michigan/45/2015(H1N1) pdm09 like virus

A(H3N2): an A/Singapore/INFIMH-16-0019/2016(H3N2) like virus

B: a B/Phuket/3073/2013 like virus

B: a B/Brisbane/60/2008 like virus

We have been advised to delay the administration of flu vaccine to provide longer coverage over the flu season and will commence the flu vaccination program in early May in line with this recommendation. Please speak to your GP or one of our nursing staff if you have any questions regarding your immunisation status or the upcoming flu season.

## New Equipment with Donations

**The centre has been able to replace two bed trolleys due to the generous donations from the following organisations:**

**Iluka Resources**

**Nareen Station**

**Mooree Partnership**

**West Wimmera Women on Farms Gathering**

**National Billycart Association**

**Pigeon Ponds Social Club**

**Various Misc/Anonymous Donations**

***Our thanks and appreciation are extended to these organisations to enable this significant purchase of much needed equipment.***



## GREAT HARROW DUCK RACE

After months of careful planning and training, the Great Harrow Duck Race was held on Sunday 11th March along with all the other activities of the National Billy Carts Race Day. A total of 305 ducks were backed and released into the mighty Glenelg River where they frantically scrambled and quacked to the finish line where President Peter was waiting with his volunteer catchers. To ensure the ducks didn't go over the treacherous falls, sturdy netting was set up to catch those that may have escaped President Peter. Race caller Ron did a fabulous job letting the pundits know who was where in the race but in the end there can only be 1 winner who was backed by Michael Trounston from Bendigo (pictured below) who generously re-donated his prize back to the centre to be used as a prize for the Harrow Long Lunch—thank you Michael! Look out for a better and improved race in 2019. Thank you to all helpers. All profits will go back to the Harrow Bush Nursing Centre to help fund equipment and programs.

The final placegetters were:

1st—Michael Trounston - 1 x ticket to the Black Tie Ball

2nd—Stetson Edgar—\$50 voucher to Kolmar House

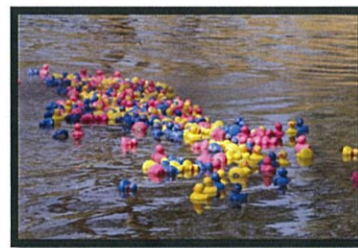
3rd—Jaali Brennen—Ron Penrose print

4th—Alice Houlihan—Bottle of Wine

1st Child—Corina Stewart

2nd Child—Jack Hallam

3rd Child—Carrie Leeming



## Health Promotion—Billy Cart Weekend

As part of the ongoing commitment to health promotion and checks for the community, 3 nursing staff attended the Billy Cart racing day on 11th March at the Johnny Mullagh Reserve. Di Knoll, Ann Vaughan and Lisa McClure did health assessments for anyone who wanted one and attended to various first aid requirements on the day. Pictured below is Lisa McClure with Harrow resident, Bruce Caulfield and Nurses Di and Ann (Photos courtesy of Pete Marshall).

Harrow Bush Nursing Centre provides first aid and health assessments at community events by request.



## Quality & Safety

An additional handrail has been installed in the disability toilet at the Centre in response to feedback from a client.

If you have ideas or suggestions for improvements we would like to hear from you.

All feedback is most welcome.

# Social Support Group (SSG) Report

## Social Support Group (PAG)

March 2018

Finally the cooler weather has started and I for one am very happy, and the garden is too, just need the rain.

Peter and Judy Johnson showed us beautiful photos from their cruise to New Zealand. It looks like a magnificent place to visit. Sloba cooked barramundi with a marinara sauce which was truly delicious. We were the "guinea pigs" for vegetables that Sloba cooked for the Long Lunch and we are very happy for her to trial these on us.

Later in the month we journeyed up to the Dimboola nursery to purchase some native plants that now will have a chance of surviving .

A reminder about the transport program that we have at HBNC, we can provide transport to appointments should you be unable to get a family member to take you. There is an annual fee of \$20 then the cost is determined by where your appointment is e.g. Warrnambool is \$40. Please contact the Centre for more information.

Referrals for most services now are through the myagedcare site. If you need any assistance with putting a referral through contact the HBNC and we can assist you.

Please note that the next outing is scheduled on the following Tuesday after Sloba's lunch. We have been asked by Hamilton Social Support Group to be their guests for the day. Phuong (podiatrist) will be talking about the importance of keeping our feet in good health and wearing appropriate shoes.

**Marg Elliott, Coordinator Community Services**

Date	Event
13/4/2018	Slobas lunch—Mary-Anne Troup from Villa Maria funding source is talking about Advanced Clinical Directives( formerly Advanced Care Planning).
17/4/2018	Trip to Hamilton Social Support Group for lunch and guest speaker. Departs 10am \$10

## Video Linking to Medical Appointments

We are now able to provide a Video linking service to various clinical specialist appointments. This can help people substantially as there is no need to travel long distances which does become costly with regards to accommodation and fuel. If you feel that this service could be of assistance, please phone for further information.

## Community Health

### **POP UP PLAY GROUP**

**Pop Up Play is a space full of fun activities that Uniting Wimmera has created for you and your children to enjoy. Come along and meet with people in your community to enjoy a cuppa. Tuesday 24 April, 10.30am @ Harrow Bush Nursing Centre Morning tea provided Learn more Phone Lauren Nagorcka on 0409 192 316**

### **MENS GOLF DAY**

**Save the date for the 22nd April 2018  
Harrow Golf Club  
SEE FLYER**

### **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.**

# **Harrow Mens Golf Day**

## **22 April 2018**

### **@ Harrow Golf Club**

**Start time — 9.30am for registration and start**

**Cost — \$35 includes 18 holes of golf, lunch and dinner**

**Bookings Essential for catering purposes**

**Bus from Hamilton is available,  
bookings essential.**

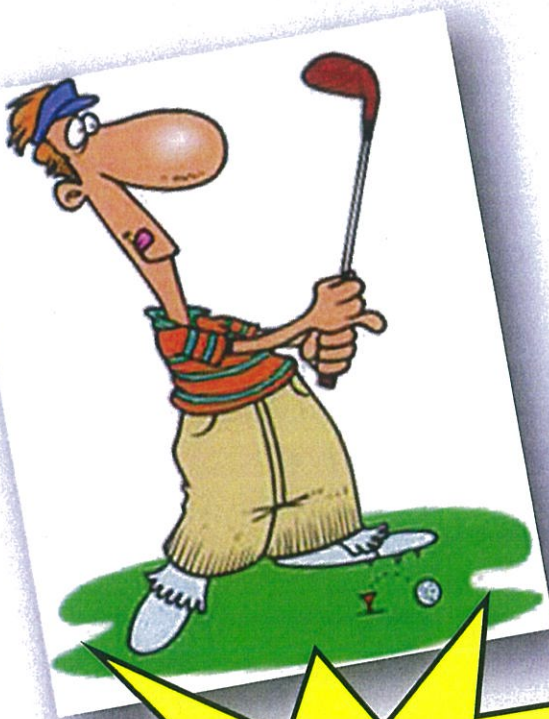
**Stu Willder—WDHS Men's Nurse  
Practitioner will be in attendance  
and a speaker from Beyond Blue**

***This is a mens health initiative presented  
by Harrow Bush Nursing Centre***

**[www.hbnc.org.au](http://www.hbnc.org.au)**

**Phone: 03 5588 2000**

**Email: [operationsadmin@hbnc.org.au](mailto:operationsadmin@hbnc.org.au)**



**PRIZES ON THE  
DAY!**



**AUSTRALIAN  
BLUEGUM  
PLANTATIONS**

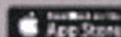


# JOIN IN. GET ACTIVE!

PREMIER'S ACTIVE APRIL 2018



Customise your Active April experience with the all-new My Local. Get the Active April app for iOS & Android.



## IT'S FREE & FUN FOR EVERYONE

All it takes is 30 minutes of physical activity a day during April. Enjoy great benefits and win awesome prizes.

### REGISTER TO GET:

- ▶ 18 free WCA passes or access to a local government recreation facility
- ▶ 10% off at Sportsmart in stores and online
- ▶ One hour free tennis court hire at Melbourne Park or Albert Park Reserve
- ▶ A 2 for 1 ticket offer to SEA LIFE Melbourne Aquarium
- ▶ A 2 for 1 ticket offer to Otway Fly Treetop Adventures
- ▶ A 2 for 1 ticket offer to Legoland Discovery Centre VIC if booked
- ▶ 10% discount for Rock Up With it program
- ▶ 20% discount for Netball Victoria school holiday clinics
- ▶ 5 free group dance lessons at a DanceSport Victoria centre
- ▶ A 2 for 1 green fee offer at Golf Victoria courses
- ▶ 10% off Terms 2 MyGolf for program
- ▶ Entry into the draw to win \$10,000 to take a 2019 Australia Open Tennis Flight!

Register today – [activeapril.vic.gov.au](http://activeapril.vic.gov.au)

MAJOR PARTNERS



PREMIER'S  
**ACTIVE  
APRIL**



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For more information, visit [activeapril.vic.gov.au](http://activeapril.vic.gov.au)

## HBNC Health & Activities Calendar

### APRIL 2018

Bookings call 03 5588 2000

01/4	
02/4	Easter Monday—Centre Closed
03/4	Pathology
04/4	Podiatrist, MCH
05/4	Dr Lalani, Path, PnP, Pilates, Mens Shed, Massage,
06/4	
07/4	
08/4	
09/4	Sketch with Stretch
10/4	Pathology
11/4	BRCC Surf Camp
12/4	Physio, Path, PnP, Pilates, Mens Shed, Massage, BRCC Surf Camp, Cooking and Craft with Katrina Lodge
13/4	Social Support Lunch, Dietician
14/4	
15/4	
16/4	
17/4	Podiatrist, Yin Yoga (recommences), Pathology, Diabetes Ed, Hamilton SSG outing
18/4	Pilates (recommences), MCH, Dancing at 6.15pm RESUMES
19/4	Dr Lalani, Path, PnP, Pilates, Mens Shed, Singing, Massage
20/4	
21/4	
22/4	Mens Golf Day
23/4	
24/4	Yin Yoga, Pathology, Pop up Play Group
25/4	ANZAC DAY—Centre Closed
26/4	Physio, Pathology, PnP, Pilates, Mens Shed, Singing, Massage
27/4	Book Club
28/4	
29/4	
30/4	

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](mailto:operationsadmin@hbnc.org.au)

W: [hbnc.org.au](http://hbnc.org.au)

You can find us on

[facebook](#)

COMPIMENTS, SUGGESTIONS & FEEDBACK are always welcome. Please see enquire at the Centre for this process.

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](mailto: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)*

