

Harrow Bush Nursing Centre

THE BUSH TELEGRAPH



Creating a healthy and connected community

August 2018

COMMITTEE OF MANAGEMENT

President: Peter Johnson
Vice President: Richard Edgar
Treasurer: Hugh Jarvis
Secretary: Bronwyn Hobbs

Committee Members:

Eleanor Edgar
Ron Penrose
Hardy Hauke
Jessie Ferguson
Leanne Dillon
Darren Welsh

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

Welcome to the August edition of the Bush Telegraph.

A warm welcome to our new Committee of Management member Darren Welsh. Darren brings much experience and knowledge to our Centre with his work at West Wimmera Health Service. The connection between our two health services has been strengthened by this appointment and ensures that our service continues to provide safe and quality care for our community.

We have also welcomed Jim Falla as West Wimmera Community Support Paramedic Officer. We are very excited to have Jim work in partnership with us to provide education and support to our community and staff. We are currently planning education for community groups in defibrillator training. Times and dates yet to be confirmed.

Supporting family and friends with cancer

Grampian Integrated Cancer Service will be providing a 30-minute free presentation to community groups on finding the right things to say and do to support family and friends with cancer. They will be presenting at our Men's Shed at 11am and the Centre at 12pm on Thursday 2nd August. The presenters have had an experience of cancer and understand the impact a cancer diagnosis can have, they will share their personal story. Please contact the Centre for further details.

My Health Record

My Health Record is an online summary of your key health information. You may be aware that this will be automatically set up for you and that your health information can be viewed securely. You can access your health information from any computer or device that's connected to the internet. It's a convenient way to record and track your health information over time. In a medical emergency, health care providers connected to My Health Records system can see your health information such as allergies, medicines and immunisations. It's your choice who sees your My Health Record and what's in it. If you choose not to have a My Health Record you need to ring the Help Line on 1800 723 471 or alternatively visit the website on MyHealthRecord.gov.au to opt out. We appreciate that this information can be confusing so please call into the Centre if you require any further information.

Ann Vaughan
Centre Manager

CONTACT DETAILS

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

facebook

Opening hours:

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

From the Business Area...

The Harrow Bush Nursing Centre Committee of Management endorsed the annual budget for the Centre for 2018/19 (including the budget for the Bay Riders Centre) at their recent meeting on the 16th of July. The budget process starts back in May with draft budgets presented to the Finance Sub Committee for review and recommendations to the Committee of Management. The budget is drafted considering operational requirements, funding to be received and delivery of services required by the community. The budget is conservative and allows room for strengthening of resources and service provision and the delivery of outcomes outlined in our Strategic Plan for 2018. Each month at the Finance meeting a Budget vs Actual report is presented for consideration. As part of the governance process, and in line with legislative and funding requirements, the Harrow Bush Nursing Centre will soon undergo its annual financial audit. This will take place on Monday 13th August by Cogger Gurry, Chartered Accountants and Advisors, Hamilton. Preparation for this process is currently underway.

Improvements

Improvements; over the past month, new Improvement forms have been put to use with some great suggestions coming in from both staff and clients. One improvement that was suggested was to get dimmer controls for the down-lights in the multi-purpose room to prevent bright lights in the participants eyes during yoga classes. What a great idea – Thank you to Marg for this suggested improvement. The installation of dimmers will occur in the near future. Improvement forms are available in the foyer, the waiting room and multi-purpose room – we encourage you to fill one out if you have any ideas for improvements to the Centre or our programs.

Community Engagement

CONSUMER SURVEY 2018



Our consumer satisfaction survey is now open and closes 31st August. If you have accessed any of our programs or services over the last 12 months, please participate in this survey. You can access the survey on our Facebook Page or we have paper based surveys at the Centre. Your contribution will assist us greatly in continuing to provide quality programs and services.

HBNC Strategic Plan & New Vision

Our Strategic Plan has been adopted and is now ready for viewing. The plan can be found on our website at www.hbnc.org.au under documents or from the centre. The new vision statement has also been adopted which is:

Creating a healthy and connected community

Thankyou to everyone who contributed to the planning stages and was involved in the formulation of this plan which is very important for mapping out the direction of the organisation for the benefit of the community of Harrow.

New Committee of Management member



We welcome Darren Welsh to the HBNC Committee of Management. Darren is the Executive Director of Corporate & Quality Services at West Wimmera Health Service Nhill. Darren comes with a wealth of experience in Occupational Health and Safety and Nursing. We are very pleased to have Darren on board.

Are you interested in joining the Committee of Management but you don't really know what is involved or if you have the time or ability? Please contact Peter Johnson or Anita McGuigan at the HBNC for further information.

Visiting Health Professionals for August 2018

Phone 5588 2000 for ALL appointments

DOCTOR LISTING

Dr Lalani Udalamatta 9th

ALLIED HEALTH

Physiotherapist 9th & 23rd
Podiatrist 7th
MCHN 1st, 15th & 29th
Diabetes Educator 7th
Dietician Contact Centre
Occupational Therapist Contact Centre
Remedial Masseur Thursdays Ph 5583 1502 or
0428 831 502 for appointment
Mens Health Nurse 8th
Womens Health Nurse 1st

EXERCISES & HEALTH CLASSES

Exercises Pilates and Pump n' Puff Thursdays 10.30am—12pm

Pilates Plus with Loren (Terms)—Wednesdays 6.30am & 8.40am

Yin Yoga—Tuesdays 8.30am -19.45am & 6.30-7.45pm

***Please note that Pilates will not run on 15th August for the 8.40 session.*

MEDICARE CARD DETAILS

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



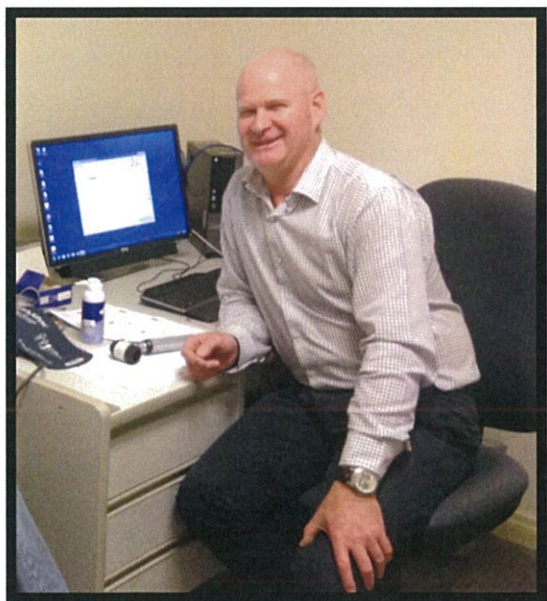
Notice for Yin Yoga Participants

Please note that our normal Yin Yoga instructor; Rhonda will be on leave from end of session on the 24th July and returning on 28th August. Cath McDonald has kindly agreed to lead the classes during this time.

*We are very appreciative to
Cath of this service.*

Community Health

Mens Health Nurse



Men's Health Nurse Practitioner

Stu Wilder will be visiting
Harrow Bush Nursing Centre

Wednesday 8th August

10am to 3pm

45 minutes appointments

includes a spot check

BOOKINGS ESSENTIAL

Look after your health!



Women's Health Nurse
Practitioner Sue Watt will be visiting Harrow Bush Nursing Centre
Wednesday 1st August
10.30am to 3pm
Appointments include spot check
and PAP screen (optional)

BOOKINGS ESSENTIAL

Take care of yourself!

Visiting Social Worker Service..

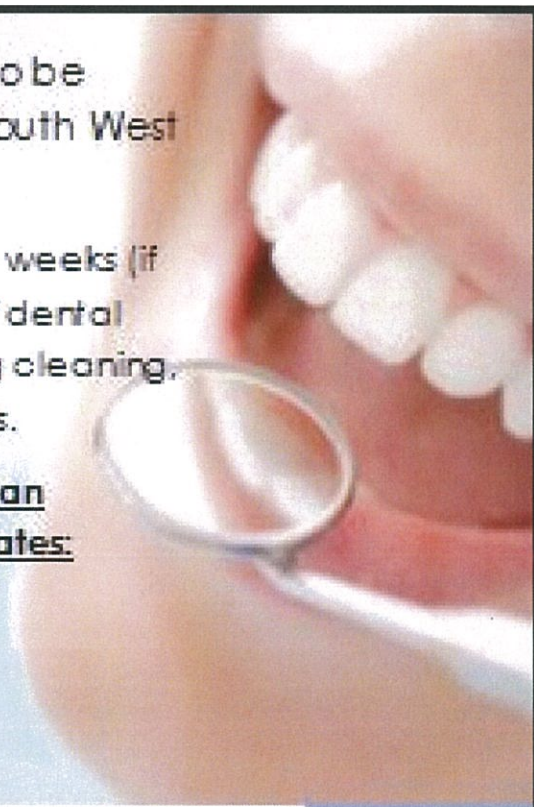
We are pleased to advise that we now have Social Worker; Robyn Lyons visiting the centre on a regular basis. Robyn is employed by Edenhope & District Memorial Hospital and can be seen by referral and appointment only, minimum 24 hours notice given. Please contact nursing staff at the centre for further information.

Dental services will continue to be provided at the BBNC in 2018 by South West Health Care.

Dental staff will attend BBNC every 4 weeks (if sufficient demand). A full range of dental treatment is available onsite including cleaning, x-rays, fillings and extractions.

Please call 5551 8347 to book an appointment for the following dates:

- Friday 24th August
- Friday 21st September
- Friday 19th October
- Friday 16th November



Social Support Group

This month we acknowledged Bastille Day at the July Social Support Lunch with a beautiful cauliflower soup & beef burgundy cooked by Sloba. This was followed by a delicious afternoon tea. Im not a cauliflower fan but due to peer pressure, relented and I was quite impressed. Thank you Sloba, it was a remarkable effort. Lynne Beaton proudly bought in 6 out 10 of her gorgeous Labrador puppies and many of us enjoyed a bit of pet therapy. It is well documented that pets can have a therapeutic affect on all ages.

On the 20th July, we journeyed to Casterton for an outing and enjoyed a bit of retail therapy and visited the new Kelpie Centre that has just opened up. It was a very pleasant trip.

Put your thinking caps on and try and answer these questions (*answers can be found on the following page*)

Q 1 Sleeping burns more calories! Watching TV burns more calories! Which one of them stands true?

Q2 :What is a rabbit's tail correctly known as?

Marg Elliott

Coordinator Community Services



*Photos—above: Merna, Chris and Marlene with puppy
and right is Sloba cuddling little blackie.*



Date	Event
Friday 10th August, 2018	Social Support lunch with Sloba
Friday 17th August, 2018	Outing—Bus trip to Penola—\$10 for bus fare.
Thursdays at 1.30 to 2.30pm	Singing Group

come together for the...

A colorful, cartoonish map of Australia. The word "AUSTRALIA" is written in large, yellow, stylized letters at the top left. The map is divided into regions: Northern Territory, Queensland, Western Australia, South Australia, New South Wales, and Tasmania. Key cities marked include Darwin, Cairns, Brisbane, Sydney, Canberra, Adelaide, Perth, and Hobart. Various animals like kangaroos, koalas, emus, and platypuses are shown. Landmarks include a hot air balloon, a lighthouse, and a ship. A red arrow points to Sydney with the text "START HERE".

GOLDEN SNEAKER TROPHY!

For more information, please contact Tallie Tallay at the Balmoral Bush Nursing Centre (03) 5570 1304 or Di or Jo at the Harrow Bush Nursing Centre on (03) 5588 2000



How to keep your mouth healthy

Eating and drinking

Breast milk is best for babies.



Follow the Australian Dietary Guidelines.



Drink lots of tap water.

Choose healthy drinks for children.



Don't put your baby to sleep with a bottle.



From 6 months of age, children can start drinking from a cup. Don't give children sweet drinks. Offer tap water instead.



Don't have too many sweet foods and drinks.



Eat healthy snacks like fruits and vegetables.

Cleaning teeth

Brush your teeth and gums 2 times a day. Use a soft toothbrush.



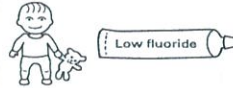
Oral health messages for the Australian public.

Toothpaste

The type of toothpaste you should use depends on your age.



0 – 18 months: don't use toothpaste, only water.



18 months – 6 years: use children's low fluoride toothpaste.



Children over 6 years and adults should use standard fluoride toothpaste.

Mouthrinses

Ask your dentist if using a mouthrinse would be good for you.



Chewing gum

Chewing sugar-free gum can be good for your teeth.



Mouthguards

Wear a mouthguard if you play contact sports where your mouth could get hurt like football, hockey or basketball.

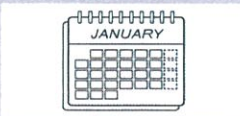


Check-ups

Children should have their teeth checked before 2 years of age. You can ask a dentist, dental therapist, doctor or maternal and child health nurse to do this.



Ask your dentist how often you should have a check-up.



Stop smoking

Stop smoking to keep your mouth and body healthy.



This is an easy-to-read version of the report *Oral health messages for the Australian public*. Findings of a national consensus workshop. The full report can be found here: <http://www.adelaide.edu.au/oral-health-promotion/publications/journal/paper/>



dental health
services victoria
oral health for better health

For more information contact Dental Health Services Victoria.
03 9341 1203
www.dhsv.org.au
healthpromotion@dhsv.org.au



HBNC & BRCC Activities August 2018

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
			1 MCH Nurse, Women's Health, Pilates Plus	2 Path. PnP, Pilates, Mens Shed, Singing, Massage	3	4
5	6	7 Yin Yoga, Diabetes Ed., Podiatrist	8 Men's Health Pilates Plus	9 Path. Phys- io, Dr Lalani, PnP, Pilates, Mens Shed, Singing, Massage	10 SSG lunch	11
12	13 Sketch with Stretch	14 Yin Yoga	15 MCH Nurse	16 Path. PnP, Pilates, Mens Shed, Singing, OT Massage	17 SSG outing to Penola	18
19	20	21 Yin Yoga	22 Pilates Plus	23 Path. Physio, PnP, Pilates, Mens Shed, Singing, Massage	24	25
26	27	28 Yin Yoga	29 MCH Nurse Pilates Plus	30 Path. PnP, Pilates, Mens Shed, Singing, Massage	31 Senior Citz, Book Club, Consumer Survey Closes	

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

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)

Contact Us

Give us a call
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

Harrow Bush Nursing Centre is a child safe organisation.

You can find
us on

facebook