HBNC & BRCC Activities July 2018

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
1 Defensive Driving	2	3 Yin Yoga	4 MCH Nurse, BRCC Birds of Prey	5	6	7
8	9 Sketch with Stretch	10 Yin Yoga	11 BRCC Golf for Juniors	12	13 Social Support Lunch (PAG)	14
15	16 Podiatrist, Diabetes Ed.	17 Yin Yoga	18 MCH Nurse, Sus Farm Families	19	20 Social Support Outing *Casterton*	21
22	23	24 Yin Yoga	25 Dietician	26 Path, Physio, PnP, Pilates, Mens Shed, Singing, Massage	27 Book Club, Senior Citz	28
29	30	31 Yin Yoga				

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

Harrow Bush Nursing Centre

THE BUSH TELEGRAPH

Harrow Bush Nursing Centre Newsletter **July 2018**

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

Welcome to the July edition of the Bush Telegraph.

Thank you to our community

What a month the Harrow Bush Nursing Centre has had with a very successful Black Tie Ball fundraiser and many significant donations from our community. Thank you to the many people who have supported our organisation in recent and past times, your contributions certainly do not go unnoticed and all money raised goes towards equipment, improvements and programs run at our centre. We are proud to announce that we have made an amazing profit of $14,000 from the Black Tie Ball, an extremely pleasing result. The funds raised will go towards the upgrade and refurbishment of our clinical space to make this a more accessible and safer place for our clients to use. We are currently looking at master plans and project this to occur in the next 12 months which is extremely exciting. We are also pleased to announce that we raised $5,000 from the long lunch held in March, with money also raised at the ball, the funds will be used to support the programs offered at Bay Riders Community Centre. We are extremely fortunate to live in a community that is so generous for donating items for auctions/raffles, supporting our fundraisers and volunteering their time for these fundraising events.

We have also been fortunate to have received significant funds through a joint fund raising initiative for the Balmoral and Harrow Bush Nursing Centres and the Variety Club (a children's charity) which is generously run by John Dundon and Andrew Dufty. We thank them and Tim Jones for their generous donation of time and efforts in running the lamb drive. A huge thank you to the many community members who contributed to this lamb drive, your support is most appreciated.

The Vintage Enduro club have been generous supporters for a number of years of the HBNC. We have recently purchased a Carbatec saw to replace older equipment and provide a safer and more functional way to cut timber for the many projects the men are working on. Thanks to the Vintage Enduro club our Men's shed continues to provide a valuable service to our community. There have been many other donations made to our centre in support of our fundraising efforts and we thank everyone that has made a contribution. Without your support we could not continue to improve the Centre and run the many programs held here. Thank you all

Memberships

Please note our membership renewals are soon to be distributed for the coming year. Your membership to our Centre also ensures that we continue to provide the services and programs that the community requires. With increasing award, service and compliance costs our centre has had to plan carefully for the future, your memberships are vital for our future sustainability. Membership at HBNC entitles you to access many of our services, supplies and programs for minimal or no cost. We thank you for your consideration in payment of membership.

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

Visiting Health Professionals
for JULY 2018

Phone 5588 2000 for ALL appointments

Doctor Listing

Dr Lalani Udalamatta	5th & 19th

Allied Health

Physiotherapist	12th & 26th
Podiatrist	16th
MCHN	4th & 18th
Diabetes Educator	16th
Dietician	25th
Occupational Therapist	Contact Centre
Remedial Masseur	Thursdays Ph 5583 1502 or 0428 831 502 for appointment
Sust. Farm Families	18th

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

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 Continuing in July on Wednesdays and Thursdays.

Notice for Yin Yoga Participants

Please note that Yin Yoga classes will continue as normal through the July school holidays. 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. Thank you Cath—we are very appreciative of this service.

Community Health

Men'sHealth

All this emphasis on the health of boys and men - what's that about? They're alright, aren't they?

In many cases, the answer is no.

A boy born in Australia has a life expectancy of 79 years while a baby girl born at the same time could expect to live to 84 years old. Right from the start, boys suffer more illness, more accidents and die earlier than their female counterparts.

Men take their own lives at four times the rate of women (that's five men a day, on average). Accidents, cancer and heart disease all account for the majority of male deaths.

Seven leading causes are common to both males and females, although only Ischaemic heart diseases share the same ranking in both sexes (1st). Malignant neoplasms of prostate (6th), Malignant neoplasms of lymphoid, haematopoietic and related tissue (7th) and Intentional self-harm (10th) are only represented within the male top 10 causes. Alzheimer's/ dementia, diabetes, respiratory disease and colon cancer are also in the top 10 causes of death.

Supporting family and friends with cancer

Grampians Integrated Cancer Service (GICS)

When a family member or friend is diagnosed with cancer we want to provide support, but often finding the right things to say and do can be difficult.

A 30-minute free presentation (including question time) will be held at the Harrow Mens Shed on Thursday 2nd August at 11am and then at the Harrow Bush Nursing Centre at 12 Noon. Coffee and tea provided.

The presentation will be delivered by a member of the Grampians Integrated Cancer Service (GICS) Consumer Advisory Group. All our members have had an experience of cancer and understand the impact a cancer diagnosis can have.

The presentation includes:

- **A personal story**
- **Supporting a friend or family member with cancer**
- **What to say / not to say**
- **Cancer statistics in the Grampians region**
- **Optimal Care Pathways**
- **Cancer screening**
- **Additional resources**

For further information about the presentation, please contact us on 03 5588 2000

Answers to Thinking Cap questions are:
Q1 An aglet
Q2 Brandy

Social Support Group

June 2018

As there is no lunch report this month I would like remind you all about thinking about and completing *Advanced Care Directives.* I realise this is can be a confronting issue, but it can affect any of us at any time. Anyone at any age can find themselves of being in a position of being unable to speak for themselves.

An Advance Care Directive is a written record of your preferences for future care. The Directive can record your values, life goals and preferred outcomes, or directions about care and treatments. Advance Care Directives can also formally appoint a substitute decision-maker.

Each state varies and what you have written in Victoria may not be accepted in e.g. Queensland, if you are intending on travelling you need to clarify this.

I can help you with any of this paperwork if you need.

Please note that the dates for the trip to Swan Hill has changed to departing 31 October and returning 2nd November. PLEASE let me know if you are interested in this trip, I need to know numbers by 17th of August.

On the 26th of June, we journeyed across the border and visited Naracoorte, having lunch at the Kingcraig Hotel, and a bit of shopping. The country side looks great now that it has greened up.

We are going to trial having our bus trip on the 3rd Friday of the month. This way we will not be coinciding with the seniors group and stretch our month out. We will review how everyone thinks this new plan is going in October .

Put your thinking cap on! (answers can be found on next page)

Q1 -What is the tiny plastic covering of the tip of a shoelace called?

Q2—Back in the 1600's, what was used in thermometers, instead of mercury?

Marg Elliott
Coordinator Community Services

Date	Event
Friday 7th July	**Social Support lunch with Sloba**
Friday 20th July	**Bus trip to Casterton. Departing 9.30am. Cost $10**

MENS HEALTH WEEK...has just been celebrated (11th to 17th June)

Don't forget, Stu Wilder visits Harrow....

At the HBNC we are very fortunate to have Stu Wilder coming to out centre 4 times per year, to perform men's health checks. Stu is a nursing practitioner and specialises in men's health. He performs spot checks of the skin, and a general health assessment both physically and mentally.

He is a fantastic resource for our centre and works closely with Dr Mark Johnson from WDHS and Dr Grills; a visiting Urologist from Geelong.

Ring the centre to make an appointment for his next visit: 03 5588 2000

For more information on men's health please look at below links.
www.westernsydney.edu.au/mhirc

www.andrologyaustralia.org

www.mengage.org/au - the male health clearing house

Quality & Safety

Education

Our centre staff endeavour to ensure their knowledge and skills are in accordance with current best practice and enable community members to have confidence the staff are able to deliver high quality programs. Clinical and administration staff have been involved in education on immunisation updates, training volunteers in defibrillator use (AED) and events management. They also updated their training to assist our older clients with choices in advance care plan documents and undertook annual remote area nurse (RAN) emergency care competencies. Staff undertake training to enable them to deliver services the community require or request.

Improvements

Thank you to Marg Elliott, Community Services Coordinator, for highlighting two areas for improvement at the Centre. Reported at the recent Quality and Safety meeting, outcomes include the installation of dimmer lights/switches in our multipurpose room to improve lighting and access to multilingual information for CALD clients. If you have an idea for improvement or a way we can better serve our community please feel free to drop in to the Centre and fill in an improvement form.

Communication

The Centre has a new Consumer Engagement Board in the multipurpose room. This will provide information on survey outcomes, feedback and other interesting information for our consumers. Please come, have a cuppa, sit on our new couch (proudly funded by the Bay Riders Fundraising efforts) and fill in an improvement form!

Community Engagement

Facebook Page

Did you know we have a Facebook page "Harrow Bush Nursing Centre"? Please like our page and get connected on what is happening at and through the Centre. Recently we launched our first Poll. The question was "Is the Harrow Mens Shed an important place for social interaction for men every week?" 37 people responded and the results were 100% YES that the Mens Shed serves this purpose. Thank you!

Volunteers Survey

Thank you to all the volunteers who completed the survey at the Volunteers morning tea in May. We really appreciate your feedback.

Thank You...

Thankyou very much to all those people who offered their time, services, donations, suggestions, items and skills to make our Black Tie Ball such a success! Thank you specifically to Chris McCall, JD McGennisken, Josie Sangster, 'Beaton' friends (pop up volunteers from Melbourne) and family and Tim Baines who helped to set up and pack up.