



December 2018

a monthly publication of the Harrow Bush Nursing Centre

COMMITTEE OF MANAGEMENT

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

COMMITTEE MEMBERS:

Eleanor Edgar
Ron Penrose
Jessie Ferguson
Leanne Dillon
Darren Welsh

Welcome to the December edition of The Bush Telegraph for 2018.

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

We would like to thank Peter for his commitment and dedication to the role as President in the past 2 years and thank all our committee members for their contribution to governing our service.

Grants and Donations

Once again we need to thank the generous supporters in our community and would like to extend our thanks to the Edenhope Bendigo Bank for their generous donation of \$1000 towards the purchase of shelter for the BRCC Long Lunch. This will greatly assist us to provide much required shade and shelter from the weather during this popular event. Thank you again to Edenhope Bendigo Bank.

We have been informed that we have been successful in gaining funding for the 2nd year through the RE Ross trust for the school holiday program. We are most excited about this news and look forward to bringing you a new program of events in the coming year.

Christmas and New Year

Please take note the Centre will be closed from 4.30pm on Friday 21st December and will reopen on Wednesday 2nd January 2019. We apologise for any inconvenience during this time of closure but remind you that if you require emergency care an ambulance will need to be contacted by calling 000. For all non-emergencies please contact Nurse on Call or contact your local Doctor.

We wish you a very joyous Christmas and look forward to seeing you all in the coming year.

Ann Vaughan
Centre Manager



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

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

What's On at the Centre for December 2018 Phone 5588 2000 for appointments

DOCTOR LISTING

Dr Lalani Udalamatta 13th

ALLIED & COMMUNITY HEALTH

Physiotherapist 6th, 20th
Podiatrist 4th, 18th
MCHN 5th, 19th
Diabetes Educator 18th
Dietician Contact Centre
Remedial Masseuse Thursdays 0428 831 502
Visiting Social Worker 12th
Exercise Provider 11th
Mens Health Nurse Visit 3rd
Supported Playgroup Wednesdays; terms only 10am to 12 noon. Contact WW Shire Council

EXERCISES & HEALTH CLASSES

Pilates & Pump/Puff Thursdays 10.30am to 12pm
Pilates Plus Wednesdays 6.10am & 8.40am
Yin Yoga Tuesdays 8.30am - 10.15am & 6.30pm to 7.45pm

SOCIAL SUPPORT GROUP

Lunch 14th—Christmas lunch
Outing No outing in December
Singing Thursdays at 1.30pm (contact Centre prior to attending)

Election of COM Office Bearers 2018-19

President—Richard Edgar

Vice President—Peter Johnson

Treasurer—Hugh Jarvis

Secretary—Brownyn Hobbs

Thank you most sincerely to Peter Johnson for his service as President of the COM for the last two years.

Please note Harrow Bush Nursing Centre will be closed on following dates for Christmas & New Year:

CLOSED FROM

24th December to 2nd January

**Reopen Wednesday
3rd January 2019**

CHRISTMAS HAMPER COLLECTION DONATIONS

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. It's time to give back for those in need over the Festive Season. 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 11th Dec. Your generosity is appreciated. Thank you.



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Quiz Answers:
A—White Christmas.
A—It's Christmas, Eve.

From the Business Area...

Grants – why are they important and how do they work

The Harrow Bush Nursing Centre has a proactive approach towards applying for grants to support either capital replacements/upgrades or programs/events being facilitated. Funds obtained this way support our annual DHHS funding and allow us to expand services and continue to keep abreast of updated equipment/needs for our community.

Grants are accessed through government departments, organisations, philanthropic organisations and our Administration and Programs Planning Coordinator, Anita McGuigan actively reviews opportunities for our Centre to apply. Applications can be short or very lengthy and can require additional supporting documentation and evidence such as consumer feedback, plans, quotes, letters of support, copies of annual reports, budgets, copies of minutes etc. The time in applying for a grant is considered in what outcomes the Centre will receive if they are successful. Some grants provide funding on a 1:1 basis, sometimes the Centre must contribute towards the project either financially or in-kind. All grants require acquittal either in the form of reports, feedback, copies of invoices to confirm purchases, financial acquittal and/or overviews of programs and outcomes.

For example a grant such as the RE Ross Trust Grant enabled the Bay Riders Community Centre to support a School Holiday Program from October 2017 through to October 2018. To meet the requirements of this grant the Centre still had to contribute towards the cost of the programs run, provide in-kind support e.g. volunteer time and also ensure some small contributions were made by participants. Much planning and assessment of costs is made by HBNC staff throughout the time of this grant. Planning for the second year of this grant has already commenced.

The grant processes at HBNC are being reviewed and streamlined to ensure we are focusing on those areas that will support the Centre as a whole in meeting its Strategic directions and the needs of the community whilst remaining effective.

Community Health



When the Summer heat hits...

Stay cool indoors – keep air circulating around you. Use air conditioning if possible. Take a cool shower, bath or sponge bath.

Keep up your fluids – you need to drink more water during hot weather, regardless of how active you are. Do not wait until you are thirsty to drink. Drink plenty of water or other cool, non-alcoholic fluids.

Protect yourself outside – if you must be outdoors, remember to protect yourself from the sun –, 'slip, slop, slap', 'seek' shade and 'slide' on sunglasses.

Take it easy – If you can, restrict activity or travel to cooler parts of the day.

Never leave children or pets in cars – even on cool days or if the windows are left open a fraction. Cars can heat up to dangerous temperatures very quickly

Watch out for others – check on older, sick or frail people who may need help coping with the heat (at least twice a day).

Watch out for your pets – provide shade outdoors and lots of fresh, cool drinking water. Bring your pets indoors during the hottest part of the day

Getting to know our staff: Anita McGuigan



Anita McGuigan commenced work at the Harrow Bush Nursing Centre in 2011 when she moved to Harrow from Port Fairy. Anita has 3 children; including 1 at Uni and 2 teens still at home so life is quite busy. Anita is the Administration and Programs Coordinator as well as the Executive Assistant for the Committee of Management. She also maintains the very busy Facebook page for the centre and the coordinates fundraising events. Anita enjoys travel, reading, horse-riding, keeping fit and has recently taken up multi day hikes as a hobby and is currently training to do the Overland Track in Tasmania in January with a group of other hikers including several Harrow locals. Anita is on the local Harrow CFA as a firefighter and assists community groups with grant writing applications.

Volunteers Vacancies

We are seeking individuals to join our team of volunteers to assist in the following areas:

- Meal/activity assistants for Social Support Group monthly meal
- Drivers to transport clients for activities and/or appointments
- School holiday activities assistants
- Harrow Long Lunch—various assistance required from wait staff, set up, pack up etc.

If you can help us we'd love to hear from you. Ph 5588 2000

Community Engagement

There are numerous ways to keep informed about what is happening at the Harrow Bush Nursing Centre including the Bay Riders Community Centre:

- Free subscription to our monthly newsletters by post or email
- Like our Facebook Page—Harrow Bush Nursing Centre
- Collect a newsletter from the Harrow Café, Kolmar House or from the centre directly
- Visit our website regularly to stay in touch; www.hbnc.org.au
- Call in and have a cuppa and a chat with the staff.

If we can assist you to find out more about our organisation, please call us on 03 5588 2000 or email operationsadmin@hbnc.org.au

Social Support Group Report for December

Hi all, getting to the serious stuff now.

I know what happens on the bus stays on the bus but well !!!!!!!

Who'd have thought we had a couple requesting the Honey Moon suite.

Nine of us headed off 9am on Wednesday morning, driving through some extremely lush country side, checking out the remaining 8 apostles then arriving at Port Campbell for the night, tired but content. Off early the next day to cheese world, Fletcher Jones gardens, then meandered back to Harrow. Everyone enjoyed themselves and the consensus is 2 nights next time. (Not sure if Chris and I can keep up the pace).

The CFA (Jenny McGennissen) joined us for Sloba's beautiful roast beef and mustard sauce and agreed we live well in Harrow. Lovely to just sit and chat to a few ladies at the end of the day, we all are in such a rush, its good to just sit .

Jenny talked about risks in the home for fires, mobile phones, being left on charge overnight are a big risk with overheating. You might want to remind the grandchildren.

The team wish you all a very happy Christmas and enjoy your time with your families.

Look forward to seeing you all next year

Marg Elliott
Community Services Coordinator

Upcoming Dates:

Date	Event
14.12.18	Christmas luncheon
January 2019	SOG in recess—no activities scheduled
8.2.19	Slobas luncheon—Valentines Day
13.2.19	Bus trip to Horsham: movies or shopping

SSG CHRISTMAS QUIZ

Q: Which Bing Crosby song, recorded in 1942, sold over 30,000,000 copies?



Q What did Adam say to Eve on the day before Christmas?



Pictured right: SSG overnight outing participants from left to right: Roma, Margaret, Dulcie, Judy, Peter J, Joyce & Peter A.

HBNC & BRCC Activities & Visits December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Men's Health Nurse Visit	4 Yin Yoga (last). Podiatrist Mums & Bubs Pilates	5 Pilates Plus, MCH Nurse, Play Group	6 Path, Physio, PnP, Pilates, Men's Shed, Massage, Calendar Launch	7	8
9	10	11 Community Health Provider	12 Pilates Plus, Social Worker, Play Group	13 Dr. Lalani, Path, PnP, Pilates, Men's Shed, Massage	14 SSG Lunch	15
16	17 BRCC Art with Taze	18 Podiatrist, Diab. Ed.	19 Pilates Plus, MCH Nurse, Play Group	20 Path, Physio, PnP, Pilates, Men's Shed, Massage	21	22
23	24 Centre Closed <i>Christmas Eve</i>	25 Centre Closed <i>Christmas Day</i>	26 Centre Closed <i>Boxing Day</i>	27 Centre Closed	28 Centre Closed	29
30	31 Centre Closed					

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

