



The Bush Telegraph

a monthly publication of the Harrow Bush Nursing Centre

January 2019

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

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 first Harrow Bush Nursing Centre Bush Telegraph edition for 2019. Hoping that your Christmas celebrations were special and that the coming year brings much happiness, health and adventures!

The New Year provides the opportunity to reflect on what has happened in the past year, to remember sadly those who are no longer with us but also to celebrate the successes and look to the future and the promises it holds. We have a very generous community who gives so much to our little town and we have much to be thankful for. I ask that now the Christmas festivities are over that you take time to enjoy the beauty of our surroundings and spend valuable time with family and friends or doing those things for yourself that you enjoy.

What does the coming year look like for Harrow Bush Nursing Centre? Firstly, we are excited to welcome two new staff members to our team. Jane Sullivan and Dale Hewson have commenced work here late in December and we hope they enjoy becoming part of our organisation.

We have a number of returning programs, service providers, and currently developing plans for the coming year. We look forward to seeing you throughout year. We would love to hear your feedback on what you want to see provided at the Centre or how we can improve the services and programs we provide. All feedback is extremely valuable and confidential and leads to improvements in all that we provide.

Kind Regards

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



Opening hours:

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

What's On at the Centre for January 2019

Phone 5588 2000 for appointments

DOCTOR LISTING

Dr Lalani Udalamatta 17th

ALLIED & COMMUNITY HEALTH

Physiotherapist 10th, 24th
Podiatrist 15th
MCHN 3rd, 16th, 30th
Diabetes Educator 8th
Dietician Contact Centre
Remedial Masseuse Thursdays - 0428 831 502
Visiting Social Worker 9th & 22nd (9.30am to 12.30pm)
Exercise Provider 29 tbc
Supported Playgroup 2019 schedule TBC. Please contact Centre

EXERCISES & HEALTH CLASSES

Pilates & Pump/Puff Will recommence on 3rd January 2019 and will be held Thursdays 10.30am to 12pm

Pilates Plus Wednesdays 6.10am & 8.30am

Yin Yoga Resumes 12th February 2019
Tuesdays 8.30am - 10.15am & 6.30pm to 7.45pm

Child Friendly Pilates 30th January 10.30am

SOCIAL SUPPORT GROUP

Lunch January recess
Outing January recess

Singing Thursdays at 1.30pm (contact Centre prior to attending)

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

CLOSED FROM

24th December to 2nd January

Reopens Wednesday
3rd January 2019

We are also closed for the
Australia Day Public Holiday on 28th January
2019



Welcome to new staff member Dale Hewson who has been appointed as our new Environmental Services Officer.

Christmas Hamper—Thank you!



Thank you to everyone who contributed to the hamper we put together for the Hamilton Uniting Church who distributes helpful, non perishable items to families in need over Christmas. We received so many items, we needed two large boxes. Peter and the team at Hamilton Uniting Church were very pleased to receive the items so once again thank you for your generosity.

From the Quality Area...

The Centre's Quality and Safety Subcommittee met on Tuesday 18th December for one of their bi monthly meetings where they review reports and registers for Education, Improvements, Incidents (VHIMS), Audits, Surveys, Risk, Regulatory Compliance (such as changes to legislation) and the Services, Quality and Compliance register ensuring all the requirements such as lodging returns to review of our OH&S plan are done in a timely manner. At this meeting the members present also reviewed the first presentation of a Quality Data report for the September 2018 quarter showing trends, graphs and other indicators on clinical services, clinical activity, vehicle activity and visiting providers.

This report will become a regular quarterly report and will grow and develop over the next few months. This will become a useful tool for the management and governance of the Centre.

Our education report showed that our nursing staff have updated their skills in fetal monitoring, maternity skills and knowledge, reviewed the guidelines and information on new vaccines and attended the CRANA conference. Anita also attended a GWM water customer stakeholder meeting where she obtained information that the Centre may be able to access a point of supply water purification solution for the Centre as a health facility.

Emma Cush
Business Coordinator

SERVICES ON A DAY OF CODE RED

Services which WILL continue on a day of CODE RED are:

- **District Nursing rounds inside the town boundary**
- **Remote Area Nursing response to emergencies**

Services that WILL NOT continue on a day of CODE RED are:

- **All activities at the Centre including Social Support Group, playgroup, visiting services, Bay Riders Community Centre activities and programs (including Mens Shed).**
- **Respite and District Nursing outside town boundaries**
- **Routine non urgent transportation of clients to and from the Centre**
- **Emergency response in immediate fire danger areas**

Please speak to our staff if you have any queries or questions about this policy.

Getting to know our staff: Jane Sullivan



We welcome our newly appointed staff member Jane Sullivan to the team. Jane lives at Koolomurt with her family consisting of husband Wayne and 2 sons (Patrick and Sean) and 1 daughter (Tara). Jane has been involved with the Balmoral Bulletin and other committees and administrative roles over the last several years.

Jane will be working 3 days per week at the centre and will assist with the programming for the Bay Riders Community Centre and with reception/administrative tasks. Jane will also be assisting with the production of this monthly newsletter. Please make her feel welcome.

Volunteers Vacancies

We are seeking individuals to join our team of volunteers to assist with the Harrow Long Lunch on 30th March, 2019 in the following areas of support:

- Set up and clean up including table decorations
- Waitressing
- Kitchen hand and food preparation

Be a valued part of this amazing fundraiser event! If you can help us we'd love to hear from you. Ph 5588 2000. Images below depict the 2018 event—*courtesy of Melanie Y'lang*



Future Plans—Building Extension

We are inviting all community members to have their say on our plans for extending the current facilities. We are now facing the challenges of outgrowing our current facilities due to an increase in services and staffing. Please view our plans outlining an extension to the current building which can be emailed to you by request or you can view at the centre. The focus areas for the improvements to the building include:

- Disability access to the building and consultation space
- Safe and private ambulance access
- Ease of access for consumers and staff to access spaces within the building
- Designated consultation and clinical space away from office space
- Storage for equipment and filing
- Designated office and meeting space for staff.

We would appreciate your comments around these plans by return email or direct to Centre Manager Ann Vaughan ann.vaughan@hbnc.org.au

Social Support Group Report for January

A truly magnificent meal was prepared by Sloba for our Christmas lunch and end to 2018. We cant thank Sloba enough for providing us each month with good old fashioned home cooking and plenty of it. Again thank you to the volunteers for the donation of their precious time for these meals and as you can see by the picture below, there are perks of the job, if you are interested in volunteering please see Lucy Teusner.

It was great to see Marj and Jim Kennedy who journeyed back to see us from Hamilton and Ray Pyers called in as well.

We journeyed up to Hamilton for last minute Christmas shopping and joined in with the others who are doing their last minute Christmas shopping. What a beautiful but hectic time of the year. Regarding the bus; we tried changing the days but it didn't prove a success, so for 2019 we will have a bus trip on the 3rd Friday of each month.

We will resume on the 8th February and hope to see you there. Stay safe, have fun and enjoy your time with family and friends.

Marg Elliott
Community Services Coordinator

Upcoming Dates:

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



Pictured above—Ralph Zwar and Ray Pyers at the Christmas lunch.



Pictured above—volunteer Mareeta Cox enjoys the sampling.

COULD YOU OR SOMEONE YOU KNOW BE AT RISK?



Extreme heat can affect anybody however the people most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness
- are taking medications that may affect the way the body reacts to heat such as:
 - allergy medicines (antihistamines)
 - blood pressure and heart medicines (beta-blockers)
 - seizure medicines (anticonvulsants)
 - water pills (diuretics)
 - antidepressants or antipsychotics
- have problematic alcohol or drug use
- have a disability
- have trouble moving around such as those who are bed bound or in wheelchairs
- pregnant women and breastfeeding mothers
- babies and young children
- are overweight or obese
- work or exercise outdoors
- have recently arrived from cooler climates.

PREPARE FOR EXTREME HEAT

- Stock up on food, water and medicines so you don't have to go out in the heat. Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.
- Ensure you have a torch, fully charged mobile phone, a battery operated radio and some spare batteries.
- Stock up on food items that do not require refrigeration or cooking such as tinned fruit and vegetables, tinned meats or fish, bread and fruit.
- Have plenty of drinking water available.
- Stock up on medications and other essential items.
- Consider a battery-operated or hand held fan to assist with cooling.

HOT CARS KILL



- Never leave kids, adults or pets in hot cars. The temperature inside parked cars can double within minutes.

COPING WITH THE HEAT



- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.
- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.

HOW YOU CAN HELP OTHERS



- Keep in touch with sick or frail friends and family. Call them at least once on any extreme heat day.
- Encourage them to drink plenty of water.
- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat. Take them somewhere cool for the day or have them stay the night if they are unable to stay cool in their home.
- If you observe symptoms of heat-related illness, seek medical help.



HARROW LONG LUNCH

30 MARCH 2019

**BEHIND HARROW HALL
12 NOON**

**BOOKINGS ESSENTIAL
TICKETS - \$80**

Available on line from 1st Feb

WWW.HBNC.ORG.AU/LONG LUNCH

Harrow Bush Nursing Centre

PH: 03 5588 2000

EMAIL: operationsadmin@hbnc.org.au

Bus service dependent on numbers

**BYO DRINKS ET GLASS * LIVE JAZZ BY KALIMNA *
ALL PROCEEDS TO THE BAY RIDERS COMMUNITY CENTRE**

HBNC & BRCC Activities & Visits January 2019

Sun	Monday	Tuesday	Wed.	Thursday	Friday	Sat
		1	2	3	4	5
		CENTRE CLOSED NEW YEARS DAY	CENTRE RE-OPENS MCH Nurse	Pilates and Pump n Puff resumes		
6	7	8	9	10	11	12
		Diab. Ed.	Social Worker	Physio, Pilates and Pump n Puff Men's Shed resumes Cooking with Katrina	Craft with Katrina	
13	14	15	16	17	18	19
		Podiatrist	MCH Nurse BRCC Portrait Drawing activity 10am	Dr Lalani, Pilates & Pump n Puff		
20	21	22	23	24	25	26
		Social Worker		Physio, Pilates & Pump n Puff Men's Shed & BRCC Men's Shed school holiday proj.		
27	28	29	30	31		
	CENTRE CLOSED AUSTRALIA DAY PUBLIC HOLIDAY	Community Health Provider	Pilates Plus resumes Child friendly Pilates MCH Nurse			

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

