

March 2019

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

## 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

## New GP services

We are very excited to announce that we have recommenced GP service provision from the Coleraine and Casterton Medical Clinic with Dr Yong Yu commencing services here on Thursday 7<sup>th</sup> March. Dr Yong Yu is a very experienced and dedicated doctor who will provide another opportunity for our community to access health care locally, reducing the need to travel. Please contact the centre for information on bookings and details regarding this service.

## Millinery workshops

We are delighted to welcome Neil Grigg back our Centre in early March to provide millinery workshops to our creative community members. Neil has had a long association with HBNC, providing a number of workshops, fashion parades and supporting us with various fundraising events over past years. Neil's experience and enthusiasm for millinery certainly makes these workshops a day of learning, creativity and fun. We thank Neil again for making the time in his busy schedule to provide these workshops and I encourage you to come along to enjoy being creative!

## Community Youth Forum

We are looking forward to having the Bay Riders Community Centre working with Headspace Horsham to hold our first Youth Forum on Friday 15<sup>th</sup> March here at the Centre. A delicious array of snacks and dinner will be provided for young people (most suited to ages between 10 and 18 years) as well as the opportunity for everyone to try Virtual Reality. Whilst this will be a fun and engaging evening, the main purpose is to find out from the youth in our community what they would like to see in terms of activities and programs. This is a **free** event made possible with funding from the RE Ross Trust and I encourage all youth in our community to attend the evening and have your say!

**Ann Vaughan**  
**Centre Manager**

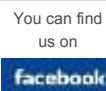


## CONTACT DETAILS

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)



## Opening hours:

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

## What's On at the Centre for March 2019 Phone 5588 2000 for appointments

### DOCTOR LISTING

Dr Lalani Udalamatta 14th, 28th  
Dr Yong Yu 7th

### ALLIED & COMMUNITY HEALTH

Physiotherapist 7th, 21st  
Podiatrist 5th, 19th  
MCHN 6th, 20th  
Diabetes Educator 5th  
Dietician 20th  
Men's Health Nurse 25th (Stu Willder) 10am to 3pm  
Visiting Social Worker 6th, 20th  
Exercise Provider 12th, 26th  
Supported Playgroup Wednesdays at 10.30—terms

### EXERCISES & HEALTH CLASSES

Pilates & Pump/Puff Thursdays 10.30am to 12pm  
Pilates Plus Wednesdays 6.30am & 8.30am  
Yin Yoga Resumes 12th February 2019  
Tuesdays 8.30am - 10.15am & 6.30pm to 7.45pm  
Child Friendly Pilates Wednesdays (terms) 9.30am  
Exercises with Loren Commences 12th Feb 11am

### SOCIAL SUPPORT GROUP

Lunch 8th  
Outing 19th (*outing to Nhill*)



## Harrow Long Lunch 30th March, 2019

We are now taking a cancellation list

### MEN'S HEALTH NURSE VISIT

With Stu Willder (Men's Health Nurse  
Practitioner)

Monday 25th March, 2019

10am to 3pm (15 mins for spot checks and 30  
mins for a health assessment)

Harrow Bush Nursing Centre

*Bulk Billed*—Bookings Essential—5588 2000

A great opportunity for men in the Harrow  
community to have a health check and/or spot  
check done.

## From the Quality and Safety area...

*Quality is the standard of something as measured against other things of a similar kind;  
the degree of excellence of something.*

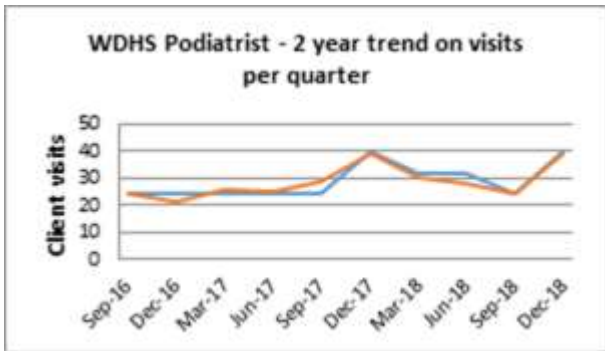
In our Quality and Safety meetings we reviewed and discussed the data we are collating and presenting in our new reports on our clinical and service areas. To ensure the way we capture this information is correct and therefore we can rely on the data it creates, there has been a lot of work behind the scenes streamlining our UNITI system and making it easier for staff to input this information. Every time you a consumer uses a service at the Centre or visits a program that 'service' is recorded. We can then capture how many people attended the podiatrist in the quarter for example or see how many BRCC programs/ services are being used etc.

Another use of this data is to compare how 'busy' the Centre is against any incidents that are reported. It can indicate times of increased clinical usage and therefore may correlate to levels of incidents. This then may result in looking at extra resourcing, improvements in procedures or education for those times. The data can also predict times of increased activity (peak times) and hence we can be prepared e.g. flu season and immunizations.

# From the Safety and Quality area continued...

We anticipate these reports are a work in progress over the next few months and the information we collate will be reported in our annual report at financial year end. We are currently getting feedback and suggestions for improvement on the reports from committee members and staff. If any consumer is interested in looking at the reports please let Ann know at the Centre. An example of some of the graphs/ data presented are below.

**Emma Cush**  
**Business Coordinator**



Visits for Sept - Dec

Activity	Visits
Book Club	8
Public Computer Access	2
Harrow Men's Shed	83
Sketch with Stretch	6
Playgroup	76
Yin Yoga	70
Pilates Plus	103
School Holiday Activities	81
Cooking	26

## *Exercises with Loren Linto*

### **Low impact sit or stand exercises**

Where: Harrow Bush Nursing Centre

When: Alternate Tuesdays, commencing 12<sup>th</sup> February

Cost \$3

Time 11am – 11.30am

### **Low impact chair exercises**

Where: Harrow Bush Nursing Centre

When: Alternate Tuesdays, commencing 12<sup>th</sup> Feb

Cost: \$3

Time 11am – 11.30am

## Getting to know our staff: Ann Vaughan



I have been working in the role of Centre Manager at Harrow Bush Nursing Centre since 2015, though have been connected to the centre working as a casual registered nurse whilst also working at Balmoral Bush Nursing Centre. I have a long connection with HBNC, as a child coming to the centre to seek treatment from the Bush Nurses and visiting services. Growing up near Harrow and finishing my schooling locally, it was great to have the security of being part of such a caring and supportive community. Moving to Melbourne to commence my nurse training at the Alfred Hospital in 1989 certainly was a shock, but gave me the skills and experience to continue my love of working in rural health. I returned to the area with my husband Neil and young children Sandy and Hannah around 12 years ago after living away in Melbourne and NSW for around 20 years. It certainly was a welcoming return and we have enjoyed being part of a community that we love, that provides a safe and supportive environment for our children. They are now young adults and forging on with study and adventures of their own, but we know that the links to this area will always be firmly embedded as it was for me. I am passionate about the work that we do here at HBNC and ensuring our people have local access to quality and safe care so they can remain living in our community. Ensuring that people have a caring and supportive experience and access to the services they need, is what I wish for all people connected to our Centre. I am proud of the people I work with and thank them for the enthusiasm and dedication they put into their work; it certainly makes me appreciate my workplace and all that we achieve.

## 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.**

### Shrove Tuesday - March 5th

**11am to 1pm**

Sloba will be creating a scrumptious feast of sweet and savoury pancakes for all to enjoy.

Come along and join us at the centre as we take the opportunity to meet, chat and eat wonderful food!



# Social Support Group Report for February

## Community Services

February was a sad month for us when Ilija Petrovic passed away. Our hearts go out to you Sloba and your family.

A bus load of us made the journey to Elaine (close to Ballarat) and were privileged to be part of the amazing Serbian service farewelling Ilija and witnessing a culture that respects all, living and dead.

We had an Aussie BBQ for our meal and Loren Linto joined us to talk about keeping our feet healthy, and working on our balance. Tennis balls under the feet while watching TV at night can improve your circulation and help stop those nightly cramps. Loren has strength and balance classes each Tuesday at 11am for 30 minutes and by all reports, great fun but also working on that important balance.

Next month Anita McGuigan and Ron Penrose will be talking about their walk on the Overland trail in Tasmania.

**Marg Elliott**

**Community Services Coordinator**



*Centre manager Ann Vaughan talking to the Social Support Group at the BBQ lunch held recently.*

<b>Date</b>	<b>Event</b>
<b>8th March</b>	<b>Lunch with Sloba. Following lunch, Ron Penrose and Anita McGuigan will give a talk on their walk on the Overland Track in Tasmania.</b>
<b>19th March</b>	<b>Bus trip to Nhill</b>

### Thank you

Thank you to all the people from Harrow and district for your support on the passing of Ilija. Thank you for being so gracious and beautiful to me and my family.

Love from Sloba and family.



**MENTAL  
HEALTH  
FIRST AID**  
Australia



## DO YOU NEED TO PRACTICE YOUR MENTAL HEALTH FIRST AID SKILLS?

Refresher courses are 4-hour face-to-face courses that allow people who have previously completed a 14-hour Mental Health First Aid course to refresh their knowledge and skills. For people who are Accredited MHFAiders, the refresher courses offer an opportunity to extend their accreditation for a further 3 years.

	<b>LOCATIONS:</b> <b>HORSHAM</b> – Tuesday 19 February, Wimmera PCP <b>FULL</b> <b>NHILL</b> – Monday 4 March, West Wimmera Health Service <b>HORSHAM</b> – Thursday 14 March, Wimmera PCP ( <b>New date</b> ) <b>WARRACKNABEAL</b> – Monday 1 April, Neighbourhood House <b>KANIVA</b> – Tuesday 14 May, West Wimmera Shire Council <b>HARROW</b> – Monday 20 May, Harrow Bush Nursing Centre <b>GOROKE</b> – Wednesday 5 June, West Wimmera Health Service <b>EDENHOPE</b> – Thursday 18 July, Edenhope & District Memorial
<b>TIME:</b>	12:30 PM TO 4:30 PM
<b>PRICE:</b>	FREE
<b>BOOKINGS:</b>	Lissy Johns - <a href="mailto:lissy.johns@wimmerapcp.org.au">lissy.johns@wimmerapcp.org.au</a>

### THE YOUTH REFRESHER COURSE

This course will help you:

- Gain an understanding of the latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills.

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

# Healthy Eating When You're Older

As we get older we often need fewer kilojoules because we are less active than when we were younger. However, we still need a similar amount of nutrients, sometimes more. For example, as we age our requirement for calcium increases and we need extra serves of low fat milk, yogurt and cheese.

## Dietary Guideline 1:

*To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs*

Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

The best way to do this is to try to follow the recommended number of serves from the five food groups and avoid extra serves and discretionary foods and drinks.

Sometimes too, people with chronic health problems can put themselves at risk of malnutrition by restricting what they eat. If you are unsure about the benefits of losing extra weight, talk to your health professional.

## Dietary Guideline 2:

*Enjoy a wide variety of nutritious foods from these five groups every day*

Circumstances, health problems, budgets and eating issues can mean that our range of foods gets smaller as we get older. However, it remains important to eat widely from all the food groups to make sure we get the nutrients we need. If your budget is more limited, plan well, use what's available and buy only what you need. If you're cooking for one, collect some healthy, but quick and easy ideas and try to organise to eat regularly with friends or family. If nuts, grains and hard fruits and vegetables are a problem for your teeth, go for milled wholegrains, soft cooked and canned fruits and vegetables and nut pastes.

Be careful to follow food safety guidelines, because food borne illnesses can hit older people particularly hard.

## Dietary Guideline 3:

*Limit intake of foods and drinks containing fat, added salt, added sugars and alcohol*

It's always good to limit saturated fats, added salt, added sugars, alcohol and low fibre choices for good health. For some people it's not straight forward and they need to talk to their health professional about the benefits and risks.

Older people can also find that they need to eat more high fibre foods and to drink more water to avoid constipation as bowels tend to slow down with age.

# HBNC & BRCC Activities and Programs for March 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
						Neil Grigg Millinery work shop
3	4	5	6	7	8	9
Neil Grigg Millinery work shop	Sketch with Stretch	Shrove Tuesday Yoga Podiatrist Diabetes Ed.	MCH, Pilates Plus, Child Friendly Pilates, Playgroup Social Worker	Dr Yong Yu Physio, Massage, Pump n Puff, Men's Shed	SSG lunch	
10	11	12	13	14	15	16
	Labor Day Public Holiday Centre Closed	Yoga, Exercise Provider Exercises with Loren 11am	Pilates Plus, Child Friendly Pilates, Playgroup	Dr Lalani, Massage, Pump n Puff, Men's Shed		
17	18	19	20	21	22	23
		Podiatrist, Yoga  SSG outing	MCH, Pilates Plus, Child Friendly Pilates, Playgroup Dietician Social Worker	Physio, Massage, Pump n Puff, Men's Shed	Book Club (Venue TBC)	
24	25	26	27	28		
	Men's Health Visit with Stu 10am to 3pm	Yoga, Exercise Provider Exercises with Loren 11am	Pilates Plus, Child Friendly Pilates, Playgroup	Dr Lalani, Massage, Pump n Puff, Men's Shed		

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](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)

## Contact Us

Give us a call  
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Fax 5588 1300  
E: [operationsadmin@hbnc.org.au](mailto:operationsadmin@hbnc.org.au)  
W: [hbnc.org.au](http://hbnc.org.au)

Home of the:  
Bay Riders Community Centre  
(Harrow Neighbourhood House)  
Harrow Men's Shed  
Public Internet Access