

COMMITTEE OF MANAGEMENT

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

COMMITTEE MEMBERS:

Ron Penrose
 Darren Welsh
 Jason Sondhu
 Fiona Treliving

CENTRE CONTACTS

Centre Manager
 Ann Vaughan

Business Coordinator
 Emma Cush

Admin and Programs Coordinator
 Anita Vogel

Community Services Coordinator
 Marg Elliott

Quality and Safety Officer
 Lucy Teusner

In an emergency Call 000
 Emergency Radio Broadcaster
 594 AM

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

After Hours GP Helpline
 1800 022 222

Welcome to the February edition of The Bush Telegraph

Support for Bush Nursing Centres

Many of you may not be aware that there are 15 Bush Nursing Centre's spread throughout Victoria which we have had a long and close relationship with over many years. Of these fifteen Centre's, there are six that have been directly impacted by the fires over the past months. These include Walwa, Swifts Creek, Buchan, Cann River, Ensay and Gelantipy. Although they have been fortunate that their buildings and structures have not been impacted many of them have faced many fire fronts and their communities have been severely impacted with loss of lives, homes, stock and properties. They also remain to be on alert for further fire activity as the fire season continues. We have heard stories of the Bush Nursing Centre's providing refuge for people who have lost homes or unable to access their homes due road closures, treating burns, smoke inhalation and other injuries and providing up to 80 meals a day for community members and emergency services. They are also assisting with access to medications, providing financial advice and emotional support to those in need. We can only admire the resilience and strength of these Bush Nursing staff and volunteers and continue to offer our support in any way. This is testament to the importance of the Bush Nursing Centre model of care, providing care to rural people in the communities they live and love.

Remote Area Nurse (RAN) response

We have had some recent enquiries in regards to the Remote Area Nurse (RAN) response during and after clinic hours and how this is delivered. Remote Area Nursing through Ambulance Victoria is unique to Bush Nursing Centre's and is provided through an agreement with the individual Bush Nursing Centre's and Ambulance Victoria. During clinic hours we normally have a RAN rostered on duty and in the event of a medical emergency 000 call we would be paged through Ambulance Victoria to respond to provide first line emergency management. After-hours response is also provided but we this is only if a RAN is available to respond as we do not have an On-Call system. At all times the ambulance will respond to the 000 emergency and the RAN is an extra resource in the event of emergency management. If anyone has any concerns or questions in relation to this information, please contact the Centre to speak with myself or our nursing staff.

Ann Vaughan

Centre Manager

HBNC is an Equal Opportunity Employer that has a commitment to cultural safety, inclusion and empowerment of Aboriginal & Torres Strait islander, their families, and communities and encourages them to apply. This organisation promotes the safety and wellbeing from culturally, linguistically diverse and Aboriginal backgrounds and those with a disability.

CONTACT DETAILS

Email: operationsadmin@hbnc.org.au

PO BOX 103, Harrow, VIC, 3317

PH: 5588 2000 FAX: 5588 1300 www.hbnc.org.au

We welcome all feedback. It helps us improve our service. Please Contact us for further information

Opening hours:

Monday to Friday

8:30am — 4:30pm

Closed Public Holidays

What's On at the Centre for February 2020 Phone 5588 2000 for all appointments

ALLIED & COMMUNITY HEALTH

Physiotherapist	6th, 20th
Podiatrist	3rd
MCHN	5th, 19th
Diabetes Educator	3rd
Dietician	Contact Centre if appointment needed
Visiting Social Worker	5th, 19th
RFDS Psychologist	20th
Men's Health Nurse	3rd
Facilitated Playgroup	Wednesdays at 10.30 (TERMS)
Community Exercise	
Provider	4th, 11th, 18th, 25th

EXERCISES & HEALTH CLASSES

Pilates & Pump/Puff	Thursdays 10.30am to 12pm
Pilates Plus	Wednesdays 6.30am & 8.30am (TERMS)
Child Friendly Pilates	Wednesdays (terms) 9.30am (TERMS)
Fitness Plus	Tuesdays at 10.10am - TERMS)
Strength & Balance	Tuesdays 11.00 - 11.30am

SOCIAL SUPPORT GROUP

SSG lunch	14th
Shrove Tuesday FUNDRAISER	25th - 10am
Movie "Little Women"	tbc

PILATES – TERM 1, 2020

Pilates Plus and Child Friendly
Pilates with Loren Linto at the
Centre for Term 1 in 2020 will run from:
29th January to 25th March

Cost for the term is \$49.50 and
payment must be made BEFORE the start of
term. Casual rate is \$8 per session but book-
ings must still be made.

Thank you for your understanding.

Found at the centre

A pair of black framed reading
glasses in a hard black case.

*Our thoughts and support are with
the Bush Nursing Centres in the east;
our friends at Buchan, Swifts Creek,
Gelantipy, Walwa, Cann River,
Ensay and Dargo who have faced
huge challenges during the recent
bushfire emergency. We stand with
them during this hard time. #vicbnc*

STAFF LUNCH BREAK

Please note that during 12.30 and 1pm
the phone will be unattended for staff
lunch break. In an emergency dial 000

Consumer Engagement Committee

Would you like to be part of the planning for our service?

The consumer engagement committee provides an opportunity for people to share experiences, comment on consumer and carer issues and become active partners in the design, planning and evaluation of our service. Consumers bring a unique perspective to our service and your thoughts are very important to us. We need to know what is important to our community members in order to help meet your needs.

The Consumer Engagement Committee is a new committee that has been formed to address the concerns of our consumers. It offers an opportunity for our consumers to provide feedback on information such as brochures, assist with planning and be part of discussions on safety, quality and patient experience of our services.

The committee plans to meet twice a year, as an informal **afternoon tea** at our Centre. The aim of the meetings is to provide greater accountability of our service and help with development of quality services to contribute to improved consumer and community satisfaction. If you would like further information or to join this committee please contact the Centre to speak with Anita Vogel (formerly McGuigan). We encourage all community members to join us and provide feedback to our service.

CONGRATULATIONS TO RON PENROSE

Congratulations to Ron Penrose who was selected by the West Wimmera Shire Council as Citizen of the Year 2020. Ron received his award at the Australia Day celebrations at the Johnny Mullagh



Reserve on the banks of the Glenelg River amidst family and friends with much applause and celebration. Ron is a long standing member on our Committee of Management as well as being an active volunteer for our School Holiday Program and monthly art classes; *Sketch with Stretch*.

Well deserved Ron!

Social Support Group Report for January

In January the group do not meet but I thought I would reflect on the year just gone. Some of our staff went to Tasmania to walk the Overland Track and came back and showed us some beautiful pictures at our luncheon. Loren Linto showed us how we can exercise while sitting down and help keep those muscles toned. Wilma McFarlane completed her Certificate 4 in aged Care & Disability—congratulations Wilma!

During 2019, some of the highlights of visitors and guests were -

- Action Aids brought new equipment to assist people to stay living in their own homes. Equipment is being made lighter and more user friendly now making the choices amazing for us all
- Dementia Australia presented on the topic of memory loss and how we can help manage both caring for someone who has dementia, but also how to care for ourselves.
- Margaret Grigg gave us a detailed tour of Coleraine after we had lunch at 'The Catching Pen'; a lovely spot to have some lunch.
- The Balmoral SSG joined us for lunch and Linda from Melindari Fashions visited, tempting us with some lovely clothing. Linda does a great job of showing us fashions for all tastes and styles.
- Always good fun, the Red Hat Chicks from Edenhope, came and visited - it was lovely to see people catching up with those they had not seen for a while and having a good laugh.
- We went away for a two night stay to Robe which was very successful and the request has gone out for 2 overnight stays this year, which we are planning.

In 2020 we are organising a visit to Halls Gap for an overnight stay. A two night stay in Swan Hill is in the planning stage, so start saving your pennies.

UPCOMING EVENTS

Date	Event
Friday, February 14th	Sloba's lunch – Valentines day Kay Miller from Dementia Australia visiting
Tuesday, February 25th	Shrove Tuesday Fundraiser 10am
TBC	"Little Women" at Hamilton Cinema TBC as times have not been advertised at time of report



SLOBA'S FAMOUS PANCAKES @

SHROVE TUESDAY

HBNC & HNH Activities and Programs for FEBRUARY 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3	4	5	6	7	8
	Podiatrist Stu Wilder Diabetes Ed. Sketch with Stretch 5.30– 8.30	Community Exercise Provider Fitness Plus Twilight Yoga Pathology	Pilates Plus Child Friendly Pilates Social Worker MCH Playgroup	Pump n Puff Physio Massage, Men's Shed Pathology		
9	10	11	12	13	14	15
		Community Exercise Provider Fitness Plus Pathology	Pilates Plus Child Friendly Pilates Playgroup	Pump n Puff, Men's Shed Massage Pathology	SSG Luncheon	
16	17	18	19	20	21	22
		Community Exercise Provider Fitness Plus Pathology MH First Aid @ Harrow	Pilates Plus Child Friendly Pilates Social Worker MCH Playgroup MH First Aid @ Balmoral	Physio Pump n Puff Men's Shed Massage Singing Pathology		
23	24	25	26	27	28	29
		Community Exercise Provider Fitness Plus Shrove Tuesday Pathology	Pilates Plus Child Friendly Pilates Playgroup	Pump n Puff Men's Shed Massage Pathology	Thirsty Bookworms @ 10.30 Senior Seniors Arabian Cooking	

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 re-
mittance 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, Men's Shed or BRCC will not meet
banking requirements)

Harrow Bush Nursing Centre is a child safe organisation.

You can find us on

facebook

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: www.hbnc.org.au

Home of the:
Harrow Neighbourhood House
Harrow Men's Shed