

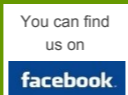
HBNC Health & Activities Calendar
JANUARY 2018 Bookings call 03 5588 2000

01/1	New Years Day—CENTRE CLOSED
02/1	Pathology
03/1	MCH
04/1	Physio, Pathology
05/1	
06/1	
07/1	
08/1	
09/1	Pathology
10/1	Podiatrist, Diabetes Educator
11/1	Dr Lalani, Pathology, Mens Shed, Counsellor Jess
12/1	
13/1	
14/1	
15/1	BRCC—Print Making
16/1	Pathology
17/1	MCH, BRCC Art Therapy
18/1	Physio, Pathology, Mens Shed, pump n puff, pilates
19/1	
20/1	
21/1	
22/1	BRCC Cooking with Katrina
23/1	Pathology
24/1	
25/1	Dr Lalani, Pathology, Mens Shed, Pn’P, Pilates, Singing
26/1	Australia Day—CENTRE CLOSED
27/1	
28/1	
29/1	
30/1	Yin Yoga, Pathology
31/1	MCH, Pilates Plus, Sustainable Farm Families Part 2

Harrow Bush Nursing Centre is a child safe organisation.

Contact Us

Give us a call for more information about our services and products
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



We value your feedback. If you have a complaint, suggestion or concern please let us know. Feedback forms are available at the Centre or call 55882000. You may also submit feedback via our Website at www.hbnc.org.au/feedback/

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)*



Harrow Bush Nursing Centre

BUSH TELEGRAPH

Harrow Bush Nursing Centre Newsletter

January 2018

Welcome to the first Harrow Bush Nursing Centre Bush Telegraph edition for 2018 .

Hoping that your Christmas celebrations were a time spent with family and friends and you are looking forward to a healthy and exciting year ahead.

This month we would like to express our sincere thanks to many of the generous individuals and organisations that have supported us in recent months. It is through these generous donations that we are able to continue to support the many programs we provide and support many people living in our Community.

A huge thank you must go to Andrew Dufty and John Dundon and the many people who recently generously supported them in a sheep drive to donate funds to both Balmoral and Harrow Bush Nursing Centres and The Variety Club. The significant funds raised will be going towards supporting joint community health programs within the communities of Harrow and Balmoral as well as the very worthy cause of the Variety Club which Andrew and John support each year. We thank them for their significant contribution they are making to our Centre and community.

We also would like to thank Calico and Candles and West Wimmera Women on Farms Group who generously donated towards the purchase of a planer for the Harrow and District Men’s shed. This planer was also funded by the Australian Men’s Shed Association Grant and will be a valuable asset to our shed to assist the men work towards a number of projects they have planned in future.

Thank you also to the Balmoral Op Shop volunteers who generously supported us in 2017 by providing many parcels of clothing and equipment for those in need in our community. The Hamilton Uniting Church has also been a strong supporter of our community throughout the year providing regular weekly bread donations and Christmas hampers for community members. We thank both these volunteer organisations who provide a valuable resource to many people within our district. Thank you also to the generous people who donated to our hamper which we collected for the Hamilton Uniting Church *Care Project* for those in need in Hamilton and district over Christmas as a way of giving back.

Ann Vaughan
Centre Manager

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

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

Visiting Health Professionals for January 2018

Phone 5588 2000 for ALL appointments

DOCTOR LISTING

Dr Lalani Udalamatta 11th & 25th

ALLIED HEALTH

Physiotherapist 4th & 18th
Podiatrist 10th
Social Worker Contact Centre
MCHN 3rd, 17th & 31st
Diabetes Educator 10th
Dietician To be confirmed
Occupational Therapist To be confirmed
Remedial Masseuse Thursdays Ph 5583 1502 or
0428 831 502 for appointment
Men's Health Nurse 7th February

EXERCISES & HEALTH CLASSES

PAG Exercises Pilates and Pump n' Puff will resume 18th January for Thursdays 10.30am—12pm

Pilates Plus with Loren Linto (Term times only) will resume 31st January for Wednesdays 6.10am & 8.40am

Yin Yoga will resume 30th January for Tuesdays 8.30-9.45am & 6.30-7.45pm

CENTRE CLOSURE

RE-OPEN 2nd JANUARY 2018

Closed 26th JANUARY for
Australia Day

SUSTAINABLE FARM FAMILIES (PART 2)

The second part of the Sustainable Farm Families workshop which ran in 2017 will be held on 31st January, 2018 here at the Centre. This is an award winning program facilitated by the National Centre for Farmer Health (Hamilton). We strongly encourage all participants from part 1 to attend part 2. to get the full benefits of the program.

MEDICARE DETAILS ~ we are checking :)

Please note that we are required to check your Medicare card when you attend the centre for appointments and clinics. We just want to make sure we have all the correct details. Thank you.

SHROVE TUESDAY ~ 13th February 2018 from 10am



\$5 for two Pancakes

Irish Boxty
Spinach & Ricotta
Lemon & Sugar
Apricot or Strawberry Jam

**Why not have pancakes for dinner
and take some home?**

**Thank you to Sloba Petrovic for donating
her culinary expertise every year for
Shrove Tuesday. All proceeds will go
back to the Harrow Bush Nursing Centre
to help in continuing to provide vital
health services.**

Planned Activity Group (PAG) Report for December 2017

Another year done and we raise our glass to next year.

Thank you so much to Sloba and Ilija Petrovic who provided magnificent meals to the PAG group each month. They do provide an amazing service and we appreciate their every effort to make our meals so beautiful. Thank you also to all our volunteers who support us throughout the year.

Christmas lunch was enjoyed by 21 people. Thank you also to the Harrow Singing Group for providing us with their repertoire of assorted carols. This month we journeyed to Horsham for that last minute shopping and practised an afternoon snooze on the way home in preparation for post Christmas lunch.

Marg Elliott
Community Services Coordinator

Date	Event
<i>No PAG events in January</i>	
18th January	Pilates and Pump n Puff resumes
25th January	Singing resumes
9 February 2018	Slobas lunch- Celebrate Valentines day
13 February 2018	Mystery trip to Edenhope with lunch

Emergency Assembly Point

HBNC has been given approval to use the vacant block opposite the Centre as an emergency assembly point in case of emergency evacuation from the Centre and a sign to this effect will be displayed on the vacant block.

Community Health

Podiatry Fee Changes

Please note—changes to the funding for Podiatry services through PHN means the fees for non pensioners has been reduced to \$14.90.

Men's Health

Stu Willder returns again to Harrow on the **7th February** for consultations with men including skin spot checks. Appointment times are 45 mins. Please contact the Centre to make a booking.

Dietician

Dietician services are now being provided by West Wimmera Health Services. Laura Schembri will be the visiting Dietician. For appointments please contact the Centre.

Carers Support Group

Support for all carers has commenced with Bi-monthly sessions facilitated by a qualified counsellor. These groups allow carers to share and receive support in a confidential and relaxed environment. All welcome!