

**HBNC Health & Activities Calendar
February 2018**

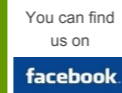
Bookings call 03 5588 2000

01/2	Path, Physio, Pnp, Pilates, mens Shed, Singing, Massage
02/2	
03/2	
04/2	
05/2	
06/2	Pathology, Yin Yoga
07/2	Pilates Plus, Podiatrist, MCH, Men's Health, Counsellor Jess
08/2	Path, Dr Lalani, PnP, Pilates, Men's Shed, Singing, Massage
09/2	PAG lunch, Women's Health Nurse
10/2	
11/2	
12/2	Sketch with Stretch
13/2	Pathology, Ying Yoga, Shrove Tuesday
14/2	Pilates Plus
15/2	Path, Physio, PnP, Pilates, Men's Shed, Singing, Massage
16/2	
17/2	
18/2	
19/2	
20/2	Pathology, Podiatrist, Diab. Educator, Yin Yoga
21/2	Pilates Plus, MCH, Dietician
22/2	Path, Dr Lalani, PnP, Pilates, Men's Shed, Singing, Massage
23/2	Book Club
24/2	
25/2	
26/2	
27/2	Pathology, Yin Yoga
28/2	Pilates Plus

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



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

**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

February 2018

Welcome to the February edition of the Bush Telegraph!

The Bush Nursing Centre is pleased to be able to provide a range of clinical and nursing services to our community. Some services that we provide include:

Emergency provision:

Four of our Nursing Staff are trained with Ambulance Victoria as Remote Area Nurses. This means we are first line providers of emergency care and able to provide emergency stabilisation and care in the event of an emergency '000' call. Please note that our Remote Area Nurses carry an ambulance pager after hours and in the event of a 000 call this will activate a Harrow Bush Nurse to attend the emergency where possible.

Ear Assessment and Ear Syringing: Our staff are trained in ear assessment and ear syringing which can be provided for a small fee of \$15 at the centre. Please note that a thorough assessment and initial treatment is required prior to syringing so we request that you contact the centre to speak to our one of our nursing staff in regards to this.

Immunisation: We are able to provide a number of vaccines listed on the Immunisation Schedule at the centre including the Flu Vaccine. Please contact the centre if you are requiring more information. Flu Vaccines to be delivered in March, please contact the centre for further information.

General Assessments: This includes blood pressure, heart rate and fasting blood sugar checks.

This month we have nurse practitioners Stu Willder and Sue Watt attending our clinic and will be providing free Men's and Women's health checks as well as sun spot checks. I encourage all members of the community to call the centre and book in for one of these valuable assessments. It's never too late to have a full health check. **Medicare cards are required for these appointments.**

We look forward to seeing you in the coming months.

Kind Regards
 Ann Vaughan
 Centre Manager.

Reminder: Please note that we are requiring 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.

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 February 2018

Phone 5588 2000 for ALL appointments

DOCTOR LISTING

Dr Lalani Udalamatta 8th & 22nd

ALLIED HEALTH

Physiotherapist 1st & 15th
Podiatrist 7th & 20th
Social Worker 7th
MCHN 7th & 21st
Diabetes Educator 20th
Dietician 21st (Laura Schembri)
Occupational Therapist -
Remedial Masseuse Thursdays Ph 5583 1502 or
0428 831 502 for appointment

EXERCISES & HEALTH CLASSES

Exercises Pilates and Pump n' Puff Thursdays 10.30am—12pm
Pilates Plus with Loren (Terms)—Wednesdays 6.10am & 8.40am
Yin Yoga—Tuesdays 8.30am-9.45am & 6.30-7.45pm
For further information about Pilates Plus and Yoga classes see the BRCC newsletter.

FLU VACCINATIONS available on Wednesday and Thursday afternoons, by appointment. The non Government funded fluvax is \$25. Free for eligible clients.

New Staff

Welcome to Di Knoll who is our newest team member.

Di has been employed as a part time Division 1 Nurse.

Di comes from Natimuk and has had over 30 years experience working as a nurse.



SHROVE TUESDAY ~ 13th February 2018

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.



\$5 for two Pancakes

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

Planned Activity Group (PAG) Report

Our first Luncheon will be in February and Matisse McGuigan will give a very brief talk on using social media. We, of the more mature age group, may find using technology can be beneficial in keeping in touch with families/friends.

We need to plan our year ahead and I have a few ideas that I'd like to discuss with you. One is having an an outing with an overnight stay. Stay cool and keep the water jug loaded.

Marg Elliott
Community Services Coordinator

Date	Event
9th February	PAG Lunch ~ Celebrating LOVE
13th February	Bus Trip
Each Thursday	Singing Group

Healthy Weight tips from the Heart Foundation

- Making a commitment to maintaining a healthy weight is one of the best things you can do for your health and wellbeing.
- Talk to your doctor, health practitioner, or an Accredited Practising Dietitian about your weight.
- If you do need to lose weight, plan to do it the healthy way.
- Change your eating habits, do more physical activity and sit less.



Over-the-counter codeine: changes to supply

From 1 February 2018, medicines that contain low-dose codeine will no longer be available without prescription in pharmacies.

Codeine is an opioid medicine in the same family as morphine. The medicines affected include codeine-containing combination analgesics, available under brand names such as **Panadeine, Nurofen Plus and Mersyndol**, and pharmacy generic pain relief products, and codeine-containing cough, cold and flu products, available under brand ranges such as **Codral, Demazin and pharmacy generic cough, cold and flu medicines.**

Research shows that current over-the-counter low-dose (< 30 mg) codeine-containing products offer little additional pain relief when compared to similar medicines without codeine.

There is evidence to suggest that paracetamol/ibuprofen combinations available as a single pill can be offered as an alternative to codeine-based analgesics for short-term management of pain in patients able to take NSAIDs and for whom paracetamol alone is not sufficient.

It is important that you talk to your pharmacist and your doctor regarding these changes and they will be able to advise you on the most appropriate alternative medicines and treatment.
Reference: NPS medicinewise.

Community Health

MEN'S HEALTH NURSE VISIT

Stu Willder is coming to Harrow on the 7th February. Stu is a Men's Health Nurse Practitioner.

**Bookings Essential ph 5588 2000
Medicare card required at appointment**

WOMEN'S HEALTH NURSE VISIT

Sue Watt is coming to Harrow on the 9th February. Sue is a Women's Health Nurse Practitioner and can do PAP screens & spot checks.

**Bookings Essential ph 5588 2000
Medicare card required at appointment**

Mums and Bubs

Midwife Jo McCure has commenced a Mums and Bubs group for younger and new mums. To be held fortnightly, dates to be advised. Please call the Centre on 5588 2000

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 on 5588 2000.