

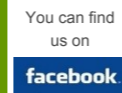
**HBNC Health & Activities Calendar
MARCH 2018**

Bookings call 03 5588 2000

01/2	Physio, Path, PnP, Pilates, Mens Shed, Singing, Massage
02/2	
03/2	
04/2	
05/2	
06/2	Podiatrist, Diab. Educator, MCH, Yin Yoga
07/2	Dietician, MCH, Pilates Plus, Dancing
08/2	Dr Lalani, Path, PnP, Pilates, Mens Shed, Singing, Massage
09/2	OT, Social Support Group Lunch
10/2	
11/2	GREAT HARROW DUCK RACE at 2pm
12/2	Sketch with Stretch
13/2	Yin Yoga
14/2	Pilates Plus, Dancing
15/2	Physio, Path, Dr Lalani, PnP, Pilates, Mens Shed, Singing, Massage
16/2	BRCC Makeup workshop for Adults 6pm
17/2	
18/2	
19/2	
20/2	Yin Yoga, Social Support Group Trip to Dimboola
21/2	MCH, Pilates Plus, Dancing,
22/2	Dr Lalani, PnP, Pilates, Mens Shed, Singing, Massage
23/2	Book Club
24/2	HARROW LONG LUNCH at 12 Noon
25/2	
26/2	
27/2	Yin Yoga
28/2	Pilates Plus, Dancing
29/3	Physio, Path, PnP, Pilates, Men's Shed, Singing, Massage
30/3	Good Friday PUBLIC HOLIDAY—Centre Closed

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



COMPIMENTS, SUGGESTIONS & FEEDBACK are always welcome. Please see enquire at the Centre for this process.

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 is a child safe organisation.



Harrow Bush Nursing Centre

BUSH TELEGRAPH

Harrow Bush Nursing Centre Newsletter

March 2018

Welcome to the March edition of the Bush Telegraph!

Recognising our Volunteers

In February we celebrated Shrove Tuesday with Sloba and Lola cooking beautiful pancakes for the many who attended the morning. We extend our heartfelt thanks to Sloba and Ilija for once again donating the funds raised towards the Centre, this time the funds will assist with programs and equipment for the Bay Riders Community Centre.

Committee of Management

Jill Miller; former CEO of Grampians Community Health kindly donated her time to speak with the Committee of Management members and Coordinators on partnerships and her experiences as leading a health organisation for over 30 years. Everyone certainly appreciated her valuable insight and experience.

Harrow Billy Cart Day

Once again the Harrow Bush Nursing Centre will be providing first aid, health checks and a stall at the Billy Cart races. We encourage you to call in to see our staff and volunteers and take the opportunity to participate in a health check, or have a look at some of the items we have on display. The Men's Shed will be running the gate at the Billy Carts, thank you to the many men who volunteer their time to raise valuable funds for the shed. We are also pleased to assist the Harrow Discovery Centre by providing first aid at the evening concert. The weekend will be a fabulous showcase of Harrow and its many events, we look forward to seeing you there

Harrow's Long Lunch

March is proving to be a busy month with the Long Lunch planned for the 24th March. This event is a fundraiser for the Bay Riders Community Centre and promises to be one to remember with our many wonderful local chefs who support the Centre providing a range of culinary delights for diners to share. We are fortunate to have "Kalimna", Jazz musicians who will entertain us whilst we share, laugh and experience all that the day will bring. We are now providing free bus services for the event to take patrons home. Please contact the centre for further details. Bookings are essential by no later than 16th March.

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 March 2018

Phone 5588 2000 for ALL appointments

DOCTOR LISTING

Dr Lalani Udalamatta 8th & 22nd

ALLIED HEALTH

Physiotherapist 1, st, 15th & 29th
Podiatrist 6th
MCHN 7th & 21st
Diabetes Educator 6th
Dietician 7th
Occupational Therapist 9th
Remedial Masseur 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 -10.15am & 6.30-7.45pm
For further information about Pilates Plus and Yoga classes see the
BRCC newsletter.

MEDICARE CARD DETAILS

Please note that we are requiring to check your Medicare card
when you attend the centre for appointments and clinics.
Thank you.

Flu Vaccinations

The 2018 Flu Vaccinations will now be available at the Centre from April on Wednesdays
and Thursdays. They will be free for eligible clients.



Vice President of COM—
Richard Edgar thanks
Jill Miller (retired CEO of
Grampians Community
Health) on 19th February for
speaking about her many
years of experience on the
front lines of a large health
organisation.

THE GREAT HARROW DUCK RACE

The Great Harrow Duck Race is back!

Join us at 2pm on the 11th March, 2018 at the
river crossing at Johnny Mullagh Reserve on the day
of the Billy Cart Races in Harrow as we
release over 400 ducks. Fantastic prizes and thanks
to sponsorship from LLPT, the first 3 children that
back ducks get to keep theirs :)

This is a FUNDRAISER for the Harrow Bush Nurs-
ing Centre. Your support is appreciated. Ducks can
be backed at the Centre or on the day.



Social Support Group Report

In line with changes to facilities, the title 'Planned Activities Group' has changed to Social Support Group. We are pleased to continue to provide the same services for all seniors and people with a disability members of our community. This month we enjoyed Sloba's beautiful seasoned pork with vegetables along with a magnificent almond torte with plum coulis—delicious. Matisse McGuigan entertained us with re-searching Google earth, showing us where Sloba and Ilija lived when in Belgrade, pretty sure there was a green Subaru parked out the front. We then went across to New Zealand where Judy & Peter Johnson were going cruising around the island. Later in the month, we also enjoyed a shopping and movie day in Horsham, saw *I Tonya*. There was mixed response to this movie but we all had a great day out. We are pleased to announce that due to revision of funds we are able to reduce the price of the centre meals to \$20 per person.

The referral system for aged care services can be a bit confronting, using words that are not used in every day language. A wise person has come up with a definition sheet explain the terms that are used. It is very easy to read and understand and we have copies of this sheet at the Centre if you would like one. If you need any assistance with this referral system please ask our staff. We are planning an overnight trip for May this year, going to Swan Hill via the silo tour. Further details to follow regarding costing and dates but please let me know if you are interested in coming. **Marg Elliott, Coordinator Community Services**

Date	Event
9th March, 2018	Sloba's lunch with Judy & Peter talk about their recent trip.
20th March, 2018	Dimboola Native Nursery, leaving HBNC 10am.

Video Linking to Medical Appointments

We are now able to provide a Video linking service to various clinical specialist appointments. This can help people substantially as there is no need to travel long distances which does become costly with regards to accommodation and fuel. If you feel that this service could be of assistance, please phone for further information.

Community Health

Please note that the Harrow
Bush Nursing Centre will be
closed Friday 30th March
for the Good Friday public
holiday. We wish
you all a safe and
happy EASTER.



MENS GOLF DAY

Save the date for the 22nd April 2018
Harrow Golf Club
Further information in April
newsletter.

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.