

**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
1300 600 600

Collie Foundation

We are delighted to announce that we have been successful in receiving significant funding from the Collie Foundation to support the building of an extension to the Harrow Bush Nursing Centre. As you may be aware we have been master planning for improvements to the Centre for the past 2 years and have previously applied unsuccessfully for Government funding towards this. The Collie Foundation is a charitable trust that assists organisations such as ours to support rural communities. We have been most fortunate to have their support in the past with funding towards replacement of our cars, the community bus and architectural designs. The extension will provide much needed improved clinical space, safe ambulance access and disabled access for our community and consumers.



We are most excited to receive this funding, which will allow the building to go ahead in the near future. If you have any questions or feedback in regards to this project please don't hesitate to contact the Centre.

*Photo left: Sarah Hearn
Trustee of Collie Foundation
announcing grant at
the Long Lunch with Richard
Edgar*

Community Advisory Committee

We are currently seeking members of our community who may be interested in becoming part of our Community Advisory Sub Committee. Your ideas, suggestions and opinions can make a difference to how we plan and develop our service to meet our current community needs and also plan for the future. If you are interested in joining or would like to know more about what this involves please contact myself or Emma Cush for further information.

Harrow Long Lunch

The Harrow Long Lunch has been hugely successful event for the month of March. We have been amazed by the support of so many who assisted to make it such a special day for all that attended. Thank you to our fabulous volunteer chefs Sloba Petrovic, Katrina Lodge, Gurjit Sondhu, Greg Hodgson, Jess Sutherland, Steph Schall and Narelle Webb. They worked with a tireless group of amazing volunteers to provide the most spectacular spread of food. Thank you also to the many that assisted the event by providing assistance with this event to make it so such a pleasant day enjoyed by all. All proceeds from this event will go to assisting the Bay Riders- Harrow Neighbourhood house programs.

Ann Vaughan

Dr Lalani Udalamatta 11th

ALLIED & COMMUNITY HEALTH

Physiotherapist	4th, 18th
Podiatrist	2nd
MCHN	3rd, 17th
Diabetes Educator	2nd
Dietician	Contact centre if appointment needed
Visiting Social Worker	3rd, 17th
Exercise Provider	23rd, 30th
Supported Playgroup	Wednesdays at 10.30 - terms
Community Health Provider	23rd, 30th

EXERCISES & HEALTH CLASSES

Pilates & Pump/Puff	Thursdays 10.30am to 12pm
Pilates Plus	Wednesdays 6.30am & 8.30am (No Pilates 9th & 16th)
Yin Yoga	NO YOGA IN APRIL
Child Friendly Pilates	Wednesdays (terms) 9.30am
Term 2 commences	24th April. Book Now.
Strength & Balance	Tuesdays 11.00 - 11.30am

SOCIAL SUPPORT GROUP

Lunch	12th
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Nursing Centre will be closed on the following public holidays:

Good Friday April 19th

Easter Monday April 22nd

Anzac Day April 25th

**In an emergency dial
000**

From the Business Area...

The Harrow Bush Nursing Centre relies heavily on its ICT (Information and Communications Technology) to provide efficient and effective services to its consumers. ICT refers to technologies that provide access to information through telecommunications. The Centre has an ICT plan where it manages the timing of maintenance and replacement of the physical assets such as computers, printers, servers, phones, videoconferencing facilities, photocopiers, laptops etc. It also engages the services of Dulkeith Computer Solutions in Stawell to oversee and advise on the implementation and maintenance/servicing of the ICT including software purchases/ upgrades in place at the Centre.

Currently the Centre is in the process of changing over its email system from a POP3 based system where it downloads our emails from the server to a more user and accessibility friendly system through IMAP with GSuite. This will also open up other avenues for accessibility for Committee members through the use of Google docs and other components of the Suite. The email system

rangements, upgrading to assets such as our videoconferencing and phones and replacement of our very important server that 'holds' all our data and information. At the top of all this planning is the consideration of security for the data and information that we hold at the Centre and we work closely with Dulkeith and the department in ensuring we work towards having the most up to date software and systems and backups in place to manage this.

Emma Cush

Business Coordinator

Flu (Influenza) and Immunisation

Influenza, commonly known as the flu, is caused by a highly contagious virus that is spread by contact with fluids from coughs and sneezes. Every year, the flu causes widespread illness in the community. Annual immunisation is strongly recommended for older people and other people who are at risk of serious complications from the flu (such as pneumonia).

Annual immunisation against the flu is strongly recommended for people in at-risk groups such as older people, pregnant women and those who work or live with people in at-risk groups. Annual influenza vaccination is recommended for any person from six months of age who wishes to reduce the likelihood of becoming ill with the flu.

Immunisation of people who are at risk of complications from the flu is the most important way we have to reduce the number of flu infections and deaths.

Influenza viruses change every year because the influenza virus has a unique ability to change its surface structure. This means that even if you had the flu or an immunisation one year, your body's immune system might be unable to fight the changed version of the virus that will be circulating the following year.

Each year, a new vaccine is developed (usually called the seasonal vaccine) and is available for those who wish to be immunised. The seasonal influenza vaccine includes protection against four strains of influenza.

Recent evidence suggests protection against influenza may start to decrease from three to four months following vaccination. Annual vaccination before the onset of each influenza season is recommended. While influenza continues to circulate, it is never too late to vaccinate.

The influenza vaccine cannot give you a dose of flu because it does not contain live virus. Some people may still contract the flu because the vaccine may not always protect against all strains of the influenza virus circulating in the community.

An annual flu vaccination is provided through the National Immunisation Program for most people in the community who are considered to be at an increased risk of complications. In Victoria, an annual vaccination against the flu is free for:

- all Victorian children aged six months to less than five years of age
- people who have medical conditions that put them at risk of serious complications of the flu
- Aboriginal and Torres Strait Islander people aged six months to under five years and 15 years and over
- pregnant women – at any stage of pregnancy

people 65 years and over



and lived in lots of share houses in Melbourne, Bendigo and Darwin, before returning to the Wimmera at about the age of 40.

I was living in Horsham when I met Andrew, and moved out to the farm at Charam in 2005. I love the natural beauty of the redgums and wetlands of the area, and the space, peace and tranquility of the country; it's a haven from the fast pace of the rapidly changing world. I enjoy singing with others and we often head off to Folk Music gatherings where we have the opportunity to sing and play music with others. I started working at HBNC in 2006, have had a few different roles - my current role is Quality & Safety Officer. Working at HBNC allows me to see just how fortunate we are to have the wonderful RAN trained nurses here in our district; the way they face many and varied traumatic emergencies is amaz-

ing. I am grateful for the support of my employers and workmates who are so supportive, especially when the "chips are down" or when grappling with modern technology!



Womenwithdisabilitiesvictoria
empowering women

**Women with
Disabilities Victoria**

I ♥ ndis

**The NDIS AND WOMEN WITH DISABILITIES
(A women with disabilities only event)**

Women with Disabilities Victoria will be at the **Horsham Disability Expo on 4th April 2019**

Session 1: 10.00am - 12.00pm **Session 2:** 1.00pm - 3.00pm

Place: Church of Christ 91 river Road Horsham VIC 3400

Register for this event using the EventBrite link on the WDV website:

sharing their photos and stories with us. Well done to you all by pushing yourselves and coming out the other end. We were joined by four guests from the Harrow Discovery Centre who were part of the Billy Cart weekend, demonstrating making boomerangs and didgeridoos. Lola Jones and Peter Anson celebrated their birthdays with a cake, and it was a milestone birthday for our fabulous chef– Sloba



I am currently reviewing care plans, and will be doing an evaluation on your thoughts on how the SSG is running. I have already had some valuable feedback, so keep your thoughts coming in.

Part of the Community Services programme is our Strength and Balance classes with Loren which are every Tuesday morning 11am - 11.30. Well done Loren, you are doing a fabulous job with all the participants. One of the participants took a little convincing that these could be of benefit; following a minor fall at home and as a result of attending these exercises, they were able to get themselves off the ground and stand up by themselves. Great achievement.

This is why we work where we work and just love hearing stories like these.

Marg Elliott
Coordinator Community Services



Upcoming Events

Date	Event
12/04/2019	Lunch with Sloba



On Friday 15th March 22 students from BCC and 6 students from Edenhope and Hamilton schools attended the **headspace** facilitated youth forum held at the Harrow Bush Nursing Centre. Beau from **headspace** in Horsham was a very engaging presenter, showing the students how to get in touch with virtual reality, gaming and talked about the **headspace** organisation and mental health. Beau also encouraged discussion amongst the students about what programs and activities they would like to see materialise in our rural communities. It was great to listen to some fantastic suggestions and I enjoyed watching the wonderful interaction between the Balmoral and Harrow students. Thanks must go to Anita and Jane from the HBNC for organising the event, Narelle Evans for catering and Jo Amott for driving the students back to Balmoral on the school bus. We will look forward to hearing more of the plans that transpire from the forum.

The **headspace** organisation provides tailored and holistic mental health support to 12 - 25 year olds. With a focus on early intervention, they work with young people to provide support at a crucial time in their lives. **headspace centres** act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support. **eheadspace** is our national online and phone support service, staffed by experienced youth mental health professionals. It provides young people and carers with a safe, secure and anonymous place to talk to a professional – wherever they are.



town, Nadia Wally, Sarah Conna, Greg Houghton, Steph Conna and Cecelia Galloway.

Thank you to everyone who volunteered their time and expertise at this event in particular Josie Sangster from the Harrow Discovery Centre. Although we moved the event inside the Harrow Hall, the ambience was still very special and the band Kalimna performed magical Jazz until 6pm which a number of people got up and danced; enjoying themselves thoroughly. Patrons came from as far as Melbourne and Adelaide to support this event as well as our own generous local members.

The hamper raffle was won by Jenn Ellis, the painting donated by Ron Penrose raffle was won by Jane Sullivan and the Neil Grigg Fascinator raffle was won Kim Conheady. Congratulations to all raffle winners.

All proceeds from the raffles and ticket sales will be directed to the Harrow Neighbourhood House (Bay Riders Community Centre) to improve programs and services.



		Podiatrist Strength & Balance Exercise Provider	Child Friendly Pilates Social Worker MCH	Pump n Puff Men's Shed		
7	8	9	10	11	12	13
	Sketch with Stretch Youth Bus & Games			Dr Lalani Massage, Pump n Puff, Men's Shed Surf Camp to Robe	SSG lunch Surf Camp to Robe	
14	15	16	17	18	19	20
		Make & Decorate	Social Worker MCH	Physio Massage, Pump n Puff, Men's Shed Egg Scramble & Games	Good Friday Centre Closed	
21	22	23	24	25	26	27
	Easter Monday Centre Closed	Exercise Provider Strength & Balance	Pilates Plus, Child Friendly Pilates, Playgroup	Anzac Day Centre Closed	Book Club Venue TBC	
28	29	30				
		Exercise provider Strength & Balance				

COMPLIMENTS, SUGGESTIONS & FEEDBACK are always welcome.

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

Give us a call
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Home of the: