HBNC & HNH Activities and Programs for MARCH 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	Podiatrist Diabetes Ed. Sketch with Stretch 5.30 – 8.30	Community Exercise Provider Fitness Plus Pathology	Pilates Plus Child Friendly Pilates Social Worker MCH Playgroup	Pump n Puff Physio Massage, Men's Shed Pathology Good food for Good Mood 11.30-2.30		
8	9	10	11	12	13	14
DUCK RACE Johnny Mullagh	LABOUR DAY CENTRE CLOSED	Community Exercise Provider Fitness Plus Pathology	Pilates Plus Child Friendly Pilates Playgroup	Pump n Puff, Men's Shed Massage Pathology	SSG Luncheon	
15	16	17	18	19	20	21
		Community Exercise Provider Fitness Plus Pathology	Pilates Plus Child Friendly Pilates Playgroup MCH	SSG Outing 9.30 Physio Pump n Puff Men's Shed Massage Pathology	Women's Health Visit	
22	23	24	25	26	27	28
		Community Exercise Provider Fitness Plus Pathology	Pilates Plus Child Friendly Pilates Playgroup	Pump n Puff Men's Shed Massage Pathology Singing	Senior Citizens	
29	30	31				
	HNH School Holiday Paint the Shipping Container activity	Community Exercise Provider Fitness Plus Pathology TWILIGHT YOGA				

Account Payment Options
EFTPOS, Cash, Cheque or Electronic Funds Transfer

Harrow Bush Nursing Centre
BSB: 083-440ACC: 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

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 BUSH NURSING CENTRE
Est 1913
Creating a healthy and connected community

The Bush Telegraph

a monthly publication of the Harrow Bush Nursing Centre MARCH 2020

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

Welcome to the March edition of The Bush Telegraph

Shrove Tuesday

Last month we held our annual Pancake day in recognition of Shrove Tuesday. This was a very successful day with many people calling in to share with us all the beautiful pancakes prepared by our wonderful chef Sloba Petrovic. It is also an important fundraising event with all funds going towards the purchase of a foetal Doppler for our clinic. Our heartfelt thanks go towards Sloba for her many hours of preparation and donation of goods towards this event. Thank you also to our valuable volunteers Marlene Hair and Lola Jones for the assistance on the day.

Consumer Engagement

This month we will be hosting our first formal Consumer Engagement committee meeting. This meeting is to provide a place where our community can discuss openly with us regarding our plans, our services and the information we provide to ensure that we are meeting your needs. We open this invitation to all community members to attend this meeting on the **27th March at 3pm**. We welcome anyone who wishes to know more regarding this meeting to contact the centre for further information. Afternoon tea will be supplied.

Harrow Duck Race

Whilst the billy cart races will unfortunately not be running this year, we will still be running one of our major fundraising events, the Harrow Duck Race. You can purchase a plastic duck for $5 and join us to see all the ducks race in the river for a number of fabulous prizes. All proceeds of this fundraiser will go to purchase of equipment and support of our Harrow Neighbourhood House programs for our Centre.

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.

****The HBNC closed Monday 8th March due to Public Holiday ****

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 MARCH 2020
Phone 5588 2000 for all appointments

ALLIED & COMMUNITY HEALTH

Physiotherapist	5th, 19th
Podiatrist	2nd
MCHN	4th, 18th
Diabetes Educator	2nd
Dietician	Contact Centre
Visiting Social Worker	4th
RFDS Psychologist	19th
Facilitated Playgroup	Weds at 10.30 (TERMS)
Community Exercise Prov.	3rd, 10th, 17th, 24th & 31st

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
Singing Group	26th March at 1.30pm

SOCIAL SUPPORT GROUP

SSG lunch—$20	13th (Funky Feet with Loren Linto)
SSG Outing	17th—Warrock Homestead with Balmoral Bush Nursing Centre SSG Group followed by Dergholm Hotel for lunch. $10 for bus fare plus own costs.

PILATES

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

Casual rate is $8 per session but bookings must still be made.

Thank you for your understanding.

Advance Notice for

PILATES —TERM 2, 2020

Dates are 15th April to 24th June.
Cost for term 2 will be $60.50 (11 weeks)

Taking bookings now.

Our thoughts and support continue to be 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

LABOUR DAY PUBLIC HOLIDAY

THE CENTRE WILL BE CLOSED
Dial 000 in emergency

"Good Food for Good Mood"

Lunch and information session to help us understand the ways in which what we eat influences our brain, mood, mental and general health.

PRESENTERS:
Tess Howells, visiting Psychologist RFDS
Dr Greta Prozesky, The Wholistic GP in Hamilton

5th March, 2020
11.30am - 2.30pm
Cost: $10

THIS EVENT IS BOOKED OUT

Social Support Group Report for March

Welcome back to Social Support Group for 2020. We started the year with Kay Miller from Dementia Australia visiting at Sloba's lunch. We also surprised Sloba with a birthday cake which was baked by one of our volunteers, Jean Grant and it was a amazing cake indeed!

Do you know parts of our brain are divided into sections and the reasons we need to look after them?

- ***The frontal lobe-solves the problems***
- ***Temporal lobe—processes and helps us understand***
- ***Occipital Lobe—movement and colour***
- ***Parietal lobe– helps us pay attention, read and write***
- ***Cerebellum– synchronise and harmonise the body's movements***
- ***Limbic System– emotion, smell earn and holds long term memory***

What an amazing organ!

Pictured above left: Sloba serving up her chocolate and cranberry cake and right from right to left: Marlene, Dulcie, Ann, Merna and Taze.

On the 26th we travelled to Horsham to watch the movie "Little Women". Many had read the book and thought the film was accurate. Great to see some green grass poking through and the feel of Autumn approaching.

UPCOMING SSG EVENTS

Date	Event
Friday 13th March	SSG lunch and Funky Feet with Loren Linto) - $20
Tuesday 17th March	Meeting up with Balmoral group and visiting Warrock homestead then on to Dergholm Pub in the scrub for pizza. Entry to Warrock is $20 including morning tea