



BBNC NEWS

Issue 162 | MARCH 2019

Board Contacts

President

Mr. Neville Trotman

Members

Mr. Dan Pekin

Mr. Ryan Lloyd-Jones

Ms. Megan McLeish

Mr. Brent Reed

Mrs. Elaine Bowen

Mr Andrew Dufty

Executive

Administration

Jodie Russell

Centre Contacts

Centre Manager

Lisa Hutchins

Clinical Nurse

Coordinator

Kim Dufty

Community Services

Coordinator

Bec Kearns

Administration

Coordinator

Jodie Russell

Quality & Risk

Coordinator

Anita Weaver

We value your feedback

To do our utmost to improve our services to you, your feedback is important to us. If you have a complaint, compliment, suggestion or concern we urge you to let us know. Forms are available at the Centre or alternatively phone the Centre on 55701304.

Do You Need To Travel to your Specialist?

Most health conditions have a specialist option these days. Follow up consultations with specialists often involve a long distance trip, time off work and a lot of personal expense.

Ask your specialist if they will provide a virtual/ video consultation (telehealth).

Telehealth services are available at the Centre FREE of charge to the client. We are able to link into any specialist service that deems it appropriate to do so. Specialists and G.P.s are provided with Medicare payments for telehealth appointments.

Our service has so far enabled telehealth appointments for clients with orthopaedic surgeons, oncology (cancer) services, numerous specialties at the Royal Children's Hospital, mental health practitioners, diabetes educators, dieticians and the list goes on.

Our experienced nursing staff will support any clinical assessment required and we have a dedicated confidential telehealth space here on site. Please speak to our administration or nursing staff if you would like us to facilitate a telehealth consultation for you.

Clinic Appointments

A reminder that we now ask that you call and **make an appointment to see our nursing staff** in the clinic. Wait times may result for non-urgent presentations if you do not book prior.

Our visiting services also fill up very quickly so **make your next appointment before you leave**. You can always cancel later if something comes up. This also enables us to assess the demand for services and plan for this.

Lisa Hutchins
Health Service Manager

Visit us online at www.balmoralbnc.com.au

Contact Details

PO Box 20 Balmoral, VIC 3407

Email: bbnc.admin@swarh.vic.gov.au

Web: www.balmoralbnc.com.au

Ph: (03) 5570 1304 Fax: (03) 5570 1482

Centre Hours

Monday to Friday, 9:00am—5:00pm,

Closed weekends & Public Holidays



SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Community Bus : Horsham	2
3	4 Podiatrist 10:20am - 3:20pm	5 Pathology 9-9:45am \$4.00 Dr. Coulson	6	7 Pathology 9-9:45am \$4.00 Men's Shed 1:30pm	8 South West Dental	9
10	11 LABOUR DAY PUBLIC HOLIDAY	12 Pathology 9-9:45am \$4.00 Dr. Coulson	13 M&CHN Dr Slabbert (video link)	14 Pathology 9-9:45am \$4.00 Men's Shed 1:30pm	15 Community Bus : Hamilton	16
17	18 Podiatrist 10:20am - 3:20pm Diabetes Educator 10:20—3:20	19 Pathology 9-9:45am \$4.00 Dr. Coulson	20	21 Pathology 9-9:45am \$4.00 Men's Shed 1:30pm	22	23
24	25	26 Pathology 9-9:45am \$4.00	27 M&CHN Dr Slabbert (video link)	28 Pathology 9-9:45am \$4.00 Men's Shed 1:30pm	29 Community Bus : Horsham	30

Need to make a payment?

Payments can be made by cash, cheque or direct deposit into our bank account
BSB: 083 440 Account: 515592666 Please include your name as a reference

After Hours Health Advice

National Nurse on Call

Is a phone service that provides immediate, expert health advice from registered nurses, 24 hours a day, 7 days a week. Call 1300 60 60 24 for the cost of a local call from anywhere in Victoria

Coleraine Medical Centre

NON URGENT OUTPATIENTS will be seen by the doctor on call Saturdays, Sundays & Public Holidays at 9am. Clinic phone 5553 2045 will be answered by a triage nurse after hours.

Hamilton Medical Group

After Hours Clinic Service 8pm weeknights. Clinic open 4pm Saturdays. Sundays & Public Holidays 10am & 4pm AH: 5572 2422

Visiting Services

Field	Name	Availability
Doctor	Dr. Jan Slabbert	Alternate Wednesdays (via video link)
Doctor	Dr Brian Coulson	Alternate Tuesdays
Psychologist		Service to be confirmed
Maternal & Child Health Nurse	Danielle Hobbs	2nd and 4th Wed
Diabetes Educator	Megan McLeish	One Monday per month
Optometrist	Glenn Howell	April & October
Podiatry	Phuong Hung	Two visits per month.
Masseur	Darcy Penrose	Thursdays
Continance Nurse	Annabelle Wilson	On demand
South West Dental		One Friday per month

Account Fees

We wish to remind clients that due to the rising cost of administration there has been a \$5 per month account fee introduced for the provision of account services.

REMiNDER



The Victorian Department of Health has released a health advice alert stating there has been confirmed cases of Measles and Listeriosis in Melbourne.

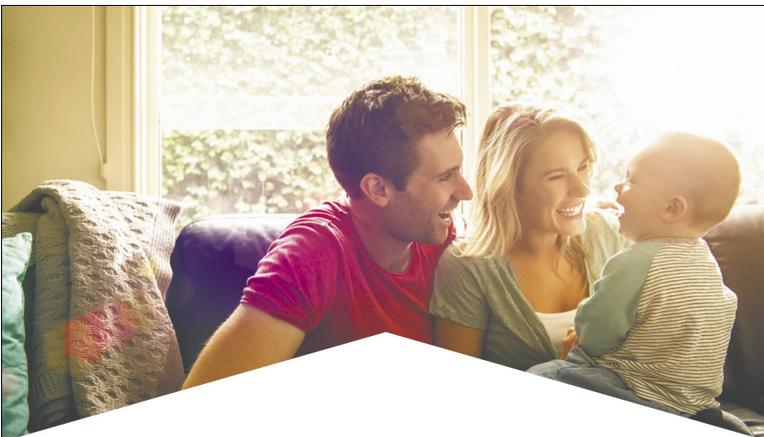
Measles is highly infectious and can persist in the environment for up to two hours.

Clinical features of measles include prodromal fever, a severe cough, conjunctivitis and cold symptoms, followed by a rash starting on the face. Individuals, especially children, are typically unwell. The infectious period of patients with measles is roughly five days before, to four days after, the appearance of the rash.

This is a timely reminder for individuals to check their vaccination records. Free measles-mumps-rubella (MMR) vaccine is now available for adults born during or since 1966 who do not have documented evidence of receiving two doses of a measles-containing vaccine or do not have documented evidence of immunity.

- Listeriosis is an illness caused by eating food contaminated by *Listeria Monocytogenes*. Although uncommon, listeriosis is very dangerous to those most at risk, particularly pregnant women and immunocompromised people.
- Listeriosis presents with flu-like symptoms of fever, chills, muscle aches, nausea and sometimes diarrhoea. In those at greater risk, there is a risk of sepsis, meningitis, pneumonia and endocarditis.

If you have any concerns, please contact your GP.



Coleraine & District **Community Bank®** Branch

Stick with someone you trust.

You don't live your life tied to your super. But your super is tied to you, month after month, year after year. It's important who you trust with your future.

Want to learn more about Bendigo SmartStart Super®?

Drop into your nearest branch at 59 Whyte Street, Coleraine or phone 5575 2783 or apply online at bendigobank.com.au/super

 **Bendigo Bank**

Issued by
Sandhurst Trustees

Bendigo SmartStart Super® (ABN 57 526 653 420) is issued by Sandhurst Trustees Limited (ABN 16 004 030 737 AFSL 237906) a subsidiary of Bendigo and Adelaide Bank Limited (ABN 11 068 049 178 AFSL 237879). Both of these companies receive remuneration on the issue of the product or service they provide. This document contains general advice only. You should consider your situation and read the product disclosure statement available at, sandhursttrustees.com.au, before making investment decisions. A1227349-4 (454373_v1) (21/02/2019)



Are you aware that after the 30th January you will be provided with a My Health Record?

What does this mean to you?

What do you do next?

Can I still opt out?

Let Anita or Trish answer your questions or take you through the steps to access your My Health Record. What a great time to come into the BBNC and take advantage of the Be Connected program.



Be Connected
Every Australian online.

There's never been a better time to get online via the FREE 'Be Connected' program an Australian Government initiative. For an appointment time please ring the centre on 55701304



Nett's live Active Swimming program has been very successful this season with up to seventeen swimmers in the pool. Nett's swimming program will continue for the first two weeks of March on Tuesdays and Thursday mornings at 10am.



The Social Support Group, Balmoral Community College and members of the public enjoyed the talk and documentary The Art Of Migration presented by Virginia Ryan. Virginia was born in Victoria and is a widely travelled and exhibited visual artist.



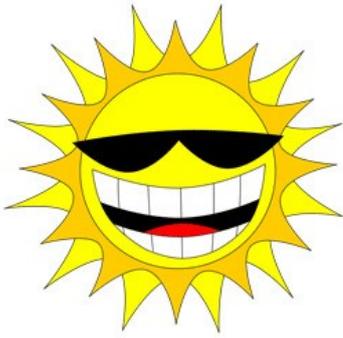
Geoff Witmitz Executive Officer from Wimmera Primary Care Partnership presenting The Balmoral Men's Shed members with a Defibrillator. The Men's Shed would like to thank Victorian Mens Shed Association and the Joe White Bequest for their generous donation.

MARCH PROGRAM : SOCIAL SUPPORT GROUP

Date	Event
Monday 4th	Trip to Coleraine for Lunch and a spot of Op Shopping. Leave centre at 11:15am
Monday 11th	Labour Day Holiday. No Social Support Group today.
Monday 18th	Lunch at Centre. Guest Speaker : Health Talk
Monday 25th	Visit to the Balmoral Community College prep class, leaving centre at 10:45am. Lunch at centre at 1pm.

MEN'S SHED

March Dates
Thursday 7th BBQ Lunch 12pm
Thursday 14th
Thursday 21st
Thursday 28th



*BBNC
SPOT
CHECK
CLINIC*

**Dr Brian Coulson will be
conducting a clinic to check
any unusual spots on**

**Tuesday 12th March 2019
From 6:15pm**

**Please bring your medicare card with you
For an appointment please call
5570 1304**



**Glenn Howell
Optometrist will be at the BBNC
Wednesday 17th April
10am-4:30pm**

**For appointments please call the
centre on 5570 1304**

South West Dental

Dental services will continue to be provided at the BBNC in 2019 by South West Health Care.

Dental staff will attend BBNC every 4 weeks (if sufficient demand). A full range of dental treatment is available onsite including cleaning, x-rays, fillings and extractions

**Please call 5551 8347 to book an appointment
for the following dates**

- **Friday 8th March**
- **Friday 5th April**
- **Friday 3rd May**
- **Friday 31st May**
- **Friday 28th June**



Nett's Strength Training

Mondays and Wednesdays

6:30pm to 7:30pm

During school term

Cost : \$5 per session

Venue : BBNC Function Room

Balmoral Early Learning Centre

At Balmoral ELC we have been very busy bees. We have welcomed new friends to our group and are very excited to share fun times with them this year. As we have welcomed our new friends, spaces have become unavailable until the 27th of March. After that date, we have spaces for children over 3 years of age to enrol in either our Tuesday or Thursday sessions.

Our centre is being photographed on the 28th of February! Our children, staff and centre will be photographed and printed onto booklets specifically for our Uniting Centre. It will feature all our resources and children at play. The photographer will only be here for our THURSDAY session.

We have been learning about recycling and composting our food too! We have introduced a composting section where the scraps from our meals are put in and named so we can watch them decompose. Once they have decomposed enough, we will dig some holes in our veggie garden and tip the compost in and it will become yummy food for our fruit and veggies growing!

Our Centre Mobile phone is now back in action! You can now contact 0448 980 027 via text message or phone call to let us know of any changes that may arise.

If you have any enquiries please contact us on 03 5570 1304 or 0448 980 027.

The Balmoral Team

