



BBNC NEWS

Issue 216 | APRIL 2024

Board Contacts

President

Mr. Tom Silcock

Vice President

Ms. Janet Watt

Members

Mr. Ryan Lloyd-Jones

Mr. Barry Matthews

Mrs Karen Williams

Mr Neil Rogers

Mrs Anita Watt

Ms Lauren Irvine

Executive

Administration

Kate Eats

Centre Contacts

Health Service Manager

Anita Weaver

Acting Clinical Nurse

Coordinator

Lisa McClure

Community Services

Coordinator

Rebecca Kearns

Administration

Coordinator

Nicole Lease

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 5542 6222

The BBNC Annual survey has recently been circulated and I thank everyone who took the time to complete one. The responses will be collated then reviewed by Board, staff and consumers to identify areas for improvement. Some of these might be able to be implemented straight away and others might inform future planning of services and the facility.

In one survey it has been questioned why the new shed that has been erected at BBNC to house the community transport vehicles has no sides. This is a simple explanation and ultimately comes down to funding constraints. When BBNC applies for project funding there is often a significant lag between the project application being submitted and the funding outcome being received. In the case of the shed, the initial planning and budget was for a three-sided shed however in the 6 months between concept and successful funding, the cost of materials had increased by \$15,000 (almost 1/3 of the overall project cost). The decision was made to reduce costs by compromising on shed style and to fundraise to cover the shortfall rather than risk not being able to complete the project at all. Whereas previously BBNC vehicles were parked on the street, we now have off street parking in carport which gives much better weather protection – still a great outcome.

You might have noticed a bit of activity around the house at BBNC of late as the exterior gets a clean-up and fresh coat of paint. The house is a valuable resource providing onsite accommodation for visiting healthcare professionals such as nurses and GPs and this work will keep it in tip top condition. We also recently replaced the very dated oven to improve its amenities.

Last year BBNC was grateful to receive a donation of \$10,600 from the Balmoral Opportunity Shop to fund a variety of wish list items. We have been able to update the function kitchen dishwasher and replace the window coverings in the function room and waiting room with more modern look blinds which look fantastic. Some identified trip hazards along the front entrance paving and drainage have been addressed, with more allocated to be spent on landscaping in the cooler weather. The remainder is being utilised to purchase an ear micro suction kit valued at \$2670 that would not have been able to happen without the ongoing support by the Balmoral Op Shop. As I write this report, two of our nursing staff are attending a course to upskill in the use of the micro suction machine so that BBNC can continue to offer ear clearing using the latest best practice approach for ear health.

This will be my final report as Health Service Manager. Thank you to the Board, staff and wider community for the support given to me while in this role. Look out for an introduction to the new manager next issue.

Warm regards,
 Anita Weaver
 Health Service Manager



Our wonderful new blinds in our waiting room

Monthly Calendar—APRIL 2024

MON	TUE	WED	THU	FRI
1 CENTRE CLOSED EASTER MONDAY	2 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm	3 NURSE CLINIC 9am– 5pm Bendigo Bank 9:30am-11:30am	4 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	5 NURSE CLINIC 9am– 5pm
8 NURSE CLINIC 9am– 5pm Podiatrist 10 am –3 pm Diabetes Educator 10am-3pm Nett's Strength & Cardio 5:30pm	9 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm	10 NURSE CLINIC 9am– 5pm Dr Slabbert (video link) Bendigo Bank 9:30am-11:30am	11 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	12 NURSE CLINIC 9am– 5pm
15 NURSE CLINIC 9am– 5pm Nett's Strength & Cardio 5:30pm	16 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm RFDS G P—PM	17 NURSE CLINIC 9am– 5pm Bendigo Bank 9:30am-11:30am RFDS GP—ALL DAY	18 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	19 NURSE CLINIC 9am– 5pm
22 NURSE CLINIC 9am– 5pm Podiatrist 10 am –3 pm Nett's Strength & Cardio 5:30pm	23 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm	24 NURSE CLINIC 9am– 5pm Dr Slabbert (video link) Bendigo Bank 9:30am-11:30am	25 CENTRE CLOSED ANZAC DAY	26 CENTRE CLOSED
29 NURSE CLINIC 9am– 5pm Nett's Strength & Cardio 5:30pm	30 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm			

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

Hamilton Medical Group

After Hours Clinic Service
Clinic open Saturday 9am—12pm
AH: 5572 2422

Registered NDIS Provider



Visiting Services

Field	Name	Availability
Doctor	Dr. Jan Slabbert	Alternate Wednesdays (via video link)
Maternal & Child Health Nurse		Ask our staff
Diabetes Educator	Megan McLeish	One Monday per month
Optometrist	Glenn Howell	July 2024
Podiatry	Phuong	Two visits per month.
Masseur	Darcy Penrose	Thursdays (call 0428 831 502 to book)
Respiratory Clinic	Meg Watson	Next visit May 2024

Visit us online at www.balmoralbnc.com.au



Contact Details

PO Box 20 Balmoral, VIC 3407
Email: bbnc.admin@swarh.vic.gov.au
Ph.: (03) 5542 6222 Fax: (03) 5542 6299

Centre Hours

Monday to Friday 9:00am—5:00pm,
Closed on weekends and Public Holidays

It's world immunisation week 24th to 30th April, and a good time to start thinking about receiving the flu vaccine

- Influenza (commonly known as the flu) is a viral disease that causes widespread illness every year.
- It is spread by contact with fluids from coughs and sneezes
- Immunisation and practising prevention measures, such as hand washing and cough and sneeze etiquette, are the best ways we can reduce the number of flu infections and deaths.
- People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
- Everyone is susceptible to flu, no matter your age, health or lifestyle. However, some people are likely to suffer more severe consequences if infected with influenza, e.g. young children, people over 65years, and those with chronic health issues.

Symptoms of the flu

The most common symptoms of the flu are:

- sudden appearance of a high fever (38°C or more)
- a dry cough
- body aches (especially in the head, lower back and legs)
- feeling extremely weak and tired (and not wanting to get out of bed).
- chills
- aching behind the eyes
- loss of appetite
- sore throat
- runny or stuffy nose.

If you have any questions, you can ring the centre and speak to one of our nurses.



Understanding Home Care Packages

What is a Home Care Package?

The Australian Government provides in-home support as people age. The Home Care Packages Program provides individualised coordinated care and services for people over 65 with complex ageing related care needs. It assists you to live safely and independently in your own home for as long as it is safe and appropriate to do so. The program supports you with daily activities that you used to do for yourself but may need assistance with now. It is not a general income support program like the Age Pension.

Steps to getting a Home Care Package

Step 1, Assessment: You need to be assessed as eligible to receive a Home Care Package by an Aged Care Assessment Team.

Step 2, Package assignment: Once you are approved for a package, you are placed in the National Priority System (NPS) queue, to await assignment of your package.

Step 3, Choosing your provider: Once assigned a package, you will choose a provider who will manage your ongoing assessed care needs and goals.

Step 4, Income assessment: You may need to contribute to the cost of your care by paying a basic daily fee and/or an income tested care fee.

What types of services are included in a Home Care Package?

Bathing, hygiene and grooming: To help you maintain your personal hygiene and grooming standards.
Nursing: To help you treat, manage and monitor medical conditions at home.
Allied health such as podiatry and physiotherapy: To help you maintain movement and mobility.
Meal delivery and food preparation: To help you continue to eat well, including enteral feeding.
Help with impairments and continence: To help manage particular ageing-related conditions and maximise your independence at home.
Cleaning, laundry and other chores: To help you keep your home clean and tidy.
Home or garden maintenance: To help you keep your home and garden in a safe condition, including hazard management for all reasonable areas of access.
Changes to your home: To help increase or maintain your ability to move around your home safely and independently.
Aids to stay independent: To help you with mobility, communication, reading and personal care limitations, including some support for trained assistance animals.
Transport: To get you out and about to attend medical appointments and community activities.
Social outings, groups and visitors: To help you stay social and interact with the community.
Respite care: To support your carer (e.g. spouse, family, friend) to take a break from their usual care arrangements.
Care management: To assess your ongoing care needs, provide care planning and continuity of care.

What types of services are excluded from a Home Care Package?

General income purchases (general house upkeep costs, household bills, entertainment costs, etc...), accommodation costs, already funded government services.

Where can I find more information about Home Care Packages?

For further information, please contact Samantha at the centre on 03 5542 6222.



FLU VACCINATION CLINICS

APRIL

16

2PM-4:30PM

APRIL

17

10AM-12:30PM

2PM-4:30PM

**TO BOOK YOUR FLU
VACCINATION CALL US ON
5542 6222**



GLENN HOWELL OPTOMETRIST

When did you last have your eyes checked?
Do you have any eye or vision related concerns?
Now is the time to book

**Glenn will be visiting BBNC on
Friday 5th July. To book your
appointment please call BBNC on
5542 6222**



Royal Flying
Doctor Service

**Dr Lisa Bendtsen from the Royal
Flying Doctor Service will be
visiting BBNC in April & May**

**Tuesday 16th April 2pm-5pm
Wednesday 17th April 9am-5pm
Tuesday 28th May 2pm-5pm
Wednesday 29th May 9am-5pm**

**Phone BBNC on 5542 6222 to
book your appointment**

JENAYE KERR

WOMEN'S HEALTH NURSE

Jenaye will be visiting BBNC on
Monday 6th May and will be providing
the following services

- ◆ Cervical screening tests (pap smear)
- ◆ Sexually transmitted infection testing
- ◆ Pre pregnancy health checks

**Please call us to book on
5542 6222**

Respiratory Service

Nurse Practitioner Meg Watson will be
visiting BBNC on Wednesday 1st May

This service may be for you if

- ◆ You are getting short of breath for no obvious reason
- ◆ The weather or the season is affecting your breathing
- ◆ You have a persistent cough with or without phlegm
- ◆ You are finding it difficult to walk up stairs or a slight hill due to breathlessness

This is a FREE clinic and appointments
can be made by calling 5551 8247

Childcare has been thriving with new and familiar faces, we have been busy with Easter art experiences and following concepts of Harmony Week. The children have created beautiful easter baskets and eggs, utilising their fine motor skills to grasp paint brushes and pursuing their creative interests. At the service educators hope to intentionally encourage a sense of belonging for the children, the families and the educators. The children discussed these concepts around Harmony week and here is what they had to say.

When talking about what gives them a sense of belonging they said

“playing outside, playing with friends, jumping on one leg and running around”

When talking about sharing their sense of belonging with others they said

“we play with them, we share our toys, we welcome them in, we love them, say hello hello hello, we welcome them in say hello and play with each other”

The children said “everyone belongs, the nurses belong, the childcare belongs and the children belong”

As educators we will continue to provide a sense of belonging for everyone in and around the service.





Nett had a fantastic start to her Strength and Balance class for the year. Live Active have recently purchased some new chairs for our exercise programs which are being enjoyed by our participants. Chair exercises have many benefits including increased flexibility and strength, coordination, and circulation. All fitness levels are welcome to participate in Nett’s Strength and Balance classes. They run on Thursday mornings from 10am – 11am. Please contact the Centre if you would like any further information on our exercise programs.

Social Support Group enjoyed a trip to Hamilton to visit the Pastoral Museum. Our group enjoyed stepping back in time and seeing their amazing display of farm machinery.

Our first Armchair travel this year was to Ireland to celebrate Saint Patricks Day. The Balmoral Café provide us with a beautiful Irish inspired meal which was enjoyed by all. Thank you to Bev, Kylee and Samantha for all the effort you take in providing us with such an amazing variety of beautifully presented meals.

BBNC SUDOKU

8			2	6				4
	1			8	3			6 2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

APRIL : SOCIAL SUPPORT GROUP

Monday 1st April: Centre Closed
Monday 8th April: Lunch at centre at 12pm. Movie afternoon
Monday 15th April: Leaving centre at 9:45am. Trip to Hamilton PAC & Lunch
Monday 22nd April: Lunch at centre at 12pm. World Immunization week presentation.
Monday 29th April: Lunch at centre at 12pm. Games afternoon.



We support the

ndis

Registered NDIS Provider

Services provided but not limited to:

- Personal care
- Respite
- Transport
- Nursing care
- Community participation

For further information contact us on:

Phone: 5542 6222

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



Hearing Australia

Hearing Australia will be conducting
Hearing Tests here at BBNC on

Tuesday 4th June

To book in for a Hearing Test please
call us on 5542 6222

CONTINENCE NURSE

Sharon from WDHS will be onsite for all your continence needs on

Wednesday 24th April

**Sharon can offer support, advice and assessments to individuals
with Bladder or Bowel issues**

**If you would like further information or to book an appointment
please call the centre on 5542 6222**