



BBNC NEWS

Issue 217 | MAY 2024

Board Contacts

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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

Judith Ford

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



Hello, my name is Judith/Judy Ford and I started work as the Health Services Manager at BBNC on Monday the 8th April 2024. As a Registered Nurse, my speciality was intensive care nursing before I branched out into clinical governance, quality improvement and hospital management roles. I trained at the Royal Melbourne Hospital where I spent several years working as a post-graduate nurse, a nurse manager and nurse educator. From there I worked in Swan Hill and Bendigo Hospitals before returning to Melbourne and the Austin Repatriation Medical Centre where I worked as the Business Manager for the Emergency Department. I then transferred to the NSW public health system and over about 15 years I managed three small country hospitals that were in two of the large Local Health District organisations that form the

NSW Public Health services. In 2019 I returned to Victoria and to my home location of Western Victoria, where I worked for a short term at the Hamilton Base Hospital and most recently at Winda-Mara Aboriginal Corporation as the Quality Governance Specialist across the Heywood and Hamilton services. In the very short time that I have been part of the BBNC team I can genuinely say that I am very happy and excited to be here working with what I could see and feel immediately, is a highly motivated, genuinely passionate and community focused group of staff, and Board of Management. Importantly my warm and informative introduction to BBNC is largely due to the "retiring" Health Service Manager Anita Weaver. I understand that Anita has managed this role for approximately 2 years, and I can see strong evidence of the high-class job and tireless effort Anita has put into maintaining the superior bush nursing service that it is – a great job !! I would also like to say that President of the Board Tom Silcock has made significant contributions towards my induction to BBNC.

The Report that I present to next month's edition of BBNC News will include an overview of our service activities, progress with current projects and outlines of projects to be initiated in the coming months, for example "Consumer Engagement, Feedback and Information sharing.

Judy Ford
 Health Service Manager

Monthly Calendar—MAY 2024

MON	TUE	WED	THU	FRI
		1 NURSE CLINIC 9am– 5pm Bendigo Bank 9:30am-11:30am	2 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	3 NURSE CLINIC 9am– 5pm
6 NURSE CLINIC 9am– 5pm Podiatrist 10 am –3 pm Diabetes Educator 10am-3pm Nett's Strength & Cardio 5:30pm	7 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm	8 NURSE CLINIC 9am– 5pm Dr Slabbert (video link) Bendigo Bank 9:30am-11:30am	9 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	10 NURSE CLINIC 9am– 5pm
13 NURSE CLINIC 9am– 5pm Nett's Strength & Cardio 5:30pm	14 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm	15 NURSE CLINIC 9am– 5pm Bendigo Bank 9:30am-11:30am	16 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	17 NURSE CLINIC 9am– 5pm
20 NURSE CLINIC 9am– 5pm Podiatrist 10 am –3 pm Nett's Strength & Cardio 5:30pm	21 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm	22 NURSE CLINIC 9am– 5pm Dr Slabbert (video link) Bendigo Bank 9:30am-11:30am	23 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	24 NURSE CLINIC 9am– 5pm
27 NURSE CLINIC 9am– 5pm Nett's Strength & Cardio 5:30pm	28 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm RFDS G P—PM	29 NURSE CLINIC 9am– 5pm Bendigo Bank 9:30am-11:30am RFDS GP—ALL DAY	30 Pathology 9-9:45am \$5.00 NURSE CLINIC 9am– 5pm Darcy Penrose—Masseur Nett's Strength & Balance 10am	31 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 directly)
Respiratory Clinic	Meg Watson	Next visit May 2024

Visit us online at www.balmoralbnc.com.au

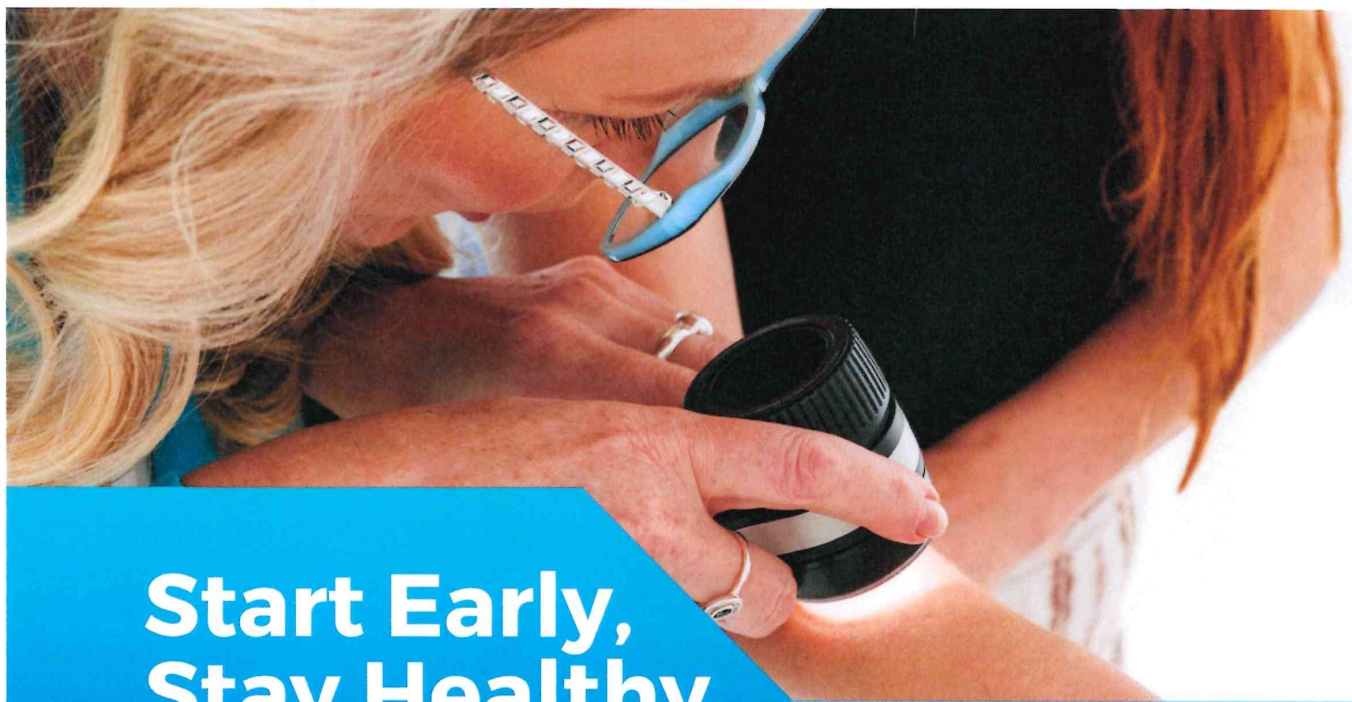


Contact Details

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



Start Early, Stay Healthy

Early detection saves lives

**Prioritise Your Health,
Starting Today**

Call us on 0455 337 882
to schedule your skin check



Early Detection

Identify potential health issues before they become major concerns. Prevention is key!



Peace of Mind

Regular check-ups, knowing that you are taking proactive steps towards your well-being.



Establish Baseline

Establish a baseline of your skin and moles, making it easier to spot abnormalities.



Healthy Habits

Set a positive example for children and instill healthy habits from an early age.

Why wait for problems to arise when you can take charge of your health from an early age? Make a commitment to annual skin checks and early detection.

NEXT CLINIC DATES:

JULY 4, 2024
BALMORAL BUSH NURSING CENTRE

Find a healthcare provider you trust and feel comfortable with. Prepare questions and concerns before your check-up to make the most of your appointment.

Your Health, Your Future.
Stay One Step Ahead
with Your Skin Scan

 0455 337 882

 admin@yourskinscan.com.au

 @yourskinscan

 www.yourskinscan.com.au



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

Monday 17th June

**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**



FLU VACCINATION CLINIC

MAY

28

10AM-12:30PM

2PM-4:30PM

**TO BOOK PLEASE 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 May**

**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 test(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 3rd July

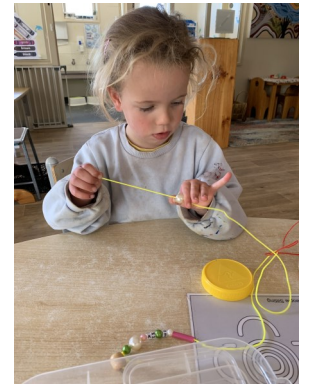
This service may be for you if

- ◆ 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

Over the last few weeks we have been enjoying the cooler weather being outside where we love to spend a lot of time. It's that exciting time of year again when our leaves fall in our yard. Autumn leaves are not only beautiful they are so much fun and can be used in different ways. We have been raking and jumping on piles and throwing them, counting threading and pasting with them. This is a great time for children to investigate and develop their skills in areas such as science, math, communication, art and music.

We have enjoyed being so close to the fire station and watching the fire trucks. We will be planning a excursion to see them up and close over the next couple of months.





Expressions of Interest

**The Balmoral Bush Nursing Centre (BBNC) is seeking
suppliers of goods and services to BBNC
for a term of 3 years commencing from the 1st July, 2024.**

Interest will be sought from the following business types:

Cabinet Maker/Builder	General Maintenance
Painting	Plumbing
Electrics	Gardening
Meals/Catering	Pest control/removal
Air conditioning	Carpet Cleaning

The List includes any supplier of goods and/or services to BBNC that is of a casual nature, or a needs basis i.e. “we call them when we need them”.

Any business that is contracted for a special project (such as capital works) will be separate and reviewed by the BBNC Project Control group as part of the tender process.

The selected applicants will:

- have excellent communication skills and a demonstrated track record of reliability, a high standard of workmanship, and customer engagement and commitment.
- be prepared to undertake an induction program including documentation as evidence that they are competent to complete the task. This condition applies to all works ranging from minor jobs to major capital works and will be completed prior to their first visit to the Site.

Successful applicants are subject to compliance with mandatory Healthcare Worker vaccination requirements.

For further information and an expression of interest form, please contact Samantha Cumerford, Quality and Risk Officer, BBNC on 03 5542 6222.

Email Expressions of Interest to scumerford@swarh.vic.gov.au by 5pm Friday 21st May 2024

Kidney Action week May 11th to 17th 2024

Kidney disease impacts 2 million Australians each year.

The kidney's main task is to clean your blood and filter waste out through your urine. When your kidneys aren't functioning as they should, waste gradually builds up in your body, and this can have a devastating impact on your health.

'Acute kidney disease' is where the kidneys recover normal function within three months. 'Chronic kidney disease' is where there is a loss of healthy kidney function for more than three months.

Risk Factors of Kidney Disease

- ◆ Age - people over 50 years of age are more likely to get kidney disease.
- ◆ Obesity - obese people are a higher risk
- ◆ Smoking
- ◆ High blood pressure
- ◆ Diabetes
- ◆ Family history of kidney disease.
- ◆ People of an Aboriginal or Torres Strait Islander origin.



The good news is that if detected early, deterioration in kidney function can be reduced by up to 50%. New treatments can slow progression to kidney failure and in some cases even stop progression. This means staying out of hospital and living your best life for longer.

See your GP and ask for a kidney health test. You can also take the 2min kidney disease test at: Kidney.org.au/kidneyrisktest to see if you are at increased risk of Kidney disease

Thank you

Volunteer week 20th to 26th

This years theme for National volunteer week is 'Something For Everyone'.

At BBNC, we have many volunteers that help our service run.

We thank each and every volunteer BBNC have and to recognise their contribution to help provide a fantastic service to our community.

If you would like to volunteer at BBNC we would warmly invite you to come and speak to our staff or call on 5542 6222



EMPLOYMENT OPPORTUNITY

Executive Administrator

Part time minimum 8hrs/week

The Balmoral Bush Nursing Centre (BBNC) is a not for profit, remote health care service that provides a broad range of health and community services. Currently there is a unique opportunity for an enthusiastic, energetic person to join the supportive, family friendly team at BBNC.

About the role:

As Executive Administrator for the Board of Management you will provide administrative support to the Board and associated committees of BBNC including managing communication and administration functions on behalf of the Board. You will be responsible for supporting the Board to implement priority goals of the Strategic Plan and to meet annual reporting requirements.

Appointment subject to a satisfactory Victorian Police Check, Working with Children Check and compliance to mandatory Healthcare worker vaccination requirements.

Applications for this position close

5pm Friday 10th May 2024

For a Position Description, further information and an application pack, please contact

Judith Ford

Health Service Manager

Email: jford@swarh.vic.gov.au

Phone: 03 5542 6222

Balmoral Bush Nursing Centre is an

Equal Opportunity Employer



Advanced care finder

Helping people to navigate the aged care system and connect with community services.



To be eligible for care finder support, you must:

- be eligible for aged care services
- need intensive support to navigate and engage with these services
- have no carer or support person that can help you with this process
- be based in Western Victoria, including Ballarat, Geelong, Horsham & Warrnambool

We can connect you to:



- My Aged Care
- Aged Care Assessment programs
- Home Care Package and Commonwealth Home Support Programme providers
- Residential aged care services

We can also help you find:

- Primary health services
- Allied health service
- Dementia supports
- Mental health supports
- Housing services
- Drug and alcohol supports
- Social support groups

Contact us for more information

1800 123 228 | carefinder@catholiccarevic.org.au

This program is supported by Western Victoria Primary Health Network under the Australian Government's Primary Health Networks Program.

Our Social Support Group attended the wonderful performance “ Dispatched from the Frontline “ at the Hamilton PAC. Inspired by the dirary of Sister Nan Reay, an Australian nurse who served behind the front-lines in World War 1, it features a podcast series and a live performance. The dispatches of Nan reay’s diary celebrate this nurses personal resilience, courage and persistence during four gruelling years of the war.



With Flu season upon us our very own registered nurse Callie Leese gave a presentation to our SSG participants on flu vaccinations. Callie gave a very informative talk not only on flu shots but also on other viruses and vaccination options.

BBNC immunisation nurses will be conducting a flu vaccination clinic on Wednesday 28th May, if you wish to book please call the centre on 5542 6222

BBNC SUDOKU

			5	7		1		
	6	5			9			
			4	1		9		5
4							3	1
	3	8				5	7	
7	5							8
3		7		4	2			
			9			2	4	
		9		8	5			

MAY : SOCIAL SUPPORT GROUP

Monday 6th May: Lunch at centre at 12pm. Womens’ health talk

Monday 13th May: Lunch at centre at 12pm. Visit to the Balmoral Courthouse at 2pm.

Wednesday 22nd May: Cuppa for Cancer at Pigeon Ponds Hall. Leave centre at 9:45am.

Monday 27th May: Lunch at centre at 12pm. Exercise right week session with Nett Tinning