



NEWSLETTER

May—June 2023

Lake Bolac Bush Nursing Centre

155 Montgomery St, Lake Bolac VIC 3351

Phone: 03 5355 8700 | 0409 959 459

lbbnc@lbbnc.org.au | www.lbbnc.org.au



Connect with us on



SERVICES

Doctor

Thursday 10:00 AM—4:00 PM

Call (03) 5355 8700

Nurse Led Clinic

9:00 AM— 5:00 PM Mon—Fri

Pathology

9:00 AM—12:30 PM Mon—Fri

District Nursing

Mon, Wed, Fri

Exercise Classes

Thursday 9:30 AM & 10:30 AM

Cost: \$2

Yoga

Wed 11:00 AM Cost: \$15

Planned Activity Group

Tues & Thurs 11:30 AM

Cost: \$10

Remedial Massage Therapist

Appts 0411 090 698

1 hr \$95, 1/2 hr \$60

Mortlake Pharmacy

Medication deliveries

Wed & Fri 2:00 PM

Maternal & Child Health Nurse

2nd & 4th Tues of the month

9:30 AM—3:30 PM

Physiotherapy

Appts available at Centre

Cost: \$10

At EGHS. Call (03) 5352 9327

Our Generous Community



The BNC Board and staff wish to acknowledge the unbelievable generosity of our local communities. This past year has seen remarkable donations from community members and business's.

Most notable are the Lake Bolac Hotel (\$12,700) and WestVic Tyres (Wayne Clark) and the Lake Bolac Golf Club (\$4,400). These donations have enabled our organisation to make some lovely updates and renovations both internally (new office) and to our outdoor area.

A truly big thankyou to everyone involved. We so appreciate your support.

Jan, staff and BOM.



Welcome Laura

Laura joined us in February this year to provide administrative support to the Centre and medical receptionist on Thursdays with Dr. Pushpa. She brings over 20 years admin experience and enjoys working locally.

Laura is also a Justice of the Peace (JP) which is a great asset to our community. She works Tuesdays, Thursdays and Fridays so if you need a document signed or witnessed just give the Centre a call to ensure Laura can make time to support you.



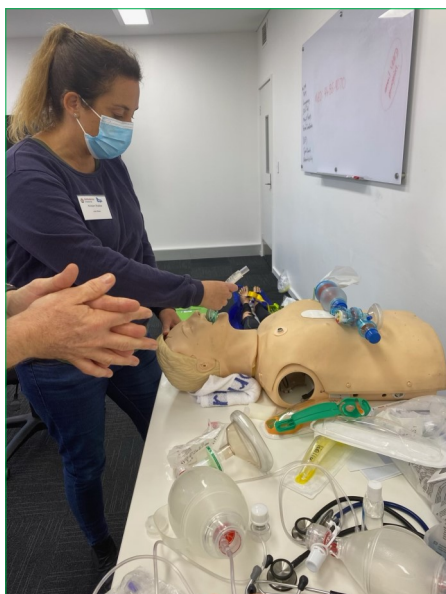
Easter Raffle

The staff generously gathered some goodies to raffle off to raise funds for the centre. Our special bunny helpers drew Phil McClure as the winner. 2nd prize was won by our very own Carmel O'Brien. Thankyou to all those who donated and those who purchased tickets, we raised \$285 which will be used towards the purchase of an intravenous fluid pump.

Training with Ambulance Victoria

Remote Area Nurses—Kirsten, Carolyn & Heather—have just finished 50 hours of annual training in the provision of first line emergency care enabling the Centre to respond to "000" calls in the Lake Bolac and surrounding district.

LBBNC is providing an amazing service and I am very grateful



Planned Activities Group



Ararat—shopping & café lunch

*Gumbower Home-
stead, Skipton—
garden & home
cooked lunch*

*Penshurst—café &
sightseeing*

Cervical Screening

Approximately 16 ladies attended 1 of 2 information sessions on cervical screening self testing. The session was delivered by Jan Milliken and it was lovely to have people stay on to share a lunch together. The take home message was **“prevention is better than cure”** and we all need to take responsibility for accessing the multiple screening tests available for cancer detection.



OPEN NIGHT!



The open night held at the Centre on Thursday the 23rd March was well attended and received. Everyone was treated to a tour and a goodie bag, not to mention the delicious barbecue Heather Phillips and Leon (RFDS) cooked up. We met some new faces which was lovely and we were able to showcase all our Centre has to offer.



GOOD FOOD
GREAT COMPANY

