



Lake Bolac Bush Nursing Centre

155 Montgomery St, Lake Bolac VIC 3351

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Connect with us on



SERVICES

Doctor

Thursday 9:30 AM—4:00 PM

Call (03) 5336 2971 or

www.hotdocs.com.au

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

Mental health & Wellbeing

Appts available with clinician at Centre or via telehealth. No cost.

Call (03) 8412 0480

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

Foot Care/Physiotherapy

Appts available at Centre

Cost: \$10

The Festive Season

To our community members, I am so grateful for another year here at Lake Bolac BNC. I have to say it has been a tough year due to ongoing covid impacts and staff shortages, but the team have navigated these challenges to the best of their abilities. It is such a reassurance to work with great staff and a board of management that are very supportive.

We are a little excited with what we plan to do next year in developing new health promotion and preventative health programs. Our new strategic plan incorporates a more holistic view of our community so we will offer programs that we hope to reach a wider demographic. As an example, we will be having a young parent's lunch combined with 1st aid for young children that we intend will equip those parents with basic 1st aid skills for their children. We will then follow this with a series of mental health 1st aid workshops combined with a lunch as well. You cannot beat getting around the meal table to connect and improve healthy social lifestyles.

To begin the year, we will have an open house/community BBQ for everyone, but most especially new residents to Lake Bolac. We will keep you posted with dates and times.

Finally, I want to say a big thank you to everyone who has contributed to the work that we do here. Our wonderful consumer representatives on our committees, board of management and the organisations who have fundraised or donated to our service.

Happy Christmas everyone and stay safe over the holiday season.

Jan

The Centre will close for Christmas break on Fri 23 December @ 1:00 PM and reopen Tues 3 January 2023 @ 9:00 AM.

Other service recommencement dates:

Thurs 5 Jan—physiotherapy

Thurs 12 Jan—Dr Pushpa consultations

Thurs 12 Jan—exercise classes

Tues 17 Jan—Planned Activity Group

Wed 1 Feb—Yoga



Remedial Massage

The Centre has been fortunate to secure the services of a Remedial Massage Therapist, Erelyn Ross has been visiting the Centre over the last six months offering a valuable service for community members.

Remedial massage techniques ease pain and inflammation to enable your body to heal more quickly. Remedial massage therapists work on muscles, tendons and ligaments to help alleviate any stiffness, soreness or pain and to improve function.

Some of the benefits of remedial massage

- ◆ Increases range of motion
- ◆ Relieves pain
- ◆ Enables relaxation
- ◆ Facilitates healing
- ◆ Improves sleep



Appt: Wed between 9:00 AM—5:00 PM

Cost: \$95 for 1 hour or \$60 for 1/2 hour

Bookings: crickey1969@yahoo.com or
0411 090 698

5 tips to keep you mosquito free this summer

There are plenty of myths and misconceptions about what works and what doesn't when it comes to beating the bite of backyard mosquitoes.

It's important to protect yourself from mosquitoes not just to prevent annoying itchy bites, but to stop the spread of diseases that they can carry.

1. Pick the right repellent

A topical insect repellent that contains DEET or picaridin or oil of lemon eucalyptus, will provide the longest lasting protection. Apply repellent as a thin covering on all exposed areas of skin.

2. Brighten up your summer

Mosquitoes seem to like dark colours, especial dark blue. Opt for paler colours, they won't repel mosquitoes but perhaps a few less mozzies will chase you down.

3. Danger lays at dusk and dawn

Most mosquitoes will be looking for blood throughout the night but from late afternoon through until early evening is when you really need to protect your family.

4. Beers could lead to bites

Studies have shown that drinking beer can make you more of a target for mosquitoes! Only problem is, giving up the grog won't keep them away either.

5. Switch on a fan

Moving the air about will help hide you from mosquitoes. It will disrupt their flight and disperse the carbon dioxide you're exhaling (that's the key for mosquitoes to find someone to bite!)

Planned Activities Group



A visit to Leigh and Pauline Graham's iris garden near Streatham. Fascinating information provided by Leigh on their amazing iris breeding program followed by lunch at the Fiery Creek café in Streatham.

Christmas lunch at the Centre. A lovely performance by Peter Harbinson singing carols followed by lunch enjoyed by our PAG community and staff.



Pink Ribbon Day



In October the Centre held a community morning tea to raise awareness and funds for breast and gynaecological cancer research, prevention programs and support services for sufferers and their families. Sarah Carter, Breast Care Nurse at EGHS, spoke about being “Breast Aware” and Judy Aldous shared her experience of breast cancer. Over \$400 was raised and donated to Breast Care Victoria.

Do I need a breast screen? Early detection saves lives. Aged 50—74? You should be screened every two years. In your 40’s or over 75? Talk to your doctor to find out if breast screening is right for you. Under 40? Breast screens are not effective for women under 40 years.

Breast screening

- ◆ Is free
- ◆ Is with a female radiographer
- ◆ Takes about 10 minutes
- ◆ Does not need a doctor’s referral
- ◆ Is available at a clinic near you throughout Victoria

Book at breastscreen.org.au or call 13 20 50



Raffle winners: 1st prize Colette Dawson, 2nd prize Trish Higgins. Lucky door prize kindly donated by Lyn Hucker and won by Lou Price.