

BBNC news

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Issue 87 | February 2012

Centre Hours -
 Monday - Friday 9:00am - 5:00pm
 Closed weekends & Public Holidays

*"CONNECTING PEOPLE, PROMOTING
 KNOWLEDGE, INVESTING IN THE HEALTH OF OUR
 COMMUNITY FOR THE FUTURE"*

Board Contacts...

President

Mr. Peter Mailes

Vice President

Mr. Neville Trotman

Treasurer

Mrs. Anita Watt

Members

Mrs. Suzanne Smith

Mr. Bruce Laidlaw

Mrs. Georgie Leeming

Mrs. Karen Rees

Executive

Administration

Mrs. Sabrina Watt

Centre Contacts...

Centre Manager

Lisa Hutchins

Clinical Nurse

Coordinator

Ann Vaughan

Community Services

Coordinator

Lyn Iredell

Administration

Coordinator

Jenny Macfarlane

Environmental Services

Coordinator

Anita Weaver



Above: Balmoral Child Care Team Leader Simone Goldsworthy setting up for the first day of child care service for 2012.

Welcome to 2012

It's hard to believe we are into yet another year, our 87th year of continuous service to the community! Our key priorities for his year are to:

- continue to build service delivery partnerships
- provide space for visiting services
- know our community really well
- maintain a sustainable workforce
- connect through technology
- build upon what we already do well

We look forward to the challenge of delivering a quality service and investing in the health our community for the future.

General Practitioner Services- Doctors Appointments

Unlike many small rural communities, we are fortunate to have the services of visiting doctors. Our service agreements with Coleraine/ Casterton Medical and Hamilton Medical Group are highly valued and we will continue to attempt to negotiate a service level that allows a high level of community access. The visiting G.P Registrars from Coleraine Casterton Medical are assisting with alleviating waiting lists and we are thrilled to have these highly qualified and competent young doctors visiting our service.

At present, Dr. Jan Slabbert is having to prioritize practice in Hamilton due to obstetric commitments and Hamilton Medical Group are trying to secure another GP/Obstetrician. We are endeavouring to have Dr. Slabbert return to a regular visiting regime when this situation is rectified. In the short term however, we are actively working to secure the services of another HMG doctor for provision of an ongoing service.

If you require an appointment with Dr. Slabbert and transport to appointments is an issue for you, please speak with our Community Services Coordinator Lyn Iredell who can advise and assist with transport options.

If your need is immediate, our experienced Remote Area Nurses can assess you and assist with your health care needs, including referral if required.

Emergency Response and After Hours Health Advice

A reminder that in the event of a medical emergency, **you must ring 000 for an ambulance.** This ensures the Remote Area Nurse pager is activated and in service hours, a nurse will respond in conjunction with Ambulance Victoria. After hours, if a nurse is available they will respond. For after hours health advice please telephone 1300 60 60 24.

Lisa Hutchins
 Centre Manager


Don't forget to visit us online for programs and health clinics. You can also find this newsletter in the "News & What's On section".
www.balmoralbnc.com.au

SERVICE CALENDAR

february

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|---|--|--|---|---|-----|-----|
| | | 1 Water Exercise 10-11am | 2 Men's shed 1.30pm at the Angling Club Rooms | 3 Community Bus > Hamilton Leave Centre @10am Return trip \$10 | 4 | 5 |
| 6 Water Exercise 10—11am PAG | 7 Dr.Coulson & Sarah 10am—4:45pm | 8 Water Exercise 10-11am Water Aerobics 7.30—8.30pm M&CHN 9.30—11.30am | 9 Men's shed 1.30pm at the Angling Club Rooms | 10 Water Aerobics 9—10am | 11 | 12 |
| 13 Water Exercise 10—11am PAG | 14 Podiatrist 10.20am—3.20pm Dr.Prozesky & Dr.Sarah 2—4:45pm | 15 Water Exercise 10-11am Water Aerobics 7.30—8.30pm | 16 Men's shed 1.30pm at the Angling Club Rooms | 17 Community Bus > Horsham Leave Centre @10am Return trip \$10 Water Aerobics 9—10am | 18 | 19 |
| 20 Water Exercise 10—11am PAG | 21 Dr.Coulson & Dr.Sarah 10am—4:45pm | 22 Water Exercise 10-11am Water Aerobics 7.30—8.30pm | 23 Men's shed 1.30pm at the Angling Club Rooms | 24 Water Aerobics 9—10am | 25 | 26 |
| 27 Water Exercise 10—11am PAG | 28 Dr.Prozesky & Dr.Sarah 2—4:45pm | 29 Water Exercise 10-11am Water Aerobics 7.30—8.30pm | Flower of the Month: Violet, Primrose Birthstone: Amethyst | | | |

Visiting Services...

Doctors:

Dr. Brian Coulson (Consulting full days)
Alternate Tuesdays 10am—4:45pm

Dr. Greta Prozesky

Alternate Tuesdays 2—4:45pm

Dr. Jan Slabbert

Alternate Wednesdays 1:15—4:45pm
(Hamilton Medical Group)

Dietician: Available by appointment

M&CHN: Judy Joyce

Available for appointments on the 2nd &
4th Wednesday of each month.

09.30am—11:30am

Diabetes Educator: 2 sessions a year.

Available by appointment at the centre.

Optometrist: Glen Howell

Available by appointment
Ph: 5572 2185

Podiatry:

Available once a month on a
Tuesday by appointment

Masseur: Darce Penrose

Available for appointments
on Thursdays

Ph: 5583 1502 or 0428 831 502



Balmoral Childcare Centre
open Mondays and Fridays
8.30am to 5pm.
Contact: **Simone Goldsworthy**
on **0448 980 027** to book a
place for your child.

Child Care and Family Services
Contact **Wimmera Uniting Care**
on **1800 555 140**

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

NURSE-ON-CALL
 T 300 60 60 24

HEALTH PROMOTION *news*

Keeping Your Brain Healthy...

The importance of maintaining a healthy lifestyle to promote a healthy heart is well documented but what about our brain?

The Healthy Brain Program, an initiative of the Brain Foundation, www.brainfoundation.org.au/about-us aims to assist Australians to keep their brains healthy into old age. There are things you can do to keep your mind sharp and alert. Just as muscles get flabby from sitting around and doing nothing, so does our brain.



Pointers For a Healthy Brain

Exercise and challenge your brain to stay mentally active:

Play games that involve memory or thinking ahead e.g. chess or bridge.

Try something new such as:

Learning a musical instrument, memorize a new word and definition each day. Play puzzle games like sudoku, crosswords and jigsaws and learn a new language .

Feed your brain with a healthy diet:

Low in fat and cholesterol and drink alcohol in moderation.

Stay physically active:

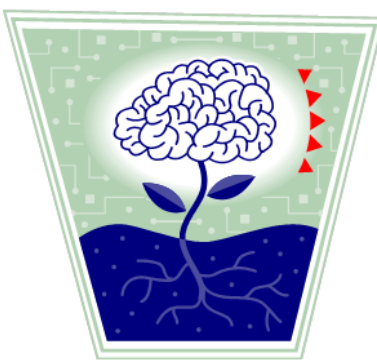
To maintain good blood flow to the brain. Going for a walk lets you think freely.

Think safety:

By wearing a helmet, when riding a bike to protect against head injury.

Learn to manage stress anxiety and depression:

These disorders can lead to memory loss and disrupt the good blood flow to your brain.



Try to get a good night's sleep:

As sleep loss can cause fatigue, memory lapses, poor concentration.

Have regular checks:

For blood pressure, diabetes, heart rate, cholesterol as these can affect the blood flow to the brain.

Avoid smoking:

The bottom line is that there are many strategies that you can undertake to keep your brain active and enhance your brain health and fitness. The key is to stay stimulated.

Di McLean & Kim Dufty
Health Promotion

Workshops and Seminars...

The Southern Grampians Shire Council along with Small Business Victoria are providing workshops and seminars and the Balmoral Bush Nursing Centre has been lucky enough to host the below workshops.

For more information regarding these workshops please contact Peter Johnson at the Southern Grampians Shire on 5573 0240.

Please register at the BBNC by phoning 5570 1304

Understanding Financial Statements

When: Wednesday 21st March, 2012

Time: 6:00—8:00pm

Where: Balmoral Bush Nursing Centre

Cost: \$20.00

Improving Cashflow and Profitability

When: Tuesday 27th March, 2012

Time: 6:00—8:00pm

Where: Balmoral Bush Nursing Centre

Cost: \$20.00

PLANNED ACTIVITY GROUP

news

Welcome to the New Year 2012

We look forward to another year filled with interesting places to visit, guest speakers and different things to learn about and enjoy during the year.

The Balmoral community are passing the parcel for energy efficiency!

Energy prices have been rising and will continue to rise. Balmoral Bush Nursing Centre have partnered with Southern Grampians and Glenelg Primary Care Partnership to bring the Pass the Parcel Project to the Balmoral community. The Pass the Parcel project centres around an ibutton which is a little gadget that is able to measure the temperature in your home. The temperature in your home can then be compared to the outside temperature and the human comfort zone to give you a reading of "comfort". You can then compare this to cost by looking at your energy bills. (Heating/cooling uses up to 60% of the energy in our homes). Six parcels have started their journey around The Balmoral Community. In February a community workshop's will be help to look at easy tips to save energy, save money and feel good.

In December, Robyn Blake gave a detailed report on her recent trip to Darwin, Robyn made us all feel we had travelled to Darwin and seen all the wonderful places she had visited on her trip. The detail and the interesting stories kept us all entertained during the afternoon. Thanks Robyn and I am sure we would all like to travel with you again.

Christmas Lunch and break up for the year was well attended by 42 people, everyone had a great meal and lots of laughs. Our guest for the afternoon had their stay shortened by the road works which held them up getting over the bridge. Still we were delighted when they arrived and entertained us with a few songs including a solo performance by Jacob Duggan. We had a short time for a catch up with everyone before they had to get on the bus again and head back to school. Thank you to staff at BCC for letting us meet regularly with the students during the year. We are always astonished at what we learn and the new things they do each year. Oh to be child again.



Above: Enjoying the garden at Donehue's Leisure.
 Above far right: School children entertaining the PAG group at their Christmas dinner.
 Bottom Right: John, Mick, Bob & Neville keeping busy at the Men's shed



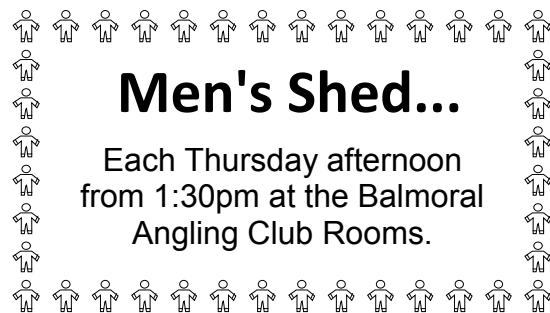
Lyn Iredell & Heather Smith
 Community Services

February Program...

- Monday 6th ~ Lunch at the Centre, out & about for afternoon tea
- Monday 13th ~ Lunch at the Centre, Pass the Parcel guest speaker
- Monday 20th ~ Lunch at the Centre, 1942 Bombing of Darwin Anniversary
- Monday 27th ~ Lunch at the Centre, craft afternoon

Men's Shed...

Each Thursday afternoon
 from 1:30pm at the Balmoral
 Angling Club Rooms.



LIVE ACTIVE news

Swimming for Exercise...

Summer is here and things are heating up so we've got the perfect workout for cooling off and getting fit. Head to the pool, hop in and get swishing.



Water offers four times the amount of resistance of air. So while some exercises present little challenge on land they do in the water. The resistance provided by water means you'll get an effective workout, and aqua exercise is low impact. Water can also add some instability, meaning your core gets a different, and arguably better, workout.

When you exercise in water you can increase the blood supply to your muscles, burn more stored nutrients (calories) by producing more energy for movement, increase your body's use of oxygen, and decrease your blood pressure. By reducing stress on muscles, bones, tendons, and ligaments, some people who can't exercise comfortably on land find that they can exercise in water. Anyone can enjoy the benefits of water exercise.

Some of the main reasons for anyone to take advantage of water exercise are:



- Reduce stress on your joints, bones and muscles
- Achieve speedy, effective toning through water resistance
- Increase your exercise workload and burn more calories in less time
- Stay cooler, even when you are exercising hard
- Experience the ideal combination of fun, effective training, and comfort

Swimming is a wonderful way to exercise, whether it's in a class environment or it's for pleasure anyone can do it.

Come along enjoy the great company, utilise our wonderful swimming pool, change your exercise routine, keep fit, and all while you're having a few laughs.



Swimming with the Stars...

Aqua Aerobics:

Come along and enjoy some fun times in the pool participating in a class of Aqua Aerobics. Feel the benefits of this low impact session.

Every Wednesday evening from

7:30—8.30pm &

Every Friday morning from 9—10am

Costing \$5.00 per class

Water Exercises:

Come and enjoy great company while doing water exercises.

Every Monday and Wednesday mornings from 10—11am

Costing \$3.00 per class

Please feel free to come along and try out our fantastic range of water exercises and water aerobics. For more information and booking inquiries please contact the Centre on 5570 1304



WESTERN DISTRICT HEALTH SERVICE

Pregnancy Health

Information Evening 2012

Are you planning a pregnancy or are you already pregnant?

Learn more about Emotional Wellbeing, Nutrition for the family and How to Strengthen Mum's Muscles and Joints

When: The fourth Tuesday of every month

Time: 5:15pm for a 5:30pm start finishing no later than 7:00pm

Where: The activity Room
Frances Hewett Community Centre
2 Roberts Street, Hamilton

Cost: Free

Please feel welcome to bring your partner, friend or relative.

**Bookings appreciated but not essential
Phone: 5551 8450 for more information**

BALMORAL CHILDCARE CENTRE

news

Career Opportunity...

REWARDING CAREER OPPORTUNITIES

Child Care Assistant

Casual
Balmoral

Seeking an enthusiastic person to work with young children, provide quality care, understanding and flexibility. Ensuring all children and families attending the service are provided with a safe, stimulating and supportive environment. The position is located at our Balmoral Child Care Centre.

Applicants must hold a minimum of Certificate III in Children's Services.

For more information please contact Glenda Topp, Coordinator Early Years Southeast on (03) 5382 6789.

Applications close 10 February 2012

Position descriptions and organisational information can be obtained by visiting our website.

Applications addressing the Key Selection Criteria stated in the relevant job description to be emailed to hr@wuc.org.au or forwarded to:

**Ms Wendy Middleton, CEO Human Resources Department Wimmera UnitingCare
PO Box 442, Horsham VIC 3402**

Salary packaging is available to all employees.

Staff are given priority for child care at any of the Child Care Services run by Wimmera Uniting Care.

Wimmera Uniting Care's recruitment and selection procedures reflect our commitment to the safety and protection of children, families and individuals in our programs.

www.wuc.org.au

**SUPPORTING AND STRENGTHENING INDIVIDUALS,
FAMILIES AND COMMUNITIES**

