

GDBNC NEWSLETTER

September 2026

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Email: gdbnc@gha.net.au/Website: gdbnc.com.au

NURSE MANAGER: SUSIE EDWARDS ADMIN: ANN-MARIE DAVIES/TRISTAN DOOLEY

PRESIDENT, COMMITTEE OF MANAGEMENT (COM): DANNY MITTON

CONSUMER REPRESENTATIVE FOR COM: ANNEMARIE HENDERSON

OPENING HOURS: 9AM TO 3PM MONDAY TO THURSDAY (CLOSED PUBLIC HOLIDAYS)

CHIROPRACTOR CLINIC

**Chiropractic
appointments available
at the GDBNC**

Wednesday, September 23rd

\$90 for new patients

\$60 for regular appointments after that

**Contact Christina or the Centre
to book your appointment**

LIBRARY BUS DATES ...

☑ **Tues, September 1st -9 to 9.45am**

☑ **Tues, September 15th -9 to 9.45am**

☑ **Tues, September 29th -9 to 9.45am**

SHALL WE BE SOCIAL ...

Gelantipy Hall Dinner

☑ **Tuesday, September 8th**

PATHOLOGY ...

Contact the Centre if you require Pathology

HELP AT HAND...



Ambulance 000

Poisons 13 11 26

Nurse-On-Call 1300 60 60 24

GP Helpline 1800 022 222



**Don't forget the
Victorian Virtual
Emergency Department**



**WE ARE HERE
FOR YOU 24/7**

[visit vved.org.au](http://visit.vved.org.au)



**Victoria's Virtual
Emergency
Department has got**



(But still the
same free
service for
Victorians)

**Make sure you keep up with
us on Facebook!**



@Gelantipy
District
Bush Nursing
Centre

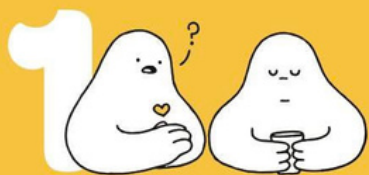


*The Gelantipy District Bush Nursing Centre
would like to acknowledge the Traditional
Owners of the land on which we gather, and
pay our respects to their Elders both past
and present*



Ask R U OK?™ ANY DAY

Have a conversation using these 4 steps



How are you travelling?

You don't seem yourself lately - want to talk about it?

Ask R U OK?



I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Listen



What do you think is a first step that might help you?

Have you spoken to your doctor about this?

Encourage action



Just wanted to check in and see how you're doing?

Have things improved for you since our last chat?

Check in

Learn more at ruok.org.au



AT THE CENTRE... Rates Roadshow October 13th 9am - 9.45am

The EGSC know that rates can be confusing, and you might have questions about how the rates are calculated, your valuations, or if you are receiving all your entitlements (rebates or exemptions). That's why the friendly team at EGSC are hitting the road - to answer your questions, listen to your concerns and help make sense of it all.



Not sure what to do when someone in your family is sick or injured?

Ask 1800MEDICARE for free, non-emergency health advice, 24/7 from registered nurses

1800 **medicare**

1800 633 422

HOW TO REPORT A ROAD HAZARD

Fallen Tree or animal on the road?



Road hazards are now managed by Transport Victoria.

Call Transport Victoria on **13 11 70**
24 hours, 7 days a week

In memory of Judith Sykes

Judith's kindness, dedication and love for our community will always be remembered. Her support for the Bush Nursing Centre leaves a legacy we will always cherish.

From all of us at the Gelantipy District Bush Nursing Centre Inc.

Thank you