

GDBNC NEWSLETTER

FEBRUARY 2024

1 Saleyard Road, Gelantipy, Victoria, 3885 ... Phone: 5150 2410/Fax: 5155 0217

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

NURSE MANAGER: SUSIE EDWARDS ADMIN: ANN-MARIE DAVIES/AMY ROGERS

PRESIDENT, COMMITTEE OF MANAGEMENT: PAUL SYKES

COM CONSUMER REPRESENTATIVE: DEB WOODBURN

OPENING HOURS: 9AM TO 2PM MONDAY TO THURSDAY (CLOSED PUBLIC HOLIDAYS)

WHAT'S ON ...



- Canni Creek Picnic Races - 10th Feb
- RFDS OPTOMETRY CLINIC in Gelantipy**
20th February (See Page 2 for details)
- Gelantipy Hall Dinner - 19th Feb
- Hairdresser - Date in March TBC
- EGSC Mobile Library Visiting Gelantipy
Feb 6th & 20th, WTree 13th & 27th
- Aqua Aerobics commences 14th Feb
- RFDS Mental Health & Wellbeing Services
Appointments 6th Feb & 19th March

HELP AT HAND ...



Ambulance 000

Poisons 13 11 26

Nurse-On-Call 1300 60 60 24

GP Helpline 1800 022 222



Royal Flying Doctor Service

RFDS Mental Health & wellbeing services are returning to GDBNC face to face on Tuesday 6th Feb & Tuesday 19th March. Please call (03)84120480 or contact the Centre to make an appointment.

Lets get active....

Get Active Victoria is helping people make positive changes to their health and wellbeing. Check out the website or download the app.

THREE MINUTE, THREE WEEK PLAN

*This short program is designed to be completed over three weeks

*Each week has four exercises that will take just 3 minutes to complete

*Repeat each week's set of exercises 2-3 times throughout the week

*Some of the exercises get harder in Week 2 and 3

(but if you feel this is not right for you, stay with the Week 1 exercise)



Aqua Aerobics is Back!

Commencing
14th Feb
for six weeks

All classes begin
at 12 noon
B'dale Aquatic Centre

AND THEY'RE FREE!

For more information
contact Susie at the GDBNC
or
Susan Freeman
from BG&DRA
on 0448 710 230

GDBNC NEWSLETTER



Suggan Buggan Community Fireguard Group is up and running!

It all started with the Get Connected and Ready sessions held in August 2023 at Gelantipy. A couple of residents came along and were interested in talking more about the Community Fireguard Program.

In November, a Stay and Defend Workshop was held, where residents brought along their own firefighting equipment.

In December, the group met with like-minded CFA volunteers, Graham Simmons (Community Fireguard, Omeo) and Frank Herbert (CFA Satellite Brigade, Cann Valley). They shared their community's journey and experiences in preparing for fires in the landscape and how their community have equipped themselves to be in the best possible position to be self-reliant.

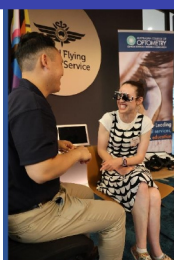
At this meeting the group voted unanimously to establish the Suggan Buggan District Association that will develop and run the Suggan Buggan Community Fireguard Group. The group received a welcomed early Christmas present through the generosity of the Omeo CFA Brigade when Graham presented the group with a slip-on unit that is a CFA resource to be permanently based at Suggan Buggan. What a great start for this Community Fireguard Group!

For more information contact Suzy Claringbould on 0447040531 or suzy.claringbould@delwp.vic.gov.au

Save the date

March 5th

Afternoon tea for Harmony Day



Royal Flying Doctor Service
VICTORIA

AUSTRALIAN COLLEGE OF
OPTOMETRY
CLINICAL SERVICES • RESEARCH • EDUCATION



The RFDS Mobile Eye Care Optometrist
is returning to
Gelantipy
in
February 2024

Call now to make an appointment on



(03) 8412 0444

Our clinic will be located at

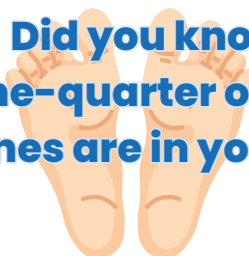
Gelantipy Bush Nursing Centre
1 Saleyard Rd, Gelantipy VIC 3885

Tuesday 20th Feb- Wednesday 21st Feb

- All appointments are bulk billed for Medicare Card holders
- Reduced cost glasses are available for:
 - Aboriginal and/or Torres Strait Islander people
 - Health Care or Concession Card holders
 - Dependents of Health Care or Concession Card holders
 - DVA Gold Card holders



Did you know?
**One-quarter of your
bones are in your feet**



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

