

GDBNC NEWSLETTER

October 2025

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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: MARGIE ROGERS

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

LIBRARY BUS DATES

☒ October 14th 9-9.45am

☒ October 28th 9-9.45am



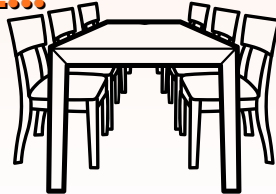
Pathology October Dates

9 am to 10:30am

☒ Wednesday October 15th

SHALL WE BE SOCIAL...

☒ Gelantipy
Hall Dinner
Monday October 20th



CHIROPRACTOR CLINIC

Chiropractic
appointments available
at the GDBNC

for Wednesday October 15th

\$85 for new patients

\$55 for regular appointments
after that

Call the Centre to book your
appointment!

GDBNC MORNING TEA

Join us for a cuppa

Tuesday, October 14th
From 10am

After visiting Brent at the
Mobile Library Bus



Insurance Council
of Australia

Is your insurance
up to date?

With summer just around the
corner, now is the perfect time to
check your insurance and make
sure everything is covered.

Use the handy
calculator to
make sure you
have enough
cover & have
thought of
everything.



Scan to use the calculator

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



SUCCESSION PLANNING ROADSHOW

"It's all okay... until
it's not"

RSVP

By 11 October

FREE

Tea, coffee &
light meal provided

**Practical
Takeaways**

With handouts
& goodies



As part of the **Victorian Seniors Festival 2025**, **NEX** and **East Gippsland Shire Council** are hosting a series of informative workshops on Succession Planning. These sessions are designed to give attendees **clarity & confidence** to approach the important & often difficult topic of succession.

Learn why succession planning matters, what options there are and how to start the process.
Bookings essential, register at <https://forms.office.com/r/daf10iQyKv> or phone **1300 045 747**

14 October

10:00am - 12:00pm

Buchan

Neighbourhood House, 6 Centre Rd



Victorian
Seniors
Festival
2025



Buchan
Neighbourhood House

Non-Mains Energy Concession

Rebates are available for Pensioner, Health Care & Veterans' Affairs Card holders.

Eligible claims-

- **LPG**
- **Generator fuel costs**
- **Firewood**

**Check to see
if you
qualify &
apply**



Families,
Fairness
and Housing



BREAST CANCER

AWARENESS MONTH

World Mental Health Day

10.10.2025

**CONNECT WITH
YOUR COMMUNITY**



#WMHD2025



Mental Health Support



Partners In Wellbeing

Free wellbeing coaching services for Victorians aged 16 & over.

☎ 1300 375 330

🌐 <https://partnersinwellbeing.org.au>

Royal Flying Doctors Service

Free mental health and wellbeing service for people in rural and remote Victorian communities. Face-to-face, telehealth and telephone.

☎ 03 8412 0480

🌐 <https://flyingdoctor.org.au/vic/what-we-do/wellbeing>

✉ wellbeing@rfdsvic.com.au

Mental Health & Wellbeing Locals

A free service for adults aged 26 and over. They provide treatment, care and support close to home. All support is free and you don't need a referral from your doctor or a Medicare card.



<https://betterhealth.vic.gov.au/mhwlocal>

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



Bush Nursing Centre Inc

