

GDBNC NEWSLETTER

March 2026

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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)

The Centre will be **CLOSED
Monday, March 9th
for the Labour Day Public Holiday**

Pathology Dates

Wed, March 18th 9-10.30am



SHALL WE BE SOCIAL...

Gelantipy Hall Dinner

Monday, March 16th



LIBRARY BUS DATES



- Tues, March 3rd 9-9.45am**
- Tues, March 17th 9-9.45am**
- Tues, March 31st 9-9.45am**

WELLNESS OFFICER...

**Jess the Wellness Officer will be at
the GDBNC
Monday, March 23rd
From 9am**

Call the Centre to schedule an appointment



Invitation to all Community Members

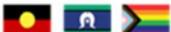
Elder Rights Australia
will be speaking at

Buchan Neighbourhood House:

**Thursday 26th of March 2026
at 10am**

To provide information on:

- The National Aged Care Advocacy Program
- Aged Care Rights
- Recognising and Responding to Elder Abuse
- Navigating the Aged Care System

Aged Care Advocacy Line
1800 700 600 | elderrights.org.au  

Elder Rights Australia Ltd is a founding member of the National Older Persons Advocacy Network (OPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.

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



Scan to learn
more about VVED



AlertABLE + AdaptABLE Group Sessions

Are you looking to stay safe, independent, and confident at home? Our Occupational Therapy team is bringing two of our most popular programs – AlertABLE and AdaptABLE – to the Buchan community for a special one-day visit!



AlertABLE

Learn about and trial personal alarms that can help you call for help after a fall or medical emergency. Great for older adults, carers, and people with disabilities.



AdaptABLE

Explore assistive products that help you stay safe and independent with everyday tasks – from cooking to showering and everything in between. Test out different items and get advice tailored to your needs.

Where: Buchan Hall

When: Thursday 19 March 2026

Time: Group sessions start from 10.00 am (morning tea provide)

Costs:

- Costs: \$200 (ex GST) from your Support at Home Package. This includes group education, written advice, and a product quote. A government subsidised rate of \$40 is available for non-compensable clients. Additional fees apply for help to set up your products at home.

Bookings essential.

Call 5155 8370 or email serviceaccess@glch.org.au



CAN YOU LEND A HAND...

The GDBNC is seeking enthusiastic community members to join our Committee of Management.

If you're interested in:

- Supporting local health services
- Helping to guide the future of our Centre
- Finding a way to give back to your community

We'd love to hear from you!

No special experience is required, just a willingness to contribute, learn, & be part of a dedicated team working for the wellbeing of our community.

If you're interested in getting involved, please reach out. Your voice & support can truly make a difference.

DID YOU KNOW?

Laughing for just 10–15 minutes can burn up to 40 calories!

So technically, a good giggle is a mini workout. Keep laughing and you might just cancel out that extra biscuit you had with your cuppa!

Want to know more about what's going on?

Make sure you keep up with us on Facebook!

 @Gelantipy District Bush Nursing Centre

THE OLD SUGGAN BUGGAN SCHOOL HOUSE COMMITTEE INC:

(AKA THE GELANTIPY HISTORICAL SOCIETY)

Will meet for the Triannual meeting, at the Suggan Buggan School House
Saturday 21st March.
at 1:30pm

BYO chair & refreshments.
All welcome.

Deborah Woodburn – Secretary,
Gordon Moon – President

FEELING WORRIED OR OVERWHELMED?

THE FLYING DOCTOR WELLBEING TEAM CAN HELP WHEN TIMES ARE TOUGH

This free, confidential service offers support for individuals experiencing mild to moderate mental health challenges such as anxiety, depression, stress, grief or adjustment difficulties.

Please contact the Royal Flying Doctor Wellbeing Team on the number below.

You will then be offered an Intake Session to help us determine how to best support you.


Phone: 03 8412 0480

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

