

GDBNC NEWSLETTER

July 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)

Pathology

Contact the Centre if you require Pathology

SHALL WE BE SOCIAL...

Gelantipy Hall Dinner
Christmas in July

NOTE THE DAY CHANGE

☒ **Tuesday, July 14th**

Please bring a \$10 Kris Kringle present

LIBRARY BUS DATES

☒ **Tues, July 7th -9 to 9.45am**

☒ **Tues, July 21st -9 to 9.45am**

EAST GIPPSLAND
SHIRE COUNCIL

CHIROPRACTOR CLINIC

Chiropractic
appointments
available at the GDBNC
for Wednesday
July 1st

\$85 for new patients

\$55 for regular appointments after that

Contact Christina or the Centre
to book your appointment

1800

medicare



You can now get free health
information and advice
anywhere in Australia, 24 hours
a day, 7 days a week, by calling
1800MEDICARE (1800 633 422).

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



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more about VVED



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



Service Victoria

From 1 June 2026, Victorians can apply to get **20% off** their vehicle registration.

How it works

This rebate is for light vehicles and motorcycles registered to individuals or sole traders. You can receive rebates for up to 2 vehicles. Heavy vehicles or vehicles registered by organisations aren't eligible. You can apply for this rebate from 1 June 2026 to 31 July 2026. If your registration is due in June, you can still apply but will receive any eligible rebates from July.

You'll need to login or create a Service Victoria account and also have an Australian bank account for us to pay your rebate into.



DID YOU KNOW?

The fear of long words is called Hippopotomonstrosesquippedaliophobia.

Pronounced:

HI-poh-po-toh-MON-stroh-SES-kwee-
PEH-dah-lee-oh-FOH-bee-uh

WELLNESS OFFICER...

Jess remains available to support our GDBNC community. To make an appointment with her, contact Buchan Bush Nursing Centre on (03) 5150 2400

HAVE YOU DONE YOUR HOME FIRE SAFETY CHECKLIST THIS WINTER?

Winter sees an increase in fires in the home, often due to an increased need for heating appliances. It is important to be vigilant around your home, particular throughout the winter months. Use the map below as a prompt to help stay fire smart.

HOME FIRE SAFETY CHECKLIST

- Smoke alarms**
 - ☐ Test and clean regularly.
 - ☐ At least one on each level.
 - ☐ One in every bedroom where someone sleeps with the door closed.
- Heaters**
 - ☐ Install, maintain and operate according to manufacturer's instructions.
 - ☐ Keep 1 metre clear space around.
 - ☐ Turn off before going to bed or going out.
- Candles**
 - ☐ Keep away from curtains.
 - ☐ Always use on non-combustible surfaces.
- Kitchen**
 - ☐ Never leave cooking unattended.
 - ☐ Keep combustibles such as tea towels and curtains away from cooking and heat sources.
 - ☐ Keep pot handles turned in.
 - ☐ Keep grills, fans and cooking surfaces free of grease residue.
- Laundry**
 - ☐ Clean the lint filter on your clothes dryer after each load.
 - ☐ Let the dryer complete its cooldown cycle before stopping.
- Front door**
 - ☐ Never deadlock doors when you're at home. If you must keep doors deadlocked, leave your keys in the lock.
 - ☐ Develop and practise your home fire escape plan – have two ways to escape each room and a designated safe meeting point outside your home, e.g. letterbox.
- Open fire place**
 - ☐ Always use a fire screen in front of an open fire.
 - ☐ Put out fires before going to bed or going out.
 - ☐ Keep 1 metre clear space around
- Electric blankets**
 - ☐ Turn on no more than 30 minutes before bed.
 - ☐ Turn off before you get into bed.
 - ☐ Remove heavy items from bed when on.
 - ☐ Keep flat with controls at the side of the bed.
 - ☐ Regularly check for broken and worn wiring.
- Bedroom**
 - ☐ Never smoke in bed.
 - ☐ Don't leave laptops on bed
- Chimneys and flues**
 - ☐ Clean yearly.

Remember...

- > If your smoke alarms have removable batteries replace them every year.
- > Supervise children near heating equipment.
- > Turn off electrical appliances at the power point when not in use.
- > Keep electrical appliances and equipment in good working order.
- > Replace damaged equipment e.g. power cords.
- > Don't overload power boards.
- > Have and know how to use your fire blanket and extinguisher.

cfa.vic.gov.au/homechecklist