GDBNC NEWSLETTER

October 2026

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Email: gdbnc@gha.net.au/Website: gdbnc.com.au
NURSE MANAGER: SUSIE EDWARDS ADMINISTARTION OFFICER: ANN-MARIE DAVIES
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, October 23rd

$90 for new patients

$60 for regular appointments after that

Contact Christina or the Centre to book your appointment

LIBRARY BUS DATES ...

- ☑ **Tues, October 13th -9 to 9.45am**
- ☑ **Tues, October 27th -9 to 9.45am**

SHALL WE BE SOCIAL ...

Gelantipy Hall Dinner

☑ **Tuesday, October 13th**

PATHOLOGY ...

Contact the Centre if you require Pathology

FIRE DANGER PERIOD

The Fire Danger Period will begin 1.00am Monday 5 October 2026 for the following municipalities:
East Gippsland Shire Council & Wellington Shire Council

Notice of AGM

The Annual General Meeting of the Gelantipy District Bush Nursing Centre Inc. will be held on **Tuesday, the 20th October 2026 at 7.00pm** via ZOOM/in person at the Centre. Please contact the Centre if you would like to attend and/or nominate to become a member of the Committee of Management.

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

VICTORIAN VIRTUAL EMERGENCY DEPARTMENT Northern Health

Make sure you keep up with us on Facebook!

@Gelantipy District Bush Nursing Centre

State Government Victoria

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

REAL RURAL CONVERSATIONS



YOU NOTICE. YOU WONDER. DO YOU KNOW WHAT TO DO?

If someone seemed different, would you know what to say? Would you know what to do next?

Sometimes, having the confidence to start that conversation can make all the difference, and it **could save a life**.

This free, practical workshop will give people working in agriculture supporting farmers the confidence to recognise the signs, start a respectful conversation and connect someone with the right support.

You don't need to be a counsellor. You just need to know how to open the door.

You'll learn how to:
Recognise when something does not seem quite right
Engage in a respectful conversation
Acknowledge what you are hearing
Link people with the right support

Buchan

Wed Oct 20th
Buchan Neighbourhood House
10:00am - 1:00pm

Practical skills for conversations that matter

Typically valued at hundreds of dollars.

REGISTER NOW
PLACES LIMITED 1300 045 747

Real Rural Conversations is a NEX Business Farming Wellness initiative delivered through the Detect & Protect Wellness Framework and supported by the Foundation for Rural & Regional Renewal (FRRR).

FRRR Foundation for Rural & Regional Renewal

DID YOU KNOW?

Just 20 minutes spent connecting with nature can significantly drop your stress hormone (cortisol) levels, a phenomenon scientists call a "nature pill." With Spring finally here, there's no time like the present!

GELANTIPY LANDCARE AGM NOTICE

When: Wednesday, 14th Oct 2026 from 10.30am

Where: Karoonda Park Dining Hall, Gelantipy
(nibbles, tea and coffee provided)

Wulgulmerang Recreation Reserve Committee AGM

When:
Wednesday
October 14th at 7pm
Where:
Wulgulmerang Recreation Reserve

For further enquiries please contact Secretary Amy Rogers 0429 922 362

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



WORLD MENTAL HEALTH DAY
TOGETHER WE THRIVE!

10 October 2026