

GDBNC NEWSLETTER

December 2025

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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)

HAPPY HOLIDAYS FROM US TO YOU

The Team & COM of the GDBNC would like to wish our community a Wonderful Christmas & a Safe & Happy New Year

SHALL WE BE SOCIAL...

Gelantipy Hall Dinner

Monday December 15th
Christmas Dinner



GDBNC MORNING TEA

Tuesday, December 9th
From 10am

After visiting Brent at the
Mobile Library Bus



Mental Health & Support..

24-hour Helplines:



- Lifeline – 13 11 14
- Beyond Blue – 1300 22 4636
- Suicide Call Back – 1300 659 467
- 13 Yarn – 13 92 76 (for Aboriginal & Torres Strait Islander support)

Local & Regional Help:

- Mental Health & Wellbeing Local – East Gippsland (Wellways): 1300 000 352
- Healthy Communities Foundation Australia: 1300 147 761
mentalhealth@thcfa.org.au | thcfa.org.au
- TIACS (for tradies, farmers & truckies): 0488 846 988 | tiacs.org
- Gippsland Mental Health Triage: 1300 363 322 (24 hrs)



THE CENTRE WILL BE CLOSED

- Thursday December 25th**
- Thursday January 1st**

Pathology December Dates

9 am to 10:30am

- Wednesday December 17th**

LIBRARY BUS DATES

- December 9th 9-9.45am**



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



Visit with Sam from Ambulance Victoria..

This month at our morning tea we had a special guest Sam from Ambulance Victoria. Sam spoke about what to do in the event of a snake bite and how to use a snake bite kit.



Snake Bite Kits now available at the Centre

SNAKE BITE KITS \$15



PREMIUM SNAKE BITE KIT CONTAINS EMERGENCY FIRST AID ITEMS TO TREAT ONE PERSON IF BITTEN BY A SNAKE.

IT CONTAINS 2 X PREMIUM SNAKE BITE HEAVYWEIGHT COMPRESSION BANDAGES WITH CONTINUOUS INDICATORS THAT HELP YOUR ENSURE YOU HAVE THE CORRECT PRESSURE OVER THE ENTIRE LIMB.

SUITABLE FOR THE TREATMENT OF ALL AUSTRALIAN SNAKE & FUNNEL WEBBED SPIDER BITES.

THERMAL BLANKET INCLUDED TO TREAT SHOCK/HYPOTHERMIA AND IS HIGHLY REFLECTIVE IF YOU ARE IN A REMOTE LOCATION.



Bush Nursing Centre Inc



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



Did You Know?



Rudolph the Red-Nosed Reindeer got his start as an advertising gimmick for Montgomery Ward in 1839.

