

# GDBNC NEWSLETTER

## December 2025

1 Saleyard Road, Gelantipy, Victoria, 3885 ... Phone: 5150 2410/Fax: 5155 0217

Email: [gdbnc@gha.net.au](mailto:gdbnc@gha.net.au)/Website: [gdbnc.com.au](http://gdbnc.com.au)

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 15<sup>th</sup>  
Christmas Dinner



### GDBNC MORNING TEA

Tuesday, December 9<sup>th</sup>

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](mailto:mentalhealth@thcfa.org.au) | [thcfa.org.au](http://thcfa.org.au)
- TIACS (for tradies, farmers & truckies): 0488 846 988 | [tiacs.org](http://tiacs.org)
- Gippsland Mental Health Triage: 1300 363 322 (24 hrs)



### THE CENTRE WILL BE

**CLOSED**

- ☒ Thursday December 25<sup>th</sup>
- ☒ Thursday January 1<sup>st</sup>

### Pathology December Dates

9 am to 10:30am

- ☒ Wednesday December 17<sup>th</sup>

### LIBRARY BUS DATES

- ☒ December 9<sup>th</sup> 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](http://vved.org.au)





## 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



## what3words...



Recommended by Ambulance Victoria for remote locations

what3words

### What is what3words?

what3words is the easiest way to describe any precise location. It has divided the world into 3 meter squares and given each one a unique identifier made from three words.

Sam from Ambulance Victoria suggested it would be a good aid for remote locations, so that emergency services can find your exact position.

It's free to download on the App Store or the Play Store.



Did You Know?



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

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

