

## Ensay Bush Nursing Centre

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### Deductible Gift Recipient status

Thanks all that attended Ensay Bush Nursing Centre (BNC) AGM on the 11<sup>th</sup> November 2024. One of the outcomes from the meeting was the passing of an amendment to our Model Rules to assist the Centre in obtaining deductible gift recipient endorsement. This enables people wishing to donate monies to the Ensay BNC to receive a tax deduction. Another positive to come out of the AGM is the introduction of three new committee members.

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### Subscriptions

Thank you to everyone who has paid their subscriptions and a reminder that subscriptions are due. Payments due by 31<sup>st</sup> July 2024.

Single subscription: \$25.00

Family subscription: \$50.00

Subscription includes free of charge:

- Consultation with the bush nurse, both at the centre and in your home, including procedures and treatments, a fee may be charged for consumables used.
- Pathology collection
- Basic wound dressing items

Medication and consumables purchased from the Centre are charged at cost price.

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### Upcoming Events

#### December 4

**Ensay BNC committee member orientation**

#### December 6

**Ensay Bush Nursing Centre Annual Christmas get together**

From 5:30pm at Ensay CFA Shed

### Update on the Extensions

Nearing completion, ramp at rear of centre awaiting concrete. Internal work rectification well underway.

### Fire Season is upon us

East Gippsland Local Incident Management Plans can be accessed at... Ensay [https://cdn.prod.website-files.com/5f10ce18aa01d050c26b7c5e/67400ac9842829dd4b1ed833\\_ENSAY%20LIMP%2012.04.22.pdf](https://cdn.prod.website-files.com/5f10ce18aa01d050c26b7c5e/67400ac9842829dd4b1ed833_ENSAY%20LIMP%2012.04.22.pdf)  
Tambo Crossing

[https://cdn.prod.website-files.com/5f10ce18aa01d050c26b7c5e/6747984524185b8cac1d4bb2\\_TAMBO%20CROSSING%20LIMP%2018%20Dec%202023.pdf](https://cdn.prod.website-files.com/5f10ce18aa01d050c26b7c5e/6747984524185b8cac1d4bb2_TAMBO%20CROSSING%20LIMP%2018%20Dec%202023.pdf)

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## Physiotherapy Telehealth

A virtual physiotherapy clinic is available through Federation University which can be accessed in your own home or through the centre. (See the bush nurse for more info) – Recommences February 14<sup>th</sup> 2025

## Pathology

A reminder that pathology is picked up by the Grinters transport at 10:30am daily (Monday to Friday)

Anyone needing a blood test is asked to arrive by 10:15am to guarantee it makes the bus. While it's not necessary to book, advance notice would be appreciated to ensure we are ready for you.

## Allied Health through Bairnsdale Regional Health

Bairnsdale Regional Health Service provides follow up with telehealth appointments as part of their discharge planning.

This can be accessed at home or if you prefer you can come into the Bush Nurse Centre for assistance

## Have you had your blood pressure checked lately?

### Fact....

High blood pressure (hypertension) is a major risk factor for heart attack, heart failure, stroke and kidney disease.

Pop in to the bush nurse centre to have your blood pressure monitored and a friendly chat on how to manage and maintain a healthy BP.

## Bairnsdale Neighbourhood House Community Meals

Community meals prepared and supplied by Bairnsdale Neighbourhood House are available free of charge to all Ensay community members. The meals are prepared and delivered frozen to the Ensay Bush Nurse Centre with a wonderful choice of meals and soups.



## In the Community

### Foot Care Clinic

Jo Smart will be at the EBNC on Monday 9<sup>th</sup> December

### Walking Group

1<sup>st</sup> Friday of the month. Meet at the sportsground at 9:30am followed by a cuppa at the EBNC afterward.

### Mobile Library Service

Borrow books, CDs, DVDs

Pick up Council newsletter and so much more...

Wednesday fortnightly

10:30am– 12Pm

December 11<sup>th</sup>

### Royal Flying Doctor Eye Clinic

Dates and times to be advised

### Ladies Lunch at Little Rr Inn

12 noon on the second Friday of each month