

Bendoc Wheel

from

Changing of the guard at the Bendoc Hotel



After 35 years managing the Bendoc Hotel and Post Office, Graham Beever and Margaret Weir are hanging up their gloves. Never fear, they are not leaving the area and we will surely still see them about as they settle into a more relaxed lifestyle.

Hailing from Orbost and with local family ties to Bendoc, John and Caroline Marshall have moved from Darwin to take over the Bendoc pub and post office.

We want to wish Graham and Margaret all the very best in their future endeavours. We also want to welcome John and Caroline and look forward to getting to know them as they put their personal touches onto the iconic and much loved Bendoc Pub.

Tentatively - Tuesday 13th December

RED CROSS INITIATIVE WITH GARY WHITE



WORKING DOGS

EXPRESSION OF INTEREST

WHAT – Gary white is a world-renowned working dog trainer who will make himself available for workshops in East Gippsland. Learn to train your working dog- skills applied to cattle, sheep, and goats.

WHO – Gary will provide one day workshops for up to 12 participants and their dogs. Young and old, trained or untrained- all welcome to come and watch.

WHERE – Free event in East Gippsland communities|

WHEN – Dates TBC

TO EXPRESS YOUR INTEREST CONTACT:

Melissa Holden | mholden@redcross.org.au | 0459 536 642

Celeste Morrison | cemorrison@redcross.org.au | 0409 316 272

Solar workshop @ Bendoc Information session ①



OUR STORY

At Start Solar, we believe in our responsibility to our planet at present, with an eye on future, as we will be accountable to what future generations inherit from us. With us you will be **Investing for Future** of present and coming generations.

We are motivated to help save the Earth while collaborating with our customers to design solar solutions that help with power production by paying attention to usage and cost effectiveness. The saving can go towards the other needs of our customers and their business growth.

Solar energy is clean, safe and cheap. We provide quality products that optimise the production of solar energy and refrain from using cheaper alternatives available in market so that our customers get the best experience.



RESIDENTIAL



Every family and household is different; their power consumption pattern is different from each other therefore the solar power solution also has to be different. Before starting the process of powering your home with solar energy, you should consider key energy factors like number of people, total energy usage, load type, grid availability, solar system type and so on.

We make it easy to start with solar.

Our Finance Partners with easy payment plans.



start solar
Investing for Future

OUR

SOLUTIONS

Start solar information session

When: 7/9/22

Where: Bendoc Hall

Time: 10 am

Contact: 04 1267 5253

Lunch provided.

COMMERCIAL



In the business world, people are always looking for ways to reduce the cost. Adopting affordable and sustainable energy solutions based on self-reliance and scalable growth can be one of their options. Substituting grid with solar energy is a smart choice to start saving money with solar.

We make it easy to save with solar.

Our Finance Partner with easy payment plans.



Solar workshop @ Bendoc Information session ②



SOLAR INFORMATION SESSION AT BENDOC

Orbost Solar and Electrical have kindly accepted our invitation to hold an information session at Bendoc on **ALL THINGS SOLAR**. If you have been considering solar power for your home or farm, but feel like you need more information, this workshop is for you. Topics will depend on participant interest but will include stand-alone, grid-connected solar, solar pumps, solar hot water, government rebates, and subsidies.

When: 23/9/2022

Where: Bendoc Hall

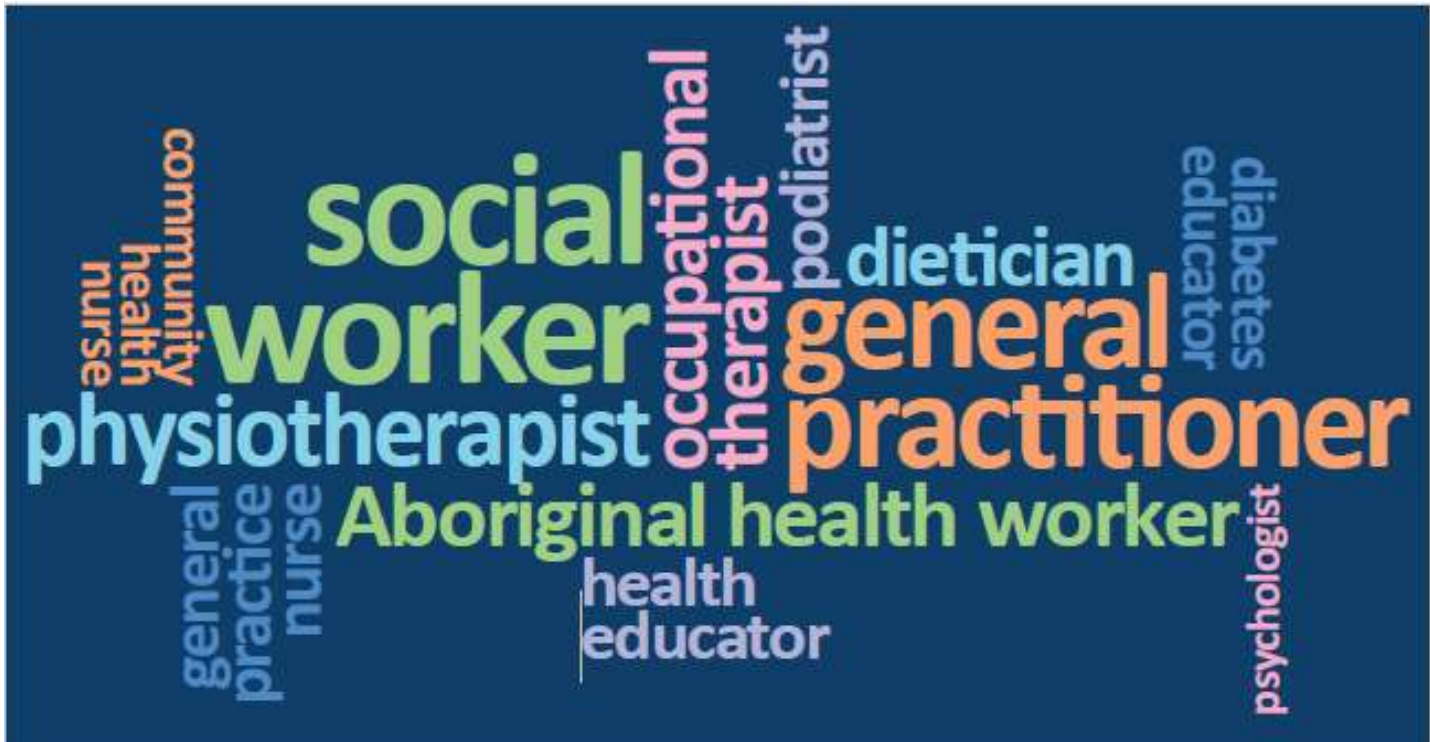
Time: 10 am

Lunch provided

Contact: bendocpa@bigpond.com

or

04 1267 5253 to book your spot



Designing a new multidisciplinary care model to trial in Gippsland

Gippsland communities have told us they would like more co-ordinated approaches to healthcare. They want to see health professionals working together as teams to better address their needs.

Gippsland PHN is looking at new and innovative ways to commission approaches to deliver more comprehensive care.

Join us in a workshop to explore what this could look like for Gippsland.

We are holding workshops for health care professionals to design a new model(s) for the Community-led Multidisciplinary Models of Care Program.

Help us design a 'trial-ready' multidisciplinary primary care model.

We are looking for your advice on:

-  Priorities for multidisciplinary care (specific health issues/ regions/population groups)
-  Workforce considerations
-  Model features, considerations (roles, technologies, communication, infrastructure, innovations)
-  Local model options for integration and collaboration

Contact us if you are unable to attend a workshop but would like to contribute:
projectmanagement@gphn.org.au

www.gphn.org.au

 Register for an online workshop:

Tuesday 9 August, 12.00 - 1.00 pm healthprofessionalsworkshop1.eventbrite.com.au
Thursday 11 August, 10.00 - 11.00am healthprofessionalsworkshop2.eventbrite.com.au
Tuesday 16 August, 5.00 - 6.00pm healthprofessionalsworkshop3.eventbrite.com.au
Thursday 18 August, 8.00 - 9.00am healthprofessionalsworkshop4.eventbrite.com.au
Tuesday 23 August, 5.00 - 6.00pm healthprofessionalsworkshop5.eventbrite.com.au
Thursday 25 August, 8.00 - 9.00am healthprofessionalsworkshop6.eventbrite.com.au



An Australian Government Initiative



Help us design a new healthcare model to trial in Gippsland

Would you like to see health professionals working together as a team to better meet your healthcare needs?

Gippsland communities have told us they would like more team approaches to healthcare. In response, Gippsland PHN is looking at new and innovative ways to deliver this kind of seamless, collaborative or multidisciplinary care.

We want to trial a new model in Gippsland and we're looking for community members to help us design it to suit local needs.

Attend one of our online conversations to share your thoughts about how this should work. For example, are there population groups or health issues which would most benefit from a collaborative care approach?

If you are unable to attend an online event, but would like to contribute through a telephone conversation or a survey, please contact projectmanagement@gphn.org.au or send an SMS to 0418 595 781 with the words 'TEAM HEALTH' and we will contact you to discuss other options.

You will be reimbursed for your time and contributions with a \$50 voucher

www.gphn.org.au



Register for an online event and we will send you more information:

Monday 8 August
5.00pm - 6.00pm
communityworkshop1.eventbrite.com.au

Wednesday 10 August
10.00am - 11.00am
communityworkshop2.eventbrite.com.au

Friday 12 August
12.00pm - 1.00pm
communityworkshop3.eventbrite.com.au

Thursday 25 August
5.00pm - 6.00pm
communityworkshop4.eventbrite.com.au



An Australian Government Initiative



The 12-hour Standard Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to someone who is experiencing a mental health problem or crisis.

Learn about the signs and symptoms of common mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

STANDARD MHFA **Tuesday 11th & Wednesday 12th October** **Time: 0930 – 1700**

Venue: Bendoc Memorial Hall
Dowling Street, Bendoc

Trybooking Link - <https://www.trybooking.com/CAM01>

Alternatively, please call (03) 5128 0083 for registrations.

For alternate booking, contact
the Resource Centre
Email—bendocpa@bigpond.com
Phone—0412675253

• *Training provided free of charge for East Gippsland and Wellington Shires to aid in Bushfire Recovery. Joint venture between Latrobe Regional Hospital and the Victorian Government.*

• *You are required to attend the full 12 or 14 hours in order to obtain a certificate of completion.*

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

PROJECT UPDATE 7

Building Healthy & Resilient Communities through Service Equity



About the project

Over the last three months we have let you know about funding received for Stage 1 of this project. The project is now focussed on funding Stages 2 and 3. If you need more information you can refer to past updates or get in contact with Eleni: hello@warmcornersconsulting.com

Stage 2: Grant applications have been made which we will hear back from between October and December this year. Work continues with Telstra and ConnectWell to get a timeline on the high-speed internet connections at the sites. These applications include air conditioning, blinds, IT, furniture and other construction works to create private, bookable consultation rooms in Goongerah, Tubbut and Bendoc. Bonang is a more complicated location without an appropriate room within the hall available at the moment. We hope to commence in January 2023 at the latest if funding is successful.

Hololens "Mixed Reality" Demonstration: On July 28 Darin Roy from Bairnsdale Regional Health demonstrated the Hololens. This technology is worn like glasses by the patient or nurse, and a doctor or other specialist can see what they are seeing and interact with them. It has other useful applications for helping trades to quote or doing virtual tours too.



Pictured: Heather, Shelly and others trialling the Hololens.

Project Reference Group (PRG) membership changes:

The updated membership list is below. The next membership review period will be February 2023.

Paula Jorgensen	East Gippsland Shire Council	Shayne Hyman	Project delivery expert
Michelle Dowsett	East Gippsland Community Foundation	Jim Stevenson	Bendoc
Lisa Ingram	Tubbut/Bonang	Heather Scroope	Bonang
Sue Collins	Tubbut/Bonang	Kate Nelson	Bushfire Recovery Victoria
Shelly McLaren	Goongerah	Sharon Small	Goongerah
Birgit Schaedler	Deddick Valley		

Project (Stage 1) funded by:



EAST GIPPSLAND
Community Foundation



FRRR
Foundation for Rural Regional Renewal



Bendoc Progress Association annual general meeting to be held at 27/9/22 @ 10am Bendoc Neighbourhood House.

For further information, please contact the Neighbourhood House on:
Ph: 02 6458 1402

Bendoc Neighbourhood House opening hours

2022		September				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01 Mobile library @ Bendoc Hall	02	03	04
05 Open 9-2:30	06 Open 9-2:30	07 Open 9-2:30	08	09	10	11
12	13 Open 9-2:30	14 Open 9-2:30	15 Mobile library @ Bendoc Hall	16	17	18
19 Open 9-2:30	20 Open 9-2:30	21 Open 9-2:30	22	23	24	25
26	27 Open 9-2:30 BPA AGM 10:00 @ Neighbourhood House	28 Open 9-2:30	29 Mobile library @ Bendoc Hall	30	01	02
03	04	Notes:				