

Bendoc Wheel

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02 6458 1531

SURPRISE!!!

You thought you weren't getting a March issue but here it is. We have moved the date of the Wheel to the middle of the month (around 15th) to spread your reading time over the month. Everything has changed!

Lets start with an introduction to your new co-ordinator, Diane Bailey who starts with us on Tuesday 19th March and is waiting to meet as many of the community as possible.

We have decided to change the hours in the hope it may suit some people who have been unable to visit in the past.

The new hours for the Neighbourhood House will be:-

Every Tuesday 12md—4pm

Every Wednesday 9am—1pm Coffee morning & craft day

Every Friday 9am—1pm

Every Saturday 9am –12pm

To continue with the good news we have finally got our landline connected and are raring to go with our new telephone number 02 6458 1531 so give us a call.

Why?

Because we may be able to help you with some problems.....
these are only some of the things we can help you with

- * Filling in forms
- * Paying a bill online
- * Free internet use
- * Use and assistance of computer
- * Finding the right person in local government/council to contact for various problems
- * Organising an event or workshop you're interested in
- * Sending emails
- * Copying a document
- * Borrow a library book or DVD

And not least of all just for a chat and catch-up with the gossip.

Bendoc Green Shed Recycling Facility

Open Every Tuesday Thursday and Saturday from 9am till 12 midday

How it works:-

If you have items that can be reused or fixed up why not drop them into the Green Shed to become someone else's treasure.

If you see an item there that you could use drop a donation in the box and take it.



BIG FIT MEN AND WEE NOT SO FIT ONES TOO WANTED

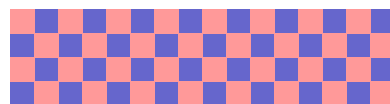
To become members of the Bendoc Progress Association to pop in for chats and coffee (or tea, even hot chocolate)!

The ulterior motive is that we can pick your brains for ideas, solve problems and periodically get you to lift heavy things for us.

We know you're out there; we've seen you!

Pop in and check out the newly revamped centre, not to mention the new coordinator. Check out the well-being centre.

If this sounds sexist, well, it's not. We already have lots of women (very happy to have more) popping in. They don't need to be badgered as men do.



Also wanted Carpenter to fit/install island bench but not quite as simple as it sounds.
Please call Marion on 0411 359 091



FREE FARMERS FIELD DAY



To register for the field day please call Marion on 0411 359 091

It will start at the Bendoc hall with introductions and morning tea at 9:30am afterwards a trip to Peter Guthries farm then back to the hall for lunch followed by talks from

Nicole Frost—PEAK Pastures and Livestock—agronomist and pasture specialist

Rick Blackshaw—Gippsland Agricultural Group (also a farmer) soil sampling equipment operator (also has a wealth of knowledge on soils)

Jen Smith—Gippsland Agricultural Group—Carbon in agriculture your number (has completed the assessment on her own farm)

Chris Jehu—Countryside Partners—Rural and agricultural financial expert.

Date and time: Thursday 28th March 9:30am

Venue: Bendoc Hall and Peter Guthries farm

Morning tea and BBQ lunch supplied



Often people bring to the centre their surplus supplies to share with the neighbourhood, in the past we have had lemons zucchini and cucumber to name a few. Currently there is a stack of hazelnuts. Delicious Bendoc honey is for sale \$6 also beautiful handmade cards for all occasions.



Have you met our local nurse, Sharon who is working in the Wellbeing Space in Bendoc every Thursday? (Bendoc Neighbourhood House). Sharon is happy to chat about all of your health care needs, both current and what you may require in the future.

Please make an appointment by calling 0456 167 011. It is ok to pop in too, however, if Sharon is with someone it won't be possible for her to see you at that time. Also, it is great for her to be able to call you if needed.

This is a new concept for remote rural areas, inspired by community needs and a lot of hard work by many people. We hope you make use of this service. Sharon is determined to assist you in any way that she can and if she is not sure will certainly find a way.

Don't know what telehealth is? Sharon is happy to explain and help.

Currently available:

Dressings; suture removal; urinalysis; filling in medical forms; personal care packages.

Future plans:

New diagnostic equipment arriving soon.

* Spirometry * ABI Ankle-Brachial Index * Electrocardiogram (ECG)

All test results can be sent to your GP or specialist if necessary.

Sharon will also be able to discuss your needs and help with myagedcare and home care packages.

This space is for you and to help you negotiate the health system as best we can.

Delegate Show had a terrific turn out with lots of produce and entries.
Life memberships were awarded to Robin Guthrie and Marilyn Matthews for over 30 years of service each.



More news for the centre is the new toilet system which was finished last year, so no more long drops!!
Irene cutting the ribbon for the opening.



Delegate Multi-Purpose Service
Craigie St, Delegate
(02) 64598000

The Delegate MPS Assessment, Treatment and Care Centre (ATCC)

The Delegate MPS Assessment, Treatment and Care Centre (ATCC) has replaced the Emergency Department. The ATCC is now open. For bookings, please call Delegate MPS (02) 64598000 or 'walk-in'. Our nurse led ATCC is a walk-in clinic open 24/7, offering:

- Wound Care
- Nursing assessments
- Blood pressure readings
- Blood sugar readings
- Suture or clip removal
- Injections with Doctors written order
- Other procedures that do not require a Doctor

Pathology

Wednesday 09:30am-10:30am. No appointment necessary. Every week except public holidays

Woman's Health Clinic

4th Thursday of the month at Delegate MPS

Phone 1800 999 880 (Community Health Central Intake Team) for an appointment

Other Community Health Services

- Dietician
- Diabetes Educator
- Immunisations
- Podiatry
- Child and Family Health Nurse
- Generalist Community Health Nurse
- Women's Health Nurse

To refer to any of the above please ring Community Health Central Intake Team on ph. 1800 999 880

Victorian Visits

Community Nurse Visits Victorian Clients every fortnight. For referral of info ring ORBOST Regional Health (03) 51546666 or Delegate Community Health Nurse on (02) 64598000

CRAFT DAYS

Now every Wednesday morning.

I would like to thank Sandra O'Hagan who has generously donated her craft 'stuff' to us to share. It won't be available till after we have renewed the lino in the centre. Once that has been done I'll let you know and you can come along and see if you can use any of it.

Marion

Acting Coordinator

*Neighbourhood House new opening days and hours

March 2024

MON	TUE	WED	THU	FRI	SAT	SUN
18 Closed	19 *12md—4pm	20 *9am-1pm Coffee morn- ing & craft	21 Nurse Sharon	22 *9am-1pm	23 *9am-12md	24 closed
25 closed	26 *12md—4pm	27 *9am-1pm Coffee morn- ing & craft	28 Nurse Farmers Day	29 Closed for Easter	30 Closed for Easter	31 Closed for Easter

April 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1 Closed	2 *12md—4pm	3 *9am-1pm Coffee morn- ing & craft	4 Nurse Sharon	5 *9am-1pm	6 *9am-12md	7
8 Closed	9 *12md—4pm	10 *9am-1pm Coffee morn- ing & craft	11 Nurse Sharon	12 *9am-1pm	13 *9am-12md	14
15 Closed	16 *12md—4pm	17 *9am-1pm Coffee morn- ing & craft	18 Nurse Sharon	19 *9am-1pm	20*9am- 12md	21
22	23 *12md—4pm	24 *9am-1pm Coffee morn- ing & craft	25 Nurse Sharon	26 *9am-1pm	27*9am- 12md	28
29 Closed	30 *12md—4pm					