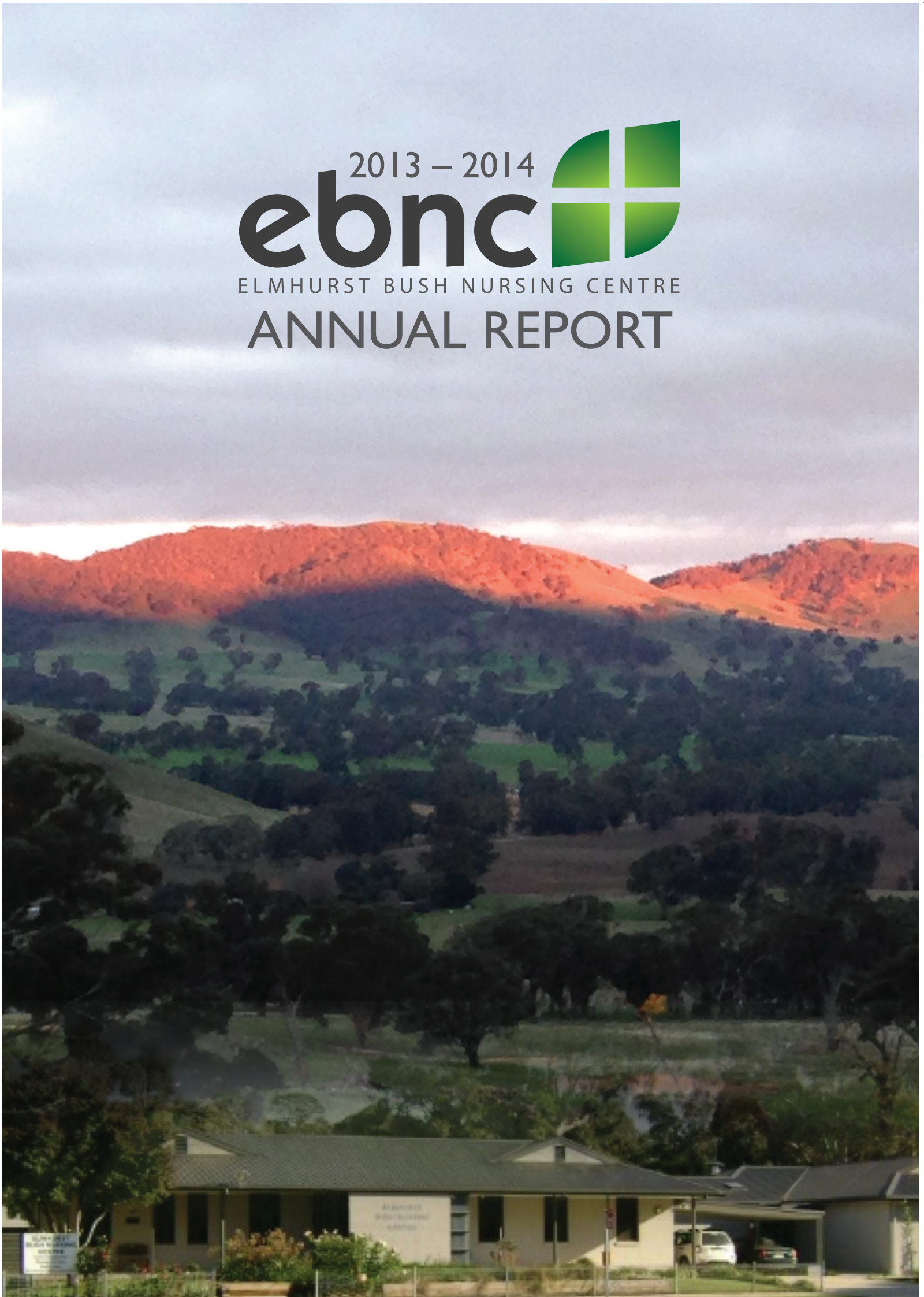
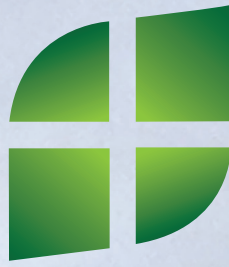


2013 – 2014

ebnc

ELMHURST BUSH NURSING CENTRE

ANNUAL REPORT







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Our Vision

Our vision is to always offer the best lifestyle and health services to the community. Elmhurst Bush Nursing Centre is a vibrant organisation.

Our Mission

EBNC will support and provide involvement with our community by delivering high standard accessible health services and lifestyle programs which meet community needs.

Our Values

Choice – we value providing information and options to allow informed decision making.

Working together – we value effective communication with all individuals and organisation.

People focused – we value providing services which are respectful and responsive to individuals and groups.

Best practice – we value and promote quality services using evidence based practice.



Presidents Report

It is with pleasure that I present the 2013/14 Annual report on behalf of the Elmhurst Bush Nursing Centre Board of Management, staff and volunteers. This is the first year of the 2013 – 2016 strategic plan. This strategic plan lays a strong foundation for the Centre to remain viable into the coming years. The plan is underpinned by the values of, Best Practice, Working Together, Choice and People Focus and is guided by three strategic themes, Inclusion, Collaboration and Sustainability.

This year the Centre has made inroads on the theme of Sustainability. 2013/14 has seen some reorganisation in programs and staffing, this has been undertaken with longer term viability in mind. The board has an ongoing requirement to align its operations with the program funding that it receives from government. There are clear challenges that we are facing in relation to the ongoing level and source of funding. The Board believes that we are well positioned to tackle these challenges when they arise

The strategic theme of Collaboration has seen the first open Board meeting conducted in April and the development and administration of a consumer survey. These are some of the planned collaboration activities that will roll out in the near future. The board is committed to organisational development and

growth in keeping with available resources

Inclusion our third strategic theme is high on the agenda for the coming year with community activities in the planning and funding applications being prepared to broaden the potential for non-government funded activities to be included at the Centre

The Board of Management would like to take this opportunity to thank Mary Bruce the past President of the Board who recently stood down from the Board. Her dedication and professionalism have seen the Elmhurst Bush Nursing Centre grow from strength to strength. The board also recognises the contributions of Caroline Mc Donald and Jo Kaye who have also resigned from the board in the past year.

The Board would also like to acknowledge the amazing work that is provided to the community by the staff, volunteers and health partners. The dedication and service is appreciated by all in the community.



Mario Santilli
President



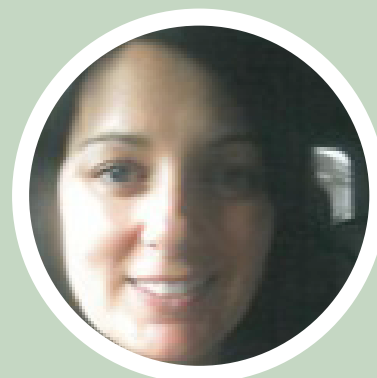
Board of Management



Mario Santilli
President



Alison Greene
Vice President



Kristy Price
Treasurer



Michael Roberts
Board Member



Peta Barrie
Board Member

Board Committees

Finance and IT Committee

Kristy Price, Peta Barrie, Sue Young, Mandy Preston and Ian Seaman.

Quality and Compliance Committee

Mary Bruce, Mario Santilli, Alison Greene, Michael Roberts, Sue Young and Mandy Preston.

Pecuniary Interest

Members of the Board of Management are required to declare at each meeting any pecuniary interest



Centre Report

A Big Thank You to All

Elmhurst Bush Nursing Centre continues to provide the community with a variety of services designed to meet their health needs. We are very fortunate to have a strong team working hard to ensure we deliver a high standard of care.

Over the past year there have been many successes and challenges, however through the Up's and Down's it has been the support of Board Members, Staff and Community Member's that ensure Elmhurst Bush Nursing Centre remains a vibrant organisation supporting community health needs and lifestyle.

We are proud to continue to, deliver local and broad services and collaborate with, our members, communities and stakeholders. We have a great understanding of robust business models that ensure the sustainability of the Elmhurst Bush Nursing Centre and hope the community can access and enjoy the services for generations to come.

Elmhurst Bush Nursing Centre has established and maintained strong partnerships with local, regional and metropolitan organisations. Some of which include East Grampians Health Service, Grampians Medical Local, Grampians Pyrenees Primary Care Partnership, Ararat Medical Centre, Ambulance Victoria, Victoria's

Network of Bush Nursing Centre's and local government. We would like to acknowledge their positive contribution and ongoing support of this organisation and look forward to our working together.

Whilst our partnerships are very important we cannot emphasize enough the significant role of volunteers. Thank you to our voluntary Board Members for your ongoing professionalism and commitment to both the operation and future of the centre. Thank you must also go to our community members who consistently volunteer their time to assist in the delivery of health programs. We appreciate your willing and positive attitude immensely.

The staff at Elmhurst Bush Nursing Centre acknowledge the support of our community. We will continue to deliver a high standard of service delivery and look forward to the years ahead.



Strategic Plan

VISION

*To provide
communities with
services which promote
health and wellbeing*

VALUES

BEST PRACTICE

We value and promote quality services using evidence based practice

WORKING TOGETHER

We value effective communication with all individuals and organisations

CHOICE

We value providing information and options to allow informed decision making

INCLUSION

Broaden our reach for meeting our communities health and wellbeing needs

COLLABORATION

Successfully collaborate with our staff, members, stakeholders and communities

SUSTAINABILITY

Ensure robust business models for the long term viability of our service

1. Ensure inclusive & accessible services
2. Broaden scope for service provision
3. Ensure sustainability through strategic collaborations & sponsors
4. Create a financially sustainable business model
5. Introduce innovative governance practices

STRATEGIC THEMES

STRATEGIC DIRECTIONS



Organisational Chart





Building Partnerships

Elmhurst Bush Nursing Centre has fostered and expanded partnerships with other organisations to ensure the best possible outcomes for our community. We have developed and drawn on our relationships with government and non-government organisations to be able to better respond to identified community needs.

Such partnerships are aimed at providing strong robust systems using a coordinated approach that strengthens our capacity to ensure our members can remain independently in their own environment for as long as possible.

These partnerships include:

Regular visiting services from East Grampians Health Services:

- Physiotherapist
- Strength training classes
- Dietician
- Occupational therapist
- Podiatrist
- Hospital Admissions Risk Program Co-ordinator
- Diabetic Educator

Ararat Medical Centre

- Weekly GP visits
 - Dr. Michael Connellan
 - Dr. Pieter Pretorius

Ararat Rural City Council

- Maternal & Child Health Nurse
- Home & Community Care Support
- Library



Dr. Pieter Pretorius



Dr Michael Connellan



Caroline Hamilton
Physiotherapist



Jo Kaye
Physiotherapist



Kim
Strength Training
Co-Ordinator



Leonie
Diabetes Educator



Sarah Keith
Library



Lexi
Dietitian



Therese Arnott
Maternal & Child Health Nurse



Partnerships & Alliances

Department of Health (DOH)



Leading Age Service Australia (LASA)



East Grampians Health Services (EGHS)



Ararat Medical Centre



Grampians Pyrenees Primary Care Partnership (GPPCP)

Ararat Rural City and Pyrenees Shire Offices



Grampians Post Acute Care

Dulketih Computer Solutions

Ambulance Victoria



Australian Nursing Federation (ANF)

Service Industry Advisory Group (SIAG)

UNITI (Information Technology)



Auditors

The Auditor of the Elmhurst Bush Nursing Centre Inc. for the 2013 / 2014 financial year was Mrs. Sandra Campbell, RSM Bird Cameron, Ballarat.



Health Promotion/Planned Activity Group

The Elmhurst Bush Nursing Centre has been host to a number of programs and information sessions over the past 12 months which have been supportive of our goals to have healthier community members who are empowered to actively seek better health outcomes for themselves in a supported environment. The community embraces these opportunities, supporting each other, enjoying a laugh along the way, and often challenging long held beliefs and habits. This is truly a collaborative effort, with volunteers, staff and community members working side by side to make every program a positive one.

A quick snapshot of the years events:

Cooking with Kids Program

The second half of this program was every bit as successful as the first half, with skills and confidence growing at every session. Feedback was highly positive from the children, parents and school staff. Volunteers also found the whole experience extremely rewarding although quite exhausting. A highlight was the external recognition of this program at the "Food for all" forum in Ararat, at which I was asked to be a guest speaker to outline how effective grassroots programs such as this can be in educating our youth in healthy eating patterns for life.



LIFE! Taking Action on Diabetes

This program designed to decrease an individual's risk of developing diabetes and heart disease, was run by a facilitator from East Grampians Health service, and was found to be extremely valuable by those who participated. Education was provided to allow participants to understand their own risks, and then support given to develop manageable goals to help to decrease these risks. Participants found the program, useful, relevant and supportive.

Heart Foundation Walking Group

This group continues to thrive although of course numbers do fluctuate due to adverse weather, illness and other commitments. The strength of the group is in the participants and the support that they give each other. The health benefits of walking are only a part of the overall benefits of this group, with laughter, support and the development of new friendships being equally as important.

Education sessions

- Fire Safety inservice
- Talk on Home Safety by the local policeman
- Stress and relaxation advice from EGHS social worker Samantha Higgins
- Demonstration of aids from Vision Australia.



Health Promotion/Planned Activity Group

Special events

- A morning tea to welcome our local policeman to the town
- “Come and Try” day for the Stronger Bones exercise group
- A very popular “Girls Night In”
- Ararat Rural City Council “Meet and Greet” morning
- Pap Smear days with a nurse.

Galloping Gourmets/Wacky Wednesday Planned Activity Group

The Galloping Gourmets group was amalgamated into the Wacky Wednesday Planned Activity Group from February, but there has still been many activities and outings both before and after this change that have been thoroughly enjoyed by all who have attended. They have included:

- “Christmas in July” at the Ararat Retirement Village
- A meal at the “Flying Horse Bistro” in Ballarat
- Meals in Avoca at The Victoria Hotel and the Olive and Lavender shop
- Visiting Iris gardens
- A trip to the Bible museum in St Arnaud
- Free concerts in Ararat
- A trip to Skipton to visit the Art Gallery
- Guest speakers as listed above
- Footy tipping competition
- Many games and puzzles, including the most popular Bingo!

None of these programs and services would be possible without the services of our volunteers. They tirelessly transport participants, supply delicious food, assist with activities, and generally provide the support and enthusiasm that make our job so much easier. We would be lost without you. Thank you from the staff, Board of Management, and the participants, whose lives are certainly enriched by your kindness and generosity.



Janine Curtis



Sue Mahony

ELMHURST BUSH NURSING CENTRE

Galloping Gourmets



Girls Night In





Our Staff



Sue Young
Centre Manager



Jill Turnock
HARP



Janine Curtis
Registered Nurse



Sue Mahony
PAG Co-Ordinator



Alison Dyer
Registered Nurse



Mandy Preston
Business Manager



Kerry Cattanach
Registered Nurse



Carol Murray
Environmental Services



Our Volunteers

Those very special people our volunteers.

Are volunteers are appreciated by clients and our staff. It is recognized by the staff and Board of Management of EBNC that volunteers are a valued team member of the Centre. The skills and experience they bring to this role contribute greatly to the quality of life of clients of the Elmhurst Bush Nursing Centre.

Many of the programs and functions of the Centre would be impossible to maintain without the generous support of our volunteers.

Our Members

Historically, Bush Nursing Centres have held a unique status within the Community, with most locals being members of their association. The Elmhurst Bush Nursing Centre membership base supports the ongoing provision of services to the community and continues to remain steady.

Membership for 2013 / 2014 is 307 members.

Membership categories consist of Family and Single.

Life Members



Mr. John Cocking (left) and
Mr. John Greene (Right)



In memory of Gail Maywood and Lesley Barkla

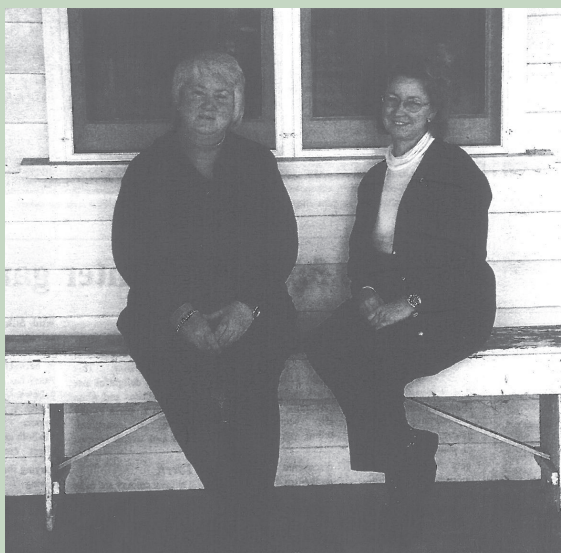


Gail Maywood

It is with much sadness that the Elmhurst Bush Nursing Centre Board of Management and staff would like to pay tribute to Gail Maywood, a devoted staff member of the Centre from October 1996 to April 2011. Gail lost her battle with Motor Neurone Disease on the 22nd August, 2014. . Gail's dedication to her clients, and her caring and generous nature will not be forgotten by the communities that she served so tirelessly.

Our very deepest sympathy to her husband Dannie, and her cherished daughters Laura and Hannah.

Rest in Peace Gail



Lesley Barkla

The Elmhurst Bush Nursing Centre Board of Management and staff would also like to acknowledge the sad passing of Lesley Barkla, Nurse Manager of the Centre from 2002 until 2005.

Lesley's welcoming smile, friendliness and genuine concern will be fondly remembered by many of the residents of Elmhurst and District.

Our sympathy to Lesley's family



Services Provided

Clinical Services

- District Nursing
- Accident and Emergency Nursing
- Palliative Care
- Post Acute Care
- Collection of Pathology Specimens
- Continence Care and Advice
- Wound Care
- Immunisation

Allied Health Services

- Maternal and Child Nurse
- Podiatry Service
- Diabetes Educator
- Community Health Days
- Fitness Programs

Community Services

- Planned Activity Program
- Case Management
- Community Services Volunteer Program
- Health Promotion Live Active
- Community Computer
- Free Internet Access

Referral Services

- A wide range of referral services



What A Year!!

Calendar of Events

2013

July

- Life! Taking action on Diabetes program
- Kid's Cooking
- GG's Christmas in July at Ararat Retirement Village

August

- Kid's Cooking
- GG's Flying Horse Bistro Tavern in Ballarat

September

- Kid's cooking
- GG's Victoria Hotel Avoca
- "Come and Try" day for exercise classes

October

- GG's Bible Museum in St Arnaud
- Morning tea to welcome Senior Constable Grant Healey to Elmhurst
- AGM

November

- Life! Taking action on Diabetes follow up
- Girl's Night In
- GG's Lavender shop Avoca and visit to Iris garden
- Fire Safety In service for Volunteers
- Hosted Elmhurst Art show

December

- Xmas breakupst

July



August



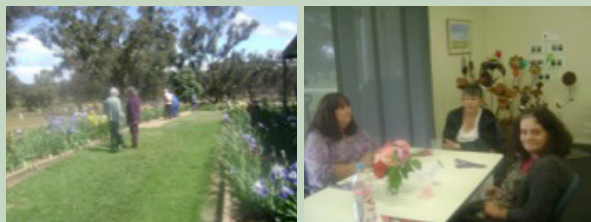
September



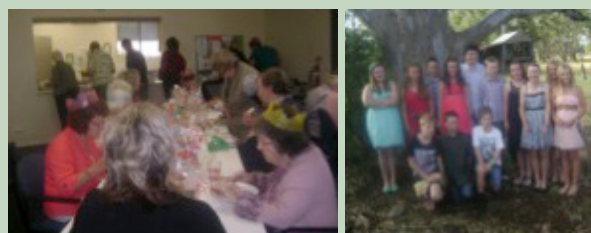
October



November



December





What A Year!!

2014

February

- Planned Activity group recommences
- PAG Free concert in Ararat and lunch at the shire Hotel

March

- Occupational Therapist presentation on stress and relaxation
- PAG- Grant Healey presentation on Home Safety
- Footy Tipping Competition starts

April

- PAG Lavender Shop in Avaco
- Ararat Rural City "Meet and Greet"
- Open Access Board Meeting

May

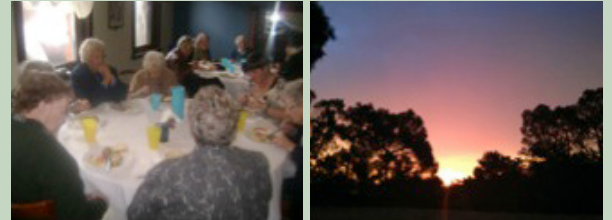
- PAG Skipton Art Gallery
- PAG Vision Australia demonstration of aids

- RAN training

June

- RAN training
- Solar Installation

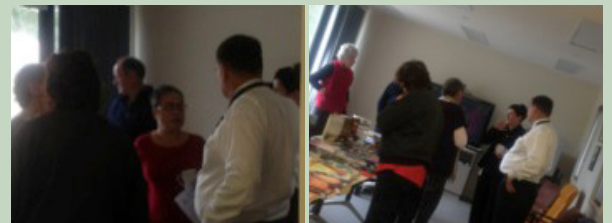
February



March



April



May



June





What A Year!!



RAN Training Group

RAN report

The RAN training was a great learning experience for me. It has given me the skills and protocols that I require to attend to all types of incidents and emergencies in our community.

The Ambulance Victoria is a wonderful organisation that has developed this program which is designed to provide help to the community as required.

The first year always involves a lot of pre reading and work books then there is 3 days of lectures and hands on skill stations where I learnt to apply the practice in simulated scenarios.

Everyone made me feel welcome and I met a lot of great people. I am looking forward to continuing this practice in 2015 as I can see the benefit it has for us Nurses to support our community efficiently and effectively

Kerry Cattnach

Library Report

The Ararat Rural City Council provides a weekly Library Outreach Service to Elmhurst, this is provided by the Ararat Regional Library and is available on Mondays from 10.30 am to 12.15pm, in the meeting room.

This service has increased in duration to 1 3/4 hours each week, coinciding with the finishing times of the two strength training exercise groups run at the Centre.

All Central Highlands Library card patrons are able to use this service, and new library patrons can be registered and are always welcome.

There is range of items available to borrow for all ages including General fiction, large print fiction, Non-Fiction, Biographies, Audio books, DVDs, magazines and a range of children's books. Library users can also order items through this service, and can access Central Highlands Libraries website to place orders to be available for collection via this service. For library patrons unfamiliar with the libraries website, instruction is available on the public computer at the centre.

The Outreach Library service has proven to be a community gathering point on Monday mornings and has become a weekly social outing for many library users. It provides an environment where newcomers to Elmhurst along with long term locals have the opportunity to meet.

Sarah Keith – Ararat Rural City Council



Episodes of Care

**Advocacy
& Support**

1718

**Clinical
Presentations**

115

Immunisations

81

**Visiting
Health
Professionals**

544

**Mental
& Physical
Report**

989

**Wound
Management**

195

**Clinical
Care &
Co-Ordination**

1561

**Clinical
Phone
Consultation**

203

ELMHURST BUSH NURSING CENTRE



Notes

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