

STAFF NEWSLETTER

To be a vibrant provider of care

THE MONTH IN REVIEW

By Meryn Pease CEO



Happy Easter!!! 2021 is certainly moving quickly. Given all the changes we have faced over the past 12 months with COVID-19, you need to look after yourself and take holidays at regular intervals to re-charge your resilience and energy so you are in a good place to deal with whatever challenges come our way in 2021.

It is great to know that from 6pm on Friday 26 March, Victoria has further easing of COVID-19 restrictions. This includes:

- Face masks will no longer be required in retail settings, but Victorians will still need to carry one with them at all times and wear it on public transport, in rideshare vehicles and taxis, and in sensitive settings such as aged care facilities and hospitals.
- Victorians will be able to host up to 100 people in their home per day. Outdoor gatherings in public places can also







Density limits in venues still operating under more restrictive settings – like casinos, karaoke venues and nightclubs - will move from 1 person per 4sqm to 1 person per 2sqm. This is in line with cafes, pubs and restaurants.

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- Additional people will also be allowed in indoor non-seated entertainment venues with an increase from 50 per cent to 75 per cent capacity however, the limit of 1000 people per space remains.
 Dancefloors will move to the same density limit of the venue and the 50 patron cap will also be removed.
- There will no longer be limits on class sizes for outdoor and indoor physical recreation or fitness classes – and unstaffed gyms will be moving from a density limit of 1 person to 8sqm to 1 person per 4sqm.
- The 75 per cent cap on private and public offices workers will also be removed. So everyone will be required to attend BSHS for work.

A big thank you to our nurse immunizers for undertaking the additional training modules to enable BSHS to deliver the COVID-19 vaccination program for our residents and staff who have volunteered to receive the vaccine.

We had members from the Grampians Public Health Unit onsite on Wednesday 17 March, in partnership with our nurse immunizers to deliver the Astra Zeneca vaccinations to residents and a small number of staff. On this day across both campuses we immunized 44 residents and staff. A session to conduct staff vaccination was held on Wednesday 31 March.

We have also been advised that the Influenza vaccine will be available in April. Further information on healthcare worker influenza immunisation is expected soon.

I am very excited that we have completed the Beaufort Nursing Home Refurbishment valued at \$1.35 million over the past 18 months. I want to thank the residents and staff for their patience and understanding with the delays in the project due to COVID-19.

I know the residents and staff are enjoying working in a modern, fresh and contemporary environment and amenities. Planning is underway for the official opening of this refurbishment.

Not to stop there we have submitted two infrastructure funding applications this month.

The applications are based on the first stages of the site Master Plan for the Beaufort campus.

The applications are;

- Rural Residential Aged Care Facility
 Renewal Program This application is
 valued at \$1.2million and would see
 the construction of 3 additional single
 resident rooms with ensuites and the
 conversion of the remaining 3 double
 rooms into single rooms with private
 ensuites, at the Beaufort Nursing Home.
 If successful, this would see all the 15
 resident rooms, as single rooms with
 private ensuites.
- Regional Health Infrastructure Fund (RHIF) Round 5 – This application is valued at \$330,000 and would see construction of 3 additional ensuites to the Acute Ward at Beaufort and the construction of a new logistics and procurement building.

The outcome of our applications will not be known until the beginning of June, 2021. Let's hope we have a win.

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We have also had architects ClarkeHopkinsClarke onsite in March to commence the very detailed building fabric and condition assessment report. This is a necessary step for any significant capital funding with Victorian Department of Health.

In addition, the sensory garden projects have reached completion at the Beaufort Hostel and the Skipton Nursing Home. The refreshed garden spaces are being enjoyed by residents and their families.

We had an unannounced support visit by quality assessors from the Aged Care Quality and Safety Commission on Friday 12 March. The visit focused on our outbreak management preparedness by way of an infection control monitoring checklist. I am pleased to advise that our outbreak management plan, pandemic subplan, emergency management plan and business continuity plan covers our comprehensive response to any emergency.

I hope you have a lovely Easter break with family and friends. If you are travelling, please stay safe on the roads and take regular breaks.

As always, please let me know your ideas on how we can improve our services or what you think we are missing.

Regards Meryn



By David Lenehan

The BSHS Directors held their monthly board meeting on Wednesday 24 March 2021. An important item for discussion was a report on the outcome of the recently concluded Royal Commission into Aged Care Quality and Safety. It is timely therefore to reflect on the Board's role in relation to the governance of aged care quality and safety.

In essence, boards need to be confident that their organisation provides quality and safe care to help people live the best life possible as they age. While the board does not manage day to day operations of the health service the board is responsible to maintain governance oversight of the quality and safety of services provided.

The following are some of the core elements of the Board's role in ensuring a sound clinical governance framework;

1. Leadership and Culture

A whole of organisation approach must be taken to ensure quality and safety is designed, implemented and evaluated to create a culture that puts the care of our customers first.

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- 2. Listening to our Customers
 Effective complaints and incidents
 systems are an essential
 governance tool. A sound clinical
 governance system should
 demonstrate how we learn from
 these complaints and incidents and
 improve our practices.
- 3. Board skills and composition Having the required skills and experience on the Board is important so that directors have a good understanding of what a quality service looks like. There should also be a commitment to the role and an appreciation of the duty of care to our customers.
- 4. Risk management
 Identifying, preventing and
 managing risk is a key element of
 good clinical governance. The
 Board and management should
 promote a culture where all staff
 are engaged in identifying,
 managing and reporting risks.
- 5. Effective workforce
 The organisations workforce is its most valuable asset in delivering safe and quality aged care.
 Oversight of the organisation's approach to attracting the right people, induction, training and retention is critical to quality and safety outcomes.

6. Effective monitoring and evaluation

Measuring performance and outcomes through clear metrics, data and trend analysis is necessary to inform the board on issues, risks and areas requiring attention.

The elements as outlined above provide an overview of the Board's role and responsibilities in clinical governance and I am confident that all BSHS Directors are fully committed to working with management and staff in implementing systems that are integrated and support quality clinical care and good clinical outcomes for each of our customers.

David Lenehan

Board Chair

Beaufort and Skipton Health Service

Board of Directors

David Lenehan—Chair

Karlie Tucker—Deputy Chair

Jenny Trengove—Board Director

Tony Edney—Board Director

Tanya Barun—Board Director

Jo Hall—Board Director

Dr. Daniel Terry—Board Director

Dr. Marg Way—Board Director

Nigel Jarvis—Board Director

OUR CONSUMERS

MEN'S HEALTH & WELLBEING **FORUM**

Jayde Ringin (Health Promotion Officer)

Don't forget that we have the Men's Health & Wellbeing Forum, a joint collaboration with the Rotary Club of Beaufort, coming up this month on the 21st of April.

Feel free to come along or let anyone who may be interested know about the event. Bookings are essential, please see flyer for information or let myself know.

The forum will be held on Wednesday the 21st of April at the Beaufort Community Bank Complex, beginning at 7:30am with a free breakfast for attendees.

Former AFL player and coach Stan Alves will be a quest speaker, highlighting the importance of men looking after their health. In addition, Dr.Badrika Kahawatta will also be a guest speaker, noting the importance of skin checks and mental health appointments. Free voluntary health checks will also be available, as well as referral advice from health professionals.

The event will also be an opportunity for community members to get together, catch up and socialise, after 2020 provided limited chance for social interaction.

The forum is thanks to funding and sponsorship from the Pyrenees Shire Council, Bendigo Bank, Beaufort Service Group and Grampians Pyrenees Primary Care Partnership.



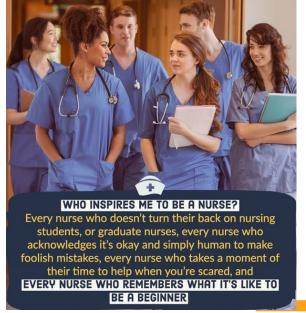
Wednesday 7th April is World Health Day.

The theme for this year's World Health Day is accessibility to healthcare and building a fairer and healthier world.

We will be highlighting some of our services that we offer during 'World Health Day' and in the following months, to increase the local community's understanding of what we offer at BSHS, allowing them to easily access and feel comfortable in accessing our services.



Bill Darker, (Beaufort resident) enjoys spending some time with his visitor.



OUR CONSUMERS

WORLD SOCIAL WORK DAY:



Yvette Sarra, BSHS Social Worker

Beaufort and Skipton Health Service recently hosted an event to celebrate 'World Social Work Day' where we discussed the work of Social Workers in our community. All who attended were invited to share their thoughts and ideas on this year's theme, 'Ubuntu - I Am Because We Are'. This South African theme was popularized by Nelson Mandella and embraces the idea that humans cannot exist in isolation. We depend on connection, community and caring - simply, we cannot be without each other. A moving experience and story on the work of the BSHS Social Workers, was shared.

Event organiser and Social Worker for Beaufort and Skipton Health Service, Yvette Sarra shared her excitement for the day. "Social work enhances the well-being and helps us to meet some basic and complex needs of people within our communities," Ms. Sarra said. "Hearing people sharing what 'Ubuntu' means to them tells me a lot about how we need to keep a strong focus on social work activities in our community", she added.

The day included an Ethiopian themed morning and afternoon tea that was enjoyed by all who attended.



With one in four workers in Australian coming from overseas it is important to acknowledge, recognise and celebrate our diverse workforce.

We celebrated our community and workplace diversity during Harmony Week (15 -21 March) with a 'Taste of Harmony' lunch at each campus.

Staff bought a dish to share that represented their culture. We had a delicious range of food from around the world, including China, Philippines, England, Australia, Italy and New Zealand.



Yvette Sarra and Petrina Phillips enjoying a Taste of Harmony.



Georgie Jenkins and Darren White share a meal at our Harmony Week celebration.



THE ROLE OF OUR **DIRECTOR OF MEDICAL SERVICES**

By Dr. Craig Winter (Director of Medical Services)

Every hospital has to have a doctor responsible for what other doctors do at the hospital and to make sure that patients receive the best medical care possible.

The doctor who does this is called the Director of Medical Services and that is my role at BSHS. I have been here for the last 18 months and am at either Beaufort or Skipton on three days each month.

I am a doctor who spends half my time working as an emergency medicine specialist at St Vincent's Hospital in Melbourne and the other half of my time as a Director of Medical Services at a number of small rural hospitals in Victoria, including BSHS.

When I am at work at BSHS I spend most of my time doing administration activities such as attending committee meetings (medication, clinical governance, board meetings, doctor meetings), reviewing work practices, managing clinical incidents, dealing with medico legal issues and other complaints or talking with the GPs who visit the hospital. Occasionally there may be a need to see a patient at the hospital and when this does happen I would always involve the patients GP in the process.

I also like to be contacted by the medical or nursing staff whenever there is a clinical issues that they feel requires either clinical or bureaucratic assistance.





This month we are pleased to welcome following people to the Beaufort and Skipton Health Service team:

- Kim Anderson Food and Domestic Services Assistant -Casual – Beaufort
- Robyn Handisides Food and Domestic Services Assistant -Casual – Skipton
- Johnathon Allen Food and Domestic Services Assistant -Casual – Skipton
- **Peter Kallasmae** Associated Nurse Unit Manager - Part time -Skipton

By Erica Smith (People & Culture Manager)

ABOVE & below the line ...

The 'Above and Below' the line concept is a 'mindset of personal responsibility or ownership'.

This concept helps you to pay more attention to your own actions and behaviours. It also offers the concept that it is the combination of an 'event' and you 'response' to that event that influences the outcome. either positive or negative.

The concept may also help you to better understand the actions and behaviours you observe in others, and potentially help you to help them to better understand what might be influencing them.

Each person faces a decision every single day. Whether you choose to turn off the alarm or get up, to eat cereal or toast, the decision is up to you. While the decisions in your personal life can mostly affect you, at work our choices can affect not only us but our colleagues, residents and patients.



The value of Above and Below the line behaviours

Above the line behaviours cultivate a victor's mentality. Success becomes your self-fulfilling prophecy – the more you succeed, the more you get used to and expect success and the more your actions create success.

It allows you to develop and mature mentally and emotionally. Above the line behaviours condition you to let go of negative thinking and ego.

You become more rational, calm and positive, which can greatly impact the quality of your work and overall attitude.

It is important to recognize how you might actually be reacting, thinking, and interacting from below the line, and then take active steps to shift your outlook professional practice to one that is based on an above the line commitment.

In October 2020, staff were invited to participate in the People Matter Survey – Wellbeing Check, with 54% of staff responding to the survey. We use the results from the survey to assist us to make improvements to the workplace.

In 2019 we made a genuine effort to respond to the PMS 2019 feedback from staff. This will be evident in the staff engagement increasing by 9% from 2019 to 2020 and staff satisfaction increasing by 16% from 2019 to 2020.



An area of focus for us is staff experiencing negative behaviour, which include bullying, sexual harassment, discrimination, violence and aggression. 27% of respondents reported that they had personally experienced bullying at work in the previous 12 months.

We all want BSHS to be a great place to work and we would like staff be part of the solution. You are invited to provide your thoughts, suggestions, ideas and feedback on actions we can take to benefit everyone in the workplace.

Speak or email your ideas to Erica Smith, People and Culture Manager or a manager





GETTING ACTIVE IN APRIL:

To help staff get active during April, we have organised a walking group session once a week for the month of April, at both the Beaufort and Skipton sites.

If you would like a chance to get active and socialise with other staff, meet at reception at 2:00pm on Tuesday 6th April, Monday 12th April, Wednesday 21st April and Thursday 29th April. Once all staff who would like to be involved are at reception, staff can then choose where they would like to walk around town and return to the campus by 2:30pm

In addition, we have also been working with local organisations who are a part of the Grampians Pyrenees Primary Care Partnership Prevention Network, to promote opportunities for community members to get Active in April.

Getting Active in April

Staff Walking Group Dates Meet at Reception at 2:00pm

> Tuesday 6 April Monday 12 April Wednesday 21 April Thursday 29 April

Beaufort and Skipton Health Service's walking and exercise groups

"I didn't realise how much of an impact staying active and moving my body had on my mood and outlook on life"

organised by

Sharee Court will also be promoted within the community throughout the month. Some easy things to do to get your body moving outside of work is to go for a walk or bike ride, park further away, use stairs instead of elevators, play outside with the kids, do some gardening or cleaning, washing the car or walking

"These days when I'm tired it's not because I've moved my body but because I haven't"

the dog. Break up long periods of sitting by going for a walk or doing stretches every hour.

Do things that you enjoy, whether that's accidental physical activity, or structured exercise and going to the gym. Any physical activity or body movement is better than none. Get Active Victoria is also a great website that has many free resources available to make getting more active easier.

> "I cant believe how much better I sleep when I exercise regularly"

Values: We Care **T**eamwork Excellence Compassion **A**ccountability Respect

OUR QUALITY & SAFETY COVID-19 VACCINATIONS:

By Mary Cushing (Director of Clinical Services)



We saw the start of the COVID 19 vaccination program on Wednesday 17th March when the Astra 7eneca vaccine was administered to our residents and some staff. An additional day was held on 31st of March where over 30 staff members received vaccinations.

All of our clinical and support staff are classified in category 1A so we expect to receive additional allocation of vaccine post the completion of all aged care residents across the region.

We are in the fortunate position of having five qualified and experienced nurse immunizers on site that will enable the fast rollout of these doses once they become available to staff. All of these staff have completed the required COVID19 online learning modules along with administration staff to assist in the completion of the required documentation.

FIT TESTING:

By Mary Cushing (Director of Clinical Services)

As part of the respiratory protection program, Fit Testing for N95 masks for all staff commenced on Tuesday 16th March.

This process can take up to 45 minutes for each person. Eight clinical staff completed this process. We have been allocated an additional two weeks of testing at the end of May.

Five staff are also undertaking the education and training required to be able to Fit Test our staff as part of the new annual requirement from the Department of Health.



Executive Safety Walk Rounds

As part of the BSHS commitment to Patient and Staff Safety, an Executive Safety Walk Round team will be visiting the Beaufort Hotel Services and Maintenance areas:

Thursday, 29th April, 2021 at 2:00 pm.

This is an opportunity for any member of staff to talk to the Walkround team regarding any concerns they have about patient safety or about the quality of care being provided to our patients, our residents and their families.

OUR QUALITY & SAFETY

SERIOUS INCIDENT RESPONSE SCHEME (SIRS):

By Andrea Flenley (Nursing Director Quality and Safety)

The Serious Incident Response Scheme (SIRS) comes into effect 1st of April, the scheme aims to reduce the risk of abuse and neglect in aged care services, by ensuring the compulsory reporting by providers to the Aged Care Quality and Safety Commission.

Under the Aged Care Act the below table lists the reportable incidents that are required to be reported. These incidents can be witnessed, alleged to have occurred, or are suspected of having



occurred to a resident receiving aged care services.

Staff are responsible to report ANY instances where they see or suspect any of these incident types occurring through VHIMS, our incident management system and to their manager, who will then investigate and determine if the incident must be compulsory reported.

Incident Types	Examples
Unreasonable use of force	hitting, pushing, shoving, or rough handling
Unlawful sexual conduct or inappropriate sexual conduct	sexual threats or stalking, or sexual activities without con- sent
Psychological or emotional abuse	yelling, name calling, ignoring a consumer, threatening gestures or refusing a consumer access to care or services as a means of punishment
Unexpected death	as a result of a fall, untreated pressure injury, or the actions of a consumer result in the death of another consumer
Stealing or financial coercion by a staff member	if a staff member coerces a consumer to change their will to their advantage, or steals valuables from the Consumer
Neglect	includes withholding personal care, untreated wounds, or insufficient assistance during meals
Inappropriate physical or chemical restraint	where physical or chemical restraint is used without prior consent or without notifying the consumer's representative as soon as practicable; where physical restraint is used in a non-emergency situation; or when a provider issues a drug to a consumer to influence their behavior as a form of chemical restraint
Unexplained absence	this occurs when the consumer is absent from the service, it is unexplained and has been reported to the police

EDUCATION NEWS:

By Kim Stevens (Learning and Development Manager)

This month in education we continue to host nursing and allied health students throughout both campuses. Students continue to report great learning and we in education appreciate your time, effort and care when working with them and our EN and RN graduate nurses.

- * Student thank you cards read

 Thank you for such a great placement experience! I've been able to take a lot away to use in my future nursing career!

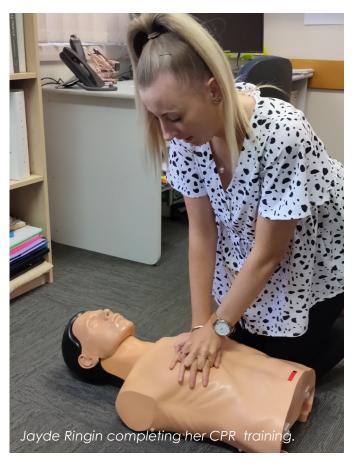
 Zoe
- * Thank-you all for an amazing placement. I have had a great experience. Shanae
- * Thank you all for such an amazing first placement!. I have learnt so much and felt a part of the team I will miss you all and all the residents. Maree
- * Thank you for a great placement. Albin

There are lots more learning opportunities being provided throughout the Grampians region. Please continue to check in on the Education portal and watch out for emails coming your way.

Palliative Care in Aged Care online sessions will be run through Grampians Regional Palliative Care Consortium.

Anyone one that is interested please email Georgie Jenkins <u>gerginaj@bshs.org.au</u> and she will provide the information.

Congratulations to Liz Phillips and Jenny Holdsworth on receiving scholarships for post graduate education through the Grampians Regional Scholarship Fund. We are excited to watch you both grow in the area of gerontology.



Mandatory Training has been the big focus for the department with a massive push to the finish line of the 31st March. We want to acknowledge all staff that worked hard to complete their training without having to be chased. It shows maturity, dedication and commitment to improvement. Well done and congratulations to all!

We held the first mandatory training day on the 22nd March and apart from a few technical issues it went well. We are ironing out the kinks and looking forward to a great day on the 19th April. The other dates are the 3rd May and the 19th May. These sessions are on line, however we are providing space at each campus for those that want to come in to complete. Just let us know in advance please. Please ensure that you check in with your managers and that you are down to attend one of the training days.

COMING SOON
JUNE WOUND STUDY DAY

Stay tuned for more information

COOKING UP A FEAST:

By Kim Stevens (Learning and Development Manager)

Over the last few weeks, Jody Sutherland has been working in the kitchen with Tracy as her mentor and educator. As well as working for the Grampians Alliance in the role of Workplace Trainer/ Career Advisor for non-clinical staff, Jody is also a qualified chief and brings in a wealth of skills and experience. Tracy has worked in the health service for the past 20 years in support services. Tracy is now in her 2nd year of the Certificate III in Commercial Cookery (Apprenticeship) which will be completed within the next 12 months. Tracy is thrilled and excited to have the opportunity to participate in her certificate as she really wanted to learn more, improve her skills and gain a qualification she can use to assist others.

Two days a month, Jody works with Tracy in the kitchen to help in her practical skill development. Last week, under her guidance, Tracy whipped up some delicious pasta that was enjoyed by staff. This week they are working on pastry, making puff, sweat, short crust and choux. The guiches are in the oven and the eclairs being assembled. The results are sure to be simply scrumptious.

Jody will now begin to work and support Beth at Skipton.

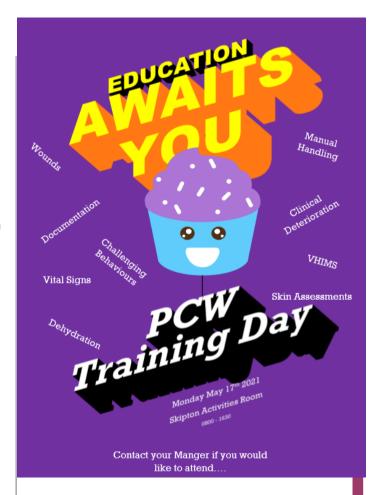


Tracy having a cooking class with Jody.



We would like to introduce Brooke Willis to the organisation. Brooke is employed as a Graduate EN and will commence at Beaufort on the 1st April 2021. Brooke and her partner have moved to Skipton from Townsville and have definitely

noticed the cold and the impact of daylight savings. She has a strong interest in all sports and is a keen netball and basketballer who will be looking for a team to join. Welcome to our BSHS family, Brooke.



On the 17th May we will be holding a training day for our wonderful PCW stuff. We are looking at a variety of topics but are still open to suggestions, just send them to Georgie and Jenni. Please refer to the flyer or contact, your manager or the education team for more information.

INTERNATIONAL DYSPHAGA DIET STANDARDISATION INITIATIVE (IDDSI):

By Kim Stevens (Learning and Development Manager)

In order to improve consumer dining experiences, food experiences and to combat the issues surrounding difficulty in swallowing, BSHS has commenced a new Food Focus Working Group looking to implement the International Dysphagia Diet Standardisation Initiative, commonly known as IDDSI. An education and awareness campaign will being after Easter so keep an eye out and lets start the conversation.





MANDATORY TRAINING DATES FOR 2021

(Virtual training sessions)

(8:00am—4:00pm)

Monday, 19 April

Monday, 3 May

Wednesday, 19 May

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



© The International Dysphagia Diet Standardisation Initiative 2019 @ https://iddsi.org/framework/

Licensed under the CreativeCommons Attribution Sharealike 4.0 License https://creativecommons.org/licenses/by-sa/4.0/legalcode.

Derivative works extending beyond language translation are NOT PERMITTED.

OUR BUSINESS

A WORD FROM FINANCE:

By Chris Nykoluk (Chief Finance Officer)

PAYROLL FOR FORTNIGHT ENDING 25TH APRIL

The payroll fortnight ending 25th April will see a delayed payment by one day due to the Anzac Day Public Holiday for staff under the Victorian Public Sector (Health and Allied Services, Managers and Administrative Officers) Multiple Enterprise Agreement 2016 - 2020 to Wednesday the 27th April. Salary Packaging will also be delayed by one day to Thursday 28th April.

FRAUD POLICY AWARENESS:

Following on from the attempted fraud that was prevented in October, a renewed Fraud, Corruption and Other Losses, Prevention and Management Policy has been approved and published to Prompt on the BSHS intranet.

This policy is closely supported by the Protected Interest Disclosure Policy. Also, building off the mandatory training that all staff will have recently completed in Fraud and Cybersecurity, in the near future a short survey will be issued to all staff around fraud awareness through the Health Service.

We encourage all staff to respond to this survey. It will be in a similar format to the one completed last year and we are excited to see the results.

SENSORY GARDENS

The sensory garden at both campuses have progressed since my last report, the Beaufort Hostel sensory garden is now completed and the Skipton garden is having its final touches done so it is expected to be completed in the next few days.

SUPPORTING THE FINANCIAL **INDEPENDENCE OF RESIDENTS:**

In addition to the fantastic health care provided to residents and patients we also support resident's financial independence.

As we get to know our residents we may pick up on information about financial arrangements, and in attending to care needs we can also be looking out for resident's best interests e.g. in identifying potential financial abuse.

To support resident's independence, privacy and control over decisions about financial affairs and possessions, staff are reminded to steer away from providing unsolicited advice or influencing financial decisions, and to escalate to your NUM where concerns are raised.

BEAUFORT NURSING HOME UPDATE:

It is with great excitement and relief to advise of the completion of the Nursina Refurbishment. After some 18 months of, at times frustration, we are very pleased with the work that has been completed and the residents and staff can now enjoy the new facilities.

BIOMASS FUEL SYSTEM PROJECT – SKIPTON

The Biomass project has progressed well over the past month, the containers in place and the roof being built. There is still concrete work to be completed and pipework and electrical installation prior to the plant room completion and commissioning.

Unfortunately due to the contractors obligations on another large project in Queensland the timeline for completion has now been pushed out until 28 May 21. This is not ideal but we are working with the Project Manager at Pyrenees Shire and the contractor to ensure work is completed by the revised completion date.

OUR PARTNERS

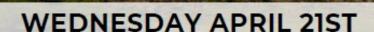
WHEN WAS YOUR LAST HEALTH CHECK?

MEN'S HEALTH & WELLBEING FORUM

Join us for a free breakfast, community catch up, guest speakers & free health checks!

GUEST SPEAKERS

STAN ALVES OAM & DR.BADRIKA KAHAWATTA



7:30AM - 9AM

BEAUFORT COMMUNITY BANK COMPLEX

BOOKINGS ESSENTIAL

bshsmenshealth.eventbrite.com.au Beaufort: 5349 1601 OR Skipton: 5340 1100









