

HEALTHY

FREE UFS MEMBER MAGAZINE

SUMMER '16

community

Fast-track Guide

GETTING
Holiday
READY

A GUIDE TO
Happy
travels

EDUCATING
KIDS ON
ASTHMA

'LIKE' TO
WIN!
MEMBERS
& friends
GIVEAWAY

Building a
Healthier
Community



THIS SUMMER WE SAY *hello sunshine!*

Competition Winner:

'Like to WIN!' Fitness Package

Congratulations to **Megan Ballinger Merrett** who won a Fitness Package valued at over \$500!

Be in it to win it!

We often have competitions running on the UFS Facebook page, so make sure you check it out and get involved. See page 3 for your chance to win a Summer Package!

Holiday season is here!

At UFS Pharmacies, we know that the holiday season is both an exciting and stressful time of the year. That's why this issue of Healthy Community is full of great hints and tips to help you stay safe and healthy on your holiday travels.



Flip through to read all about eye health, see the latest in summer sunnies, plus some bonus tasty smoothie recipes – yum!

We hope this holiday season sees you and your family fit, healthy and having a great time!

Happy holidays!

Bronwyn Capewell
UFS Pharmacist



Are you on Facebook?

'Like' our pages to be one of the first to hear about competitions and promotions as they happen, as well as the latest health and beauty tips from our amazing teams at UFS Pharmacies, UFS Optical and Eden Body and Soul Essentials.

Find us at:

facebook.com/bendigoufs
facebook.com/ufsopticalbendigo
facebook.com/eden.d.spa

Visit us in store!

UFS Pharmacies Bendigo CBD
379 Hargreaves Street
03 5443 6430

UFS Pharmacies Bendigo
Cnr View & Barnard Streets
03 5443 4610

UFS Pharmacies Strathfieldsaye
32 Blucher Street
03 5439 3513

UFS Pharmacies Maiden Gully
Shop 2, 715 Calder Highway
03 5449 7149

UFS Optical
Suite 1, 379 Hargreaves Street
03 5441 8077

Eden Body and Soul Essentials
Suite 3, 379 Hargreaves Street
03 5443 6997

bendigoufs.com.au

*Conditions apply.
Everything contained in this magazine is intended as helpful information only and is in no way a medical recommendation. Please always consult your GP and your UFS Pharmacist or UFS Optometrist for professional advice in the first instance.

It's time to

Shake up this Summer

IN SEASON



Sweet Summer Smoothies

During the hot summer months, it is refreshing to be able to drink a cold, power-packed smoothie for a snack or lunch. Here are a few recipes to get you through the summer heat:

Strawberry – Strawberries are not only delicious, but they also add a lot of vitamins to your diet. Each berry helps regulate blood pressure, is an anti-inflammatory, and promotes eye health.

8 fresh or frozen large strawberries
1/2 cup of plain yogurt
1/4 cup blueberries and raspberries
1/3 cup milk
1 cup ice (add more to thicken)

Banana – Bananas are packed with nutrition. They are loaded with potassium and high in fiber, which helps lower cholesterol. Adding at least one banana to your smoothie is an excellent way to load up on nutrients.

1 banana
1/4 cup peanut butter
1/3 cup plain yogurt
1/3 cup milk
1 teaspoon local honey
1 cup ice (add more to thicken)

Add everything into a blender and enjoy!

Christmas Events

During the Summer Christmas season, there are a variety of markets and events going on here in Bendigo. You can support our local growers, businesses, artists and organisations by attending a Christmas market, as well as find a unique gift!

Bendigo's Moonlight Markets will run monthly over the Summer period with events taking place on November 26th, December 17th, January 21st, February 11th, March 11th, and April 1st.

Check out our full events listings on page 16 for a list of local markets and events taking place this holiday season.

'LIKE' TO WIN!
MEMBERS & friends GIVEAWAY



SUMMER SUN CARE PACKAGE

PACKAGE WORTH UP TO \$400

- One pair of sunglasses from our Oron, Sass & Bide or Morrissey ranges from UFS Optical
- Full-sized multi-active toner and ultra sensitive tint (SPF 30) Dermalogica products from Eden
- Pharmacy Choice 1L family pump and 200ml spray sunscreen

It's so easy to enter!

'Like' our Summer Sun Care Package giveaway post on our Facebook page: facebook.com/bendigoufs and you could be our lucky winner! *

* Conditions apply. Competition open to UFS Pharmacies members, their family and friends. See in store for full competition details. Competition runs from 7/11/2016 to 14/12/2016. Towel not included in prize pack.

eden
BODY & SOUL ESSENTIALS

UFS
optical

UFS
PHARMACIES

In the spotlight

Get to know...

Name: Jaclyn McAliece

Role: Intern Pharmacist,
UFS Pharmacies, View Street



What is an Intern Pharmacist? With a four year Bachelor of Pharmacy under their belts, these full-time interns work in-store as a Pharmacist for one year, doing everything the Pharmacist does, under supervision. When we spoke to Jaclyn and Alison, they were only one week out from their final assessment – an oral exam – their final step in a long journey to becoming fully qualified.

We asked Jaclyn a few questions about working as part of the UFS Pharmacies team:

What and where did you study?

Bachelor of Pharmacy at RMIT, Melbourne.

Briefly describe your role:

I'm a Pharmacist, under supervision. I'm responsible for dispensing medicines, counselling patients, and answering their questions.

How did you first get involved with UFS?

I grew up in Bendigo, attended Specimen Hill Primary School, Crusoe College and Bendigo Senior Secondary. My mum has been a UFS member for 20 years, so I have experience as a customer. I called Rowan at UFS and asked about intern positions. He was really helpful, and I interviewed for the role and got it!

'...it's so much more than the science. Talking to people without the jargon – making it easier for customers – that's what's really important.'

Is this your first industry placement?

No. I completed industry placements as part of my university course – I did 1-2 week placements at community pharmacies, and also 2 week placements in hospitals - in Ballarat and at The Alfred in Melbourne. This is my first full-time role, my first internship.

Has this internship changed your idea of being a Pharmacist?

Yes. Working full-time this past year has opened my eyes to the communication side of the job - talking to customers is such a big part of what we do every day. It's still about the science, but the customer comes first.

What do you like most about your job?

I love the atmosphere, the rapport the staff have with customers – the long term relationships with the regulars. I've made great friends here too. Everyone's great to work with, Pharmacists included, it's a really friendly team.



YOU'RE INVITED TO...

UFS MEMBER
Rewards
Nights

Name: Alison Musk

Role: Intern Pharmacist
UFS Pharmacies, Strathfieldsaye

A few of the staff have helped me prepare for my exam, for example Mina (Pharmacist, View Street) has been helping me do three practise exams this past week. Everyone's been so supportive!

What might our members be surprised to know about you?

I did gymnastics for most of my youth – at Palmers Gym. I competed at the World Trampoline and Tumbling Championships in St Petersburg (Russia), in Year 10. I was 16 years old. (laughs) I don't do it anymore.

What did you want to be when you grew up?

I wanted to be a Pharmacist or something in the sciences. I always loved science at school - especially chemistry.

We asked Alison a few questions about working as part of the UFS Pharmacies team too:

What and where did you study?

Bachelor of Pharmacy at La Trobe University, Bendigo.

Briefly describe your role:

I work side-by-side with the Pharmacist, doing full Pharmacist duties, with all of my work signed-off by the on-duty Pharmacist. My role is part clinical skills, part scientific knowledge and part customer service and interaction.

How did you first get involved with UFS?

I'm a local girl. I went to Huntly Primary School, Flora Hill High, and Bendigo Senior Secondary College. UFS Strathfieldsaye has been my local pharmacy for years. I approached them to ask about an internship. I interviewed for a position, and was accepted.

What was your first impression of UFS Pharmacies?

Impressed! The pharmacy operates with really high standards, at all levels. Everybody's always looking at doing their best. It has a nice feel too; It's a small team that really does work together.

Has that changed?

No, there's none of that workplace drama you sometimes get in a job, it's really refreshing! And the customer service focus means there's more resources put into staff too.

Has this internship changed your idea of being a Pharmacist?

Yes, we spend so much time focusing on the customers. This year has given me so much experience talking to customers, giving advice, being reassuring. It has given me confidence in presenting my professional judgement, and so much confidence talking to people. Studying, we know this is a big part of the job, but the understanding comes from actually doing it.

'...Pharmacists are highly skilled, highly knowledgeable professionals. We spend our time focusing on customers. Everyone has direct access to their Pharmacist...'

What might our members be surprised to know about you?

I'm a little older than the other interns. I'm a mother, with three children. I studied full-time. I am lucky to have a really supportive family.

What did you want to be when you grew up?

(smiles) I wanted to be a Winemaker or a Vet!

**LOCATION 1:
VIEW ST**

(Cnr View & Barnard Sts)

**Wed 23rd November
6.00pm – 7.30pm**

**LOCATION 2:
HARGREAVES ST**

(379 Hargreaves St)

**Thurs 24th November
6.00pm – 7.30pm**

RSVP

in store or call
(03) 5443 4610
for View St
or (03) 5443 6430
for Hargreaves St

**by Monday 21st
of November**

**TRIPLE YOUR CHANCE
TO WIN**

IN OUR MEMBERS CHRISTMAS DRAW

Come along on the night(s) for your chance to win 1 of 4 \$1,000 cash prizes each week!

**Spend \$30 or more on the night and
get 3 bonus entries into the draw!**



Essential health items for

happy travels

There are many things you can do to ensure you are a healthy traveller, and your local UFS Pharmacy can assist with your preparations.

Visit your GP

Ensure you have no underlying health issues, especially if you are travelling overseas or to a remote location. Ensure you have sufficient scripts to enable you to take enough medication with you to your destination.

Smart Traveller recommends you carry a signed letter from your GP detailing what the medicine is, how much you'll be taking and stating the medicine is for your personal use, or the personal use of someone travelling with you, eg. a child.

Vaccinations

Infectious diseases that cause some illnesses when travelling are often preventable through vaccinations. Sometimes vaccinations are an entry requirement for certain countries eg. Yellow fever, so check with your pharmacist or GP.

It's never too late to vaccinate, however some vaccines require a longer period to take effect so try to factor this into your travel plans. You may also need boosters for childhood vaccines.

Medications

Check with the relevant embassy or consulate in Australia to see if there are any limitations on what medications you can take to particular countries. Some medicines that are legally available in Australia are not allowed in other countries, eg. codeine. If your medication is illegal at your destination, ask your doctor about alternatives.

It is an offence to carry or send Pharmaceutical Benefits Scheme medications overseas unless it is for personal use or for someone travelling with you, so it's important to leave all medications in original packaging where possible so they are labelled with your details to avoid customs problems.

If you have large quantities of medications, it may be helpful to divide portions among different pieces of your luggage in case bags go missing. If you have to inject medications, it may be preferable to carry your own needles and syringes. If you buy syringes and needles overseas ensure they are sterile, sealed and in date.

If your medication has to be refrigerated while travelling long distances, ensure you have correct storage requirements and contact the airline to see what requirements and procedures they have in place for refrigeration of medications.



Your top travel websites:

Here are some links for great health advice and tips when travelling:

- » www.smartraveller.gov.au
- » www.tga.gov.au
- » www.pbs.gov.au
- » www.traveldoctor.com.au

First aid supplies

Some complementary medicines, vitamins and supplements are difficult to obtain overseas, eg. Vitamin D is readily available over the counter in Australia but in other countries it is only available on prescription depending on the dosage. There may also be differences in the formulation of the product in other countries. Don't forget to mention to your doctor any complementary medicines, vitamins and supplements you are taking so they can add it to your list of medications on the doctor's letter.

When travelling overseas, it can be difficult to obtain common over-the-counter remedies where you do not speak the language, or in remote areas. Your pharmacist can recommend useful items to take with you depending on your destination.

Consider packing:

- Rehydration fluid and medication for diarrhoea
- Sunscreen and insect repellent
- Items to help with a comfortable flight eg. ear plugs, nasal sprays, eye drops, compression garments
- Basic pain relief
- Allergy medication
- Wound care products and antiseptics
- Footcare products
- Travel sickness pills
- Contact lens solution
- Condoms and ladies sanitary items
- Disposable nappies

Summer fun, Sorted.

As a member of UFS Pharmacies, you can save up to 20% on suncare and related products – and you'll be helping us in Building a Healthier Community too.

Our friendly pharmacists are here for you. For great advice and personal service, drop in to one of our stores or call **5441 5590** and we'll get you sorted.



New Year,

NEW YOU

**UFS Members
receive \$100 OFF
joining fees at
Fernwood Fitness***

*Conditions apply

fernwood FITNESS

**DID YOU
KNOW?**

For many of us, January marks a month of new beginnings - all backed by good intentions. Here are some fool-proof ways to ensure that your resolutions not only stick, but transform you into the best you that you can be.

Ditch the 'diet'

If eating better is on your list of New Year's resolutions, think of it as just that - not about eating more or less or nothing at all. The best diet is not a diet at all, but rather a life-long, sustainable journey towards better nourishment.

Be specific in your intent

With any New Year goal you set, you must be specific. If your goal is to eat healthier, you must define precisely what that statement entails. Say something like "I am going to eat three cups of vegetables each day," which is a clear and focused intention.

Make your goals measurable

Just as you want to make your goals specific, they should also be measurable. With the above-mentioned example, your intent is measurable, and you can measure out three cups of vegetables each day.

Goals should be achievable

By all means, set larger-than-life goals, but make sure that they are attainable. If your goal is to run a marathon, and you've never set foot in a pair of running sneakers in your life, then chances are you are not going to come close to your 26.2 target. Set smaller, more realistic goals that are easily attainable. These will set the foundation for future success.

Make your goals realistic

Too often, we set goals with the desires of others in mind. Your goals are yours only - they should not only be specific, measurable and attainable, but realistic for you and where you are in your life. Set goals that make sense for you, not someone else. When your heart is in it, your physical and mental self will be invested, too.

Goals should be time sensitive

Any goal you set should be time-specific. Setting smaller goals in shorter increments will make achieving your larger goals much easier.

Go with the ebb & flow of life

Let's face it - life happens. Sometimes we get derailed from our goals, and that is okay. Recognising that things will get in the way - and planning creative ways to overcome those hurdles accordingly - is the key to sustained success.

Top 10 New Year's Resolutions

- 10 Read more
- 9 Travel more
- 8 Learn a new hobby
- 7 Not make resolutions
- 6 Get organised
- 5 Spend more time with family and friends
- 4 Spend less, save more
- 3 Spend less, save more
- 2 Lose weight
- 1 Stay fit and healthy

Source: Nielsen, 2015



HELPING communities shine

Tegan and Emma from
our Hargreaves Street store.
Photo by Bendigo Weekly.

With summer on its way it is now an ideal time to replenish your sunscreen and at the same time help a worthwhile community group with help from Bendigo's four UFS Pharmacies.

One dollar from the sale of Pharmacy Choice SPF 50+ sunscreen one litre pump pack or 200ml spray bottle will go directly to the community organisation of your choice via UFS Pharmacies' *Building a Healthier Community Program*.

Join up or renew your UFS Pharmacy membership to help support worthwhile community

initiatives with a health and wellbeing focus. And in the spirit of giving back to the community, half your membership fee will also be donated back to a community organisation of your choice – selected from our extensive list of registered community organisations.

Family household membership costs just \$14 and entitles you to discounts of up to 20 per cent on select lines.

In the last 10 years more than \$400,000 has been donated to various community organisations, with more than \$60,000 distributed to 83 local organisations last year alone.



Available from our Hargreaves Street, View Street, Strathfieldsaye and Maiden Gully pharmacies.

Drop into UFS Pharmacies today or give us a call on 5441 5590, and we'll get you sorted.

Your membership at your fingertips.

Members first.

You've told us you need more time in your days, less store cards, and easier access to getting scripts filled. We listened, and we're happy to say our member app is here.

With the 'UFS Pharmacies' app, you can submit a prescription, update or renew your membership, manage your members, choose to scan in-store for member discounts (no more card to carry!), find your nearest store and check opening hours.

Now we've got you sorted anywhere, anytime! Download the app today.



Search: UFS Pharmacies





Fast-track Guide >>

GETTING HOLIDAY READY

Looking your best this holiday season doesn't just start on the day – maintaining a good skincare regime is key to mastering your healthy summer skin for the holidays and beyond.

Take a look at these fresh tips – from bronzing up to stepping out in style with that healthy glow.

Book your pre-travel preparations at:
www.edenbody.com.au

This Christmas,

give an Eden Gift Voucher...



Whether it's a special gift for a family member, a friend, lover or just for yourself, this is sure to surprise and delight.

Phone 5443 6997 or drop in today.
Suite 3, 379 Hargreaves Street, Bendigo
(at the rear of UFS Pharmacies).

www.edenbody.com.au





dermalogica® at Eden

Even on overcast days, UV light can strike skin and cause damage, so simply wearing sunscreen on sunny days isn't enough. The best defense against sun damage is daily use of SPF. Dermalogica has a number of different SPF products to suit every skin type.

DERMALOGICA
Travel Essentials Kit
RRP \$57.00
MEMBERS \$51.30*



Countdown to a carefree holiday

3-4 weeks prior: treat your skin with a Biohydroderm facial, or body foliation therapy treatment; buff away dead skin, prepare for the summer sun and those sun care products - start with smooth, bright, well hydrated skin and avoid the drying effects of sun, sand and sangria!

2-3 weeks prior: start to stock up on those skin care essentials - skin care with good sun protection (SPF) that will protect you from dryness too - consider Dermalogica Skinperfect Primer (SPF 30), Solar Defense Booster (SPF 50), Protection 50 Sport (SPF 50),

Travel Essentials kit and Tuscan Tan Extender Lotion.

2-3 days prior: waxing; remove unwanted hair and the stress of having to shave on holidays. For the best results leave at least 24 hours between waxing and a spray tan.

1-2 days prior: Tuscan Tan Spray Tan; don't risk it in the sun this Summer - start your holiday with a healthy glow...

Manicure, Pedicure, Gel Nails; get painted and relax! You're almost ready to go!

1 day prior: pack your beauty essentials; don't forget your Dermalogica sun and skin care products, Tuscan Tan Extender Lotion and Youngblood mineral makeup - it's light and will let your skin breathe, however warm it gets!

It's time! Start to enjoy your break, now you're sorted. Remember to make bookings with your beauty therapist as early as possible, as the holiday period is always busy. Eden has a handy reminder system - we'll text you the day before your appointment!

CHRISTMAS COVERED.



YOUNGBLOOD® ➡
Contour Crush Christmas
Packs RRP \$157.90
MEMBERS \$142.10*

OPI ➡
Gift Packs
Starting from RRP \$24.95
MEMBERS \$22.45*



DERMALOGICA
Brightening Duo Pack
RRP \$95.00
MEMBERS \$85.50*



DERMALOGICA
Skin Perfecting Pack
RRP \$115.00
MEMBERS \$103.50*

eden
BODY & SOUL ESSENTIALS



Optometrist's View

SIMPLE TIPS FOR Healthy Eyes

**DID YOU
KNOW?**

UFS Members can
receive 6%* OFF
GMHBA health
insurance standard
premiums



Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.

Comprehensive dilated eye exam

Visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure of your eye's health. Many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

Know your family's eye history

Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

Eat right to protect your sight

You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Maintain a healthy weight

Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.

Wear protective eyewear

Wear protective eyewear when playing sports or doing activities around the home or when required in the workplace.

Quit smoking or never start

Smoking is as bad for your eyes as it is for the rest of your body. Research

has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

Give your eyes a rest

If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued or become strained. Try the 20-20-20 rule: Every 20 minutes, look about 20 feet in front of you for 20 seconds.

Clean hands and contact lenses

To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Be cool and wear your shades

Purchase good quality sunglasses and look for ones that block out 99 to 100 per cent of both UV-A and UV-B radiation.

Don't see your optical benefits disappear!

If you have private health, now's the time to check with your health fund if you have any optical entitlements remaining for this year.

**To make an appointment with your optometrist,
call UFS Optical on 5441 8077.**



NEW SEASON Summer sunnies



1.

MEMBERS SAVE

20% OFF*
SUNGLASSES

*Conditions apply.



2.



4.



3.

- 1. Police (Model: 354/0703), RRP \$229 **Members \$183.20***
- 2. Furla (Model 4957/07EZ), RRP \$420 **Members \$336.00***
- 3. Orotón (Model Aline/1603144), RRP \$235 **Members \$188.00***
- 4. Maui Jim (Model KA'A POINT/03E), RRP \$349 **Members \$279.20***

* Conditions apply. See in store for details.

AlterEgo

bolle

ck
Calvin Klein

COGÁN

EMPORIO ARMANI

FURLA

GUCCI

Maui Jim

MERSEY
BEAT
EYEWEAR

NO LOGO
000

OROTON

POLICE

Ray-Ban

sass & bide

Silhouette

VANNI

VERSACE

UFS
optical

Providing support for those touched by cancer

Valkyrie Care Group

On behalf of Valkyrie Care Group Inc. I, as Co-ordinator, wish to thank the UFS Pharmacies' members for the opportunity to be part of the *Building a Healthier Community Program*.

We were thrilled to receive your donation, as every time we make any amount of money in partnership with community programs it means more 'Bags of Care' — care packages for those who need them.

Your donations will be used to assist with the purchasing of goods such as large quantities of corduroy that is used to make the heatpacks that are placed into 'Bags of Care' or can also help with the purchase of booklets that have beautiful and meaningful verses to bring love, comfort and peace to the recipient. These special little booklets are also placed into the bags.

**We can all
make a difference
when we care.**



We also purchase large quantities of wadding that go into little pillows that bring comfort to people after surgery so the donation will be put to very good use indeed.

It is only with the caring support of people such as UFS members that we can continue helping people who are needing love and support. We can all 'make a difference' when we care.

Yours Truly,

Val Pratt

Co-ordinator, Valkyrie Care Group

For more information, call Val at:

(03) 5443 4713

Wholesome food for the ones that need it most

Bendigo Foodshare

I would like to thank UFS Pharmacies members and the *Building a Healthier Community Program* for the generous donation to Bendigo Foodshare.

It is only through donations such as yours that we are able to provide food for those experiencing hardship in Central Victoria.

About 1 in 9 people in Central Victoria experience times when they do not have enough money to buy food for their next meal. Sometimes this is due to natural disasters, sometimes it results from illness, and often it is just unexpected bills that tip a family into significant hardship. This is the reality of food poverty.

Generous donors provide us with surplus healthy food that would otherwise go to waste. Our volunteers collect the food, sort and store it at our warehouse and distribute it to those in need through over 80 schools, welfare agencies and community meals programs. Your donation will help us to continue this vital service.



It also will allow us to provide food for 15,930 meals. The money will go towards paying rental, utility bills and the cost involved in running 2 vans and a forklift.

Kind regards,

Cathie Steele

Chair of the Board, Bendigo Foodshare

www.bendigofoodshare.org.au

Thank you

from St Kilian's Primary School

St Kilians School is a Catholic School with a proud tradition and a rich history within the Bendigo community. Our school community believes in a shared commitment to provide an environment that is both supportive and challenging.



As we together educate our young people for the present and for the future, we must nurture the love of learning and the love of self to ensure our focus is and continues to be our children.

We thank UFS members for the donation we've received. The donation will be used in the administration of our welfare support. This service is provided to families when a new baby is born, sickness or a death in a family.

Yours sincerely

Daniel Gooch

Principal, St Kilian's Primary School

Help us in Building a Healthier Community – keep your membership up-to-date.

Call 03 5441 5590 or visit bendigoufs.com.au/membership

Fundraisers and Events

Summer 2016

Looking to get out
this Summer?
Here are some great
community events.

Zonta Christmas Market

Saturday, November 12, 2016

10:30am - 3pm

Bendigo Club, Park Street, Strathdale

Entry: Gold coin donation

Bendigo Symphony Orchestra

Sunday, November 13, 2016

2:30pm

St Paul's Cathedral, Bendigo

Entry: \$25 adults, \$20 concession,
\$10 students, children free

Bendigo Symphony Orchestra
presents a concert to delight:
Beethoven and more!

For more information, contact on
0457 414 137 or send an email to
bendigosomephony@hotmail.com

Trove Makers Market

Sunday, November 20, 2016

Sunday December 11, 2016

10am - 2pm

The Good Loaf, Hargreaves Street

Light Up the Christmas Tree

Friday, December 2, 2016

6:30pm - 9:30pm

Rosalind Park, Bendigo

Boxing Day Family Fun at Elmore

Monday, December 26, 2016

Gates open 11am

Entry: \$10 adults, kids under 14 are free

The Harness Club are bringing back
the Boxing Day meeting after 10 years
in recession. We hope to re-invent the
good times enjoyed that day.

There will be free entertainment for
kids, a live band, dual sulky rides,
the pony trotters, a monte race,
giveaways, water slide, petting zoo,
wine tasting and more....

We have 10 marquees available for hire.
(\$100 includes table and 10 chairs).

A free bus will run on the day. Pick-up
locations and times to be confirmed on
the Elmore Community Facebook page:
Bendigo - Goornong - Elmore (return)
Echuca - Rochester - Elmore (return)

To obtain more information or to book
a marquee please call Cliff Powell
on 0408 582 267 or email
powells6@aanet.com.au

New Year's Eve Fireworks

Saturday, December 31, 2016

9:15pm and midnight

Rosalind Park, Bendigo

Australia Day

Thursday, January 26, 2017

10am - 4pm

Lake Weeroona, Bendigo

There will also be other ceremonies,
barbecues and activities taking place
throughout Greater Bendigo.

Summer in the Parks

There are numerous other events
taking place over the summer months
including outdoor cinema nights, music
in the parks, come and try events and
historical and nature tours.

A full program will be uploaded to
www.bendigosomeinthe parks.com
over the coming weeks.

Hayfever & allergies, Sorted.



*Conditions apply.

For great advice and friendly service, drop in to one of our stores and we'll get you sorted.

Bendigo CBD, 379 Hargreaves Street | 03 5443 6430
Bendigo, Cnr View & Barnard Streets | 03 5443 4610

Strathfieldsaye, 32 Blucher Street | 03 5439 3513
Maiden Gully, Shop 2, 715 Calder Highway | 03 5449 7149

UFS
PHARMACIES



Educating kids on Asthma

with Cristina Mazzarino, Strathfieldsaye Pharmacy Manager

If you have a child with asthma, or even a curious child with a friend or class mate with asthma, you might want to check out asthmakids.com.au – it's a website that speaks to kids about asthma, without all the heavier grown up or medical jargon. It's bright and engaging, targeting pre-school and primary school children with short, age-appropriate videos and explanations.

The site is friendly and fun, with a quiz-style format designed to steer your child through a range of activities and information, with a certificate and entry into a prize draw at the end.



asthmakids.com.au

Did you know?

- Asthma is the most common childhood condition in Australia.
- Around 1 in 10 Australians are affected by asthma.



At UFS we offer

- A team of professional pharmacists who genuinely care about you and your family.
- Direct access to our pharmacists to discuss all of your health needs.
- Education on the best practice for using inhalers and general health information on asthma, including device demonstrations and counselling.

Some things to remember

- Your child needs a personalised asthma plan written by their doctor and reviewed regularly.
- Make sure your children's service or school understands your child's asthma symptoms and medications.
- If your child's asthma is well managed, they should be able to lead a healthy and active life.

Get the answers

Be sure to ask your doctor and pharmacist:

- What spacers are available, how to care for them, and whether your child needs a mask with their spacer. Masks are recommended for all children under five years.
- For practical ideas to encourage your child to take their asthma medications.
- How your child's medication works and any concerns you may have about their asthma.

If you have any questions or concerns regarding your child's asthma, please contact:

Your doctor, pharmacist, or The Asthma Foundation of Victoria on 03 9326 7088.

Gift ideas for SANTA CLAUS

It's that time of year when Santa Claus comes sliding down the chimney bringing presents for all.

Santa's had a long year making toys and preparing for the big day. Doesn't he deserve a few presents of his own? Here are some gifts for Santa Claus that he'll surely appreciate this Christmas:

#1

Health spa membership

If you haven't noticed, Santa's getting a bit portly around the tummy. We love Santa anyway, but it's not good for his health. Plus, he needs to be trim enough to slide down those chimneys. A membership to a health spa would be a good stress reliever for Santa and would help him take off a few extra kilos.

#2

Low fat cookies and skim milk

If you want to leave a snack for Santa, why not help him adopt a healthy lifestyle by making a lower calorie snack just for him? You can bake some special cookies for Santa Claus using skim milk, egg whites, and low calorie sweetener. Don't forget to leave some skim milk to go with those cookies!

#3

A little something for Mrs Claus

Santa may get all the glory, but Mrs. Claus works hard behind the scenes too. Why not leave her a gift basket of luxury items? Even Mrs. Claus needs to spoil herself from time to time with the winters at the North Pole being so frightfully cold. A bag of goodies just for her would surely make her Christmas special.

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CHRISTMAS gift ideas SORTED

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1. Natio Hand & Nail Cream (Available at all UFS Pharmacies), RRP \$10.95 **Members \$8.76***
2. L'Occitane Cherry Blossom Festive Ornament (View St only), RRP \$18.00 **Members \$16.20***
3. Shiseido Packs (Hargreaves St only) Ibuki Hydration Gift Set, RRP \$78.00 **Members \$70.20***
4. Benefiance Moisture Recovery Gift Set, RRP \$90.00 **Members \$81.00***
5. WoodWick scented candles, RRP \$39.95 **Members \$31.96***
6. Willow & Bluebell products (View St and Hargreaves St only), starting from RRP \$13.45 **Members \$10.76***
7. Tough Love + Carry Mens Washbags, RRP \$24.95 **Members \$19.86***
8. Sock Doll, RRP \$14.95 **Members \$11.96***
9. Plush Frog, RRP \$15.95 **Members \$12.78***

* Conditions apply. See in store for details.

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