



EGHS ECHO



East Grampians
Health Service

SEPTEMBER
2018

IN THIS ISSUE...

- 🔗 From the Chief Executive's Desk
- 🔗 EGHS Policies & CPGs
- 🔗 The Ark Toy & Activity Centre
- 🔗 Hinchey Highlights
- 🔗 Education News
- 🔗 Garden View Court Gossip
- 🔗 Welcome New EGHS Staff
- 🔗 Staff Exercise Classes
- 🔗 EGHS Immunisation Clinics
- 🔗 EGHS Movie Night
- 🔗 Breast Cancer Support Group
- 🔗 Eye Surgery Microscope state-of-the-art
- 🔗 Relay "child's play" for cyclists
- 🔗 New Babies at EGHS
- 🔗 Community Health Centre Taking Shape
- 🔗 Christmas Choir Rehearsals Commence
- 🔗 Recipe of the Month
- 🔗 AIM (100s) Club

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN
INTERIM CHIEF EXECUTIVE



Welcome to the September 2018 edition of the Echo.

PEOPLE MATTER SURVEY

We received the results of the People Matter survey and these have been placed on the intranet. A response rate of 51% is overwhelming and thank you to everyone who took the time to respond.

EGHS performed strongly across a large number of benchmarks and indicators, and performed particularly well compared to comparator organisations (other health services of similar size).

High performing areas were human rights, engagement, equal employment opportunities, reward and empowerment, patient safety and psychological safety climate.

Some of the focus areas for improvement are around workforce psychological health, safety and wellbeing, preventing stress in the workplace, bullying and sexual harassment.

An action plan for the People Matter Survey will be developed to address these focus areas.

COMMUNITY HEALTH CENTRE REDEVELOPMENT

The Community Health Centre redevelopment is making steady progress and we look forward to its completion later this year.

Before the July Board meeting, Board members were given a tour of the Healthy@Home and Community Health Centre Buildings by Manager Community Nursing, Jane Bourman.

CEO RECRUITMENT

Advertising has taken place for the recruitment of new CEO. Applications closed on 26th August 2018 and interviews will be conducted during September.

Cont. Page 2



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

IMPROVING PERFORMANCE WORKSHOP GUEST SPEAKER

The General Manager, H.M. Prison Langi Kal Kal, Ms Catherine Darbyshire, was the guest speaker at the August Improving Performance workshop.

Catherine delivered a session focused on leadership, development and career progression.

OPEN ACCESS BOARD MEETING

To assist in gaining a greater understanding of the Health Service's processes, the East Grampians Health Service Board annually conducts an 'Open Access Board Meeting'.

The next Open Access meeting is scheduled for Tuesday 25th September 2018 and members of staff and the community are invited to attend.

Please contact my office if you would like further information.

ANNUAL GENERAL MEETING

Chairperson for the Better Care Victoria Board – Dr Douglas Travis, has accepted our invitation to be the guest speaker at the 2018 Annual General Meeting.

The AGM will be held on Tuesday 27th November at the Ararat Performing Arts Centre.

ATTENDANCE AT STAFF BRIEFINGS

Staff Briefings are held monthly on the third Tuesday of the month at 2pm in the Boardroom, Pyrenees House (apart from April and October which are being held on Wednesday).

It is requested that as many staff as possible from each area attend the Briefings to ensure information is being communicated. The Briefing information should also be placed on agendas for discussion at Departmental monthly meetings.

Please email Jo Summers if there are any items you'd like to present or information you would like included.

The Staff Briefings at Ararat and Willaura briefings are held at 2.00pm on the following dates for 2018:

Tuesday 18th September
Wednesday 17th October
Tuesday 20th November

The Health Service continues to be busy through winter and I would like to thank everyone for your ongoing commitment.

Pictured L-R Don Cole, Manager of Community Nursing Jane Bourman, Board Chair Nancy Panter, Fiona Cochrane, Heather Fleming, Mary Cruickshank, Gabrielle Czarnota, Annie Rivett, management intern Tegan Cotter and Paul Hooper in the Community Health Centre



EGHS POLICIES & CPGs (New & Reviewed)

BY HANNAH JENNINGS

EXECUTIVE ASSISTANT

DEVELOPMENT & IMPROVEMENT

SOPP 64.65	MATERNITY SERVICES CAPABILITY & TRANSFER OF CARE
SOPP 60.06	INDEPENDENCE
SOPP 60.16	RESIDENT LEAVE
CPG 80.03	NUTRITION & HYDRATION – AGED CARE
CPG 78.07	ORDERING PATHOLOGY TESTS BY ADVANCED PRACTICE NURSE
CPG 10.08	ASTHMA MANAGEMENT – ACUTE ADULT & PAEDIATRIC
CPG 64.66	BABY NOT ATTACHING TO THE BREAST
CPG 12.21	APPLICATION OF PLASTER OF PARIS BACK SLAB IN UCC
CPG 11.33	LACERAINE
CPG 12.22	CERUMEN (EAR WAX) MANAGEMENT & SYRINGING
CPG 10.73	USE OF VITALOGRAPH
CPG 11.32	FERRIC CARBOXYMALTOSE (FERINJECT®) INFUSION
CPG 78.05	SCOPE OF PRACTICE FOR ADVANCED PRACTICE NURSES



Integrity



Excellence



Community Focus



Working Together



Learning Culture

THE ARK TOY & ACTIVITY CENTRE

The Ark Toy and Activity Centre operates at East Grampians Health Service 10am-12pm each Wednesday.

The Centre provides a lending service to people with special needs, their families and carers. The wide choice of toys are not only fun, but also assist members in developing skills through play.

Membership is available to people with special needs, their families and carers. This includes people who have physical and development disabilities chronic illness and other long term injuries and illnesses that impact the person's ability to participate in everyday play and social opportunities.

Items can be borrowed from the Centre for up to 4 weeks, although in special circumstances a longer loan period may be granted. Items are expected to be returned to the Centre clean and in good condition.

The Ark Toy and Activity Centre offers an affordable Annual Membership Subscription of just \$10.00 per family. For further information, please contact (03) 5352 9453 or Contact us on Facebook



HINCHEY HIGHLIGHTS

BY JANELLE SMITH

ADMINISTRATION ASSISTANT

The clients at Patricia Hinchey Centre continue to enjoy a variety of activities each month with favourites being the country drives, bingo and indoor bowls.

The men's outings each month are also a big hit and in August the men hit the Pickers Market in Stawell and had a great time looking around.

With Space being the theme for the month, clients reminisced about the moon landing and decorated planets to turn the Day Centre into a spectacular solar system.

With the AFL finals approaching, the clients were excited to see which teams made the top 8. There is a real feeling of Footy Fever in the air!



Pictured above: Rodney Clugston and Noel Downie at the Stawell Pickers Market



Pictured above: Patty Mooney enjoying afternoon tea at the café



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

EDUCATION NEWS

BY DEBORAH BENNETT
WOUND/STOMA EDUCATOR EGHS
SPECIAL INTEREST GROUP – WOUND /
STOMA CARE EGHS

The Wound/Stoma Care Special Interest Group was established in June 2018 as a new concept to help support aged care staff with wound and stoma care.

Whilst we are working to achieve better physical resources and protocols, one major gap was identified from a human resource perspective. We needed a way to support staff in hands-on clinical care.

Areas such as wound assessment, product selection, evaluation of the current plan, and documentation were identified as challenging. We needed to develop "wound champions"; staff who could be the go to person when the wound/stoma educator wasn't available.

RN and EEN/EN staff were asked to submit an expression of interest outlining why they wished to be involved in the special interest group. The outcome of this was that nine staff across the organisation were asked to come on board. The staff involved are:

Willaura	Beth Hutchinson, Toni Molloy & Chantelle Hutcheon.
GVC	Julie Rix
Low Street	Ann Cerato, Angela Day, Sal Duncan, Carolynne Johnston and Lisa Shill

Over the next few months, these staff will be mentored and trained in various wound/stoma management skills. One of these will be as a train the trainer in ANTT to assist with competencies of the staff in their work area.

I would like to take this opportunity to thank the wound champions for being part of the solution and for being an advocate for better patient care. I would encourage all aged care staff to be proactive in liaising with the wound champions in their departments to discuss any concerns or supports they may need.

GARDEN VIEW COURT GOSSIP

BY CATHY BILLINGS – LEISURE & LIFESTYLE COORDINATOR – GARDEN VIEW COURT

Spring is on its way with the daffodils and jonquils blooming proudly around the gardens.

A lot has been going on here at Garden View Court. Tony O' Brien has been filling in while Cathy was on holidays and sick leave. Tony took a bus of residents up to Mt. Cole for a day trip to see some snow. I can understand why no-one wanted to get out of the bus.... apparently it was freezing!!

We have introduced a new Activity to our monthly calendar, "Tea & Talk". Two of our lovely Support Group and volunteers, Marlene and Marg visit and hold a lovely afternoon tea using some fine china and real tea in tea pots (and coffee if desired), plus they bring in homemade slices and cakes. No wonder there is no room at the table! It is an entertaining and social gathering enjoyed by all who have joined in.

In June, we attended the Patricia Hinchey Centre Music Day celebrations. Mary, Doreen, Rhonda, Jean, Stan and Allan attended and had a lovely day. Our Manager, Maree was one of the entertainers, she performed a few songs on her guitar and we all sang along.

Recently we celebrated "Christmas in July" with the tables and dining room decorated as though it was December. The kitchen staff provided a traditional Christmas Dinner that was enjoyed by all.

Our Footy Tipping is in the last of the Rounds. The place-getters are now a secret and Cathy will reveal the Winners on Grand Final Day, September 24th. We will be starting a new Trophy this year and it will be known as "The Stan Raeburn Memorial Trophy". Stan was a passionate footy follower of Essendon and we sadly lost him a few months ago.

We have recently welcomed three new residents, Jessie Christian, Ian Walmsley and Allan Fiscalini. We all hope you enjoy your stay here at GVC and meet old friends or even make new ones.

New visitors to Garden View Court are the littlies from the nearby Child Care Centre, also some primary school children from Moyston PS. All the residents who were involved really enjoyed these visits.



Pictured above: Residents enjoying "Tea & Talk"



Pictured above: Residents celebrate Christmas in July



Pictured left: Manager, Maree entertains with a few songs on her guitar



Pictured right: We can hardly see Doreen! She has 3 visitors from the Child Care Centre sitting close-by reading a book



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Tegan Cotter

MY POSITION AT EGHS	HEALTH MANAGEMENT INTERN
FAVOURITE AFL TEAM	CARLTON
FAVOURITE FOOD	CHOCOLATE
FAVOURITE MUSIC	ANYTHING!
INTERESTS	PHOTOGRAPHY
ONE THING I'M GOOD AT...	BASKETBALL
ONE THING I WANT TO DO IN MY LIFETIME IS...	TRAVEL MORE



Shane Dale

MY POSITION AT EGHS	PORTER
FAVOURITE AFL TEAM	HAWKS
FAVOURITE FOOD	CHICKEN
FAVOURITE MUSIC	ROCK
INTERESTS	FOOTBALL / SPORT
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL OVERSEAS & IN AUSTRALIA



Leeah Fratin

MY POSITION AT EGHS	ENROLLED NURSE
FAVOURITE AFL TEAM	ESSENDON
FAVOURITE FOOD	CHOCOLATE
FAVOURITE MUSIC	POP & ROCK
INTERESTS	SPENDING TIME WITH FAMILY & FRIENDS
ONE THING I'M GOOD AT...	TALKING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL MORE



Olivia Gratton

MY POSITION AT EGHS	ENROLLED NURSE
FAVOURITE AFL TEAM	GEELONG
FAVOURITE FOOD	CHOCOLATE
FAVOURITE MUSIC	TOP HITS
INTERESTS	SPORT
ONE THING I'M GOOD AT...	NETBALL
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL



Integrity



Excellence



Community Focus



Working Together



Learning Culture

Joanne Greenway

MY POSITION AT EGHS *PERSONAL CARE WORKER*

FAVOURITE MUSIC *MOST MUSIC*

INTERESTS *GARDENING*

ONE THING I'M GOOD AT *TALKING / LISTENING*

ONE THING I WANT TO DO IN MY LIFETIME IS... *FINISH BUILDING MY HOUSE*



Beck Hansch

MY POSITION AT EGHS *SOCIAL WORKER*

FAVOURITE AFL TEAM *NO PREFERENCE*

FAVOURITE FOOD *NORTH INDIAN CUISINE / THAI*

FAVOURITE MUSIC *ALTERNATIVE*

INTERESTS *"NATURAL" HORSEMANSHIP*

ONE THING I'M GOOD AT IS *LAUGHING*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *VENTURE INTO A LIFE INTEREST THAT DOESN'T INVOLVE SOCIAL WORK?!*



Bianca Williams

MY POSITION AT EGHS *DENTAL ASSISTANT*

FAVOURITE AFL TEAM *GEE LONG*

FAVOURITE FOOD *INDIAN*

FAVOURITE MUSIC *ALL MUSIC*

INTERESTS *GARDENING*

ONE THING I'M GOOD AT... *CLEANING*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *TRAVEL AUSTRALIA WITH FAMILY*



Michelle Wineberg

MY POSITION AT EGHS *TRAINEE ENROLLED NURSE*

FAVOURITE FOOD *CHOCOLATE AND WINE*

FAVOURITE MUSIC *90s*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *BECOME A REGISTERED NURSE*



Integrity



Excellence



Community Focus



Working Together



Learning Culture

STAFF EXERCISE CLASSES

ZOSHA JARECKI-WARKE – EXERCISE PHYSIOLOGIST

East Grampians Health Service Exercise physiologist Zosha Jarecki-Warke invites staff members to attend her Staff Exercise classes.

The classes are held on Tuesday nights 5:15-6:00pm at the Community Health Centre and they are free!

New comers and staff with all levels of ability are very welcome and will be requested to complete a pre-exercise questionnaire at the beginning of the class.

The classes are a great opportunity to stay healthy and mix with colleagues across the organisation.



EGHS Immunisation Clinics

**LINDEN MARLAND
INFECTION CONTROL COORDINATOR**

Upcoming dates for Immunisation Clinics for 2018 are as follows;

- SEPTEMBER 3RD
- OCTOBER 1ST
- NOVEMBER 5TH
- DECEMBER 3RD

All sessions are held on the first floor, Dialysis End at 2.00pm.

Extra clinics will be advised during the Flu Vaccination season in March, April and May.

Willaura staff can either attend the clinic at Ararat or contact Rachael Vallance.

If you have any questions on Immunisation or Clinics, Contact Linden Marland on 29332 OR Leeanne Atkinson on 29422

PLEASE REFER TO EGHS POLICY 70.15 FOR INFORMATION ON IMMUNISATIONS AVAILABLE AND RECOMMENDED FOR STAFF.



MY HEALTH RECORD

"Having to maintain a family of four's health records, with a person with a severe disability, is just daunting." Melissa sees choice and control as the biggest benefits of My Health Record. Read her story: <http://bit.ly/MHRMelissasBlog>

Source:
<https://www.facebook.com/MyHealthRec/>



“You can imagine how many healthcare professionals you would see with a severe disability. Hundreds and hundreds of providers over the past 20 years and I could not tell you any of their names.”

Melissa



Integrity



Excellence



Community Focus



Working Together



Learning Culture

East Grampians Health Service

Residents' Support Group

MOVIE NIGHT

featuring



Thursday September 20

Astor Cinema, Ararat

6.30pm: Wine and savouries

7.30pm: Movie

Tickets \$25 | Includes wine, savouries and entry in the raffle

Theme | Come dressed to the nines in black!

Tickets: Marlene 0419 117 279 | Libby 0438 970 351

Proceeds towards improving the lives of residents in 70 Lowe
Street and Garden View Court



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

BREAST CANCER SUPPORT GROUP CONTINUES SUPPORT OF ONCOLOGY UNIT

BY JODIE HOLWELL
COMMUNITY LIAISON OFFICER

The Ararat Breast Cancer Support Group continues to support the Oncology Unit of East Grampians Health Service and patients who receive treatment there.

Members of the group visited the Oncology Unit to hand over their fifth oncology chair, raising funds through a number of events and with the assistance of donations from other community organisations, and will soon donate a sixth chair.

The chairs are designed to provide comfort for patients receiving treatment, often for many hours at a time, and have been welcomed by patients who attend the Oncology Unit.

"We would like to thank members of the Ararat Breast Cancer Support Group for their generous donation of another oncology chair and also express our gratitude to the community for the ongoing support of our unit," EGHS Interim CEO Andrew Freeman said.

"The group receives money from many other organisations in the community which assists with the purchase of the new chairs.

"Our patients are also very grateful for the upgrade of our chairs over the last few years, as they provide a much more comfortable experience for them as they undergo treatment."

Pictured below: Members of the Ararat Breast Cancer Support Group, Lynne Wilson, Bev Walker and Lorraine Keith with Oncologist Dr Craig Carden (back) and outgoing CEO Nick Bush, seated in the new chair



EYE SURGERY MICROSCOPE STATE-OF-THE-ART

BY JODIE HOLWELL
COMMUNITY LIAISON OFFICER

East Grampians Health Service's Perioperative Unit has taken delivery of a state-of-the-art microscope used for eye surgery.

The ophthalmic microscope is used for surgical procedures such as cataract removal and was used by surgeons for the first time this month.

The previous ophthalmic microscope was purchased in 2008 with a generous donation from the Victoria Police Blue Ribbon Foundation Ararat Branch.

This microscope was second hand when purchased and repairs and spare parts are no longer available for this model.

Manager of the Jason Bond Perioperative Unit Jane Smith said the new microscope is able to be programmed with individual surgeon preferences for ease of use and has improved vision for the surgeons.

"We have the ability to attach the microscope to a TV screen so nursing and other staff can see the procedures being carried out," Ms Smith said.

"This can also be used as a teaching aid for interns and medical and nursing students."

Ms Smith said the new microscope also benefits patients.

"Patients can now have their surgical procedures using the latest microscope technology," she said.

"The new microscope has the potential to shorten procedure times which is good for patients as the time spent in theatre is reduced and therefore the time they spend as a patient also decreases.

"Our surgeons are thrilled with the arrival of the new microscope, which they commenced using this month."

Pictured below: Surgeon Mr David Francis with the new ophthalmic microscope



Pictured below: Surgeon Mr David Francis and nurse Kirby Connarty undertake a cataract removal procedure, which can be seen on the TV screen attached to the new ophthalmic microscope



Integrity



Excellence



Community Focus



Working Together



Learning Culture



ARARAT MUSICAL
COMEDY SOCIETY

Mr. Les Misérables

INFORMATION NIGHT

ARARAT 800
PRIMARY
SCHOOL
MUSIC ROOM

THURSDAY
27TH
SEPTEMBER
@ 7:00PM

JUNE 2019 PERFORMANCES

AUDITIONS: Oct 2018 - Fri 5th / Sat 6th / Sun 7th
Register: araratmusicalcomedysociety@gmail.com
(Expression of interest, Experience, Vocal Range if known)

For other enquiries, please contact:
Pam 0407 849480, Leanne 0439 048813, Jodie 0438 524793



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

RELAY 'CHILD'S PLAY' FOR CYCLISTS MURRAY TO MOYNE CYCLE RELAY

BY JODIE HOLWELL – COMMUNITY LIAISON OFFICER

The East Grampians Health Service Ark Toy and Activity Library will have brand new outdoor play equipment thanks to the 2018 Murray to Moyne Cycle Relay team.

Teams representing EGHS in this year's Murray to Moyne Cycle Relay raised in excess of \$18,500, far exceeding their goal of \$15,000.

The two teams, the Cranks and Defibrillators, comprised 16 riders and a support crew of seven, including bus drivers, catering and support persons.

Conditions for this year's ride were in stark contrast to last year's, with perfect weather providing cyclists with ideal riding conditions and they made good time throughout the event.

"We had probably the best conditions I've ever seen in a Murray to Moyne Relay, and this was my 10th year riding," Cranks' captain Alan Young said.

"This enabled all our team members, some experienced, some very new to the event, to enjoy their riding sessions.

"We also had a great meal cooked up for us by the Rotary Club of Ararat at Donald, which refuelled us for the home stretch to Hamilton, and we arrived about 12.30am.

"The Sunday ride to Port Fairy saw our team ride as one group and it was great to see a large crowd cheering us on as we rode into the centre of the town."

The Ark Toy and Activity Library will move into a new space at the EGHS Community Health Centre, which is currently undergoing an extensive redevelopment.

The Toy Library has provided a lending service of toys/games/puzzles for children with special needs in the

community for 36 years.

In past years, the Toy Library has branched out to also provide items for residents in aged care and for parents and babies' groups, particularly from isolated areas of the rural parts of the region, who wouldn't normally have access to such networking opportunities.

"We took this project on to support the Toy Library volunteers as we saw a need for extra play space for children who use the Toy Library," Defibrillators' captain Charlie Reid said.

"The Toy Library volunteers are an amazing group of women who support children with special needs, as well as providing a place for parents and babies to meet in a social setting.

"Adding to the new space with an outdoor play area will give the children extra space to run around in an active setting, something our cycling teams love to promote as well."

EGHS Interim CEO Andrew Freeman thanked the Murray to Moyne teams for their efforts in raising \$18,500 this year.

"Our health service has been participating in Murray to Moyne for close on 25 years and in that time our teams have raised thousands of dollars for equipment across the organisation," Mr Freeman said.

"We are proud of the work they do in raising funds each year and for taking on the challenge of riding 525 kilometres in what can often be a grueling event.

"I would also like to thank this year's significant sponsors. They include Christian's Bus Co, Ararat Medical Centre, AME Systems, S T Hamilton and Son Constructions, Ark Toy and Activity Library Auxiliary, Ararat Advertiser, Ken McCready and the Rotary Club of Ararat, as well as all other sponsors from across the region. Without your support, raising significant funds each year would not be possible."

Pictured below: The East Grampians Health Service Cranks and Defibrillators – riders and support crew



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

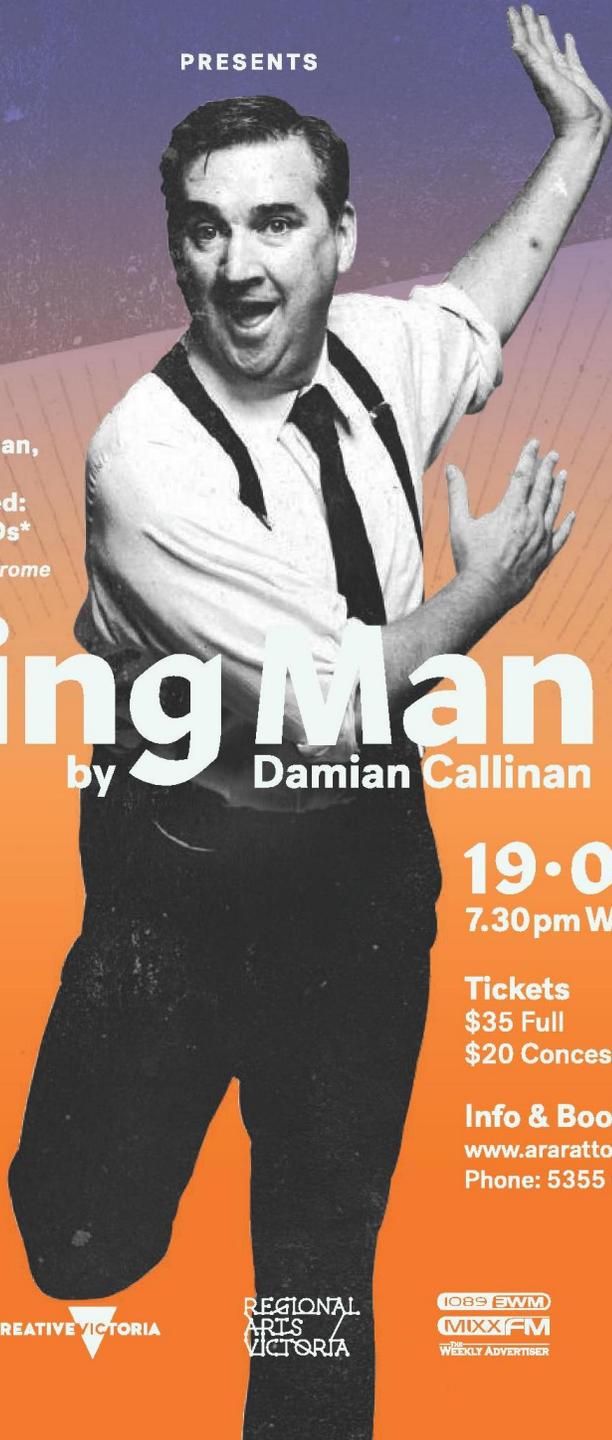
ARARAT

TOWN HALL

PRESENTS

Damian Callinan,
renowned character
and stand-up comedian,
confirms what many
had already suspected:
he suffers from OTTDs*

**Over the Top Dance Syndrome*



Swing Man

by Damian Callinan

19·09·18

7.30pm Wednesday

Tickets

\$35 Full

\$20 Concession

Info & Bookings

www.araratownhall.com.au

Phone: 5355 0900



CREATIVE VICTORIA

REGIONAL
ARTS
VICTORIA

1089 EWM
MIXXFM
WEEKLY ADVERTISER

Hey
BOSS



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

NEW BABIES AT EGHS



Hannah Bird and Patrick Clancy have welcomed the arrival of Mayson John Clancy. Baby Mayson was born on August 8 2018 at East Grampians Health Service weighing 3345 grams.

Hannah and Patrick thanked doctors and EGHS staff, saying: "Thank you for your amazing work in helping bring our son into this world and teaching us the key points to starting motherhood and fatherhood. Thanks everyone."

COMMUNITY HEALTH CENTRE TAKING SHAPE

BY JODIE HOLWELL

COMMUNITY LIAISON OFFICER

Works are continuing to progress on the Community Health Centre.

Support services staff are currently working behind the scenes and on the temporarily erected wall in the Maternal and Child Health service space. They are in the process of erecting the walls for the MCH treatment room, speech pathology treatment room and the children's play area.

The Ark Toy and Activity Library area is now starting to take shape with the framing almost complete.

Contractors have been working on the extension at the front of Community Health Centre. The slab has been poured and the next stage will be the steel framing.

Staff in the physiotherapy office have been relocated into their new workspace, which they are enjoying.

"User groups and community input continues to occur, particularly around fitting out and ensuring that the new space is user friendly," Clinical Project Lead Deb O'Brien said.

"Information gathering and research is an ongoing process to ensure governance and practice standards are adhered to."

Ms O'Brien asked everyone to be aware that parking is a continued issue for our clients and would appreciate everyone's continued cooperation allowing the carparks in Girdlestone to Street to be kept free for the elderly and those whom are unable to mobilise any distance.

"We thank everyone for their continued patience with the temporary entrance and relocation of staff and client contact space during the project," she said.



Integrity



Excellence



Community Focus



Working Together



Learning Culture



Do you love to sing, have always wanted to sing, currently just sing in the shower?

**East Grampians Health Service
is reviving the**

The Choir will perform around the health service in the week leading up to Christmas



Rehearsals

August 29

September 26

October 31

November 28

Time: 3pm-4pm (approx)

Venue: The NEST

ALL STAFF WELCOME TO JOIN

No auditions, no solo singing, just a chance to get together, sing some Christmas carols and brighten the lives of people in hospital and at our aged care facilities over the Christmas period

Community members also invited to join

For further information: EGHS Community Liaison Officer Jodie Holwell

P: 5352 9387

E: jodie.holwell@eghs.net.au

CHRISTMAS CHOIR REHEARSALS COMMENCE

BY JODIE HOLWELL

COMMUNITY LIAISON OFFICER

The EGHS Christmas Choir held its first rehearsal in late August, with six staff and one auxiliary member attending.

The choir is being lead by Leanne McCready, who currently teaches choir at Ararat West Primary School and is the vocal director of Ararat Musical Comedy Society.

The choir is looking at a number of performance dates throughout December, including the Lowe Street Carols, and performing in front reception, around the wards, the Patricia Hinchey Day Centre, Willaura Healthcare, Garden View Court and 70 Lowe Street and the EGHS staff Christmas breakfast.

Staff, auxiliary members, residents and community members are welcome to join in for rehearsals and performances.

There is no need to attend all rehearsals or all performances, just come when you can.

The next rehearsal will be held from 3-4pm on September 26 in the new venue of Pyrenees House. All welcome!



Pictured left: Choir members Maree Fraser, Jodie Holwell, Viv Burrige, choir leader Leanne McCready, Kristine Hughes, Kim Hartwich, Eman Alsulami and Beck McKay



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

ARARAT

TOWN HALL

PRESENTS

Grigoryan Brothers

Songs without Words

Performing works from their latest release *Songs Without Words*, Australia's finest guitar duo return to their love of classical repertoire in this one night only performance.

06-09-18
7.30pm Thursday

Tickets
\$25 Full
\$15 Concession

Info & Bookings
www.araratownhall.com.au
Phone: 5355 0900



Integrity



Excellence



Community Focus



Working Together



Learning Culture



Easy Lamb Flatbread

INGREDIENTS:

- 1 large red onion
- 1 1/2 tablespoons extra virgin olive oil
- 1 long fresh red chilli, thinly sliced
- 1 tablespoon ground cumin, plus extra, to sprinkle
- 500g lamb mince
- 1 tablespoon tomato paste
- 1 lemon, rind finely grated
- 400g garlic Afghan bread
- 90g (1/3 cup) Greek-style yoghurt
- 100g soft feta, coarsely crumbled
- 1/2 cup combined fresh herbs (mint and coriander leaves)

METHOD:

1. Preheat oven to 230C/210C fan forced. Thinly slice half the onion into rings and reserve. Finely chop remaining onion.
2. Heat 1 tablespoon of oil in a large non-stick frying pan over medium-high heat. Add chilli and chopped onion. Cook, stirring, for 2 minutes or until softened. Stir in the cumin for 30 seconds or until aromatic. Increase heat to high. Add the mince. Cook, breaking up lumps with a wooden spoon, for 4 minutes or until browned. Stir in the tomato paste for 1 minute. Stir in lemon rind and season.
3. Place bread on a large baking tray. Top with lamb mixture. Dollop with yoghurt and top with feta. Sprinkle with extra cumin. Bake for 15 minutes or until golden and crisp.
4. Meanwhile, juice half the lemon. Cut remaining lemon into wedges. Combine the reserved onion, lemon juice and remaining oil in a bowl. Season. Set aside to macerate. Add herbs. Toss to combine.
5. Top the pizza with the onion mixture. Serve with lemon wedges on the side.

AIM (100s) CLUB

CORPORATE SERVICES RECEPTION

The following are the latest 100s Club draw results, winners can collect their prizes from reception;

DRAW 31 JULY 2018		DRAW 14 AUG 2018		DRAW 22 AUG 2018	
1 ST PRIZE	JOEY COLLINS	1 ST PRIZE	RACHELL LOFFLER	1 ST PRIZE	JO MASON
2 ND PRIZE	C M BAKER	2 ND PRIZE	KAYLA PYKE	2 ND PRIZE	JULIE FRAWLEY
3 RD PRIZE	S J WEBB	3 RD PRIZE	GUS BROWN	3 RD PRIZE	LORINE PATTERSON
4 TH PRIZE	GARY CUNNINGHAM	4 TH PRIZE	TAG LEWIS	4 TH PRIZE	AN CERATO



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture

EGHS ECHO

East Grampians Health Service
Girdlestone Street, Ararat VIC 3377
Phone. 5352 9300
Fax. 5352 9333

The Echo is published on the 4th Friday of the month. The deadline for submissions of articles is the Tuesday prior. The *ECHO* Editor is Lisa Nolen. Information can be sent through, preferably by email, to lisa.nolen@eghs.net.au. Printed copies of the *ECHO* are distributed to IPU, Theatre, 70 Lowe Street, GVC, Day Centre and the Cafeteria. The *ECHO* is sent via email to all staff, Board of Management, Ararat Medical Centre, Ararat Psych Services as well as the staff at the Ararat Ambulance Station.



Integrity



Excellence



Community
Focus



Working
Together



Learning
Culture