



EGHS ECHO



East Grampians
Health Service

JUNE

2020

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the June edition of the EGHS Echo.

East Grampians Health Service continues to deal with the COVID-19 (Coronavirus) pandemic and our Hospital Incident Management Team is following the guidelines provided by the Department of Health and Human Services.

Despite the challenging times, during the past month we have taken the time to celebrate three important days that recognise our staff and volunteers.

International Midwives' Day and International Nurses' Day were two days where we recognised and acknowledged the outstanding work of both our nurses and midwives across the health service.

I have so much admiration for the profession of nursing and I take this opportunity to thank all of our amazing nurses and midwives at EGHS, particularly during this challenging time.

We also celebrated National Volunteer Week and while we couldn't gather in person, we acknowledge and thank all our volunteers for their continued support of the health service.

At EGHS we have 147 volunteers, who devote countless hours to the health service and offer understanding and friendship for our patients, clients, consumers, residents and staff, as well as raising many thousands of dollars each year towards new equipment and services.

Thank you everyone.

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EGHS POLICIES & CPGs

BY SARAH HARWOOD - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

UPDATED POLICIES	
SOPP 11.05	AUDIT
SOPP 11.04	CLINICAL PRACTICE GUIDELINES
SOPP 74.09	CLINICAL REGISTRIES
SOPP 80.01	PROTECTED MEALTIMES
SOPP 45.01	ELECTIVE SURGICAL ADMISSION & DISCHARGE FOR PRISONERS
SOPP 12.04	CONSUMER PARTICIPATION
SOPP 6.03	MEETINGS & GROUP MEMBERSHIP
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SOPP 45.02	SECURITY ISSUES WHEN CARING FOR A PRISONER
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CPG 10.19	VISITORS TO THE OPERATING THEATRE
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INFO40.1	INFORMATION FOR THE CAESAREAN SUPPORT PERSON
BRCC35	CARDIAC REHABILITATION & HEALTH HEARTS
BRCN05	HEALTHY @ HOME

UPDATED MR	
MR300.7	SMART GOALS WORKSHEET
MR303.16	NO FALLS GROUP – OUTCOME MEASURES
MR076.29	COVID-19 THEATRE SCREENING
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MR302.2	OT – PREOPERATIVE ASSESSMENT
MR076.10	ACTIVITY RISK ASSESSMENT
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UPDATED FORM	
18.00.00	PAC REFERRED CLIENTS
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18.00.09	PAC REVIEW DETAILS
18.00.10	PAC SERVICE PLAN
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18.00.08	PAC ACTIVE LIST
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20.01.05	TRAVEL CLAIM FORM
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71.00.00	GMT SECURITY AGREEMENT
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59.01.21	PULMONARY WORKOUT DIARY
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EREBUS MEDICAL DONATES PPE TO HEALTH SERVICE

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health service has received a generous donation from Erebus Medical of Personal Protective Equipment (PPE) for use during the COVID-19 pandemic.

Erebus Medical was created just after the COVID-19 outbreak and is supported by its parent company Erebus Motorsport.

Erebus Motorsport is a Melbourne-based Australian Supercar team, owned by Betty Klimenko and sponsored by Penrite Oil.

With the Supercars season on hold, Erebus Motorsport joined the global fight against COVID-19, using the resources of its Supercars team workshop to develop and produce potentially life-saving medical supplies.

Liaising with Supercars Medical Delegate Dr Carl Le, they have refined a number of medical products and helped fill the demand for PPE to protect medical staff from the virus.

- Over 12,000 face shields have been distributed to 120 different locations around Australia, with majority of these going to hospitals
- Distribution of the protective equipment has been facilitated by CoolDrive Auto Parts
- 60 negative pressure boxes were also distributed to 40 different hospitals for testing and feedback.

EGHS received 86 face shields, 20 ear savers (to be used with face masks) and an intubation box, which will protect staff working with COVID-19 patients.

"It's a challenging time and all Australians need to do all they can to help," Erebus Motorsport CEO Barry Ryan said.

"We are in a fortunate position where we have the ability to make this shift in our operations and help our health care workers and patients."

EGHS was fortunate to receive the equipment through a staff contact with Erebus Motorsport.

Within a few days of the request going to Erebus, EGHS had received the equipment.

EGHS Chief Executive Andrew Freeman thanked the team at Erebus Medical for their generosity.

"We are very grateful to Erebus Medical for their donation of Personal Protective Equipment, which we

will use in the event of having to treat patients at the health service with COVID-19.

"It is important that our staff are protected when treating COVID-19 patients and this equipment will ensure that all our staff are kept safe.

"We are also grateful for Erebus Medical's recognition and support of a rural health service."



Pictured above: Nicole Carlyle and Dr Dan Wilson testing the medical equipment donated by Erebus Medical.



Pictured above: Dr Dan Wilson, Nicole Carlyle, Manager of Acute Services Tracey Walters and Clare Stacpoole



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Feeling unwell? Get tested.

Symptoms of coronavirus (COVID-19)

- Fever
- Chills or sweats
- Cough
- Headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered.
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell



Wash your hands



Keep your distance (1.5 metres)



Stay home if you are feeling unwell

For more advice or to find out where to get tested, call the **24-hour coronavirus hotline 1800 675 398** or visit **www.dhhs.vic.gov.au/coronavirus**

If you need an interpreter, first call **131 450**, then request the **coronavirus hotline** or ask them to look at the website for you.

Contact your local doctor or use our online self-assessment tool.

Please keep Triple Zero (000) for emergencies only

Use the QR Code to find your closest testing site.



To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au

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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Rachael Phillips

MY POSITION AT EGHS	<i>HUMAN RESOURCES OFFICER</i>
FAVOURITE AFL TEAM	<i>RICHMOND</i>
FAVOURITE FOOD	<i>CHOCOLATE</i>
FAVOURITE MUSIC	<i>VARIOUS, 80s</i>
INTERESTS	<i>GARDENING, HORSE RIDING, CAMPING</i>
ONE THING I'M GOOD AT	<i>GARDENING</i>
ONE THING I WANT TO DO IN MY LIFETIME IS...	<i>CONTINUE EXPLORING AUSTRALIA</i>



Stefanie Seary

MY POSITION AT EGHS	<i>DIETITIAN</i>
FAVOURITE AFL TEAM	<i>GEELONG CATS</i>
FAVOURITE FOOD	<i>THAI FOOD</i>
FAVOURITE MUSIC	<i>SPOTIFY 'MOOD BOOSTER' PLAYLIST</i>
INTERESTS	<i>ROWING & BAKING</i>
ONE THING I'M GOOD AT...	<i>BEING A VOLUNTEER ROWING COACH AT LORETO COLLEGE BALLARAT</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>TRAVEL & FLY BUSINESS CLASS</i>



Zari Taylor

MY POSITION AT EGHS	<i>HEALTH CARE WORKER - GARDEN VIEW COURT</i>
FAVOURITE AFL TEAM	<i>COLLINGWOOD</i>
FAVOURITE FOOD	<i>PASTA</i>
FAVOURITE MUSIC	<i>ANYTHING THAT HAS A GOOD BEAT</i>
INTERESTS	<i>NETBALL</i>
ONE THING I'M GOOD AT...	<i>BEING ORGANISED</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>BECOME A NURSE & A MUM</i>



Ebony Scown

MY POSITION AT EGHS	<i>CLEANING ASSISTANT</i>
FAVOURITE FOOD	<i>WATERMELON</i>
FAVOURITE MUSIC	<i>COUNTRY</i>
INTERESTS	<i>TRAVEL, FAMILY, FRIENDS, ANIMAL CARE</i>
ONE THING I'M GOOD AT...	<i>CLEANING, LISTENING, SLEEPING</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>TRAVEL MORE & STUDY NURSING</i>



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Brittany Lugg

MY POSITION AT EGHS	CATERING ASSISTANT - CAFÉ PYRENEES
FAVOURITE AFL TEAM	PORT ADELAIDE
FAVOURITE FOOD	CHICKEN
FAVOURITE MUSIC	ALL MUSIC
INTERESTS	SPORT, HAIRDRESSING
ONE THING I'M GOOD AT	BEING OUTGOING, TALKING, MAKING FRIENDS
ONE THING I WANT TO DO IN MY LIFETIME IS...	LIVE HAPPY & HEALTHY



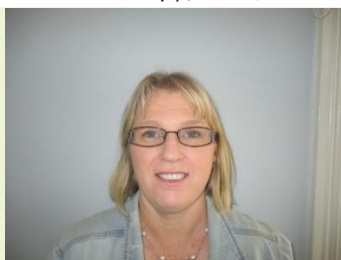
Ashlee Lindsay

MY POSITION AT EGHS	CATERING ASSISTANT
FAVOURITE AFL TEAM	WESTERN BULLDOGS
FAVOURITE MUSIC	R&B, ALMOST ANYTHING
INTERESTS	COOKING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	HELP AND MAKE A DIFFERENCE



Tenneill Cockfield

MY POSITION AT EGHS	SUPPORT SERVICES
FAVOURITE FOOD	PIZZA
FAVOURITE MUSIC	POP ROCK
INTERESTS	COOKING & GARDENING
ONE THING I'M GOOD AT...	DANCE
ONE THING I WANT TO DO IN THIS LIFETIME IS...	IMPROVE MY HEALTH, SPEND LOTS OF TIME WITH MY FAMILY & FRIENDS



Shealyn Douglas

MY POSITION AT EGHS	ENROLLED NURSE - GARDEN VIEW COURT
FAVOURITE FOOD	SPAGHETTI BOLOGNESE
FAVOURITE MUSIC	ANY MUSIC
INTERESTS	EXPLORING OUTDOORS WITH MY GERMAN SHEPHERD
ONE THING I'M GOOD AT...	HIKING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	MORE TRAVEL OVERSEAS



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LOWE STREET SNIPPETS

BY BERNADETTE CINCOTTA

RESIDENT SUPPORT COORDINATOR – 70 LOWE STREET

During COVID-19 restrictions residents have been getting fence side visits, phone calls and Skype sessions to stay in touch.

Residents have been doing lots of baking and painting art on mandalas; dandelion painting; and creating artworks using buttons, and autumn leaves.

They have enjoyed High Teas accompanied by pre-recorded music concerts from Jan Pope.

We have started a program called Armchair Travel where we travel to different countries using audio visual tours on the big TV. Staff dress up and entertain with cultural theatre and we enjoy the music and cuisine that each country is known for. So far we have armchair travelled to Greece, Italy and England. France is on the agenda for June.

They have also made cards to send back to the kids who have sent us pictures and notes as part of the "Kindness in the mail" program and have begun making bird seed wreaths to attract birds to the 70 Lowe Street gardens.

We have had a ball during the restrictions but residents are certainly looking forward to close contact with loved ones.



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INTERNATIONAL NURSES' DAY



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PARKLAND PURSUITS

By MICHELLE MASLEN

HEALTH CARE WORKER – WILLAURA HEALTH CARE

In May we enjoyed playing plenty of games, picture Bingo, Hooky, quoits and Hoi. We couldn't really go out and it was also cold and rainy. The days have started out cold but then the sun comes out. On Mother's Day, we enjoyed a ladies day and arranged flowers.

The ladies have had their nails done and also the men. The residents have had a few hair trims and shaves. This is what happens when the outside is closed down, the inside lights up!

In June we will have cooked Breakfasts, soup and sausage rolls. We will play some trivia games and good quiz games on the board. All the residents are getting used to having more activities to participate in and always ask what's on. We have a white board that we write on every day so the residents can choose what they would like to do.

We have some great quiz masters already that know the answers too quickly, so I have to handicap them. It is a good time for our creative minds to think up new games to play.

Cheers for now



Pictured above: Wern Koch doing exercises



Pictured above: Joyce Dunstar arranging flowers

Pictured below: Alma Sloper



EGHS Immunisation Clinics

LEEANNE ATKINSON

INFECTION CONTROL COORDINATOR

Upcoming dates for Immunisation Clinics for 2020 are as follows;

- 6TH JULY 2020
- 3RD AUGUST 2020
- 7TH SEPTEMBER 2020
- 5TH OCTOBER 2020
- 2ND NOVEMBER 2020
- 7TH DECEMBER 2020

All sessions are held on the first floor, Oncology Wing from 2pm to 3pm.

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

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

If you have any questions on Immunisation or clinics, contact Leeanne Atkinson on 29332 or Hannah Reid on 29328.

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



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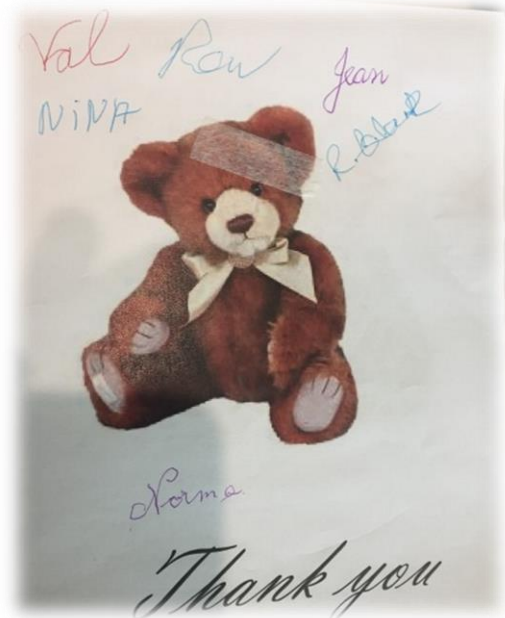
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INTERNATIONAL NURSES' DAY AT 70 LOWE STREET

BY BERNADETTE CINCOTTA

RESIDENT SUPPORT COORDINATOR – 70 LOWE STREET

For International nurses day, our residents got busy making biscuits and Thank you flyers for the nurses that look after them. Nurses were presented with their gifts of Thanks throughout the day.



Pictured above: Residents signed Thank you flyers for the nurses.



Pictured above: Simone helps Brian and Lorraine cut out the biscuits shapes



Pictured above: Residents and staff pipe icing on the biscuits



Pictured above: Simone helps resident Robin, stir the biscuit mixture



Pictured above: Unit Manager Tanya Haslett with residents Nina and Beat



Pictured above: Nurses Abby and Carolyn receive their gifts of Thanks from resident Shirley



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SECOND STAGE OF SOLAR INITIATIVE RECEIVES \$650,000 FUNDING

BY JODIE HOLWELL
COMMUNITY LIAISON

Recent events at the East Grampians Health Service in Ararat will result in more money being reinvested back into the health service.

The service has just completed the first stage of a major project to install and commission solar panels at the Willaura Campus, the main Ararat Hospital building, Community Health Centre, support services, the mental health building, and 70 Lowe Street and Garden View Court.

"This stage of the solar power initiative was made possible thanks to a generous bequest from Ararat businessman Joe Kapp," East Grampians Health Service Board Chair Nancy Panter said.

Recently EGHS received notice that the second stage of the emPOWERing East Grampians Health Service Solar project, to install solar carpark shelters in staff and visitor car parks will be funded by the Victorian State Government.

"This \$650,000 grant from the Victorian Government enables us to increase solar power production which lowers our costs and helps us to deliver on our strategic objectives, while improving the customer experience by providing our community with undercover parking. It's a win-win for our community," Ms Panter said.

"It's not pleasant returning to your car which has been parked in full sun on a 40C day after an appointment with a newborn at East Grampians Health Service," Ms Panter said about her experience in 2016 with her son Toby.

"The Board has discussed how undercover parking would provide shelter for our community, particularly elderly, frail and young families, from inclement weather including extreme heat and rain when visiting the hospital.

"The Board is proud to acknowledge the project as an important step towards a low carbon emissions future for EGHS."

East Grampians Health Service Chief Executive Andrew Freeman thanked Ballarat Renewable Energy and Zero Emissions Inc (BREAZE) for their support in the project.

"It is absolutely fantastic to receive the support from BREAZE and the Victorian State Government, which will allow us to continue with the emPOWERing East Grampians Health Service Solar Project," Mr Freeman said.

"It also provides an important economic stimulus to the region's economy. We anticipate there will be opportunities for manufacture, installation and project management from businesses within the region."



Pictured above: Artist impression of the new carpark shelters which will hold the solar panels



**Concerned about COVID-19?
Call our hotline 1800 675 398.**

Please keep triple zero (000)
for emergencies only.

www.dhhs.vic.gov.au/coronavirus



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70 LOWE STREET RESIDENTS CONNECTING WITH COMMUNITY

By JODIE HOLWELL
COMMUNITY LIAISON

Residents of 70 Lowe Street have thoroughly enjoyed making cards to send back to the children that have been part of the 'Kindness in the Mail' project, which has been running during COVID-19.

Kindness in the Mail has been a wonderful way of making our residents feel connected and a great way of teaching the younger generation about connection and compassion.

Pictured are just some of the lovely artworks and jokes sent in by children that have been gracing our noticeboard during this time.

SMILING MIND

Thanks to funding from the Australian Government we've developed a program to support the mental health and wellbeing of healthcare workers at this challenging time.



It's time to take care of YOU

With Smiling Mind's new Healthcare Workers Program

This special program, supported by the Australian Government has been designed to give you the tools and resources to look after your mental health during the COVID-19 crisis.

Try the program today:

- 1 Download the Smiling Mind App
- 2 Go to 'My Programs'
- 3 Select 'All Programs'
- 4 Select 'Healthcare Workers'
- 5 Start your mindfulness journey!

Download on the App Store | GET IT ON Google Play

Start taking care of your mental health today.

This program is funded by Australian Government Department of Health



JUST IN TIME FOR MOTHER'S DAY

By JODIE HOLWELL
COMMUNITY LIAISON

Little Audrey Elizabeth Johnston arrived just in time for her mum Aimee to celebrate her very first Mother's Day.

Baby Audrey is the first child for Aimee Willmott and Marcus Johnston and was born at East Grampians Health Service on May 7, weighing 3570 grams.

"The midwives and staff at EGHS made our experience wonderful. Big thank you to Shae and Keryn and Dr Chee for looking after us," Aimee Willmott.



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PATRICIA HINCHEY CENTRE REOPENS

BY JODIE HOLWELL
COMMUNITY LIAISON

The Patricia Hinchey Centre reopened on Monday June 1 and both consumers and staff were excited to resume their activities and friendships.

PHC staff have, during the COVID-19 closure, visited our consumers in their homes, checking on their welfare and providing activities.

These activities have included light exercises such as walks, assisting with essential shopping, monitoring health and wellbeing and importantly providing a visit from a friendly face.

When told this week that the Centre would be reopening, president of the Friends of the Patricia Hinchey Centre, Graeme, penned a letter to Manager Jacinta Harman:

It has been a short while since the last report and I say hello to everyone.

There have been good and sad things from the virus isolation. Having Jacinta and staff visiting me at home has been really good.

Family and friends that have helped me over the last weeks have shown me we are not alone.

We have had time to do our hobbies, such as craft, going for walks, and doing things that are interesting to us.

Receiving and writing letters to each other was really nice, it was knowing that I was not alone.

I liked the secret sound and other activities that made it feel like I was at the centre.

I have missed talking to my friends and others and just the time we spent together.

I feel very excited about coming back to the centre and when Jacinta called and told me they were opening the centre again I cried. It was very important to me.

To all the people who had a birthday during the isolation I say happy birthday to you and I look forward to seeing you all and having a laugh.

(FOR MORE PHOTOS, SEE PAGE 15)



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MOTHER'S DAY AT EGHS

BY JODIE HOLWELL
COMMUNITY LIAISON

Across Victoria many mums were unable to see their children and grandchildren on Mother's Day this year.

Mums in our aged facilities were also affected by this restriction, however at Garden View Court our EGHS Residents' Support Group brightened up their day by donating flowers from their gardens, which were made into table decorations for Mother's Day.

Across all our aged care facilities, including Garden View Court, 70 Lowe Street and Parkland House Hostel in Willaura, mums were spoilt by our staff, who made sure they didn't miss out on a special Mother's Day.



INTERNATIONAL MIDWIVES' DAY

BY JODIE HOLWELL
COMMUNITY LIAISON

On May 5 we celebrated and recognised the work of midwives and their contribution to maternal and newborn health.

"Thank you to every midwife working across EGHS for their ongoing commitment to high quality midwifery care and the dedication, skill and compassion you provide to women and their families" EGHS Chief Executive Andrew Freeman said.



HELP STOP THE SPREAD

Adapted from the American Centers for Disease Control and Prevention (CDC)

Visit www.dhhs.vic.gov.au/coronavirus



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STAFF RAISE \$250 FOR MINUS18 FROM IDAHOBIT DAY

BY JODIE HOLWELL
COMMUNITY LIAISON

EGHS staff raised just over \$250 for Minus18 on IDAHOBIT Day.

Held a little earlier, due to IDAHOBIT Day falling on a weekend, staff decorated their work spaces and wore rainbow colours to recognise the day, as well as rainbow badges.

Thirty years ago - on May 17, 1990 - the World Health Organisation removed homosexuality from the Classification of Diseases and Related Health Problems.

International Day Against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT) celebrates LGBTIQ people globally, and raises awareness for the work still needed

Minus18 builds social inclusion, and advocates for an Australia where all young people are safe, empowered, and surrounded by people that support them.

Through a preventative model of mental health support, Minus18 tackles social isolation by creating fun-filled spaces where LGBTQIA+ young people belong and are celebrated.

Being visible, making friends and feeling supported are what Minus18 events are about.



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NATIONAL VOLUNTEER WEEK

Our 147 volunteers devote countless hours to our health service and we thank them for all that they do for our patients, residents, clients and staff.



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NATIONAL PALLIATIVE CARE WEEK



End of Life Care or Palliative Care... It's more than you think.

National Palliative Care Week is May Sunday 24 May thru to Saturday 30 May. It's a week to acknowledge the exceptional Palliative Carers in our communities and to encourage everyone to start the conversation with loved ones so that choices are known and can be respected when needed.

Death is one thing we can be sure that we can't avoid in life. It is very hard for many of us to talk about it.

Palliative Care assists patients and their families to talk about death and to receive the best possible end of life care focussed on their preferences, values, dignity and comfort, respecting that quality of life matters most.

To die well means to live well. We can take away the fear of death by talking about it. We can let our family and friends know our wishes; plan for it as we plan for other major events in our life.

As it is Palliative Care Week, why not start the conversation with those who care for you now and they will help to ensure that your choices are respected?

Did you know?

End of Life or Palliative Care

- can be provided at home (most people prefer to die at home), in hospital, in a hospice, in a residential aged care facility or anywhere else that someone has chosen to die (within reason)
- is for people of any age who have been told that they have a serious illness that cannot be cured.
- assists people with illnesses such as cancer, motor neurone disease and end-stage kidney or lung disease to manage symptoms and improve quality of life.
- may be beneficial from the time of diagnosis with a serious life-limiting illness.

End of Life or Palliative care can

- optimise the quality of life for a person who is expected to die
- help people live their life as fully and as comfortably as possible, for as long as possible
- be person and family-centred
- identifies and treats symptoms which may be *physical, emotional, spiritual or social*
- ensure quality, coordinated health care, where increased services and support are essential
- extend to bereavement care.

Because palliative care is based on *individual needs*, services offered will differ, they may include:

- Pain relief and other symptom management e.g. vomiting, shortness of breath
- Equipment to aid care at home
- Family assistance to talk about sensitive issues
- Links to other services such as home help and financial support
- Referrals to respite care services
- Support for people to meet cultural meanings
- Support for emotional, social and spiritual concerns
- Counselling and grief support.

In the Grampians region your local end of life or palliative care specialist teams are:

- Ballarat Hospice Care Inc.
- Central Grampians Palliative Care
- Djerriwarrh Palliative Care
- Gandarra Palliative Care
- Grampians Regional Palliative Care Team
- Wimmera Hospice Care



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THE MAY 50K - KISS GOODBYE TO MS

BY HANNAH JENNINGS
EXECUTIVE ASSISTANT

With Covid-19 causing havoc across the world it didn't leave us all with much to do. With my life plans out the window I decided to sign up to The May 50K to support my friend Jessie who was diagnosed in her early 20's with multiple sclerosis (MS).

What is MS?

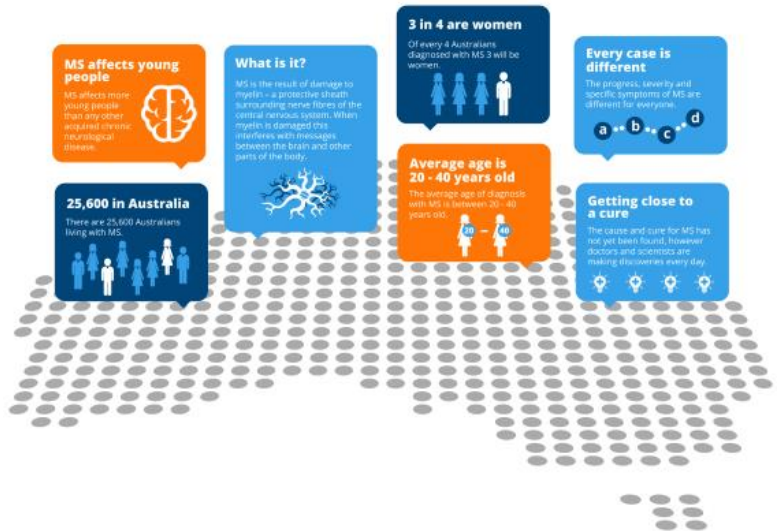
Multiple Sclerosis (MS) is the most common chronic neurological disease affecting young adults and there is currently no cure. The average age of people diagnosed with MS is just 30 and 3 out of 4 Australians with MS are women.

MS is the result of the immune system attacking and damaging the myelin which is the protective sheet that allows the electrical messages sent by the brain to travel to the rest of the body. As the myelin breaks down patches of nerves become exposed and then scarred. This then means that the nerves are unable to communicate messages properly to the rest of the body which causes a range of symptoms including loss of motor function, loss of sensation, vision, balance and changes to thinking and memory.

The May 50K

I decided to set myself a target of 50km for the month of May I thought I would be unlucky with weather and that this distance would challenge me to remain committed to exercising as often as I could. To my surprise I was able to hit 50km by the end of week 2! I quickly re-evaluated my goals and set myself to achieve 90km of walking for the month of May, which I achieved. Our group raised \$1930 to help research find a cure for MS. There were tough and unmotivating times, but Jessie was my inspiration to push through as she does not let MS define her life. She is also a young mum to Kye who is a week older than Oscar, my first born, and is currently studying her education degree to become a primary school teacher.

There are those who completed The May 50K who have achieved 300km even 500km of walking and running for the Month of May. One lady even increased her goal to 1000km between bike riding and walking. The 30th of May we also celebrated World MS day. A total of \$6 million has been raised so far for research. If you would like to donate please head over to <https://kissgoodbyetoms.org/>



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CHORIZO CARBONARA

INGREDIENTS:

- 200g spaghetti
- 1 tbsp. extra virgin olive oil
- 2 x 100g dried chorizo, finely chopped
- 1 garlic clove, crushed
- 1 sprig rosemary, finely chopped
- 2/3 cup (50g) grated parmesan
- 2 tsp white vinegar
- 2 eggs
- 1/2 cup chopped flat-leaf parsley leaves



METHOD:

1. Bring a large saucepan of water to the boil over high heat.
2. Place chorizo and oil in a cold frypan, then place over medium heat. Once it begins to sizzle and the fat starts to render, cook, stirring, for 6 minutes or until crisp.
3. Meanwhile add the pasta to the water and cook until al dente.
4. Add the garlic and rosemary to the chorizo and cook for 30 seconds until fragrant then remove from the heat.
5. Use tongs to remove pasta from the water and place into the pan of chorizo, allowing excess water to follow along with 1/3 cup water.
6. Return the water to just below a simmer. Add the vinegar then gently lower in the two eggs using two small bowls. Poach for 2 minutes for very soft eggs.
7. Toss the pasta with half the parmesan and a little more water if needed and parsley and divide between bowls. Top with the eggs.
8. Sprinkle with extra parmesan, parsley and cracked pepper.



EGHS ECHO

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