



EGHS ECHO



East Grampians
Health Service

SEPTEMBER
2023

FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



Welcome to the September edition of the Echo.

I am enjoying the spring weather coming in and it is a little warmer to enjoy the carnival-like atmosphere of the netball and football finals being held across our district. Good luck to our staff members and their family members participating.

The Victorian Royal Commission into Victoria's Mental Health System handed down in February 2021 highlighted that mental health needs to be recognised and treated as a mainstream health condition. This requires East Grampians Health Service to work with the Australian, Victorian and Ararat Rural City to gain additional funding for additional services for our local community.

We have been lobbying for an increase in

mental health services to be provided locally, improved workforce numbers and purpose-built facilities. We have made some headway with a Local Mental Health and Wellbeing Hub being committed to for Ararat by the Victorian Government.

This service will target adults and we are looking forward to the additional services being offered and integrating these with the current services offered by the Grampians Area Mental Health team. We look forward to playing a key role in the services being allocated and designed for Ararat and the District. We will work in partnership with organisations that have expertise in mental health service provision to ensure the services meet the needs of the Ararat and district community.

Youth mental health was also a key focus for the Victorian Royal Commission into Victoria's Mental Health System. It identified many issues with the current service system and many are relevant to Ararat. Most significant is the lack of services delivered locally.

Local leaders from Ararat Rural City including Mayor Jo Armstrong and Chief Executive Tim Harrison, One Red Tree Co-Executive Directors Carly McKinnis and Tammie Meehan, Federation University's Dr Megan Jenkins and East Grampians Health Service have come together to focus our efforts on strengthening youth mental services.

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CE Report cont.

The Federal Government has a well-resourced youth mental health service delivered across the nation called Headspace. We have identified that a Headspace service for Ararat is a key requirement to support our young people's mental health.

A letter has been counter-signed by the local leaders and sent to the Australian Government's Assistant Minister for Mental Health and Suicide Prevention and Assistant Minister for Rural and Regional Health the Honourable Emma Mc Bride. We have also discussed our request with the Chief Executive of Headspace National Jason Trethowan.

Since 2011, 43 staff have received scholarships, which has improved the services EGHS offers. The scholarships have been allocated by the East

Grampians Health Service Building for the Future Foundation, Freemasons, Joe and Monika Kapp, the Laidlaw family, and Epworth Healthcare Group, totalling over \$440,000.

We have advertised the scholarships for staff to apply. Please put in your applications so we and the community can help you build your career and improve our health service. If you have a course or skill development you are interested in completing and you feel it doesn't meet the criteria, please apply, as we are open to gaining an understanding of the career direction you would like to take and if it fits with the objectives of the strategic plan we will provide the support.

Have a good month.

MATERNITY AND NEWBORN SERVICES DISCOVERY FORUM

BY REBECCA PETERS

DEPUTY DIRECTOR OF CLINICAL SERVICES

EGHS hosted a Maternity and Newborn Services Discovery Forum in Pyrenees House on Thursday August 10, with representatives from the Department of Health, the Grampians Health Service Partnership, Safer Care Victoria and key executive and maternity staff from health services in the Grampians Region in attendance.

The forum was an opportunity to collectively discuss the current maternal and newborn services in the region and to identify opportunities for future service provision. Jo Miller from the Department of Health facilitated the session with each health service

(birthing and non-birthing services) presenting their models of care, capability frameworks and their strengths and threats to maternal and newborn services. Open group discussions and question time allowed for the identification of key areas that the group will continue to focus on.

Midwifery Nurse Unit Manager, Tracey Walters, presented for EGHS and took the opportunity to introduce our new Team-Based Obstetric Model which was well received by the group. The strong team of midwives was also a highlight of the EGHS presentation with this being attributed to our committed staff and the ongoing investment EGHS has in the training and development of midwives.

It was evident throughout the day that maternity and newborn services are a high priority for all health services as we strive to provide women and families in our communities with safe and high quality experiences as close to home as possible. Strong partnerships and ongoing collaboration between health services and key stakeholders will ensure the sustainability of these services in the Grampians Region.



Pictured above are attendees at the Maternity and Newborn Services Discovery Forum



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EGHS LAUNCHES STRATEGIC PLAN

BY JODIE HOLWELL
COMMUNITY LIAISON

After extensive community and stakeholder consultation, East Grampians Health Service has launched its Strategic Plan 2023-2027. EGHS Chief Executive Nick Bush said development of the Strategic Plan by the EGHS Board involved development of a list of priority strategies, stakeholder consultation and synthesis of information to set directions and specify objectives and actions that could be monitored.

Consultation sought to capture views and opinions of a broad range of staff, partners and community members. A total of 656 engagements occurred, either through surveys, interviews or face-to-face consultations.

Mr Bush said five key emerging trends were identified as issues requiring consideration in the strategic plan, including demographics of an ageing population, increasing levels of chronic disease, efficiency of the current role and configuration of the Willaura Campus, role delineation and changes to local and regional economies.

He said the Strategic Plan focuses on three directions:

"The first direction, 'Rebalancing the distribution of service across the care continuum', will involve developing community based chronic disease management models to meet demand and avoid acute and residential aged care service intervention and enhance pathways into and connection with primary care," he said.

"We plan to develop a model of care for community based chronic disease management, proactively plan and extend the Better@Home initiatives, further develop the In-home Aged Care Program, and establish a partnership mechanism to address care improvements that intersect with primary and community care. A key component of this will be working on the Willaura Healthcare Service Model, and hopefully redevelopment."

Direction two, 'Improving access, efficiency and integration through identifying and implementing alternative models of care and service provision', will see EGHS deliver more services using virtual models of care supported by technology and improve access to targeted specialist services across the community.

"EGHS will develop a digital health strategy which incorporates a coordinated approach to utilising telehealth for specialist services, virtual rounds, and e-health solutions," Mr Bush said.

"We will also implement a capacity plan which incorporates enhanced surgical services, a sustainable model for maternity services and enhanced Urgent Care services."

Mr Bush said direction three is 'Partnering to drive collaborative practice, service and workforce sustainability'.

"This will involve using partnerships to address workforce shortages and extend existing workforce capabilities, and using partnerships to drive collaborative action," he said.

"EGHS will refine the EGHS workforce strategy to align with changes in service delivery across the organisation and develop a research strategy that positions EGHS as a destination for rural health research.

"We will also establish formal role delineation with partner health services for medical, maternity and surgical services and review all existing pathways of care where more than one service provider is identified and act on gaps."

Mr Bush thanked all staff and community members who participated in the survey and formulation of the Strategic Plan, which the Board is looking forward to implementing.

"The Strategic Plan has many priorities to be addressed and these have been delegated to executive staff to implement or commence the implementation of. The progress is reported to the Board each month," Mr Bush said.

Pictured below: EGHS Chief Executive Nick Bush discusses the Strategic Plan at a recent staff briefing.



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FILM STARS FOR A DAY

BY JODIE HOLWELL
COMMUNITY LIAISON

EGHS's Community Nursing staff were recently selected to be part of a video promoting Get Active Victoria, which was shown at an event at the Melbourne Town Hall, the Get Active Conversation, to an audience of community and allied health practitioners.

The team of Kate Pitcher, Priscilla Didomenico, Merryn Boatman and Kayley Webster took part in the EGHS Get Active Victoria challenge, winning that, and were then selected by Get Active Victoria in a prize draw, winning a \$500 Kathmandu voucher.

The film crew spent a morning in Pyrenees House interviewing the staff members, with staff speaking about their experience with Get Active Victoria, the challenges of maintaining an active lifestyle and how they overcome them and the types of activity they each enjoy and participate in.

All enjoyed the experience.

Pictured are the film crew and EGHS staff members being interviewed



EGHS VIDEOS TO BE PRODUCED

BY JODIE HOLWELL
COMMUNITY LIAISON

Film maker Mark Shea, from Overlander TV, has spent the past two weeks filming across the health service with the aim of producing several videos for EGHS.

Videos will include the EGHS orientation videos as well as videos focusing on obstetrics and midwifery, recruitment and the Victorian Police Blue Ribbon Foundation Ararat Branch.

Mark is an experienced filmmaker and produced previous videos for EGHS.

We look forward to seeing the finished products!

Pictured right: Mark filming a recent Meals on Wheels Day morning tea



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ABORIGINAL HEALTH LIAISON OFFICER VISIT

BY MICHELLE MASLEN
LEISURE & LIFESTYLE

The residents of Willaura Health Care recently received a welcome visit from East Grampians Health Service Aboriginal Health Liaison Office, Darren Burns.

The residents asked Darren many questions including regarding the upcoming "Referendum". Darren answered all their questions and stayed on for afternoon tea.

Darren mentioned he would like to return each five weeks so that other staff may visit too. We were all thankful for the visit. It was a very positive experience.

We look forward to Darren's next visit in five weeks.

Pictured right: Frank Neulist with Darren Burns, EGHS Aboriginal Health Liaison Officer



SUGGESTIONS

During a walk around staff mentioned that they would like a way of putting in suggestions e.g. like a suggestion box.

This was discussed at the Improving Performance Committee meeting and it was decided that the most effective way to get this feedback from staff who would like to make suggestions is to send an email to the info@eghs.net.au email address.



Nick Bush
↑↑



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MEALS ON WHEELS CELEBRATES 70TH ANNIVERSARY

BY JODIE HOLWELL - COMMUNITY LIAISON

East Grampians Health Service celebrated Meals on Wheels Day with a morning tea for all volunteer meal deliverers.

This year marks the 70th anniversary of Meals on Wheels, a remarkable achievement for the organisation.

Meals on Wheels was established by South Australia's Doris Taylor. Born in 1901, Doris became paralysed at age 11 after a fall, leaving her in a wheelchair for the rest of her life. In 1951 Doris took possession of a new motorised wheelchair.

Determined to become a useful member of society, her major concerns were always for the aged, the housebound and the disabled. Medical research confirmed Doris's suspicions that the elderly deteriorated more rapidly – mentally and physically – when undernourished.

Doris realised elderly people were being institutionalised in psychiatric homes simply because they were undernourished.

After hearing of home-based meal services operating in England and South Melbourne, Doris struck on the concept for Meals on Wheels. One afternoon in October 1953, she pitched her idea to a meeting of 96 pensioners.

The first Meals on Wheels kitchen officially opened in Port Adelaide on 9 August 1954. Despite the lack of a working sink, 11 volunteers prepared and delivered eight meals.

Ten years after it began, Meals on Wheels served its millionth meal. Today, Meals on Wheels delivers in excess of ten million meals to more than 120,000 clients Australia-wide each year.

"Here at EGHS, volunteers deliver approximately 115 meals to 32 consumers each week," EGHS Home Support Coordinator Janelle Smith said.

"The service not only connects people and community but also builds strong relationships – Meals on Wheels volunteers do so much more than deliver meals."

As an example, Ms Smith said one consumer was recently referred to

the EGHS Healthy@Home program for wellbeing checks after a volunteer reported the consumer's mental health was declining.

"Another volunteer has been spending time with a Meals on Wheels recipient as he recently lost his wife," Ms Smith said.

"She commented that he had so many interesting stories and had led such an interesting life and sharing his memories of his life with his wife was helping him heal.

"It's important to remember our recipients are more than elderly and vulnerable people, they are people who have had families and careers; they have lived through trauma and triumph. They have a lot of stories to tell, and they appreciate the opportunity to tell them."

Ms Smith said the volunteers develop great empathy for their consumers.

"A volunteer hadn't returned from his round and I called to make sure he was ok. He was just leaving a consumer's home after spending time with him as he has no family in the area and his meal delivery is sometimes his only connection with another person," Ms Smith said.

"The connection our volunteers have with our consumers is very real and very special.

"The work they do is incredibly important and valued and we would like to take this opportunity to thank all our volunteers. You really are the best kind of people and our community is so fortunate to have you."



Pictured above: Meals on Wheels volunteers Peter Horvath, Ian Carman and Leo Harrington with EGHS chief executive Nick Bush



Pictured above: Meals on Wheels volunteers Liz and Kate Arbon-Ellis with EGHS Volunteer Coordinator Lyn Russell



Pictured above: EGHS Home Support Coordinator Janelle Smith with Meals on Wheels volunteers Mary Stapleton and Kaye Chamings



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East Grampians
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*improving the health
of our community*

East Grampians Health Service invites

to attend the

Volunteer Service Recognition Awards

Tuesday 3 October 2023
10am - 12pm
Alexandra Oval Community Centre

GUEST SPEAKER
Craig Wilson, Owner/Publisher
The Ararat Advocate

***The Ararat*
Advocate**

RSVP
Lyn Russell

 (03) 5352 9481 (*leave a message*)

 VolunteerCoordinator@eghs.net.au

by Monday 18 September



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HENRI NOW AN AUSTRALIAN CITIZEN

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service theatre registered nurse Henrieza Pestijo (affectionately known as Henri) recently became an Australian Citizen.

Along with her husband Earl Mark and son Earl Henry, the family were proud to attend a ceremony run by the Northern Grampians Shire Council Mayor Cr Kevin Erwin.

Henri's country of origin is the Philippines.

Congratulations Henri and family!



Pictured above: Henri Pestijo is pictured with her son Earl Henry and husband Earl Mark and Northern Grampians Shire Mayor Cr Kevin Erwin at the Citizenship Ceremony

GET IN QUICK FOR TICKETS TO THE MIK MAKs

BY JODIE HOLWELL
COMMUNITY LIAISON

To celebrate the 40th year of the East Grampians Health Service Ark Toy and Activity Library, the group is hosting The Mik Maks live at the Ararat Town Hall, with their 'Songs to help us grow' concert.

The concert will be held at 10.30am on Friday October 27 at the Ararat Town Hall.

The Toy Library is grateful to Ararat Rural City Council for sponsoring the event.

Recently Joel McInnes from the Mik Maks popped in to EGHS to say hello, with the group also providing a number of 10 minute pop-up shows around Ararat and Stawell kinders and child care centres to promote the show.

Already more than 220 tickets to the show have been sold, so if you are a parent or carer who would like tickets to the show, get in quick before you miss out!

Tickets can be booked here: [Mik Maks - Town Hall Ararat \(ararattownhall.com.au\)](http://MikMaks-TownHallArarat.ararattownhall.com.au)



Pictured above: EGHS Community Liaison Officer Jodie Holwell with Joel McInnes from the Mik Maks



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Carlia Byron

MY POSITION AT EGHS REGISTERED NURSE - PERIOPERATIVE

FAVOURITE AFL TEAM CARLTON

FAVOURITE FOOD ANYTHING MEXICAN

FAVOURITE MUSIC CHILLED POP

INTERESTS READING, ANIMALS AND TRAVELLING

ONE THING I'M GOOD AT IS GARDENING AND CARING FOR MY 100 INDOOR PLANTS

ONE THING I WANT TO DO IN MY LIFETIME IS... DIVE WITH SHARKS



Pamela Wheeler

MY POSITION AT EGHS LEISURE & LIFESTYLE COORDINATOR

FAVOURITE AFL TEAM RICHMOND

FAVOURITE FOOD ITALIAN

FAVOURITE MUSIC EASY LISTENING

INTERESTS PHOTOGRAPHY/CARDS

ONE THING I'M GOOD AT IS PHOTOGRAPHY

ONE THING I WANT TO DO IN MY LIFETIME IS... TRAVEL LOTS



WALKING TO WORK

BY JODIE HOLWELL
COMMUNITY LIAISON

Staff had fun posing for social media photos to promote Walk to Work Day earlier this month.

Thanks for being good sports Leeanne, Suzie and Ancara – although we can't imagine Leeanne or Suzie walked to work from their rural based properties.



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SONGS TO HELP US

GROW

The
Mik Moks

FRIDAY OCTOBER 27
ARARAT TOWN HALL
10:30AM

The Ark Toy & Activity Library

BOOK YOUR TICKETS AT WWW.THEMIKMAKS.COM



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SPEECH PATHOLOGY WEEK

BY MEREDITH QUICK
SPEECH PATHOLOGIST

On the 21st August 2023, it was Speech Pathology week with a theme of communicating for life.

Speech Pathology week is a chance to recognise the hard work and dedication Speech Pathologists have to their role and their clients.

A morning tea was held to celebrate with many of the Community Health Centre staff playing the game of Taboo. Staff were only allowed to use 1 syllable words to describe the target word. The aim of this was to demonstrate how different communication may be if you had limited communication abilities. Many of the staff reported how difficult it was to speak using only 1 syllable words but it is a reality for many children and adults.



Pictured above: EGHS Speech Pathologist Meredith Quick (left) with Speech Pathology Student Stephanie Runciman (right).

STAFF FITNESS AND MODIFIED SPORT

BY RHYS LUXTON – PHYSIOTHERAPIST

Staff fitness runs every week on Tuesday at 5:15pm – 6:15pm. I have organised once monthly modified sport during staff fitness time. These sports may include but are not limited to walking basketball, touch footy, soccer and softball.

Some of our favourite reasons to move include:

- More energy
- Strong muscles and bones
- Better mental health and cognitive function
- Lower risk of chronic conditions
- Improved heart health and fitness
- Less chance of falls



Staff fitness welcomes all staff of any fitness level to join us in a warm and inviting atmosphere. Normally held in the gym located at the Community Health Centre however, I will inform you of the location and type of exercises to be planned via the EGHS staff fitness Facebook group.

Please click the link to join:

<https://www.facebook.com/groups/272393883425954>

I look forward to seeing some new faces!



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FUN AND GAMES AT GARDEN VIEW COURT

Residents at Garden View Court have been enjoying a number of activities over the past few weeks, including games, cooking, gardening and singalongs.



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PARKLAND PURSUITS

BY MICHELLE MASLEN

LEISURE & LIFESTYLE

September is here and with it comes Spring, a time of growth and change.

We celebrated Father's Day with a gift and some games: Father's Day Bingo, Carpet Bowls and afternoon tea.

Scrapbooking, a BBQ and football celebrations for the grand final are eagerly anticipated, and we also have games like Jeopardy, Rumikins and Egg Pong to look forward to.

We will be taking advantage of the sunny days to go on outings and soak up the sunshine. A favourite for the residents is Green Lake, Moyston, Pomonal and Dunkeld.



Pictured above: Elsie Duver, Dorothy Heard and Frank Neulist

Pictured above: Michael Vanky on guitar and Charles Abbott on his bongos

Pictured above: Priscilla Friend celebrating her birthday

FOOTY TIPPING

And the winners are

1

154 - Rod Summers - \$850

2

153 - Ian Grierson - \$400

3

151 - Rhys Luxton - \$125

Position	Club	Played	Points	%
1	Collingwood	23	72	127
2	Brisbane Lions	23	68	123.1
3	Port Adelaide	23	68	112.7
4	Melbourne	23	64	125.2
5	Carlton	23	54	113.3
6	St Kilda	23	52	107.8
7	GWS Giants	23	52	107.1
8	Sydney Swans	23	50	110

EGHS
 Elderly Group Home Services
 100-110 Parkland Road, Parkland, VIC 3045
 Tel: 03 9487 1100 Fax: 03 9487 1101



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CHILDREN LEARN HOSPITAL ISN'T SO SCARY

BY JODIE HOLWELL
COMMUNITY LIAISON

Kindergarten children from the Ararat Early Learning Centre recently toured East Grampians Health Service.

Lead by staff member Amy Hinchliffe, whose daughter attended as part of her kinder group, the children visited a variety of areas of the health service, including radiology and the catering departments.

EGHS mascot Macca the Bear was a hit with the kids and underwent a number of 'procedures' during the tour.

Clinical teacher Joey Collins said the program allowed the kids to see the hospital in a friendly and inviting place rather than something to be scared of.

"I would like to thank Amy for showing the kids around, Jenny in radiology for her time spent talking to our groups and Diana for showing the kids through the kitchen area. Also, a special thank you to our Café Pyrenees staff for the magnificent and ever so popular water and fruit for morning tea!" Joey said.



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Grampians Health Library

Email Newsletters

'Evidence Update' & 'Paediatric Evidence Update'

sample

Grampians
Health

Grampians Health Library

Evidence Update

17th March 2023

Articles by Grampians Health Staff

Did Australia's Covid-19 restrictions impact statin incidence, prevalence or adherence? Adam Lwori (GH Ballarat) et al., Current Problems in Cardiology, 48(4)(101576), April, 2023

Trends in intra-aortic balloon pump use in cardiogenic shock after the SHOCK-II Trial, Ernesto Oquell (GH Ballarat), American Journal of Cardiology, 191, p.125, March, 2023

Real-world clinical outcomes and cost estimates of metastatic castration-resistant prostate cancer treatment: does sequencing of taxanes and androgen receptor-targeted agents matter? Stephen Brown (GH Ballarat) et al., Expert Review of Pharmacoeconomics & Outcomes Research, 23(2021), February, 2023

An epidemiological and clinical study of traumatic brain injury in Papua New Guinea managed by general surgeons in two provincial hospitals, Ross Cormack (GH Ballarat) et al., Indian Journal of Surgery, Early Publication, November, 2022

Spotlight

The Library offers health professionals the opportunity to subscribe to two e-newsletters.

Evidence Update provides subscribers with recently published, peer-reviewed and grey literature articles, and reports, across clinical areas such as, general medicine, nursing, allied health, mental health and specialities.

The Library is also offering a monthly special edition, entitled, **Paediatric Evidence Update**.

These newsletters are curated by experienced health librarians and are designed to inform staff about the latest evidence in clinical research and decision-making, as well as policy developments in health and medicine at local, national and global levels.

Clicking on a title from the body of the email will take you to the full text paper. Recent back issues of Evidence Update and Paediatric Evidence Update, [are saved as PDFs on the Library's Apps & Other Services page](#).

Email Library@bhs.org.au or call 5320 4841 to subscribe to one or both of these useful resources.

REMEMBER SEPTEMBER

Carol Crowe, EGHS Clinical Nurse Specialist has registered for this year's *Remember September* event. Carol has committed to walking 68km during the month of September. She is walking to remember a dear friend, Cliff, who passed away last year on the 31st of August only a few months after receiving a diagnosis of pancreatic cancer.

"It just seemed a good way to honour him," said Carol. "Given that the challenge started the day after his anniversary. My family met Cliff and his wife Kaye on the day we arrived in Australia as immigrants over 50 years ago and they became family to us. Cliff was originally from Halls Gap, but grew up in Melbourne after his family moved there while he was still young. I have formed a team with my friend Heather, whose mother Liz McQueen, from Bendigo, succumbed to pancreatic cancer 4 and a half years ago. Our team is called 'Hugs and Purple Hearts' because we say good morning every day (no matter what time of the day it is!) and add hug emojis and purple hearts (purple being the colour adopted by those fighting this cancer). Our aim is to walk together at least once a week, meeting somewhere between Bendigo and Ararat. We did our first walk together yesterday from Betley to Dunnolly -10km."

Funds raised go to Pankind, an organisation that provides support to patients and their families. Pankind also funds research into pancreatic cancer as there is currently no early detection screening and treatment options are limited as diagnosis often comes too late.

The link to Carol's fundraiser is: <https://www.rememberseptember.org.au/s/9976/11103>



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EASY STRAWBERRY BANANA BREAD

INGREDIENTS

- 2 cups (300g) self-raising flour
- 1 cup (220g) brown sugar
- 1 tsp baking powder
- 2 overripe bananas, mashed
- 2 Coles Brand Australian Free-Range Eggs, lightly whisked
- 150g butter, melted
- 1/2 cup (125ml) buttermilk
- 1 cup (130g) chopped strawberries
- Strawberries, halved or quartered, extra, to decorate

STRAWBERRY BUTTERCREAM

- 75g strawberries, finely chopped
- 1 tbsp caster sugar
- 125g butter, softened
- 1 1/2 cups (240g) icing sugar mixture

METHOD

1. Preheat oven to 180C. Grease and line the base and sides of a 10cm x 22cm (base measurement) loaf pan with baking paper, allowing the 2 long sides to overhang.
2. Place the flour, sugar and baking powder in a large bowl. Whisk the banana, egg, butter and buttermilk in a medium bowl. Add the egg mixture and chopped strawberry to the flour mixture and stir to combine. Pour into the prepared pan. Bake for 1 hour or until a skewer inserted in the centre comes out clean. Set aside in the pan for 5 mins to cool before turning onto a wire rack to cool completely.
3. Meanwhile, to make the strawberry buttercream, combine strawberry and sugar in a small saucepan over medium heat. Cook for 5 mins or until the sugar dissolves and strawberry breaks down. Cook for 2 mins or until mixture thickens slightly. Set aside to cool.
4. Use an electric mixer to beat the butter in a bowl until very pale. Gradually add the icing sugar, beating well after each addition. Beat in the strawberry mixture.
5. Spread the strawberry buttercream over the top of the banana bread. Top with halved or quartered strawberries.



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.



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