



EGHS ECHO



East Grampians
Health Service

OCTOBER
2023

FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



Welcome to the October edition of the Echo.

The beautiful spring weather was on display at Dimboola a majestic little village beside the Wimmera River in mid-September where Ararat Football Club won the Wimmera League premiership senior and reserves.

The sun shone and the community was out in full force. Of the two winning teams 15 of the players had a sister, mother or father working or on an EGHS committee or the Board.

Tatyoan won the senior football and A-grade netball and the Ararat Eagles won the B-grade netball in the Mininera League. Several of our staff played or had family members in these teams.

This highlights the strong links EGHS has in the community and the crucial role we play in the vibrancy and success of community activities. The fitness and sense of connection community sport provides are good for our health and well-being.

Community support for East Grampians Health Service continues to be strong with significant funding available for our staff to train and build their skills. This fund held by the East Grampians Health Service Building for the Future Foundation is continuing to build with donations and bequests from the community.

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, totaling 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.

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CE Report cont.

Deakin University has conducted interviews to recruit medical students to the Rural Training Stream. They will be offering the first-year from Pyrenees House in 2024. I am hopeful we will have an EGHS staff member in the 15 being trained here.

Deakin University has appointed Andrew McGuckian of Ararat as the project manager for the Rural Training Stream year 1 and 2 medicine program. Rachael Cooper, who is well known to many of you as a long-

term community health service staff member as a dietitian, is the Coordinator Pathways to Medicine Program. Both of these Deakin University staff will be based at Pyrenees House.

It is a busy time talking to current graduate nurses, interns and medical officers in training about continuing their careers with us on a permanent basis. Please consider the beauty of this region, career opportunities, and a supportive health service that provides much needed services to our community.

Have a good month.

GENDER EQUALITY COMMISSIONER SPEAKS TO EGHS LEADERSHIP GROUP

BY JODIE HOLWELL - COMMUNITY LIAISON

Gender Equality Commissioner Dr Niki Vincent recently attended a morning tea at East Grampians Health Service, and spoke to the Leadership Group about her role.

Dr Vincent commenced as Victoria's first Public Sector Gender Equality Commissioner in 2020. She oversees the implementation of the Gender Equality Act 2020 and plays a key leadership role in promoting gender equality in the community and workplaces.

Dr Vincent has a wealth of experience in gender equality and organisational leadership. This includes serving as the South Australian Commissioner for Equal Opportunity from 2016-2020.

Prior to that, Dr Vincent was CEO of the Leaders Institute of South Australia and a member of the Remuneration Tribunal of South Australia. She has established two successful not-for-profit organisations, and has led major programs of academic research.

Dr Vincent holds an appointment as an Adjunct Associate Professor in UniSA's Business School and is a board member of InTouch Multicultural Centre Against Family Violence and the Brave Foundation, which supports teenage parents.

EGHS chief executive Nick Bush said Dr Vincent's address to the Leadership Group was thought provoking.

"We appreciate Dr Vincent taking the time out of her busy schedule to visit EGHS to talk to staff – her insights prompted many conversations following the event," Mr Bush said.

"EGHS is committed to promoting gender equality within the health service, through its employment of staff and all services offered."

The Commissioner's role is to:

- Promote and advance the objectives of the Act
- Support defined entities to improve gender equality and comply with the Act
- Provide advice and education to defined entities to encourage best practice
- Resolve in workplaces relating to systemic gender equality issues
- Publish and share Gender Equality Action Plans and progress reports.
- Publish and share Gender Equality Action Plans and progress reports.



Pictured above is EGHS Chief Executive Nick Bush, Gender Equality Commissioner Dr Niki Vincent, Chief Executive Officer of Women's Health Grampians Marianne Hendron and EGHS Manager Human Resources Ros Bloomfield



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POSITIVE OUTCOMES AT PATRICIA HINCHEY CENTRE

BY JODIE HOLWELL
COMMUNITY LIAISON

The happy and supportive atmosphere at East Grampians Health Service's Patricia Hinchey Centre (PHC) is always evident, but what is not always publicly highlighted are the good news stories of consumers, and their families, who have benefited from the programs at the day centre.

A positive story that recently emerged from PHC saw the cultural needs of a Japanese consumer catered for by staff, which increased the happiness and wellbeing of both the consumer and her husband, a veteran.

PHC manager Grace Rethus was originally contacted by the Ararat RSL, seeking assistance for Ray Sullivan, who was caring for his wife Miki, aged 60, who was not eligible under the My Aged Care criteria due to her age.

"Ray's wife is Japanese with limited English, and an Australian permanent resident (not a citizen) who was diagnosed with early onset Alzheimer's," Mrs Rethus said.

After several assessments were conducted, social support was put in place for the consumer under HACC to assist the family, and arrangements were made for her to attend the PHC.

With the consumer's cultural background also a consideration, Mrs Rethus worked with the EGHS kitchen staff to ensure they could culturally cater for the consumer with special needs, and PHC staff were also made aware of her cultural needs.

"After two weeks of Miki attending Patricia Hinchey Centre, Ray commented to me how good it was that he was able to have some time to himself, and the Wellbeing Support Officer at the Ararat RSL said Ray was very happy, and that Miki was smiling a lot more," Mrs Rethus said.

"This is why we do what we do, we cater for consumers with diverse needs, and this is just one of the many good news stories that has come out of the dedicated work of the centre and staff who work with our consumers.

"Our aim is to reduce the social isolation that can lead to poor health for our older residents, while our day respite also offers carers a well-earned break from daily care-giving responsibilities."

The Patricia Hinchey Centre offers a social, fun filled day providing the opportunity to try new things, catch up with old friends, and meet new people, with planned outings included. Door to door daily transport is provided, as is a three-course lunch, morning and afternoon tea.

Anyone can make a referral to the Patricia Hinchey Centre, with referrals accepted from family, friends or the person seeking to attend the centre. For further information, contact the centre on 5352 9326.



Pictured above is Miki Sullivan at the EGHS Patricia Hinchey Centre



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PATRICIA HINCHEY CENTRE MEN GETTING OUT AND ABOUT

BY LYN RUSSELL
VOLUNTEER COORDINATOR

The Patricia Hinchey Centre Men's Business Group meets each Wednesday and go out for the day to various localities.

Last month nine gents visited the 'Minions' at Warrak then went up to view the Chinaman's hut and campgrounds at Mt Cole.

The group then drove back to Ararat through Buangor to enjoy a leisurely lunch at the Chalambar Golf Club.

This was followed by a drive through town to Patricia Hinchey Centre Leisure and Lifestyle assistant Lionel Holt's house where he provided everyone with an impromptu banjo and sing along session. His daughter also sang a couple of tunes to the enjoyment of all on the bus and in the car.

David Clayton, a PHC volunteer, drove a car with two gents as the bus was full that day – it's a very popular group!

It was also interesting to note the history of everyone who had lived in Ararat for many years and the stories they told about many places of interest on the outing.

Congratulations to PHC for a fantastic program for the men in our community.



Pictured is Lionel Holt providing a tune on his banjo for the PHC Men's Group

PARKLAND PURSUITS

BY MICHELLE MASLEN
LEISURE & LIFESTYLE

Hasn't September been a good month of warm weather and a time to see all the new growth on the trees.

We have been busy and this week we will celebrate the Grand Final with a BBQ and footy game and a footy Bingo.

Over the past month we have had country music, cooking biscuits, church service, outings to Lake Bolac, Dunkeld and Ararat. It was lovely to see the community group from Ararat visit and have afternoon tea. Lucky I was cooking waffles on that day.

In October we will be planting tomatoes and pumpkins. I think we can grow better pumpkins this year. We have country music, cooking, nail and foot care, and we will celebrate Halloween at the end of October. We will be making hats for the Melbourne Cup.



Nancy Winfield's family brought a grey horse to see Nancy, which was her one wish, as Nancy loves grey horses. Parklands will enjoy a visit from a horse breeder soon, who will talk about her love of horses and her display of hats she wears to the races



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EGHS STAFF JOIN IN FOR R U OK? DAY

BY JODIE HOLWELL
COMMUNITY LIAISON

R U OK? That's the question we should all be asking each other every day, not just on R U OK? Day.

By taking time to ask the question and genuinely listening, we can really help people in our lives to feel heard and supported. The conversation could change a life.

Staff at EGHS wore a touch of yellow to show their support for R U OK? Day and catering staff provided yellow themed cupcakes and lunch in Cafe Pyrenees.

A big shout out to Three Blooms Florist for providing flowers for our staff, we appreciate your kindness.

Click here for more information: <https://www.ruok.org.au/how-to-ask>



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EVIDENCE-BASED MEDICINE

BY MICHELLE PITMAN
GRAMPIANS HEALTH

According to Rosenberg & Donald "Evidence based medicine is the process of systematically finding, appraising, and using contemporaneous research findings as the basis for clinical decisions." (Rosenberg & Donald, 1995).

In the busy daily environment of the acute hospital, timely access to best evidence is fundamental for delivering optimal patient care. Grampians Health Library is your go-to resource for access to current evidence.

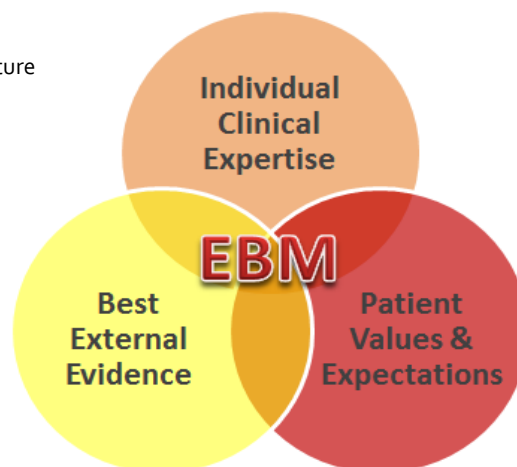
The library website has a section on [EBM](#) with links to learn more about how to apply an EBM framework to patient care.

The librarians at Grampians Health Library assist all staff with professional knowledge development, clinical resources access, research projects along with literature search and appraisal or other best evidence research needs.

Call us on #94455 or email library@bhs.org.au to discuss your EBM needs and clinical research questions.

References:

Rosenberg W., & Donald A. (1995). Evidence based medicine: an approach to clinical problem-solving. *BMJ* 1995; 310:1122-1126. EBM Framework
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POMONAL NATIVE FLOWER SHOW

Pomonal Community Hall
Saturday 30th September & Sunday 1st October 2023
9.00am to 4.00pm

Admission \$5.00, children free

Cut Flower Displays
Named specimens
Book Sales
Speakers

Refreshments
Plant Sales
Activities
Village Market

Special Feature: Eucalypts
Special Guest: Dean Nicolle



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JOYCE TURNS 99

BY JODIE HOLWELL
COMMUNITY LIAISON

Garden View Court resident Joyce Hellyer turned the grand old age of 99 on September 19.

Staff and residents joined Joyce in her celebrations, with a cake and flowers.

Joyce has resided at Garden View Court since February 2020 and always enjoys visits from family and friends especially her children, grandchildren and great grandchildren.

She loves going to the footy when in Ararat on a Saturday and visiting family for birthdays and special occasions.

Joyce enjoys life and seeing people.



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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and help us generate extra funds.

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- 2 Search and select our name when prompted to nominate a club, school or charity

- 3 Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us*



*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.



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BEV DONATES DOLLS TO LOWE STREET

BY JODIE HOLWELL
COMMUNITY LIAISON

Garden View Court resident Bev O'Brien recently donated her collection of three handmade dolls to 70 Lowe Street.

Bev made her dolls around 15 years ago and decided that she had enjoyed them for so many years it was time to pass them on.

She wanted to donate them to ladies at Lowe Street who also shared her interest in dolls.

One resident at Lowe Street named her new doll Beverly, after the generous donor.

Thanks for your kindness Bev!



RATS TAKE THE FLAGS

BY JODIE HOLWELL
COMMUNITY LIAISON

The Ararat Rats Seniors and Reserves took home the flags in the Wimmera League Grand Finals, with many staff involved on the day, either as players or spectators.

Chief executive Nick Bush said it was interesting to note that around 15 players had connections to the hospital, either through working here or having family members who work here.

Prior to Grand Final weekend, long time Rats' supporter Graeme Johnson was on hand to help EGHS staff member Mandy Thomas and Chief Executive Nick Bush (pictured) decorate the front reception area



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★★★★★
"something to enthrall all"
TIME OUT

★★★★★
"Bursting at the seams with talent"
THE AGE

★★★★★
"Magical"
FARSA BUENOS AIRES

★★★★★
"exhilarating and uplifting"
PLANET ARTS

Finucane & Smith's Travelling

DANCE HALL

EVERY BODY DANCE!

Willaura Memorial Hall

Saturday 7 October 2023

7:30pm - All Ages

Drinks available at bar prices - strictly no BYO
(all profits from the bar will support the Willaura Memorial Hall)
Tea and Coffee provided. BYO nibbles.

\$35 Adult
\$30 Concession/under 18
\$120 Group of 4

Tickets:

- araratownhall.com.au
- Ararat Visitor Information Centre
10am-4pm, 7 days, Ph 1800 657 158
- Jo Byron, 0427 503 247

Australian Government RISE Fund
 YOUNG HALL
 Ararat Visitor Information Centre
 Australia Council for the Arts
 CREATIVE VICTORIA
 REGIONAL ARTS CENTRE
 AUSPICIOUS ARTS PROJECTS
 auspicious projects
 SOFITEL
 FINUCANE & SMITH



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Hazel Brinas

MY POSITION AT EGHS *ENDORSED ENROLLED NURSE*

FAVOURITE FOOD *VIETNAMESE, KOREAN,
JAPANESE*

FAVOURITE MUSIC *EDM, RNB, HIP HOP*

INTERESTS *READING, MOVIES, WALKING,
HIKING*

ONE THING I'M GOOD AT IS *LISTENING*

**ONE THING I WANT TO DO
IN MY LIFETIME IS...** *REACH MY BEST IN ALL MY
ENDEAVOURS*



Kyashia Buckingham

MY POSITION AT EGHS *ADMINISTRATION ASSISTANT*

FAVOURITE AFL TEAM *WESTERN BULLDOGS*

FAVOURITE FOOD *SUSHI*

FAVOURITE MUSIC *FOLK & ACOUSTIC*

INTERESTS *SPENDING TIME WITH FAMILY
& FRIENDS, CAMPING &
COOKING*

ONE THING I'M GOOD AT IS *MAKING THE BEST SPAGHETTI
BOLOGNESE*

**ONE THING I WANT TO DO
IN MY LIFETIME IS...** *SEE GUINEA PIGS IN THE WILD*



Maria Carballo

MY POSITION AT EGHS *CLEANING ASSISTANT*

FAVOURITE FOOD *FILIPINO FOODS*

FAVOURITE MUSIC *OLD MUSIC*

INTERESTS *SEWING, GARDENING, SINGING*

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



Michele Conlin

MY POSITION AT EGHS *RAPID RESEARCH SUPPORT
LEAD*

FAVOURITE AFL TEAM *SORRY, NEW TO AFL (I'M
FROM CANADA)*

FAVOURITE FOOD *BIBIMBAP*

FAVOURITE MUSIC *ANYTHING BUT HEAVY METAL*

INTERESTS *ROCK CLIMBING & BUSH
WALKING*

ONE THING I'M GOOD AT IS *NOT TAKING MYSELF TOO
SERIOUS*

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



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Jessica Dickson

MY POSITION AT EGHS *PERSONAL CARE ASSISTANT*

FAVOURITE FOOD *FRUIT & YOGHURT*

FAVOURITE MUSIC *ANYTHING 1950s-1970s*

INTERESTS *READING, PIANO, ANYTHING OUTDOORS*

ONE THING I WANT TO DO IN MY LIFETIME IS... *GO TO GREECE*



Bree Lowe

MY POSITION AT EGHS *REGISTERED NURSE*

FAVOURITE FOOD *ASIAN, PIZZA, CHOCOLATE*

FAVOURITE MUSIC *MOST MUSIC*

INTERESTS *COOKING, CAMPING, GARDENING*

ONE THING I WANT TO DO IN MY LIFETIME IS... *BE A GOOD MUM & A MIDWIFE*



Nakara Elliott

MY POSITION AT EGHS *CATERING ASSISTANT*

FAVOURITE AFL TEAM *COLLINGWOOD*

FAVOURITE FOOD *ANYTHING ITALIAN*

FAVOURITE MUSIC *ALL KINDS*

INTERESTS *BEING ON STAGE WITH AMCS & HOLIDAYING WITH FAMILY*

ONE THING I'M GOOD AT IS *BEING THE ORGANISER OF THE GROUP*

ONE THING I WANT TO DO IN MY LIFETIME IS... *LIVE IT TO THE FULLEST*



Charlotte Mitchell

MY POSITION AT EGHS *RECEPTIONIST*

FAVOURITE AFL TEAM *GEELONG*

FAVOURITE FOOD *CHICKEN*

FAVOURITE MUSIC *SOUTHERN HIP HOP, COUNTRY*

INTERESTS *PHOTOGRAPHY*

ONE THING I'M GOOD AT IS *CARING FOR OTHERS*

ONE THING I WANT TO DO IN MY LIFETIME IS... *RAISE A MONKEY*



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MAD SCIENTISTS AT PATRICIA HINCHEY CENTRE!

BY JODIE HOLWELL
COMMUNITY LIAISON

Patricia Hinchey Centre consumers had fun as 'mad scientists' recently.

Staff came up with many fun and fantastic science experiments, which consumers got involved with, and all were amazed at the results!



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The chef,
The baker &
The winemaker

Graze all you want on pizza, street food with a glass of wine with additional beverages available for purchase.



The laneway with no name between Railway Road and Brunell Street, enter from Cubitt Street.



Saturday October 7.
5- 9 pm



\$50 adults
\$20 under 14
Under 5 free

Book Tickets via Miners Ridge Website

<https://minersridge.com.au/wines/>

MINERS RIDGE Jody & Co
Catering



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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MEN'S BUSINESS GROUP GETTING OUT AND ABOUT

BY JODIE HOLWELL
COMMUNITY LIAISON

The Patricia Hinchey Men's Business Group is a group of Ararat men, volunteers and staff who meet on a Wednesday for fun, friendship, and mutual support.

Perfect spring day activities have included country drives, museum visits, guest speakers, organisational tours and restaurant meals and picnic lunches.

Recently, after driving past various members family farms the Group ate a picnic lunch in Cato Park in Stawell.



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MONDAY ADVENTURES FOR PATRICIA HINCHEY CENTRE

By JODIE HOLWELL
COMMUNITY LIAISON

EGHS's Patricia Hinchey Centre consumers visited Horsham recently and enjoyed a barbecue lunch down by the Wimmera River and a visit to the Botanical Gardens.

Check out the photos!



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POMONAL NATIVE FLOWER SHOW 2023



The 39th Pomonal Native Flower Show, combined with the Halls Gap Flower Show, will be held on Saturday 30th September & Sunday 1st October from 9am to 4pm at the Pomonal Hall. It is presented by the Australian Plant Society Grampians Group.

This annual event is a showcase of hundreds of Australian plants grown by members. Flowers on display will be clearly labelled with both scientific and common names.

This year the theme for the event is **'Eucalypts'**, and we are lucky to have **Dean Nicolle** coming to speak both days on **'Small eucalypts for the home garden'** and **'Current research on Eucalypts.'** Dean established Currency Creek Arboretum in South Australia, which has the largest collection of eucalypt species in the world. He will have copies of his new book, **'Native eucalypts of Victoria and Tasmania - South-Eastern Australia'** for sale.



Included in the \$5 admission price to the show, attendees will be able to hear a variety of other guest speakers as well (see timetable below).

Another highlight this year is the **'Pomonal Wildflower and Eucalypt walk'**, a self-guided walk you can take at any time during the weekend around Pomonal to see some spectacular wildflowers and significant eucalypts that grow locally. There will also be a self-guided **'Eucalypt walk'** at the Halls Gap Botanic gardens.



Available to purchase will be native plants, bunches of native flowers and books all relevant to native plant gardening, flora and fauna. Take time to view the variety of art displays, as well as a demonstration of eco-dyeing with eucalypts by **Marion Matthews** <http://www.marionmatthews.com.au/>.



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Refreshments, lunch and Devonshire tea, will be available all day at the hall café. There will also be a coffee van and the Pomonal Men's shed will be providing a sausage sizzle.

The regular monthly Pomonal market will also be held on both days of the show.

Guest speaker timetable - Held in the marquee on the oval.

Saturday 30th September

10:00 am	Paul Kelly 'Welcome to country' and the cultural importance of Eucalypts
12:00pm	Dean Nicolle 'Smaller Eucalypts for Planting in Your Garden' https://www.dn.com.au/dean-nicolle.html
2:00 pm	Attila Kapitany will give two consecutive talks: 'Edible Native Succulents' and 'Bottle-trees and Brachychitons' https://www.australiansucculents.com/

Sunday 1st Oct

10:00 am	Denis Crawford 'The Teeming Hordes – the Insects of Eucalypts' https://hmaaustralia.com.au/directory/#!/biz/id/5b39c5caf033bff65ef527e6
12:00pm	Dean Nicolle 'Adventures in Eucalypt Research' https://www.dn.com.au/dean-nicolle.html
2:00pm	Neil Marriott 'WAMA Endemic Garden, Highlighting Endemic Eucalypts' http://www.whitegumsaustralia.com/Whitegums/Whitegums.html

For general enquiries
Jocelyn 0414 933 603
Fiona 0418 366 362



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HERBY SPRING CHICKEN POT PIE

INGREDIENTS

- 2 tbsp olive oil, plus a little extra for brushing over the pastry
- bunch spring onions, sliced into 3cm pieces
- 250g frozen spinach
- 6 ready-cooked chicken thighs
- 350ml hot chicken stock
- ½ tbsp wholegrain mustard
- 200g frozen peas
- 200ml half-fat crème fraîche
- ½ small bunch tarragon, leaves finely chopped
- small bunch parsley, finely chopped
- 270g pack filo pastry

METHOD

1. Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins. 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.

2. Stir in the peas, crème fraîche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.



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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