

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



“Donations and lasting legacies to Foundation secure health service’s future”

Full story on page 3

CE Report

Living locally sees me linking in with the community in various ways. Community members often tell me how great the care they or a loved one has received. It is truly uplifting to hear about the effort our staff make. My response to them is that I may be the chief executive, but the excellent staff are the ones who deserve the applause and appreciation. I hear some genuinely motivating stories of care and compassion.

To ensure our staff are supported so they can care for the community as they do, we need to review the EGHS People Matter survey results. The survey is conducted each year at EGHS and is an old-fashioned staff satisfaction survey led by the Victorian Government. It is powerful because it compares our results against nine comparable health services, including Colac, Maryborough, Castlemaine, and Portland. This information allows us to see how we are performing and if we have issues that we need to address.

I like to measure ourselves against our comparators, as some services will be doing things better than we are. Recently, our community nursing staff visited Colac to see how we could improve our Hospital in the Home Services.

This year, 208 staff completed the survey, 38%, compared to 216 staff last year, 43%. It would be good to get over 50%, but I am aware that staff are busy, and the survey has more questions to try and gain more information.



The percentage does allow us to gain meaningful results. In some divisions of the health service, we have enough information to see the trends. As we are a large health service with over 600 employees, many of my comments are taking an overall view where there may be a stark contrast in the area where you are.

Regarding people outcomes, we scored an overall score of 76%, a positive response against the comparator average of 70%.

CE Report cont. page 2

CE Report cont.

In five summary measures, we were the highest in the comparator group. These were – I am proud to tell others I work for my organisation. I would recommend my organisation as a good place to work. My organisation inspires me to be the best in my job. I have a strong personal attachment to my organisation. We were equally highest in our category for motivating me to help achieve its objectives.

Studies have found that positive staff engagement/satisfaction leads to better patient care. I understand this because 'they don't care about me' demoralises people. Even the most committed health service staff member has a significant barrier to providing high-quality care if they feel like this.

The results indicate that parts of the health service have higher staff satisfaction levels. These results are no surprise to me as they validate what I observe visiting all areas: The poorer performing result areas have higher staff and patient complaints. We need to support our managers in these areas to improve the environment in which our staff work.

The report highlighted that 16.8% of our staff reported bullying, up from 14.4% the previous year. The comparator average is 16.9%. Bullying is incivility, such as talking down to others, making demeaning remarks, or not listening to somebody. No one wants to be exposed to these behaviours, and our figure is too high.

The report suggests that relationships among staff groups must improve. In 77% of cases reported, the bullying appears to come from colleagues.

Sexual Harassment, like bullying, is too high. This is non-consensual or unwelcome sexual behaviour that could cause an employee to feel offended, humiliated or intimidated. It was reported that 8.7 % of staff experienced sexual harassment against the comparator average of 6.1%. It is reported that 61 % of this was from a colleague and 33 % from a client/ patient.

We will devise strategies to resolve these issues. I encourage our staff to report cases of bullying, sexual harassment, or any other unsavoury behaviour. We have made a provision in the budget to allocate more funds to paying external experts to investigate reports of poor behaviour. This will bring in more external review where our staff are concerned about our processes.

The most significant negative difference between our health service and our comparator group is that people in my workgroup treat each other respectfully, which is 8 % below the comparator average.

We can bring up problems and tough issues in our group. Working together effectively to get the job done are both 6 % below our comparators.

The positive difference from comparable health services is that senior leaders provide clear strategy and direction. My organisation inspires me to do the best job I can, and I would recommend it as a good place to work. All these areas were 14 % above our comparators.

We need to improve the relationships between our work colleagues. We will support our managers in leading this critical work.



FOOTY TIPPING 2025

THE SEASON KICKS OFF ON 6TH MARCH 2025

- Download the ESPN App
- Tip via your mobile device
- Invite your family and friends
- \$25 entry fee – complete a payroll deduction form



[CLICK TO JOIN](#)

PASSWORD: EGHS2025

For further information contact Jo Summers

- 📞 5352 9303
- ✉ jo.summers@eghs.net.au



DONATIONS AND LASTING LEGACIES TO FOUNDATION SECURE HEALTH SERVICE'S FUTURE

**JODIE HOLWELL
COMMUNITY LIAISON**

The East Grampians Health Service Building for the Future Foundation recently invited sponsors and supporters to an afternoon tea, discussing ways in which the Foundation can be promoted to the Ararat and district community.

The Building for the Future Foundation is a charitable Trust established in 2010 with the purpose of providing funding for staff development, special purpose projects and equipment for East Grampians Health Service.

The Trust is governed by six independent local Trustees who manage the Trust's assets and the distribution of funding for the sole benefit of the health service. The current Trustees include Chair David Hosking, Bill Jones, Geoff Laidlaw, Graeme Foster, Jill Tivey, Heather Fleming and EGHS Board Directors Sybil Abbott-Burmeister and Cameron Evans.

Chair David Hosking said the Foundation funds educational scholarships to staff, assists with purchasing equipment and funds large scale projects.

The Foundation is a public charitable fund, with all income directed to the Trust Fund. The Foundation currently manages assets of just over \$7 million, comprising an investment portfolio and some property, and consults a Financial Planner for advice on investment holdings.

Mr Hosking said a donation to the Foundation via a person's will ensures the future of the East Grampians Health Service workforce and contributes towards vital capital projects.

"If you choose to donate or leave the Foundation a gift in your Will, you can be assured that it will be of immense value to the health service," Mr Hosking said.

Since 2010, the Foundation has made \$1.184 million in donations to EGHS, including \$537,000 in Capital support and \$847,000 in bursaries/scholarships.

The Foundation annually offers scholarships up to the value of \$30,000 to individuals to enhance and develop their knowledge and learn new skills. In 2020, an additional scholarship was created on behalf of the Estate of Joe Kapp, up to the value of \$15,000. These scholarships are open for both clinical and non-clinical educational support to improve staff retention and to contribute to workforce development and service delivery.

In 2024 the Foundation also made available a Doctor in Training Scholarship, valued at \$15,000 per year for four years to support an EGHS employee to complete qualifications in Medicine and a Master Scholarship valued at \$20,000 to support an EGHS employee to complete a Master course.

The Foundation also distributes a \$15,000 scholarship, generously made available by Keith Little, in the name of Ray and Wayne Ord.

If you would like to consider leaving a donation or lasting legacy in your Will, please contact the Foundation via buildingforfuture@eghs.net.au or phone 5352 9300 and one of the Trustees will contact you.



Pictured back L-R at the EGHS Building for the Future Foundation function, Aidan Moar, Sarah Woodburn, Tony Roberts, Stuart Kerr, Euphemie Barr, Bill Jones, Dianne Radford, Cameron Evans, Catherine Howison, Heather Fleming, Nick Bush, front, David Hosking and Keith Little

GRADUATE NURSES COMMENCE AT HEALTH SERVICE

CLAIRE SLADDIN
TRAINING & DEVELOPMENT MANAGER

East Grampians Health Service welcomed eight registered nurses and seven enrolled nurses to complete their 12-month Graduate Nurse Program in February.

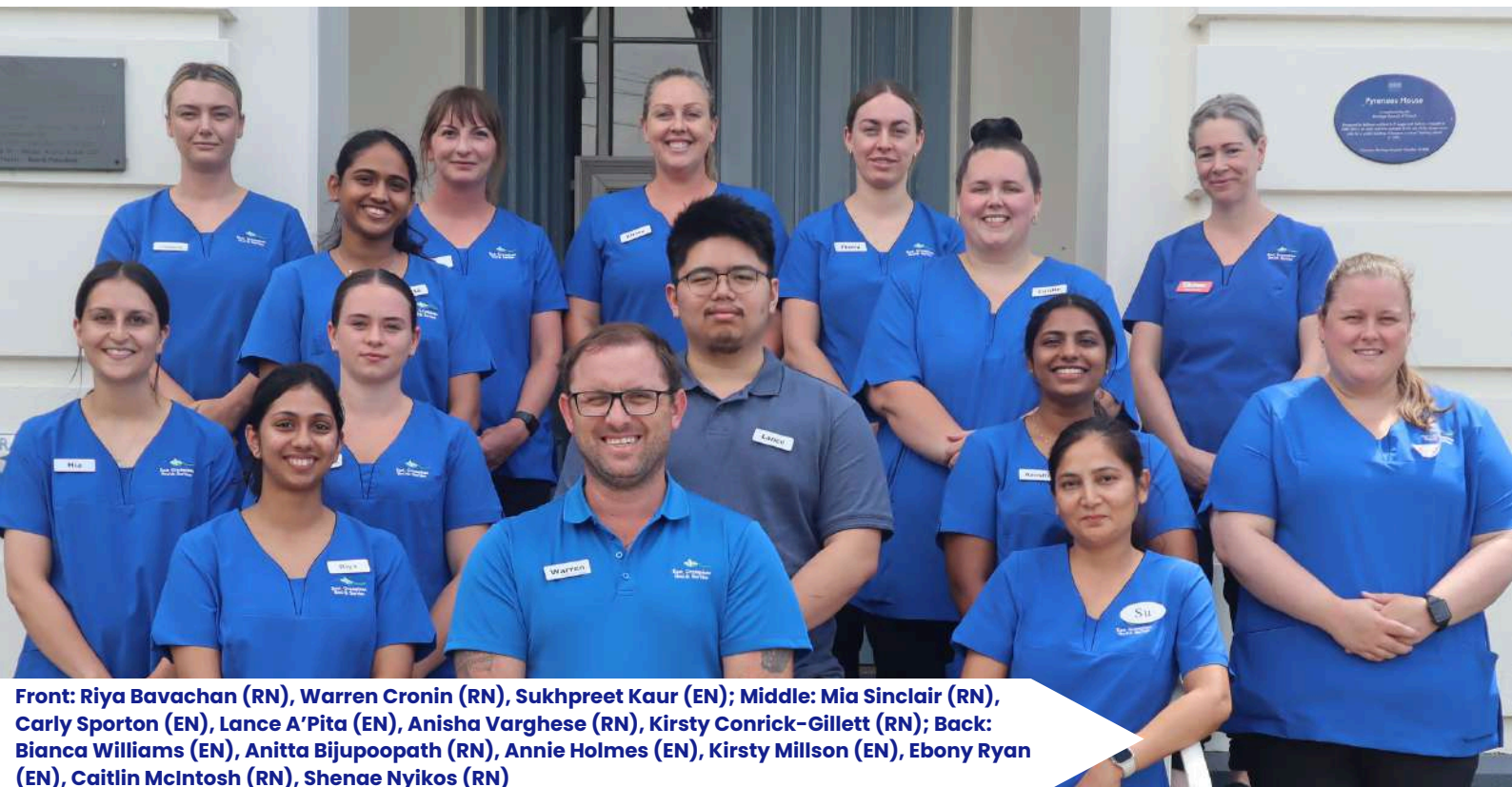
Every four months, the graduate nurses will rotate through clinical departments, such as the In-patient Unit, Peri-operative Unit, Day Procedure Unit, 70 Lowe St, Garden View Court Hostel, Willaura Health Care and Community Nursing.

They will participate in six study days over the course of the year, to develop and enhance their clinical skills.

Debrief sessions are also offered regularly.

The graduate nurses are clinically supported during their shift, and in their study days, by the Clinical Support Nurse/Educators who are members of the EGHS Education team.

"We hope they enjoy the Graduate Nurse Program, embrace their new careers and choose to pursue future opportunities offered by EGHS," EGHS chief executive Nick Bush said.



Front: Riya Bavachan (RN), Warren Cronin (RN), Sukhpreet Kaur (EN); **Middle:** Mia Sinclair (RN), Carly Sporton (EN), Lance A'Pita (EN), Anisha Varghese (RN), Kirsty Conrick-Gillett (RN); **Back:** Bianca Williams (EN), Anitta Bijupoopath (RN), Annie Holmes (EN), Kirsty Millson (EN), Ebony Ryan (EN), Caitlin McIntosh (RN), Shenae Nyikos (RN)

THANKFUL THURSDAY

"I would like to say thank you for the sound of water, chirping birds the rustling leaves in the courtyard that has balanced my Zen after a busy morning."

JULIE LANG
 DIABETES EDUCATOR

JACK ATTACK



ARARAT BOWLS CLUB - HIGH STREET ARARAT

EGHS MURRAY TO MOYNE FUNDRAISER

“JACK ATTACK” BOWLS NIGHT

TEAM EVENT (3 PLAYERS TO A TEAM)

DATE: FRIDAY 28TH MARCH 2025

TIME: 6.30PM (PRACTICE FROM 6PM)

BBQ DINNER TO FOLLOW PLAY

**COST: \$15 PER PERSON, \$5 FOR UNDER 16'S
(INCLUDES BBQ DINNER)**

**RAFFLE AND LUCKY DRAW PRIZES ON
THE NIGHT**

Proudly Sponsored By:

**ARARAT
BOWLS CLUB**

READY TO PLAY?

REGISTER NOW

**TEAM REGISTRATION REQUIRED BY FRIDAY 21ST MARCH
REGISTER WITH:**

LISA HADDOW VIA EMAIL: lisa@aphs.net.au

**LAURA WHITE VIA EMAIL: lauraw@amesystems.com.au
OR CALL ON 0419 512 604**

INTERNS EXPERIENCE WORKING IN RURAL VICTORIA

KIM LANE

JUNIOR MEDICAL WORKFORCE MANAGER AND VICTORIAN RURAL GENERALIST COORDINATOR (GRAMPIANS REGION)

Through the Grampians Rural Generalist Intern Training Program, based in Ararat, nine junior doctors will be experiencing what it is like to practice and live in rural areas.

East Grampians Health Service has welcomed the interns through a partnership with St John of God Ballarat, Maryborough District Health Service, and three GP clinics including the Ararat Medical Centre, Nightingale Medical Centre and Clarendon Medical Centre, both in Maryborough.

The nine interns completed their training in various universities across the country and internationally.

All are now working in their first year in Australia as doctors after medical school.

At East Grampians Health Service, many of the interns will work on a rotation through the operating theatres and at the Ararat Medical Centre.

Junior Medical workforce Manager and Victorian Rural Generalist Coordinator (Grampians region), Kim Lane, said the program is all about increasing rural exposure and introducing them to a General Practice (GP) rotation.

"We aim to give our training doctors a true indication of what it is like to work as a rural GP in the practice and also including working as a GP obstetrician, GP anaesthetist in the hospital where local GPs have admitted patients," Ms Lane said.

"Ms Lane said all the rotations offer much more hands-on exposure in this small group setting compared to their metro and regional counterparts.

By training doctors in rural areas and giving them great experiences, our hope is that they are more likely to want to continue to train rurally and ultimately work and settle in rural areas," she said.

"It's all about building and growing our medical workforce for the future."

EGHS Chief Executive Nick Bush said the feedback the health service has been getting about the program is that it gives the interns hands on opportunities, which they rarely get in a metro area.

This is the tenth year EGHS has been training medical interns.

Through their second year of medical training the interns have the option to continue their rural generalist pathway and complete a term out to EGHS from their parent hospital, Grampians Health Ballarat, working with the local GPs on the ward and in the Urgent Care Centre. A new project funded through the Victorian Rural Generalist Program will see EGHS being able to offer a second year of training through the health service for two doctors with a goal to work as a rural generalist.

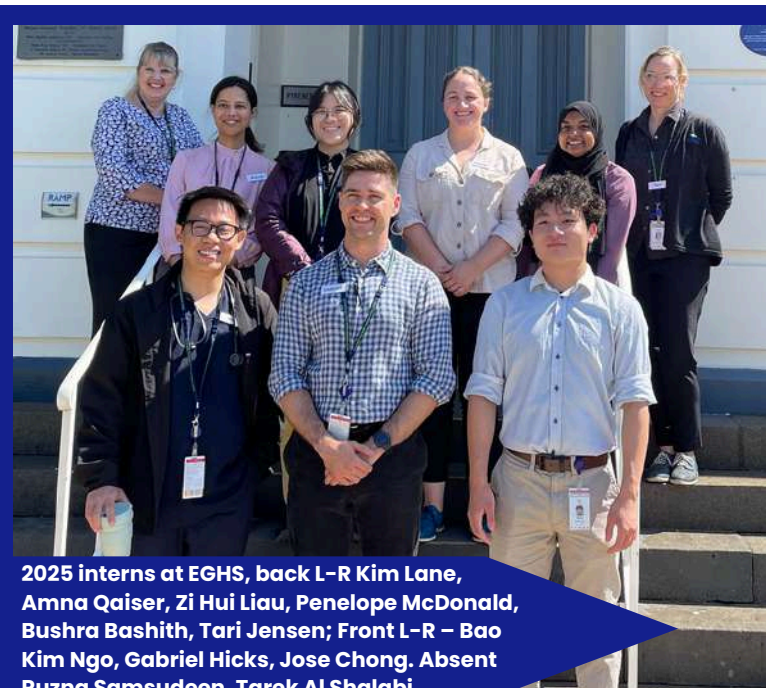
A bowel screening test could save your life.

More than 90 per cent of **bowel cancers** can be treated successfully if found early.



Aged 45 – 74?
Don't take the risk.
Take the test.

Learn more at:
cancervic.org.au/bowel



2025 interns at EGHS, back L-R Kim Lane, Amna Qaiser, Zi Hui Liao, Penelope McDonald, Bushra Bashith, Tari Jensen; Front L-R – Bao Kim Ngo, Gabriel Hicks, Jose Chong. Absent Ruzna Samsudeen, Tarek Al Shalabi

WOULD YOU LIKE TO STUDY MEDICINE IN ARARAT?

Would you like to study medicine in Ararat in 2026?

Deakin University will host an information session for its Doctor of Medicine Rural Training Stream in Ararat on Wednesday March 26.

To register, or for further information: https://www.deakin.edu.au/student-life-and-services/events/doctor-of-medicine-rural-training-stream-information-sessions?fbclid=IwY2xjawll-cFleHRuA2FibQlXMQABHc55HXQGdHKahYpbQkbM2tpeHuAnAkxxbpdrID5sS4V_P-AwfrR6iKhGmQ_aem_8Qth38E-GW6oGXyeUXeqZg

WOULD YOU LIKE TO STUDY MEDICINE IN ARARAT?

Deakin University will host an information session for its Doctor of Medicine Rural Training Stream for all potential students for its 2026 cohort.

Wednesday March 26 2025
6pm-7pm
Pyrenees House
Girdlestone Street, Ararat



STUDENTS BEGIN THEIR NURSING CAREERS

CLARE STACPOOLE
ASSISTANT DISCIPLINE LEAD, NURSING TEACHER TAFE

Another group of eager students have started their Diploma of Nursing course at East Grampians Health Service.

The students will study through Federation TAFE in partnership with East Grampians Health Service for their two-year course.

The Certificate III in Individual Support has also commenced through Federation TAFE and is a one-year course. This has become a popular pathway to a health care career.

"Our Diploma of Nursing and Certificate III in Individual Support courses are part of our 'grow our own' strategy, whereby students are able to train close to home and eventually obtain employment at the health service," chief executive Nick Bush said.

"This ensures we have an ongoing workforce of highly skilled nurses who live and work in Ararat and the surrounding region."

If you would like further information or would like to enrol in either course, please contact Clare Stacpoole on c.stacpoole@federation.edu.au



Pictured are East Grampians Health Service's 2025 cohort of Diploma of Nursing students

THERAPEUTIC GUIDELINES

MICHELLE PITMAN
LIBRARIAN – GRAMPIANS HEALTH

Looking for ways to best serve your patients medication needs? The library is a go-to for EGHS staff wanting the best available evidence for medication decisions and guidance. For this reason, we facilitate access to a variety of medication decision support tools and apps to help deliver medication-based decisions at the point of care.

What are Therapeutic Guidelines?

Therapeutic Guidelines™ provides clinicians, nurses and allied health professionals with evidence-based, point-of-care decision-making guidelines for medications in clinical practice. Therapeutic Guidelines are regularly updated and include practical treatment advice on 2,500+ topics, based on the latest international literature and interpreted by Australian experts.

Instructions to add Therapeutic Guidelines to your mobile device have changed.

Therapeutic Guidelines access is provided through the Clinicians Health Channel [CHC] in Victoria. Users of Therapeutic Guidelines will now require a personal login to

Clinicians Health Channel to use this resource on their mobile phone and/or tablet. This CHC login will be how your use of these tools is authenticated.

The library has prepared a How to Guide so you can load the digital bookmark for Therapeutic Guidelines to the Home Page of your phone or tablet. This method provides the best alternative access to the most recent version of Therapeutic Guidelines in most circumstances.

Therapeutic Guidelines remains available from any worksite PC with no personal login required. Go to the Drug Resources tab on the library's website (our landing page) and Therapeutic Guidelines is the final link in the list on the left.

For assistance with downloading the digital bookmark to your phone or tablet or to report issues with accessing Therapeutic Guidelines on worksite PCs, please email library@gh.org.au or call #19291



WILLAURA HEALTH CARE FIRE EVACUATION SUCCESSFUL

JODIE HOLWELL
COMMUNITY LIAISON

Willaura Health Care has been praised by the Department of Health for the success of the Christmas night evacuation of patients and residents from Willaura to the Ararat Campus of East Grampians Health Service as the Yarram Gap fire threatened the township.

The smooth 'text book' evacuation by staff ensured 12 aged care residents and patients were moved with minimal disruption and distress.

EGHS Director of Clinical Services Peter Armstrong said the health service first became aware of fires on the east side of the Grampians following lightning strikes on December 16.

"Initially the fires were restricted to the more remote part of the park but as the wind and heat increased over the next week or so it quickly spread," he said.

"This coupled with tinder dry conditions meant that any fire would be difficult to contain once out of the park."

EGHS has well practiced processes in place as part of its business continuity planning, which includes summer preparedness for both sites with clear plans of action in emergency situations. There are different actions for both the Ararat and Willaura campuses, with a significantly lower threshold to evacuate the Willaura campus if needed.

Mr Armstrong said leading up to Christmas EGHS had been meeting with the Emergency Management Team from the Department of Health on a regular basis, who were part of the State Incident Management team and for this event the Incident Control Centre was based in Horsham.

"We had a plan in place to evacuate Willaura on the advice of the ICC and bring all residents to Ararat, if required," he said.

"The twelve residents could be housed safely in the Inpatient Unit supported by Willaura staff.

Three buses were placed at Willaura over this period, and this had been communicated to residents, their families and staff at both campuses.

One resident who was in palliative care was transferred to Ararat a few days earlier after discussion with her and her family."

The forecast for the week of Christmas was for high temperatures and strong winds especially on Boxing Day.

EGHS planned to leave the residents in place to enjoy Christmas Day and move them on the morning of Boxing Day, which was communicated to the Incident Controller and the Department of Health leading up to Christmas.

However, on Christmas afternoon with the weather deteriorating and fire breaking control lines and moving out of the park EGHS decided to evacuate Willaura Christmas night.

Contacts were notified, staff informed, and all residents were safely in Ararat by 8pm Christmas night, importantly accompanied by familiar staff.

Mr Armstrong said the evacuation provided a unique opportunity for EGHS to activate the emergency management and evacuation procedures in the event of a large bushfire and stage three evacuation of the entire facility.

"It gave us the opportunity to continually improve our processes and capabilities for responding to incidents in this area and also to look at our procedures for evacuating our residents and patients to safety," he said.

The residents and patients were cared for by Willaura staff in the Inpatient Unit for five days before being safely relocated back to the Willaura Campus when the threat of fire had subsided.

"Thank you to all staff involved in the evacuation of our residents and patients," Mr Armstrong said.

"They remained calm and carried out the evacuation efficiently, all while ensuring our residents and patients were cared for with compassion."

NEW ARRIVALS AT EGHS

JODIE HOLWELL
COMMUNITY LIAISON

Rachael Lindsay and Aidan Cross have welcomed a daughter, Breanna Ashlee Lindsay-Cross.

Baby Breanna was born at East Grampians Health Service on February 25 2025.



ONCOLOGY UNIT CELEBRATES

JODIE HOLWELL
COMMUNITY LIAISON

Twenty years of service to the Ararat community by the East Grampians Health Service Oncology Unit was celebrated this month.

The Oncology Unit's 20th birthday brought together more than 40 past and present patients, volunteers, donors and staff.

More than 20 years ago, a need for oncology services locally was identified to allow people diagnosed with cancer to receive treatment closer to home without having to travel and stay in larger centres, causing even greater disruption to their lives.

In 2004 Professor George Kannourakis from Ballarat Oncology and Haematology was approached to provide an Oncology treatment and outpatient service to the Ararat community and surrounding district and in January 2005, thanks to generous donations from the community and funding, a fully equipped eight chair, day oncology unit was established in the south end of first floor (now the Dialysis Unit.)

Dr Craig Carden joined the department in 2011, initially working with Dr Kannourakis and then as of 2013 as the unit's Oncologist, and Haematologist, Dr Pohan Lukito joined the team in 2019.

As part of refurbishment of the hospital, the department was relocated in May 2013 to the north end of first floor into a purpose designed facility where it remains today.

A number of art projects were conducted within the unit over the years, with the idea of creating works of art to decorate and create a homely feel. Artists Kevin Free and the late Carolyn Thomas coordinated one of these projects, 'Sharing

the Journey', with staff and patients creating artworks for the unit. Later the Willaura Quilters group worked with patients, carers and family members to create three quilts as part of the 'Common Threads' project, with two raffled to raise funds for the unit and one quilt still adorning the wall of the waiting room.

The Ararat community has been enormously supportive of the Oncology Unit and continues to raise funds which allows the Unit to update equipment and provide a welcoming environment, staffed with qualified professionals. The Ararat and District Breast Cancer Support Group was a major contributor over many years, providing all current treatment chairs in the unit and other items of equipment.

The volunteers also provided great support to the department over the years, which was appreciated by patients during their treatment.

Oncology Unit Associate Nurse Unit Manager Leesa McInnes thanked everyone for attending the birthday celebrations.

"Being diagnosed with cancer is a life changing experience for not just patients but the entire family," Ms McInnes said.

"To be able to have treatment locally reduces the stress for everyone. When you come here for treatment, you join our family and we do our best to care and support everyone through their cancer journey.

"Because we are a small department you see the same staff week after week and really get to know us. You are not just a number to us, and we try to make a difficult time in your life as easy as possible." **(More photos page 11)**



Photo Courtesy The Ararat Advocate



Pictured: Original EGHS Oncology Unit nurses Marg Keith, Leesa McInnes and Mary Kinsella cut the birthday cake



Pictured: Artist Kevin Free with one of the sculptures created for the Oncology Unit in the 'Sharing the Journey' project



Pictured: Iby Varga with Commonwealth Bank Ararat Branch manager Stacey Bennett and lending manager Kellie Warrior



Pictured: Carole McGregor, Kaye Fox and Dawn Wigg



Pictured: Ron and Margo Jenkinson



East Grampians
Health Service

improving the health
of our community



EGHS AGED CARE STAFF
WELLBEING PROGRAM

EGHS Aged Care

PEER SUPPORT



Need to chat?

Reach out to a Peer Supporter to discuss a challenging situation.

Who can reach out?

Anyone who works in Aged Care at EGHS can access Peer Support.

What is involved?

A confidential discussion somewhere private with a trained staff member.

How can I receive Peer Support?

Contact one of the trained Peer Supporters below in person or via their contact details listed below. Organise a time that suits you both.



Chris Le Gassick
Enrolled Nurse

Contact Details

In person at **Garden View Court**
Phone: 5352 9324 or
Email:
Chris.LeGassick@eghs.net.au



Michelle Maslan
Health Care Worker

Contact Details

In person at **Willaura**
Phone: 5354 1600 or
Email:
Michelle.Maslan@eghs.net.au



Josie Hickey
Health Care Worker

Contact Details

In person at **Willaura**
Phone: 5354 1600 or
Email:
Josephine.Hickey@eghs.net.au



Jazmin Sabo
Associate Nurse Unit Manager

Contact Details

In person at **Lowe St**
Phone: 5352 9323 or
Email:
Jazmin.Sabo@eghs.net.au



Sue Klauss
Enrolled Nurse

Contact Details

In person at **Lowe St**
Phone: 5352 9323 or
Email:
Susan.Klauss@eghs.net.au

Aged Care Wellbeing Program - 17/07/2024 - Version 1.0

TRAINING STEPS UP FOR MURRAY TO MOYNE TEAM

JODIE HOLWELL
COMMUNITY LIAISON

Training for East Grampians Health Service’s Cranks and Defibrillators has stepped up in preparation for the gruelling 520-kilometre Murray to Moyne Cycle Relay.

The team will ride from Echuca to Port Fairy over the weekend of April 5-6, with a team of 12 riders as well as volunteer bus drivers and support crew.

This year at East Grampians Health Service, the team is aiming to raise \$10,000 for the new Women’s Sexual and Reproductive Health Hub at the EGHS Community Health Centre, to be used to purchase equipment and furnishings for the new clinic.

The hub will support local women to access the affordable sexual and reproductive healthcare that they need. Services will include contraception including intrauterine devices (IUDs) and implants, pregnancy testing, pregnancy options and counselling, sexual health treatment and support and supported referrals to other services as required. The hub does not require a referral for access. Appointments can be booked confidentially and directly with the service.

“Our riders have been training since before Christmas and are looking forward to the challenge of riding the relay-style route from Echuca to Port Fairy,” EGHS community liaison officer Jodie Holwell said.

“It’s a long and at times challenging ride, but our team supports one another and looks forward to the ride and camaraderie.”

The team runs several fundraisers throughout the year,

including the Ararat Market, the popular raffle, a Trivia Night in March, which has already sold out, and a Jack Attack Bowls fundraiser.

The Jack Attack Bowls fundraiser will be held at the Ararat Bowls Club on Friday March 28, starting at 6.30pm.

A team comprises three players, playing two sets of five ends against an opposition team. There will be an optional practice from 6pm.

A barbecue dinner will be provided after play, and drinks will be available at the bar.

Entry is \$15 per adult and \$5 for 16 and under (includes barbecue dinner)

Teams must be registered by Friday March 21. To register contact: Lisa Haddow via email on lisa@aphs.net.au, or Laura White via phone or email 0419 512 604 lauraw@amesystems.com.au

Riders are seeking sponsorship and businesses and individuals are welcome to make a donation to the team by contacting Jodie Holwell at jodie.holwell@eghs.net.au or donating online at <https://eghs.net.au/donations>

“We are proud of the time and energy that our riders, including EGHS staff and community members, put in to prepare for and participate in this annual event, they are great ambassadors for our health service and Ararat,” EGHS chief executive Nick Bush said.



Pictured are some of the members of this year’s EGHS Cranks and Defibrillators, rear L-R, Garry Brumby, Andy Sanders, Graham Bull, Lauchie Stewart, Charlie Reid, front L-R, Laura White, Wayne Klauss, Loretta Sanders, Lisa Haddow



Pictured are some of the members of this year’s Team members Kelly Ryan, Garry Brumby and Lisa Haddow at the Ararat Market

KIDS LOVING EGHS FAMILY DAY CARE

JODIE HOLWELL – COMMUNITY LIAISON

Six months on from the beginning of East Grampians Health Service’s partnership with Let’s Go Family Day Care, many staff haven taken advantage of the service.

The family day care service opened in September 2024 and enables staff who are asked to work shifts at short notice (including night shifts) or who are unable to access their usual care provider (including family carers) to have access to casual family day care facilities that are a short walk from the health service.

Staff from a variety of areas of the health service are utilising the facility, including Volunteer Coordinator Hannah Jennings, whose daughter Kate attends the service

Ms Jennings said the family day care service enabled her to continue to work and not reduce her hours of work due to being unable to source childcare at short notice.

She said her daughter loves attending family day care.

“Every week she asks me if she is going to work with me today,” Ms Jennings said.

“There is plenty on offer – there is a plan in place and activities are structured around events such as Valentines’ Day, Easter, Mother’s Day, Father’s Day and Christmas and they also go on outings.”

Ms Jennings said the service provided is similar to what any child would have at day care but on a smaller scale as there is more one on one time.

“It is a great asset to have for the organisation,” she said.

“It is available for staff to use if grandparents can’t baby sit, one-off days during school holidays where there is no one to look after the kids and those one-off days where before or after school care is needed, or if you are waiting for a spot in another childcare service.”

For further information staff should contact Donna Halloran-Foster donna.halloranfoster@eghs.net.au or contact Let’s Go Family Day Care on letsgofdc@outlook.com or 0402 315 332.



EGHS STAFF FITNESS

KELLY RYAN – EXERCISE PHYSIOLOGIST

Join us every Tuesday from 5:15 PM – 6:15 PM for staff fitness! This weekly session is free and welcomes all fitness levels and is a great way to improve your health and well-being. Some weeks, we’ll mix it up with modified sports, including:

- Indoor activities at the Ararat Fitness Centre (during winter months)
- Outdoor activities like Pilates (in warmer months)

Why Join?

Exercise boosts your health by strengthening muscles and bones, reducing the risk of chronic conditions, and enhancing mood and cognitive function.

We create a warm and inviting atmosphere for all staff to feel comfortable and have fun.

Stay updated on activities and last-minute changes by joining our EGHS Staff Fitness Facebook group.

CHC gym = Community Health Centre Gym
Ararat Fitness Centre: 61-73 High Street, Ararat

Please click the link to join:

[Ararat Fitness Centre : 61-73 High Street, Ararat](#)

Please click the link to join:

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



	MARCH	
4 th	Strength & Cardio	CHC
11 th	High Intensity Interval Training	CHC
18 th	Pump (Endurance)	CHC
25 th	Pilates	CHC
	*Outside weather permitting	

AUXILIARY RECEIVES GENEROUS DONATION FROM MOUNT WILLIAM CHAROLAIS SALE

**JODIE HOLWELL
COMMUNITY LIAISON**

The Willaura Health Care Auxiliary recently catered for the annual Mount William Charolais Bull and Female Sale.

Mount William Charolais generously donated the Auxiliary half the proceeds of the sale of a heifer, with the remainder going to the Willaura Primary School.

The heifer sold for \$3,000, with \$1500 going to the Auxiliary in addition to catering proceeds.

Pictured with Willaura Auxiliary President Heather Fleming (right) are members or the Lenehan family who purchased the heifer



GRANDFRIENDS RETURN FOR 2025

**WENDY DUMESNY
RESIDENTIAL SUPPORT COORDINATOR – 70 LOWE STREET**

A huge thank you to the Ararat RSL who are again sponsoring the Grandfriends program for 2025.

Children from the Ararat Early Learning Centre returned to Lowe St for their first visit of the year.

It was wonderful to have the same group of children from last year returning as now 4 year olds.

Both the children and the residents were very excited to see each other again.



FREE STAFF LUNCH

EGHS STAFF CELEBRATION

20

03

25

11:30am – 1:30pm

**Community Nursing Carpark
Valhalla BBQ & The Hippie Whippie**

**Willaura – Willaura Bakery roast beef and roast chicken
salad rolls and assorted slices**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

ZI HUI LIAU VRGP INTERN

ALL ABOUT ME...

Favourite AFL Team | **Geelong**

Favourite Food | **Most fried foods**

Favourite Music | **Pop music**

Interests | **Powerlifting, travelling, trying new experiences**

One thing I'm Good at | **Cooking**

One thing I want to do in this lifetime | **Travel the world**



JUE YUI (JOEY) LIM PHYSIOTHERAPIST

ALL ABOUT ME...

Favourite Food | **Bit of a foodie (I eat almost anything). If I have to choose, Korean Fried Chicken**

Favourite Music | **Pop**

Interests | **Travelling and craft**

One thing I'm Good at | **Craft**

One thing I want to do in this lifetime | **A solo travel somewhere**



PENELOPE MCDONALD INTERN

ALL ABOUT ME...

Favourite AFL Team | **Geelong Cats**

Food | **Seafood Laksa**

Favourite Music | **Beyonce**

Interests | **Hiking, knitting, going to gigs**

One thing I'm Good at | **Cooking**

One thing I want to do in this lifetime | **Swim with whale sharks**



MONTANA RALPH DENTAL ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Hawthorn**

Favourite Food | **Caesar Salad**

Interests | **Gym, my dog**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

FATHIMA RUSNA SAMSUDEEN MEDICAL INTERN

ALL ABOUT ME...

Favourite AFL Team | **Collinwood**
 Favourite Food | **Vegetable Salad**
 Favourite Music | **Country Music**
 Interests | **Reading books and Travel**
 One thing I'm Good at | **Cooking**
 One thing I want to do in this lifetime | **Care for people**



NEHA SHARMA DISTRICT NURSE

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**
 Favourite Food | **DOSA (South Indian cuisine)**
 Favourite Music | **Dancing beat music**
 Interests | **Writing fiction & non-fiction, painting, dancing, reading**
 One thing I'm Good at | **Laughing with no reason**
 One thing I want to do in this lifetime | **Be present for the people who need me**



MIA SINCLAIR REGISTERED NURSE GRADUATE

ALL ABOUT ME...

Favourite AFL Team | **St Kilda**
 Favourite Food | **Pasta**
 Favourite Music | **Country**
 Interests | **Hiking, camping and reading**
 One thing I want to do in this lifetime | **Continue travelling and experiencing new cultures**



AMNINDERJEET SINGH PERSONAL CARE WORKER

ALL ABOUT ME...

Favourite Food | **Butter Chicken**
 Favourite Music | **Punjabi Music**
 Interests | **Singing, listening to music**
 One thing I'm Good at | **Punctual, cooperative**
 One thing I want to do in this lifetime | **Be a good person**





East Grampians
Health Service

improving the health
of our community

Would you like to join a group discussion to talk about a way to help people plan for future health care needs?

Planning for future health care needs can be done by completing a legal document called an advance care plan with the help of a health care professional. The advance care plan explains how the person would like to be cared for if they are unable to communicate their wishes.

East Grampians Health Service is conducting a research project to find out if receiving an SMS (text message to your mobile phone) containing information on advance care planning before a GP appointment would encourage more community members to create an advance care plan.

Adults 65 years or older are invited to take part in a group discussion to share their views and experiences on advance care planning.

The focus group will take approximately 1 hour and will be held at East Grampians Health Service in Ararat.

If you would like to be involved or register your interest please scan the QR code, then follow the instructions to register by 18th March 2025.

For further information please call 5352 9482.

*Advance Care
Planning Focus Group:
Expression of Interest*



[This study has received ethical approval through Grampians Health and St John of God Hospital Ballarat Human Research Ethics Committee (GH SJOG HREC) -2024-450352]

Study Name: Exploring a community-based strategy to increase the completion of Advance Care Directives in a local medical practice.

Girdlestone St. Ararat 3377 | Ph: 5352 9300 | eghs.net.au

SEVEN BABIES IN SEVEN DAYS!

REBECCA PETERS
DEPUTY DIRECTOR OF CLINICAL SERVICES

The end of February and beginning of March was a busy time for East Grampians Health Service midwives and obstetricians who delivered seven babies in seven days!

The unit was bustling with newborns and families welcoming their new additions which was pleasing for the health service.

While EGHS is accustomed to utilising the one dedicated birth room, it has provisions to support two labouring women with nursing, midwifery and obstetric staff demonstrating their commitment to providing safe and high quality care in busy times.

"EGHS transitioned to a new model of care in 2023/24 with all antenatal care being provided onsite in a newly refurbished consulting space in the main hospital," Deputy Director of Clinical Services Rebecca Peters said.

"Women and their families are cared for in a shared care model with our wonderful Midwives and a team of EGHS GP Obstetricians."

Women wishing to access maternity care at EGHS are encouraged to phone 5352 9321 for further information.

Learn about EGHS's midwifery services here: <https://youtu.be/2UWwtvNTBXQ>



Pictured is Rachael Lindsay with her new bub, Breanna, who was one of seven babies born in seven days at East Grampians Health Service

THANKFUL THURSDAY

"I am thankful for the wonderful staff at Lowe street!

Its easy to come to work every day when you work with such great people.

We ensure the residents are getting the highest standard of care all while making the work environment positive!"

BROOKE WILLIAMSON
ASSOCIATE NURSE UNIT MANAGER - 70 LOWE STREET

How easy is it for you to talk with health workers, like doctors and nurses?

We would like to hear from people about their experiences of talking with health workers, and how this could be improved.



Are you?

- Aged over 18 years and living in a rural area?
- Have a chronic health condition (like diabetes or heart problems) or care for someone who does?
- Interested in taking part in a one-hour group discussion in Ararat?

**East Grampians Health Service
Research Team**
Ph: 03 5352 9426



Scan the QR to
email the team

Participants
will be offered
a \$40 gift
voucher

This project has been approved by the Human Research Ethics Committee, Monash Health



PARKLAND PURSUITS

**MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY
LIFESTYLE COORDINATORS**

February was an interesting time with lots of activities.

There was a special breakfast every Wednesday with fully cooked meals, crumpets, raisin bread or croissants. The residents look forward to this.

We introduced 'Paddock to Plate' where residents find out about the food that is going to be cooked. So far, we have done pizzas, crumpets, made spaghetti and meat sauce and there is one more to go which will be Parfaits, the old 1950-60s' dessert. What a funny sight to see spaghetti drying on the indoor clothesline.

Josie has introduced fishing at the lake for the men and we have purchased a good fishing rod, table and two chairs for this.

The Willaura Market was held last week, and it was a great day out for our residents and staff.

Also this month we have the Willaura Kindergarten visiting, the Willaura Primary School, and the Lake Bolac College coming. The students are creating a go cart with the theme 'Speed and Motion'. One of our residents likes to tinker with engines so this will be a great time for him to collaborate with them.

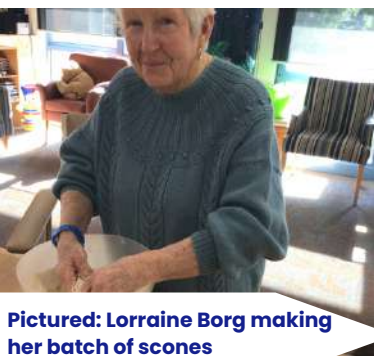
Pam has some great trips planned to Halls Gap and Pomonal Estate. Of course we have St Patrick's Day coming up in March. This will be a fun day with potato bowls, throw the horseshoe and green drinks and food.

We are hoping we have rain soon so we can have lush vegetation again.

Cheers from the Lifestyle team at Willaura.



Pictured: Kath Cullin eating the crumpets after playing Picture Bingo



Pictured: Lorraine Borg making her batch of scones



Pictured: Priscilla made a cat for craft



Pictured: Derick Smart enjoying a cup of tea Valentines Day



Pictured: Kath Cullin preparing to make the batter for crumpets

LOW FOOD MILES

**JODIE HOLWELL
COMMUNITY LIAISON**

A bag of plums didn't travel too many food miles and did the full circle recently.

The plums were donated by a Murray to Moyne team member for the Ararat Market, raising funds for the hospital, and were purchased by Marian College principal Catherine Howison, who baked a plum cake enjoyed by Chief Executive Nick Bush at a dinner, who then passed on a couple of slices to EGHS's Tony Roberts and Dean Knights!



Pictured: Tony and Dean and pictured enjoying their plum cake!

RANDLE HURSTFIELD – GROWING PUMPKINS IN AGED CARE FOR MOYSTON EASTER MARKET CHALLENGE

**JODIE HOLWELL
COMMUNITY LIAISON**

With the Moyston Easter Market Giant Pumpkin Challenge looming, Garden View Court resident Randle Hurstfield is keeping his growing cards close to his chest as he tends to his fast-growing pumpkins.

Randle has always lived in Ararat and grown his own vegetables for his family.

At East Grampians Health Service's aged care facility Garden View Court, Randle continues to enjoy his passion for growing vegetables, and he is often seen tending to various seasonal vegetables for the GVC kitchen and residents.

He has a secret stash of potions and fertilisers tucked away to feed and nurture his pumpkins and bring out the very best in size and quality, and with a few weeks of growing to go, we can't wait to see the final result!

Gardening is just one of the activities residents enjoy at GVC, which aims to keep residents engaged and active, ensuring they continue to enjoy activities they have taken part in their whole lives.



VALENTINE'S DAY AT WILLAURA

**PAMELA WHEELER
LEISURE & LIFESTYLE**

Willaura Health Care residents enjoyed being spoilt with a High Tea for Valentine's Day.

Leading up to the event some great photos of residents with their family and partners were collected. This created a lot of interest and conversation for both residents, staff and visitors as they all stopped and tried to piece together the who's who of the images.

A big thank you to all those who contributed to making this a lovely afternoon for residents, staff and visitors.



LEISURE & LIFESTYLE (DIVERSIONAL THERAPY MONTH)





WILLAURA HEALTH CARE OUTDOOR MARKET





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.