

# ECHO



East Grampians  
Health Service

## EAST GRAMPIANS HEALTH SERVICE



**"Murray to Moyne team raises \$16,165 for Women's Health Hub" Full story on page 3**

### CE Report

The community's health and well-being are a crucial responsibility of the local health service, which encompasses not only providing hospital care through urgent care, theatre, and treatment of illnesses, but also offering services such as dental care, health professionals' services such as physiotherapy and occupational therapy, and many other essential services.

Health and well-being are much more than that, and local government and public service organisations, such as East Grampians Health Service and schools, as well as primary care services like GP practices, play a strong leadership role in fostering a healthy and well-functioning community.

Health and well-being are symptoms of so much more than a health service responding urgently to an illness, accident, or chronic illness. The evidence is very clear that poverty is one of the strongest contributors to poor health. The local government area of Ararat Rural City has one of the lowest Socio-Economic Indexes of Area (SEIFA) scores in the state. This means many of our community members are living in poverty, which contributes to their suffering from poorer health and well-being.

As a health service, we need to work more closely with Ararat Rural City Council, schools, and primary care providers to help and support the community in improving our SEIFA scores, thereby enhancing the quality of life, health, and well-being.



One way this can be achieved is by providing educational opportunities for community members, enabling them to develop their skills and increase their employability, ultimately leading to higher income levels in their chosen fields.

EGHS has strongly advocated to the Universities that they must deliver on-site training at Ararat as well as online learning. Still, we need to do more advocacy to create more opportunities for the community, particularly the youth.

**CE Report cont. page 2**

**CE Report cont.**

We offer the long-running Fed TAFE Diploma of Nursing at EGHS, and recently, the Deakin Ararat Medical School opened for first and second-year students to study medicine in Ararat.

In contrast to our peers, EGHS's staffing is significantly better, but we still have areas of workforce shortages that need to be addressed. These are often the more highly skilled and well-paid positions. We can develop the skills of the local community through the Grow Your Own strategy, enabling them to ultimately fill these positions.

We are considering how end-to-end training for allied health professionals, such as dentists, physiotherapists, occupational therapists, and podiatrists, can be undertaken at Ararat. Giving opportunities to the young people graduating from our schools so that they never have to leave their supportive community.

Rurally based teaching models for nursing and medicine have shown that high-quality graduates can be produced despite spending little time in Universities in large centres.

## 2025 VICTORIAN PUBLIC HEALTHCARE AWARDS

**JODIE HOLWELL**  
**COMMUNITY LIAISON**

The Victorian Public Healthcare Awards are open – and we want to hear your achievements!

East Grampians Health Service is again entering a submission in the Premier's Health Service of the Year (Medium) category, as part of the Victorian Public Health Care Awards.

EGHS was awarded Premier's Health Service of the Year (Medium) in 2015 and 2016 and was a finalist in 2017, 2022 and 2023.

If you would like to contribute something from your area, please note that the achievement/project must have taken place between 12 May 2024 – 11 May 2025.

**Please send your information to Jodie Holwell no later than Friday June 13 – [jodie.holwell@eghs.net.au](mailto:jodie.holwell@eghs.net.au)**

# 2025 Victorian Public Healthcare Awards





# MURRAY TO MOYNE TEAM RAISES \$16,165 FOR WOMEN'S HEALTH HUB

**JODIE HOLWELL**  
**COMMUNITY LIAISON**

East Grampians Health Service's Cranks and Defibrillators have raised \$16,165 towards the purchase of a portable ultrasound machine for the new Women's Sexual and Reproductive Health Hub at the EGHS Community Health Centre.

The team wrapped up its fund raising recently, after a successful 525-kilometre relay from Echuca to Port Fairy in April.

The team of 12 riders, and support crew of four bus drivers, were thrilled to exceed their goal of \$10,000 and are excited to see the equipment when it arrives at the new Health Hub.

"Congratulations to our team of riders and support crew on a successful and by all accounts enjoyable ride, as well as on their fundraising efforts, which included the Ararat Market, Trivia Night, Bowls Night, raffles and team sponsorship," EGHS chief executive Nick Bush said.

"You are wonderful ambassadors for East Grampians Health Service and continue the long tradition of more than 25 years of our health service participating in this popular annual event, raising in excess of \$250,000 in that time."

Mr Bush also thanked the many businesses, organisations and individuals who provided sponsorship and donations to the team.

"We are very grateful for the generosity of our community, who

have provided valuable funds towards the new equipment for the Health Hub, as well as in kind donations that enable our team to run successful fundraisers," he said.

"Thank you to everyone who has contributed towards this project, your support of the health service does not go unnoticed."

Operated by East Grampians Health Service within the EGHS Community Health Centre, the hub offers free or low-cost confidential care with no referral required – including for contraception, medical abortion, referral for surgical abortion, and the testing, diagnosis and treatment of STIs.

It will also help avoid long-term health issues through treatments such as physiotherapy and education for pelvic floor issues, reducing the likelihood of incontinence and the need for ongoing care and possible hospitalisation.

Director of Community Services Sarah Woodburn said East Grampians Health Service is excited to offer access to sexual and reproductive health care to women and girls from the Ararat region, close to home without the need to travel and without the need for a referral.

"Thank you to our Murray to Moyne team for your support of this project and support of the new Women's Sexual and Reproductive Health Hub," Ms Woodburn said.

**More photos on page 4**



Pictured are the 2025 EGHS Murray to Moyne 'Cranks and Defibrillators'







# IMPLEMENTATION OF CHARM IN THE ONCOLOGY DEPARTMENT

REBECCA PETERS

DEPUTY DIRECTOR OF CLINICAL SERVICES

East Grampians Health Service (EGHS) offers oncology services, including systemic anti-cancer therapies such as antineoplastic drugs, hormonal therapy, and immunotherapies, at its Ararat campus. Recently, EGHS implemented an electronic cancer medicine management system (ECMMS).

The ECMMS ensures that EGHS has a contemporary electronic system that improves patient safety in the prescribing, dispensing, and administration of high-risk therapies. It reduces medication errors and enhances clinical decision-making. The system integrates with the organisation's patient management system (iPM), resulting in streamlined and efficient administrative processes, as well as additional safety measures for patient identification and procedure matching.

In 2024, EGHS successfully secured funding from the Department of Health, which covered the full implementation costs of the system.

The project team is to be congratulated for delivering all project objectives within the set timelines. The team included:

1. Clinical Lead: Mary Kinsella, Oncology Associate Nurse Unit Manager
2. Clinical Lead: Olga Purdie, Chief Pharmacist
3. Project Manager: Kate Pitcher, Nurse Unit Manager of Oncology
4. Information Technology Support: Ashley Seaman-Dulkeith
5. Health Information Support: Andrea Cardinaels, Health Information Manager
6. Executive Sponsor: Rebecca Peters, Deputy Director of Clinical Services

The project team and visiting oncologists worked diligently behind the scenes to ensure the system went live as scheduled on 20th May 2024. The launch was a great success, with oncology staff trained and ready to use the new system.

EGHS extends its thanks to visiting medical oncologist and haematologist Dr. Craig Carden and Dr. Pohan Lukito, who were instrumental in the successful implementation of CHARM. Their support and enthusiasm ensured the system meets patients' needs and that its safety mechanisms are fully utilised.



Computers on Wheels are known to clinical and IT staff as 'COWS', so EGHS staff have named them so that each COW is easily identifiable. Pictured with their COWs in the Oncology Unit are Annette Manning, Leesa McInnes and Kiarna Taylor

## INTERNATIONAL HR DAY

International HR Day was celebrated on May 20 and each year honours the contributions of HR professionals within East Grampians Health Service and around the country.

This day recognises the efforts of those who support employee wellbeing, promote positive workplace cultures, and drive organisational success.



Pictured above are the EGHS HR team, Kelly Faulkhead, Angela Nagpal, Ros Bloomfield and Tarnya Mair

## PALLIATIVE CARE WEEK

JESS SERES

CENTRAL GRAMPIANS PALLIATIVE CARE

What's your plan? Every day in Australia, 400 people of all ages die of a terminal illness. Every one of them could benefit from palliative care – care that is their human right, care that can enrich their final days, and care that too many people still miss out on.

National Palliative Care Week (NPCW) in May, aimed to open conversations, raise awareness, and advocate for better access to and acceptance of palliative care.

This year NPCW celebrates 30 years by asking a simple yet powerful question: 'What's your plan?' It's a direct approach to Australians and their loved ones to talk about what matters most at the end of life and to make a plan that empowers and respects their choices during the last years, months, and days of life.

Why does this conversation matter even more now? Death still remains a difficult subject for people to talk about, that's natural and human. Death is also often considered to be a taboo. The reluctance, and lack of awareness and engagement, contributes to a widespread misunderstanding of what palliative care is and what it can offer.

NPCW 2025 is about changing that. It provides an opportunity to start those conversations, break down taboos, dispel myths, and empower the life and choices that need to be considered with terminal illness and ageing.

Central Grampians Palliative Care, located within East Grampians Health Service, Ararat, is made up of dedicated and passionate Registered Nurses with a desire to support and educate members within the community to make informed decisions around their care needs and wishes.

This team provide community-based care to individuals and their families within the Ararat Rural City, Northern Grampians Shire as well as the Pyrenees Shire.

"Palliative Care supports people with a life limiting illness to live as well as they can while managing symptoms to ensure their quality of life is maintained," Jess Seres, a registered nurse with Central Grampians Palliative Care, said.

"National Palliative Care Week campaigns aim to raise awareness about palliative care and its benefits, and advocates to ensure quality palliative care is available for all, when and where they need it."



Pictured L-R are members of the Central Grampians Palliative Care team, Helen Lusby, Jess Seres, Sharon Spalding, Leesa McInnes and Hannah Reid



# HINCHEY HIGHLIGHTS

**NICHOLAS BETSON**  
**ADMINISTRATION ASSISTANT**

The PHC leaves May 2025 behind filled with fun times and great memories. The theme for the month at the Patricia Hinchey Centre was "Royalty and Regality". The walls were adorned with portraits of Kings & Queens from different times & places, and the theme table was loaded up with literature and memorabilia of royalty.

Consumers indulged in all manner of royal food including (but not limited too) chocolate royal biscuits, asparagus rolls in bread and the venerable cucumber sandwich.

A small group headed out on one of the warmer days for a spot of fishing. Other consumers indulged in a real treat for the senses with a trip to the Ararat Town Hall to see the magnificent Keith Potger from the Seekers performing his biggest hits. With a signed CD especially for the PHC we have all been bopping along to the Seekers all month.

It's been a big May but of course, there is no time to rest when June is just around the corner! As always thanks to the staff and volunteers who make the PHC the place to be!



**The Royal tasting table**



**Pictured: Rita Cannata**



**Pictured: John Mullins**



**Pictured: Sue McDougall**



**Pictured: Noel Hurstfield**



# MOLECULAR GASTRONOMY AT 70 LOWE STREET

WENDY DUMESNY

RESIDENTIAL SUPPORT COORDINATOR – 70 LOWE STREET

Scientists at 70 Lowe Street have been experimenting with Molecular Gastronomy, exploring how molecules relate to the chemical and physical processes of cooking.

Whilst we haven't split the atom, using nothing but apple juice, chocolate milk, and a secret ingredient or two we have had success in creating a delicious caviar, with a difference.

Although there were some sceptics, residents and lifestyle staff scoffed at suggestions we would not succeed.

The end result was a delicious apple juice and chocolate milk which was served on ice cream.

70 Lowe Street scientists are now eagerly researching their next molecular gastronomy experiment.



Milkshake caviar



Takes concentration



Making caviar



Caviar and ice cream



Apple Juice caviar



# PARKLAND PURSUITS

## MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY – LIFESTYLE COORDINATORS

Hello from Willaura. We have three Lifestyle persons now so we have a great variety of activities.

Josie took residents to Camp's Motor Museum in Hamilton. There are so many vintage cars to look at starting from 1930s to 1980s. There are caravans, motor cycles, and vintage memorabilia. A quiet lunch at the lake feeding the birds and shopping at Woolworths followed.

Josie created a memorable Mother's Day with a sumptuous afternoon tea, gifts for mothers and Mother's Day Bingo.

Pam has been making birthday cards with the residents, wonderful craft and afternoon teas. Her outings are always to great eating places, Halls Gap for an ice cream and lunch at the Willaura Bakery.

Michelle has been plugging away at exercises with the residents and they have felt the difference. Residents had a great lunch at the Lake Bolac Hotel with a drive around the lake to see all the birds. We have been lucky to have a BBQ before the weather gets too cold. It's so nice to smell the onions cooking. We have done a lot of cooking, lamingtons, biscuits and soon soup.

Parklands House was lucky enough to have two students from Monivae College join our team for work experience.

They spent some time helping our lifestyle team and getting to know our residents. They did an amazing job giving our residents some one-on-one time and helping them to create a little keepsake box. They were also pretty good at organising an outdoor bingo session in our newly vamped up rotunda area. It was a pleasure to have the girls on board here at Willaura Aged Care, we will miss their company.

Willaura Aged Care had a great deal of fun putting together a range of goodies to help raise funds to support the Biggest Morning Tea. It was held in the community centre and included residents, their families, staff and members from our Willaura Health Care Auxiliary. We are proud to announce we raised over \$90.00 and had a great afternoon.

In June we will have a visit from the Willaura Kinder, and Willaura Primary School. Michael and Keith will strum their guitars again, and we will cook up soup and fresh bread.

Michelle will do some pampering with the ladies and some beading craft. Pam will have a bus outing to Dunkeld for lunch and Barney's in Pomonal. Josie has her eye on Bob Bowls and Balloon Tennis to keep everyone fit.

Cheers for now, keep warm.



**Resident Kathleen Culling with Edie Kent from Monivae College**



**Edie Kent with resident Maureen Provis**



**Resident Lorraine Borg with Annabel Anderson from Monivae College**



**Annabel Anderson with resident Priscilla Friend**





Work experience student visit



Nicholas Holmes and Frank Hucker



Ruth Gellert & Priscilla Friend



Priscilla and Lorraine enjoying Biggest afternoon tea



Residents enjoying the sunshine on Mother's Day



# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

## KOK DENG MANYOON AKOI HEALTH CARE WORKER

Interests | **Become a nurse**

One thing I'm good at | **Time Keeper**



## LARA TROETH RECEPTIONIST/ADMINISTRATION ASSISTANT

**ALL ABOUT ME...**

Favourite AFL Team | **Geelong Cats**

Favourite Food | **Pasta**

Favourite Music | **All kinds**

Interests | **The gym**

One thing I'm good at | **Art**

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



## JO BROCK-RECEPTION/ADMINISTRATION ASSISTANT - MEDICAL IMAGING **ALL ABOUT ME...**

Favourite AFL Team | **Hawthorn**

Food | **Roast Lamb or Pork**

Favourite Music | **Australian Rock**

Interests | **Geocaching, jigsaws, camping, horses**

One thing I'm good at | **Planning trips/hikes, travel etc.**

One thing I want to do in this lifetime | **Travel a bit more**



## TANIA BLAIR ALLIED HEALTH ASSISTANT **ALL ABOUT ME...**

Favourite AFL Team | **Rugby-Jillaroos and Brisbane Broncos**

Favourite Food | **Chicken salad and chocolate**

Favourite Music | **Many genres**

Interests | **Peaceful living, my dog, gardening, swimming, walks**

One thing I'm good at | **Awesome smoothies**

One thing I want to do in this lifetime | **Skydive with my son**



# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

**DR ALAN REID**  
**GP OBSTETRICIAN**

**ALL ABOUT ME...**

Favourite AFL Team | **Collingwood**

Favourite Food | **Spicy**

Favourite Music | **The Beatles**

Interests | **Astronomy, running, reading**

One thing I'm good at | **Sleeping**

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



**EILEEN REITH**  
**WARD CLERK**

**ALL ABOUT ME...**

Favourite AFL Team | **Geelong**

Favourite Food | **Sushi**

Favourite Music | **Mix**

Interests | **Travel**

One thing I'm good at | **Listening**

One thing I want to do in this lifetime | **More travel**



**RUBY RYLYN KUIPER**  
**TELEHEALTH ASSISTANT**

**ALL ABOUT ME...**

Food | **Sushi**

Favourite Music | **Mix of everything**

Interests | **Reading, cooking and hiking**

One thing I'm good at | **Photography**

One thing I want to do in this lifetime | **Write a novel**



**JOSEFINA GABRIEL**  
**HEALTH CARE WORKER**

**ALL ABOUT ME...**

Favourite Food | **Any food**

Favourite Music | **Country music**

Interests | **Reading**

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

One thing I want to do in this lifetime | **Travelling**





# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

## RUPALI GOYAL REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Richmond**

Favourite Food | **South Indian**

Favourite Music | **Hindi**

One thing I'm good at | **Making relationship**

One thing I want to do in this lifetime | **Serving people**



## SANDEEP KANDEL HEALTH CARE WORKER

ALL ABOUT ME...

Favourite Food | **Rice and curry, pasta, steaks and sushi**

Favourite Music | **Rufus: You are right**

Interests | **Playing soccer, hiking, travelling, cooking, studying**

One thing I'm good at | **Communicating, adhering organisation rules and regulations**

One thing I want to do in this lifetime | **Completing PHD**



## JASSMINE SMART TELEHEALTH ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Hawthorn**

Food | **Anything chicken**

Favourite Music | **Old hits**

Interests | **Tennis and motorbikes**

One thing I'm good at | **Helping people**

One thing I want to do in this lifetime | **To own my own home and be a happy successful mum**



## MIA CHACE TRAINEE REGISTERED NURSE

ALL ABOUT ME...

Favourite Food | **Mac n cheese and cookies**

Favourite Music | **A mix of everything**

Interests | **Dance, reading, spending time with those I love**

One thing I want to do in this lifetime |

**Contribute positively to the lives of those around me**



# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

## SARA REY ANUM

### ALL ABOUT ME...

Favourite AFL Team | **Carlton**

Favourite Food | **Chocolate**

Favourite Music | **Country music**

Interests | **Fitness, reading, crochet**

One thing I'm good at | **Being a mum**

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



## LISA HURKENS LEISURE & LIFESTYLE ASSISTANT

### ALL ABOUT ME...

Favourite Food | **Pumpkin soup**

Favourite Music | **1980s**

Interests | **Sewing, quilting, reading, grandchildren**

One thing I'm good at | **Patchwork and quilting**

One thing I want to do in this lifetime | **Travel around Australia**



# NEW ARRIVALS AT EGHS

## JODIE HOLWELL – COMMUNITY LIAISON

Gurviro Singh Gill and Sania Sarin have welcomed a son, Ekam Singh Gill.

Baby Ekam was born at East Grampians Health Service on May 5 2025, weighing 3390 grams and has siblings Anhad and Baani.

"Thank you to the doctors – Megan and Winnie – and midwives for all the care and comfort they provided," Gurviro Singh Gill and Sania Sarin.



Jess and Travis Bywater have welcomed a daughter, Freya Evren Bywater.

Baby Freya was born at East Grampians Health Service on May 16 2025, weighing 3267 grams and has siblings Amelia, Kaia and Charlotte.





# VOLUNTEERS CELEBRATED

**JODIE HOLWELL**  
**COMMUNITY LIAISON**

EGHS staff, residents, patients, and consumers gathered to commemorate National Volunteer Week and acknowledge our volunteers' significant contributions in 'connecting communities', this year's theme.

Across Victoria, 3.3 million individuals volunteer, and EGHS is fortunate to have over 150 volunteers who lend their expertise and care across various sectors of the health service. We are deeply appreciative of those who dedicate their time to support our organisation and its people.

EGHS volunteer David Clayton was guest speaker at the event, and spoke about his experiences as a volunteer at EGHS and how it lead to setting up a Men's Shed at 70 Lowe Street for residents.

Members of the Men's Shed are currently busily working on projects that will be sold at markets towards the end of the year.

EGHS Board Director Lisa Davidson and EGHS Volunteer Coordinator Hannah Jennings also spoke at the event.

The event attracted current volunteers and many new and potential volunteers.





# BLUE RIBBON GALA NIGHT OF NIGHTS

**JODIE HOLWELL**  
**COMMUNITY LIAISON**

The Victoria Police Blue Ribbon Foundation Ararat Branch Gala Night of Nights attracted more than 280 people this year, the biggest crowd in recent years.

A highlight of the night was the presentation by the Branch of a cheque for \$40,000 to EGHS Board Vice Chair Cam Evans, the second instalment towards the purchase of a new anaesthetic machine for the Jason Bond Perioperative Unit, valued at \$114,000.

The main and silent auctions were well supported and patrons danced the night away to local musicians who had the dance floor full all night.

Raising funds for East Grampians Health Service and perpetuating the memory of police officers who have died in the line of duty, the Ararat Branch is a major partner and supporter of EGHS and we thank the Branch for its ongoing generosity and support.

Funds raised at the Gala Night will be announced soon. **(See pages 18 & 19 for more photos of EGHS staff and Board Directors)**



**VPBRF Ararat Branch members**



**Member for Ripon Martha Haylett**



**Ararat Branch president Dianne Radford**



**EGHS Board Vice Chair Cam Evans and Ararat Branch member Dean Pinniger**











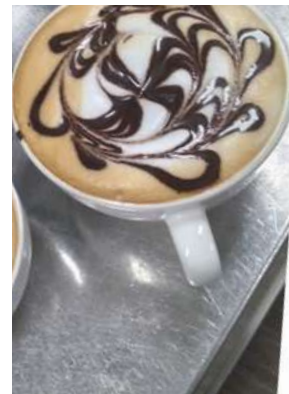
## BREWING UP NEW SKILLS AT PYRENEES CAFE

The team at Pyrenees Café, part of East Grampians Health Service, has been busy behind the scenes perfecting the art of coffee making. Staff members Zoe, Shelby and Rin recently took part in a hands-on barista training course in Melbourne to level up their skills and bring even more quality and care to every cup they serve.

Held in the heart of Melbourne's café scene, the course covered everything from espresso techniques to milk texturing and even a bit of latte art. With Melbourne widely known as Australia's coffee capital, it was the ideal place for the trio to refine their craft.

Now back at Café Pyrenees, Zoe, Shelby and Rin are using their newly acquired skills to enhance the café experience for staff, patients and visitors. Whether it's a strong morning flat white or a perfectly poured cappuccino, customers can now expect an even better brew—made with added flair and precision.

So next time you visit Pyrenees Café, be sure to say hello to the team and enjoy the results of their hard work and training. There's a good chance your next coffee might just be the best one yet!



Left: Zoe and Rin show off their latte art skills after completing a Melbourne barista course

## SHELBY HAS A PASSION FOR FOOD

**ANN GRIERSON – MANAGER SUPPORT SERVICES**

East Grampians Health Service Support Services staff member Shelby Hedges is now upskilling to become a chef, having recently commenced work as an apprentice chef.

Shelby started work at EGHS in 2017 as a catering assistant and primarily worked in the production kitchen, learning various roles, cold larder, trays, supper shifts, assisted in Café Pyrenees and assisted with some function work from time to time.

During her time at EGHS she has been on maternity leave and has two children Lincoln and Archie, with her partner Ben.

Shelby has always been interested and has a passion for food, and the opportunity arose for her when EGHS advertised this year for an Apprentice Chef, which she applied for and was successful.

Shelby is eager to embark on a new career in the culinary side of the hospitality industry because of her unwavering passion for cooking and creating exciting new experiences for people. She enjoys the fast paced and ever-changing environment of the hospitality industry. She loves the challenges, the freedom to be creative and the incredibly rewarding feeling when a dish she creates puts a smile on someone's face.

Shelby is completing her training with Federation University – Certificate III in Commercial Cookery – and here she will learn

new skills and expand her knowledge so she can evolve as both a chef and leader in the kitchen. This apprenticeship will provide her with the opportunity to focus on her passion and love for cooking, learn from mentors, networking opportunities, develop a strong understanding of best practices, gain hands-on experience, and connect with the industry professionals to help advance her career.

She commenced her apprenticeship at EGHS in March this year and has been working in our main production kitchen and in Café Pyrenees. Shelby has been making items in Café Pyrenees and has also been involved with function work, food / wine dinners and Board dinners.

Shelby is loving the experience and is enjoying cooking, as it has always been a source of joy and creativity for her.

EGHS is excited that Shelby has taken on this role as apprentice chef in the Support Services Department – she is driven by a passion for culinary arts and a commitment to personal and professional growth.

Shelby will embark on this journey and will excel in this role.



Shelby – Apprentice Chef

# FLU VACCINATION CLINIC AT THE NEIGHBOURHOOD HOUSE

**JODIE HOLWELL  
COMMUNITY LIAISON**

East Grampians Health Service partnered with the Ararat Neighbourhood House to host a free flu vaccination clinic day for Ararat residents wanting to get their vaccination.

There was a great turn out, with many community members taking the opportunity to protect their health this winter.


Thanks to EGHS Infection Control Coordinator Leeanne Atkinson for supporting this program at the Neighbourhood House.



**Leeanne Atkinson giving an immunisation at the Neighbourhood House**

East Grampians Health Service & Greater Ararat Business Network present:

## Young Professionals Night




Are you a young professional living or working in Ararat? We are hosting an event to gather, chat, and unwind. Come along for great vibes and great company!

**Mess & Barracks  
Friday 4th July, 7pm**

**Free drink on arrival** sponsored by Greater Ararat Business Network.  
\*beer, wine, cider, soft drink, or juice

**Free appetisers** from Mess & Barracks sponsored by East Grampians Health Service.

RSVP preferred for numbers, last minute attendees are welcome! Contact Caitlyn at [caitlyn.huang@eghs.net.au](mailto:caitlyn.huang@eghs.net.au) or visit the Facebook event using the QR code.






### STaRR EMERGING RESEARCHER TRAINING

**Ever considered doing some research related to your role?**

**Want to build your research skills to undertake a project that will impact practice?**

Western Alliance's STaRR Mentored Emerging Researcher Training is open to staff working at member organisations, including East Grampians Health Service.

**Western Alliance covers the training cost.**

Training comprises three full day/half day workshops over 10 weeks starting August 2025. Training covers:

- Introduction to research
- Ethics & governance
- Research methods
- Research dissemination & impact
- Data collection & analysis
- Research translation framework

The aim of the training is to guide you through the **development of a research protocol**.

Those with limited or no prior research experience are encouraged to apply!

**Expressions of Interest close 23 July 2025.**

**For further information:** [starrsupport@deakin.edu.au](mailto:starrsupport@deakin.edu.au)

Western Alliance Research Translation Coordinator for EGHS: [ella.ottrey@eghs.net.au](mailto:ella.ottrey@eghs.net.au)

DELIVER Research Translation Coordinator for EGHS: [michele.conlin@eghs.net.au](mailto:michele.conlin@eghs.net.au)





# MAMMA MIA! HERE WE GO AGAIN!

**JODIE HOLWELL**  
**COMMUNITY LIAISON**

Six staff members are currently involved in the local Ararat Regional Theatre Society production of Mamma Mia! Staff include Maree Fraser, Russell Purdie, Jodie Holwell, Jess Seres, Nakara Elliott and Claire Leggett.

Mamma Mia! will be staged at the Ararat Town Hall over eight performances from June 20 to July 5. Tickets are now on sale at [ararattownhall.com.au](http://ararattownhall.com.au)



## EGHS FOOTY TIPPING

**JO SUMMERS**  
**EXECUTIVE ASSISTANT TO CEO**

**Footy tipping leaders after Round 11**

72	Cam Montgomery
71	Peter Carr
70	Ian Grierson
70	Danni Ralph
70	Jane Miller
70	Kirsten Carr
70	Sue Burns
70	Alison Oliver



The medical records team tipped all 9 winners in Round 11 and received a bonus point and voucher to use in Café Pyrenees.



# 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:

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# RESIDENTS' SUPPORT GROUP MOVIE NIGHT

A big crowd enjoyed the Residents' Support Group's annual movie night at the Astor Cinema.

This year the movie featured The Salt Path.

The event raised funds for residents at 70 Lowe Street and Garden View Court.





# RESIDENTS' SUPPORT GROUP MOVIE NIGHT











# East Grampians Health Service

**East Grampians Health Service**  
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**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](mailto: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.**