

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



PETER ARMSTRONG
ACTING CHIEF EXECUTIVE

CE Report

The cooler months have certainly arrived and with that we have seen increased cases of respiratory disease impacting on the local community our staff and residents. We recently had a COVID outbreak in Garden View Court that had an impact on the residents and staff and is a reminder to reach out and receive annual vaccinations that can reduce the impact of disease. Our annual flu vaccination program is nearing completion but vaccination is available in the community through pharmacy and GP's and in EGHS through Infection Control.

It was great to see staff heavily involved in the stage production of Mama Mia. The success of the show is testament to the commitment of the local community and certainly brightened up winter. It is similar commitment the community has towards the health service and we are very grateful for the assistance we receive.

Our Practical Laboratory is near completion and this will provide state of the art facilities to assist train the current and next generation of health professionals of all disciplines. The build is on time and budget and a credit to the high quality work of Eastwick Homes with support of health service staff.

Finally on a personal note I head to retirement at the end of July. I have had a long eventful career at a few services but will always be grateful for the opportunity to work at EGHS, have enjoyed it immensely and will miss the daily interaction with committed talented people. This is a strong, independent and progressive health service that provides high quality safe care close to home and long may it continue.

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: Leesa McInnes, 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

OCCUPATIONAL HEALTH, SAFETY AND WELLBEING NEWS

JODIE HOLWELL
COMMUNITY LIAISON

Continuing with the regular column from the Occupational Health, Safety and Wellbeing (OHS&W) Committee, where committee representatives share positive news stories on OHS&W matters in their area that have been resolved through innovative thinking.

Community Health Centre – Podiatry Orthotic Grinder

Upon completion of the latest OHS&W Workplace Checklist, it was noted that the Podiatry Orthotic Grinder, for the sizing and shaping of Orthotics, was being kept in a potentially unsafe location, situated in the East corridor outside of the Podiatry rooms at the Community Health Centre.



East Corridor Outside Podiatry

This was identified as a potential risk as the corridor must be always kept clear and free of obstacles, not only a tripping hazard but also in the case of emergency, with walkways to be kept clear.

Through discussions with the Allied Health Manager Chris Perry, Podiatrist Masakhane Nkosi and Director of Community Services Sarah Woodburn, it was decided that the best placement for the Grinder would be in the Dental Lab, which will reduce the risk and keep the corridor clear and obstacle free



Dental Lab

Community Health Centre – handrails at front of building

Through consumer feedback, it was brought to the attention of the committee that the handrails on entry to the CHC, on the ramp, were missing a key element to prevent children falling between them



CHC Ramp Handrail



CHC Ramp Handrail



CHC Steps Handrail

The handrails meet Australian standards, however, due to a high volume of children visiting the Maternal Child Health Nurse and dental appointments, a child could easily fall between the rails, potentially a metre to the carpark, or into the garden below.

Director of Support Services Stuart Kerr, together with Director of Community Services Sarah Woodburn and EA to Director of Community Services Kylie Walker, discussed having this matter corrected with installation of stainless-steel balustrade cables to prevent children from falling between the top of the handrail and the kick plate at the bottom.

A local builder visited and surveyed the handrails, and it is hoped the work will be completed by the end of August 2025.

CRAZY IDEAS COLLEGE

CLAIRE SLADDIN

TRAINING AND DEVELOPMENT MANAGER – EDUCATION

EGHS' Training and Development Manager, Claire Sladdin was invited to the Ararat Social Innovators program, offered by the Crazy Ideas College (CIC) in partnership with Ararat Rural City Council.

The social innovators program is a key initiative of CIC's Ararat Youth Activators (AYA), a bold initiative designed to equip the municipality's young people with creative problem-solving and crucial leadership skills to shape the future of the region. It reminds us why it's so important to invest in them.

Students from three local secondary schools brought energy, imagination and heart to every idea they pitched to local business/industry partners, including Claire. Their projects were thoughtful, relevant and full of possibility.

One inspiring idea was YouthFul – a tech-free youth group designed to bring young people together through hands-on activities like sport, cooking, arts and wellbeing workshops. Aimed at helping those who feel stuck to their screens, the team's Smart Start Experiment involves launching an after-school program where young people can unplug and reconnect through real-world experiences embedded in their community.

With support from Crazy Ideas College and Ararat Rural City Council, our youth are not just dreaming about change – they're making it happen.



THANKFUL THURSDAY

“Thank you to all the volunteers who help out in so many ways throughout our organisation. Your contribution and dedication is inspiring. Thanks for being so selfless and making a difference.”

HANNAH JENNINGS
EXECUTIVE ASSISTANT - DEVELOPMENT & IMPROVEMENT

Research Showcase

A free event to hear about how research is boosting healthcare in your community



DATE: 3 SEPTEMBER 2025
TIME: 10:00AM - 11:30AM
VENUE: ALEXANDRA OVAL COMMUNITY CENTRE

Light refreshments will be provided.

Please register via the QR code.

For further information, contact the EGHS Research Unit: (03) 5352 9481

This event is supported by:



WINTER WARMERS DAY

FREE SOUP LUNCH
Cafe Pyrenees and Willaura
(Gluten free, vegetarian and dairy free options)

WED 23rd JULY
12:00pm - 2:00pm

Vegetable • Pumpkin • Chicken and sweet corn soup

Wear your favourite fluffy socks!

No takeaway containers, crockery only

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
- Research methods
- Data collection & analysis
- Ethics & governance
- Research dissemination & impact
- 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

Western Alliance Research Translation Coordinator for EGHS:
ella.ottrey@eghs.net.au

DELIVER Research Translation Coordinator for EGHS:
michele.conlin@eghs.net.au



Got a bit of time next month? Time to give blood and change lives? 1 in 3 people in Ararat will need blood, and they need people like you to give it.

We're rolling into town from 8 to 12 July. Don't forget to pre-book your spot at www.lifeblood.com.au, on our app or on 13 14 95.

Undertaking professional development or further studies? Looking for easy ways to keep ahead of the latest evidence? Or just curious?

Grampians Health library is a go-to for health services staff needing to keep up with the best available evidence for clinical decision-making practice, education, research, and medical science.

Did you know you can subscribe to journal table of contents [TOC] alerts through the library and receive them in your inbox? The library emails subscribing staff TOC alerts, each time a new journal issue is published.

An A-Z list of journals the library subscribes to, can be found [here](#) and a 'By Profession' list, [here](#).

To be added to TOC alerts, send us your preferred journal titles to library@gh.org.au and include your name and work email (full text access requires a work email address).

Alternatively, you can fill in [this form](#).

If there is a journal you'd like to keep up with that isn't on the above lists, give our Alerts Librarian, Michelle, a call on #19291 (5381 9291), or send an email to library@gh.org.au, with your request.

In the meantime, we also suggest downloading the BrowZine app to your mobile device as another way to keep up with the latest best evidence. Follow the instructions to get BrowZine on our [Apps & Other Services](#) page.



THANKFUL THURSDAY

“I am truly thankful to our students doing placement at EGHS. They offer assistance with patient care which is appreciated especially when the ward is busy. Their curiosity about learning new things inspires me to maintain my own level of knowledge and I believe that this makes me a better nurse. They come prepared with the latest evidence based knowledge so in effect they teach me just as much as I teach them.”

DEBORAH BENNETT
NURSE PRACTITIONER/EDUCATOR - EDUCATION

WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

SUMMER MERRICK CATERING - CLEANING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Geelong**
Favourite Food | **Butter Chicken**
Favourite Music | **Girl in Red**
Interests | **Basketball, Camping, Travel**
One thing I want to do in this lifetime | **Travel to the 7 wonders**



LILY PYKE CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Western Bulldogs**
Favourite Food | **Pasta**
Favourite Music | **Drake, Rap, RnB**
Interests | **Cats, spending time with family**
One thing I'm good at | **Being a big sister**
One thing I want to do in this lifetime | **Become a midwife**



ANDREA MONAGHAN CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**
Food | **Roast**
Favourite Music | **Country**
Interests | **Hiking, camping, knitting, sport**
One thing I'm good at | **Cooking**
One thing I want to do in this lifetime | **Ride in a hot air balloon**



RUJI LEE REGISTERED NURSE-GARDEN VIEW COURT

ALL ABOUT ME...

Favourite AFL Team | **I'm not familiar with AFL, but looking forward to learning more about it**
Favourite Food | **Korean BBQ**
Favourite Music | **K-Pop**
Interests | **Cooking, I love spending time in the kitchen making homecooked meals**
One thing I'm good at | **Listening to people with care and genuinely trying to understand how they feel**
One thing I want to do in this lifetime | **Support the people around me and live a happy life with them**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

MELANIE VERRALL CARE COORDINATOR

ALL ABOUT ME...

Favourite AFL Team | **I'm from NZ, I follow All Blacks or Canterbury Crusaders**

Favourite Food | **Pumpkin Soup**

Favourite Music | **Pop, rock and country**

Interests | **Reading, gardening, candle making, crystals**

One thing I'm good at | **Spreading positivity**

One thing I want to do in this lifetime | **Get over my fear of heights and skydive**



ALISON JOHNSTON RECEPTION/ADMIN ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **My son will say Geelong Cats**

Favourite Food | **Vietnamese**

Favourite Music | **Mostly heavy metal**

Interests | **Spending time with my son, music, anything outdoors**

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

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



MAMMA MIA A SELL OUT!

JODIE HOLWELL – COMMUNITY LIAISON

Ararat Regional Theatre Society's production of Mamma Mia! is a sellout, with approximately 1900 people flocking to the Ararat Town Hall over eight performances, including two sell out shows this coming weekend, to enjoy the show.

Full of ABBA's timeless hits paired with a quirky love story, Mamma Mia! featured six EGHS staff, including Maree Fraser (as Donna), Russell Purdie (as Sam), Jodie Holwell (as Tanya) and Nakara Elliott, Jess Seres and Claire Leggett as part of the large ensemble.



GARDEN VIEW COURT GOSSIP

BEVERLY KALISZEWSKI – CONSUMER PARTNER

Garden View Court recently arranged a "Biggest Morning Tea" and I worked until the wee hours of the morning cooking, so cakes and treats were all fresh. A favourite of the day were the Lemon and Passionfruit Swiss Sponge rolls I make. We even had some of the silver service items and residents even polished the sugar bowl for the occasion. The residents thoroughly enjoyed the morning tea. They learned about Dilmah tea and other interesting 'Tea Facts' and had an interactive quiz about the origins of tea. We raised a little money for the Anti Cancer Council which was nice to do. I appreciated a couple of our Resident Support Group ladies coming in to help serve the morning tea. They are always a pleasure to see – thank you to Lyn, Heather and Marlene. **(See page 10 for Biggest Morning Tea photos)**

Residents recently enjoyed outings including to the newly opened The Décor Room which they enjoyed. 'Haven't styles and prices changed' were some of the comments. Marge Murray fondly recalled her wedding day, sharing a beautiful wedding photo. It was lovely to hear about escapes back 'in the days.' We've made lots of treats this month, with residents enjoying scrambled eggs, Italian muffins, Naan Bread and Sausage Rolls – an all-time favourite with most everyone at GVCH. We even met some attending CFA members. Residents get moving with daily exercises here Monday to Friday mornings and for some weekly in the gym. Both Number and Picture Bingo are favourites with over half our residents.

This month we had three equal winning Crossword Champions for the month with Loris, Ron and Randle winning the most number of games. Needle Crafts is making a resurgence with some embroidery, lace coat hangers and knitting happening. Some of our residents shared beautiful bed jackets they had knitted, all totally different and ever so warm to put on.



Marge Murray with her wedding photo



Loris with her lace coathanger



Betty with the Italian Muffins



"Bingo is my calling now" said Ron



Betty doing morning exercises



Residents making sausage rolls



PARKLAND PURSUITS

MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY – LIFESTYLE COORDINATORS

We have had a busy month. The sun has been shining and the wind slight. Lifestyle staff have taken residents to Halls Gap for an ice cream and they love the drive through the bush. The residents have tried Mosaics, making necklaces with glass beads, and a home cooked Roast Lamb and apple pie meal.

Frank Hucker sat and cut up the cauliflower and said the only good thing to do with Cauliflower is put round up on it. He doesn't like Cauliflower but he soldiered on. Lorraine Borg was great in peeling the carrots and parsnips. She asked how many more do we do?, as we had 10 people to cook for. Our residents loved the home cooked roast, and this month have also enjoyed making pumpkin soup and Lasagna along with scones, cake and biscuits.

Cooking is a very popular activity at Willaura Aged Care. There is also a picture of Kath Culling, Derick Watson and Garry Moloney who are ordering from the Menu at Ararat RSL and afterwards we went to One Tree Hill to the Look Out. The residents continue to play Balloon tennis, and Bob Bowls getting very competitive.

In July we have Art therapy, A cooking class, Willaura Primary School visiting, Country Music, "In the Mood music duo " from Melbourne, a drive to the Dunkeld Museum, Christmas in July, a celebration of Canada day with the Willaura Kindergarten and we will celebrate French Bastille Day.



Lorraine Borg peeling vegetables for a roast lunch



Kath Culling making lasagne



Priscilla Friend with her mosaic tile



Frank Hucker making lasagne



Kath Culling with her mosaic tile

HINCHEY HIGHLIGHTS

NICHOLAS BETSON – ADMINISTRATION ASSISTANT, PATRICIA HINCHEY CENTRE

June was Italian Cultural Month at the Patricia Hinchey Centre, and tummies were filled with pizza, pasta, and Italian-style sausage rolls (not to mention a sneaky tiramisu). The Italian flag adorned the walls, and consumers' armchairs travelled with Google Earth along the coastlines to the hometown of one of our very own PHC attendees. Staff helped consumers learn some Italian phrases, and we all listened to some Italian records on the turntable!

The Centre was awash with a particular color as staff donned garments of a pinkish hue to raise awareness for breast cancer and its research; the kitchen was also adorned in pink as consumers enjoyed their food.

Outings have included Maryborough, Stawell, and surrounding districts as our Adventure and Support groups continue unabated. Of course, all of this happens because of the wonderful consumers, staff, and volunteers who make PHC the place to be.



PHC consumers having a ball



Gary plays volleyball



Sue & Rita making Italian style sausage rolls



Katie proud of her creations



Breast Cancer awareness lunch

NEW ARRIVALS AT EGHS

JODIE HOLWELL – COMMUNITY LIAISON

Bree-Ally Wilde and Dylan O'Brien have welcomed a son, Abel Michael O'Brien.

Baby Abel was born on June 7 2025 at East Grampians Health Service weighing 3175 grams.

"Absolutely perfect, thank you so much," Bree-Ally Wilde and Dylan O'Brien.



Chelsea Joyce and James Shanhun have welcomed a son, Archer Brady Shanhun.

Baby Archer was born on June 23 2025 at East Grampians Health Service weighing 4200 grams, and has a big brother Benji.

"Thank you to everyone at EGHS for the care we have received when welcoming our new little bub into the world," Chelsea Joyce and James Shanhun.



Lisa and Nick Considine have welcomed a daughter, Eadie Grace Considine.

Baby Eadie was born on June 17 2025 at East Grampians Health Service, weighing 2551 grams.



Courtney McIlvride and David Simpkin have welcomed a daughter, Anna Kate Simpkin.

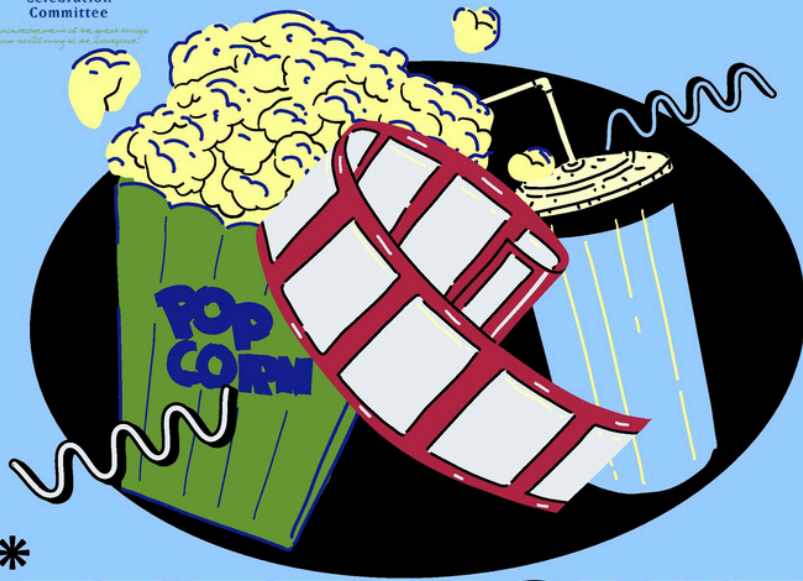
Baby Anna was born on June 28 2025 at East Grampians Health Service, weighing 2863 grams.

"Thankyou Aunty Bonnie and Anita!" Courtney McIlvride and David Simpkin.





STAFF CELEBRATION COMMITTEE PRESENTS



* FREE MOVIE Night *

Free entry, small popcorn, small drink, vanilla choc top icecream per ticket
Plus one and children welcome

6TH AUGUST 2025
6:00PM START

ASTOR CINEMA ARARAT

KIDS: The Wild Robot

ADULTS: Top Gun Maverick



Book via QR code



EGHS FOOTY TIPPING

JO SUMMERS
EXECUTIVE ASSISTANT TO CEO

Footy tipping leaders after Round 15:

93 – Cam Montgomery

91 – Sue Burns

91 – Leanne Atkinson



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

NO TAKE-AWAY MONTH

DAVID ROMERIL
SUPPLY CLERK – PROCUREMENT

In April 2024 the Environmental and Sustainability Committee put “No Takeaway Containers Month” in place, with the hope of saving disposable containers from ending up in landfill.

The 6 months prior to No takeaway containers month the health service was spending \$2622.3 (including regular stock for general hospital use) on average on take away containers and the 6 months after No Takeaway Containers Month we spent \$1577 (also including regular stock for general hospital use)!

That’s a saving of \$1045.30 worth of containers that we saved from ending up in landfill! Our general waste has also been significantly reduced. What a great success! The committee thanks staff for getting onboard and doing their part in caring for our environment! A side effect was that once the month was up, we kept using more reusable containers, which is great to see!

Fantastic effort by everyone doing their part! Let’s see this trend continue into the future!



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>



GO PINK DAY

On Tuesday, 17 June staff participated in Go Pink Day to raise funds for breast cancer awareness. Staff were asked to wear pink outfits in support of the cause. Donations were collected at Cafe Pyrenees as part of the Ararat RSL Pink Ribbon Day Fundraiser.







East Grampians Health Service

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.