

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE

**“Director of Clinical Services retires after 16 years at health service”
Full story on page 3**



CE Report

East Grampians Health Service will undergo a significant change in the coming year with the retirement of two high-performing executive staff members: Stuart Kerr, Director of Support Services, and Peter Armstrong, Director of Clinical Services. Stuart will have worked at EGHS for 50 years in August, and Peter has been working at EGHS for sixteen years, most of which have been spent in the Director's role.

I thank both for their tremendous commitment to the health service and its patients, residents, staff, volunteers, and visiting medical officers.

Stuart will retire from his position, effective Friday, August 29, 2025. Stuart has made a significant contribution to the health service, most recently as Director of Support Services. On 15th August, it will be Stuart's fiftieth year in the health service. He started in 1975!

Stuart has held various roles during his time at the health service. He started as a cleaner, then became an apprentice chef, and later held positions as Manager of Catering, Manager of Support Services, and finally, Director of Support Services. A fine example of developing your skills and career locally.

Most recently, his role has focused on developing and improving the facilities of the health service, which has included writing submissions, evaluating tenders, and liaising with architects, building contractors, and local suppliers.

The excellent facilities and the beautiful way they are kept are a testament to Stuart's leadership and the pride he has in EGHS.



**NICK BUSH
CHIEF EXECUTIVE**

I thank Stuart for his efforts and wish him all the best in his well-deserved retirement.

Peter retired on Friday, 1st August 2025. Peter has made a significant contribution to the health service as Director of Clinical Services over the past twelve years.

Peter has been employed at EGHS for the last 16 years.

CE Report cont. page 2

CE Report cont.

Peter commenced working at EGHS in 2009 as Manager of Aged Care and was subsequently appointed to the position of Director of Clinical Services in 2011.

Peter has provided outstanding leadership to the clinical services area in a supportive and patient-focused manner.

Peter has led and developed a skilled team of nurse unit managers, managers, nursing and ancillary workforce whom he has recruited and supported in their skills acquisition, enabling EGHS to deliver the high-quality care he is keen to see.

Peter's philosophy is 'provide good care to patients and residents, and everything will look after itself'. This is especially

true when running a hospital, but simplicity can sometimes be lost.

When our care hasn't been as good as it could be, Peter would simplify the situation. Would you like your family member to receive care like this? The answer was often no. This approach helped us seek to find improvement.

I thank Stuart and Peter for their loyalty and support of me in what can be a challenging and stressful environment of trying to provide many different services with workforce shortages and financial constraints. Well done.

I want to express my sincere gratitude to you both for all that you have accomplished at EGHS.

TREASURY WINE ESTATES' SEPPELT WINERY DONATION

Treasury Wine Estates' Seppelt Winery recently generously donated boxes of wine to East Grampians Health Service, which will be used in fundraising for various areas of the hospital.

Seppelt Winery Cellar Supervisor Justin Burns and Jess Burns were pleased to deliver the wine to EGHS and are pictured with EGHS Supply Clerk Sue Burns.

Thank you to Treasury Wine Estates for your generous donation!



THANKFUL THURSDAY

"I am truly thankful to all who have taken time from their busy schedules to contribute to 'Thankful Thursday' over the last two years. Your expressions of thanks are both heartwarming and inspiring. Thank you for helping to brighten the day."

LISA NOLEN
ADMINISTRATION ASSISTANT - COMMUNITY LIAISON

DIRECTOR OF CLINICAL SERVICES RETIRES AFTER 16 YEARS AT HEALTH SERVICE

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service Director of Clinical Services Peter Armstrong retired after 16 years with the organisation earlier this month.

Peter commenced working at EGHS in 2009 as Manager of Aged Care and was appointed to the position of Director of Clinical Services in 2011.

An afternoon tea was held to farewell Peter, with staff from across the health service attending.

"Peter has provided outstanding leadership to the clinical services area in a supportive and caring manner, all undertaken with a dry sense of humour and quick wit," EGHS Chief Executive Nick Bush said at the farewell.

"Peter has a great understanding of all the things happening inside EGHS and the wider Ararat and Willaura communities.

"His attention to detail is further reinforced at the weekly incident meetings where Peter is across all the incidents of the week, or the more serious investigations. Peter's inquisitive approach and trying to understand what happened has led the health service to improve the care we offer.

"Peter's philosophy is 'provide good care to patients and residents, and everything will look after itself, including the accreditation requirements and finances' and he is right. When our care hasn't been as good as it could be, Peter would simplify the situation, saying 'would you like your family member to receive care like this?' With this simplicity, we have all been open to looking for improvement in the care we provide."

Following discussions a few years ago about the future of Garden View Court and the proposal to close it, due to bed occupancy being very low and community aged care

packages being introduced, Peter set about changing EGHS's aged care focus to implement the Montessori method, aiming to shift EGHS's approach and improve the residential aged care service offerings.

"It has led to a significant improvement in our residential aged care services. All beds are currently full, with a waiting list, and Peter and the staff regularly receive compliments on the quality of care," Mr Bush said.

"Peter is very proud of the aged care services we offer today, and the atmosphere at the three sites is welcoming, warm, and caring. Thanks also go to the dedicated staff who make this possible."

Peter was dedicated to ensuring that EGHS delivered a high level of care to patients, and he was always present and available to provide support and guidance to the staff, executive team, and the Chief Executive.

"I thank Peter for his loyalty and support of me in what can be a challenging and stressful environment of trying to provide many different services with workforce shortages and financial constraints," Mr Bush said.

"Peter's leadership style has enabled me to advocate for and explore growth and development opportunities for EGHS.

"I thank him for his outstanding contribution to EGHS and the Victorian Health System and express my sincere gratitude to him for all that he has accomplished at EGHS. It is a much better place for our patients, residents, staff, volunteers and visiting medical officers."

Rebecca Peters, who has worked as Deputy Director of Clinical Services for the past four years, has stepped up into the role of Director of Clinical Services. (See photos page 4)



Peter Armstrong with 70 Lowe Street Manager Chris Jordan (left) and EGHS Chief Executive Nick Bush, with staff at the afternoon tea



Chris Jordan and Natalie Wohlers



Emma Varley, Leeanne Atkinson, Dayle Smith, Johnathon Jende



Kelly Faulkhead, Angela Nagpal, Bec Peters



Peter Armstrong with his farewell gift



Sarah Carey, Jaclyn Bishop, Hannah Jennings



Jess Seres, Merryn Boatman, Peter Armstrong, Gaye Peoples, Mark Scown

THANKFUL THURSDAY

“I am very thankful for the Follow Me Printing facility. It saves me a lot of time, and makes my life easier every day”

ALISON FITZGERALD
PROJECT COORDINATOR
DEVELOPMENT & IMPROVEMENT

DEAKIN UNIVERSITY LECTURER SPEAKS TO EGHS LEADERS

JODIE HOLWELL – COMMUNITY LIAISON

Lecturer at Deakin University's Ararat Medical School, Dr Eslam Ahmed, recently spoke at an East Grampians Health Service leadership group lunch, highlighting his interesting career, which began in Cairo and ended in Ararat, via Hiroshima.

Dr Ahmed visits EGHS regularly as a lecturer for the first and second year Rural Training Stream Doctor of Medicine program, teaching anatomy and pathology three days a week.

Recently completing his PhD at the Deakin School of Medicine with a focus on neuroanatomy, Dr Ahmed also has over 12 years' teaching experience both at Deakin with the anatomy and pathology team and overseas.

Dr Ahmed commenced his career at the Ain Shams University, Cairo, Egypt, completing his university education in 2009, going on to employment at the same university from 2008 to 2017 in research and as a lecturer in medical science.

From 2017 to 2019 Dr Ahmed undertook research at the Hiroshima University, Japan, as well as teaching MD students.

Dr Ahmed then moved to Australia and completed his PhD in 2023 at Deakin University Geelong in neuroanatomy, with his research looking at the effect of peripheral inflammation (lung inflammation) on the brain.

Since September 2024 Dr Ahmed has been a lecturer in medical science for years one and two students in the Rural Training Stream, and told the EGHS leadership group that he applied for this position because he had a passion for teaching and rural and regional health.

Dr Ahmed said Ararat was a challenging but inspiring place to work.

"Regional students receive the same world-class education as their peers on metropolitan campuses," he said.

Dr Ahmed said the success of the program would be demonstrated through creating an environment where students in Ararat felt empowered, supported and inspired, with students leaving the course confident in their scientific knowledge and clinical reasoning.

"Ideally, students develop deep ties with the local health services, contributing to and learning from rural health settings," he said.

"Despite being outside the main campus, Ararat is not peripheral, it's pioneering and I'm proud to be part of it.

"Together with local health leaders and educators like yourselves, I believe we can shape a future workforce that is not only clinically capable but deeply connected to the communities they serve."



EGHS chief executive Nick Bush, Dr Eslam Ahmed and EGHS Director of Development and Improvement Jaclyn Bishop

FREE PADS AND TAMPONS AVAILABLE ACROSS THREE EGHS SITES IN ARARAT AND WILLAURA

JODIE HOLWELL – COMMUNITY LIAISON

Vending machines, giving access to free pads and tampons, have been installed in three locations at East Grampians Health Service.

The vending machines are located in the Community Health Centre, Medical Imaging (radiology) Department and at Willaura Health Care in the Day Centre, and are available for use by anyone in the community.

Pads and tampons aren't a luxury, they are essential to health and wellbeing, and people should be able to access them whenever and wherever they need to, with the State Government rollout of the program to see 1500 machines located across 700 sites in Victoria.

The vending machines are easy to use and available for anyone who requires them.

Please ask EGHS's friendly staff in any of the locations if you require help in using them.



Pictured is Willaura Health Care staff member Angela Nagpal with the newly installed free pad and tampon vending machines for use by the community



Pictured is EGHS Community Health Centre staff member Isabel Kettle with the newly installed free pad and tampon vending machine

NATIONAL PAYROLL DAY

Friday, July 25 was National Payroll Day.

We acknowledge the vital role of payroll professionals, including EGHS' payroll team, in ensuring employees are paid accurately and on time, supporting the smooth operation of businesses



Pictured are EGHS Payroll staff Peter Thompson and Peta Barrie

WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

HEERA JIN REGISTERED NURSE

ALL ABOUT ME...

Favourite Food | **Kimchi stew**
Favourite Music | **K-Pop (6 day's songs)**
Interests | **Australian slang**
One thing I'm good at | **Empathy**
One thing I want to do in this lifetime | **Happiness**



MELANIE KEILAR LEISURE & LIFESTYLE COORDINATOR

ALL ABOUT ME...

Favourite AFL Team | **Carlton**
Favourite Food | **Risotto**
Favourite Music | **Anything live**
Interests | **Gardening, baking and live music festivals**
One thing I'm good at | **Organising**
One thing I want to do in this lifetime | **Travel Australia**



TAMSYN KETTLE CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**
Food | **Sushi**
Favourite Music | **Billie Eilish**
Interests | **Netball**
One thing I'm good at | **Talking**
One thing I want to do in this lifetime | **Travel**



BRIAN KELLY ANUM - WILLAURA

ALL ABOUT ME...

Favourite AFL Team | **McLaren Formula One**
Favourite Food | **Lasagne**
Favourite Music | **Anything pre-1978**
Interests | **Motor racing**
One thing I'm good at | **Eating too much lasagne**
One thing I want to do in this lifetime | **See aged care as a place people want to go, not just need to be placed**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

MOKYOUNG CHOI REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **I don't have one yet**

Favourite Food | **Curry**

Favourite Music | **Blank space - Taylor Swift**

Interests | **Disaster Movie**

One thing I'm good at | **Sharpening a pencil by hand**

One thing I want to do in this lifetime | **Selfie with a quokka**



TIARNA MACKENZIE ENROLLED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Essendon**

Favourite Food | **Mexican**

Favourite Music | **Fleetwood Mac**

Interests | **Being with friends**

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

One thing I want to do in this lifetime |

Travel/work overseas



LIAM NEWTON MAINTENANCE (GROUNDS & GARDEN TRAINEE)

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**

Food | **Pizza**

Favourite Music | **Everything**

Interests | **Sports and going to the beach**

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

One thing I want to do in this lifetime | **Watch another Collingwood premiership**



HELEN GRACE GAMALINDA PARAGAS REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **I found all the teams good**

Favourite Food | **Steak**

Favourite Music | **Love songs, rock, pop, waltz and jazz**

Interests | **Church, theatre, musicals, movies and playing music**

One thing I'm good at | **Singing, playing piano and drawing**

One thing I want to do in this lifetime | **Live life to the fullest**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

BELLE THOMPSON CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**
Favourite Food | **Anything Italian**
Favourite Music | **90s RnB**
Interests | **Travel, Cooking and spending time with loved ones**
One thing I'm good at | **Cooking**
One thing I want to do in this lifetime | **Travel to Egypt**



JONAH PIDGEON ALLIED HEALTH ASSISTANT

ALL ABOUT ME...

Favourite Food | **Steak and potatoes**
Favourite Music | **House/EDM or pop**
Interests | **Gym, movies, video games and collecting miniatures**
One thing I'm good at | **Weight lifting**
One thing I want to do in this lifetime | **Climb Mount Everest**



MELANIE THOMPSON ENROLLED NURSE

ALL ABOUT ME...

Favourite AFL Team | **All Blacks**
Food | **Nice hot curry**
Favourite Music | **60s, 70s, 80s, Split Endz, country, rock, classical (no ABBA)**
Interests | **Cold water swimming, gardening, bush walking and travel**
One thing I'm good at | **Laughing**
One thing I want to do in this lifetime | **Grandkids, travel, writing, swim with sharks, climb mountains and bring joy to others**



DAMIEN WIELAND SUBMISSION WRITER

ALL ABOUT ME...

Favourite AFL Team | **Richmond Tigers**
Favourite Food | **Bánh mì**
Favourite Music | **Midnight Oil**
Interests | **Spending time with my partner and three children; playing and recording music, never-ending home renovations**
One thing I'm good at | **Songwriting**
One thing I want to do in this lifetime | **See my children live joyful and fulfilling lives**



TRAINING LOCALLY ENABLES NAOMI TO SECURE DREAM CAREER

JODIE HOLWELL – COMMUNITY LIAISON

The ability to study locally enabled East Grampians Health Service nurse Naomi Schott to advance her career and study nursing while raising a family and working part time.

It was Naomi's early work in disability care that sparked her interest in nursing, as she wanted to provide a better level of care for people with disabilities.

But with four young children, she would have been unable to travel to Ballarat or Horsham to study.

"So, when I heard that the Diploma of Nursing was offered locally through Federation TAFE, I applied and studied part time over two and a half years," Naomi said.

"I was able to do nearly all my placements locally, and the part time option made it a whole lot easier to juggle everything."

The Diploma of Nursing meant Naomi could work as an enrolled nurse at EGHS's residential aged care facility. She would often work night shift, and found herself taking on leadership responsibilities, which eventually lead to her investigating upskilling options.

Federation University was offering the Bachelor of Nursing in flexi mode, which meant Naomi only needed to attend the Ballarat campus for one week each semester, with the remainder delivered online so she could study at her own pace.

"Being able to work at EGHS while I was studying gave me great access to the practical skills and knowledge to complement what I was studying," Naomi said.

"The educators in the hospital were always there to support me, both as a student and as an employee, and working permanent nights shifts, raising four children and studying full time, I needed the support!"

Naomi said she would have most likely continued working in the disability area if the Diploma of Nursing hadn't been offered locally.

"I might have looked at it later on, but either way it would have been a much longer process to get there," she said.

Since completing her Bachelor of Nursing, Naomi has undertaken further study in critical care. Initially, she completed the Rural Urgent Care Program (through the Alfred Hospital), and in 2023, she received the Angela Laidlaw Clinical Scholarship to undertake a post-graduate Certificate in Health

(Emergency Nursing) at Federation University, which she successfully completed last year.

Naomi regularly works in the EGHS Urgent Care Centre and is an Associate Nurse Unit Manager in the EGHS Inpatient Unit.

"When you work in the country, all these things tie in together really well; the nurses know each other, there are better relationships with the doctors. It just feels like there are better relationships across the board within the hospital and the community," she said.

"It's absolutely fantastic to work locally at East Grampians Health Service and care for people that you know, and they know you. You're able to provide that personal touch to their care."



Pictured Naomi Schott (right) with colleague Amanda Cranstoun

EAST GRAMPIANS HEALTH SERVICE RESEARCH PRESENTED AT LA TROBE RURAL HEALTH SCHOOL CONFERENCE

MICHELE CONLIN

RESEARCH SUPPORT LEAD – DELIVER

On Thursday 10 July, Michele Conlin, DELIVER Research Translation Coordinator at East Grampians Health Service (EGHS), presented a research poster at the 2025 La Trobe Rural Health School Conference in Bendigo. The conference theme, Innovating for Equity: Bridging Gaps in Rural Health Care, brought together health professionals, researchers, and students to explore ways to improve rural health outcomes.

The EGHS study conducted by Michele Conlin, Jake Romein, and Jaclyn Bishop, is entitled Enhancing Rural Health Service Research Culture and Capacity: A Qualitative Exploration of Student Research Placements. It looked at the experiences of health service staff hosting student research placements in a rural setting, highlighting both the challenges and the benefits. Despite barriers to hosting student researchers, placements were seen as valuable in building a stronger research culture and partnerships with universities. The team also created a practical tool to help rural health services implement research placements, with further research planned to test how well it works.

The poster presentation generated strong interest and contributed to broader discussions about how rural services can grow their research capacity. The study's impact continues to grow, with the abstract also selected for an oral presentation at the Rural & Remote Health Scientific Symposium in Alice Springs this October. This recognition highlights EGHS's commitment to innovation and leadership in rural health research.

EAST GRAMPIANS HEALTH SERVICE STAFF COMPLETE FIRST AID TRAINING AT THE NEST

CLARE BENNETT – WORKPLACE TRAINER/CAREERS ADVISOR

Staff participated in First Aid training sessions delivered by South West TAFE at The Nest on July 21 & 22. The training focused on CPR, emergency response, and basic life support, equipping participants with vital skills to respond confidently in medical emergencies.

The sessions were part of EGHS's ongoing commitment to professional development and community safety.



EGHS team members practicing CPR techniques



East Grampians Health Service invites community members to attend our annual



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:



STUDENTS ENJOY WORK EXPERIENCE AT EGHS

East Grampians Health Service recently hosted work experience students from Marian College and Ararat College. The students spent time across the health service in areas such as Medical Imaging, 70 Lowe Street and Garden View Court, Dialysis and IPU, the Patricia Hinchey Centre, Day Procedure Unit and allied health.

Thanks to all departments for hosting the students and to staff for mentoring them.



Pictured are students from Ararat College, L-R, Sienna Woodfine, Lacey Farrington, Mary Purnell, Tarnya Mair (Acting HR Manager), absent Zaali Elliott



Pictured are students from Marian College, L-R, William (Billy) Wilson, Tahir Hassan, Chloe Nicholson, Willow Freeland, Maggie Lovell and Rhianne Guerrero

HAPPY BIRTHDAY BETTY

East Grampians Health Service staff wished Betty Flavell a very happy 95th birthday on July 23.

Betty was a long time volunteer at EGHS and received a 25 year volunteer service award in 2022.


Happy birthday Betty!




FUN TIMES ON THE WARD


Dr Prasad Fonseka recently took Inpatient Unit manager Kate Pitcher's grandson Ziggy for a walk and some ice cream when he paid a visit – a very cute moment to see!





A day in the life of a...


-  Medical student
-  Medical Imaging student
-  Optometry student



Are you in year 11 or 12? Spend a day in a clinical school or at Deakin's University's Geelong Waurn Ponds Campus to experience what it's like to be a medical imaging, optometry or medical student.

- Tour the learning spaces to see the equipment and facilities used by students first-hand.
- Attend tutorials and/or observe clinical simulations.
- Participate in hands-on activities such as clinical skills and using specialist equipment.
- Chat to current students and academics to learn about their pathways and what it's really like studying the course.

Don't miss out!
For event dates
and locations scan
here:





For expressions of interest
please contact:
rachael.cooper@deakin.edu.au
katie.mckean@deakin.edu.au

Deakin University CRICOS Provider Code: 001138

NUDE FOOD CHALLENGE

HANNAH JENNINGS

EXECUTIVE ASSISTANT – DEVELOPMENT AND IMPROVEMENT

As part of Plastic Free July staff were encouraged to join the 'Nude Food Challenge' which ran from the 14th – 18th July 2025. Led by the EGHS Environmental Sustainability Committee, the aim was to share ways to eliminate all unnecessary packaging and wrapping on the food brought to work.

The challenge called for simple yet effective ways to reduce plastic consumption, such as using reusable containers, repurposing jars and making your own snacks.

Staff enthusiastically shared creative and inspiring photos of their waste-free meals, showcasing clever alternatives to plastic packaging and demonstrating how easy it can be to make more sustainable choices.

Throughout the month we also encouraged all staff to be mindful of their plastic consumption, whether by bringing reusable containers, avoiding plastic-wrapped products, rethinking packaging, reducing unnecessary disposables where possible or supporting eco-friendly alternatives at work and home. We know that small changes can lead to big impacts, and together we can work towards a healthier planet and a more sustainable healthcare system.

Website: [Plastic Free July – Be Part of the Plastic Pollution Solution](#)

1st Prize – The soup pot – Eloise Marshall (top right)
 2nd prize – Repurposed jars – Angela Nagpal (middle right)
 3rd prize – Use of container, utensils and glass – Sue Burns (bottom right)



EGHS FOOTY TIPPING

JO SUMMERS

EXECUTIVE ASSISTANT TO CEO

Footy tipping leaders after Round 21:

137 – Cam Montgomery
136 – Sue Burns
135 – Leeanne Atkinson
135 – Peter Carr
134 – Ash Leggett
134 Nick Bush

Round 20 saw three tippers pick all the winners: Kirsten Carr, Jacinta Harman and Jo Summers. All received 1 bonus point and a \$10 Café Pyrenees voucher.



NAIDOC WEEK AT LOWE STREET

BY WENDY DUMESNEY – 70 LOWE STREET

To celebrate NAIDOC week, residents and staff at 70 Lowe St attempted dot painting which everyone enjoyed.

The activity produced some wonderful art work which is displayed in the lounge area.

We also thought we would try some native ingredients in our cooking group and made Saltbush Damper and Watle Seed biscuits.

These were amazing, everyone came back for seconds and thirds, there were no leftovers.

We are now looking at trying more recipes with native ingredients.



PARKLAND PURSUITS – CHRISTMAS IN JULY

MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY – LIFESTYLE COORDINATORS

Parkland House Lifestyle staff have been busy putting an incredible calendar together.

There are many themes in August, Horses' Birthday, Cat Day, Left Handers Day, Light house Day, Bird Week, Senior Citizens' Week, Daffodil Day and Dog Day.

We hope to cover them all with activities like quizzes, special food, picture bingo, pin the tail on the horse, story time and reminiscing and exercise.

The kindergarten will visit and have story time, country music duo Michael and Keith to play music, Daffodil Day with afternoon tea, preparing for Father's Day and cooking lessons.

We will be cooking damper during NAIDOC week and watching 'Rabbit Proof Fence'.

Rabbit Proof Fence'.

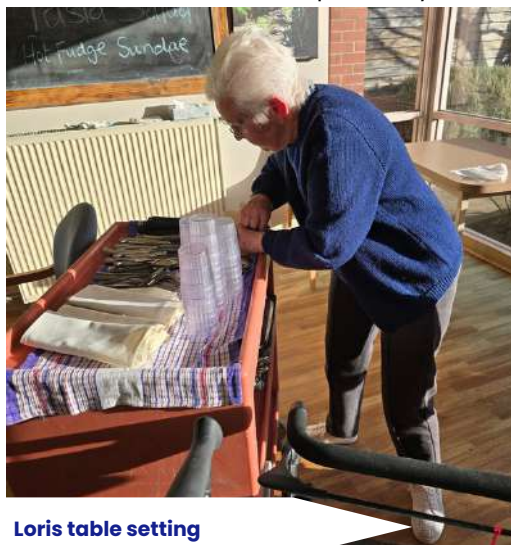
We will be starting our 'Life Stories' on each resident and are hoping to publish in a book form.

Staff will be starting the 'Red Carpet' photo shoot for a calendar.

Lifestyle has started offering cooking lessons to residents and this month we will baking scones, damper, lasagne, pizza and sausage rolls.

We still have a fully cooked breakfast on Wednesday mornings and not to mention exercises to keep us all strong.

We have some great painters so this will be a great activity to keep us busy.



Loris table setting



Happy Hour



xy S24 Ultra
July 2025



Greg poking out his tongue



Frank Hucker, Garry Moloney and Derick Watson enjoying Christmas in July Lunch



Residents playing BOB Bowls



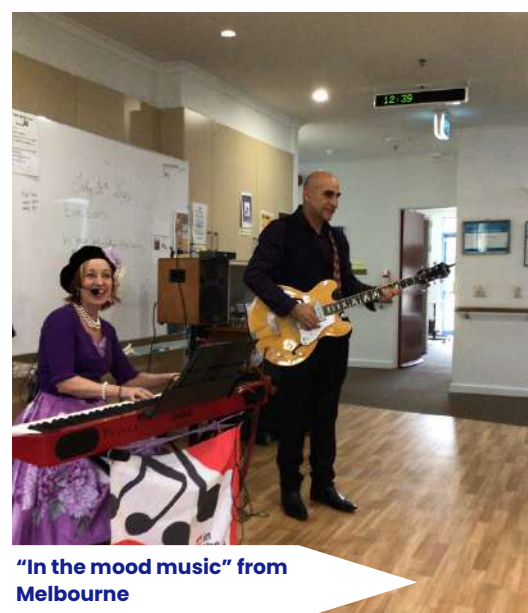
Priscilla Friend "Painting Whales"



Residents rocking to the beat



Kath Culling and Lorraine Borg enjoying Lunch



"In the mood music" from Melbourne

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](https://www.facebook.com/groups/272393883425954)

Please click the link to join:

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



2025 WINTER WARMERS STAFF CELEBRATION



INSERT TEXT

Danah Burton, Shelby Hedges, Tiegna Nankervis



Rin Searby, Leonie Clayton, Zoe McKinnis, Shelby Hedges



Maree Fraser, Hannah Jennings, Leeanne Atkinson, Jane Miller





**Rin Searby, Leonie Clayton,
Zoe McKinnis**



**Sarah Leggett, Lisa Cameron,
Natalie D'Anna, Jess Curnow**



**Bart James, Stuart Kerr, Liz
Sherwell, Dale Bell, Liam
Newton, Emma Britton**



Jean Gill



Nicole Murray



**Kylie Walker, Sarah Leggett,
Lisa Cameron**



**Melanie Verrall, Tamara
James, Jess Seres**



East Grampians Health Service

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