

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



**“Premier opens
Women’s Health
Hub” Full story on
page 3**

CE Report

I thank the community for its tremendous generosity in supporting East Grampians Health Service. This is essentially the catchment of the local government area of Ararat Rural City, but it is increasingly covering the local government areas of Northern Grampians and Pyrenees.

Our staff are generous with their time and effort, going above and beyond in the workplace. They also volunteer for community events that support East Grampians Health Service, complementing a large community of volunteers and supporters.

This was evident on April 6 when the Murray to Moyne cycle relay came into Port Fairy, and the rescheduled Victoria Police Blue Ribbon Ararat Branch Ride to Remember was held on the same day.

The Murray to Moyne involved approximately 20 volunteers, including cycling or as a support crew, who supported each other to ensure the EGHS cyclists successfully set off from beside the Murray River at Echuca and crossed the Moyne River at Port Fairy. The group has consistently raised much-needed funds for the health service.

It was a proud moment to see over 500 motorcyclists in Ararat riding across the Grampians region, with the funds generated going to EGHS. I would estimate that nearly 100 volunteers were involved, led skilfully by Blue Ribbon President Di Radford and her hardworking Blue Ribbon team, many of them EGHS staff members.



The generosity of the community in giving their time and making generous donations to support these and many other events is truly heartening and greatly appreciated by the board, staff, visiting medical officers, and volunteers. I often reflect that if the community's trust in the health service is lost, these events and volunteering would be significantly reduced.

CE Report cont. page 2

CE Report cont.

The board, staff, visiting medical officers, and volunteers are responsible for ensuring that we continue to provide high-quality care to the community that meets its needs and expectations. Then, trust is maintained and built upon, and the community will continue to be proud of the local health service and will contribute their time and money to support it.

Researchers often mention a high level of liveability as a reason for living in specific locations. We know that we need

to continue improving the quality of our health services, as health services are a strong indicator of liveability. This is particularly important for the community and us recruiting new staff.

I see the existing local businesses continuing to grow and develop to enhance and expand their offerings to the community. This, coupled with new businesses opening and expanding their offerings, improves Ararat's liveability. I thank them for their efforts.

CAITLYN A STAWELL GIFT CHAMPION!

EGHS Community Health Centre dental assistant and reception admin Caitlyn Nicholson, who is currently studying to be a dentist, took out the Change Our Game Women's Handicap 70m at the Stawell Gift over Easter.

Congratulations from everyone at EGHS Caitlyn!

Caitlyn also received congratulations from the Premier Jacinta Allan when she visited the Community Healthy Centre.



Pictured, Member for Ripon Martha Haylett, Caitlyn Nicholson and Premier Jacinta Allan

PREMIER OPENS WOMEN'S HEALTH HUB

JODIE HOLWELL
COMMUNITY LIAISON

Premier of Victoria Jacinta Allan and Member for Ripon Martha Haylett officially opened the Ararat Women's Sexual and Reproductive Health Hub.

The new Hub will make it easier for women and girls in Ararat to access sexual and reproductive health care.

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.

Ms Allan met with EGHS Director of Community Services Sarah Woodburn and the EGHS GP Obstetricians Dr Winnie Yum and Dr Megan Helper, as well as staff of the new clinic, during her visit to Ararat.

"These hubs in Ararat and Horsham are closing service gaps in regional Victoria – ensuring more women can access the care they need, close to home," Ms Allan said.

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.

"We were pleased Premier Jacinta Allan was able to officially open the Ararat Women's Sexual and Reproductive Health Hub, view the facilities and meet our GP Obstetricians and staff."



Pictured: Dr Megan Helper, Dr Winnie Yum, Premier Jacinta Allan, Member for Ripon Martha Haylett, Director of Community Services Sarah Woodburn and Caroline Hamilton

MURRAY TO MOYNE TEAM RAISES \$14,700 FOR WOMEN'S HEALTH HUB

JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service's Cranks and Defibrillators have raised \$14,760 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.

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





LIBRARY NEWS

Need help with a research project, procedure or pathway evidence, further study, CDP and other professional development? Ask [Grampians Health Library!](#)

Your friendly health librarians can help you make sure your work is evidence-based, practical, ethical and patient-centred.

This week, Grampians Health Library acknowledges World Immunisation Week 2025. [Learn more here](#)

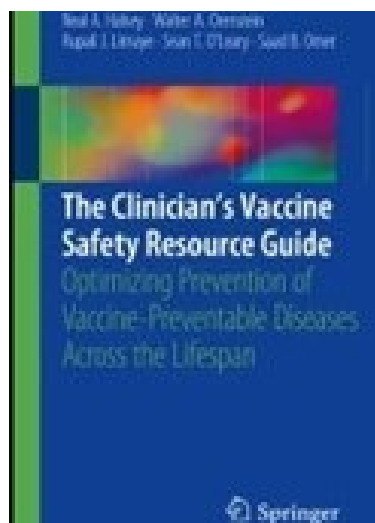
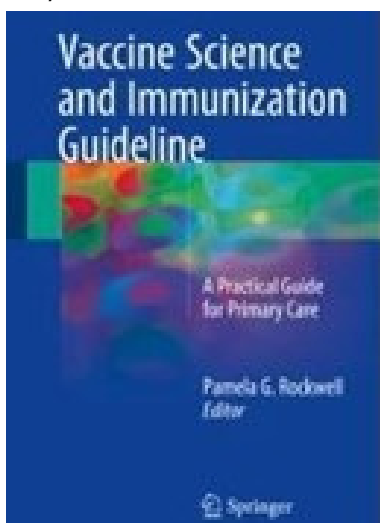
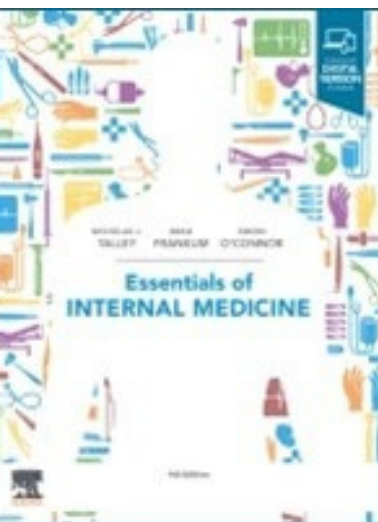
Here's some recent evidence about Immunisation from the library. Click on the image to go to the eBooks or Journal.

Email us with your enquiries at library@gh.org.au or call #94455 Mon-Fri 8:30am-5:00pm.

Send us your feedback [here](#).

Grampians Health Library will be closed on Good Friday and Easter Monday Public Holidays.

We wish everyone a safe and healthy Easter 2025.



INTERNATIONAL COMPOST AWARENESS WEEK

RUTH KALISZEWSKI
EGHS CONSUMER PARTNER

May 4–10, 2025 marked this year's International Compost Awareness Week (ICAW). This is a global celebration of compost and its power to build stronger, healthier, and more sustainable communities.

The EGHS Environmental Sustainability Committee wanted to share a story about an aged care resident called Randle who has shown the true power of composting. The Committee hopes that you are also inspired. See the full story on page 10.

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

HINCHEY HIGHLIGHTS

NICHOLAS BETSON
ADMINISTRATION ASSISTANT

The theme for April at the Patricia Hinchey Centre was "Into the Wild". Consumers engaged in all manner of wild activities, including "A Safari from your Seat" where consumers were introduced to the wildlife of the African continent followed up with a dose of Safari Bingo! Wild

West Friday was celebrated with a Texas Chili Spaghetti and some folks got themselves in some Wild Wanted Mugshots. Some consumers were able to get out to the Hall Gap Zoo for an "Into the Wild" excursion. Everyone had a great time.

To top off a wild time it was also Easter, so a selection of wild easter bunnies ensured consumers got their choccy egg fix.

All in all it was a successful April at the PHC. Thanks to all the volunteers and staff for their efforts.



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

MACKENSE EVANS WARD CLERK

ALL ABOUT ME...

Favourite AFL Team | **Carlton**

Favourite Food | **Italian Food**

Favourite Music | **Pop music (Taylor Swift & Sabrina Carpenter)**

Interests | **Fitness, sport, travel, cooking**

One thing I'm good at | **Swimming and cycling**

One thing I want to do in this lifetime | **An ironman triathlon**



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 | **Traveling**



DELLAH JOHNSTON CATERING/SUPPORT SERVICES

ALL ABOUT ME...

Favourite AFL Team | **Geelong**

Food | **Fried Rice**

Interests | **Spending time with friends, fitness**

One thing I'm good at | **Being independent**

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



BELL LATRONICO HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Geelong**

Favourite Food | **Lamb and gravy rolls**

Favourite Music | **Country**

Interests | **Camping, rodeos, BNS's, music and concerts**

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

One thing I want to do in this lifetime | **Make the most of every moment**



INTERNATIONAL MIDWIVES DAY

CAROL LEO
ASSOCIATE NURSE UNIT MANAGER

Monday the 5th of May marked the celebration of International Midwives Day.

Midwives play an indispensable role in the health and well being of women and families around the world.

On International Midwives Day, we honour the unwavering dedication, expertise and compassionate care they provide.

Midwifery is not just a profession; it is a calling grounded in the profound understanding of the sacred journey of childbirth.

Throughout history, midwives have been the guardians of this journey, offering support, education and guidance to expectant mothers and their families. They are the steady hand and caring hearts that help bring new life into this world, creating a safe and empowering experience during one of life's most transformative moments.

Midwifery work goes beyond the delivery room; it encompasses antenatal care and postnatal support to enhance the emotional well being of mothers and families, which in turn fosters healthier communities.

To all midwives present in our community, nation and across the globe; let us commit to supporting and uplifting each other, sharing knowledge and experience and building a future where every birth is respectful, safe and celebrated.

East Grampians Health Service have been posting introduction snippets of midwives via the Facebook page in the lead up to International Midwives Day. We thought this would be a wonderful way to introduce our midwifery team to Ararat and surrounding communities. An invitation was sent out to women who have previously birthed at EGHS and those currently involved in antenatal care program, to join our midwives at a morning tea event organised at Pyrenees House on the 5th of May.

The event went well and gave women a chance to catch up with midwives. The room was filled with chatter, laughs and a happy symphony of giggles from children. Thankyou to Sarah and Lisa for all their preparation to make the day a success



The Halls Gap Zoo are hosting a promotion for the month of May for all EGHS staff. Simply visit the zoo and present your Staff ID badge upon entry to receive a free bag of animal food to feed the animals during your visit.

This promotion is in partnership with the Staff Celebration Committee



To find out more contact:

Bianca Roche
Staff Celebration Committee Chair
P: 03 5352 9478
E: bianca.roche@eghs.net.au

Halls Gap Zoo

4061 Ararat - Halls Gap
Road, Halls Gap VIC 3381

For more information please visit :

www.hallsgapzoo.com.au

MENTAL HEALTH FIRST AID

Most people are familiar with the idea of physical first aid courses that teach the skills and knowledge required to recognise and respond to life-threatening emergencies and provide a first aid response across a range of different situations. Mental Health First Aid (MHFA) training adopts a similar approach.

Using a practical, skills-based action plan, participants learn the skills to recognise and respond to someone experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Since 2023, EGHS has provided all staff the opportunity to attend the 2-day MHFA workshop, delivered on-site by MHFA Instructors and EGHS staff Russell Purdie and Suzie Christie. Over the last 2 years, 110 EGHS employees have become MHFAiders through our program and we will continue to offer more training days throughout this year. Participants need to attend both sessions that are generally a week apart and run from 08:30am to 3:00pm.

We have also had the opportunity to provide this training to the team at Lake Bolac Bush Nursing and will head to Elmhurst Bush Nursing Centre later in the year.

With current statistics stating that 1 in 5 Australians suffered from a mental illness in the last 12 months and 2 in 5 Australians will be diagnosed with a mental illness in their lifetime, equipping yourself with the right skills and knowledge will ensure you can provide support to colleagues, friends and family if required.

Our next 2-day workshop is scheduled for 19th and 26th June for EGHS staff. If you would like to attend please email education@eghs.net.au to register your interest, enrol or find out other dates scheduled for the year.



East Grampians Health Service

East Grampians Health Service Residents' Support Group

MOVIE NIGHT

Thursday May 15

Raising funds for aged care at East Grampians Health Service



the
SALT PATH


Astor Cinema Ararat

6.30pm: Wine and Savouries
7.30pm: Movie

Tickets: \$25 includes wine and savouries

Tickets: CAS Couture Barkly Street Ararat

Enquiries:
Lyn: 0408 248 852
Marlene: 0419 117 279



Dementia Australia

Brain Hub

Ararat, VIC
Thursday 22 May 2025


If you are impacted by dementia, Dementia Australia's Brain Hub can connect you to the information, education and support you need.

This **free Brain Hub** is available to anyone who wants to learn about dementia, including local residents and health care providers.

Through the information provided and connections formed, the Brain Hub serves as a gateway to a wide range of Dementia Australia services, giving communities access to long-term, ongoing support and information.

This Brain Hub is funded by the Federal Government and enables Dementia Australia to reach more people living in regional and remote areas, providing greater equity of access to our services.

Supported by:



Ararat Neighbourhood House Inc.
The heart of our community

When: Thursday 22 May 2025
9.30am - 4pm

Where: Gordon Street Reserve
1 Gordon Street
Ararat, VIC 3377


Cost: Free

Additional information:
Bookings are essential. For phone booking call Ararat Neighbourhood House on 5352 1551.

Presentations from local providers, covering services such as allied health, social support, carer assistance, and palliative care.

Find out more
For further information please contact Alice Haley on 0418 594 391 or email vic.booking@dementia.org.au
Book on: <https://Ararat-BrainHub.eventbrite.com.au> or call 5352 1551

National Dementia Helpline **1800 100 500**
Find us online dementia.org.au



For language assistance
call **131 450**

PARKLAND PURSUITS

MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY
LIFESTYLE COORDINATORS

Well, what a hot Autumn and the leaves are just turning. We have had some excellent armchair travel from Pam to Norfolk Island, Josie will take the men fishing and Michelle will take residents on an outing to Hamilton to 'Campes Motor Museum'.

Also, the Willaura Kindergarten will visit again with seven children. They are very busy little people. The Willaura Primary School will visit, and they will do a craft for Mother's Day. Pam will be making Mother's Day cards for May with the Willaura Primary School.

We have a pampering day and foot care with Michelle, and there will also be art therapy and scrapbooking. Josie has a great team for bob bowls now and they are very competitive.

The Auxiliary has purchased three outdoor settings for Willaura and they look so great. Families and residents love to sit in them. We have some new plants that will be spread around the rotunda area and the BBQ area.

The weather has been fairly mild so we have had a BBQ. It's always a delicious smell when the onions are cooking on the BBQ and the sausages are sizzling.

Residents will get a chance to go to the movies in Ararat and have several drives to Dunkeld, Woorndoo and Beaufort to have afternoon tea.



Nickolas Holmes with children from Willaura Primary-making poppies



Lorraine and Kath sitting with our new furniture purchased by the Auxiliary



Kath with her completed peg doll



Lorraine Borg with Easter Bunny



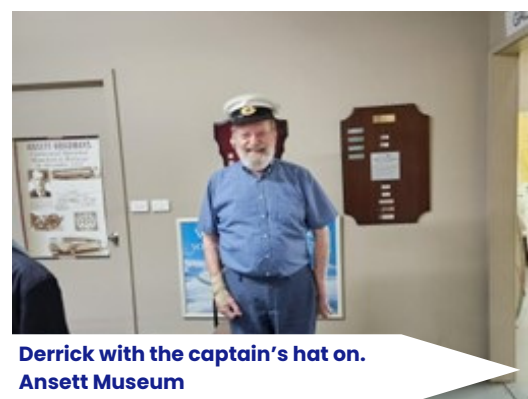
Priscilla Fiend playing BOB Bowls



Lorraine standing in the Museum with the pilot and Air Hostess



Having a picnic at Lake Hamilton



Derrick with the captain's hat on. Ansett Museum

PERFECT PUMPKINS – WHAT IS RANDLE’S SECRET?

RUTH KALISZEWSKI
EGHS CONSUMER PARTNER

Randle has been an avid gardener for over 60 years making, propagating and tending to many vegetable and flower beds over the years. Since moving to Garden View Court, he has become their resident gardener. He has delighted in getting garden and vegetable beds up and running, establishing a variety of seasonal vegetables and plants throughout the year and sharing produce and his knowledge with others.

Randle likes to be able to reduce waste, improving soil health by putting leaf and cardboard recyclable material back into the garden beds, conserving resources by having a good watering system and regularly looking for garden worms to know they're working hard at helping the soil breakdown compost matter giving a better soil health and productivity of produce. Bees are also out doing their work, and they are another good indicator of a healthy garden as they visit each flowering plant often helping propagate other plants along their journey.

Composting the garden beds helps retain water in the soil and the raised garden beds reduce water usage and erosion. Our EGHS gardening and maintenance team supports Randle with his endeavours sourcing mulch, building up the soil property to be a healthier garden bed.

Chemicals are non-existent in his garden beds to ensure environmental safety for our visiting wildlife (insects and birds), the resident cat Aerial and those who are eating the produce. Randle saves as much of his good vegetable crop seeds to assist in the next season's planting – ensuring good plant genetics and cost saving too. Many of the tomatoes are self sown.

Winter and summer plantings have successfully grown including melon varieties, broad beans, peas, legumes, herbs – currently parsley and dill, shallots and onions and of course pumpkins. Others include tomato, cucumber, silver beet and beetroot.

Randle regularly enters the Moyston Market Pumpkin Competition and came in 3rd place this year with his pumpkins in excess of 40 kg. He also made homemade relish from the last of this season's tomatoes that was shared amongst many of our other Garden View Court residents.



NATIONAL PALLIATIVE CARE WEEK 2025

JESSICA SERES
REGISTERED NURSE

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) opens conversations, raises awareness, and advocates for better access to and acceptance of palliative care.

In 2025 – National Palliative Care Week will run from Sunday, 11 May until Saturday, 17 May.

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 whilst managing symptoms to ensure their quality of life is maintained.

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



Pictured: Helen Lusby, Jess Seres, Sharon Spalding, Leesa McInnes, Hannah Reid

CHALLENGES FOR REMOTE PATIENT MONITORING PROGRAMS IN RURAL AND REGIONAL AREAS

JACLYN BISHOP

DIRECTOR OF DEVELOPMENT AND IMPROVEMENT

The results of a research project in which East Grampians Health Service (EGHS) participated have recently been published in BMC Health Services Research. Jaclyn Bishop (EGHS Director, Development and Improvement) co-authored the article.

In this research, 48 staff at different rural health services in Western Victoria were asked about their experiences with using technology to collect health data from people with health conditions living in the community (e.g. blood pressure readings), known as remote patient monitoring. The aim of remote patient monitoring is to provide people with better access to clinical care without having to travel to receive it.

Effective remote patient monitoring in rural areas was viewed by the participating health service staff as crucial for bridging the healthcare divide with city people. However, the research found several challenges to the use of technology in the rural setting. This included limited technology knowledge and language barriers among users in rural communities. There were also differences in access to this technology and the required technical support between health services. Disjointed approaches to implementing this type of technology, even within the same organisation, was raised as a significant issue. Those involved wanted the data obtained through remote patient monitoring to be visible within their existing clinical systems so that it can be used for the person's care if they do come into hospital. More broadly, the funding for such technology was considered too short to allow for evaluation of the benefits in the rural setting.

The article authors suggested that there was an urgent need to invest in technology in the rural setting and that this funding should be allocated region wide. They also thought it was important to tailor patient monitoring programs to the unique needs of each community.

The full article can be accessed here: [The full article can be accessed here: What's your plan?](#)

Citation: Tagne, J.F., Burns, K., O'Brein, T. et al. Challenges for remote patient monitoring programs in rural and regional areas: a qualitative study. BMC Health Serv Res 25, 374 (2025). [The full article can be accessed here: What's your plan?](#)

WHAT'S A BBQ WITHOUT A FRIEND

WENDY DUMESNY

RESIDENTIAL SUPPORT COORDINATOR – 70 LOWE STREET

Residents of 70 Lowe St invited clients from Pinnacle Gordon Street to join us for our last BBQ of the season. Everyone enjoys catching up and engaging in activities. These joint activities are held 3-4 times per year.



PIZZA MAKING AT 70 LOWE STREET

WENDY DUMESNY

RESIDENTIAL SUPPORT COORDINATOR – 70 LOWE STREET

Pizza making is always something we all look forward to.

But what is your Favorite topping?

Pepperoni, Hawaiian, Meat lovers???

Not at Lowe St. We love trying different recipes.

Our most recent creation was Ricotta, bacon, strawberries, rocket and balsamic vinegar.

I know what you are saying.... BUT it actually tasted very nice.



M2M RAFFLE WINNERS

The Murray to Moyne raffle has been drawn, raising significant funds towards the Murray to Moyne Cycle Relay team's total, which will this year go toward the Women's Sexual and Reproductive Health Hub at the Community Health Centre.

First prize – One night's accommodation at Pillows and Jam: Jason Klauss

Second prize – \$200 voucher from Foster's Mensland: Lesley Sladdin

Third prize – Trailer of wood: Jon Dunn



Pictured are team member Roxane Moos drawing the raffle with EGHS Director of Community Services Sarah Woodburn and Chief Executive Nick Bush.

WORLD IMMUNISATION WEEK

In 2025, World Immunisation Week promoted the life-saving power of immunisation to protect people of all ages against vaccine-preventable diseases.

To ensure that the immunisation successes of the past 50 years are built on in the coming decades, this year's theme, 'Immunisation for all is humanly possible', looked at the importance of ensuring more people, especially children, are vaccinated.



Pictured is EGHS Infection Control Coordinator Leeanne Atkinson giving Jacinta McLoughlan her flu shot

NEW ARRIVAL AT EGHS

JODIE HOLWELL COMMUNITY LIAISON

Two-year-old Jack Broadbent has a new baby brother – Harley Lesley Broadbent.

Baby Harley is the son of Brianna Osmond and Benjamin Broadbent, and was born at East Grampians Health Service on April 21 2025, weighing 3170 grams.

"Such amazing midwives and staff," Brianna Osmond and Benjamin Broadbent.



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>



May		
6 th	Pump	CHC
13 th	Cardio	CHC
20 th	Pilates	CHC
27 th	Lower Body Strength with Isaac	CHC
June		
3 rd	Motor Skills Training with Isaac	CHC
10 th	Full Body Circuit with Isaac	CHC
15 th	Strength & Endurance	CHC
24 th	High Intensity Interval Training	CHC

ADMINISTRATIVE PROFESSIONALS DAY

Friday May 2 was Administrative Professionals Day, a day to give a big shout out to all our fantastic admin staff at East Grampians Health Service.

From those who work in our public reception areas greeting patients and visitors, to those working quietly in the background, keeping our health service ticking along, they are all valuable members of the EGHS staff community.

Thank you for all that you do!



Margie McGrath



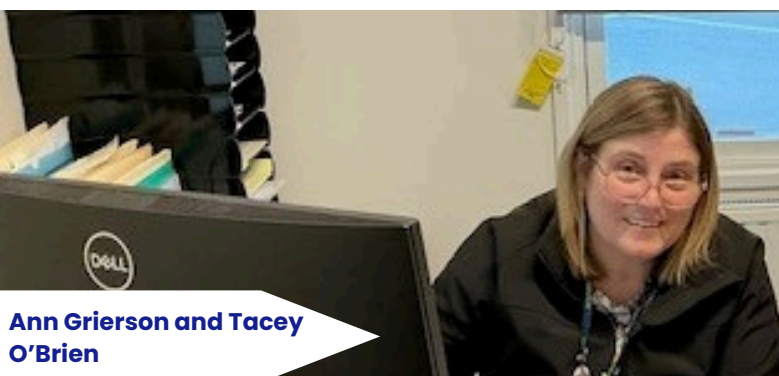
Nicholas Betson



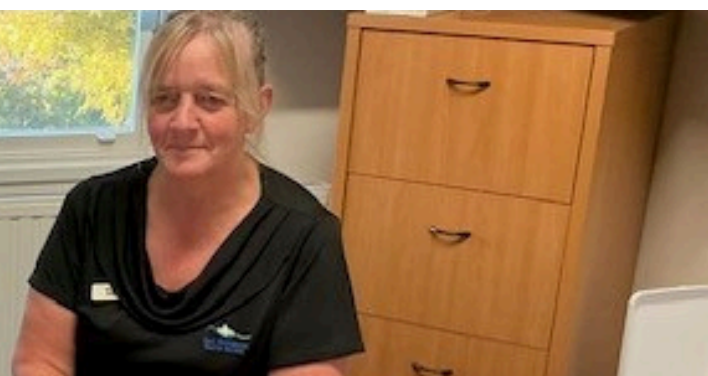
Karen Howard



Mel Gillingham



Ann Grierson and Tacey O'Brien



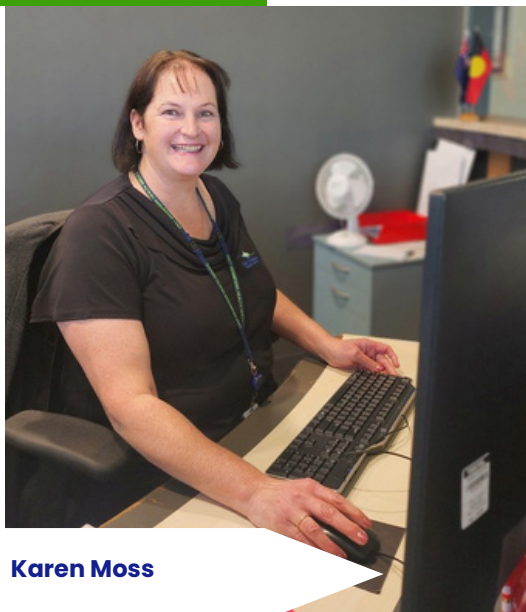
Loretta Sanders and Johnathon Jende



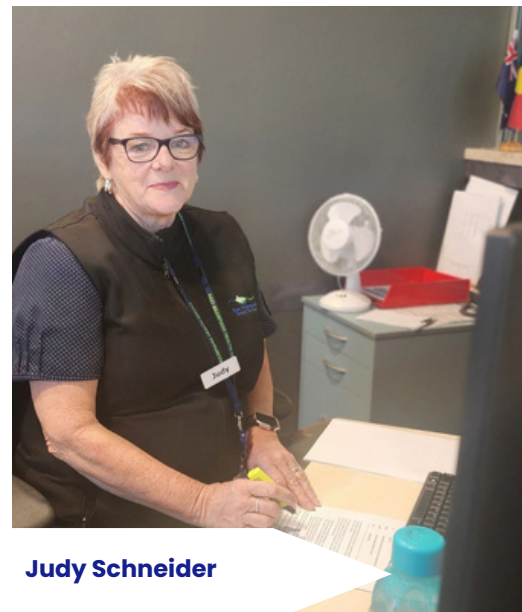
Tari Jensen, Angela Nagpal, Karen Howard, Sarah Carey, Ruth Kaliszewski, Amelia Miller, Kelly Faulkhead, Jodie Holwell



Mandy Moncrieff



Karen Moss



Judy Schneider



Ella Rudolph and Ashlee Killpatrick-Blight



Tania McKinnis and Roxane Moos



Jess Hughes



Lisa Cameron, Courtney Wade, Rebecca Rodney



Emma Leggett

EASTER STAFF CELEBRATION





EASTER AT GARDEN VIEW COURT





GARDEN VIEW COURT ACTIVITIES



OCCUPATIONAL HEALTH, SAFETY AND WELLBEING NEWS

HELEN MCPHERSON
70 LOWE STREET

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

70 Lowe Street

The current redevelopment project at 70 Lowe Street will eventually provide residents a single room with their own bathroom. This project will run over a significant period of time as funding becomes available.

Work has commenced in Bird Ave with the shared bathroom between rooms four and five and a new bathroom being built for room five. This space is being used as a template for the whole project with the purpose of ironing out any issues as they arise prior to the project moving forward into other rooms.

An issue arose following the blocking off of a doorway into room five, when a staff member identified that it was difficult to place a resident on the toilet when using lifting equipment, with the potential to cause injury to staff and to cause damage to the environment.

While investigating this issue, it was also identified that this particular bathroom design would be a concern for other rooms within the facility.

Stuart Kerr, Leeanne Atkinson and Helen McPherson investigated and it was identified that there was not enough space to turn the lifting equipment to place the resident on the toilet without causing strain to staff.

Many alternative options were looked at, and after many discussions within the facility and several meetings it was decided that the best option would be to un-block the doorway of the bathroom and build the wall out at a 90-degree angle. The overhead tracking needed to be removed, and installed at a different angle, which will require modification to the internal roof structure to support the tracking.

The modification will allow for adequate circulation space within the bathroom for staff to utilise equipment safely.





East Grampians Health Service

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