

# ECHO



East Grampians  
Health Service

## EAST GRAMPIANS HEALTH SERVICE



**“After 50 years, Stuart  
calls it a day”  
Full story on page 3**

### CE Report

East Grampians Health Service is proud to be able to provide a birthing service for families from across the region, led by a team of caring general practice obstetricians and skilled midwives.

EGHS has experienced an increase in births this financial year, with 104 births at the health service, which has kept our GP obstetricians and midwives busy.

This is approximately two births per week; the frequency of births ensures that GP obstetricians and midwives regularly care for women and families and provide obstetric and maternity care consistently.

Due to the birthing service, EGHS has a fully equipped theatre ready to perform a caesarean section if required, with a GP anaesthetist and theatre staff on-call to attend. These staff are supported by on-call pathology and radiology services, which can be called into the health service to provide their expertise and support. This strengthens the service to ensure that any other injuries and illnesses can be treated at EGHS. This keeps the health service at the capacity of larger services.

There is currently a shortage of midwives throughout Australia. Still, EGHS continues its 'grow your own' philosophy and will hopefully be training a midwifery student next year, who will complement our team of highly skilled midwives.

This program has been strongly supported by the EGHS Building for the Future Foundation, which, with the support of Epworth Health, provides \$15,000 each year to train a midwife.



**NICK BUSH  
CHIEF EXECUTIVE**

The education of midwives, which involves a great deal of post-graduate training, is a big commitment for both those looking to become midwives and their families who support them.

The care and compassion shown by EGHS midwives throughout the pregnancy and birth, from antenatal visits to post-birth, support with

**CE Report cont. Page 2**

**CE Report cont.**

breastfeeding and home visits, consistently receives high praise from families who receive our care.

EGHS is committed to providing a service close to home – approximately 50 per cent of babies born at the health service are from around Ararat, and approximately 50 per cent from surrounding towns, the largest being Stawell. Over the past few months, more women from Stawell have given birth in Ararat than those from the Ararat Local Government Area.

We have strong support from Grampians Health Ballarat to keep the women in Ararat to birth when it is safe to do so or refer them on when required due to the complexity being beyond our capacity.

Our role in the region is to continue supporting families in Ararat and surrounding towns, and to provide mothers with a choice in where they give birth.

## SHAI AN AUSTRALIAN CITIZEN

We are delighted to share that EGHS Registered Nurse, Shirleen Hermosa **(pictured right)**, affectionately known as Shai, became an Australian citizen on Wednesday, 27th August.

This significant milestone marks a new chapter in Shai's journey, and we are proud to celebrate this achievement with her.

Tradies working on the Practical Laboratory have appreciated having Café Pyrenees close by to enjoy 'smoko' and lunch.





# AFTER 50 YEARS, STUART CALLS IT A DAY

**CRAIG WILSON**  
EDITOR, ARARAT ADVOCATE

Stuart Kerr has wound up his remarkable tenure at East Grampians Health Service having served the Ararat community for 50 years.

In an era where not many of us last in the same job for more than a few years, Stuart has given five decades to an organisation he clearly loves.

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.

Stuart first walked through the doors of the Ararat Hospital on August 15, 1975 and commenced work as a casual cleaner before being offered an apprenticeship in the hospital kitchen in February 1976.

"During that time, I had a passion for food and wanted to extend my experience, so I did some (additional) work on weekends at the Bell Tower in Ballarat. I also worked at the Statesman Motel and the Colonial Lodge Motel on weekends just to get that experience and then (my wife and I) went into our own catering business," he said.

Stuart's passion for food and providing the best meals for the hospital's patients eventually saw him promoted to the position of Catering Manager, during this time two apprentice chefs took out Best Apprentice of the Year three years running.

"In 2003 we merged with the hospital's environmental services department and in 2008 the maintenance department came under the title of Support Services," he said.

He said the position also oversaw the cleaning regime at the health service, which was initially a challenge.

"When I first took over the cleaning side of it, we didn't meet high standards the first year which hurt a little bit because it reflected on me," he said.

"The second year, we topped the Victorian cleaning standards in the state.

"We put all of our cleaners through Certificate III in Health & Support Services which was difficult at the time because they didn't want to go back to the class room, but it was one of the best things we did."

**Story cont. page 4**



**Pictured is Manager of Support Services Ann Grierson, retiring Director of Support Services Stuart Kerr, Linda Kerr, EGHS Chief Executive Nick Bush**

Stuart also admits there were some difficult times with the organisation, including an industrial dispute in 2001.

Stuart said he had worked under a number of chief executives during his 50 years and said all have been supportive and progressive.

"Other health services don't have what we have with the combined Catering, Environmental and Maintenance depart all coming under Support Services and they often came looking to see how we do it. It's a lot of hard work, a lot of support from CEOs, a lot of long hours and a lot of support from the team under me. It's a whole team effort," he said.

"The biggest change that impacted on me was changing the kitchen from cook fresh to cook chill. That was a huge impact for our organisation," he said.

"In 2001 we streamlined our catering system from central plating system, transporting hot meals to other areas throughout the hospital to introduction of satellite kitchens. Garden View Court, 70 Lowe Street, Patricia Hinchey Day Centre and Willaura Health Care. Meals were delivered bulk chilled food and meals regenerated on the plate.

"This system attracted enormous amount of interest from other health services which I was asked then to do consulting work around the region, implementing the cook chill system and reviewing food service and environmental services at other health services."

Under Stuart's leadership, the organisation took on and met many challenges.

One of the biggest was to feed an army of volunteer firefighters during the 2006 New Year's Eve bushfires in the Grampians.

"I was on the dance floor at the RSL and our CEO John Davis tapped me on the shoulder and said we were needed," he said.

"The CFA engaged us to do the food and we increased our production to two and a half thousand meals a day without any extra staff. We set up staging areas in Stawell, Moyston and Willaura and we were feeding all those areas.

"In 2011, I got involved in project work improving and maintaining the infrastructure and buildings, including

internal building upgrades, refurbishments and redevelopments to enhance the accessibility and support better flow for patients, residents and staff. This also gave the Support Services department an opportunity to increase our workforce to include carpenters trained internally and introduce apprentice carpenters."

East Grampians Health Service CEO Nick Bush said Stuart has been a remarkable leader.

"Stuart is a fine example of locally developing your skills and career, and he is probably the pioneer of our commonly used term 'Grow our Own'," Nick said.

"When someone is heading for a milestone, you often hear the groans of the staff and management that the person is limping to the line. This is definitely not the case with Stuart. His drive and focus in the last six months has seen him in career-best form.

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

"I thank you for your tremendous commitment to the health service and its patients, residents, staff, volunteers, visiting medical officers, and me."

Stuart now plans to enjoy retirement with his wife Linda and their family.

"It's about giving time back to the family. I've got five grandchildren so it's probably time to spend some time with them. And lots of travel," he said.

Thursday the 28th of August was Stuart's last day in the job.

"It'll be a tough day," he said.

"I've had the privilege of working at the health service and the honour of working with six CEOs who've always supported me. We've had tough times, and we've had very good times.

"I love the organisation which has made this decision to retire very difficult.

"I've always had the support of my family, they've been incredible and allowed me to take this journey. I feel very honoured to have been part of such a vibrant health service with exceptional leaders and wonderful staff, which is very community focused. I've just loved it."

**See photos page 5**





Pictured (above and right)  
Stuart Kerr



Pictured Jason Burnett of Tenacious Technology,  
Russell Purdie and Olga Purdie



Pictured Tony Roberts and Doug Harvey



Pictured Gary Lewis of Gary Lewis Refrigeration,  
Loretta Sanders and Andrew Sanders



Pictured above is Jaye Cahir and Clint Beattie



Pictured Graham Bull, Bryan Clancy of Wimmera  
Buggs, Lauchie Stewart and Ash Leggett



# BLUE RIBBON FOUNDATION FUNDS PURCHASE OF ANAESTHETIC MACHINE FOR HEALTH SERVICE

**JODIE HOLWELL – COMMUNITY LIAISON**

The Victoria Police Blue Ribbon Foundation Ararat Branch presented a cheque for \$24,070 to East Grampians Health Service, the final instalment as part of its commitment to the purchase of a new anaesthetic machine.

The \$114,070 anaesthetic machine is now in use in the EGHS Jason Bond Perioperative Unit.

The upgrade of the Perioperative Unit was funded by the Ararat Branch in 2015 and included a redesign and refurbishment of the theatre recovery and day procedure unit. It was named in memory of local young man Jason Bond, a police officer in training, who died as a result of a motor vehicle accident in 2011.

The donation to the health service comes from the proceeds of the Ararat Branch's major annual events, the Grampians 'Ride to Remember' and the Gala Night.

Ararat Branch president Dianne Radford said the branch was pleased to be able to complete the anaesthetic machine project.

"The anaesthetic machine is a vital piece of equipment for the Perioperative Unit, and we are very pleased to donate this equipment to the unit named in honour of Jason Bond," Mrs Radford said.

"The project has been completed in 12 months, from the first instalment in August 2024, a remarkable achievement made possible through the fantastic

support of our local community.

"The Ararat Branch of the Victoria Police Blue Ribbon Foundation was formed 23 years ago, and since then we have donated more than \$1 million to East Grampians Health Service, of which our volunteer committee is very proud."

The anaesthetic machine is used for anaesthetic purposes for every patient who has a procedure in theatre.

It acts as the lungs for the anaesthetised patient, with the ability to administer the correct amounts of medication required for that patient to have their surgery, in a safe and controlled environment.

EGHS chief executive Nick Bush thanked the Blue Ribbon Foundation Ararat Branch for the donation of the final instalment and generous support of the anaesthetic machine project.

"With the support and dedication of the Blue Ribbon Foundation Ararat branch, partners, businesses, organisations and everyone who annually supports the Ararat Branch's fundraising efforts, we are able to provide state of the art equipment and facilities for our community," Mr Bush said.

The Blue Ribbon Foundation Ararat Branch is currently in discussions with East Grampians Health Service regarding a new project to support.



**Pictured in the EGHS Jason Bond Perioperative Unit with the new anaesthetic machine are: L-R standing, Director of Clinical Services Bec Peters, former Director of Clinical Services Peter Armstrong, anaesthetist Dr Neil Provis-Vincent, Blue Ribbon Foundation Ararat Branch members, Kate Gleeson, Dianne Radford, Shaun Allen, Dean Pinniger, Stuart Kerr; seated L-R, Jess Molloy, Manager Perioperative Unit Kirsten Carr and Carlia Byron.**



# PHOEBE PLANNING FOR A LONG RURAL MEDICAL CAREER

## JODIE HOLWELL – COMMUNITY LIAISON

Horsham's Phoebe Uebergang loves rural life and plans to have a long medical career in her rural community.

Ms Uebergang is currently in her second year of the Doctor of Medicine (MD) program through Deakin University's Rural Training Stream (RTS), which she undertakes in Ararat at East Grampians Health Service.

With a clinical background, Ms Uebergang completed a double degree in nursing and paramedicine, which saw her gain two years of nursing experience in Horsham and a short stint in the Northern Territory, followed by nine years as a paramedic, two years in London and seven years in Horsham and the surrounding towns.

Ms Uebergang said applying to the RTS was an opportunity she couldn't pass up.

"I had wanted to study medicine since leaving school but unfortunately didn't earn a place," she said.

"I sat the GAMSAT in 2018 but didn't follow through with applying to medical school as I had just returned from living in London and wanted to remain in my hometown of Horsham and enjoy rural home life for some time. After falling back in love with country life, the idea of leaving to attend medical school lost its appeal.

"When the RTS Doctor of Medicine course became available in Ararat I was excited by the opportunity to study medicine but continue living my life in Horsham."

Ms Uebergang is enjoying the breadth of knowledge the course covers.

"At times there is an overwhelming amount, but it's been fantastic to challenge my brain and build extensively on my previous clinical knowledge base," she said.

"My wonderful peers in the second year RTS cohort have also made the course an incredible experience. They are the most supportive group of individuals from a variety of backgrounds, all with a common rural connection.

"As so much of the course for us is delivered online, having the regular teaching in Ararat each week and the chance to debrief with each other has been a vital part of the experience for me."

The structure of the course is also a positive of the RTS, with Ms Uebergang saying a regular day of face-to-face study in Ararat, where both medical science and clinical

practice content is covered, helps to cement the teaching presented in lectures.

"We have been very fortunate with the face-to-face teachers we have had in Ararat for both first and second years, where they have shown great support and flexibility with the roll-out of this new RTS course format," she said.

Ms Uebergang said re-commencing full-time study had been the greatest challenge for her, particularly the study load in medicine, which had surpassed that of her 'full-time' undergraduate course.

"Studying doesn't come easily to me and spending long hours at my desk isn't something I usually enjoy. However, experimenting with different learning techniques and avenues, has for the most part allowed me to overcome this," she said.

"Additionally, balancing study, work and life is quite an adjustment. I am very fortunate to have a very supportive team around me that has enabled me to pursue this endeavour."

Ms Uebergang combines her studies with continuing to work as a paramedic on a part time basis, with the support of Ambulance Victoria, as well as enjoying her other passions of netball, hiking, gym, running, camping and socialising.

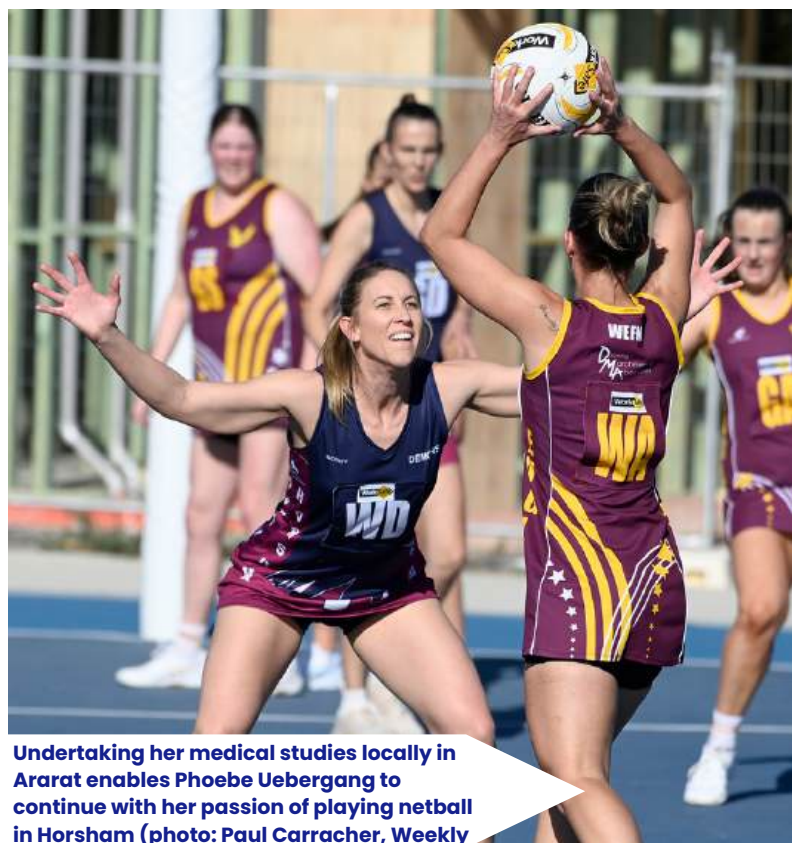
Ms Uebergang was encouraging of anyone thinking of applying for the Rural Training Stream to 'throw their hat into the ring'.

"From my experience, we are all capable of far more than we think," she said.

"If a career in medicine is of great interest to you, but permanently relocating to Melbourne, Geelong or interstate is not, this course is the perfect opportunity to pursue medicine all while maintaining a rural connection," she said.

For further information on the Deakin University Rural Training Stream, please contact East Grampians Health Service Manager Training and Development Claire Sladdin, phone 5352 9404.

**See photos page 8**



## THE GREAT SPRING CLEAN UP

The Great Spring Clean Up is taking place throughout September and October 2025, inviting individuals, schools, businesses and community groups across the country to roll up their sleeves and make a difference.

Led by Clean Up Australia, this national campaign encourages Australians to take practical action to reduce litter and protect the environment. Whether it's along rural roadsides, bush trails, riverbanks, local parks or farmland, the initiative provides an opportunity for communities to restore and care for their local ecosystems.

Getting involved is easy. Register or join a clean-up event or simply collect rubbish as you walk through your neighbourhood. Every action contributes to a cleaner environment and helps foster a nationwide culture of sustainability, community pride and environmental responsibility.

For more information visit: [Clean Up Australia](https://www.cleanupaustralia.org.au)





## LIFEBLOOD BUS A PERMANENT FIXTURE IN ARARAT

**JODIE HOLWELL – COMMUNITY LIAISON**

Australian Red Cross Lifeblood has announced that its Donor Mobile Unit visits to Ararat will become a permanent fixture.

The return of Australian Red Cross Lifeblood Donor Mobile Unit services to Ararat was initiated through the East Grampians Health Service Community Consultative Committee.

Made up of EGHS Board Directors, executive staff, volunteers and consumers, and chaired by Board Director Lisa Davidson, the committee advocated for the return of services, with EGHS Chief Executive Nick Bush then writing to the Australian Red Cross requesting the return of the blood bank to Ararat.

A trial Donor Mobile Unit visited Ararat in September 2024 and was booked out very quickly, demonstrating the interest in the region.

Lifeblood Donor Mobile Units have returned to Ararat on three occasions since.

In April this year the DMU collected 148 successful donations and in July collected 135 successful donations.

East Grampians Health Service Chief Executive Nick Bush praised the Ararat community for its support of Lifeblood.

"Thank you to all Ararat residents who have given blood at the Lifeblood Donor Mobile Unit that has visited Ararat," Mr Bush said.

"Your blood donations are lifesaving and very much appreciated. We look forward to seeing the Lifeblood Donor Mobile Units returning to Ararat each year for many years to come."

Lifeblood's Donor Mobile Unit will return in October, with appointments from October 15-18. To book an appointment head to [www.lifeblood.com.au](http://www.lifeblood.com.au)



Pictured is recently appointed East Grampians Health Service Director of Clinical Services Bec Peters donating blood during a recent visit by the Lifeblood Donor Mobile Unit in Ararat.

## CHIEF NURSE AND MIDWIFERY OFFICER SPEAKS AT LEADERSHIP GROUP LUNCH

**JODIE HOLWELL – COMMUNITY LIAISON**

Safer Care Victoria's Chief Nurse and Midwifery Officer Karrie Long was a recent guest at an EGHS Leadership Group lunch.

Karrie is a visionary nursing leader with nearly 20 years' experience driving health delivery innovation to ensure safer and more effective patient care.

As Chief Nursing and Midwifery Officer, she provides professional leadership, advice and direction to the sector, drawing on a unique set of skills acquired across all aspects and levels of nursing, including regional and metropolitan health settings and academia.

Karrie has an expansive knowledge of Victoria's public health system gained through her previous roles as a clinician in intensive care and in education, digital health, research, and senior leadership, including the Director of Nursing Research and Interim Chief Nursing Officer at the Royal Melbourne Hospital.

She has a Graduate Diploma in Advanced Clinical Nursing (Rural Critical Care) and a Master of Public Health.

EGHS Director of Clinical Services Bec Peters said the EGHS Leadership Group felt fortunate to have Karrie attend the Leadership Lunch and share her professional journey.

"Karrie's story was intertwined with her carer learnings, opportunities taken, personal influences, insights, and advice — all of which our staff found relatable and inspiring," Bec said.

"We are invested in developing the leaders of our organisation and our Leadership Lunches provide opportunities for staff to listen to stories, ask questions, and learn from a variety of leaders in health.

"We are grateful to Karrie for giving up her time to engage with us and generously share her experiences. Her authenticity and openness sparked meaningful conversations and left a lasting impression on all who attended.

"We look forward to continuing these sessions and welcoming more inspiring leaders like Karrie in the future."



**Pictured are Safer Carer Victoria's Chief Nursing and Midwifery Officer Karrie Long and EGHS Director of Clinical Services Bec Peters**



# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

## SUNIL ACHARYA HOME CARE WORKER

### ALL ABOUT ME...

Favourite AFL Team | **Essendon**

Favourite Food | **Parma**

Favourite Music | **My heart will go on**

Interests | **Play soccer**

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

One thing I want to do in this lifetime | **To climb**

**Mount Everest**



## JONAS AKAMBASE RURAL GENERALIST - HMO

### ALL ABOUT ME...

Favourite Food | **Hot Pot**

Favourite Music | **Afro- beat**

Interests | **Soccer**

One thing I'm good at | **Playing soccer**

One thing I want to do in this lifetime | **To serve mankind with my skills and talents**



## DEMI BLIGH CATERING, CLEANING ASSISTANT

### ALL ABOUT ME...

Favourite AFL Team | **Richmond Tigers**

Food | **Ice cream**

Favourite Music | **Country**

Interests | **Netball**

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

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



## MIA SHEFFIELD CATERING & CLEANING

### ALL ABOUT ME...

Favourite Food | **Ice cream**

Favourite Music | **Alternative/Indie**

Interests | **Baking, reading, art, music, mythology**

One thing I'm good at | **Baking and creating (arts & crafts)**

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



## LIBRARY NEWS – EXPERT SEARCHES TO HELP YOU FIND THE BEST NSQHS EVIDENCE

Grampians Health Library offers EGHS staff opportunities to quickly source the latest evidence for NSQHS accreditation and continuous improvement in health care.

We provide access to 14 live NSQHS searches in PubMed on the [Library's Home page](#). These searches have been designed by highly experienced senior health librarians to return the clinical evidence you need for EWHS quality and accreditation projects.

### To use the searches

- Go to the [Home tab](#) on the [Grampians Health Library](#) website.
- Look for the centre bottom box titled 'NSQHS Standards – Live Literature Searches.'
- Select '[Click here](#)' & choose the standard and you need to run the search
- Email [library@gh.org.au](mailto:library@gh.org.au) or use our [Request an Article form](#) if you are unable to access full text.



## THUNDERSTORM ASTHMA

LEEANNE ATKINSON – INFECTION CONTROL COORDINATOR

Grass pollen season brings an increased risk of asthma and hay fever. It also brings the increased chance of thunderstorm asthma. For people with asthma or hay fever, especially those who wheeze and sneeze during spring, thunderstorm asthma can be sudden, serious and even life threatening.

In Victoria, the grass pollen season runs from October through December. There are things you can do to prepare and protect yourself and those in your care:

➡ It's important for everyone in the community to know the steps of asthma first aid so they know what to do if someone is having an asthma attack.

☁️ Avoid being outside during thunderstorms from October through to December – especially in the wind gusts that come before the storm. Go inside and close your doors and windows. Turn off any air conditioner that brings outside air in (e.g. evaporative air conditioners).

🗣️ If you've ever had asthma – talk to your doctor about what you can do to help protect yourself from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Remember, taking an asthma preventer as prescribed is key to preventing asthma, including thunderstorm asthma.

🤧 If you've ever had hay fever – see your GP to make sure you don't also have asthma and discuss how to stay safe during grass pollen season.

💊 Asthma reliever medication is available over the counter at pharmacies. Ideally, this should be used with a spacer, for both children and adults.

📱 Monitor the epidemic thunderstorm asthma risk forecast on the Vic Emergency thunderstorm asthma forecast webpage or download the Vic Emergency app (App Store or Google Play) – you can set up a 'watch zone' for your location to receive advice and warnings about potential epidemic thunderstorm asthma events during the grass pollen season.

Protect yourself this pollen season – preventing and managing asthma matters. Learn more at [my.gh.org.au/thunderstormasthma](http://my.gh.org.au/thunderstormasthma)





# ANALOG ART CLUB – SLOW LOOKING IN THE GALLERY

Analog Art Club – Slow Looking in the Gallery  
Ararat Gallery TAMA  
Saturday 13th September, 2pm – 3.30pm

Analog Art Club is a statewide initiative that invites Victorians to slow down, switch off their screens and connect in real life –through art. Hosted by galleries across Victoria, these phone-free events offer a welcoming space to reflect, discuss and experience art together, making creativity social, accessible and refreshingly analog.

Join Visual Arts Coordinator Katy Mitchell to spend time in the current exhibitions, engaging in guided intentional slow looking exercises, including conversational prompts or observational drawing.

More details and booking here:  
<https://araratgallerytama.com.au/event/analog-art-club-2025/>

**Pictured right is EGHS Research Assistant Celina Day at the Ararat Gallery**



# FOOTY TIPPING

And the winners are .....

CONGRATULATIONS

| Place | Prize      | Tipper         | Score | Margin |
|-------|------------|----------------|-------|--------|
| 1     | \$1,144.50 | Cam Montgomery | 159   | 617    |
| 2     | \$327.00   | Peter Carr     | 158   | 629    |
| 3     | \$163.50   | Sue Burns      | 158   | 657    |

Jo Summers



# JACK ATTACK – HOW IT WORKS

## FORMAT OF PLAY

- Two bowl triples (with teams able to be registered more players to accommodate for absentees and/or busy working lives).
- Substitutions permitted.
- Two sets of five ends.
- A 1-end sudden death tiebreaker if required.
- Approximately 60-75 minutes in duration of matches.
- The season is four weeks in length and on a Thursday evening during October 2025.
- Starts at 6.30pm, finishes approx. 8.00pm. Light supper provided after play.
- Optional practice or try out from 6.00 pm. Bowls available at the club.


## RESULTS AND SCORING

- Scoring is traditional bowls format where shots for closest bowls are worth 1 point each.
- Winning a set is worth two points.
- Drawing a set is worth one point to each team.
- Winning a tiebreaker is worth two points.
- Cumulative shots also count for tied ladder positions.
- Participation fees are \$10 per person or \$40 per team per night.

## RULES


- Make it enjoyable to ensure all players are having fun!
- Players can participate in consecutive order (one bowl at a time) or they can bowl out of turn– whichever they prefer, e.g. Last end winner goes first.
- The jack is placed wherever the team wants to from the mat (minimum 21m).
- All players remain at the mat end to ensure the social atmosphere is maintained, i.e. no skips.
- closest bowl scores one point and additional closest bowls from the same team score additional points.
- Each team gets to have one power play per set. A power play is where the score is doubled for that end. This is to be nominated before the first bowl for that end.
- Jack in the ditch is re-spotted to the "T".

**For further information or questions please call Andrew Calvert 0418 120 758**



# JACK ATTACK

**COMING TO YOU AT:**




**ARARAT BOWLING CLUB**  
EST 1984  
**NEW BOWLERS WELCOME**  
Membership Enquiries:  
Phone: 03 5352 1217  
secretary@araratbowlsclub.com.au


HOME OF THE DARREN HAMILTON MEMORIAL FOURS


(opposite McDonalds)

<https://araratbowlsclub.com.au/bare-foot-bowls/>

**Thursday evenings for 4 weeks**  
**Commences 9th October 2025**  
6.30pm to 8.00pm  
Contact Andrew Calvert for further info or entry  
(email) budgie\_47@bigpond.com  
(mobile) 0418 120 758







**READY TO PLAY?  
REGISTER NOW!**



## NEW ARRIVALS AT EGHS

Seven-year-old Levi and five-year-old Kayden have a new baby sister, Charlotte Rose O'Brien.

Baby Charlotte is the daughter of Molly Cameron and Campbell O'Brien and was born at East Grampians Health Service on July 10 2025, weighing 3295 grams.

"Thank you to all staff at EGHS," Molly Cameron and Campbell O'Brien.



Jordan Nean and Jake Ferguson have welcomed a son, Rome Whittikah Knox Ferguson.

Baby Rome was born on July 14 2025 at East Grampians Health Service weighing 3166 grams and has a big sister Marlowe Nean.

"Been more than happy with the service. Thank you to all doctors and midwives for making the stay easier," Jordan Nean and Jake Ferguson.



Lucinda and Jack Taurau have welcomed their second child, a daughter, Milla Rose Taurau.

Baby Milla was born on July 22 2025 at East Grampians Health Service weighing 3855 grams and has a big brother Archie.



Joey Myles Driscoll is the first child for Rachel and Cody Driscoll. **(Below left)**

Baby Joey was born on August 13 2025 at East Grampians Health Service weighing 3507 grams.

"Thank you so much to the beautiful midwifery team and staff for all the support and guidance welcoming Joey into the world," Rachel and Cody Driscoll.



Rachel and Trent Fiscalini have welcomed their second child, a son, Nico Steve Fiscalini. **(Left)**

Baby Nico was born on August 27 2025 at East Grampians Health Service, weighing 2998 grams, and has a big sister Pia.

"We would like to sincerely thank you for the outstanding care we received following the birth of our child. To the doctors, midwives and theatre staff especially, your compassion and kindness made such a difference during this special time, and we are grateful for the gentle support and genuine care shown by everyone we met," Rachel and Trent Fiscalini.



# 2025 symposium

Western Alliance

10 - 11 Nov 2025

Register now!

## Program highlights

- Deakin Rural Health Mental Health Showcase
- DELIVER Showcase
- STaRR Emerging Researcher Showcase
- Social function @ Itinerant Spirits Bar & Distillery
- Oral presentations from local researchers
- Keynote speakers



A/Prof Ecushla Linedale  
Omega-3 Project  
SAHMRI



A/Prof Gustavo Machado  
SHoPED Trial  
USyd



A/Prof Vin Versace  
CARA  
Deakin Rural Health

Reconnect with colleagues

Forge new collaborations

Learn more about the fantastic research taking place across western Victoria

Scan to register for this free event



Questions? Contact ella.ottrey@eghs.net.au

## Willaura Health Care and East Grampians Health Service

Invitation to celebrate the

# 90<sup>th</sup> Anniversary of the Willaura Hospital

THURSDAY SEPTEMBER 18

12 NOON

LUNCH IN THE GROUNDS OF THE HOSPITAL

DELACOMBE WAY, WILLAURA

RSVP by September 8 for catering purposes to:  
angela.nagpal@eghs.net.au or phone 5354 1600



THURSDAY 25TH SEPTEMBER 2025

## EGHS FOOTY COLOURS DAY

Dress in your footy team colours!  
Enjoy a free footy themed lunch

PRIZES

- Handball competition Ararat & Willaura 1x sherrin football
- Handball competition Willaura: 1x sherrin football

- Best dressed Ararat: Choice of 1 of the following
- Resbuild – 4 hours free labour
- Halls Gap Zoo – Dingo encounter
- Moss St Fragrances sandalwood and seasalt candle

- Best dressed Willaura: Choice of 1 of the following
- Backgrounds Photography voucher - \$200.00
- Halls Gap Adventure Gold – 1x round for 2 adults
- Glasshouse Fragrances Kyoto in Bloom Eau De Parfum

PIES PASTIES HOTDOGS  
CHIPS HOT JAM DONUTS

Vegetarian and dietary requirements will be catered for

## East Grampians Health Service Ark Toy and Activity Library



## MOVIE DAY

Thursday  
September 11  
1.30pm  
Astor Cinema

Tickets: \$20  
Includes afternoon tea  
Available from: CAS Couture  
Barkly Street Ararat  
(Cash only)

Enquiries:  
Bo 0400 820 051





# 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)

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| Date                       | Scheduled Class            | Location                                      |
|----------------------------|----------------------------|---|
| September 2 <sup>nd</sup>  | Circuit training with Joey | CHC gym                                       |
| September 9 <sup>th</sup>  | Boxing                     | CHC gym                                       |
| September 16 <sup>th</sup> | Low impact strength        | Grassed area beside nest – weather permitting |
| September 23 <sup>rd</sup> | Cardio and core exercises  | CHC gym                                       |
| September 30 <sup>th</sup> | Full body strength         | CHC gym                                       |

# RED NOSE DAY AT EGHS



Pictured Marg MCH, Kerry MCH, Lisa, Courtney and Bec



Pictured Caris



Pictured is Michelle, Jordyn, Chelsea, Claire and Kanishk

# DAFFODIL DAY CELEBRATED WITH RESIDENTS AND MEMBERS OF THE UNITING CHURCH

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

How quick has August appeared and almost finished. We have an amazing Auxiliary that have allowed us to purchase all our theme decorations for this year.

August has had many sunny days so we have taken advantage of this and travelled to Halls Gap, Dunkeld and the Ararat Market. We have residents that love trees, mountains and green pastures. What an explosive colour the landscape is now. In September we will listen to country music, celebrate the Willaura Nursing Homes 90<sup>th</sup> Birthday, have a real dinky die Pub lunch in the Dining room and spend a day talking like a pirate. "Ahoy me hearties" and step up onto the gang plank fun.

We will celebrate October fest and have a guest coming from Portland way to show us how to make a silk scarf. A special Luncheon will be held for the Red carpet residents who will famously be on a calendar. Lots of fun in September.



**Frank Hucker, Garry Moloney, Kath Culling, Priscilla Friend and Lorraine Borg ready to play bowls**



**Garry Moloney playing big ball with the Kinder kids**



**Elsie Waite-Ballinger water colour painting on her easel**



**Daffodil Day celebrated with residents and members of the Uniting Church**



**Kath Culling making sausage rolls**



# HINCHEY HIGHLIGHTS

## NICHOLAS BETSON – ADMINISTRATION ASSISTANT

August was Music and Melodies Month at the Patricia Hinchey Centre, and the Centre was alive with sound! From Musical Bingo and Music Therapy to Sing-a-longs with Rick, the month was packed with musical moments. We even had a Sound of Music Quiz, explored Advertisement Jingles, and enjoyed a live performance in the Day Centre of Tom Franc's Irish tunes.

Outings included Country Drives to hear the Sounds of the Bush and Nature and Morning Melodies at the RSL. Indoors, we kept busy with mosaic mural making, mini lemon meringue cooking, and a Red Nose Day lunch!

The garden began to bloom, and sock rabbits were crafted with care and creativity. We celebrated birthdays for Rita and Sue, whose 70th was marked with a lovely High Tea.

We also said farewell to our dear friend Chrissy, who has moved to New South Wales with her family. She'll be missed by all. Thanks to our wonderful consumers, staff, and volunteers for making PHC "The Place to Be"!



Lynn, Karen, Noel and Chrissy



Silverbeet with Sue



Rita's birthday



Katie with a sock rabbit



Chrissy getting potatos in



The garden ant



Karen with a sock rabbit



# 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](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.**