

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



**"State-of-the-art
Practical Laboratory
opened at EGHS" Full
story on page 3**

CE Report

The Victorian Government commissioned the Royal Commission on Mental Health to identify improvements for the current system to improve the care provided to people suffering from mental illness.

The Royal Commission highlighted that the Victorian system requires significant reform to improve the services it offers to people in need. The Government took a courageous approach to expose the services that it operates to the scrutiny of a Royal Commission.

The Royal Commission handed down sixty-five recommendations. The Victorian Government has accepted the recommendations and is working on implementing them to improve the system. Services are being developed and expanded as the budget becomes available.

It was particularly pleasing that Ararat has been identified as a site for the Mental Health Wellbeing Local service.

Member for Ripon, Martha Haylett, has been a strong advocate for this service to be offered in Ararat. We are very hopeful that this service for Ararat can be funded in the upcoming Victorian budget.

The Mental Health and Wellbeing Local will provide an increase in services to those aged 25 and above. The service will complement the acute mental health services of Grampians Mental Health.

The provision of mental health services is divided between the Federal and State Governments. The Federal Government primarily funds Headspace, General Practice



NICK BUSH
CHIEF EXECUTIVE

and Pharmacy services. The Victorian Government funds the response to the Royal Commission and the acute mental health services.

Local Federal Member for Wannon, Dan Tehan, has been lobbying for the residents of Ararat to have a federally funded headspace. This would help young people under twenty-five years old and complement the Mental Health and Wellbeing Local services.

Cont. page 2

CE Report cont.

One of the major issues holding back the reforms is the availability of a skilled workforce, including nurses, allied health professionals, and medical officers. This is where Ararat has an advantage over other areas, specifically in the mental health service provider and educator, One Red Tree Resource Centre.

One Red Tree is a mental health service developed by local leaders Carly McKinnis, a clinical psychologist, and school principal Tammie Meehan, with the support of Federation University and Ararat Rural City Council. The innovative training

model has psychologists in training undertaking extended placements in local Ararat schools. This also includes East Grampians Health Service's aged care facilities.

The feedback from the psychology students indicates that they are well-supported and enjoy the local working environment and will likely look to work in our local community in the future. We thank Carly and Tammie for their innovative approach and look forward to the announcement of the Mental Health Wellbeing Local initiative, supporting their work.

450 CUPCAKES IN A WEEK!

The EGHS catering department was extremely busy in September, and in the space of one week, pumped out 450 cupcakes!

The cupcakes were for RUOK? Day, the Willaura Hospital 90th Anniversary and the 101st birthday of Garden View Court resident Joyce Hellyer.

In addition to this, the department also catered for the RUOK? Day barbecue lunch, Willaura 90th anniversary barbecue lunch, footy food on Footy Colours Day, and lunch for the opening of the Prac Lab. This is in addition to the regular catering across the health service and Café Pyrenees.

All staff appreciate the work of our catering department, and the delicious food served up every day, as well as the special treats!



STATE-OF-THE-ART PRACTICAL LABORATORY OPENED AT EGHS

JODIE HOLWELL – COMMUNITY LIAISON

The new State Government funded Practical Laboratory has been officially opened at East Grampians Health Service.

East Grampians Health Service received \$1.9 million from the State Government Regional Health Infrastructure Fund to build the Practical Laboratory on site, which is designed to simulate a hospital ward environment and features patient bathrooms, medication rooms and two, four bed patient wards, as well as a simulation lab and break-out room.

The opening was attended by special guests Member for Ripon Martha Haylett and Dean of the Deakin Medical School Professor Gary Rogers, as well as representatives from Federation University, Pop Architecture and construction companies, EGHS Board, staff and user group members.

EGHS Board Chair Cam Evans thanked the State Government for their support of the project.

"We thank the Victorian Government for \$1.9 million funding and the support of our vision for training a local medical, nursing and allied health work force, and thank Martha Haylett for her support of the health service and this project," Mr Evans said.

"We would also like to acknowledge and thank Gary Rogers, Dean of the Deakin Medical School, for his support of the medical school at Ararat and this facility."

EGHS Manager of Training and Development Claire Sladdin said the facility is shared between EGHS, Deakin University and Federation TAFE, and will also host undergraduate students who are on clinical placement at EGHS as well as students from local secondary schools who are completing the VET course in Health Service Assistance.

"The prac lab provides equity in access to a large learning area for staff and students and provides a safe learning space to practice simulated exercises," Ms Sladdin said.

"We believe there will be increased staff and student satisfaction through the use of this purpose-built facility, which will in turn promote workforce retention with the improved experience.

"EGHS saw a need for a purpose-built facility for students who study on site here, with numbers increasing annually. Deakin's Doctor of Medicine Rural Training Stream program has 30 students who are studying in Ararat for the first and second years of the course."

Recently retired Director of Support Services Stuart Kerr, who worked at EGHS for 50 years, and oversaw the development of the funding submission and building of the Practical Laboratory, spoke of his pride in working on the project.

Mr Kerr thanked the architects, contractors, tradespeople and EGHS maintenance staff for their involvement in the project, before unveiling a plaque, officially opening the building.

More photos page 4



Pictured is Member for Ripon Martha Haylett, former EGHS Director of Support Services Stuart Kerr, EGHS Manager Training and Development Claire Sladdin, EGHS Board Chair Cam Evans.



Pictured Leanne Atkinson and Moyshie Elias



The New \$1.9 million EGHS Practical Laboratory



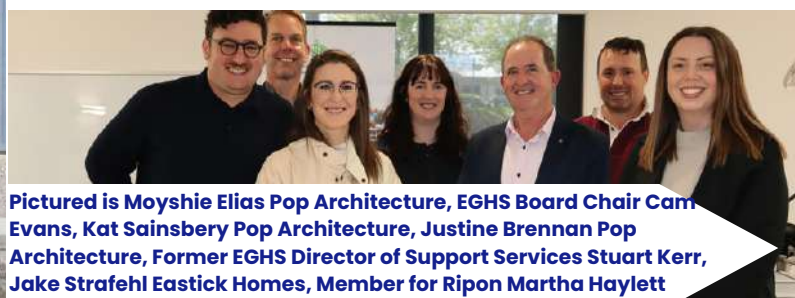
Pictured Nick Bush, Professor Gary Rogers, Stuart Kerr, Martha Haylett, Cam Evans



Pictured Architects Justine Brennan and Kat Sainsbery with Board Chair Cam Evans



Pictured L-R: Deakin University staff Amy Hinchliffe, Carmen Brady, Fiona Fraser, Gary Rogers, Tracey Moulden, Jet Phey Lim, Ali White, Taylah Collins, Eslam Ahmed.



Pictured is Moyshie Elias Pop Architecture, EGHS Board Chair Cam Evans, Kat Sainsbery Pop Architecture, Justine Brennan Pop Architecture, Former EGHS Director of Support Services Stuart Kerr, Jake Strafehl Eastick Homes, Member for Ripon Martha Haylett



Pictured Dr Megan Helper, Jaclyn Bishop, Lucy Mills



Pictured Stuart Kerr



One of the four bed patient wards



Pictured Jake Strafehl, Martha Haylett, Tom Clark

CAMERON EVANS TO LEAD HEALTH SERVICE BOARD

JODIE HOLWELL – COMMUNITY LIAISON

New East Grampians Health Service Board Chair Cameron Evans is looking forward to building on the strong foundations already in place at the health service.

“For me, it’s about ensuring that EGHS continues to be a trusted, responsive and innovative health service,” Mr Evans said.

“I’d like to focus on strengthening partnerships across the region, supporting our workforce, continuing our strong education focus, commitment to growing our own and ensuring sustainability so that we can keep delivering excellent care into the future.”

Mr Evans was elected Board Chair at the August Board meeting, following the retirement of Ken Weldin, who served as Board Chair for three years and as a Board Director for four years.

“With a strong strategic focus, Mr Weldin guided the health service through the turbulent period when mergers were being promoted,” Mr Evans said.

“He played a significant role in consultations, consistently advocating for the preservation of East Grampians Health Service’s identity. Mr Weldin’s contributions cannot be overstated in achieving the outcome that mergers did not proceed.

“On behalf of the Board, the Executive, and all EGHS staff, I thank him for his strong leadership and dedication over the past three years.”

The transition to Mr Evans as Chair marks an important opportunity for EGHS to embrace and help shape the outcomes of the newly formed Grampians Local Health Service Network (GLHSN). As a member of the GLHSN Chairs Committee, Mr Evans, together with representatives from the seven other Health Services, is working to strengthen collaboration from Beaufort to the border and deep in to the North-West of the State, while ensuring each service maintains its individual identity.

The role of the Board Chair is to lead the Board in setting the strategic direction of the health service, ensuring strong governance, and supporting the CEO and executive team.

“Importantly, it’s about enabling every Board Director to contribute effectively, while keeping the focus on achieving the best possible health outcomes for our community,” Mr Evans said.

Mr Evans joined the EGHS Board in 2021 and has served as Vice Chair of the Board, Chair of the Clinical Consultative Committee, a member of the Governance Committee, Clinical Governance Committee, Finance, Risk, Audit & Capital Development Committee and represented EGHS on the Grampians Local Health Service Network Board Chairs Committee.

He has also served as a Trustee of the Building for the Future Foundation.

“These roles have greatly deepened my respect for the work of our health professionals and strengthened my understanding of both clinical governance and the broader health service landscape,” Mr Evans said.

Mr Evans has spent 25 years in the technology, telecommunications, and business sectors, with a focus on helping organisations use technology to improve efficiency, security, and service delivery.

Cont. page 6



Pictured is new East Grampians Health Service Board Chair Cameron Evans

He currently owns two businesses: AMA Fleet, specialising in telematics and vehicle technology, and AMA ICT, which provides information and cyber security services to small and medium-sized enterprises.

Calling Ararat home for the past 20 years, Mr Evans' mother grew up in Ararat, his grandfather was Mayor in 1967–1969, and his great grandfather was Mayor in 1953–1954.

Mr Evans has two children, Mackense (19) and Cooper (18), who were both born at Ararat Hospital. He reflects that it has been a joy raising them in a caring, close-knit community where people look out for one another. He feels fortunate that his children have grown up surrounded by strong local values, opportunities, and support, and this deep sense of community is a major reason he is passionate about giving back through his leadership at East Grampians Health Service.

He enjoys swimming, running and cycling and supporting the Ararat Football Netball Club.

"Sport and fitness are a big part of my life, and I enjoy the discipline, resilience, and community that comes with it," he said.

Mr Evans said he originally joined the EGHS Board because of the vital role the health service played in the health and wellbeing of the community.

With his background in governance, business and technology, he wanted to give back by supporting an

organisation that he believed touched many lives locally and contribute in a meaningful way beyond his professional work.

Working with the people in the health service, both staff and fellow Board Directors, is what he enjoys most about his work as a Board Director and now Chair.

"I've enjoyed working alongside passionate professionals who are committed to delivering high-quality, safe, and compassionate care," Mr Evans said.

"Seeing the positive difference EGHS makes every day is a privilege."

During his time on the Board, Mr Evans has seen the Board strengthen governance practices, oversee significant investment in infrastructure and services, and continue support of a culture of safety and quality care. The Board has also been proactive in community engagement, ensuring decisions reflect the needs and aspirations of the people it serves.

Mr Evans is passionate about Ararat and passionate about the health service.

"I want the community to know that EGHS belongs to them," he said.

"My role, and the role of the Board, is to ensure that every decision we make consistently prioritises the health outcomes of patients, families, and the community we serve. Meeting their needs today while preparing for the challenges of tomorrow."

THANKFUL THURSDAY

"I am so truly thankful for the wonderful friends and colleagues I have here at EGHS. I am also so thankful for the support I have received during challenging times. Thankful! ❤️"

MICHELLE WALKER
PATIENT SERVICES ASSISTANT - SUPPORT SERVICES

WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

SCOTT WILSON DIRECTOR OF SUPPORT SERVICES

ALL ABOUT ME...

Favourite AFL Team | **Essendon**

Favourite Food | **Anything gluten free, white egg & lettuce sandwich**

Favourite Music | **INXS, Mystify, Never tear us apart - After a few drinks...Britney Spears, baby one more time**

Interests | **Gym, swimming, running, gardening**
One thing I'm good at | **Keeping my fitness accountable**

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

Bonsai trees



MARLE VLOTMAN CASUAL REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Hawks**

Favourite Food | **Grilled Salmon and roast veg**

Favourite Music | **R 'n' B**

Interests | **Baking, crochet, sewing, gardening**

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

One thing I want to do in this lifetime | **Bungee Jump**



KYLIE NICOLLS LEISURE & LIFESTYLE ASSISTANT

ALL ABOUT ME...

Food | **Too many**

Favourite Music | **Diljit Dosanjh**

Interests | **Travelling, Indian Culture, Cooking**

One thing I want to do in this lifetime | **Explore and be happy**



JENNA SCHAMPERS LEISURE & LIFESTYLE ASSISTANT

ALL ABOUT ME...

Favourite Food | **Cob loaf**

Favourite Music | **Hip Hop, Pop, Rap & Country**

Interests | **CFA, 4x4 driving, arts & craft**

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

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



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

SHANE MACONACHIE-DAVIS PORTER/CLEANER

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**

Favourite Food | **Steak**

Favourite Music | **90s Music**

Interests | **Motorbikes, Bowls, Water Skiing & family**

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

One thing I want to do in this lifetime | **Drive Route 66 America**



DEBBIE MULLENS REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Hawthorn**

Favourite Food | **Tuna Pie**

Favourite Music | **Any 60s, 70s, 80s or 90s**

Interests | **Love old cars & trucks**

One thing I'm good at | **Knitting & sewing**

One thing I want to do in this lifetime | **Visit an elephant sanctuary**



ALISON DELANEY HEALTH CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Carlton**

Food | **Mexican**

Favourite Music | **Everything but classical**

Interests | **Footy, netball, gym, family**

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

One thing I want to do in this lifetime | **Finish studying and become a nurse**



EVELYN BEALE INSTRUMENT TECH

ALL ABOUT ME...

Favourite AFL Team | **Bulldogs**

Favourite Food | **Crepe Brulee**

Favourite Music | **Alternative**

Interests | **Nature, music, family time, foodie**

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

One thing I want to do in this lifetime | **Go back to Japan**



ANNUAL RESEARCH SHOWCASE CELEBRATES LOCAL AND COLLABORATIVE RESEARCH

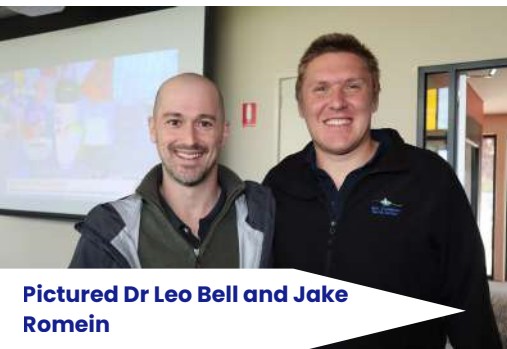
MICHELE CONLIN – RESEARCH SUPPORT LEAD – DELIVER

East Grampians Health Service (EGHS) held its annual Research Showcase on Wednesday 3 September at the Alexandra Oval Pavilion, with over 40 attendees including staff, community members, and representatives from partner organisations.

The Showcase highlighted the breadth of research underway at EGHS, with projects reflecting the service's four research pillars: innovative rural models of care, strengthening the rural workforce, rural community health, and organisational leadership.

Dr Ella Ottrey, Western Alliance Research Translation Coordinator, chaired the event, which featured five presentations across three themes. In the Workforce session, Michele Conlin explored how student research placements can enhance rural health service research culture and capacity, while Celina Day presented on implementing and evaluating an aged care staff wellbeing program in a rural setting. The focus then shifted to Improving Care, with Dr Jaclyn Bishop introducing the Just Cos Initiative, an integrated quality improvement and research approach to foster evidence-based care. Finally, in the Engaging Community session, Natalie Bransgrove from Federation University shared consumer perspectives on Hospital in the Home for older rural people, and community member Glenys Andrew reflected on her experiences of leading a Kitchen Table Conversation.

Supported by the Western Alliance Academic Health Science Centre, the Showcase reinforced EGHS's commitment to growing a strong research culture that benefits both staff and community.



Pictured Dr Leo Bell and Jake Romein



Pictured Nick Bush and Dorothy McLaren



Pictured Natalie Bransgrove, Sue Coutts, Leigh Coutts



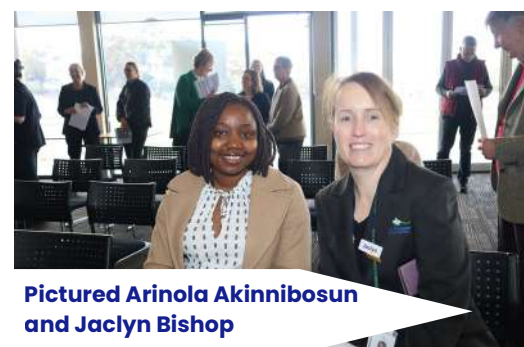
Pictured (L-R) Nick Bush, Ella Ottrey, Celina Day, Glenys Andrew, Michele Conlin, Natalie Bransgrove, Jaclyn Bishop



Pictured Cr Bob Sanders, Dr Tim Harrison, Cr Teli Kaur



Pictured Bo Munro and Kate Arbon-Ellis



Pictured Arinola Akinnibosun and Jaclyn Bishop

HEALTHY@HOME

KIM BRODIE, HEALTHY@HOME COORDINATOR

The Healthy@Home program celebrated its fifth annual morning tea at Alexandra Oval Community Centre on Tuesday August 12th, 2025.

Healthy@Home is a free telephone service available to anyone over 18 years who is at risk of hospital admission due to complex or long-term health conditions, frailty, reduced social or carer support. Healthy@Home staff conduct weekly phone calls to check in on client wellbeing, reporting concerns to the Healthy@Home Coordinator for follow up. The program currently has 190 participants across three health services including East Grampians Health Service, Beaufort and Skipton Health Service and East Wimmera Health Service.

The purpose of the Healthy@Home morning tea is to enable EGHS program participants to meet in a relaxed and friendly environment, whilst connecting face to face with the Healthy@Home staff responsible for conducting calls to monitor their health and well-being.

Guest speaker Teli Kaur -Manager, Ararat Neighbourhood House, spoke about the programs, services and activities offered by Ararat Neighbourhood House, highlighting the importance of social inclusion and promotion of mental wellbeing.

East Grampians Health Service Home Care Package Care Partners, Cathy Jennings and Melita Kulak also shared information, outlining changes in Home Care Package delivery as a result of new Aged Care Reforms.

The morning tea was catered for by East Grampians Health Service kitchen and support staff, with an additional treat of home baked scones.

For further information on any of the services contact:

Healthy@Home program- Coordinator Kim Brodie 03 53529555

East Grampians Health Service- Home Care Packages- Care Partners-Cathy Jennings, Melita Kulak 03 53529555



FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIASION LEAD

Hello, my name is **Clare** and I am your new **First Nations** Liaison Lead!

I am a proud **Gunai Kurnai woman** and I bring with me cultural knowledge, community connection, and a passionate commitment to supporting Aboriginal and Torres Strait Islander peoples within our services.

I am here to support clients, families, and staff by strengthening cultural safety and improving access to care for First Nations communities. I am available to provide guidance, facilitate connections, and ensure culturally respectful and inclusive practices across our organisation.

I will also be **looking for staff who are interested in helping organise First Nations celebrations** throughout the year. Whether you have ideas to share, would like to be involved in planning, or want to lend a hand on the day – all support is welcome!

Additionally, I will be **holding a get-together and yarn for First Nations staff members**. This will be a chance to connect, share stories, and strengthen our internal support networks in a culturally safe and welcoming space. Details below.



DID YOU KNOW...

Ararat is traditionally the Country of several Aboriginal nations, including the Wotjobaluk, Jardwadjali (Jaadwa), Wergaia, and Jupagalk peoples, represented by the Barengi Gadjin Land Council Aboriginal Corporation, and the Eastern Maar and Djab Wurrung peoples.

East Grampians Health Service is on the lands of the Barengi Gadjin and Eastern Marr. The Ararat Campus sits on the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk lands, collectively known as Barengi Gadjin and Willaura sits on the lands of the Eastern Marr people.

Workdays:

Monday: 8:00 AM – 4:30 PM
Tuesday: 12:30 PM – 4:30 PM
Friday: 8:00 AM – 12:00 PM

You can reach me at:

Email: ahlo@eghs.net.au
Phone: 0474 079 031

Please contact me for anything First Nations or just to have a yarn



LIBRARY NEWS – PAEDIATRIC INJECTIBLES GUIDELINES

Looking for trusted, evidence-based guidance on paediatric injectable medicines? The Royal Children's Hospital (RCH) [Paediatric Injectable Guidelines](#) are available on the Grampians Health Library website under the Drug Resources tab.



These guidelines are an essential resource for clinicians, nurses, pharmacists, and healthcare professionals working with children. They provide:

- ✓ Safe preparation and drug administration instructions
- ✓ Age-appropriate dosing information
- ✓ Compatibility and stability data
- ✓ Easy-to-navigate format for quick reference
- 🔍 [Access it now via the library website](#). You'll find the link on the right side of the page.

HAPPY 101ST BIRTHDAY JOYCE!

Garden View Court resident Joyce Hellyer turned 101 on September 19, and enjoyed celebrations with family, friends, residents and staff.

Joyce was born and raised in Ararat, one of seven children, and has lived a long and interesting life here.

A beautiful high tea was served, and a wonderful cupcake birthday cake was prepared by our catering staff, with Garden View Court decorated for the occasion by our staff.

Congratulations Joyce, we hope you enjoyed your day!



ARARAT 800 150TH ANNIVERSARY

Ararat 800 Primary School is celebrating its 150th anniversary this month.

Congratulations to the teachers and staff who have helped shape the lives of the many students who have attended '800' during this time, including many of our own staff at EGHS who attended as children.

Pictured are some of our staff who attended Ararat 800, back L-R, Ash Leggett – 1997–2003, Isabel Kettle – 2010–2012, Kylie Walker – 1985–1989, Peter Thompson – 1964–1969, Tiegán Nankervis – 2002–2009; Front L-R, Brooke Williamson – 2002–2008, Ann Grierson – 1974–1980.



OCTOBER IS BUY NOTHING NEW MONTH – ARE YOU IN?

Each October, Buy Nothing New Month encourages us to pause on buying and choose to borrow, swap, repurpose or buy second-hand instead. It's a simple way to reduce waste, value what we have, care for ourselves, our community and the planet.

Taking a break from buying new things can support mental health by shifting focus from "stuff" to experiences, reducing stress and boosting satisfaction. It also promotes financial wellness by easing spending pressures. On a broader scale, it encourages sustainability, where small personal changes can help reduce our environmental impact.

This year, the Environmental Sustainability Committee is contributing to the movement by organising a swap table for staff to participate.

Feel free to join in outside work too! Try borrowing instead of buying, organising a clothes swap, sharing meals or recipes, repairing rather than replacing or exploring local second-hand options. It's a great way to reduce waste, save money and strengthen community connections.

For more information visit: [Buy Nothing New Month](#)



NEW ARRIVALS AT EGHS

Madison Nagorcka and Angus Butt have welcomed the arrival of a son, Henry Jack Butt.

Baby Henry was born at East Grampians Health Service on September 1 2025, weighing 3560 grams.

Henry has a big sister, two-year-old Elsie.



**ARARAT
COMMUNITY
FOOD VAN INC.**

**Need a warm dinner tonight?
Visit the Ararat Community
Food Van.**

Where: Ararat Skate Park

When: Wednesdays from 6:30pm

The Ararat Community Food Van provides community members with a free hot and nutritious meal in a welcoming, non-judgemental space.

2025 symposium

Registrations
closing
soon!



10 - 11 Nov 2025

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

Scan to register
for this free event



A/Prof Vin Versace
CARA
Deakin Rural Health



A/Prof Ecushla Linedale
Omega-3 Project
SAHMRI



Dr Jill Gallagher AO
CEO
VACCHO



A/Prof Gustavo Machado
ShoPED Trial
USyd

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

Pink Ribbon Fundraising Clipathon!

Join us in supporting
Margaret Kelly
Jenni Jacobi & Will Cairns
as they clip their hair for breast cancer
awareness.

Clipping starts at approximately 11:30am
Friday 17th of October

Morning Tea (at 10:30am) where there will be raffles, door
prizes, "Pick Your Lucky Boobie" & fun to be had.

In the evening there will be live music
performed by S.O.F.T at 7:30pm.

Main raffle will be drawn at 9pm along with door prizes &
give-aways.

Remember to wear your best pink outfits!

All money raised will be equally donated to:
BCNA-Breast Care Nurse Association &
EGHS Oncology Ward

Proudly Sponsored & Supported by the Ararat RSL

BRIAN NANKERVIS

CO HOST OF ROCKWIZ

LIVE AT WILLAURA

Proudly brought to you by Willaura & District Community
Development Group Inc in partnership with Ararat Town Hall

An Evening of Music, Trivia, Fun & Food
SATURDAY 18 OCTOBER 2025

Brian Nankervis, a multi-talented poet, performer, writer, producer and
one of Australia's best MCs, has been making Australians laugh for nearly
four decades and he's coming to Willaura to entertain you.

Willaura Memorial Hall
Doors & Bar open 7.00pm for 7.30pm
\$70 per person

Ticket includes Show & 2-course meal by Paula Symons
Drinks available at bar prices (Strictly No BYO)
Organised by the Willaura Memorial Hall Committee

Tickets available at www.trybooking.com or
call into Community Bank Willaura and Lake Bolac
(Bookings Essential by Tuesday 14th October)



Join us for an exciting evening where you can test your music trivia knowledge against other
enthusiasts and enjoy some laughs along the way. AND why not come dressed as your
favourite rock star, pop diva or music icon, who knows there might be prizes to be won!



Moyston Easter Market 2026
Saturday 4th April, 2026



GIANT PUMPKIN COMPETITION

A FUN COMMUNITY EVENT THAT YOUNG
AND OLD CAN PARTICIPATE IN

LET'S SEE WHO CAN GROW THE...

Biggest Pumpkin Ever!
Biggest School Grown Pumpkin Ever!
Wartiest Pumpkin (Galeux d'Eysines) Ooooo
Best Decorated Pumpkin Nice!
Longest Zucchini Yum
Most Weirdest Vegetable WOW

GET PLANTING SOON !!!!!

Limited seeds available for Giant Pumpkins
and Warty Pumpkins
GENEROUSLY SPONSORED BY GROWMASTER GRAMPIANS
Just ring Teresa on 0429 953 625
and we'll arrange pick up or drop off of your seeds

Drop off mature pumpkins
Thursday 2nd April, 2026 1PM-6PM
Judging on Friday 3rd April, 2026
\$2 ENTRY PER PUMPKIN

CHILDREN'S BOOKLET

At East Grampians Health Service, we have created a Welcome to our Hospital children's book. Child safety in hospitals is not just about the physical safety measures. It is also about creating an environment where children feel heard, understood, and cared for.

Our children's book shows children who they may meet in hospital (e.g., doctors, nurses) and describes some medical procedures like x-ray. Pages where children can write down their feelings and memories will help them to share any concerns. Fun activities will help children in hospital feel a little less scared and keep them occupied.

A feedback form on the back page allows children to express their feelings and thoughts about their hospital stay.

During the development of the book, we asked EGHS staff and consumers to provide feedback. Overall, there was positive feedback such as "Great booklet. Easy to read with great activities for kids to do."

We look forward to further feedback from the children as the book is used.



MENTAL HEALTH MONTH

October is Mental Health Month, a time when the Australian community comes together to raise awareness and promote better mental health for all.

Throughout this month, many events and programs are organised to attract and unite Australians of all ages and backgrounds, and share the latest information available in the mental health sector to increase our shared understanding of the challenges we face as a community.

Click on the link to discover some ways that you can connect or support Black Dog Institute this October, or ways that you can start or continue your own mental health and wellbeing journey

[Promoting better mental health for all this October - Black Dog Institute | Better Mental Health](#)

Mindfulness Activity

Take a few slow deep breaths and notice:



5 x things you can **SEE**



4 x things you can **FEEL**



3 x things you can **HEAR**



2 x things you can **SMELL**



1 x thing you can **TASTE**



IMPLEMENTATION OF A 24-HOUR SNACK BAR FOR RESIDENTS IN AGED CARE

ANN GRIERSON – MANAGER, SUPPORT SERVICES

·Exciting News: A 24-Hour Snack Bar is Coming!

We're introducing something new to make life a little more comfortable and homely for all our residents — a 24-hour snack bar.

This means that, just like at home, you'll be able to go to the fridge or pantry and help yourself to a light snack any time of the day or night.

What Will Be Available?

- Fresh snacks in the fridge such as yoghurt, cheese, sandwiches, fruit, and drinks.
- Pantry favourites like biscuits, crackers, fruit cups, and muesli bars.
- Options for different needs, including soft foods and diabetic-friendly snacks.

Why Are We Doing This?

- To give you more independence — you can choose what you want, when you want.
- To make sure food is always available, not just at meal times.
- To bring a little more comfort and normality to daily life.

How Will It Work?

The snack bar will be easy to use, with clear signs and labels. Everything will be kept fresh, safe, and regularly checked by our staff. If you need a hand, staff will be there to help.

A Step Towards More Independence

This is about more than just food — it's about choice. Being able to go to the fridge for a snack is a small, everyday thing that brings a big sense of independence and dignity.

We hope this new initiative makes life here feel even more like home



EGHS STAFF FITNESS

KELLY RYAN – EXERCISE PHYSIOLOGIST

Join us every Tuesday from 5:15 PM – 6:15 PM for staff fitness! This weekly session is free and welcomes all fitness levels and is a great way to improve your health and well-being. Some weeks, we'll mix it up with modified sports, including:

- Indoor activities at the Ararat Fitness Centre (during winter months)
- Outdoor activities like Pilates (in warmer months)

Why Join?

Exercise boosts your health by strengthening muscles and bones, reducing the risk of chronic conditions, and enhancing mood and cognitive function.

We create a warm and inviting atmosphere for all staff to feel comfortable and have fun.

Stay updated on activities and last-minute changes by joining our EGHS Staff Fitness Facebook group.

CHC gym = Community Health Centre Gym
Ararat Fitness Centre: 61-73 High Street, Ararat

Please click the link to join:

[Ararat Fitness Centre : 61-73 High Street, Ararat](#)

Please click the link to join:

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



Date	Activity	Location
October 7 th	Pump	Grassed lawn between the nest and community health centre *Weather permitting
October 14 th	Fun & Games	Alexander Gardens Meet at garden gate on Vincent Street
October 21 st	Mixed strength & cardio	Community Health Centre Gym
October 28 th	Mat Based Pilates	Community Health Centre Ark Toy Library

LIBRARY NEWS

MICHELLE PITMAN – LIBRARIAN, GRAMPIANS HEALTH

New eBooks at Grampians Health Library

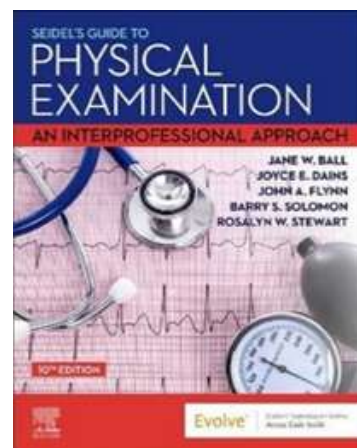
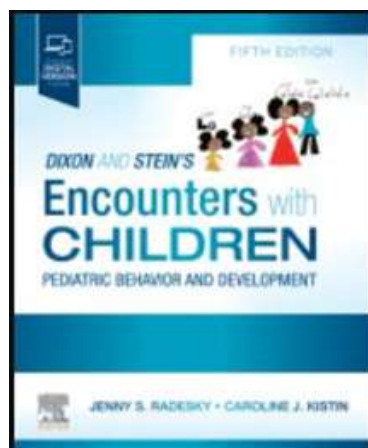
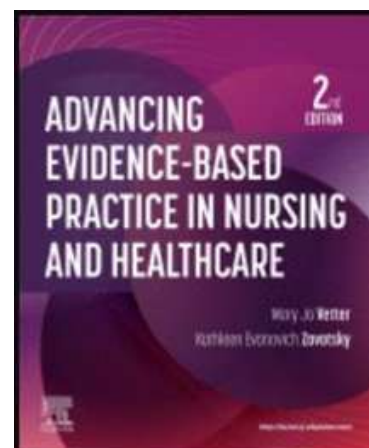
Grampians Health Library ensures all staff have access to the best and most current evidence available so you can continue to provide excellent health care.

Below are covers of new titles that have just arrived. Click on the cover to go to the eBook in the library catalogue.

You can also check out our Books and eBooks tab on the library's website to see more titles and to browse the collection. There are thousands of clinical, nursing, allied health and business eBooks, which can be read from your PC without a formal loan process. Type the words, 'Electronic book' after a keyword and Sort by Year (Desc) to float the most recent titles to the top of the list.

For help with accessing eBooks or other clinical information, contact the Grampians Health Library on 5320 4455 or email us at library@gh.org.au with your questions.

Health Libraries: Better Evidence: Better Health



RESIDENTS WATCHING OVER BROOD OF CHICKENS

Garden View Court has some new arrivals – a brood of cute baby chickens.

Twenty-four eggs were donated to Garden View Court, with nine eggs hatching.

Residents and staff loved watching them hatch and are enjoying watching them grow and thrive.

Pictured are Randle Hurstfield and Pam Williams with Garden View Court Manager Natalie Wohlers and some of the newly hatched chickens.



BILL WINS THE FOOTY TIPPING

Garden View Court resident Bill Creenaune took out this year's Footy Tipping competition.

A die-hard Collingwood supporter, Bill was presented with a plate, engraved by valued Footy Tipping volunteer John Richardson.

Bill (left) is pictured with Ron Anderson, who was especially happy this year with his team the Brisbane Lions taking home the trophy.



PARKLAND PURSUITS

MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY – LIFESTYLE COORDINATORS

What magnificent countryside we have in this Spring season. The canola is flowering, and the lambs are frolicking near the dams. There is a layer of green on the paddocks and we are hoping for good seasonal rain. Have you noticed the bird song in the morning now its Spring?

We have had a busy September with Outings to Dunkeld and Pomonal. Residents have a fully cooked Breakfast on Wednesday mornings and love the scrambled eggs and bacon.

The Lifestyle team hosted a Daffodil Afternoon Tea for residents, staff and families with a special guest speaker, Lyn Russell. Lyn spoke bravely from the heart and shared a lot of information about local support for both families and loved ones affected by cancer. We thank Lyn for taking the time to speak with us and are proud to have raised almost \$95 to help the fight against this horrible disease.

Pamela's cooking classes have continued, this month we have had homemade shortbread and zucchini slice. We have made Chocolate milkshakes to celebrate Milkshake Day, yes there is a day for everything! And have introduced a Parklands Pub Lunch which includes invitations to family members and special guests. Comic Book Day brought back many memories and giggles; how much do you remember about Popeye and Olive?

Josie has continued her photo shoots, which will be used in her 2026 Parkland Calendar and balloon tennis. Michelle does exercises; Tai chi, chair based and their band strength exercises, talk like a Pirate Day was a great success, Michelle dressed up as a pirate and the residents had their very own treasure hunt which was heaps of fun. Also, Michelle is keen to get residents painting.

Residents enjoyed the Grand final footy day. They played handball and had footy food. In the afternoon they watched the Grand Final on the television.

We had a silk dyeing workshop. Helen Langley came from Cobden and we all made a magnificent scarf.

In October we have the Kinder kids coming, the Willaura State School kids, Guest speakers, Church services, Outings, and theme days; Ocktober fest, Halloween, a visit to Lake Bolac College and picnics to local towns.

Cheers for now



Maureen Provis showing her scratch art



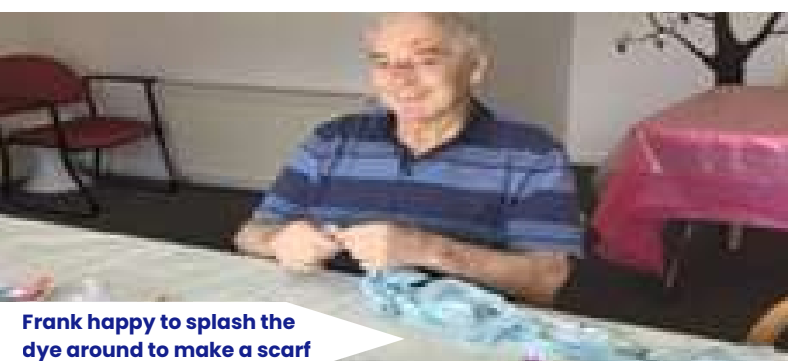
Kath Culling making biscuits



Kath Culling passing the ball for footy day



Pam Wheeler and Julia Coutts making a silk scarf



Frank happy to splash the dye around to make a scarf



John Flavell and Frank Homes having a pub lunch



Willaura Kinder kids enjoying playing ball with our residents

The garden art

Breaking Down Stigma

FACT Mental health issues are common: one in five Australians will experience a mental illness	FICTION Mental illness only affects a few people
FACT Mental illness isn't caused by weakness and it's not 'cured' by just being strong either	FICTION People with a mental illness can 'pull themselves out of it'
FACT With appropriate treatment, many people can – and do – recover from mental ill-health	FICTION People with a mental illness never get better
FACT When a person experiences certain types of mental ill health, they may not be as productive as usual. But recovery generally means they will return to their full capacity at work	FICTION Mental illness permanently reduces a person's capacity to function at work

Black Dog Institute BETTER MENTAL HEALTH



Kath Culling, Lorraine Borg making biscuits

KNOW YOUR RIGHTS: WHISTLEBLOWER ACT & COMPLAINT PROCESS



Protecting your voice. Protecting our community.



The new Aged Care Act starts on 1 November 2025. One important change is better protection for whistleblowers - people who speak up or report problems. This means older people, their families, carers, and aged care workers can make a complaint or share concerns without worrying about being punished or treated unfairly.



You can make a complaint at East Grampians Health Service by:

- Talking to a staff member.
- Filling out a feedback form.
- Emailing info@eghs.net.au.
- Via our website at www.eghs.net.au/contact/your-feedback.



You can make a report to:

- Us, as a registered aged care provider.
Ask to speak with:
 - Someone in charge.
 - Facility manager.
 - Clinical care manager.
- Any aged care worker.
- An independent aged care advocate:
 - Older Persons Advocacy Network (OPAN): 1800 700 600.
- The Aged Care Quality & Safety Commission: 1800 951 822.
- The Department of Health, Disability and Ageing: 1800 020 103.
- A police officer.

You can make the report in person, over the phone or in writing.
A report can be made without giving your name.



For further information follow the link or scan the QR code:
www.eghs.net.au/feedback



CELEBRATIONS AS WILLAURA HOSPITAL MARKS 90TH ANNIVERSARY

JODIE HOLWELL – COMMUNITY LIAISON

Willaura Health Care and East Grampians Health Service celebrated the 90th anniversary of the Willaura Hospital in September.

More than 100 people attended the celebration, which was marked by a lunch held in the hospital grounds, including EGHS Board members, staff, former staff, patients and Willaura residents.

A large display of photographs and memorabilia, provided by community members, staff and the Willaura Historical Society, attracted great interest, particularly an old bicycle that belonged to beloved Willaura doctor Dr Cyril Checchi.

Speakers included Willaura Health Care manager Liz Atkinson, Board Chair Cam Evans, former midwife Sue Nicholls and Board Director Sybil Abbott-Burmeister.

Mrs Abbott-Burmeister provided an overview of the long and rich medical history of Willaura.

Willaura's first medical facilities opened in 1910, with Doctor Sydney Patterson opening the Kelvin Private Hospital in Commercial Street in March 1910, which was later sold to Dr William Osler and then in 1920 to Dr Cyril Checchi.

Doctor Checchi had served in England's medical division during World War One and on his return to Australia at the end of the war, was looking for a practice where he could be his own boss and serve his community.

What he found at Willaura wasn't what he expected. Conditions were extremely primitive in 1920. There were no lights except kerosene lamps; no water except what was carted into the town; no heating unless he chopped wood for a fire; and no sewerage. And what was grandly called 'the hospital' was really a tiny, rented weatherboard house.

Doctor Checchi performed his first operation at Willaura by kerosene lamp in a private home, with only a midwife for assistance.

His initial house calls were made on a bicycle before graduating to a model T Ford for trips of thirty miles or more.

By the 1930s Dr Checchi found the facilities inadequate and the town set about raising funds for a new hospital.

A gymkhana was held in the recreation reserve and raised five hundred pounds. Also, on that day Thomas and Ruth Milleear, of Edgarley, donated a thousand pounds and James Milleear gave the land which the hospital would be built on Edgarley Road. The architect was Mr Elliot, and the contractor was James Walter, of Warrnambool.

The foundation stone was laid on April 9 by Mrs Milleear and building work steadily progressed ahead of the Willaura Bush Nursing Hospital's grand opening on August 22, 1935.

Doctor Checchi delivered the first baby born at Willaura Bush Nursing Hospital, Ruth Salter on August 28, 1935, just six days after the hospital was officially opened.

After the Bush Nursing Association took control of the hospital, the more modern facilities meant the hospital could undertake more extensive medical procedures and no longer have to move patients out of the district to undergo surgery.

At first Doctor Checchi regularly called in an old classmate, Doctor Bill Hailes, who regularly visited Willaura to perform medical procedures Doctor Checchi didn't feel capable of completing.

After Doctor Hailes died, Doctor Checchi called on another great friend and famous surgeon, Sir Edward "Weary" Dunlop.

Once Weary was called to assist in a fairly urgent matter and true to his great nature, he took it upon himself to hire a plane and flew to Willaura.

The aeroplane taxied up to the hospital, out jumped Weary and into the hospital he went where he promptly set about his work. In 1959 Doctor Checchi, who was now aged in his sixties, found the medical load too heavy to carry alone and persuaded Doctor Robin Handscombe to come from England to be part of the Willaura community.

The town sewerage eventually came to the hospital in 1967, then in 1976 the largest most modern extensions were opened by Mrs Tamie Fraser, the wife of Australian Prime Minister Malcolm Fraser, giving the hospital ten beds and equipped with the latest amenities.

Tamie Fraser had her second child, Angela, in the Willaura Hospital in 1959. It had been a long, hot summer, with many bushfires around, and Tamie's mother insisted her daughter have her baby in Willaura. While Tamie herself wasn't born in Willaura, her three siblings were.

In 1986, Doctor Checchi, announced his retirement after almost 67 years of country practice. He was 94 years old.

Doctor Handscombe completed his final rounds at the Willaura and District Hospital on April 30, 1991, after thirty-two years of curing the ills of the small community.

Doctor Handscombe's retirement ended what was a remarkable period in medical practice not just for Willaura, but for the country.

Between them, Doctor Checchi and Doctor Handscombe provided around 90 years of service to the community and in the process, gained the respect and admiration they so richly deserved.

Cont. page 23

Willaura 90th Birthday celebrations cont.

Doctors from Ararat Medical Clinic took over servicing Willaura hospital's patients and continue to offer their services.

In 1992 a small cottage for the cook was relocated to the nurses' home that became the day centre offering allied health, district nursing, community nurse, diabetic educator, dietitian and social worker.

The contract for a ten-bed hostel, now Parkland House, was signed in April 1994, and the hospital continues to support the community with its hostel.

In 1995, the Willaura and District Hospital ended its life as a public hospital when it merged under the umbrella of the East Grampians Health Service.

EGHS Board Chair Cam Evans and Sybil Abbott-Burmeister both reiterated the Board's commitment to Willaura Health Care and the upgrade of facilities, with the Board awaiting the announcement of Regional Health Infrastructure Fund funding to commence redevelopment.



Pictured Jill Broderick and Tammy Day



Pictured people born at the Willaura hospital



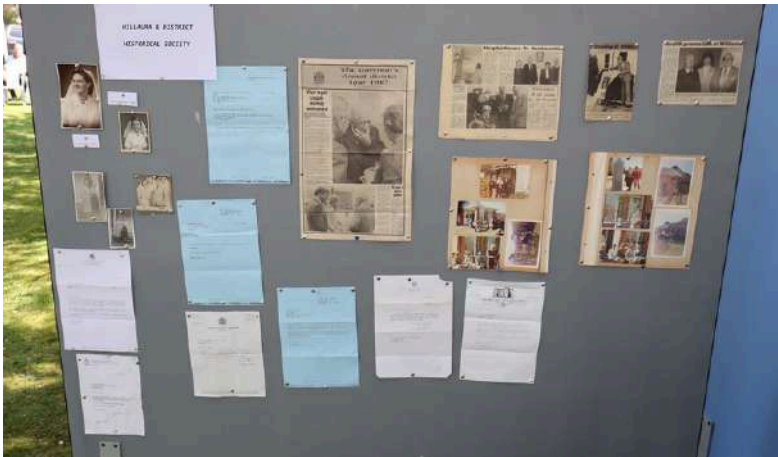
Pictured past and present staff



Tony Milleur and Cam Evans with commemorative trowel donated to Milleur family for laying the foundation stone and donating the land for the hospital in 1935



Pictured Jill Broderick and Tammy Day cutting the cake



RU OK DAY 2025



FOOTY COLOURS DAY 2025





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