

# ECHO



East Grampians  
Health Service

## EAST GRAMPIANS HEALTH SERVICE



**“Willaura Hospital redevelopment actively discussed” Full story on page 3**

### CE Report

October has been a month to acknowledge and thank the significant contributors to East Grampians Health Service.

A significant number of volunteers came together to celebrate the vital contributions they make to the health service. This is an important event where our volunteers come together to support each other, and the health service expresses its gratitude and celebrates long-serving volunteers. It was a great event, and the spirit in the room was very special. The moving presentation from Martina Holland on the power of communities complemented the feel of the day.

I sincerely thank Val Albert for her 45 years as a volunteer at Willaura. Val has been a strong supporter of the auxiliary and the staff for over 45 years. Well done and thank you, Val.

Sitting at the volunteers' celebration, I was reminded what an excellent facility the Fiscalini Pavilion is. Perched in the lovely Alexandra Gardens and Oval precinct is this fantastic facility, in use most days of the week. The use is often meetings, staff training, community briefings, funerals and everything in between.

To have such a facility that has the capacity to be used most days of the week, then be shared by two sporting clubs on weekends, the Ararat Football Netball Club and the Ararat Eagles Football Netball Club, is unique. The collaborative approach is



**NICK BUSH**  
CHIEF EXECUTIVE

excellent. Ararat Rural City have officers skilfully leading the funding applications for the development of the facility and its day-to-day management.

We also held the RUOK event and the AFL grand final BBQ for our staff. As many of you know, our staff are very dedicated to the patients and residents, allowing us to offer the quality care we do.

**CE Report cont. page 2**

**CE Report cont.**

Hosting these two events, which are well-attended by staff from all areas of the health service, gives everyone a lift. I want to express my sincere gratitude to our dedicated support services team, who provide exceptional food at these events.

Often, I walk around the health service and witness the support and care our staff provide to improve people's lives. It is very uplifting. I find it very refreshing to do this, as too much of my time is spent on MS Teams and Zoom meetings.

## HEALTH SERVICE LEADERS HEAR ABOUT RESEARCH PROJECT

### JODIE HOLWELL – COMMUNITY LIAISON

Federation University Research Associate, and former Ararat local, Dr Leo Bell, was a recent guest at an East Grampians Health Service Leadership Group lunch.

Dr Bell is an Accredited Exercise Physiologist and Research Associate at Federation University Australia's Health Innovation and Transformation Centre.

His journey began in Ararat, where he grew up, before moving to Ballarat for tertiary education, where he completed his PhD in Exercise Physiology, focusing on understanding why individuals respond differently to exercise.

Throughout his academic career, Dr Bell gained extensive experience in rehabilitation within sporting organisations while contributing to research on innovative biomarkers of health and fitness.

Now returned to Ararat, Dr Bell is dedicated to improving the

health and wellbeing of rural communities through The Healthy Regions InterVENTion (THRIVE) program.

His current work focuses on chronic disease prevention by integrating genetic testing, behaviour change counselling, and digital health technology to create personalised health solutions for rural populations.

Dr Bell spoke passionately about his work and bringing cutting-edge health research back to the Ararat community where his journey began.

EGHS chief executive Nick Bush thanked Dr Bell for speaking to the leadership group at the health service, and for sharing his journey.

"We appreciate Leo giving up his time to speak to our leadership group, who were interested to hear of Leo's history, his time in Ararat and the challenges he faced when he moved on to tertiary studies before finding his passion," Mr Bush said.



Pictured are Dr Leo Bell (centre) with his brother Will Bell, Head Chef at EGHS (left) and EGHS chief executive Nick Bush.



# WILLAURA HOSPITAL REDEVELOPMENT ACTIVELY DISCUSSED

## JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service Board Chair Cam Evans hosted a delegation of senior leaders from the Victorian and Australian Governments at Willaura Health Care.

Mr Evans said the redevelopment of Willaura Hospital is the number one priority for the EGHS Board.

“The facility needs a significant upgrade to meet the needs of patients and residents, staff and visitors,” he said.

“We house eight patients and two residents in the older part of the facility which is largely unchanged since it was built in 1935.”

The Department of Health reviewed the facility, with the role of Willaura to take patients from EGHS Ararat who may be needing longer to recover before going home, or NDIS and aged care patients waiting for a place to become available.

This then allows EGHS Ararat staff to take patients back from Ballarat Base hospital, theatre and the Urgent Care Centre and allow the staff to attend to pregnant women when required.

Victorian Government representatives who attended included Janelle Hearn, Executive Director, Aged Care, Cancer and Specialist Programs, Victorian Department of Health; Jo Cameron, Principal Policy Advisor, Operations and Performance, Western Health Services and Aged Care; and Claire Sharry, Senior Program Advisor, Health Performance Grampians.

Australian Government representative was Shane Thomas, Senior Regional Officer, Australian Government Department of Health, Disability and Aged Care.

Mr Evans said he was pleased with the interest of all involved to source the funding to redevelop Willaura Hospital.

The funds will be allocated in December.



**Pictured is EGHS chief executive Nick Bush, Australian Government representative Shane Thomas, EGHS Board Director Sybil Abbott-Burmeister, EGHS Board Chair Cam Evans, Willaura Health Care Manager Liz Atkinson, Victorian Government representatives Janelle Hearn, Jo Cameron, Claire Sharry, EGHS Director of Clinical Services Bec Peters.**



# BLUE RIBBON FOUNDATION LAUNCHES MAMMOGRAPHY UNIT PROJECT

**JODIE HOLWELL – COMMUNITY LIAISON**

The Victoria Police Blue Ribbon Foundation Ararat Branch has launched its next fundraising project, the largest in its 23-year history, which will see a mammography unit installed in the Blue Ribbon Foundation Wing at East Grampians Health Service.

The Ararat Branch has committed to raising \$250,000 towards the purchase of the vital equipment, which will cost in total \$296,000. Additional funds will be provided by East Grampians Health Service.

Ararat Branch president Dianne Radford said the branch was excited to launch the mammography unit project, which will benefit women, and men, across the wider Ararat region.

"This project is the largest in the history of the Ararat Branch's 23 years of fundraising for East Grampians Health Service," Mrs Radford said.

"We have committed to raising \$250,000 towards the project and along with our fundraising partners are confident that we will reach our target in approximately two years.

"I am extremely proud of our Ararat branch volunteers who work tirelessly on our fundraising projects throughout the year, with our main events including the Grampians 'Ride to Remember' and the Gala Night, and I am also grateful to the Ararat community for supporting our fundraising efforts each year.

"Since the Ararat Branch of the Victoria Police Blue Ribbon Foundation was formed 23 years ago, we have donated more than \$1.2 million to East Grampians Health Service, of which our committee is very proud."

Mammography is a specialised breast x-ray imaging technique used for early detection and diagnosis of breast cancer.

Mammography can be split into two services – screening and diagnostic.

Having a mammography unit at EGHS will enable the health service to offer an additional service to Ararat and surrounding areas by improving access to the national free screening program, BreastScreen, which can identify early signs of breast cancer in asymptomatic people.

It will also allow EGHS to perform diagnostic mammograms referred by GPs and specialists, reducing the need for patients to travel elsewhere for these important examinations.

It is estimated that EGHS could screen approximately 700 clients through BreastScreen each year and having a local service will reduce the need for long-distance travel, with Ballarat currently the closest service.

It will support women who may delay or skip the free screening service due to transport, time or finance barriers.

EGHS Director of Clinical Services Bec Peters thanked the Blue Ribbon Foundation Ararat Branch for committing to funding the mammography unit.

"This is an important project with far reaching benefits to our community," Ms Peters said.

"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 excited to be able to provide a mammography unit for our community, which will improve health outcomes for both women and men due to screening and early detection of breast cancer."



**Pictured back L-R, Father Martin Nadarajan, EGHS Medical Imaging Department office coordinator Roxane Moos, EGHS Chief Executive Nick Bush, Dean Pinniger, Kate Gleeson, Sandra Marriner, Jess Seres; front L-R, EGHS Director Clinical Services Bec Peters, EGHS Board Chair Cam Evans, Blue Ribbon Foundation Ararat Branch President Dianne Radford.**



# ANNUAL GENERAL MEETING

## INVITATION TO ATTEND THE 30TH ANNUAL GENERAL MEETING OF EAST GRAMPIANS HEALTH SERVICE

**WHEN:** TUESDAY 25 NOVEMBER 2025 AT 6.00PM

**WHERE:** ARARAT TOWN HALL - 196 BARKLY STREET ARARAT

### AGENDA:

- To receive the report of the Board and audited statements of accounts for the year ending 30th June 2025
- To recognise significant achievement in studies by EGHS staff
- To recognise staff long service
- To announce the successful recipients of health service scholarships
- To transact any other business of which at least seven days' notice has been given

**Members of the public are invited to attend**

**Cam Evans  
Board Chair**

To RSVP contact Jo Summers on 5352 9303 or via email [jo.summers@eghs.net.au](mailto:jo.summers@eghs.net.au) by Friday 7th November 2025



# VAL AWARDED FOR 45 YEARS OF VOLUNTEERING

## JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service has recognised the work and support of its 150 volunteers at the 20th Volunteer Service Recognition Awards, including an incredible 45 years' service by Val Albert.

At the awards, 32 volunteers were recognised for five, 10, 15, 20 and 45 years.

EGHS has 150 volunteers who work across a range of areas including 70 Lowe Street, Garden View Court, Meals on Wheels, Murray to Moyne Cycle Relay, Patricia Hinchey Centre, Red Cross, consumers on EGHS committees, and four auxiliaries, the Ark Toy and Activity Library, EGHS Auxiliary, Residents' Support Group and the Willaura Health Care Auxiliary.

Mrs Albert has been a dedicated and valuable member of the Willaura Health Care Auxiliary and can always be relied upon to help in a variety of ways and do so cheerfully and without fuss.

She goes out of her way to help and is always there to lend a hand at working bees, the Willaura Market and anywhere else she can be useful. Her home baking is legendary, and she generously provides items for the Auxiliary's many fundraisers.

Mrs Albert's kindly nature and selflessness make everyone feel cared for, and she in turn is very much appreciated by her community.

"Congratulations Val on your volunteering efforts and being committed to the Willaura Health Care Auxiliary for 45 years," EGHS Board Chair Cam Evans said.

Twenty-year service awards were presented to Kate Connellan, Bernie Perovich, Margie Kilpatrick, Michele Brady and Therese Jess from the EGHS Auxiliary and Annie Gellert from the Willaura Health Care Auxiliary.

Guest speaker at the awards was Bushfire Recovery Facilitator Martina Holland, who spoke about the importance of volunteers and community when disaster strikes.

The event was emceed by Volunteer Coordinator Hannah Jennings and attended by EGHS executive, staff and volunteers and hosted by EGHS Board Director Cam Evans, with awards presented by Board Directors Cam Evans and Megan Shea.

EGHS chief executive Nick Bush paid tribute to the many volunteers who work across many different areas of the health service.

"Our extraordinary volunteers are an integral part of our EGHS community, and we are here to celebrate their outstanding efforts," Mr Bush said.

"Volunteers dedicate countless hours to enrich the lives of our patients, residents and consumers and our staff appreciate their support.

"They provide comfort and care to those in need, and this does not go unnoticed. They have become part of the fabric of East Grampians Health Service.

"Congratulations to all our long service award recipients."

Volunteers awarded included: 45 years - Val Albert (Willaura Health Care);

20 years - Bernie Perovich (EGHS Auxiliary), Kate Connellan (EGHS Auxiliary), Margie Kilpatrick (EGHS Auxiliary), Michele Brady (EGHS Auxiliary), Therese Jess (EGHS Auxiliary), Annie Gellert (Willaura Health Care Auxiliary);

15 years - Jan Pope (Friendly visiting), Judy Wohlers (Red Cross and Meals on Wheels), Cheryl Hurnall (Red Cross), Marilyn Fisher (Red Cross), Meike Hunt (Residents' Support Group);

10 years - Anne Hedgeland (Ark Toy and Activity Library), Daphne Lewis (Ark Toy and Activity Library), Carole McGregor (Oncology and Ark Toy and Activity Library), Ross McGregor (Patricia Hinchey Centre), Denise Calvert (Ark Toy and Activity Library), Di Pickering (Ark Toy and Activity Library), Elaine Thornbury (Ark Toy and Activity Library), Heather Hevey (Ark Toy and Activity Library), Mary Stapleton (Ark Toy and Activity Library), Christina Van Straaten (EGHS Auxiliary), Meredith Barr (Ark Toy and Activity Library), Ken McCready (Murray to Moyne Cycle Relay), Rodney McClurg (Patricia Hinchey Centre), Chris Doak (Residents' Support Group), Margaret Spong (Residents' Support Group);

5 years - Bo Munro (Ark Toy and Activity Library), Marg Cain (Ark Toy and Activity Library), Daryl Lowerson (Garden View Court), Marilyn Wallis (Palliative Care), Joan Fitzpatrick (Residents' Support Group), Sandra Dickeson (Residents' Support Group).

**See photos page 7 and 8**





Val Albert - 45 years



Kate Connellan - 20 years



Mieke Hunt - 15 years



Jan Pope - 15 years



Judy Wohlers - 15 years



Anne Hedgeland - 10 years



Daphne Lewis - 10 years



Denise Calvert - 10 years



Di Pickering - 10 years



Elaine Thornbury - 10 years



Heather Hevey - 10 years



Margaret Spong - 10 years





Mary Stapleton - 10 years



Rodney McClurg - 10 years



Ross McGregor - 10 years



Bo Munro - 5 years



Daryl Lowerson - 5 years



Marg Cain - 5 years



Sandra Dickeson - 5 years



Pictured are the Toy Library Volunteers







Department  
of Health

### **Board director opportunities at East Grampians Health Service**

The Minister for Health, the Hon. Mary-Anne Thomas MP, is pleased to invite applications for part time board director positions at East Grampians Health Service. The positions start on 1 July 2026, for up to three years.

These positions provide an exciting opportunity for persons with an interest in making a difference in the health sector and have the knowledge and skills for ensuring health care is delivered safely and effectively, with public money used to the benefit of all Victorians.

As a director you will be doing more than just contributing your time or knowledge. Being appointed to a hospital board places you in a position of trust. You will play an important role in providing leadership, accountability and integrity in the delivery of healthcare across Victoria.

Applicants are selected for their capabilities, including personal and professional experience, knowledge, and skills that contribute to the strategic leadership and oversight of healthcare for the Victorian community. It is preferable that applicants reside in Victoria or, within the border community of those hospitals near the New South Wales and South Australian borders.

While Victorian public health boards are based on capabilities, boards are more effective when these capabilities also represent the richness of the diverse voices of Victorian communities. We encourage First Nations people, people living with a disability, people from culturally diverse backgrounds, people who identify as LGBTIQA+, gender equality, and upholding human rights.

Applications close at **Midnight Sunday 23 November 2025**.

Further information about Victorian health service boards and how to apply, please go to the following website: [www.health.vic.gov.au/board-applications](http://www.health.vic.gov.au/board-applications) or contact Jo Summers at East Grampians Health Service on 5352 9303.

**OFFICIAL**

## SWAP & SHARE WEEK

HANNAH JENNINGS – EXECUTIVE ASSISTANT, DEVELOPMENT & IMPROVEMENT

Staff took part in Swap & Share Week which ran from 20<sup>th</sup> – 24<sup>th</sup> October 2025 at both Ararat and Willaura campuses. This event was aimed at encouraging sustainable living through sharing, swapping and reusing items instead of buying new ones. While the event drew a small but enthusiastic group of participants, it marked an important step toward reducing waste and celebrating the values of Buy Nothing New Month.

The Environmental Sustainability Committee hopes to grow Swap & Share Week, continuing to promote sustainability and mindful consumption.



## ARARAT GIRLS CAN – 10-16 NOVEMBER

Ararat Girls Can is back and we're inviting you to get active! There are so many great organisations in our local community where women and girls can move in supportive and welcoming environments. With a range of free and discounted activities on offer throughout the week, there is sure to be something for everyone.

SV Fit membership link: [MyClub Fitness](#)



### Ararat Girls Can 10-16 November

**Celebrate the joy of movement!**

We have a range of free and discounted activities on offer this week - bring a friend, try something new, or come back to something old.

**Pilates • Water Aerobics • Tennis • Gym  
and more!**

[www.eghs.net.au](http://www.eghs.net.au)

### Ararat Girls Can 10-16 November

#### Ararat City Tennis Club

**Free tennis court use** Tuesday & Thursday 3-7pm.

#### Ararat Fitness Centre

**Free water aerobics classes** all week. No booking required.

#### SV Fit

**Free 7-day trial** including gym access and classes. Book using the link in the description.

#### Felini Health & Fitness

**Discounted classes (\$5 per session)** Monday 5.45pm Mat Pilates, Tuesday 5pm Strength & Conditioning, Wednesday 5pm Boxing. Contact Kelli to book on 0438 551 671.

#### Ararat parkrun

**Free 5km walk/run** Alexandra Gardens, Saturday 8am.

#### Ararat Walking Group

**Free walk** Alexandra Gardens, Thursday 11am.



## CAFÉ PYRENEES RECEIVES REFRESH THANKS TO RITCHIES IGA

### JODIE HOLWELL – COMMUNITY LIAISON

Café Pyrenees at East Grampians Health Service is a vibrant hub for staff, students and visitors, and thanks to Ritchies IGA Community Benefit Program, it has received a much-needed facelift.

In just over two years, through community members nominating East Grampians Health Service as their nominated charity on the Ritchies Community Benefit Program card, \$5882 has been received by the health service.

Ritchies IGA Ararat staff members Jean Thomas and Samantha Chick visited Café Pyrenees and met with EGHS executive staff to check out the new-look Café.

“Due to it being a great meeting place for staff and students as well as visitors to the health service, serving fantastic coffee and delicious hot and cold meals, it is becoming more and more popular, and it was felt that using the Ritchies funding would give back to our staff, who deserve a modern and bright café in which to enjoy their breaks,” EGHS chief executive Nick Bush said.

“Thank you to the team at Ararat IGA for your support of the health service and to the community of Ararat and district for nominating East Grampians Health Service as your charity through the Ritchies Community Benefit Program, we appreciate your support.”

Staff are encouraged to sign up to the Ritchies Community Benefit Program and nominate East Grampians Health Service as their charity. Please go to [www.ritchies.com.au/loyalty/ritchies-card](http://www.ritchies.com.au/loyalty/ritchies-card) or check out the information provided in Café Pyrenees.



**Pictured in the newly refreshed Café Pyrenees, back, L-R, Scott Wilson EGHS Director of Support Services, Tony Roberts Director of Finance, Stuart Kerr former Director of Support Services, Nick Bush Chief Executive, front L-R, Ann Grierson Manager of Support Services, Samantha Chick and Jean Thomas Ritchies IGA Ararat, Sarah Woodburn Director of Community Services.**

# FIRST NATIONS NEWS

## CLARE STACPOOLE – FIRST NATIONS LIASION LEAD

I'm looking for staff who'd like to come and have a yarn about our upcoming celebrations for 2026. If you're interested in having some input or lending a hand with the celebrations, please get in touch — we'll find a time to sit down and plan together. Both First Nations and non-First Nations staff are warmly encouraged to be involved.

We're currently at 55% completion for our Aboriginal Cultural Awareness mandatory education — thank you to everyone who's already taken part! 🙌 This training is more than a box to tick — it's an opportunity to deepen your understanding, build respect, and strengthen your relationships with Aboriginal and Torres Strait Islander peoples and communities. By completing it, we're not only meeting our obligations — we're showing our shared commitment to reconciliation and creating a culturally safe and inclusive workplace. Let's lift that number to 100% and show that we're a team that leads with respect, awareness, and heart. If you haven't completed the training yet, please take the time this week to do so. Every person's participation matters.

### UPCOMING EVENTS

#### CELEBRATE COUNTRY – CREATIVE CHALLENGE

For First Nations peoples, Country is more than just land — it embraces the lands, waterways, and seas to which they are deeply connected.

Staff are invited to share a poem or short written piece about what Country means to you. You don't need to be First Nations to take part — everyone is encouraged to celebrate and reflect on their own connection to place.

A prize will be awarded for the most inspiring entry!

Please send your submissions to [ahlo@eghs.net.au](mailto:ahlo@eghs.net.au). By COB 28<sup>th</sup> November.

#### 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](mailto:ahlo@eghs.net.au)**

☎️ **Phone: 0474 079 031**

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

### DID YOU KNOW...

In 1868, history was made when the first Australian cricket team to tour internationally was formed entirely of 13 Jardwadjali, Gunditjmara, and Wotjobaluk men. Despite opposition from the Victorian Government, the team was secretly transported to Sydney and set sail for England. On this groundbreaking tour, the players competed in 47 matches—winning 14, losing 14, and drawing 19. This remarkable team not only showcased exceptional talent but also laid the foundation for the enduring test cricket rivalry between Australia and England.







This week, the library acknowledges our Stroke Coordination, Pharmacy, Acute and Rehab teams for World Stroke Day, 29<sup>th</sup> October 2025. #ActFAST for World Stroke Day.

Every year, over 12 million people experience a stroke. That's one every two seconds! Acting fast is vital!

Here's some stroke resources from Grampians Health Library, with the latest evidence in stroke detection, management and rehabilitation.

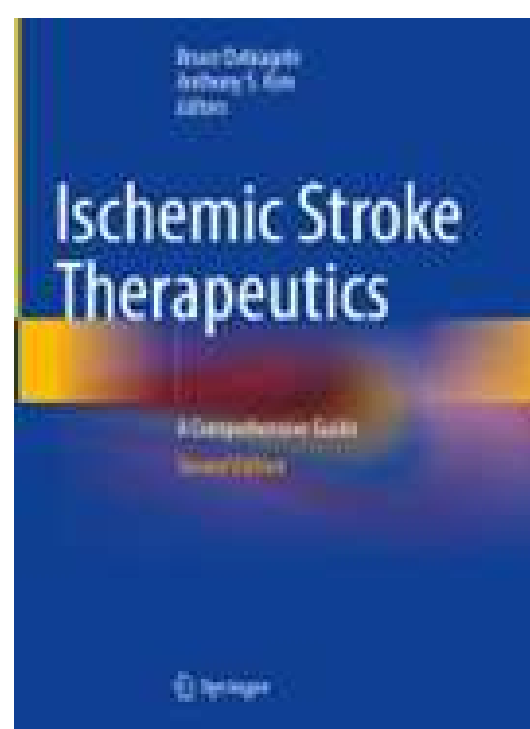
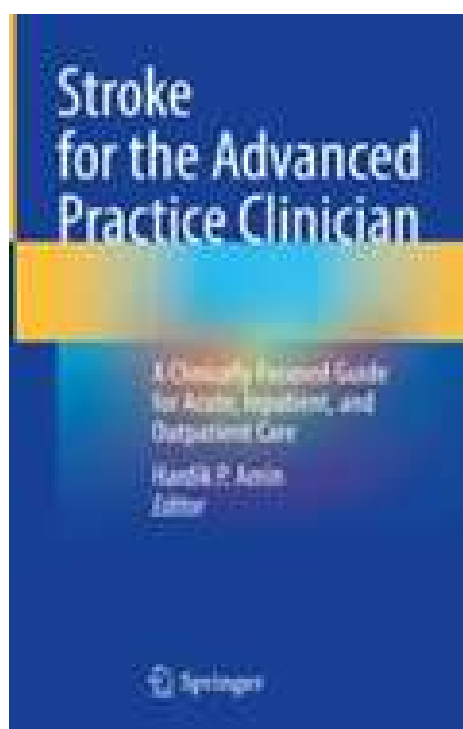
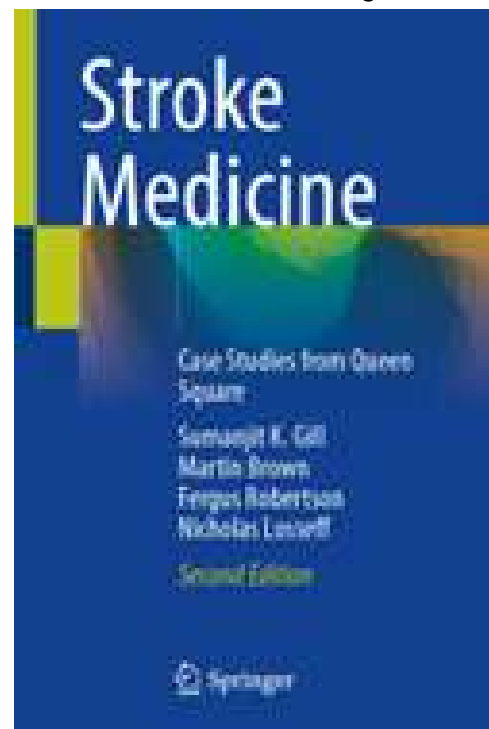
#### Recent evidence:

Evaluating DOAC dipstick testing in the management of acute stroke: Protocol for a multicentre, prospective, observational registry study. Callaly, E.P., et al. (2025). BMJ Open, 15: e102092

Clinical guidelines for stroke management: Summary – Pharmacy. Stroke Foundation Australia. (2025, June).

Tenecteplase versus alteplase in patients with acute ischemic stroke: An updated systematic review and meta-analysis. Hagag, A.M., et al. (2025). European Journal of Medical Research, 30(1): 726

**Click on the eBook covers to go to the resource:**



To request more evidence, use the library's Request a Literature Search form, or email [library@gh.org.au](mailto:library@gh.org.au)

NOTE: Grampians Health Library will be closed Monday 2<sup>nd</sup> and 3<sup>rd</sup> November for the Melbourne Cup public holiday. Staff can use their swipe card to use the library at Ballarat any time. Horsham/West staff can use the Horsham library any time. Request a key from main reception if the doors happen to be locked and you'll need your swipe card to enter the Arapiles building. Use our QR code loan form to borrow your books.

# HINCHEY HIGHLIGHTS

**NICHOLAS BETSON – ADMINISTRATION ASSISTANT**

October at Patricia Hinchey Centre was themed "Around the World" and was loaded with cultural experiences. We kicked off the month with pampering and crafts, and some consumers popped out to the RSL for afternoon tea. Folks enjoyed scenic outings like the Country Drive, movie days at the Astor, and a trip to the Nursery. The Men's group took a trip to Rupanyup and checked out the Museum. We all enjoyed a Canadian-themed lunch, along with Cheryl's fascinating travel talk on Canada and Alaska. Mid-month brought global flavors with Nigerian Jollof Rice and Chicken Tortilla Soup, and lunches like San Choy Bow and a BBQ added plenty of variety. The sing-along with Cathy was toe-tapping fun, as was the outing to see Aussie legend Rodney Vincent at the Town Hall. We also explored the world virtually with "Let's Travel to NZ," tested our knowledge in quizzes, and wrapped up the month with a fun Categories game and a tasty Fish & Chips lunch. October truly celebrated community, culture, and connection and showed that PHC is the place to be!



Pictured Mirko Jasenovich, Jim Davies, Rodney Clugston at the Rupanyup Museum.



Pictured consumer veggies from the garden



Pictured is Sue McDougall and Nora Billingsley enjoying the gym.



Pictured is Lyn Flavell and Noel Hurstfield checking out the latest in seedlings



**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.



# PARKLAND PURSUITS

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

We have had a cool start to October, but the residents have loved the Movie Matinees with lollies and ice cream. We have turned our clocks forward and there are some tired people yawning to keep up with the times.

The men had an outing to a sheep and cattle farm near Caramut. Murray Rogerson was an amazing host, having morning tea in the Woolshed all set up for us. He had his Dooney/Merino sheep in the race. Residents splayed the wool like a real Wool classer and said "I think it's a 19-micron wool". Residents climbed the steps onto the shearing board and into the pens at the back. Later Murray took them in his farm buggy out to see the cattle, calves, sheep and lambs.

Lifestyle staff had a special Red Carpet theme luncheon were residents dressed formally and were taken in a limousine

around Willaura then back to a red-carpet Luncheon. We have had Michael, Keith & Carol twang their guitars and sing country songs, Johnny Cash, Elvis, Slim Dusty etc.

Residents will have a Pub Lunch again, attend the morning Melodies in Ararat and Lifestyle staff will host Halloween with the Willaura Primary School.

November will see the Melbourne Cup celebrated. Residents to make hats for the day. We will venture to Pomonal, Halls gap and Lake Bolac, Dunkeld and Woorndoo Hopefully the weather will improve, and we can have a BBQ in Halls Gap. Lifestyle will commence cooking classes and Movie Matinees. We are truly lucky to have three Lifestyle staff here that are so creative.



**Pictured is Derick Watson, John Flavell, Frank Hucker and Lorraine Borg near the Limousine.**



**Pictured is Willaura Kinda kids busy drawing and making plasticine figures with Kath Culling and Maureen Provis in the background.**



**Pictured is Frank Hucker, Derick Watson and Murray Rogerson in the shearing shed.**



**Pictured is Kathy Young, Derick Watson and Frank Hucker in the Limousine watching the kaleidoscope of colours .**



**Sitting up to the Red-Carpet Luncheon**



**Pictured is Frank Hucker, Derick Watson and Murray Rogerson in the buggy**



**Pictured is Josie Hickey thanking the Limousine driver Lee Turner.**



**Pictured is Murray explaining the Dooney cross Merino sheep.**

# 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](mailto:info@eghs.net.au)
- Via our website at [www.eghs.net.au/contact/your-feedback](http://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.



16.01.40 - V1.0 - Oct 25

For further information follow the link or scan the QR code:  
[www.eghs.net.au/contact/your-feedback](http://www.eghs.net.au/contact/your-feedback)





## RESEARCH IN THE RED CENTRE

### JACLYN BISHOP, DIRECTOR DEVELOPMENT AND IMPROVEMENT

I was fortunate to attend the 10th Rural and Remote Health Scientific Symposium in Alice Springs (Mparntwe) on the 8th and 9th of October 2025.

This Symposium brought together rural and remote health researchers with policymakers and others in the government and non-government sectors to shape the future of rural and remote health research. The theme of the Symposium this year was 'Research from the heart – shaping rural & remote health futures'.

From keynote speakers who highlighted the successes of research led by First Nation people for First Nation people to a rural health service who is offering clinical trials close to home, the program was both interesting and diverse.

Representing East Grampians Health Service, I gave a presentation on our own research project to increase our ability to undertake more research locally by hosting student research placements. Co-authored by EGHS staff Michele Conlin (DELIVER Research Translation Coordinator) and Jake Romein (DELIVER Research Assistant), our work first explored the things that help or hinder hosting student researchers in rural health services. Based on nine interviews with staff from seven health services across Victoria, a guide for health services to use to start rural research placement was developed. We plan to use the guide to commence on-site student research placements at EGHS in 2026.

I thank East Grampians Health Service for supporting my attendance. Not only did I gain lots of ideas on how to build research locally, I also enjoyed my adventure into the very heart of Australia.



Pictured is Jaclyn Bishop presenting at the Symposium

## THANKFUL THURSDAY

“I am thankful for all the wonderful staff of EGHS for making our workplace like a second family. I am thankful to have made many lifelong friends here at EGHS who are fun, kind and supportive.”

KRISTY MCEVOY  
REGISTERED NURSE MIDWIFE  
ACUTE SERVICES

# 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>



# OCCUPATIONAL THERAPY WEEK

EGHS recently celebrated Occupational Therapy Week, a celebration of the incredible work of occupational therapists who empower people of all ages to live their best lives. Pictured here are EGHS Occupational Therapists, Jaclyn Thorpe and Chelsea Amarant.

Occupational Therapy Day is about recognising the difference OTs make in helping people live with independence, dignity, and participation.



Pictured are EGHS Occupational Therapists, Jaclyn Thorpe and Chelsea Amarant



## Male Bag Foundation: Patron's Statement



I am honored to have been the official patron of The Male Bag Ride/Foundation since April 2013, when 25 men decided to ride ex-postie Honda 110 motorcycles from Perth to Melbourne.

Moving forward we have since organised a further five rides, round Tasmania in 2014, Victoria in 2015, Gippsland in 2016, Echuca/Moama region in 2017 and Victoria/Canberra/NSW in 2018.

Following the initial Perth to Melbourne ride work began to establish the foundation as a registered not-for-profit charity. We can now proudly say every cent of fund raising is directed to prostate care outcomes in regional areas – outcomes that would otherwise not be met.

Supported by so many people (riders, crew, sponsors, families and general public) we have now collected in excess of \$1 million. This is used to raise awareness, purchase public hospital testing equipment, and provide patient nursing support, to fight prostate cancer in Australia.

It is important that we continue to spread the word about prostate cancer, in the hope that we can save more men from this insidious disease that kills over 3000 Australian men every year. Our website [www.themalebagfoundation.org.au](http://www.themalebagfoundation.org.au) will provide you with more details of how you can help us with this work.

David Parkin OAM – Patron, Rider and Prostate Cancer Survivor.

### PS: Together with being an AFL Football Legend

Dr David Parkin OAM was inducted into the Sport Australia Hall of Fame as a General Member in 2010 for his contribution to coaching the sport of Australian Football.

Despite playing 211 games with Hawthorn and captaining them to the 1971 Premiership, David Parkin's greater fame rests on his record as coach where the determination he had shown as a player was backed by an innovative and analytic mind.

He coached Hawthorn through 1977-80, winning the Premiership in '78, then Carlton from 1981 to 85, winning Premierships in '81 and '82. He coached the Blues again from 1991-2000 with a Premiership in '95. Between those terms he coached Fitzroy for three seasons. He was All-Australian coach in 1995. Both as coach and in subsequent media roles he has been an advocate for the development of players outside football.

## "Blokes in the Bush"

Call to action - raising the awareness and reduce the impact of prostate cancer for men in the bush and the people who love them!



Come join us on  
MONDAY, NOVEMBER 24TH @ 6pm

at the  
ALEXANDRA OVAL COMMUNITY CENTRE  
(Ararat)



### SPECIAL GUEST - DAVID PARKIN OAM

- AFL Legend - 4 Time Premiership Coach
- Patron of the Male Bag Foundation
- And Prostate Cancer Survivor

**\$50 per head**

(Includes blokes tucker, complimentary drink on arrival)

\*Drinks available during the evening at bar prices

BOOK YOUR TICKET VIA:

<https://www.trybooking.com/DGYUH>

ENQUIRIES: 0417 316 920



Proceeds supporting Blue Ribbon Foundation - Ararat Branch & Male Bag Foundation





## CUBBY HOUSE

# "RAFFLE"



## \$5 PER TICKET

## DRAWN 1/12/25

Pre-Assembled and donated by Parade College - Bundoora, re-assembled by Year 12 VCAL student at Ararat College, this is the perfect Cubby House. Decor created by the students, the Cubby House is 2.09m length, 1.08m width, 2.5m high complete with verandah and trimmings.

NB: Winner responsible for home delivery.

\*\*\*\*\*

Supporting the Blue Ribbon Foundation Wing  
East Grampians Health Service (Ararat Hospital).

## ARARAT REGIONAL THEATRE SOCIETY INC

Presents

# SPY CLUB

Friday November 21

Saturday November 22

7pm

Ararat Town Hall



Doors open at  
6.15pm

BYO nibbles

Drinks at bar prices

Tickets \$30 from

[araratownhall.com.au](http://araratownhall.com.au)

or contact the Ararat and

Grampians Visitor Information

Centre on 1800 657 158

Written by Liane Mills

Licensed by David Spicer Productions





## CALL FOR WILLAURA MARKET STALL HOLDERS

The Willaura Health Care Outdoor Market will be held on Sunday March 1 2026 adjacent to the Willaura Hospital.

Over the years, the market has raised more than \$100,000 for the benefit of patients and residents at Willaura Health Care.

The Willaura Auxiliary is currently calling for expressions of interest for stallholders.

If any staff have a 'side hustle' and would like to hold a stall at the market, please email [willauramarket@gmail.com](mailto:willauramarket@gmail.com)

## SUPPORT SERVICES DAY



Pictured is Lauchlan Stewart, Zoe McKinnis, Anthony McKenna



Pictured is Janine McElroy, Nicole Townsend, Roth Soth, Tiegna Nankervis



Pictured is Sophie Cooper, Demi Bligh



Pictured is Evelyn Hunter, Rin Searby



Pictured is Shane Machonacie-Davis, Ann Grierson, Scott Wilson, Greg Mair, Bart Wilson



Pictured is Scott Wilson, Dale Bell



Pictured is Tacey O'Brien, Dale Bell, Liz Sherwell, Ann Grierson, Riza Pacujan, Scott Wilson, Clare Bennett, Andrew Leggett



Pictured is Jacob Butcher, David Romeril



# HALLOWEEN





# 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.**