

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



**“Dan Tehan visits
Willaura Health Care”
Full story on page 3**

CE Report

I trust the visiting staff, the visiting medical officer, volunteers, and our wider community enjoyed Christmas and the New Year with their family and friends. I thank the staff who worked during this period and their families for supporting them.

Last year was an excellent year for the health service, with East Grampians Health Service recognised as a finalist in the Victorian Public Healthcare Awards for workforce innovation for developing a short-response childcare service. It was pleasing to be recognised for commencing this innovative service to support our staff.

It was very exciting that the Department of Health, through its Regional Health Infrastructure Fund, allocated just over \$3 million to commence the first stage of the redevelopment of Willaura. In 2024, the Department of Health appointed consultants Donald, Cant, Watts, and Corke to assist us in developing a proposal to upgrade the facilities and improve the services we offer.

The role of Willaura has changed and evolved, now playing a crucial role in health service operations by taking patients from the inpatient unit in Ararat who need time to recover or have permanent accommodation, such as residential aged care or national disability accommodation organised.

We hope to go to tender in the coming weeks to select a commercial builder to assist the EGHS building team. It is an ideal time as the practical laboratory for medical, nursing and allied health education has opened, and the conversion of



NICK BUSH

twin rooms into single rooms with en-suites at 70 Lowe Street is well underway and should be completed soon.

It is very exciting to have Deakin Medical School/Ararat take its third cohort of 15 students from the local area (Wimmera/Western Victoria) to undertake their first year of medicine at the Health Service.

CE Report cont. page 2

CE Report cont.

An EGHS staff member will start in the coming weeks. We have three staff members undertaking the training. The change in the student recruitment process is due to the low number of Deakin University graduates working in Ararat and similar-sized towns and cities in the Wimmera and Western Victoria.

We have a record 18 graduate nurses commencing in February 2026. Of those 18, 11 are Registered Nurses and 7 Enrolled Nurses. Of the 18, 10 are from the Ararat and Stawell area.

We are very aware of the parking issues affecting patients, residents, families and staff. We have made some minor changes to improve, and hope for a longer-term solution if some of the former knitting mill land becomes available.

I encourage our community members to provide feedback to the health service on areas where we can improve, and if we have not met the high standard of care we strive to deliver, please get in touch with me via email at info@eghs.net.au or by letter to P.O. Box 155, Ararat 3377.

We look forward to 2026.

HEALTH SERVICE PARTICIPATING IN THE LARGEST HAEMODIALYSIS STUDY IN AUSTRALIA

JACLYN BISHOP DIRECTOR OF DEVELOPMENT AND IMPROVEMENT

East Grampians Health Service is participating in the largest haemodialysis study conducted in Australia.

With 2413 haemodialysis patients recruited from 92 dialysis centres across Victoria, New South Wales, Queensland and South Australia, the SWIFT study hopes to improve the quality of life for haemodialysis patients.

Haemodialysis is a life-saving treatment for kidney failure that removes waste and extra fluids from the blood. Haemodialysis is usually required three times a week, typically taking between three-five hours a time.

The study is led locally by kidney specialist Dr Iqbal Hussain and EGHS Dialysis Clinical Nurse Specialists Carol Crowe and Nelfe Blackie. It will find out whether regularly asking dialysis patients about how they are feeling (symptoms such as tiredness, pain, itch) and sharing this with their nurses and kidney doctors will improve their overall wellbeing.

To capture their symptoms, dialysis patients complete an electronic survey every three months for one year.

"There was great interest in participating in this study from our dialysis patients because of the potential to help other dialysis patients," Ms Crowe said.

"The process of enrolling dialysis patients in the study was very smooth, and surveys have been quick and easy to complete".

Dr Jaclyn Bishop, EGHS Director Development and Improvement, said that this was the first clinical trial in which EGHS had participated.

"There are often barriers for rural people accessing clinical trials, meaning that they are often not involved," she said.

"We are excited to be increasing access to clinical trials research for the local community."

Professor Rachael Morton, Principal Investigator for SWIFT at the NHMRC Clinical Trials Centre, University of Sydney (sponsor organisation), is delighted to see participation of EGHS in this important trial.

The results of the SWIFT study are expected to be published in late 2026. For more information visit: <https://anzorrg.org.au/research/swift-symptom-monitoring-with-feedback-trial>. For more information on kidney health visit: www.kidney.org.au.



Pictured L-R Margot Jenkinson (SWIFT participant) and Carol Crowe (EGHS Dialysis Clinical Nurse Specialist)

DAN TEHAN VISITS WILLAURA HEALTH CARE

JODIE HOLWELL - COMMUNITY LIAISON

Federal Member for Wannon Dan Tehan together with Shadow Board Director Sybil Abbott Burmeister led the discussions. Minister for Health and Aged Care Anne Ruston visited Willaura Health Care last week.

The visit was in response to a request for Mr Tehan to visit to discuss obtaining Federal Government support for the redevelopment of Willaura Health Care following the Victorian Government announcement of \$3.425 million for stage one of the redevelopment. "We are hopeful they will match the Victorian Government contribution," he said.

Mr Evans said he was delighted the State Government had come on board and he is hoping the Federal Government can fund the aged care part of the redevelopment.

East Grampians Health Service Board Chair Cam Evans and

Mr Tehan told those at the meeting he would work hard with the Government to get the funds that the Willaura Hospital requires.



Pictured L-R at Willaura Health Care, EGHS Chief Executive Nick Bush, Angela Nagpal, EGHS Director Clinical Services Bec Peters, Board Director Sybil Abbott Burmeister, Willaura Health Care Manager Liz Atkinson, Shadow Minister for Health and Aged Care Anne Ruston, EGHS Director of Finance Tony Roberts, EGHS Board Chair Cam Evans and Federal Member for Wannon Dan Tehan.



Pictured Dan Tehan and Angela Nagpal



Willaura Health Care Manager Liz Atkinson (left) and EGHS Board Director Sybil Abbott Burmeister (right) discuss the redevelopment with Shadow Minister for Health and Aged Care Anne Ruston.



Cam Evans, Anne Ruston, Liz Atkinson and Sybil Abbott Burmeister in one of the old Willaura hospital rooms that will be refurbished.



Willaura Health Care Manager Liz Atkinson (centre) discusses the plans for the Willaura Hospital redevelopment with Dan Tehan and Anne Ruston.



RURAL GENERALISTS RECOGNISED AS SPECIALIST MEDICAL FIELD

JODIE HOLWELL – COMMUNITY LIAISON

Australia's Rural Generalists are being officially recognised as a new speciality field within general practice in the Australian health care system.

Rural Generalists are rural GPs that provide vital primary and emergency care to rural and regional communities, and often have additional training in areas such as obstetrics, mental health, anaesthetics and culturally responsive care for Aboriginal and Torres Strait Islander people.

Minister for Health and Ageing Mark Butler announced the decision, which follows years of advocacy from the Royal Australian College of GPs (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM) in partnership with governments, health agencies and other organisations.

The recognition follows a Commonwealth funded joint application by the ACRRM and RACGP to apply to the Medical Board of Australia for this speciality recognition.

Recognition of rural generalist medicine establishes a national standard to the specialty, with high hopes of encouraging more doctors to choose a rural generalist career.

East Grampians Health Service Chief Executive Nick Bush welcomed the announcement.

"Having Rural Generalists formalised as a medical speciality gives specialty recognition to our GPs, who have been providing great care in obstetrics, anaesthetics and urgent care at the hospital, for aged care residents as well as primary care," he said.

"This will hopefully lead to an increase in doctors wanting to work in towns like Ararat.

"It's also fantastic for our Deakin medical students who are studying through the Doctor of Medicine Rural Training Stream program in Ararat, knowing they will have the skills to work in rural and regional areas following completion of their studies."

Royal Australian College of General Practitioners President Dr Michael Wright said this was a positive step forward in making the rural generalism career pathway more visible and ensuring that RGs are always appropriately remunerated for the vital work they do in rural and remote communities across Australia.

"The RACGP is dedicated to boosting rural general practice care so that all patients, regardless of their postcode, can access high-quality care," he said.

"RGs are so highly valued by their communities, and we must keep pushing forward to make sure we have the right funding incentives in place that allow them to take on additional training and additional skills, including working in local hospitals, and much more.

"RGs are the bedrock of towns nation-wide, and it's only fair that their profession is now distinctly recognised as a vital part of our healthcare system."

THANKFUL THURSDAY

"I am truly thankful for ...
the wonderful working team I have become a part of.
After transferring from a big city hospital 2 ½ years ago, I am really
enjoying a more community-based environment.
We have a very kind, supportive & caring bunch working here
& they do an amazing job."

MARGARET MCGRATH
WARD CLERK
PERIOPERATIVE SERVICES

AGED CARE ONSITE PHARMACIST TRIAL AT WILLAURA HEALTH CARE

JODIE HOLWELL – COMMUNITY LIAISON

Pharmacist Somnath Sakthi Sekaran has been welcomed at Willaura Health Care as part of a Commonwealth Government Aged Care Onsite Pharmacist trial.

Mr Sakthi Sekaran operates Trident Pharmacy in Willaura and is currently on site one day per week at the Willaura hospital and Parkland House Hostel, where he reviews patient and resident medications and makes recommendations to GPs to ensure patient safety.

The aim of the program is to improve medication use and safety, provide continuity in medication management, provide easy access to pharmacist advice for residents and staff and integrate the onsite pharmacist with the health care team.

The Commonwealth funded Pharmacist Onsite program is a recommendation which came out of the Royal Commission into Aged Care and is currently working well at Willaura, with the view to expand to the Ararat campus aged care facilities in future.

East Grampians Health Service Director of Clinical Services Bec Peters said having Mr Sakthi Sekaran on site at Willaura has been of great benefit to both patients and staff.

“Our clinical staff appreciate the advice of Som and we thank him for taking part in this trial and the care he provides our patients and residents,” Ms Peters said.



Pictured is EGHS chief executive Nick Bush with Willaura pharmacist Somnath Sakthi Sekaran



Open Days!

We are thrilled to invite you to come for a tour of the **EGHS Family Day Care Service**



Meet our Educators and have all of your questions answered.



Dates: Wednesday 4th and 18th February 2026

Time: 11:30am-2:30pm

Address: 77 Queen Street, Ararat

Are you unable to make these dates or times?

Email: Donna.halloranfoster@eghs.net.au to schedule a time that suits you.

RESEARCH SUPPORTED BY HEALTH SERVICE SHEDS LIGHT ON RURAL MATERNITY CARE

MICHELE CONLIN, DELIVER RESEARCH TRANSLATION COORDINATOR

New research led by an East Grampians Health Service General Practitioner (GP) obstetrician is shining a light on the motivations and challenges of doctors providing maternity care in rural Australia.

The study, recently published in the December issue of the Australian Journal of Rural Health, explored why GP obstetricians (GPs who have additional skills and training in caring for mothers and babies during pregnancy and after birth) choose to provide care during labour and delivery.

The research found that of the 95 GP obstetricians who responded to the survey, most were women in their mid-30s to mid-40s who were often balancing clinical work with caregiving responsibilities. Around 70 per cent were providing care during labour and delivery, describing it as professionally rewarding and central to coordinated care.

However, those providing labour and delivery care reported high on-call demands, limited professional support, challenging work environments, and concerns about sustainability. Others said they wanted to provide care during labour and delivery but were prevented by difficulties accessing training, accreditation requirements, lack of a team model, or family commitments.

The findings highlight the need for better support for GP obstetricians, including flexible work arrangements, improved access to skills maintenance and upskilling, and stronger collaboration between GP obstetricians, midwives, and specialist teams.



Pictured is EGHS GP Obstetrician Dr Winnie Yum

"I am hoping the results of the research can be helpful and informative for recruitment of GP obstetricians to rural hospitals," lead author Dr Winnie Yum, a GP Obstetrician at EGHS, said.

Dr Yum also acknowledged the EGHS Emerging Researcher grant which supported her research.

"EGHS is committed to the rural GPO model of care and to maintaining birthing services locally," EGHS Director of Clinical Services Rebecca Peters said.

"Dr Yum's research will help us to support our GP obstetricians to continue to practice rurally now and into the future."



EGHS Family Day Care - 2026 enrolments and bookings are available now.

EGHS Family Day Care operates 5 days a week through Let's Go Family Day Care.

A message from Let's Go Family Day Care.

We provide a warm, homely setting with a quality educational program.

Our Educators have many years of experience working in early childhood education and care. We have an exceeding rating for our service under the childcare accreditation program.

The New Year has started and you may be thinking about your childcare options. We are here to support families, especially when childcare options in town are limited and you need to work.

Contact us:

Approved Provider: Olivia 0402 315 332

Email: letsгоfdc@outlook.com

Educators for bookings:

Julia 0477 043 596/Sally 0434 427 173

EGHS contact person: email Donna.halloranfoster@eghs.net.au



CONGRATULATIONS TO MICHELE CONLIN ON HER THESIS SUBMISSION

ELLA OTTREY – WESTERN ALLIANCE RESEARCH TRANSLATION COORDINATOR DEVELOPMENT & IMPROVEMENT

The Research Unit is delighted to share that Michele Conlin (DELIVER Research Translation Coordinator for EGHS) has submitted her PhD thesis for examination.

Michele undertook her research through La Trobe University's Rural Health School under the supervision of Ms Dorothy McLaren, Dr Corina Modderman, Associate Professor Sean MacDermott, and Professor Evelien Spelten. Her thesis is the culmination of 5 years of research focusing on evaluation methods in health promotion and small grants as a strategy for improving health in rural communities.

The findings of her research inform practical approaches for context-sensitive evaluation in rural health promotion and demonstrate the value of small grants for enabling community-led, place-based action to improve rural health and wellbeing.

Michele has already published some of the work from her PhD. Follow the link or scan the QR code to view Michele's work:



Pictured is Michele Conlin

[Journal of Public Health Management and Practice](#)

[Health Promotion Journal of Australia](#)



[Health Expectations](#)



[The Australian Journal of Rural Health](#)



We wish Michele all the best with the examination process and look forward to hearing some good news in the months to come!




Introductory research training workshop

STaRR/lite is:

- A free half-day online research workshop open to Western Alliance member health organisations*
- Designed for health practitioners with little or no previous research or quality improvement experience
- Ideal for those wanting to gain foundational knowledge and skills to begin a health research or quality improvement project

 9am - 12.30pm - Wed 25 Feb **OR** Tues 17 Mar 2026

 Click [HERE](#) to register or scan QR code

Register by 6 February 2026

 For more information: Go to [STaRR training website](#) or email Alison via starrsupport@deakin.edu.au

*Barwon Health, Colac Area Health, East Grampians Health Service, Grampians Health, Maryborough District Health Service, Portland District Health, South West Healthcare, Western District Health Service, Western Victoria Primary Health Network





WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

MEGAN BUTLER DENTAL ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Geelong Cats**

Favourite Food | **Pasta**

Interests | **Home & Away, Netball, spending time with my partner, dogs and 8 week old niece Nora**

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

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



JAMIE CLARK GRADUATE ENROLLED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Western Bulldogs**

Favourite Food | **Breakfast food**

Favourite Music | **Hip Hop and Rap**

Interests | **Sewing and walking**

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

One thing I want to do in this lifetime | **Buy a house**



ELLIE DAWSON REGISTERED ENROLLED NURSE STUDENT

ALL ABOUT ME...

Favourite AFL Team | **North Melbourne**

Food | **Mars bar slice**

Favourite Music | **Pop**

Interests | **Reading, drawing and music**

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

One thing I want to do in this lifetime | **Bunjee Jumping**



ALISON DELANEY HEALTH CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Carlton**

Favourite Food | **Mexican**

Favourite Music | **Everything but classical**

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

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

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



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

CATE DELANEY CONTRACT OFFICER

ALL ABOUT ME...

Favourite AFL Team | **Richmond**
 Favourite Food | **Chocolate**
 Favourite Music | **80s and 90s**
 Interests | **Gardening and craft**
 One thing I'm good at | **Being involved in community**
 One thing I want to do in this lifetime | **Enjoy life**



SHARMINE MEMPIN FARJADO ADMINISTRATION ASSISTANT

ALL ABOUT ME...

Favourite Food | **Asian Foods**
 Favourite Music | **Ed Sheeran, Lany, Maroon 5 and The Script**
 Interests | **Music**
 One thing I'm good at | **Cooking**
 One thing I want to do in this lifetime | **Provide for my family's needs and wants**



AMANDA FENN REGISTERED NURSE

ALL ABOUT ME...

Food | **Cheese, bread and sushi**
 Favourite Music | **Instrumental**
 Interests | **Reading, history, art & psychology**
 One thing I'm good at | **Procrastination**
 One thing I want to do in this lifetime | **Live in a lighthouse**



MA CANDID "ELLY" GALOSO GRADUATE REGISTERED NURSE

ALL ABOUT ME...

Favourite Food | **Sushi**
 Favourite Music | **R 'n' B**
 Interests | **Pilates, fashion and games**
 One thing I want to do in this lifetime | **Sky dive**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

HOLLY GRAVESON GRADUATE REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Essendon**

Favourite Food | **Mum's lasagne or spaghetti lasagne**

Favourite Music | **Pop music and some 2010s**

Interests | **Netball, tennis, basketball & baking**

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

One thing I want to do in this lifetime | **Go way out of my comfort zone like skydiving**



MANTHI JAYAMAHA INTERN DOCTOR

ALL ABOUT ME...

Favourite Food | **Anything from Asia**

Favourite Music | **R'n'B, afrobeats, rap, love Japanese City pop!**

Interests | **Travel, tropical fruit, crocheting, my son (feline), arts and crafts**

One thing I'm good at | **Collecting trinkets**

One thing I want to do in this lifetime | **Love and be loved!**



KARA JOHNSON GRADUATE ENROLLED NURSE

ALL ABOUT ME...

Favourite AFL Team | **St Kilda Saints**

Food | **Lasagna**

Favourite Music | **50s, 60s, 70s & 80s**

Interests | **Music, dancing, singing and watching my daughter grow**

One thing I'm good at | **Being a mum**

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



DIANE LEEHANE HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Brisbane Lions**

Favourite Food | **Fruit salad**

Favourite Music | **80s**

Interests | **Family, friends, horse riding and gardening**

One thing I'm good at | **Putting others first**

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



GRADUATE NURSES COMMENCE AT HEALTH SERVICE

JODIE HOLWELL, COMMUNITY LIAISON

East Grampians Health Service welcomed eleven registered nurses and seven enrolled nurses to complete their 12-month Graduate Nurse Program in February.

Every four months, the graduate nurses will rotate through clinical departments, such as the In-patient Unit, Peri-operative Unit, Day Procedure Unit, 70 Lowe St, Garden View Court Hostel, Willaura Health Care and Community Nursing.

They will participate in six study days over the course of the year, to develop and enhance their clinical skills. Debrief sessions are also offered regularly.

The graduate nurses are clinically supported during their shift, and in their study days, by the Clinical Support Nurse/Educators who are members of the EGHS Education team.

"We hope they enjoy the Graduate Nurse Program, embrace their new careers and choose to pursue future opportunities offered by EGHS," EGHS chief executive Nick Bush said.



Pictured: (Back) Dongmin Park, Kymberlie Hobby, Tori Langan, Holly Graveson; (Middle Row 2) Ashlee Lindsay, Esther Jose, Allana McFarlane, Mikayla Walker; (Middle Row 3) Tegan Price, Kara Johnson, Ameliya Shaju, Ely Galoso; (Front) Apple Cabungcal, Tess Marrow, Rebecca Flack; (Standing) Zali Fox (L) and Jamie Clark (R); (Absent) Soniya Silwal

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/contact/your-feedback



16.01.40 - V1.0 - Oct 25

MOYSTON 2026 EASTER MARKET

SATURDAY 4TH APRIL, 9AM-2PM
MOYSTON RECREATIONAL RESERVE,
ARARAT-HALLS GAP RD

- 80+ Market stalls
- Food Vans, Community BBQ & Devonshire tea
- Fair Dinkum Fauna presentation at 10am
- Long Kick Competition at 11am
- Giant Pumpkin Competition presentation at 12noon
- Classic Car & Motorbike display
- Live Music
- Free Children's Easter Egg Hunt

Gold Coin Entry Fee

... and much more +++

Market stall bookings email: moystoneastermarket@gmail.com



Ararat Rural City

FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIASION LEAD

UPCOMING EVENTS

Our First Nations Garden is looking good and ready for our big opening. This will be held on Thursday March 19th at 10am to coincide with National Closing the Gap Day. Please mark it in your calendars and we hope to see you all there.

Our next staff yarn will be held on Monday March 2nd at 1pm. I hope to see all First Nation staff attend. (here is the link to the canva doc [EGHS STAFF YARN - Doc](#))

Plans are underway to celebrate both NAIDOC week and National Aboriginal and Torres Strait Islander Children's Day.

If you would like to help out with the celebrations please let me know.



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

NEWS

13th February marks the anniversary of National Apology Day. It has been 18 years since Kevin Rudd delivered his apology to Aboriginal and Torres Strait Islander people for the injustices of past government policies, particularly to the Stolen Generations. Click here to watch the snippets of the speech and hear from First Nations people https://youtu.be/_Dild-xAzJQ

DID YOU KNOW?

First Nations Australians have been playing Marn Grook using possum hide as a ball long before it inspired Australian Rules Football. A Gunditjmara word for 'game ball', Marngrook is thought to be the origin of what is now a national sporting institution and icon, Australian Rules Football, or 'Aussie Rules' as it's more colloquially known. This recollection from Mukjarrawaint man Johnny Connolly is the only known recorded account of someone who took part in the ritual practice and uniquely Australian form of football known as Marngrook.

'In playing a game at ball which they kicked about – the different totems present two different sides and there were men and women on each side e.g. Garchuka men and women against Wurant men and women. Johnny remembers that he, his mother, and her mother all played on the same side at ball. His cousin George played with the Wurant in the other side.' – Howitt 1837–1930, MS 9356, La Trobe Library, State Library Victoria.



70 LOWE STREET/GARDEN VIEW COURT CHRISTMAS MARKET

WENDY DUMESNY, RESIDENTIAL SUPPORT COORDINATOR

The Lowe St/GVC Christmas market stall was a great success and a wonderful experience for everyone involved.

Residents delighted in the festive atmosphere and proudly told shoppers about the items they had made or helped put together. Residents enjoyed chatting and catching up with friends and people they knew while selling items they had crafted themselves.

A huge thank you to everyone involved, from staff and volunteers who assisted with making items, residents who stuck with the project even though there were a few hiccups and of course all the people who took time to stop by, have a chat and support our residents.



PARKLAND PURSUITS

MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY – LIFESTYLE COORDINATORS

What an amazing time our residents have had with all the activities on offer.

We have been lucky with the cooler weather during this Summer. Outings have been to Dunkeld Bakery, Penshurst Bakery, Willaura bakery, Little Brick House in Dunkeld, Halls Gap "Brambuk Cultural Centre", Ararat, and smaller outings to see the scenery.

Pam will be speaking on her trip to Borneo. What an exciting time to see all the photos she took of the native animals. She has also been to Vietnam, and we are eager to hear about that.

Pam is our Craft Queen and has created some amazing items with the residents, décor fish, angels, and teddy bears. She will also host a pub Lunch for the residents.

Josie has passports for residents to go to Italy and Ireland. Josie presented the trip to Italy, passports seen, a luncheon of spaghetti Bolognese, pizzas, tiramisu and gelato. All residents have passports and will be stamped by each Country.

Michelle has Hamilton Vintage car Club visiting on a Saturday and will welcome them with a BBQ. This is a great privilege as they don't normally come to a small outing.

"In the Mood" musical duo has just performed for us and they are very professional.

We have had the greatest luck to have a Violinist play for us. Jim was travelling around Victoria and decided to stay for a few months in Willaura. He wandered in asking if residents would like to hear him. He played Irish tunes.

We had Julie Reason, the Botanical Artist visit, to do a workshop with us recently and some residents painted still life. Julie has been chosen to represent Australia in the Fabriano in Acquarello in Watercolour in Italy. Her time here is amazing, and she produces great results for the residents.

We will be celebrating Australia Day with a lunch of Sheppard's pie, and bread and butter pudding. We will have some great Aussie games and fun quizzes.

Residents have created a dragon and decorated it for Chinese New Year in February.

We will celebrate Valentines Day, St. Patricks day, Irish day, Chinese New Year, a Pub Lunch, shopping trips and great fun exercises and sporting days.



Parklands House Pub Lunch



Pictured Nina McLean getting into a vintage valiant



Pictured Frank Hucker in a Ferrari



Pictured Nicholas Holes at Fred & Bett's cafe



Pictured Kath Culling basting sausage rolls



Pictured Julie Reason Botanical artist workshop



Pictured Frank Hucker admiring vintage cars

WILLAURA MARKET ATTRACTS OVER 60 STALLHOLDERS

JODIE HOLWELL - COMMUNITY LIAISON

Willaura is set to welcome the annual Willaura Health Care Outdoor Market on Sunday March 1.

The event will run from 10am till 2pm, and organisers expect over 60 stallholders to attend.

The Market is run by the Willaura Health Care Auxiliary and raises funds to support the residents and staff of Willaura Health Care.

“We are very much looking forward to seeing lots of locals and visitors alike descend on our town,” president of the Willaura Health Care Auxiliary Heather Fleming said.

The market’s boutique stalls will include homewares, plants, flowers, produce such as preserves, fruit and honey, jewellery, artwork, craft, bags, clothing, plus gourmet foods as well as the popular Lions barbecue, ice cream and coffee trucks.

A gold coin donation is all that’s required for visitors to enter the market and enjoy what’s on offer on what is a great family day out.

“Not only will we have stalls packed with homemade and home-grown goods, there will also be musical entertainment by popular local band SOFT and displays of vintage cars and steam engines. A ‘must’ will be the Auxiliary produce stall, full of home baked goodies, jams, relishes and produce,” Mrs Fleming said.

There will be lots of children’s entertainment including a jumping castle and face painter, plus displays from Ambulance Victoria, the CFA and the SES.

New stallholders are also invited to attend, especially fresh food and produce, artisan goods, children’s, ladies’ and men’s clothing, pottery and garden products and plants. For further information please email willauramarket@gmail.com or complete the link on the website www.willauramarket.com

Over the past 20 years the Market has raised more than \$110,000 for Willaura Health Care, which includes Parkland House Hostel. Items funded have included new furnishings and fittings, equipment, and activities and outings for residents. These have all enhanced the lives of the residents and patients, and helped make the facility one that continues to provide excellent support for all in its care.



Pictured are volunteers at last year’s market on the very popular Willaura Health Care Auxiliary stall, L-R, Kimbra Christie, Karen Gleeson, Judy Paterson and Lisa Davidson



WILLAURA HEALTH CARE OUTDOOR MARKET

Sunday March 1 2026, 10am-2pm
Grounds adjacent to Willaura Health Care, Delacombe Way



The Willaura Market is a charity event run by the Willaura Health Care Auxiliary, with funds raised going towards improving the lives of residents and patients at Willaura Health Care, East Grampians Health Service.

This boutique country market offers goods from local and regional artisans, gourmet food, music and children’s entertainment. The market is set in Willaura, surrounded by fertile farmland, which lies 34 kilometres south of Ararat on the south-eastern edge of the Grampians in Victoria’s Western District.

- Local producers and local artisans:
- Homewares
 - Cards
 - Jewellery
 - Giftware
 - Clothing for babies, children and adults
 - Plants
 - Gourmet Foods

- Variety of food vendors including:
- Gourmet food
 - Lions barbecue
 - Coffee
 - Icecream

+ Childrens entertainment, musical entertainment and raffle.

For more information: willauramarket.com



2026 Willaura Health Care Outdoor Market

We thank the following sponsors of the market:



EGHS STAFF FITNESS

KELLY RYAN – EXERCISE PHYSIOLOGIST

Join us every Tuesday from 5:15–6:15 pm for Staff Fitness — a free, weekly session

open to all fitness levels. Whether you're brand new to exercise or already active, this is a relaxed and supportive way to move your body and boost your wellbeing.

Each week offers something a little different, with sessions ranging from

strength and conditioning to fun, modified sports. Activities run:

- Indoors at the Ararat Fitness Centre during the winter months
- Outdoors when the weather warms up

Why join?

Regular exercise helps strengthen muscles and bones, reduce the risk of

chronic conditions, and improve mood, energy, and focus. Just as importantly,

Staff Fitness is a chance to unwind, have a laugh, and connect with colleagues in a welcoming environment.

We aim to create a fun, inclusive space where everyone feels comfortable giving it a go - no pressure, just movement.

For weekly updates and last-minute changes, join the EGHS Staff Fitness Facebook group. Keep an eye on the EGHS home page for exercise timetables.

Locations:

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

Please click the link to join:

STAFF FITNESS

+ 27 JANUARY -
10 MARCH



INSTRUCTOR: JONAH (EP)

| | |
|--------|---|
| 3 FEB | HIIT (HIGH INTENSITY INTERVAL TRAINING) |
| 10 FEB | BOXING |
| 17 FEB | STRENGTH AND ENDURANCE |
| 24 FEB | CARDIO AND CORE |
| 3 MAR | CIRCUIT |
| 10 MAR | LOW IMPACT STRENGTH |
| 17 MAR | STRETCH & DE-STRESS |

JOIN EGHS STAFF FITNESS FACEBOOK GROUP FOR ANY UPDATE/CHANGES



THANKFUL THURSDAY

“I am so thankful for the wonderful staff at Willaura. I recently had to take time off to care for my daughter and came back to find a bottle of wine and a block of chocolate on my desk. This is the type of thoughtful care that our patients and residents also receive (without the wine of course!).”

ELIZABETH ATKINSON
MANAGER
WILLAURA

GARDEN VIEW COURT FAMILY CHRISTMAS



EGHS FESTIVE FACEOFF COMPETITION



Pictured is Board Director, Cameron Evans, presenting the IPU, Midwifery & Urgent Care Centre with their prize.



IPU, Midwifery & UCC



Pictured is EGHS Board Director, Cameron Evans, presenting Willaura Health Care with their prize



Willaura Health Care



Pictured is EGHS Board Director, Cameron Evans, presenting the EGHS@Home team with their prize.



EGHS@Home



Cafe Pyrenees



Catering, Cleaning, Maintenance



Community Health Centre



Community Nursing

EGHS FESTIVE FACEOFF COMPETITION



Dialysis



Education & D&I



Family Day Care



Front Reception



Garden View Court



70 Lowe Street



Oncology & Preadmission



Patricia Hinchey Centre



Radiology & Pathology



Second Floor

EGHS FESTIVE FACEOFF COMPETITION



Supply



Support Services - West Wing



Theatre

MURRAY TO MOYNE TEAM KICKS OFF FUNDRAISING

JODIE HOLWELL, COMMUNITY LIAISON

East Grampians Health Service's Murray to Moyne Cycle Relay team is kicking off its fundraising this Sunday at the Ararat Market.

The team will have a cake stall, raffle and barbecue at the market, held in Alexandra Hall and surrounds, and all are welcome to call in and chat to the team and pick up some items from the stall.

This year's ride of more than 500 kilometres will leave from Echuca on March 28 and arrive in Port Fairy on March 29, with riders currently training in preparation for the gruelling ride.

This year the team is aiming to raise \$10,000 towards a Mammography Unit and associated equipment, which will be installed in the East Grampians Health Service Blue Ribbon Wing, part of the EGHS Medical Imaging Unit.

Mammography is a specialised breast x-ray imaging technique used for early detection and diagnosis of breast cancer. 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 is estimated that EGHS could screen approximately 700 clients through BreastScreen Victoria each year, reducing the need for long-distance travel

"We are proud of the time and energy that our riders, including EGHS staff and community members, put in to prepare for and participate in this annual event," EGHS chief executive Nick Bush said.

Donations to the team can be forwarded to East Grampians Health Service, Attention: Jodie Holwell, PO Box 155 Ararat. Alternatively, if you wish to donate funds electronically, please contact Jodie on 03 5352 9387 or jodie.holwell@eghs.net.au

and EGHS bank account details can be provided. Funds can also be donated online through the EGHS website's secure donation portal: <https://eghs.net.au/supporting-us/donations-bequests>



Pictured are team members Gary Brumby and Lisa Hadow at last year's market



FOOTY TIPPING 2026

THE SEASON KICKS OFF ON 5TH MARCH 2026

- Download the ESPN App
- Tip via your mobile device
- Invite your family and friends
- \$25 entry fee - complete a payroll deduction form

[CLICK TO JOIN](#)

or scan QR Code

PASSWORD: EGHS2026

For further information contact Jo Summers

 5352 9303

 jo.summers@eghs.net.au





East Grampians Health Service

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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. 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.