

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



“\$545,000 endoscopy system installed at health service” Full story on page 3

CE Report

This is one of the most exciting times of the year at the health service. This is when graduate nurses, interns, medical students, and early-career allied professionals begin their chosen careers.

It is exciting to see the new staff members' eagerness to learn, grow, and develop in their chosen professions. This enthusiasm brings great optimism, which is very good for the health service's culture. It is particularly evident in aged care facilities, where this approach is appreciated by residents and their families.

For a health service of our size to have 18 graduate nurses is a great achievement of the education team and the wider service, which focuses on supporting our future workforce whilst they are students.

Ten of these graduate nurses live within a thirty-minute drive of the health service, and a significant number have worked at the health service as healthcare workers while finalising their training. Part of our 'grow-your-own' strategy. Developing the skills of local community members will help ensure the health service has a strong workforce of nurses and other health professionals in the future.

This strategy was to the fore with the third cohort of the medical degree being delivered by Deakin University, at EGHS Ararat. It was pleasing to see two EGHS staff members, Alex Van Opstal and Augusta Akaogu, start their first year of medicine, joining Avneet Chand, who is second year. This is a great achievement to have three staff members study medicine locally. We will support them to ensure they complete their studies and hopefully work locally.



NICK BUSH
CHIEF EXECUTIVE

It is uplifting to see Deakin University increasingly making medical training accessible to people of the Wimmera. This year's cohort is an outstanding example, with residents from Kaniva, Douglas, and Natimuk, and two from Horsham, joining the two from Ararat at the Ararat school.

CE Report cont. page 2

CE Report cont.

These Wimmera residents don't need to leave home to study medicine, studying whilst residing in their own home increases the likelihood that they will practice medicine in their hometowns.

One of our key requirements to ensure the program's ongoing success is that the academic performance of the Deakin Ararat medical school be comparable to that of students at the Geelong campus.

It is encouraging to note that the results have been described as comparable, which will help ensure the longevity of the innovative program. Another will be to see if the program can increase the number of doctors practising in the Wimmera, an area that has lacked an appropriate supply of medical officers for decades. That will become evident in the coming years. I do remain very hopeful. We will continue to work with Deakin University to ensure the recruitment of the most appropriate candidates to achieve this.

GRAMPIANS HEALTH LIBRARY

MICHELLE PITMAN – LIBRARIAN, GRAMPIANS HEALTH

The library facilitates access to a variety of medication decision support tools and apps to help deliver medication-based decisions at the point of care.

What are Therapeutic Guidelines?

Therapeutic Guidelines™ provides health professionals with evidence-based, point-of-care decision-making guidelines for medications in clinical practice.

**INSTRUCTIONS TO ADD THERAPEUTIC GUIDELINES TO YOUR MOBILE DEVICE.**

Users of Therapeutic Guidelines (TG) require a personal login to Clinicians Health Channel to access the digital bookmark on their mobile phone or tablet. Ensure you have your CHC login details ready before downloading the TG digital bookmark. The digital bookmark provides mobile access to the most recent version of TG.

The library has prepared a How to Guide, which walks you through the download process for both iOS and Android devices.

Therapeutic Guidelines remains available from any worksite PC. You won't need to sign in if using hospital PCs. Go to the Drug Resources tab on the library's website (our landing page) and Therapeutic Guidelines is the final link in the list on the left.

For further assistance or to report issues with access, email library@gh.org.au or call #94455

THANKFUL THURSDAY

“I am so thankful that I work with a group of amazing people who love their community and are considerate of our customers needs.”

KAREN HOWARD
ADMINISTRATION ASSISTANT

\$545,000 ENDOSCOPY SYSTEM INSTALLED AT HEALTH SERVICE

JODIE HOLWELL - COMMUNITY LIAISON

Patients undergoing endoscopy procedures at East Grampians Health Service are benefiting from new equipment funded through the State Government Regional Health Infrastructure Fund.

EGHS received \$545,187 from the State Government RHIF to install an endoscopy system in its two operating theatres.

“Endoscopy systems are critical items of equipment used in procedures such as colonoscopies, gastroscopies, cystoscopies and laparoscopies, which represent a significant proportion of procedures carried out at EGHS for the local community and the wider region,” EGHS chief executive Nick Bush said.

“The new equipment will enable procedures to be completed in a timely manner with significantly improved picture quality.”

The equipment the system has replaced was at the end of its

effective life and technical support was due to expire.

This new technology will now be consistent across the region and will improve the clinician experience and efficiencies as well as the patient experience.

Other benefits include increased capacity to increase the number of procedures completed in a given time period, a reduction in regional waiting lists, decreased waiting times between the referral for procedure and the procedure’s completion and earlier detection of any abnormalities identified by the endoscopy procedure and therefore early treatment options.

“Thank you to the State Government and the Regional Health Infrastructure Fund for providing the funding for this vital equipment, which will benefit patients from across the Ararat region,” Mr Bush said.



Pictured are EGHS Perioperative Unit staff Tobey Muscat and Naomi Anderson with the new endoscopy system.



Pictured are EGHS Perioperative Unit staff Neen Neen Wai Ju and Marnie Skiller with the new endoscopy system.

LONG SERVING STAFF MEMBERS RETIRE

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service farewelled two retiring staff members last month.

Nurse Sue McAdie retired after 48 years' service to EGHS. She commenced at EGHS in 1978 and held a variety of positions including Registered Nurse and Supervisor/AHC.

Payroll officer Peter Thompson also retired and said goodbye to EGHS after 15 years' service to the organisation. Peter commenced at EGHS in 2009.

We wish Sue and Peter a happy retirement and thank them for their long service to EGHS.



Pictured is Payroll Officer, Peter Thompson with EGHS Director of Finance, Tony Roberts



Pictured is EGHS Director of Clinical Services, Rebecca Peters, with Nurse Sue McAdie

CURIOUS ABOUT HEALTH CARE? MAKE A DIFFERENCE

HANNAH JENNINGS – EXECUTIVE ASSISTANT, DEVELOPMENT & IMPROVEMENT

Do you enjoy analysing information, identifying trends and asking "why?". The East Grampians Health Service (EGHS) Clinical Governance Committee is looking for a community member to help improve local health care and contribute to a safe and high-quality service.

This committee plays a critical role in reviewing the performance of EGHS clinical care and improving the quality of care across our hospital, aged and community services. It reviews reports and data on consumer outcomes and satisfaction, safety and quality indicators and service performance. The committee then uses this information to ask questions, identify risks and drive improvement.

A consumer member plays a vital role in these conversations. You bring the voice and perspective of the community, helping to ensure reports and decisions make sense for all users. In this role you are encouraged to question trends and seek clarification from the committee if something does not look right.

You do not need any formal training in health or be a data expert. You do need to be curious, confident and willing to ask questions. Support and guidance are provided, and your experience as a consumer, carer or community member highly valued.

If you want to play a role in improving health care at EGHS, or would like more information, please contact Jaclyn Bishop, Director of Development and Improvement on 5352 9426 or jaclyn.bishop@eghs.net.au. Expressions of interest close 31st March 2026.

MURRAY TO MOYNE TEAM RAISING FUNDS FOR MAMMOGRAPHY UNIT

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service's Murray to Moyne Cycle Relay team is this year raising funds towards a new mammography unit for the health service.

This year's ride of more than 500 kilometres from Echuca to Port Fairy is just under a month away, with 13 riders currently training in preparation for the gruelling ride. They will be supported by a team of four voluntary bus drivers.

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," EGHS chief executive Nick Bush said.

"It is estimated that EGHS could screen approximately 700 clients through BreastScreen Victoria each year, reducing the need for long-distance travel for women and men across the region."

"Congratulations to our 2026 team, and we wish them all the best with their training and the upcoming ride."

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 Members of the 2026 East Grampians Health Service Murray to Moyne Cycle Relay team, L-R, Andy Sanders, Loretta Sanders, Roxane Moos, Laura White, Charlie Reid, Tessa Sargent, Gary Brumby, Thea Hinchliffe, Erin Thomas, Geoff Faneco, Lisa Haddow, Amy Hinchliffe and Wayne Klaus.

NEW ARRIVALS AT EGHS

JODIE HOLWELL – COMMUNITY LIAISON

Isabelle Bonner and Brady Walsh have welcomed a daughter, Stella Ivy Walsh.

Baby Stella was born at East Grampians Health Service on December 28 2025, weighing 3820 grams.

“The midwives have been incredible. We’re so grateful for the support and care we have received,” Isabelle Bonner and Brady Walsh.

Mikayla and Austin Hamilton have welcomed a son, Murphy Joseph Hamilton.

Baby Murphy was born at East Grampians Health Service on January 30 2026, weighing 3800 grams.

“The entire team at EGHS were incredible. Their knowledge, care and compassion have made our experience more than we could have ever asked for,” Mikayla and Austin Hamilton.

Two-year-old Stella Cronin has a new baby brother, with the arrival of Hugh Alexander Cronin.

Baby Hugh is the son of Georgia and Tyler Cronin and was born at East Grampians Health Service on February 19 2026, weighing 3420 grams.

“We are so lucky to have such an amazing team of midwives at EGHS – thank you all so much,” Georgia and Tyler Cronin.



STAFF NICOTINE REPLACEMENT THERAPY

ELLENA RAVEN – HEALTH PROMOTION OFFICER

Welcome Our New Health Promotion Officer

We’re pleased to share that as of the end of February, we have welcomed a new Health Promotion Officer. My name is Ellena, and I’m excited to be joining the team and to recommence the programs previously available to staff & the wider community.

One of the key initiatives returning is the **Staff Nicotine Replacement Therapy (NRT) Program**. We are pleased to offer nicotine patches, as well as spray, gum, lozenges and inhalers, free of charge to all staff here at EGHS who would like support in working towards quitting.

If you’re interested in participating, please email ellena.raven@eghs.net.au with your name, email address, and department. You will be contacted further to discuss the options available and help tailor a plan that best supports you in achieving your goal of quitting.

We look forward to supporting you on your journey to better health.

Call Quitline 137848

Steady release over time

Faster acting NRT Products

Patch Spray Gum Lozenges Inhalator

Some people may prefer to use different types of faster-acting products in different situations. Speak to a Quit Specialist or your doctor for advice.

A DAY IN THE LIFE OF A...

RACHAEL COOPER – COORDINATOR PATHWAYS TO MEDICINE PROGRAM, SCHOOL OF MEDICINE, FACULTY OF HEALTH

Join an interactive 'day in the life' experience and see what it's like to be a medical imaging, optometry or medical student at Deakin University.

Events are held in Ballarat and Ararat or at Deakin's Waurn Ponds campus (transport provided from Ararat and Ballarat).

In these free events, students will be able to:

- Tour the facilities and see what equipment the students use
- Attend a tutorial or observe a clinical simulation
- Participate in hands-on activities using clinical skills and equipment
- Talk to current students and academics to learn about their pathways
- Learn more about entry requirements and career options

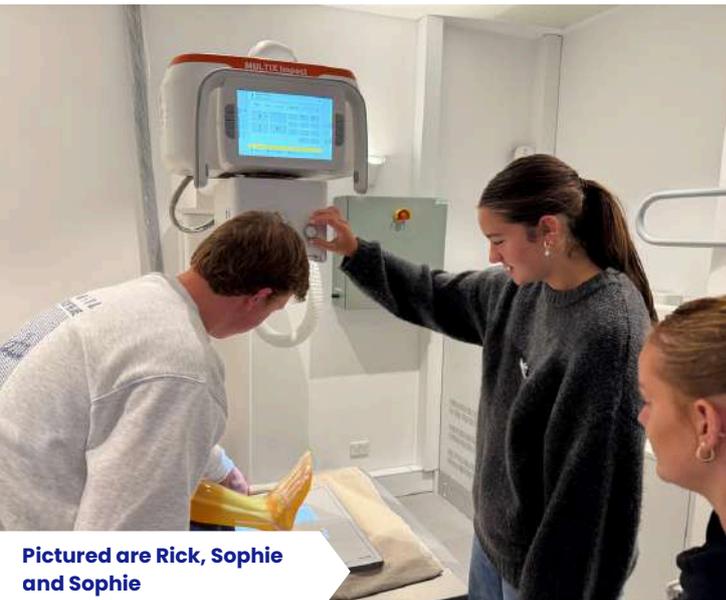
*This program is only available for students living in the Grampians/Wimmera or South West Victoria region.

Who is this for:

Year 11 and 12 students who are:

- Interested in medicine, medical imaging or Optometry or
- Interested in a health career but not sure which profession to pursue and/or
- Want to experience a clinical setting and hands-on clinical activities

Further details can be found online: [A day in the life of a Deakin School of Medicine student](#)



Pictured are Rick, Sophie and Sophie



Pictured Bradley and Vanessa



Deakin University CRICOS Provider Code: 00113B



A day in the life of a...



Medical student



Medical Imaging student



Optometry student

Are you in year 11 or 12? Spend a day in a clinical school or at Deakin's University's Geelong Waurn Ponds Campus to experience what it's like to be a medical imaging, optometry or medical student.

- Tour the learning spaces to see the equipment and facilities used by students first-hand.
- Attend tutorials and/or observe clinical simulations.
- Participate in hands-on activities such as clinical skills and using specialist equipment.
- Chat to current students and academics to learn about their pathways and what it's really like studying the course.

Don't miss out!
For event dates and locations scan here:



For expressions of interest please contact:
rachael.cooper@deakin.edu.au
katie.mckean@deakin.edu.au

RURAL TRAINING STREAM

JODIE HOLWELL - COMMUNITY LIAISON

East Grampians Health Service welcomed Deakin University Doctor of Medicine Rural Training Stream first year medical students this month, who are ready to start an exciting new chapter in their careers at the Ararat campus.

We also welcomed back our second year students.

Want to study medicine close to home? Find out more about the Doctor of Medicine Rural Training Stream at our upcoming information session in Ararat on Wednesday March 11.

Follow the link to reserve a spot at the session: [Deakin University: Doctor of Medicine, Rural Training Stream, info session Tickets, Wednesday, Mar 11 from 6 pm to 7:30 pm | Eventbrite](#)



Pictured are the 2026 first year medical students



Pictured are the 2026 second year medical students

THANKFUL THURSDAY

“I am thankful to work with the professional and committed Development and Improvement team who bring their best to work every day. I enjoy that we celebrate the small achievements while continuing to strive to do more. The team also takes the time to make each other feel special in little ways, such as decorating desks with balloons on birthdays, which brightens everyone’s day.”

JACLYN BISHOP
DIRECTOR, DEVELOPMENT & IMPROVEMENT

FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIASION LEAD

On Tuesday 10 February, Scott Wilson and I attended the Budja Budja meet and greet to welcome their new staff members.

Together with community members and staff, we enjoyed a barbecue lunch and had the opportunity to connect with new faces, strengthening relationships and fostering collaboration with our Aboriginal and Torres Strait Islander community.

In recent weeks, I have also supported community members by providing transport to medical appointments, as well as to local women's and Elders groups held at Budja Budja in Halls Gap. On one occasion, I assisted in retrieving a vehicle left on the side of the road after a young man became unwell while driving and was brought to the hospital in an ambulance.

These ongoing interactions and shared experiences are playing an important role in strengthening the relationship between East Grampians Health Service and the local Aboriginal and Torres Strait Islander community.

We now have a First Nations library. Included are some resources, autobiographies and some great books about inspirational Aboriginal/Torres Strait Islander people. I am also looking at adding more books and even some puzzles in the future. If you would like to borrow anything, or have any items that you would like to donate, please come and see me in my office.



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 or Phone: 0474 079 031

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

UPCOMING EVENTS

First Nations Garden Opening

Unfortunately, the opening of our First Nations Garden has been postponed as the space will not be ready in time. We are now planning to officially open the garden on National Sorry Day, Monday 26 May. The event will include a Welcome to Country and Smoking Ceremony to mark this significant occasion.

Over the coming months, you will also see vibrant children's artwork displayed within the garden space, adding colour and community spirit to this special project.

NAIDOC Week Celebrations | 5–12 July

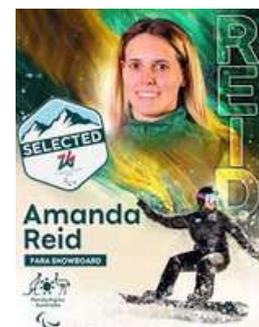
Our dedicated team of helpers is already hard at work planning this year's NAIDOC Week celebrations. Activities will include bush tucker tastings, games, trivia, prizes, and giveaways. We look forward to bringing everyone together to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

DID YOU KNOW?

Harley Windsor became Australia's first Aboriginal Winter Olympian when he competed in the pairs figure skating event at the 2018 Winter Olympics. A descendant of the Ngemba, Weilwan, and Kamilaroi peoples of New South Wales, Windsor skated alongside his Russian-born partner, Ekaterina Alexandrovskaya. The pair placed 18th in the short program and were previously crowned champions at the World Junior Figure Skating Championships.

Amanda Reid, a proud Gunditjmara and Wamba Wamba woman, has also made history in para-snowboarding. After a highly successful international career in para-cycling and swimming, she has been selected to compete at the 2026 Winter Paralympics.

While more than 60 First Nations athletes have represented Australia at the Summer Olympic Games, these two trailblazers are currently among the only Aboriginal athletes to have competed at the Winter Olympic Games.



REGULAR SKIN CHECKS COULD SAVE YOUR LIFE

HANNAH JENNINGS – EXECUTIVE ASSISTANT, DEVELOPMENT & IMPROVEMENT

During Melanoma March, the East Grampians Health Service Community Consultative Committee is raising awareness and encouraging everyone in our community and across Victoria to prioritise skin health and learn the signs of melanoma.

Committee Chair and EGHS Board Director Megan Shea said melanoma is the most serious form of skin cancer, but when detected early, it is highly treatable.

In 2024, over 3,100 Victorians were diagnosed with melanoma, and people in regional areas were more than 50 per cent more likely to receive a diagnosis than those in major cities. Regional Victorians were also more likely to suffer from mortality or morbidity from melanoma, highlighting the importance of vigilance in communities like ours.

“The encouraging news is that most skin cancers, including melanoma, are largely preventable with sun protection and early detection,” Mrs Shea said.

“A simple monthly self-check could save your life.”

If you notice anything new, changing, or unusual, book an appointment with your local GP. They are well qualified and

will discuss your concerns with you and be able to diagnose early, which will significantly improve your outcomes.

How to check your skin:

- Look for new or changing moles or spots.
- Use the ABCDE rule to remember what to watch for:
- A – Asymmetry (one half doesn't match the other)
- B – Border irregularity
- C – Colour variation
- D – Diameter larger than 6 mm
- E – Evolving or changing over time

Protect your skin from UV damage by:

- Covering up with clothing
- Wearing a broad-brimmed hat
- Applying SPF30+ sunscreen
- Seeking shade when UV levels are high

“This March, take a few minutes to check your skin and encourage your family and friends to do the same, and see your local GP if concerned,” Mrs Shea said.

“Awareness saves lives, especially in regional communities like ours where sun exposure is part of daily life.”



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: letsgofdc@outlook.com

Educators for bookings:
Julia 0477 043 596/Sally 0434 427 173

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




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

DEBBIE LOCKETT
CATERING ASSISTANT

ALL ABOUT ME...

Favourite Food | **Chinese**

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

Interests | **Gardening, cooking and walks**

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

One thing I want to do in this lifetime | **Revisit Samoa**



ANGUS LOWE
GROUNDS & GARDEN

ALL ABOUT ME...

Favourite AFL Team | **Collingwood Pies**

Favourite Food | **Chicken wings with aioli**

Favourite Music | **New and old - variety**

Interests | **Mountain climbing, swimming, camping, fishing**

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

One thing I want to do in this lifetime | **Climb some New Zealand mountains**



LAKSHI MAHESARATHNAM
MEDICAL INTERN

ALL ABOUT ME...

Favourite AFL Team | **Western Bulldogs**

Food | **Italian Food**

Favourite Music | **Classic Pop**

Interests | **I enjoy cooking and exploring new places**

One thing I'm good at | **Making others feel welcome and happy, especially with the meals I cook**

One thing I want to do in this lifetime | **Travel the world and continue helping others through medicine**



JENAE MARR
STUDENT/HEALTHCARE

ALL ABOUT ME...

Favourite AFL Team | **Geelong**

Favourite Food | **Pasta**

Favourite Music | **90s and 2002s**

Interests | **Running**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

MONIQUE MAYES TRAINEE REGISTERED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Carlton**

Favourite Food | **Mexican**

Favourite Music | **A bit of everything, pop, EDM etc.**

Interests | **Music, reading, spending time with family**

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



MICHAYLA MCCRAE CONSUMER PARTNER

ALL ABOUT ME...

Favourite Food | **Lasagne anything biscoff**

Favourite Music | **Old school R 'n' B, Hip hop**

Interests | **I'm a big NBA fan, anything fitness and animals**

One thing I'm good at | **Always been fairly handy at sport**

One thing I want to do in this lifetime | **Build deep and genuine relationships and share as much love and laughter as possible**



DONGMIN PARK GRADUATE ENROLLED NURSE

ALL ABOUT ME...

Favourite AFL Team | **Geelong Cats**

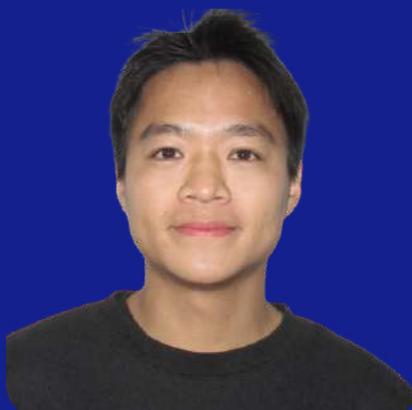
Favourite Food | **Beer**

Favourite Music | **Movie music**

Interests | **Running and marathons**

One thing I'm good at | **Fast walking**

One thing I want to do in this lifetime | **Complete the 7 World marathon majors**



RUBY PRESTON WARD CLERK

ALL ABOUT ME...

Favourite AFL Team | **North Melbourne**

Favourite Food | **Chicken Caesar Salad**

Favourite Music | **Olivia Dean, Sabrina Carpenter**

Interests | **Baking, socialising with friends and footy**

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

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

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



XENA THE DUCK POPS UP AT EGHS

JODIE HOLWELL, COMMUNITY LIAISON

Wally's Duck Club is a Facebook page in memory of Wally who passed away from cancer.

Wally loved the sea and cruising, and his family carry on his memory through Ducks of Remembrance, which now appear on cruise ships and in many other public locations. Each one is hidden with intention, echoing his humour, curiosity, and warmth.

Xena the Duck popped up at EGHS recently, found by a staff member.

Keep an eye out, you never know where she will pop up next in Ararat, and in turn, please pass it on by hiding it somewhere you know she will be found, to carry on the tradition.

To find out more, go to the Wally's Duck Club Facebook page: [\(12\) Wally's Duck Club | Facebook](#)



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

SCAN ME



16/01/20 - 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

FREE ENTRY

GRAMPIANS HARMONY FESTIVAL 2026

CELEBRATE CULTURE, COMMUNITY & CONNECTION

**SATURDAY 21 MARCH
12PM - 4PM**

@STAWELL TOWN HALL

EVERYONE'S WELCOME

MUSIC/ FOOD/ COSTUMES/ ARTS & CRAFTS/ FAMILY FUN

PRESENTED BY

Cultural Diversity Week
21 - 29 March 2026

HARMONY WEEK
HARMONY.GOV.AU

Grampians Multicultural HUB

Become a member

FOLLOW US

Vanuatu / Thailand / Peru / Philippines / Nigeria / Brazil / India / China / Nauru / Fiji / Nepal and more!



COMMUNITY VOICES AT HEART OF LOCAL HEALTH CARE

HANNAH JENNINGS – EXECUTIVE ASSISTANT, DEVELOPMENT & IMPROVEMENT

Community voices play a vital role in shaping health care in this region, and the Community Consultative Committee at East Grampians Health Service is one of the key ways this happens.

The committee brings together community members and health service representatives to discuss local health issues, share ideas and stay informed about developments across the service.

Topics include access to care, service improvements and community priorities. One recent success was helping drive the return of the Mobile Blood Donor Centre to Ararat.

“The return of the Mobile Blood Donor Centre to Ararat was a result of Community Consultative Committee discussions and a directive for the EGHS chief executive to write to Lifeblood with the request,” committee chair and EGHS Board Director Megan Shea said.

“The Mobile Blood Donor Centre has now visited Ararat on a number of occasions and is always fully booked.”

Committee members also review draft plans and provide feedback on proposed changes, ensuring decisions reflect the real needs of the community. Regular updates from EGHS keeps members informed about new initiatives and future directions.

EGHS is now inviting new members to join the Community Consultative Committee. In particular, the service is seeking adolescents aged 16 plus and adults in mid-adulthood, as well as male and ethnically diverse members, to ensure the committee reflects the full spectrum of the community.

“You don’t need a medical background, just a willingness to share your experiences and help improve healthcare for everyone in the region,” Mrs Shea said.

“Whether you’re finishing school, building a career, or balancing family life, your perspective matters and we would love to have you involved in the committee.”

For more information about joining the committee, contact Hannah Jennings on 5352 9481 or email hannah.jennings@eghs.net.au



Pictured is Glenys Andrew, Wilf Dickeson and Lyn Russell encourage members of the community to join the EGHS Community Consultative Committee

UPR FORESHORE TRI 2026

On Sunday 15 February, a small but determined crew of EGHS Health Professionals from our Community Services Department took on an exciting new challenge – competing in their very first triathlon at the UPR Foreshore Tri 2026 in Warrnambool.

The day proved to be a fabulous experience, with perfect conditions and an incredibly supportive atmosphere. The event was exceptionally well organised and run by the dedicated team at the Warrnambool Tri Club along with their wonderful volunteers, making it a memorable first triathlon for our team.

EGHS staff, Libby Thomson, Kim Brodie, Alison Oliver, Merryn Boatman, Jenny Sheehan and Jan-maree Ruddle (pictured right L-R). Their teamwork, determination and community spirit were on full display from start to finish.

Inspired by the experience, the group is already back in training and looking forward to lining up again next year!



EGHS Ark Toy and Activity Library
Thursday April 2 – 10am
 Please register from 9.30am
\$5 per child – preschool age

Easter Egg Hunt

**Alexandra Gardens - Ararat
 (meet near the Cafe)**

Bookings required by Monday March 30
 P: 5352 9387 E: jodie.holwell@eghs.net.au
 (Please leave your name, phone number and number of children attending)

WILLAURA HEALTH CARE MARKET CANCELLED

There was disappointment all round when the Willaura Health Care Market Committee was forced to cancel the 2026 market because of Sunday's poor weather forecast, which included heavy rain, strong winds, and storms.

While the Committee was mindful of those who had planned and prepared for this popular event, safety concerns for volunteers, stall holders, and visitors prompted their difficult decision.

A limited market was run, comprising the Willaura Lions Club, the Willaura Kindergarten and the Auxiliary's Produce Stall. The Committee was grateful to these groups, and to the visitors who came despite the unfavourable conditions.

The Willaura Bakery was also supportive, and the donations received from customers for its vanilla slices helped boost the Auxiliary's takings considerably.

Raffle winners were Joe Conforto and Tom Hamilton, and again the Committee was grateful to all those who so generously bought tickets.

The Market Committee is not able to reschedule for 2026 but looks forward to welcoming stall holders and market goes back in 2027. The date is expected to be Sunday February 28, which is the Sunday before the Labour Day Long Weekend.



EGHS STAFF FITNESS

JONAH PIDGEON – 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:

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

Please click the link to join:

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

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 thankful for the amazing team that I work with every day. Not only are they knowledgeable and professional, but they are also caring and compassionate, always going above and beyond to achieve the best possible outcomes for our patients.”

KATE PITCHER
MANAGER, INPATIENT UNIT AND ONCOLOGY

PARKLAND PURSUITS

MICHELLE MASLEN - LIFESTYLE COORDINATOR

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

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

We celebrated Valentine's Day and Chinese New Year and will also celebrate St Patrick's day, Irish day, a Pub Lunch, shopping trips and great fun exercises and sporting days.



Frank Hucker admiring vintage cars



Frank Hucker in a Ferrari



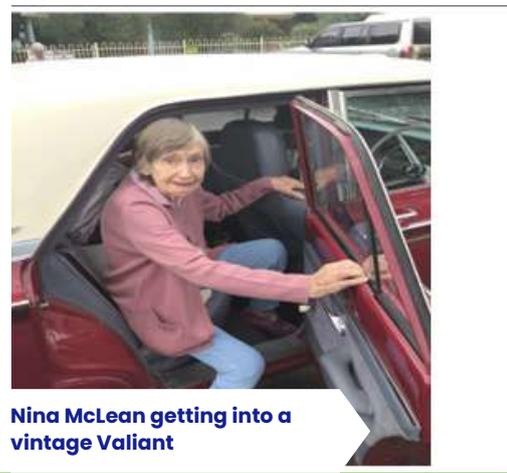
Julie Reason Botanical Artist workshop



Kath Culling basting sausage rolls



Nicholas Holes at Fred & Bett's Cafe



Nina McLean getting into a vintage Valiant

LOWE STREET SNIPPETS

WENDY DUMESNY – RESIDENTIAL SUPPORT COORDINATOR

70 Lowe St host a 'Pub Lunch' every 3 months. Residents have an opportunity to invite family and friends to join them for a Pub style lunch prepared right here at EGHS

Our chefs do an amazing job alternating between traditional meals, Chicken Parma's and Fisherman's Baskets.

The lunches are very popular and tables are booked out months in advance.

We love our cooking at 70 Lowe St and enjoy trying dishes and recipes from around the world.

Our most recent endeavour was Struffoli, an Italian desert that dates back to ancient Greece. Struffoli are small dough balls, deep fried and coated in honey, we added sprinkles, just because.



Pictured is Peter, Jenny and Jan



Pictured is Julie, Ken and Paula



Pictured is Marlene and Sid



Pictured is Johnny, Sam & Nina



Pictured is Bruce



Pictured is Katerina



Pictured is Gaye



Pictured is Dawn



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.