

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



“Following in Family’s Footsteps” Full story on page 3

CE Report

It is a wonderful time to live in Ararat and the surrounding district as Easter approaches. Our region comes alive with visitors attending the time-honoured Stawell Gift and travelling to the Grampians to enjoy time with family and friends before the onset of winter.

It is also a positive time for our health service. The region’s strong sense of liveability is particularly appealing to our younger staff, many of whom are making important decisions about their careers and where they choose to live. A vibrant rural community is a key attraction, with many staff choosing to make Ararat and the district their home. This brings youth, energy and vitality to our health service—something that is essential for a rural service and not always easy to achieve.

In the coming months, we will go to tender for a commercial builder to deliver Stage One of the Willaura Hospital redevelopment. The full redevelopment will be completed over three stages. We are also working closely with the Federal Government to secure matching funding to the Victorian Government’s contribution, enabling planning to commence for Stage Two.

The future of Willaura Hospital has been secured through its important role in providing a quieter, supportive environment. This allows people awaiting National Disability Insurance Scheme or Residential Aged Care Placements to remain in a focused setting that better meets their needs.

More broadly, the Victorian Government is funding the development of a clinical services plan for Western Victoria. A key focus is identifying what smaller hospitals



**NICK BUSH
CHIEF EXECUTIVE**

require in terms of staffing, funding and service redesign to safely deliver more care locally. This approach aims to reduce pressure on Ballarat Base Hospital, with patients treated closer to home and, where appropriate, referred back to their local hospital or supported through hospital-in-the-home services.

CE Report cont. page 2

CE Report cont.

It is an exciting time to be working in rural healthcare. I recall the significant expansion of services at Ballarat Base Hospital to meet the high clinical needs of Western Victoria and the Wimmera. This strategy was vital, as previously much of this care was delivered in metropolitan hospitals. Conversations about patients needing to travel to Melbourne for treatment were common—something that is now far less frequent.

I look forward to seeing the breadth of services that East Grampians Health Service will be able to safely provide,

supported by increasing investment from both the Victorian and Federal governments.

Finally, to all staff, visiting medical officers and volunteers, I wish you a safe and enjoyable Easter. Thank you in particular to those who will be working over the holiday period to ensure our community continues to receive the high-quality care it deserves.

LIONS CLUB DONATE TO BLUE RIBBON MAMMOGRAPHY UNIT PROJECT
JODIE HOLWELL – COMMUNITY LIAISON

The Lions Club of Ararat has donated significant funding to the Victoria Police Blue Ribbon Foundation Ararat Branch's fundraising project, a mammography unit for the Blue Ribbon Foundation Wing at East Grampians Health Service.

Members of the Lions Club met with Blue Ribbon Ararat Branch members and EGHS staff to present a cheque for \$20,000 towards the project.

The mammography unit project is the largest in the Ararat Branch's 24-year history. 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.

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 each year and having a local service will reduce the need for long-distance travel, with

Ballarat currently the closest service.

Ararat Branch president Dianne Radford was thrilled to accept the cheque on behalf of members.

"Almost everyone knows someone or has a relation who has been affected by cancer in some way," she said.

"This donation from Lions is just incredible and I cannot thank them enough."

Lions Club president Peter McNeil said the members of the club were delighted to support such a worthy cause.

Mrs Radford said the Ararat Branch had already raised \$55,000 toward the project, with the Lions donation providing a welcome boost.

The EGHS Murray to Moyne Cycle Relay team is aiming to raise \$10,000, which will also go towards the Blue Ribbon Foundation mammography unit project.

The Blue Ribbon Foundation's next fundraising event for the mammography unit project will be the annual Gala Night, to be held on Friday May 29 at the Ararat Town Hall, with ticket details to be released soon.

Since the Ararat Branch of the Victoria Police Blue Ribbon Foundation was formed 24 years ago, it has donated more than \$1.2 million to East Grampians Health Service.



Pictured Blue Ribbon Foundation Ararat Branch members, Lions Club of Ararat members and EGHS staff at the cheque presentation for the mammography unit for EGHS

FOLLOWING IN FAMILY'S FOOTSTEPS

JODIE HOLWELL - COMMUNITY LIAISON

Medicine runs in the blood of an East Grampians Health Service employee who has commenced his first year of medical studies in Ararat, through the Deakin University Doctor of Medicine Rural Training Stream at EGHS.

Alex, the son of the late Dr Eric Van Opstal and EGHS Perioperative Unit Associate Nurse Unit Manager Jo Van Opstal, joins Stawell's Augusta Akaogu in commencing their first year studies, and second year student and EGHS radiographer Avneet Chand.

Both Alex and Augusta are enjoying the early days of their medical studies and look forward to eventually practising in rural areas.

They will complete the first two years of their MD studies on site at East Grampians Health Service

The opportunity to study medicine while remaining connected to family and friends prompted Alex to apply for the Deakin Rural Training Stream, while Augusta was drawn to Deakin's strong focus on community-oriented medicine and the chance to train in rural settings where doctors can make a visible difference.

Alex has a Bachelor of Biomedical Science and prior to his university studies in Melbourne and Geelong he completed all his schooling at Marian College in Ararat. During his university days he enjoyed a summer job at Best Wines in Great Western and last year worked as a ward clerk at EGHS, which he will continue to do while studying for his MD.

"I worked at EGHS as a ward clerk in 2025 where I met many wonderful, supportive people and made connections I will carry through into my medical career," Alex said.

Augusta is Registered Nurse and has worked as an ANUM at 70 Lowe Street (EGHS) and at a GP practice in Stawell.

"Before medicine, I worked in healthcare, which gave me insight into both patient care and the broader health system, and I will continue to do some part-time work around my study load, but keep hours limited so it doesn't compromise my learning," Augusta said.

Now a few weeks into their medical studies, Alex and Augusta are enjoying the support of their teachers and the small class sizes, as well as meeting new people with different experiences and backgrounds.

Both students are enjoying the course structure and their lecturers.

"The structure works well for me, especially the combination of small-group learning and clinical skills' sessions," Augusta said.

The lecturers and tutors are generally approachable and keen to support students, particularly those training rurally.

Alex agreed, saying the tutors were extremely engaged and passionate.

"They want everyone to succeed," he said.

Challenges will no doubt surface as the students progress through their studies.

Alex said adjusting to clinical practice and the unpredictability of people were challenges he felt would arise in the future, while Augusta said managing the study load was her biggest challenge, including trying to work while studying to support herself.

"Managing life outside of medicine is another challenge," she said.

The premise of the Deakin Rural Training Stream is to train doctors while living in their own community, with the hope that when qualified they will practice in their local community.

Augusta said she will work in the local area when she is qualified.

"I like the breadth of practice, continuity with patients, and the sense of community," Augusta said.

People with a clinical background are encouraged to apply for the Deakin Rural Training Stream.

"Deakin appreciates the unique qualities people bring from their different careers and how they can be applied to medical practice," Alex said.

"You can do anything if you work hard enough."

Augusta said a clinical background is a real asset.

"Your communication skills, understanding of the system, and comfort in clinical environments will help you from day one," she said.

"I would encourage you to back yourself, be honest about the workload, and seek support early; rural training offers rich experiences that you might not get in metropolitan settings."

Story cont. page 4

FOLLOWING IN FAMILY'S FOOTSTEPS

JODIE HOLWELL - COMMUNITY LIAISON

Story cont.

Despite a large workload, there is still time for more relaxing activities.

"Outside of my work and uni I love spending time with my friends, listening to music, going the gym, running and playing football," Alex said.

Augusta enjoys spending time with family and the outdoors.

While only at the very start of their medical studies, the enthusiasm and dedication to their chosen profession is evident in both Alex and Augusta.

"Rural training is demanding but rewarding; you're trusted with real responsibility and become part of the community," Augusta said.

"If you value close-knit teams, broad clinical exposure, and the chance to make a tangible impact, the Deakin Rural Training Stream is worth serious consideration."

For further information on the Deakin University Rural Training Stream, go to:
www.deakin.edu.au/faculty-of-health/school-of-medicine/study-with-us/rural-training-stream



Pictured L-R Alex Van Opstal, East Grampians Health Service Chief Executive Nick Bush and Augusta Akaogu

EDUCATION SESSION FOR PERIOPERATIVE TEAM

MADISON PURTILL – REGISTERED NURSE

On Tuesday 17 March, Dr Neil Provis Vincent delivered a full-day education session in the Perioperative Unit, designed to support nursing staff in developing both practical skills and theoretical knowledge essential for emergency situations.

The session covered a range of topics, including ultrasound-guided cannulation, rapid transfusion during massive blood loss, and the Vortex approach leading to a surgical airway. These areas are vital in enhancing clinical confidence and preparedness in high-pressure situations.

The Perioperative Team greatly appreciated Dr Provis Vincent taking the time to provide this valuable education. His expertise and commitment to staff development made a significant impact on all who attended.

Hands-on skills stations were a key feature of the day, with high-tech manikins supplied by the Education Department helping to create realistic clinical scenarios. In particular, the difficult airway manikin enabled participants to practise surgical neck access in a safe and supportive environment.

A follow-up education session is scheduled for 31 March. This session will build on the skills introduced and will include anaesthetists from the department leading simulation-based training, with a focus on strengthening team communication and improving readiness for emergency situations.



Pictured Tobey Muscat, Neil Provis Vincent, Heera Jin, Neen Ju



Pictured Neil Provis Vincent, Tobey Muscat, Meaghan Armstrong, Heera Jin, Jenny Hinchliffe, Nicky Carlyle

EAST GRAMPIANS HEALTH SERVICE SAFE PENICILLIN ALLERGY TESTING RECOGNISED

JACLYN BISHOP, DIRECTOR OF DEVELOPMENT AND IMPROVEMENT

The innovative work of East Grampians Health Service (EGHS) has been recognised in a national journal with 'Creating a Feasible, Safe and Sustainable Penicillin Oral Challenge Program in a Rural Health Service' published in the Australian Journal of Rural Health.

Since late 2023, EGHS has run a penicillin oral challenge program that allows hospital patients with a low-risk penicillin allergy to safely have their allergy 'checked'. The process involves administering a single dose of a penicillin-based antibiotic in a controlled clinical environment and observing the patient for any signs of an allergic reaction. If no reaction occurs, penicillin antibiotics can be safely prescribed in the future.

The article outlines how the program was safely adapted from the models commonly used in larger hospitals. From allergy assessments being conducted by preadmission nurses to coordination of the oral challenge by an Infection Control Coordinator, the program effectively utilised the broad skills of the rural workforce. Dr Jaclyn Bishop (EGHS Director, Development and Improvement) said that the adaptations were critical to ensuring equity in healthcare access. "These changes were essential to ensure high-quality care is possible no matter your postcode" Dr Bishop said.

Infection Control Coordinator Leeanne Atkinson highlighted the significant impact of the program for patients. "Seven people have now had their penicillin allergy tested and removed through the program," Ms Atkinson said. "This is a huge outcome, as penicillin-based antibiotics are often the preferred treatment for many infections and generally have fewer side effects."

She added that being involved in the program was professionally rewarding. "I am proud to contribute to a program that ensures rural communities have access to the same innovative care models as those available in the city."

Sharing the details of the program is expected to help other rural health services across Australia and internationally to adopt similar models. EGHS Clinical Governance Coordinator Jane Miller said collaboration and knowledge-sharing were essential to improving rural healthcare. "It's incredibly important that we share innovative work so others can learn from our experiences," Ms Miller said. "EGHS is demonstrating leadership in developing and delivering innovative rural models of care."

A summary of the publication is available on the Australian Journal of Rural Health website:

<https://onlinelibrary.wiley.com/doi/full/10.1111/ajr.70162>

WORLD ORAL HEALTH DAY

World Oral Health Day reminds us of one simple truth: A happy mouth is a happy life. A healthy smile boosts confidence, supports overall well-being, and helps you feel your best every day. Celebrate today by showing your teeth a little extra love, brush, floss, smile, repeat.

Pictured are the EGHS Oral Health Therapists, Lauren Milloy and Sydney Findlay



Infection Control Coordinator Leeanne Atkinson is a pivotal member of the penicillin oral challenge program team at East Grampians Health Service

NEW ARRIVALS AT EGHS

JODIE HOLWELL – COMMUNITY LIAISON

Harvey James Hamilton is the first child for Karly Griffiths and Ryley Hamilton.

Baby Harvey was born at East Grampians Health Service on March 2, weighing 3150 grams.

“Thank you for the care, calmness and kindness shown by all staff during the birth of our baby!” Karly Griffiths and Ryley Hamilton.



Kirby Egan and Liam Scott have welcomed a daughter, Imogen Cathryn Scott.

Baby Imogen was born at East Grampians Health Service on March 9, weighing 3170 grams.

“Thank you to everyone involved in bringing Imogen into the world safely and for the midwives caring for us all afterwards,” Kirby Egan and Liam Scott.



THANKFUL THURSDAY

“I'd like to express my gratitude to and for the Cafe Pyrenees staff.

Always service with a smile. Friendly and accommodating.

The meals have been presented well and the menu has improved – I really enjoy the pasta, baked potatoes and nachos.

Thank you one and all!”

LORETTA SANDERS
ADMINISTRATIVE ASSISTANT, SUPPORT SERVICES

FUNDRAISING CONTINUES FOR MURRAY TO MOYNE

The 2026 Murray to Moyne team have been busy fundraising over the past few months, with two successful events.

The annual and very popular Trivia Night raised \$3850 and featured a full house of keen Trivia goers.

Trivia Master Charlie Reid and MC Laura White kept the night rolling, with the eventual winner being a table from EGHS's Community Nursing department.

Thank you to all of our sponsors and donors for this night, including Cyclescape who once again donated a bike for the winning raffle prize.

Hosting the Ararat Market saw the team raise \$1244, with the team providing a barbecue and cake stall for market-goers.

The team is aiming to raise \$10,000, which will go towards the Victoria Police Blue Ribbon Foundation Ararat Branch's current project of raising \$250,000 for a mammography unit, which will be installed in the East Grampians Health Service Blue Ribbon Foundation Wing, part of the EGHS Medical Imaging Unit.

Donations to the team can still 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>





FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIASION LEAD

EGHS is currently in the planning stages of implementing a First Nations Continuity of Care model. This Birthing on Country approach will be available to Aboriginal and/or Torres Strait Islander women, as well as women carrying an Aboriginal and/or Torres Strait Islander baby.

The model will be supported by two dedicated midwives—a primary midwife and a secondary midwife—to ensure continuity of care during leave and other absences. Wherever possible, women will be seen by their primary midwife throughout their antenatal care, during labour and birth, and in the postnatal period.

Following birth, care will continue with home visits for the first six weeks, as well as follow-up at 6 months, 12 months, and 2 years. This model aims to provide culturally safe, responsive maternity care, while strengthening trust and engagement between First Nations families, the community, and EGHS.

Importantly, this approach has also been shown to improve health outcomes for both mothers and babies.

DID YOU KNOW?

A Welcome to Country has long been an important cultural practice for Aboriginal and Torres Strait Islander peoples. Traditionally, when entering another group's Country, visitors would request permission to enter. Once granted, they would be formally welcomed and offered spiritual protection for their journey—even if they were only passing through.

Today, while the context may have evolved, the meaning and respect behind the practice remain the same. A Welcome to Country can only be delivered by a Traditional Owner of the land on which the event is taking place.

An Acknowledgement of Country, however, can be given by anyone. It is a way of showing respect and recognising the Traditional Owners of the land you are on. There is no set wording for an Acknowledgement—it should always be sincere and meaningful.

If you would like support in developing and delivering a heartfelt Acknowledgement of Country, please feel free to reach out—I would be happy to guide you.

Are you Aboriginal and/or Torres Strait Islander?

Come along to our First Nations Staff Yarn

Monday May 18th
Undercover area outside
Cafe
1pm - 1:30pm

UPCOMING EVENTS

Our next staff yarn will be held on Monday May 18, in the undercover area outside the Café

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



CELEBRATING EARTH DAY: SMALL ACTIONS, BIG IMPACT

ENVIRONMENTAL SUSTAINABILITY COMMITTEE

Every year on Earth Day, which is celebrated on the 22nd of April, people around the world are encouraged to reflect on how we can better care for our planet. For those working and living in rural areas, protecting the environment is closely connected to protecting the health and wellbeing of our communities.

There are many simple ways staff can celebrate Earth Day while at work or at home. Small actions can make a meaningful difference.

One easy step is reducing waste. Bringing a reusable coffee cup, water bottle or lunch container to work can help cut down on single-use plastics. Printing only when necessary and using recycling bins correctly are also simple ways to minimise waste in the workplace.

Saving energy is another way to contribute. Turning off lights, computers and equipment when they are not in use, and making the most of natural light where possible, can help

reduce energy consumption across our health service.

Staff can also take a moment to reconnect with nature. Our community is surrounded by incredible natural environments, and even a short walk outside during a break can be a great way to appreciate and care for the landscapes that support our health and livelihoods.

Earth Day is also a good opportunity to think about sustainable habits beyond the workplace. Choosing to carpool when possible, reducing food waste at home, or supporting local producers can all contribute to healthier communities and a healthier environment.

This Earth Day, let's remember that caring for the planet is closely linked to caring for people. By making small, thoughtful choices in our daily routines, staff can help create a healthier and more sustainable future for our communities.

[Education Resource Library | Earth Day](#)

FOOTY TIPPING LEADERBOARD AFTER ROUND 2

JO SUMMERS – EXECUTIVE ASSISTANT TO CEO

RANK	NAME	TOTAL SCORE	TOTAL MARGIN
1	Fiona Murphy	20	95
2	Cam Montgomery	16	70
3	Bec Peters	15	44
4	Regan Hughes	15	60
5	Lucy Mills	15	74
6	Cath Jennings	15	110
7	Danni Ralph	14	45
8	Merryn Boatman	14	53
9	Kirby Connarty	14	55
10	Jo Summers	14	61
11	Kirsten Carr	14	62
12	Alison Oliver	14	65
13	Jacinta Harman	14	66
14	Ashley Leggett	14	68
15	Kim Hartwich	14	80
16	Jill Tivey	14	85
17	Peter Armstrong	14	86
18	Jacki Dridan	14	100
19	Leeanne Atkinson	14	101



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



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

SIENNA WOODFINE CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Hawthorn**

Favourite Food | **Pizza**

Favourite Music | **Country**

Interests | **Netball**

One thing I'm good at | **Working well in a team**

One thing I want to do in this lifetime | **Be rich**



BRAD WARD GROUNDS & GARDEN - TRADE

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**

Favourite Food | **Chicken parma**

Favourite Music | **80s and 90s**

Interests | **Golf and watching football**

One thing I'm good at | **Watching football!**

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



JACKIE DEAN PAYROLL ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**

Food | **Anything seafood**

Favourite Music | **Country and rock**

Interests | **Camping, motorsports, puzzles and the Deni Ute Muster**

One thing I'm good at | **Hosting events - including our bush golf tournament**

One thing I want to do in this lifetime | **Complete a big lap of Australia with my husband**



[Grampians Health Library](#) can assist you source the best available evidence on just about any topic in healthcare. Our expert librarians can [run literature searches for you](#), help you frame a question, discover grey literature and much more. Email library@gh.org.au anytime, to request evidence and information, to support your work and professional development. Click on the bold titles of the suggested articles below, to explore the theme and enhance your awareness and professional knowledge.

This week, Grampians Health Library acknowledges:

Harmony Week & Harmony Day – Monday 16th to Saturday

21st March: [Learn more here](#)

[Exploring healthcare access challenges among South Asian migrants in Australia: A mixed-method study.](#) Nisar, M., et al. (2025). Health Promotion Journal of Australia, 36(2): e70008

World Social Work Day – Tuesday 17th March: [Learn more here](#)

[Responding to the needs of transgender and gender diverse students in Australian nongovernment schools.](#) McDonald, J., et al. (2025). Australian Social Work, 78(4): 485-499

World Oral Health Day – Friday 20th March: [Learn more here](#)

[The role of teledentistry in improving pediatric oral health care:](#)

[A systematic review of interventions in rural and low-access settings.](#) Beltrán, V., et al. (2026). International Journal of Paediatric Dentistry, 36: 323-336

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National Close the Gap Day – Thursday 19th March: [Learn more here](#)

[Aboriginal community researchers: A short report on the research training program and research experience with the Virtual Rural Generalist Service evaluation.](#) Thompson, A., et al. (2025). The Lowitja Journal, 4

We wish all EGHS Staff a safe and happy Easter. Please note that the library will be closed from Friday 3rd April to Monday 6th April. Health Libraries: Better Evidence: Better Health

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.



16.01.19 - V1.0 - Oct 25

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



PARKLAND PURSUITS

MICHELLE MASLEN, PAMELA WHEELER, JOSIE HICKEY – LEISURE AND LIFESTYLE

What a busy month we have had. We had an outing to Lake Bolac to the Lake and had afternoon tea watching the ducks and seagulls playing around on the shimmering lake.

Pam had the Willaura Primary over, and they made an Easter Bunny from a sock. You know the one sock that never has a mate. The rabbits looked great. Michelle took residents to the Moyston Dog trials. What a lovely lunch they had and the trials were interesting. We travelled back through Ararat and some of the vintage cars were parked in the street to see.

The Willaura Kinder came to visit with 5 four-year-olds. They were read a story, played 'Simon Says', had yarn time about the Halls Gap Zoo they had attended and they coloured a rabbit for Easter.

They visited all the residents in the Hostel and Nursing Home. We celebrated St Patrick's Day with Irish stew and golden syrup dumplings, potato bowls and green jelly slice. We also played St Patrick's picture Bingo.

Lake Bolac College also visited on Friday. They have cooked up some treats for us. They want to profile our residents and compile a book.

In April we have Easter and Good Friday is always fish and chips. Sunday is Easter eggs and hot cross buns. We will visit the Maroona Hotel again for lunch, play bowls at the Lake Bolac Bowling Club, have country music with Michael and Keith, cook up Anzac biscuits for Anzac Day and residents will play chair hockey and spend their play money on the shopping trolley.



Pictured are Frank, Derick, Joan, Barrie and Alan at the Moyston Dog trials



Pictured are Lanie, Derick and Frank at the Dunkeld Gardens



Pictured Barry McDonald having an ice cream at Halls Gap



Pictured Garry celebrating his Birthday at the RSL having spaghetti



Pictured Frank Hucker having an ice cream at Halls Gap



Pictured is Lorraine Borg sewing fish



Pictured are Frank Hucker and Derick Watson at the Vegemite shop in Beaufort



Pictured is Kath Culling sewing fish

EASTER EGG HUNT FUN IN ALEXANDRA GARDENS

JODIE HOLWELL - COMMUNITY LIAISON

The East Grampians Health Service Ark Toy and Activity Library's annual Easter Egg Hunt is on again in Alexandra Gardens, Ararat.

The Easter Egg Hunt, which is for babies through to preschool age, will be held on Thursday April 2, with registrations from 9.30am and the Easter Egg Hunt commencing at 10am sharp. Entry is \$5 per child.

Toy Library president Eileen Brady said the Easter Egg Hunt regularly attracts more than 60 children.

"The Easter Egg Hunt is a wonderful community event that brings our young families together," Mrs Brady said.

"It is also a fundraiser for the Toy Library, to enable our volunteers to continue to upgrade our huge selection of toys, games, and puzzles."

The Toy Library is open to all families across the region every Wednesday from 10am to 11.30am, with free entry. It is located in the EGHS Community Health Centre in Girdlestone Street Ararat.

Toys can be borrowed from the Toy Library and it is also open to play time for mums, dads, grandparents, carers and their children at this time, with a range of indoor and outdoor toys and play equipment.

To register for the Easter Egg Hunt, please contact Jodie Holwell on 5352 9387 or email jodie.holwell@eghs.net.au and leave your name, phone number and number of children attending.

Pictured are Toy Library president Eileen Brady, treasurer Mary Stapleton and secretary Di Pickering (front), with some of the eggs that Easter Bunny will be hiding in Alexandra Gardens.

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)
 The Ark Toy & Activity Library



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

+ 24 MARCH-12 MAY INSTRUCTOR: JONAH (EP)

24 MAR	HIIT (HIGH INTENSITY INTERVAL TRAINING)
31 MAR	BOXING
7 APRIL	CARDIO AND CORE
21 APRIL	FULL BODY CIRCUIT
28 APRIL	BOXING
5 MAY	LOW IMPACT STRENGTH
12 MAY	STRETCH & DE-STRESS

JOIN EGHS STAFF FITNESS FACEBOOK GROUP FOR ANY UPDATE/CHANGES



THANKFUL THURSDAY

“I would like to thank the cafe staff for the amazing effort they contributed to the Christmas BBQ and breakfast. You always do an amazing job.”

DONNA HALLORAN-FOSTER
CHILDCARE PROJECT IMPLEMENTATION OFFICER
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