

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



“Local Pathway to Nursing Careers Through Strong University Partnership”
Full story on page 3

CE Report

Each May, I undertake a review of the financial year, which concludes on 30 June. This process provides an opportunity to reflect on what has gone well, identify areas for improvement, and plan for the year ahead—this time looking towards the 2026/2027 financial year.

As I reflect, I am continually reminded of how fortunate we are to be supported by such a generous and caring community. I sincerely thank the community for its ongoing support of East Grampians Health Service. While our primary catchment is the Ararat Rural City local government area, we continue to expand our services to residents across the Northern Grampians and Pyrenees regions.

Our staff, who are very much part of this broader community, demonstrate remarkable generosity every day. They consistently go above and beyond in their roles—what business consultants often refer to as ‘discretionary effort.’ This commitment translates directly into the high standard of care delivered to our patients and residents.

We are proud that the health service received 178 written compliments against 28 written complaints for the first quarter. Importantly, we take all feedback seriously using it to continually improve our services and processes.

The spirit of the Ararat and district community is evident not only within our workforce, but also through the many volunteers and supporters who contribute their time and energy. Many of our staff are actively involved in community events that support East Grampians Health Service.



NICK BUSH
CHIEF EXECUTIVE

This support has been clearly demonstrated across a range of recent events, including the Moyston Market over the Easter weekend, the Murray to Moyne cycling event, and the Victoria Police Blue Ribbon Foundation Ararat Branch gala ball, which saw more than 250 people gather in support of both the Foundation and our health service.

CE Report cont. page 2

CE Report cont.

While it was disappointing that the Willaura Market had to be cancelled due to poor weather, Willaura will remain memorable for the Ride to Remember, when more than 500 motorcycles lined the main street—a truly moving sight.

The community’s generosity—through both time and financial contributions to these and many other events—is deeply valued by our board, staff, visiting medical officers, and volunteers. It is heartening to see such strong and ongoing support.

I often reflect that the level of community engagement we experience is built on trust. Should that trust ever diminish, so too would the willingness of people to volunteer and contribute. It is therefore the responsibility of our board, staff, visiting medical officers, and volunteers to ensure we continue to deliver high-quality care that meets the expectations and needs of our community.

By maintaining this standard, we strengthen that trust and ensure the community continues to feel proud of its local health service—and motivated to support it into the future.

NATIONAL LUNG CANCER SCREENING PROGRAM

SABRINA LEWICKI – CHIEF MEDICAL IMAGING OFFICER

East Grampians Health Service is now offering bulk-billed low-dose CT scans as part of Australia’s National Lung Cancer Screening Program (NLCS). The program is available for eligible people aged 50-70 years old with significant smoking history with no current symptoms of lung cancer.

Patients require a referral from their GP or specialist to access this screening program. If you think you may be eligible, speak with your GP.

Results from these scans are reviewed by a radiologist and recorded through the National Cancer Screening Register, with follow up pathways available for individuals requiring further assessment.

The program aims to detect lung cancer earlier, by improving early detection when treatment is most effective and survival outcomes can be significantly improved.

With lung cancer remaining Australia’s leading cause of cancer death, continued investment in specialist staff and coordinated

care pathways are important to ensure the screening program delivers better outcomes for all Australians.

These appointments take approximately 15 minutes, involve no preparation on the day and are available Monday – Friday at the EGHS Medical Imaging Department and can be made over the phone to EGHS Medical Imaging on (03) 5352 9300 or via email to: medicalimaging@eghs.net.au. On the day of your appointment, a consent form will be required to be filled out confirming eligibility in the program.

For more information on eligibility, referral pathways and how the National Lung Cancer Screening Program (NLCS) works, visit the Victorian Government’s Better Health Channel and the Australian Government’s program overview:

<https://www.betterhealth.vic.gov.au/national-lung-cancer-screening-program>

<https://www.health.gov.au/our-work/nlcs/how-it-works>



Pictured are Sabrina Lewicki and the medical imaging department team.

LOCAL PATHWAY TO NURSING CAREERS THROUGH STRONG UNIVERSITY PARTNERSHIP

LUCY MILLS – MANAGER TRAINING AND DEVELOPMENT

East Grampians Health Service (EGHS) has proudly partnered with Federation University since 2019 to deliver the Diploma of Nursing locally in Ararat, creating a strong and sustainable pathway into healthcare careers for regional students.

Over the past six years, the partnership has seen three groups of students successfully complete the program, with a fourth group of 18 students due to graduate in October this year. The growing success of the initiative highlights the value of providing high-quality education close to home.

EGHS Manager Training and Development, Lucy Mills said “The current cohort, which commenced studies in February 2025, includes a strong representation of local students nearing the completion of their qualifications, before entering the

workforce as Enrolled Nurses. Over the past fifteen months, students have combined classroom learning with hands-on experience, building the knowledge and practical skills required for clinical practice.”

A key strength of the program is the clinical placement opportunities available within East Grampians Health Service. Students can undertake placements across a variety of departments in both Ararat and Willaura, including Aged Care, Community Nursing and Acute Care. These placements provide invaluable real-world experience and allow students to form strong, professional connections with managers, clinical staff and education teams—an important advantage when seeking employment after graduation.

Learning has been further enhanced by the completion of a new, state-of-the-art practical laboratory last year. The simulated clinical environment offers a realistic and supportive setting for students and staff to learn, practise and upskill safely. The facility is shared by Federation University students, Deakin Medical School students and EGHS staff, fostering collaboration across disciplines and ensuring students are well prepared for clinical placement.

Ms Mills said “The ongoing partnership between Federation University and East Grampians Health Service enables students to study locally while maintaining a healthy work-life balance. It reduces travel and accommodation costs and allows students to remain connected to family and community while pursuing a rewarding career in healthcare.”

This initiative strongly aligns with EGHS’s workforce strategy of “Grow Your Own”, supporting local skills development and building a sustainable future workforce. It also reflects the organisation’s core values, particularly Learning Culture and Working Together.

The next intake for the Diploma of Nursing is planned for early 2027, with enrolments opening in October 2026, continuing EGHS’s commitment to supporting education, employment and health outcomes in the region.

For further information, please contact: Lucy Mills, Training and Development Manager, 5352 9404



Pictured are current Enrolled Nurse students, Ellouise McAuliffe, Lani Coburn & Isabel Delarosa



STaRR EMERGING RESEARCHER TRAINING

Ever considered doing some research related to your role?

Want to build your research skills to undertake a project that will impact practice?

Western Alliance's **STaRR Mentored Emerging Researcher Training** is open to staff working at Barwon Health, Colac Area Health, East Grampians Health Service, Grampians Health, Maryborough District Health Service, South West Healthcare, Western District Health Service & Western Victoria PHN.

Western Alliance covers the training cost.

Training comprises 3 workshops over 11 weeks and covers:

- Introduction to research
- Research methods
- Data collection & analysis
- Ethics & governance
- Research dissemination & impact
- Research translation framework

The aim of the training is to guide you through the **development of a research protocol**. Those with limited or no prior research experience are encouraged to apply! Expressions of Interest close 16th July 2026.

For further information,
or to discuss your research idea,
contact starrsupport@deakin.edu.au



westernalliance.org.au/starr/starr-training

CONGRATULATIONS PIETER

Congratulations Pieter!

East Grampians Health Service Visiting Medical Officer Pieter Pretorius has been nominated for two awards in the 2026 Victorian Rural Health Awards.

Dr Pretorius was nominated in the Outstanding contribution by a Rural GP or Rural Generalist award category for his work at the Ararat Medical Centre, EGHS and with the Deakin Medical School, and also in the category for Outstanding Contribution by a Mentor or Supervisor award, for his work as a medical student educator and rural training supervisor.

Congratulations to Dr Pretorius on his well-deserved nominations.

The awards will be announced in June.



Pictured is Dr Pieter Pretorius

EAST GRAMPAINS HEALTH SERVICE CONTRIBUTES TO INTERNATIONAL PENICILLIN ALLERGY RESEARCH

JACLYN BISHOP – DIRECTOR, DEVELOPMENT & IMPROVEMENT

East Grampians Health Service (EGHS) has played a role in major international research addressing penicillin allergies, with findings published in the prestigious journal *Clinical Infectious Diseases*.

Around one in ten people report having a penicillin allergy. However, research shows that many of these allergy labels are incorrect. When penicillin allergies are wrongly listed, people may receive less appropriate antibiotics, leading to poorer health outcomes.

The international study involved 40 hospitals across eight countries, including Australia, Canada, Hong Kong, Malaysia, New Zealand, South Africa, the United Kingdom and the United States. Participants were assessed using a program known as iNAAN (International Network of Antibiotic Allergy Nations). Across all sites, 1,573 people underwent an oral penicillin challenge where they received a test dose of a penicillin antibiotic. The results showed that 1,502 people were safely found not to be allergic, allowing inaccurate allergy labels to be removed.

'EGHS was one of only five smaller hospitals involved, ensuring rural healthcare experiences were represented alongside larger city facilities' described coauthor Dr Jaclyn Bishop (Director, Development and Improvement at East Grampians Health Service). She added 'At EGHS, the program uses a multidisciplinary model whereby nurses and pharmacists conduct initial patient assessments to identify those who may be suitable for testing. The study found no difference in outcomes

when allergy assessments were carried out by trained non-allergy specialists – an important finding for rural and smaller hospitals with limited access to allergists'.

This research represents the largest real-world inpatient experience of direct oral penicillin challenge testing to date and follows the publication of EGHS's local program in the *Australian Journal of Rural Health* last month.

The summary of Direct Oral Challenge for Penicillin Allergy: The International Network of Antibiotic Allergy Nations (iNAAN) Study can be accessed by searching DOI: [10.1093/cid/ciag082](https://doi.org/10.1093/cid/ciag082).



iNAAN
International Network
of Antibiotic Allergy
Nations

NATIONAL PALLIATIVE CARE WEEK ENCOURAGES AUSTRALIANS TO TALK ABOUT WHAT MATTERS MOST

JESS SERES – CARE COORDINATOR, COMMUNITY NURSING

National Palliative Care Week in 2026 highlights the importance of supporting people of all ages living with a life-limiting illness. This year's campaign, Getting to the heart of it: Big Questions. Real Answers, is designed to make palliative care easier to understand by encouraging honest questions and responses. National palliative Care Week is an opportunity to help more Australians better understand what palliative care is, when it can help and why earlier conversations matter.

EGHS Palliative Care Coordinator, Jess Seres said "This year the campaign focuses on helping individuals live well in their own way, remain connected to what matters most to them, and recognising the heart of palliative care through safe, compassionate, and respectful support for both individuals and their families."

Every day in Australia, around 450 people of all ages die from a life-limiting illness. Each of them could benefit from palliative care – care that is a fundamental human right, care that can improve quality of life in their final days, and care that far too many people still do not have access to.

Palliative care is about quality of life. It addresses physical symptoms, as well as emotional, social and spiritual needs, and provides practical and emotional support for families and carers. It's not about hastening or delaying death, but on helping people live well for as long as they can.

For many people, the term "palliative care" remains taboo, often leading to misconceptions that it means death is imminent or that it hastens the end of life. Because of this stigma, palliative care specialist teams, including Central Grampians Palliative Care, frequently experience delays in referrals, limiting the ability of individuals and their families to access support and care early.

Ms Seres said, "While conversations about death and dying can naturally be difficult and emotional, a lack of awareness and understanding continues to contribute to widespread misconceptions about what palliative care is and the support it can provide."

Central Grampians Palliative Care, located within East Grampians Health Service- Ararat, is made up of dedicated and passionate Registered Nurses with a desire to support and educate members of the community to make informed decisions around their care needs and wishes.

The team bring a combined wealth of knowledge to support individuals and their families via community-based care within the Ararat Rural City, Northern Grampians Shire and the Pyrenees Shire.

National Palliative Care Week campaigns aim to raise awareness about palliative care and its benefits, and advocate to ensure quality palliative care is available for all, when and where they need it.



Pictured L-R. Sharon Spalding, Jess Seres, Tamara James, Marcelle Uhe and Leesa McInnes

GREASE TICKETS NOW ON SALE

JODIE HOLWELL - COMMUNITY LIAISON

Don't be a beauty school dropout, be liked greased lightning and book your tickets to Ararat Regional Theatre Society's June production of Grease now!

The large cast of experienced performers and newcomers have been rehearsing since February and are soon to move rehearsals to the Ararat Town Hall, in preparation for opening night on Friday June 19.

Russell Purdie, who is part of the maintenance team at East Grampians Health Service, is directing this year's production, with EGHS radiology receptionist, Nakara Dickson, assistant director. Staff members Maree Fraser and Jodie Holwell are involved once again as cast members, with Maree as the Teen Angel.

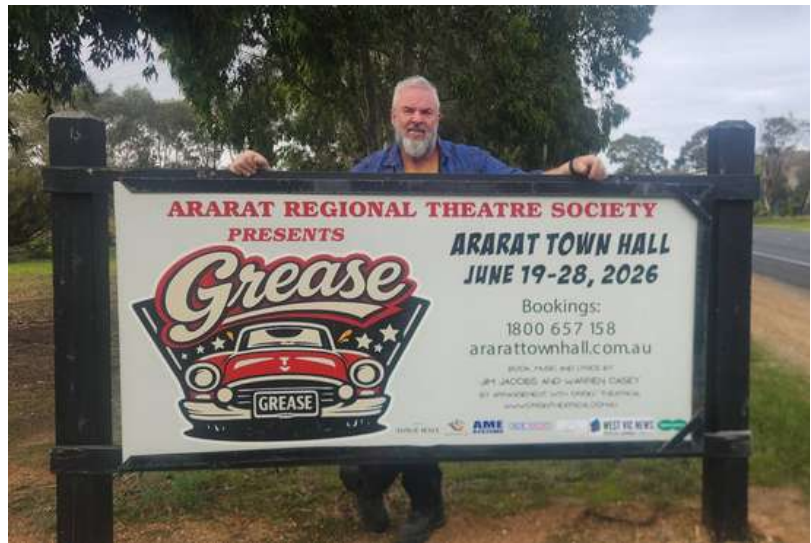
"I am really excited for Ararat audiences to see this brilliant cast bring the popular story and songs of Grease to life," Russell Purdie said.

"You are guaranteed a night of high energy dancing, songs you know and will definitely sing along to and just a fun night overall."

If you want a great night out enjoying quality local theatre, get your tickets for Grease now!

Grease will be staged at the Ararat Town Hall from June 19 to 28, with two matinees.

Tickets are available via ararattownhall.com.au, phone 1800 657 158 or visit the Ararat and Grampians Visitor Information Centre adjacent to the Ararat Gallery.




Pictured EGHS staff involved in Ararat Regional Theatre Society's production of Grease, back, Russell Purdie, front L-R Jodie Holwell, Maree Fraser and Nakara Dickson.



INTERNATIONAL DAY OF THE MIDWIFE

On May 5, EGHS celebrated International Day of the Midwife, honouring the incredible midwives who guide, support and care for families through some of life's most important moments.

At EGHS, our team marked the day with some well-deserved sweet treats, a small way to say thank you for the compassion, skill and strength they bring to our community every day.



Pictured: Back L-R, Allannah Lannen, Clare Stacpoole, Olivia Mulcahy, Shae Hannett, Jess Taylor, Bree Lowe; front L-R, Sarah Power, Carol Leo, Bonnie McIlvride.

NEW ARRIVALS AT EGHS JODIE HOLWELL - COMMUNITY LIAISON

Zoey Joy Carey is the second child for Michaela and Scott Carey, pictured with big brother Leo.

Baby Zoey was born at East Grampians Health Service on May 7, weighing 3500 grams.

"We would love to thank EGHS and the wonderful midwives for going above and beyond supporting us with the arrival of Zoey. We are forever grateful!" Scott and Michaela Carey.



Alice Grace McGregor is the second child for Chloe Davies & Riley McGregor.

Baby Alice was born at East Grampians Health Service on May 13.





EGHS Childcare

Today, Kate one of our children that attend our childcare and I embarked on a trip to refresh the potted flowers and herbs we've been nurturing for the past few months.

Our destination was the local MITRE 10 in Ararat, where we hoped to find the perfect replacements for our gardening project at the EGHS childcare house.

As we walked the aisles, we had the pleasure of meeting Gail, a kind and knowledgeable staff member. After sharing our vision with her, Gail took it upon herself to guide us on selecting what we needed.

She introduced us to the "needs loving" section of the garden area, where we found ten punnets of beautifully colored mixed flowers. Her generosity and expertise were invaluable, as she not only offered us excellent gardening advice but also donated the flowers to our cause.

Thank you, Gail, for your kindness and for being such an incredible asset to MITRE 10.

Many Thanks,
Julia and Kate.



FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIAISON LEAD

I will be on leave from 1st June until 19th June. During this time you can continue to call the First Nations Hospital Liaison number 0474 079 031 and it will be answered by a member of the Grampians Health team.

Our Welcome Boorai continuity of care maternity program is up and running and in the last 6 weeks we have welcomed three new First Nations babies to our community.

UPCOMING EVENTS

Organisation for NAIDOC week celebrations are in full swing, and we cannot wait to get the celebrations started.

Save the date for a day full of fun and celebrations.
Ararat Monday 6th July and Willaura Wednesday 8th July.

There will also be a trip out to Budja Budja on Thursday 9th July for our First Nations staff. Please let me know if you would like to come so that transport can be organised.

We will also be celebrating National Aboriginal and Torres Strait Islander Children's Day on August 4th with a tour of the hospital for local Aboriginal and Torres Strait Islander children.

DID YOU KNOW?

An Aboriginal totem is a spiritual symbol connected to nature, often represented through an animal, plant, or natural element. For Aboriginal and Torres Strait Islander peoples, totems are inherited and reflect an individual's responsibilities to family, community, Country, and the natural world.

Similar to Aboriginal skin names, totems are an important part of kinship systems, linking people to their cultural identity, ancestry, and lineage. Totems are deeply connected to Dreaming stories and are believed to originate from ancestral beings featured within these stories. As a result, they hold significant cultural and spiritual meaning and play an important role in maintaining the traditions, histories, and connections of First Nations peoples.

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

NATIONAL RECONCILIATION WEEK 2026

27 MAY – 3 JUNE

ALL IN

FOR RECONCILIATION



25 YEARS OF
RECONCILIATION
AUSTRALIA

#NRW2026

RECONCILIATION.ORG.AU

PRIDE MONTH

ELLENA RAVEN – HEALTH PROMOTION OFFICER

As we celebrate Pride Month this June, East Grampians Health Service is pleased to offer Pride-themed lanyards and badge reels for staff who would like to show their support for LGBTQIA+ inclusion and diversity.

These items are now available for collection from both the Community Health Centre (CHC) Reception and IPU Reception. Displaying a Pride lanyard or badge reel is a simple yet visible way to help create a welcoming, inclusive, and safe environment for our consumers, visitors, and colleagues.

We encourage staff to collect one if they would like to show their support throughout Pride Month and beyond.



Pictured Lisa Cameron, Ellena Raven, Jordyn Leggett and Chalita Leethong

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



EGHS CELEBRATES VOLUNTEERS

JODIE HOLWELL - COMMUNITY LIAISON

National Volunteer Week was celebrated in May, with East Grampians Health Service inviting its volunteer community and newcomers to attend a special afternoon tea.

More than 60 attended the event, organised by EGHS volunteer coordinator Hannah Jennings and attended by EGHS Board directors, executive and staff.

Guest speaker was Marian College student Bronson Potter, who inspired those gathered with his speech about volunteering from a youth perspective and what organisations across Ararat can do to attract young people as volunteers and more importantly, retain them and their valuable skills.

Bronson began volunteering as a young boy alongside his mother at Ararat Park Run, where he learned early the importance of role models and helping out, even when there was no incentive.

"Without a role model to lead the way, I may not have even considered volunteering," he said.

"That's why I believe that the encouragement of young people getting involved within the community, begins with a role model, whom they both look up to and trust.

"Most of my role models have been teachers, older students and of course my family. These people have inspired me to be my best self and look out for others. Furthermore, to have great role models it is important to celebrate what they do and how they do it."

Bronson is also a volunteer within the soccer community and last year was given the opportunity to coach the under 14 team, where he has become a role model to younger players.

He said he could easily have said 'no', but he didn't, pointing out that one of the reasons was that he wasn't told he was being forced to coach or asked in a way that made him feel unhelpful.

"All too often, while growing up, younger people are given less responsibilities because as an adult, it's easier to assume a young person is less competent than they are. It takes effort, trust and time in order to give more responsibility to younger people. Therefore, even when given jobs or roles, younger people tend to be given the easy tasks," he said.

"There's a word for that: infantilise. Infantilise means to treat an adult or teenager as if they are a child—helpless, immature, or lacking agency. And while giving younger people less important work may save you some time explaining something, it ultimately leads to less growth from those who are treated that way.

"That's why I believe that clear communication (with young volunteers) and enough responsibility to feel as if we matter, are two very important aspects in any successful initiative.

Bronson said if a volunteer initiative provides a good experience or skills, clear communication, and certificates that can be used on resumes, students would be more inclined to volunteer.

"Giving back to the community or helping others, with the bonus of a resume mention, are worthwhile reasons to dedicate time to volunteer. And my hope is that more young people can realise that," Bronson said.

"It's my hope that my generation, 'Gen Z', most often referred to as the 'kids who are addicted to their phones and who need to go outside', will put their phones away and help out in their communities. Preferably outside. But it starts with role models, and it is fueled by well organised initiatives."

If this is 'your year to volunteer', contact the EGHS volunteer coordinator on volunteercoordinator@eghs.net.au to register your interest. We have a wide variety of areas in which you can use your volunteering skills, and we would love to have you on board.



Pictured at the National Volunteer Week celebrations, EGHS Board chair Cam Evans, guest speaker Bronson Potter, Board director Megan Shea, EGHS chief executive Nick Bush, Board vice chair Lisa Davidson, EGHS volunteer coordinator Hannah Jennings



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

SANDRA LONDON ADMINISTRATION ASSISTANT

ALL ABOUT ME...

Favourite Music | **Blues**

Favourite Food | **Italian**

Interests | **Dancing, reading, movies**



ANTONIYA LOWE REGISTERED NURSE - GRADUATE

ALL ABOUT ME...

Favourite Food | **Pizza**

Favourite Music | **Rap, Rock, R&B, K-Pop, Hip hop, pop, EDM, techno**

Interests | **nature, music, archaeology, science, literature, cricket, food, arts and crafts**

One thing I'm good at | **Getting along with people, slaying ;)**

One thing I want to do in this lifetime | **Travel the world, find contentment in life and figure out my full potential**



ANGELYN NUALLA HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Carlton**

Favourite Food | **Sinigang pork (Filipino food)**

Favourite Music | **Beautiful things**

Interests | **Reading books, cooking & singing**

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

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



ELLENA RAVEN HEALTH PROMOTION OFFICER

ALL ABOUT ME...

Favourite AFL Team | **Hawthorn**

Favourite Food | **Chocolate & thai food**

Favourite Music | **ABBA**

Interests | **Netball, pilates, camping & socialising**

One thing I'm good at | **Striking up a conversation**

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



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

KALEB REYNOLDS RUSOM

ALL ABOUT ME...

Favourite Food | **Sushi**
 Favourite Music | **2000s, R&B**
 Interests | **Midwifery, travelling, LEGO, archery**
 One thing I'm good at | **Being the reliable friend in the group**
 One thing I want to do in this lifetime | **Skydiving**



SONIYA SILWAL EEN - GRADUATE ENROLLED NURSE

ALL ABOUT ME...

Favourite AFL Team | **All**
 Favourite Food | **Chow mein, thukpa**
 Favourite Music | **All kinds of music, depends on mood**
 Interests | **Shopping and exploring different places**
 One thing I'm good at is | **Listening, patience, learn new skills and adapt accordingly**
 One thing I want to do in this lifetime | **Be kind**



ANDREW WARD MAINTENANCE/GARDENING

ALL ABOUT ME...

Favourite AFL Team | **Collingwood**
 Favourite Food | **Steak**
 Favourite Music | **Coldplay**
 Interests | **Camping, sport, hunting**
 One thing I'm good at | **Being a dad**
 One thing I want to do in this lifetime | **Win tattsлото**



AMELIA WILDE PALLIATIVE CARE NURSE

ALL ABOUT ME...

Favourite AFL Team | **Western Bulldogs**
 Favourite Food | **Cheese & Dip platter**
 Favourite Music | **Bit of everything, Harry Styles, Amble**
 Interests | **Reading, my dog Ivy**
 One thing I'm good at | **Finding an op shop bargain**
 One thing I want to do in this lifetime | **Travel to Europe with my children**



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

+ 19 MAY-30 JUNE INSTRUCTOR: JONAH (EP)

19 MAY STRENGTH CIRCUIT

26 MAY HIIT (HIGH INTENSITY TRAINING)

2 JUNE FLOOR AND CORE (MAT WORK)

9 JUNE BOXING

16 JUNE LOW IMPACT STRENGTH

23 JUNE HIIT (HIGH INTENSITY TRAINING)

30 JUNE CHECK POINT PERFORMANCE

JOIN EGHS STAFF FITNESS FACEBOOK GROUP FOR ANY UPDATE/CHANGES



After a hard day of gardening at Garden View Court, our EGHS gardener Greg Mair is pictured taking a well earned break!



PIZZA MATTERS!

As a thank you to staff for participating in the People Matter Survey this year, where 52% of staff took part – a great result – EGHS shouted staff in both Ararat and Willaura pizzas from Pizza Party Hire Woodfire Pizzas.

Staff enjoyed a variety of pizzas cooked fresh on site, and EGHS chief executive Nick Bush and Director of Support Services Scott Wilson took a boot full of pizzas to Willaura Health Care for staff to enjoy.

The People Matter Survey is sent to staff each year and is a safe and anonymous way for employees to have their say and help shape their organisation.

EGHS uses the survey data to find out what it is doing well and where it needs to focus on improvement.



MOTHER'S DAY AT 70 LOWE STREET

Mother's Day brought joy, flowers and heartfelt memories to our residents at 70 Lowe Street. Thank you to Louise Zamm for the gorgeous flower sprays that made the day extra special. Everyone joined in for afternoon tea, sharing stories and remembering the mothers and mother-figures who shaped their lives.



Pictured is Valerie



Pictured is Shirley



Pictured is Rhonda



Pictured is Nina



Pictured is Marg



Pictured is Heather



Pictured is Gloria



Pictured is Dawn

HINCHEY HIGHLIGHTS

NICHOLAS BETSON – ADMINISTRATION ASSISTANT

May at the Patricia Hinchey Centre was a lively and enjoyable month, with a mix of regular activities and special moments. Alongside cards, exercise, and social games, participants got out and about for things like café visits, shopping trips, and entertainment at the RSL. A real highlight was a group trip to see The Sheep Detectives, which everyone had a great time watching. The Mother's Day High Tea was another standout, decorations and cake abound!

With Health Education Month running throughout May, there was also a focus on wellbeing. Participants joined in chair Tai Chi sessions, which were a great way to keep moving gently and unwind. We also welcomed some special visitors, including allied health professionals who shared their knowledge, and a musical guest in Lionel who brought a fiddle to fill the air with melodies of old, once again, PHC is the place to be!



Pictured is Dot, Gwen, Val and Katie on the Town Hall excursion



Pictured is Pam, Dot, Kaye and Audrey about to settle into a screening of the sheep detective.



Pictured is Glenn Starr at the town hall



Pictured is Katie enjoying the Toy Library



Pictured Gary and Sue helping unload some mulch for the garden.



Pictured is a visit from allied health, giving a talk for health education month

PARKLAND PURSUITS

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

Autumn has provided us with some beautiful days and great opportunities to get out and about before Winter truly sets in. This month our residents enjoyed bus outings to Dunkeld, Victoria Valley, Pomonal, Beaufort, Halls Gap, Moyston, Penhurst and Stawell. Most trips include visits to various pubs for lunch, cafes for afternoon tea or an ice-cream.

The Parkdale Pub Lunches have proven popular, and residents have enjoyed having the opportunity to invite a loved one to dine with them. Easter included a visit from the EGHS Easter Bunny who had plenty of eggs to share around. The Willaura Primary School paid us a visit, bringing with them lots of hot cross buns to share and another visit from Easter Bunny. He certainly has been very busy. The Carnival came to our garden with lots of games and Carnival food for the residents to enjoy. The day was filled with laughter, games and challenges; we had a few very competitive residents.

Mother's Day was celebrated with a beautiful High Tea enjoyed by all. Our residents made a lovely Rag Doll that was auctioned off with a few other treats for Mother's Day. We also had a visit from Clare Stacpoole our Indigenous Liaison Officer who had a great deal of knowledge to pass on and treated us with a tasting of Lemon Myrtle and Wattle Seed biscuits. Clare will help us create an indigenous garden in our outdoor area later in the year. The plants will include pepper berry, bush tomato, warragal greens and finger lime. This month we have had new musicians to entertain us as well. Visits from Willaura Kindergarten, Willaura Primary School and Lake Bolac Secondary School are also a big hit with our residents. Its lovely to see the connections created with Students and residents. We had a visit from Rimfire, a beautiful black pony, Elizabeth and Ron.

Our general activities have rolled through the month including, craft, cooking, adult coloring, exercises, active games, trivia and puzzles. The men are currently making a train.

We now have a new large Bain-marie that is in the Hostel kitchen, all meals are served from this and residents are invited to choose what they would like for each meal. It heats, cools and cooks. We have also acquired new furniture for our lounge area. Winter will be here quick enough and we have started to collect some hearty soup recipes along with the old favorites to whip up and enjoy. We have an exciting program for June including an armchair trip to Germany. Residents will get to taste real German sausage, beer, bread and strudel.



Pictured Easter Bunny pays a visit to Ros



Pictured is Clare Stacpoole speaking to residents



Pictured is Barrie shooting ducks at the Carnival



Pictured Easter Bunny Pays a visit to Derick



Pictured Willaura Primary School flying Paper Planes



Pictured is pub Lunch with residents, family and volunteers
Top left: Michelle cooking up the Carnival Treats
Left: Frank and Jill enjoying Ice-cream in Halls Gap



Pictured is Willaura Primary School making Easter Rabbits



Pictured is Nina throwing discs at the Carnival



Pictured is Rimfire and Alison



Pictured at the pub lunch is Maureen and daughter Sally



Pictured is Nina enjoying Mother's Day



Pictured is Kath with a rag doll made for Mother's Day



Pictured is Elizabeth, Frank, Rimfire and Ron



Pictured is Michael and Keith entertaining the residents



Pictured is Lorraine with the bunny made for Easter



Pictured is Barrie enjoying his colouring



To acknowledge Plastic Free July the Environmental Sustainability Committee invites you to join the

NUDE FOOD CHALLENGE



Challenge yourself for the week of 13th – 17th July 2026 to bring your food to work without the wrappers.

What you need to do

Photograph your 'nude' food.

Upload it to S:\Public\Nude Food Challenge with your name, department and dates of photos.

Prizes on offer

3 X coconut bowls for the best 'nude' food photos.

For more information contact:

Hannah Jennings

Environmental Sustainability Committee Member

Ext: 29481 E: hannah.jennings@eghs.net.au

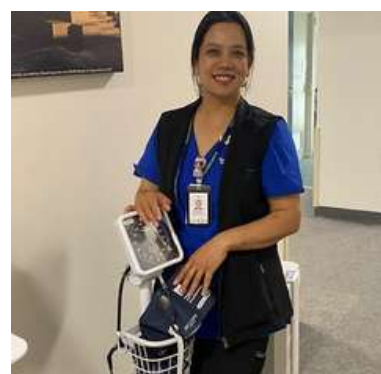


INTERNATIONAL NURSES DAY

This International Nurses Day, we celebrate and thank all our incredible nurses and midwives for the skill, compassion and dedication you bring to our health service every day.

Across every specialty and every setting, from the bedside to the community, in leadership, education and specialised practice, your commitment to caring for people at their most vulnerable makes a profound difference.

Today, we recognise not just the work you do, but who you are. Thank you for your expertise, your compassion and your commitment to making a meaningful difference to people's lives in our community.



INTERNATIONAL NURSES DAY



BIG TURN OUT TO RESIDENTS' SUPPORT GROUP MOVIE NIGHT

The Residents' Support Group's movie night, featuring the movie *The Devil Wears Prada 2*, was its most successful yet. More than 200 people attended and the night raised a profit of \$3,367, which will go towards improving the lives of residents at Garden View Court and 70 Lowe Street.

Volunteer students from Marian College assisted the auxiliary for the second year, which is a great program that is hoped will continue.





East Grampians Health Service

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