

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



**“Hearspace outreach
service for Ararat”
Full story on page 3**

CE Report

It is an exciting time at East Grampians Health Service. We have advertised the EGHS Building for the Future Foundation Scholarships. In total, \$125,000 is on offer to support and build their careers at the health service in Ararat.

For a rural health service to have the support of a Foundation with such a strong commitment to building the workforce sets us apart from most of our peers. It is very clear that the decline in many rural health services is due to a shrinking workforce, which reduces capacity.

At EGHS, we have increased the complexity and breadth of services we offer locally to keep as much care as possible close to home. We do have areas where we need to increase our services: orthopaedic, ear, nose and throat, and urology. We have very dedicated surgeons who have been long-term supporters, but they cannot provide the needed services due to high demand, so we are not meeting our community's needs. These specialty areas have significant shortages in Ballarat, from which we recruit our specialists.

With the support of the Foundation, many of our staff have developed their skills, are making significant contributions to the community, and are also improving their quality of life through higher remuneration.

EGHS has under 1 per cent of our nursing staff as agency/locum staff. This is unheard of in rural Victoria. The Foundation, with the support of Federation University and the Victorian Government's incentives, has enabled many local people to study nursing locally through a diploma on-site. The program seamlessly progresses to



**NICK BUSH
CHIEF EXECUTIVE**

the Bachelor of Nursing, which is delivered flexibly. Many nursing students progress to postgraduate qualifications in midwifery, theatre and emergency nursing.

The area that we are focusing the scholarships on this year is allied health. We need a dedicated approach to increasing the number of local people studying physiotherapy, occupational therapy, speech pathology, social work and sonography.

CE Report cont. page 2

CE Report cont.

We have significant shortages in those areas often filled by casual/agency staff.

If you know someone seeking a fulfilling and enriching career, why not suggest being an allied health professional? A career that offers job security and the opportunity to make a real difference in people's lives.

Many of our current secondary school students are concerned about not achieving the ATAR required to gain entry to their course of choice.

We are working closely with Federation University for Speech Pathology and with Australian Catholic University for Occupational Therapy and Physiotherapy to support our young people to study these courses.

We have examples of students with ATARs below the advertised cutoff doing very well in the courses they have chosen. Passion has a very high success rate.

Please reach out if you are interested in studying an allied health profession, keen to do so whilst living at home, and likely to work in Ararat. We can assist you in enrolling in the course you would like.

CONGRATULATIONS KRISTY AND CLARE

Congratulations to Kristy McEvoy and Clare Stacpoole on the appointment of their new Clinical Support Midwife positions.

Appointing Clinical Support Midwife roles at East Grampians Health Service will provide targeted training and education tailored to the specific needs of midwifery students and practitioners.

The Clinical Support Midwives aim to create a supportive atmosphere that encourages questions and open discussions, facilitating a culture of learning and sharing of evidenced based care guidelines and practices amongst the team.

East Grampians Health Service's investment in the new role will support student's and practitioners to deliver high quality care, leading to better maternal and neonatal health outcomes.



Pictured is Kristy McEvoy (with baby)



Pictured is Clare Stacpoole

HEADSPACE OUTREACH SERVICE FOR ARARAT

JODIE HOLWELL – COMMUNITY LIAISON

Ararat will receive one of 20 headspace outreach services planned for rural and remote communities with a more than \$27 million Australian Government investment.

This major investment in headspace outreach services will deliver real change through earlier intervention and improved mental health support for young people living in rural Australia.

These services will be brought closer to where young people live and the outreach network will help break down barriers such as distance, travel time and cost, making it easier to access support when needed most.

With young people in rural and remote Australia often facing unique challenges associated with isolation and limited access to services, this can contribute to higher rates of psychological distress, self-harm and suicide.

Member for Wannon Dan Tehan visited East Grampians Health Service to discuss the announcement and met with EGHS Chief Executive Nick Bush, Board Chair Cam Evans, and Director of Community Services Sarah Woodburn as well as Acting Chief Executive of Grampians Community Health Kate Astbury.

Mr Bush said the health service had been working and advocating with One Red Tree Resource Centre, Ararat Rural City Council, Federation University, Grampians Community Health, the community and Dan Tehan to try to get this funding to provide services that are much needed in the community.

"We are really pleased with the announcement that we will get an outreach for headspace, it's a start of getting more services for this community," Mr Bush said.

"The service will be run by Ballarat Community Health Services, and we'll form a partnership with local providers to ensure that there's local responsiveness about the services and that they meet the needs of the local community, so we'll be advocating for community members who need these services with the Ballarat based services."

Mr Bush said at this stage there is no information on the amount of funding to be received or a site for the headspace service.

"We hope we have a dedicated site, we hope that we have a presence and that we have a site in the community and we'll work with local service providers to work out where the best site is for consumers and people with needs," he said.

A headspace service for Ararat has been on Member for Wannon Dan Tehan's agenda for some time.

"There is a real community need for these services, and the

community has been very vocal about these needs, we have headspace in Colac, Portland, Warrnambool and Hamilton and Ararat is the missing piece, and this is a great first step," Mr Tehan said.

"Like we did in Portland, where we got an outreach service to start with and then got a standalone, that's exactly the same model we want to achieve here, so it's a great first step and we'll continue to demonstrate the need.

"I'd like to thank the community, One Red Tree Resource Centre and EGHS for their advocacy because it's only through this strong advocacy that we have been able to achieve this important and necessary first step.

"I'm always a firm believer that if there's a need and if you're passionate about it then you can achieve and I think we've demonstrated that here."

Mr Tehan said headspace had demonstrated good outcomes from its services in other towns.

"For young people in those communities these types of services change lives, that is why it is so important and why I'm so passionate about it," he said.

Grampians Community Health Acting Chief Executive Officer Kate Astbury was also pleased with the announcement.

"It's terrific that it's here because our kids need to have ready access to early intervention strategies, it's not reasonable to expect them to travel distances to seek help when they need help, this is a good thing for us," she said.



Pictured L-R, EGHS Director of Community Services Sarah Woodburn, Board Chair Cam Evans, Acting CEO of Grampians Community Health Kate Astbury, Member for Wannon Dan Tehan and EGHS Chief Executive Nick Bush

INVESTING IN ALLIED HEALTH ASSISTANTS IS IMPORTANT

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service hosted the Western Victoria Allied Health Assistant Network and Professional Development Event in Ararat.

The event brought together Allied Health Assistants from across Western Victoria for a day of networking, shared learning and professional development.

Allied Health Assistants are a vital part of the healthcare workforce, working alongside allied health professionals to help people maintain their independence, improve their health and wellbeing, and achieve their rehabilitation goals. Working across hospitals, community health and aged care settings, they play an important role in supporting positive patient outcomes and improving access to care, particularly in rural and regional communities.

Allied Health Assistants attended from East Grampians Health Service, Grampians Health, Rural Northwest Health, West Wimmera Health Service, Western District Health Service, Beaufort and Skipton Health Service, East Wimmera Health Service, Central Highlands Rural Health, and Maryborough District Health Service.

The day highlighted the important role Allied Health Assistants play in supporting patients, allied health professionals and rural health services.

Attendees participated in practical professional development sessions across areas including mental health, diabetes first

aid, gait aids, speech pathology, occupational therapy and podiatry.

Guest speaker Professor Lorimer Moseley presented the Explain Pain session and provided an overview of current understandings of pain.

Mr Moseley also outlined his current project focused on raising awareness of chronic pain. Attendees were encouraged to visit the project website, which is designed for people experiencing pain, friends and family of people with chronic pain, and health professionals. The website can be found at: <https://www.rethinkpain.org.au/>

Host of the event, EGHS Clinical Allied Health Educator, Jake Romein, presented on allied health career pathways and a Western Victoria 'grow your own' workforce strategy, focusing on how local people can be supported to study, train, work and progress in allied health careers locally.

"EGHS was pleased to host the event and support continued collaboration between Allied Health Assistants and health services across Western Victoria," Mr Romein said.

"The day reinforced the value of investing in Allied Health Assistants as a critical part of the rural health workforce.

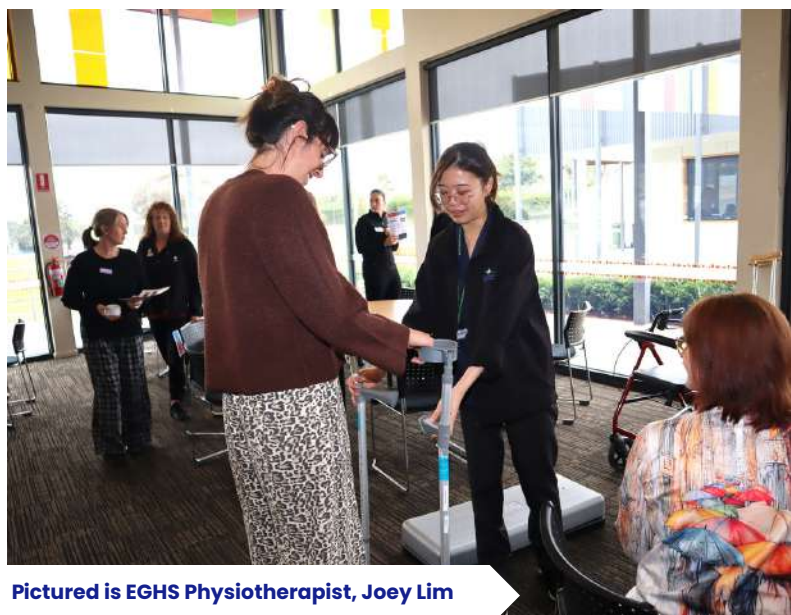
"The event also provided an opportunity for services to connect, share ideas and discuss the future direction of the regional AHA network."



Pictured are Jake Romein & Caroline Hamilton (More photos page 5)



Pictured is EGHS Diabetes Educator, Bree Fratin



Pictured is EGHS Physiotherapist, Joey Lim



Pictured is EGHS Occupational Therapist, Amelia Rundle



Pictured is EGHS Speech Pathologist, Stephanie Retallack



Pictured is EGHS Social Worker, Mariah Jones



The Moyston Social Crew presents....

MOYSTON VINTAGE, HANDMADE & RE-LOVED CLOTHING MARKET

Vintage, pre-loved and handmade clothing and accessories

Discover new, pre-loved, second-hand, vintage, locally designed and handmade clothing & accessories at great community prices. Find everyday wear, seasonal outfits, vintage pieces and unique styles all displayed in Moyston's iconic town hall. A fun, friendly chance to refresh your wardrobe!

Stalls are \$10.00. To book a site, send an email to moystonsocialcrew@gmail.com



Highlights

- Affordable prices
- Variety of items
- Friendly atmosphere
- Cash only
- Inside Market

Sunday
August 9th
9:00 AM – 1:00 PM

moystonsocialcrew@gmail.com

Moyston Hall
12 Brooke St
Moyston VIC 3377



**WE'RE A
COMMUNITY
CHAMPION**

Local leaders mentoring local students



WHAT ARE COMMUNITY CHAMPIONS?

MATES Community Champions are local organisations that provide their staff with flexible work arrangements to be able to mentor a student in the MATES program during business hours.

MAKE A DIFFERENCE

MATES provides young people with an additional source of support outside of their home and school lives.

WHAT'S INVOLVED?

MATES mentors visit a student at a local school for one hour each fortnight. During this time, they engage in conversation and fun activities, including craft, sport, puzzles and games.



WANT TO KNOW MORE?

Contact Natalie Taurau
0432 204 840 or mates@cglle.org.au



WWW.CGLLEN.ORG.AU/MATES-MENTORING

THANKFUL THURSDAY

“I am so thankful that the Grampians Sector Development will continue to support our CHSP and Support at Home programs.

They are an invaluable resource, and their dedication ensures we can continue providing the best care possible.”

JANELLE SMITH
MANAGER - EGHS @ HOME

VISITING MEDICAL OFFICERS DINNER

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service welcomed medical officers and their partners to the annual Visiting Medical Officers Dinner.

The dinner was held in Pyrenees House and attended by VMOs and their partners as well as Executive and senior staff from EGHS.

EGHS's catering team provided a fine dining experience for guests, which was enjoyed and praised by all who attended. Guest speaker at the dinner was Professor Jane Gunn AO, Interim Provost, University of Melbourne.

The Provost is the standing deputy to the Vice-Chancellor and the Chief Academic Officer of the University, with responsibility for all of the University's academic activities, including oversight of the nine Faculties. The Office of the Provost provides strategic leadership in all areas of academic policy, students and education, people and community, and indigenous strategy and partnerships.

Jane is a distinguished academic, inaugural Chair of Primary Care Research and the first female Dean of the Faculty of Medicine, Dentistry and Health Services. She was appointed interim Provost in July 2025.

Born and raised in regional Victoria, Jane realises the importance of a healthcare system founded on principles of access and equity with strong primary care at its centre.

Jane is a general practitioner and led the Department of

General Practice at the University of Melbourne for 10 years. She has been a visiting Professor to Scottish School of Primary Care, University of Glasgow, Hong Kong University, Chinese University Hong Kong and Oxford University.

Her 15-year National Health and Medical Research Council (NHMRC) funded cohort study – the Diagnosis, Management and Outcomes of Depression in Primary Care (diamond) study – aimed to develop models of care to transform primary mental health care.

This study has twice been included in the NHMRC 'Ten of the Best' collection, and an intervention tool developed from it forms a component of the Australian government's Head to Health initiative, which provides free online mental health information, and support. She has been awarded more than \$74 million in research funding and published more than 260 scholarly works.

A Fellow of the Australian Academy of Health and Medical Sciences since 2016 and a Member of the Australian Institute of Company Directors, Jane's Directorships have covered primary care, hospital and medical research. She has served two terms on the NHMRC Research Committee and is a current member of the NHMRC Council.

As Dean of the largest Faculty in the University, Jane provides leadership and strategic vision while fostering a collaborative environment for approximately 6000 staff and 11,000 students.





EAST GRAMPIANS HEALTH SERVICE

Staff scholarships



East Grampians Health Service annually offers \$125,000 in educational support scholarships to its staff, both clinical and non-clinical, in partnership with generous supporters.

The scholarships provide opportunities to grow and develop the skills of staff to improve the health, wellbeing and quality of life of our community.

The EGHS Building for the Future Foundation offers scholarships on behalf of the Orszaczki family (\$10,000 to support non-clinical educational support), Keith Little in memory of Ray and Wayne Ord (\$15,000 to individuals to enhance their clinical skills), the Estate of Joe Kapp (\$15,000 to enhance and develop knowledge and learn new skills in a clinical or non-clinical discipline), as well as Mortimer Petroleum (\$15,000 per year for four years to support an EGHS employee to complete qualifications in medicine), the William R Jones scholarship (\$20,000 open to staff to complete their Master of Business, Master of Health Management or Master of Nursing, as well as PhD), and general Building for the Future Foundation scholarships (up to \$30,000).

Scholarships are also offered by Epworth Healthcare Group (\$15,000 to support a registered nurse to obtain post-graduate qualifications in midwifery), the Angela Laidlaw Clinical Scholarship (\$6,000 to enhance and develop an employee's clinical knowledge in any discipline), and the Aboriginal Career Development Scholarship.

East Grampians Health Service is grateful for the generosity of the Building for the Future Foundation and generous donors for their support of the health service, ensuring its staff are continually provided with opportunities to undertake further training to upskill, which ultimately improves the health care it provides to the community.

Girdlestone St. Ararat 3377 | Ph: 5352 9300 | eghs.net.au

FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIAISON LEAD

NAIDOC Week 2026

A big thank you to everyone who took part in our NAIDOC Week celebrations and helped make the events such a wonderful success.

This year's theme, "50 Years of Deadly," was celebrated in true deadly style across both Ararat and Willaura. It was fantastic to see so many staff getting involved, with the timeline activity proving to be a particular favourite. We also enjoyed quizzes, crosswords, a handball competition, and a range of craft activities throughout the week.

Myself and 5 other First Nations staff members also joined Budja Budja on Thursday for a smoking ceremony and NAIDOC celebrations.

Congratulations to our quiz winners:

- Tracey Walters
- Nicole Murray
- Hannah Jennings

Quiz runners-up:

- Amber Bligh
- Nerida Cowling
- Bianca Roche

Handball competition winners:

- Ash Leggett
- Liam Newton
- Margi Pattullo

Congratulations to all our winners, who each scored an impressive 2 out of 5 in the handball competition!

If you would like to see how you went, all quiz, crossword, and timeline answers have been published on the intranet under Announcements.

A heartfelt thank you to Lorretta Sanders, Clare Bennett, Bianca Roche, Donna O'Halloran, and Scott Wilson for their time and helping to make the celebrations run so smoothly. A special thank you also goes to Amber Bligh for the amazing NAIDOC cookies—they were a huge hit!

UPCOMING EVENTS

Aboriginal and Torres Strait Islander Children's Day, on 4 August



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



East Grampians Health Service Ark Toy and Activity Library

MOVIE DAY

HOLY DAYS



Starring Miriam Margolyes, Judy Davis and Jacki Weaver

Tickets \$20
Includes
afternoon tea

Astor Cinema
Thursday August 6
1.30pm

Tickets from
CAS Couture
Ararat
(Cash only)

EGHS FOOTY TIPPING

JO SUMMERS – EXECUTIVE ASSISTANT TO CEO

Leaderboard after Round 20

RANK	NAME	SCORE	MARGIN
1	Ashlea Waller	140	501
2	Lachlan McRae	140	546
3	Danni Ralph	139	542
4	Nicholas Bush	138	634
5	Bec Peters	137	505
6	Shane Briggs	137	546
7	Cam Montgomery	137	550
8	Lucy Mills	137	604
9	Merryn Boatman	136	507
10	Jacob Butcher	136	550
11	Kirsten Carr	136	569



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



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

STELLA MCADIE CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Geelong Cats**

Favourite Music | **Any genre**

Favourite Food | **Spaghetti bolognese**

Interests | **Travelling and shopping**

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

One thing I want to do in this lifetime | **Visit another country**



HAYLEY GARDENER HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Geelong**

Favourite Food | **Tacos**

Favourite Music | **Country**

Interests | **Farming**

One thing I'm good at | **Making people laugh**

One thing I want to do in this lifetime | **Go to the Maldives**



DAVID BREED - RURAL GENERALIST

ALL ABOUT ME...

Favourite AFL Team | **I quite like Mathieu van der Poel. AFL confuses me. Chickens also confuse me.**

Favourite Food | **Unexpected free food near the end of a long shift where you hadn't yet had a chance to eat. The more salt, fat or sugar the better at this point and best of all no guilt!**

Favourite Music | **Hildegard von Bingen, Joseph Tawadros, William Barton, Sergi**

Rachmaninov, Xavier Rudd, pretty much any musical, nature's blend of sounds on an early walk

Interests | **Maps, finding new places to explore on bike or foot, keeping my family happy, realestate.com, Malazan Book of the Fallen, Sage of Recluse, being mystified at why people would want to live anywhere other than the country but then also being thankful this is so.**

One thing I'm good at | **Finding overly complicated way of answering a straightforward question**

One thing I want to do in this lifetime | **Play the Third**

movement of Piano Sonata no. 14 in C-Sharp minor by Beethoven...on a full size grand piano...suspended part way up the Taipan Wall in the Northern Grampians on a still day just to see what the acoustics are like



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)

7 JULY FLOOR AND CORE (MAT WORK)

14 JULY HIIT (HIGH INTENSITY TRAINING)

21 JULY BOXING

28 JULY CARDIO

4 AUG LOW IMPACT STRENGTH

11 AUG BOXING

18 AUG HIIT (HIGH INTENSITY TRAINING)

JOIN EHGS STAFF FITNESS FACEBOOK GROUP FOR
ANY UPDATE/CHANGES



THERAPY DOGS AT PATRICIA HINCHEY CENTRE

The Patricia Hinchey Centre had some very special visitors, with therapy dogs and their owners, part of Annie's Dogs: Therapy Dog Training program, providing lots of love to consumers and staff.

Annie conducts regular therapy dog training in Ararat, and as well as visiting Patricia Hinchey Centre this week, the dogs and their owners also interacted with children at Ararat Primary School and Ararat Early Learning Centre, residents at Gorrinn Village and visited a farm to interact with horses and chickens.



PARKLAND PURSUITS

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

This month with a few guests and our residents we helped Barrie celebrate his 88th birthday in style. It was a lovely afternoon of good food, great friends and lots of chatter.

Our monthly Parklands Pub lunch was once again a big hit. This month we invited our hospital clients to join us and they all enjoyed a bit of different scenery and company.

Our residents enjoyed the visit we had from the Willaura Primary School who had just returned from a school camp and were excited to tell us all about the great time they had. What a fantastic job they did of the art project we offered, which were all taken back to the school to go on display for an open day.

We have had a good amount of community interaction. We have had the Willaura Kinder kids visit, Clare Stacpoole introducing NAIDOC Week, Jacqui from the Salvation Army talking about some of her trips overseas, an outing to Chalambar for lunch, also lunch at the RSL, plus our lovely Willaura Red Cross ladies bring in sumptuous afternoon tea.

Our Hamilton musicians played for us all the country favourites and we had Linda Gellert play the keyboard for our Christmas songs for Christmas in July.

In August we have Daffodil Day, guest speakers, a visit to the Maroona Hotel for lunch, art and craft, cooking and music and a visit to the Ararat Market.



Christmas in July carols



Pictured are Roselyn Bell and Barry



Lunch at the RSL



Pictured Pub Lunch with Sally Pipala and Marj Brown



Carpet Bowls



Pictured Barry McDonalds Birthday

NAIDOC WEEK



NAIDOC WEEK



NAIDOC WEEK
50 years of Deadly

Ararat - Monday 6th July 11am to 3pm
Willaura - Wednesday 8th July
11am to 3pm

Join us for a day full of fun and activities.

BBQ bush tucker burgers
Handball competition with a traditional Marngrook
Quizzes
Craft activities
Prizes to be won
Giveaways





East Grampians Health Service

East Grampians Health Service
Girdlestone Street (PO Box 155) Ararat VIC 3377

 **5352 9300**

 **5352 9333**

 **info@eghs.net.au**

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.