

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



**“New infusion pumps in
Acute Services”
Full story on page 3**

CE Report

Women across the Ararat region are starting to see real benefits from more accessible, local healthcare, thanks to East Grampians Health Service (EGHS) strengthening its women's health programs with a strong focus on equity and access. With women and girls making up more than half the population—and 85% of the EGHS workforce—the aim is straightforward: make sure women can get safe, high-quality care close to home.

For many local women, getting specialist care has often meant travelling to Ballarat or even Melbourne. EGHS is working hard to change that by bringing more services into Ararat, supporting visiting specialists, and building a more connected, multidisciplinary approach.

One example is the Women's Sexual and Reproductive Health Hub. It offers a safe, supportive, and confidential space where women can access information and care for contraception, STI testing and treatment, and both medical and surgical abortion. Practical improvements are also making a difference—for instance, IUD insertions are now more comfortable and less stressful thanks to the use of the “green whistle,” which gives fast, patient-controlled pain relief while keeping women alert and involved in their care.

Alongside this, the newly established Women's Health Clinic is helping women manage a wide range of health concerns, including endometriosis, pelvic pain, heavy bleeding, prolapse, incontinence, and menopause. It provides not just treatment, but also clear information and guidance.



**SARAH WOODBURN
ACTING CHIEF EXECUTIVE**

EGHS is also continuing to strengthen partnerships to make care more connected. This includes closer collaboration between maternal and child health services and EGHS midwifery, allied health, and immunisation teams. Visiting services are expanding too—such as the Grampians Regional Continence Service, which now runs weekly instead of fortnightly—and new supports like Allied Justice (a legal service) are now available.

CE Report cont. page 2

CE Report cont.

Looking ahead, there are plans to introduce onsite gynaecology consultations, expand telehealth, and continue improving culturally safe care for diverse communities.

Access to basic essentials is also part of the picture. EGHS supports the DFFH Pads and Tampons Program, with five free vending machines available for both staff and the wider community—including one in Willaura—helping ensure no one has to go without menstrual products.

Preventative care is another key focus. Cervical and breast screening, along with lifestyle support, are actively

encouraged so that health issues can be picked up early—when treatment is often simpler and more effective.

Community support plays an important role too. Local fundraising efforts, led by Victoria Police Blue Ribbon Foundation – Ararat Branch, are helping to raise awareness and will improve access to breast cancer screening.

All up, through stronger services, better connections, and a real commitment to fairness, EGHS is building a rural healthcare model that puts women first—making care more accessible, more respectful, and ultimately achieving better outcomes for the whole community.

MURRAY TO MOYNE TEAM RAISES \$16,000 TOWARDS MAMMOGRAM UNIT

JODIE JOLWELL – COMMUNITY LIAISON

The 2026 Murray to Moyne Cycle Relay team, the Cranks and Defibrillators, have raised an impressive \$16,000 towards the Victoria Police Blue Ribbon Foundation Ararat Branch project of raising \$250,000 for a Mammography Unit.

The unit will be installed in the EGHS Blue Ribbon Wing in the EGHS Medical Imaging Department.

Mammography is a specialised breast x-ray imaging technique used for early detection and diagnosis of breast cancer. Having a mammography unit at EGHS will enable the health service to offer an additional service to Ararat and surrounding areas by improving access to the national free screening program, BreastScreen, which can identify early signs of breast cancer in asymptomatic people.

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

“On behalf of East Grampians Health Service and the Murray to Moyne Cycle Relay team, I would like to sincerely thank all sponsors and donors for your generous donations to this year’s relay,” EGHS Chief Executive Nick Bush said.

“Thank you also to the team for your hard work training and participating in the relay and for achieving this fantastic fundraising target. You are great ambassadors for EGHS.”



Pictured are the team, back L-R, Graeme Foster, Andy Sanders, Geoff Faneco, Loretta Sanders, Roxane Moos, Tessa Sargent, Wayne Klauss, Charlie Reid, Lisa Haddow, Gary Brumby, Alan Young, Jason Shipcott, front, Thea Hinchliffe, Cat Brady, Laura White, Erin Thomas and Amy Hinchliffe

NEW INFUSION PUMPS IN ACUTE SERVICES

AMANDA CRANSTOUN – CLINICAL SUPPORT NURSE/EDUCATOR

Twenty two new BD infusion pumps were successfully introduced across Acute Services in June, supported through Department of Health recurrent capital funding.

The implementation represents a significant investment in patient safety and medication management, providing clinicians with advanced technology designed to support accurate medication and fluid administration.

A key component of the project involved the development of customised drug and fluid libraries, incorporating evidence-based guardrails to promote safe infusion practices. This work was the result of extensive collaboration between local clinical staff and BD specialists.

BD Clinical Consultants, Ann Giliberto and Mary Sylvester, provided three days of onsite education and support, ensuring staff were confident in the operation and safety features of the new pumps.

The project team, including Kristy McEvoy, Leesa McInnes, Carol Leo and Amanda Cranstoun, participated in numerous planning and online working sessions with Ann and Mary to develop and refine the drug libraries and infusion guardrails. Their collective efforts have helped ensure the pumps are configured to meet the needs of our service while supporting best-practice medication safety standards.

The successful rollout reflects the dedication and teamwork of all involved and marks an important step forward in enhancing the safety and quality of care delivered to our patients.

NEW ARRIVAL AT EGHS JODIE HOLWELL – COMMUNITY LIAISON

Neve O'Shannessy and Paul Enriquez have welcomed their second child, Eddie John Enriquez.

Baby Eddie is a little brother for two-year-old Nina, and was born at East Grampians Health Service on June 5 2026, weighing 3426 grams.

"We were very happy with the care and comfort provided by EGHS," Neve O'Shannessy and Paul Enriquez.



Pictured Mary Sylvester, Ann Giliberto, Sophie Williams, Kristy McEvoy and Carol Leo



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



Environmental Services staff Tiegan Nankervis and Jean Gill are pictured taking a quick break from their work in the Inpatient Unit, looking very relaxed!



COULD YOU BE A MATES MENTOR?

Have an hour to spare each fortnight during school time?

Want to make a difference in the life of a local student?

Have good communication and listening skills?



For more information on the MATES program in Ararat and the Northern Grampians, please contact CGLLEN: 0432 204 840 or mates@cglLEN.org.au

www.cglLEN.org.au 



**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.

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.

MAKE A DIFFERENCE

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



WANT TO KNOW MORE?

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



WWW.CGLLEN.ORG.AU/MATES-MENTORING



A day in the life of a...



Medical student



Medical Imaging student



Optometry student

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

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

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



Deakin University CRICOS Provider Code: 00113B



For expressions of interest
please contact:

rachael.cooper@deakin.edu.au
katie.mckean@deakin.edu.au

CREATING MEANINGFUL MOMENTS AT WILLAURA

CLARE BENNETT – WORKPLACE TRAINER/CAREERS ADVISOR

The Lifestyle and Health team at Willaura are putting new ideas into practice after recently participating in professional development focused on redesigning social programs to better support individual engagement and choice.

Traditionally, lifestyle programs in aged care have centred on group activities. Through this training, staff explored ways to create meaningful opportunities for residents based on their individual interests, preferences and daily routines. The focus is on supporting residents to engage in activities that are personally rewarding, whether independently or alongside others and was delivered in consultation with Thrive Aged Care Consultants.

As part of this initiative, the Willaura team has transformed an underutilised space into a welcoming new nook for residents. The area provides a comfortable place to sit and relax, enjoy a cup of tea, read a book, reflect quietly, or simply watch the activities and changing seasons outdoors. A side table will arrive soon to place items within easy reach.

The new space demonstrates how small environmental changes can have a significant impact on residents' wellbeing. The Lifestyle and Health team are to be congratulated for embracing innovative approaches and creating opportunities that promote connection, comfort and individual wellbeing.

Lifestyle staff at Lowe St, Garden View Court and Patricia Hinchey have also been undertaking this program.



Pictured, the newly created resident nook at Willaura, designed to support individual engagement, relaxation and choice. Resident Nina tried out the space with Lifestyle team members Pam, Michelle and Josie



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

Footy tipping leaderboard after Round 16

Rank	Name	Total score	Total margin
1	Shane Briggs	111	445
2	Bec Peters	110	393
3	Kirsten Carr	108	458
4	Merryn Boatman	107	383
5	Ashlea Waller	105	394
6	Lachlan McRae	105	435
7	Jacinta Harman	105	452
8	Leah McCarthy	105	520
9	Cam Montgomery	104	432
10	Nick Bush	104	512



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



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.



16.02.20 - V1.0 - 01/25

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 FRATIN CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Geelong**
Favourite Music | **Country**
Favourite Food | **Pizza & Pasta**
Interests | **Netball and spending time with friends**
One thing I'm good at | **Laughing**
One thing I want to do in this lifetime | **Go overseas and live on a farm**



MADDISON JENNINGS CATERING-CLEANING ASSISTANT

ALL ABOUT ME...

Favourite Food | **Pasta**
Favourite Music | **Metal**
Interests | **Books, music and food**
One thing I'm good at | **Cooking and baking**
One thing I want to do in this lifetime | **Visit Scotland**



PRINIKA MISHRA HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Sydney Swans**
Favourite Food | **Fijian Lovo**
Favourite Music | **Classic country**
Interests | **Nursing**
One thing I'm good at | **Listening**
One thing I want to do in this lifetime | **Road trip around Australia**



EMMA NIEMEIER HOME CARE WORKER

ALL ABOUT ME...

Favourite Food | **Prawn linguine**
Favourite Music | **Country**
Interests | **Pilates**
One thing I'm good at | **Pilates**
One thing I want to do in this lifetime | **Travel as much as I can**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

ANGELYN NUALLA HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Carlton**
 Favourite Food | **Sinigong Pork**
 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 | **To travel around the world**



ISOBEL TITCOMBE TELEHEALTH ASSISTANT

ALL ABOUT ME...

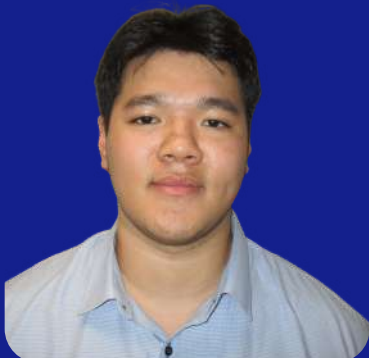
Favourite AFL Team | **I prefer NRL, the Panthers**
 Favourite Food | **Chicken**
 Favourite Music | **Any**
 Interests | **Puzzles, gaming and dogs**
 One thing I'm good at is | **Sleeping**
 One thing I want to do in this lifetime | **Own a house**



SAMUEL WONG WARD CLERK

ALL ABOUT ME...

Favourite Food | **Korean Fried Chicken**
 Favourite Music | **Christian contemporary music**
 Interests | **Powerlifting, gaming and sports**
 One thing I'm good at | **Reading the room and acting accordingly; and making sure people feel heard and understood**
 One thing I want to do in this lifetime | **Make a large impact on how people think or see something/changing people's perspectives for the better**



ANDI BLIGH CATERING ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Tigers**
 Favourite Food | **Curried Sausages**
 Favourite Music | **Country**
 Interests | **Beauty**
 One thing I'm good at | **Caring**
 One thing I want to do in this lifetime | **Help elderly people**



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)

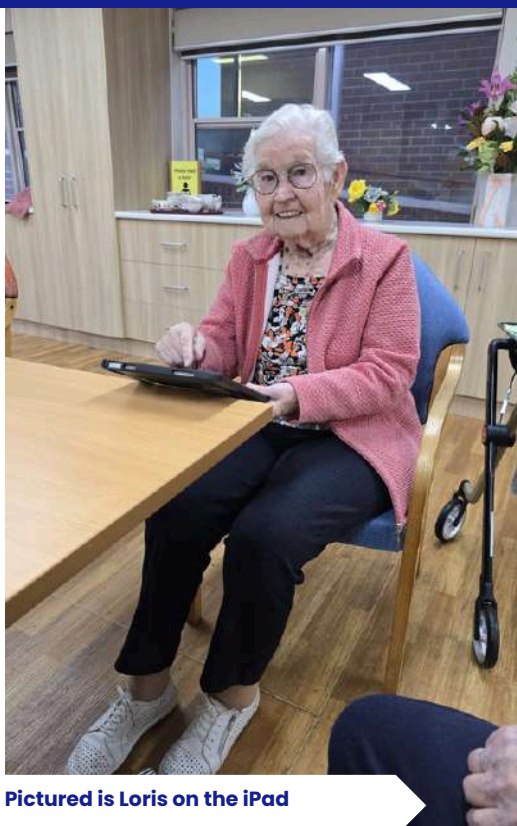
JOIN EGHS STAFF FITNESS FACEBOOK GROUP FOR
ANY UPDATE/CHANGES



JUNE AT GARDEN VIEW COURT



Pictured is tap dancing at Tea & Chat



Pictured is Loris on the iPad



Pictured is Johanna sorting nail trays



Pictured is tap dancing at Tea & Chat



Pictured are residents cooking pizza muffins



Pictured is Sing Australia visit

PARKLAND PURSUITS

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

Winter has well and truly settled into Willaura, we have had some very foggy mornings, lots of rain which has been great for the area, and Jack Frost has made a few appearances. But it has not stopped us from getting out into the community.

This last month we dropped by Mount Rouse for afternoon tea, the Ararat Trash and Treasure Market, and the Langi Morgala Museum to name a few. We celebrated the King's Birthday, the Willaura Primary school made lanterns with our residents to celebrate the Winter Solstice, and Rose Howard from the local Rotary Club spent some time speaking to our residents. On a recent visit to Lowe Street residents enjoyed a high tea with some familiar faces.

We have had visits from, In The Mood, entertainers from Melbourne, Michael, Keith and Carol's Country Music show and Knobby.

Lots of feet tapping, clapping and singing along this month. Both the Willaura Kinder and Primary School have dropped by on a few occasions and this month the Salvation Army came to visit.

Our physio exercise classes continue, active games, cooking, craft, scrapbooking, board and card games, jigsaws, bingo, trivia, pampering and nail care all fill in any spare moments we might have along with a movie matinee and our monthly Parklands Pub Lunch and Residents' Meeting.

Michelle has been teaching our residents a little leather work, the men have made themselves a belt and they have stamped out some wonderful leaf bookmarks. The lifestyle team also like to give residents some one-on-one time, especially those that don't always join our group activities.



Pictured is In The Mood, Ailsa and Phillip



Pictured are Willaura Primary School students making lanterns with the residents



Pictured is exercises with the Physio



Pictured are Willaura Primary School students making lanterns with the residents



Pictured is Margi cooking sausage rolls



Pictured are Michael & Keith

FRANK HUCKER'S ADVENTURE FLIGHT

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

Our Willaura Parkland Aged Care resident Frank enjoyed a wonderful surprise from his family of daughters recently. He was whizzed off to the coast where he was treated to aerobatic joy flight around the area. Frank enjoyed a long association with aircraft having had a plane license in his younger days. He has flown to places like King Island on occasions.

Adventure Flights Co, based at Barwon Heads Airport right on the start of the Great Ocean Road took Frank on their Warbird Aerobatic Adventure Flight, along the Great Ocean Road in their rugged Cessna 185 bush plane. More adrenalin pumping than jumping! Warbird Aerobatic Flights are high speed,

high G-force combat style flight experiences unlike any other in the civilian world.

Their group of highly experienced airline, aerobatic and RAAF pilots have thousands of hours of aerobatic experience between them and with over 6,000 Warbird Adventure Flights completed they enjoy an impeccable safety record. They start off the maneuvers gently and work their way up increasing in G force and difficulty as they go. Frank was in constant communication with the pilot who was talking to him through all the maneuvers. And by the smile on Franks face it looked like he had the time of his life. We know he hasn't stopped talking about it.



WINTER WARMERS

ELLA RUDOLPH & ASHLEE KILPATRICK-BLIGHT

On June 4th the East Grampians Health Service Staff Celebration Committee organised the 'Winter Warmers' event, providing staff with the perfect opportunity to relax, connect, and enjoy some delicious comfort food.

Our wonderful Support Services team cooked up a fantastic baked potato lunch, with a variety of tasty toppings to choose from. Members of the Staff Celebration Committee served the potatoes, helping create a warm and welcoming atmosphere for everyone.

To make the day even sweeter, 'Waff A Lot' joined us all the way from Geelong, serving a delicious selection of freshly made waffles with a range of delicious toppings. The waffles were a huge hit and the perfect winter treat!

The winter weather certainly was shown throughout the day

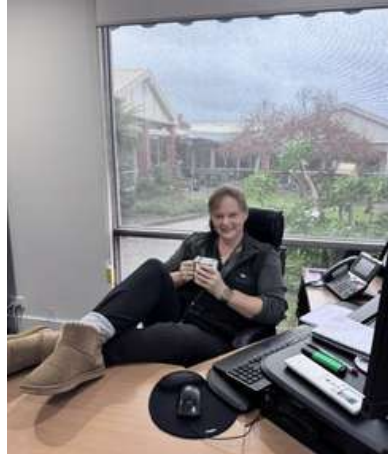
with pouring rain and cold winds, but staff gathered on the deck, enjoying their hot meals under the warmth of the outdoor heaters. It was wonderful to see colleagues taking time out of their busy day to catch up, share a laugh, and enjoy each other's company.

A big thank you to our Support Services team, the Staff Celebration Committee, and Waff A Lot for making the event such a success.

Events like these are a great reminder of the importance of coming together, celebrating our workplace community, and brightening the winter season.

We look forward to seeing everyone at our next Staff Celebration Committee event!







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.