

ECHO



East Grampians
Health Service

EAST GRAMPIANS HEALTH SERVICE



“New Board Directors have strong connections with Ararat” Full story on page 3

CE Report

Welcome to the October edition of The Echo.

Spring has arrived, and it is pleasing to see the improvement in the weather. It is also an exciting time for our organisation as we have awarded staff scholarships for 2027. This year, the EGHS Building for the Future Foundation will invest \$140,000 in staff development. We are extremely grateful for the Foundation's ongoing support and commitment to our workforce and their professional growth.

The tender process for selecting a builder for the Willaura Redevelopment is now in its final stages, with an announcement expected following the October Board meeting. This is a significant project for our community, and it will be wonderful to see this much-needed redevelopment commence.

The results of the Victorian People Matter Survey have been released, and the full report is available on the Intranet for all staff to review. We have identified several key themes from the survey and are developing actions to further improve our organisational performance and workplace culture.

To further support our leaders, we are developing a Managers' Handbook that will provide practical guidance, templates, letters and resources to assist managers in leading their teams. The handbook will also include clear process flowcharts to outline when action is required, how to manage staff matters appropriately, and how to better support our workforce while reducing some of the administrative barriers that can exist within larger organisations.



NICK BUSH
CHIEF EXECUTIVE

In addition, the handbook will include information on operational performance, revenue optimisation and effective expense management. Managers will also have access to the new Human Resources and Payroll system, providing greater visibility of budgeted staffing levels and helping them understand how improved efficiencies can contribute to strengthening services and performance outcomes.

CE Report cont. page 2

CE Report cont.

The handbook and associated implementation support will be delivered by the Executive team, including Chief Executive Nick Bush, Allison Patchett (Performance Coach), Tony Roberts (Director of Finance), and Ros Bloomfield (Director of Human Resources).

Have a wonderful month and enjoy the warmer weather.

FRIENDS OF GUM SAN DONATE TO GARDEN VIEW COURT

JODIE HOLWELL – COMMUNITY LIAISON

Residents at East Grampians Health Service's aged care home Garden View Court are now enjoying the comfort of new lounge chairs thanks to a generous donation from Friends of Gum San.

Friends of Gum San recently donated \$5280 towards four new lounge chairs at Garden View Court.

President Yvonne Robinson said Friends of Gum San donate to a charity every year and always looked for somewhere they felt they could make a difference.

"Each year we see if we can find a different need," Ms Robinson said.

Garden View Court has recently undergone a refurbishment, with new dining chairs and tables, lounge chairs, and carpet throughout, as well as a fresh coat of paint through all common areas and new artwork and sideboards in the facility to make it more home-like.

Residents' rooms are also gradually being refurbished throughout the facility.

Each residents' door has been painted a different colour, matched with their 'memory box' beside the door, which act as way-finders for residents, helping them find their way to their rooms.

"On behalf of all our residents and staff, thank you to Friends of Gum San for your generous donation which has enabled us to purchase comfortable new chairs for our residents," Garden View Court Manager Natalie Wohlers said.

"Garden View Court is looking amazing with the refurbishment and this new furniture blends beautifully and creates a warm and homely atmosphere in the lounge area for our residents to enjoy."



Pictured with the new chairs are back L-R, Friends of Gum San's Ian Carman, Daune Mettrop and Joy Gunstone with EGHS Director of Support Services Scott Wilson, and front right Friends of Gum San President Yvonne Robinson with Garden View Court Manager Natalie Wohlers and residents Rosalie Patterson and Brenda Dent.

NEW BOARD DIRECTORS HAVE STRONG CONNECTIONS WITH ARARAT

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service has welcomed two new Board Directors.

The Victorian Minister for Health Ingrid Stitt has appointed consultant Martina Holland, and Western Victoria Primary Health Network CEO Craig Wilding to the Board, both of whom have strong connections to the Ararat region.

Growing up in Ararat was the reason behind both new Directors' decisions to apply for positions on the EGHS Board and giving back to the community in which they spent their early years.

Ms Holland grew up in Ararat before moving away to study and begin her working life, but returned home in 2021 to help care for her parents.

"I saw firsthand the extraordinary service East Grampians Health Service provides to local people and families," she said.

"As someone who regularly encourages other communities to invest in their social capital, I felt it was important to put that principle into practice in my own community."

Also spending his formative years in Ararat, Mr Wilding still has family in the town.

"The opportunity to become a Board Director at EGHS felt like a meaningful way to give back to the community," he said.

"Contributing through the local health service is especially important to me, given my personal connection to the region and my respect for the role EGHS plays in supporting local people."

Mr Wilding has previously had professional involvement with EGHS through roles with Grampians Health and Ballarat Health Services, where he worked with members of the EGHS Executive team, and he has continued that connection in his current role with Western Victoria PHN.

"Personally, my connection to EGHS also goes back to my family and early life," he said.

"I was born at Ararat Hospital, and my mother, Betty, was employed there as an enrolled nurse."

Ms Holland's previous involvement with EGHS occurred in 2023, where she experienced the support of East Grampians Health Service when her mother was ill.

"During that time, we were supported by a steady rotation of highly skilled, empathic and kind health professionals. Mum received exceptional care," Ms Holland said.

Ms Holland was also a guest speaker at the East Grampians Health Service Volunteer Awards last year.

Both new Directors are looking forward to their terms on the EGHS Board.

Mr Wilding said he was keen to work with and support the EGHS Board, Executive and broader team to deliver safe, effective and responsive care for the Ararat community.

"EGHS has a strong reputation for providing high-quality care to Ararat residents and the broader local community," he said.

"It plays an important role in supporting the health and wellbeing of the region."

Learning more about the health service by listening to the people who know it best is something Ms Holland is looking forward to in her first term.

"I'm also excited to learn more about the backgrounds, experience and interests of my fellow Board Directors, and to understand the different perspectives each person brings to the table," she said.

"From what I have observed to date, I have been impressed by the commitment of the people involved in EGHS, the organisation's strong local identity and the remarkable range of programs, initiatives and partnerships delivered by a relatively small team," she said.

Vacancies on the EGHS Board periodically become available and Mr Wilding encouraged community members to consider applying.

"I would encourage anyone with a genuine interest in supporting local health care and contributing to their community to consider applying," he said.

"Board membership is a valuable opportunity to bring skills, experience and perspective to an organisation that makes a real difference in people's lives."

Ms Holland agreed and said that prospective applicants shouldn't assume that they need to come from a medical background or have spent their career in a boardroom.

"Good governance benefits from people with different professional backgrounds, life experiences and connections to the community," she said.



New East Grampians Health Service Board Directors Craig Wilding and Martina Holland

RUSSELL PURDIE IS SHAVING HIS HEAD FOR PINK DAY!

Cupcake
fundraiser

\$3.00
Cash only



Buy a cupcake on Thursday 22nd October to raise funds for the
Ararat RSL Pink Day/Mammography Unit fundraiser - cash only

Pink Day[♥] (breast cancer) at ARARAT RSL[♥]

♥ PINK DAY 2026 ♥
FRIDAY 23RD OCTOBER

MORNING TEA FROM 10:30 AM

≡ Shaving Their Heads! ≡



Maria Whitford

Bobby Garley

Jill Spence

David Spence

Russell Purdie



BLUE RIBBON
FOUNDATION
ARARAT BRANCH



ALL PROCEEDS TO GO TO

**BLUE RIBBON
FOUNDATION | ARARAT BRANCH**
MAMMOGRAPHY MACHINE PROJECT
FOR E.G.H.S.

2026 FUNDRAISING EVENTS



**SUNDAY
13 SEPTEMBER**
TRASH N'TREASURE



26 JUNE - 17 JULY
FRIDAY NIGHT RAFFLES
(4 WEEKS)



**FRIDAY
23 OCTOBER**
PINK DAY MORNING TEA
AT ARARAT RSL
FROM 10:30 AM



TOGETHER WE
CAN MAKE A
REAL DIFFERENCE.

CONTACT:

- 📞 Margaret Kelly 0438 829 943
- 📞 Marianne Wilson 0417 107 583
- 📞 Jenni Jacobi 0439 522 386

Your support.
Our community.
Better outcomes.



EAST GRAMPIANS HEALTH SERVICE SHOWCASES INNOVATION AT NATIONAL RURAL HEALTH CONFERENCE

JACLYN BISHOP – DIRECTOR DEVELOPMENT & IMPROVEMENT

Representatives from East Grampians Health Service (EGHS), Nick Bush and Jaclyn Bishop, recently attended the 18th National Rural Health Conference, held in Adelaide from 14 to 16 September 2026. The conference brought together rural health professionals from across Australia to share ideas, innovations and strategies for improving healthcare delivery in rural and remote communities.

EGHS had a strong presence at the conference, presenting several initiatives that are helping address challenges faced by rural health services.

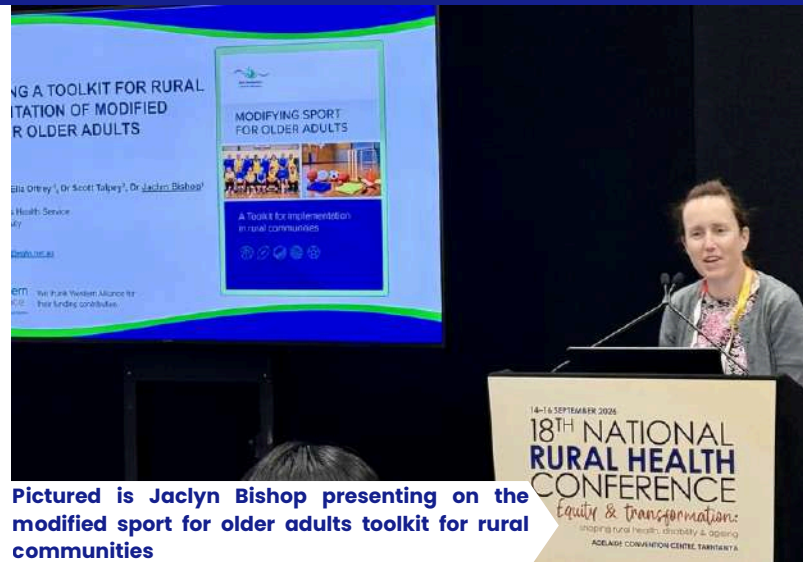
A poster presentation highlighted the organisation's flexible childcare program. The presentation showcased the program's successes and key learnings, providing valuable insights for other organisations considering similar approaches to support workforce recruitment and retention.

The team also delivered a 20-minute presentation on the innovative Just Cos Initiative, developed by EGHS. The initiative provides staff with a mechanism to raise questions about best practice in a timely and practical way. The presentation demonstrated how combining research and quality improvement methodologies has enabled questions to be addressed efficiently, while also illustrating how innovative programs can successfully operate in resource-limited rural settings.

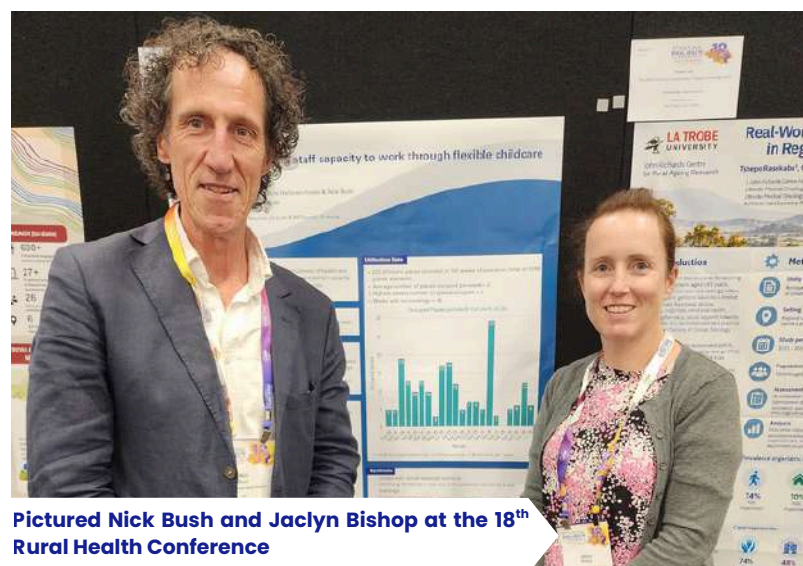
Another well-received presentation focused on the toolkit for rural implementation of Modified Sport for Older Adults. Interest from delegates was strong, with many copies of the toolkit taken by attendees. The presentation also created opportunities to build new connections and raise the profile of the resource among rural health organisations.

Beyond the EGHS presentations, conference sessions highlighted a range of emerging innovations aimed at bringing healthcare closer to home for rural communities. These included initiatives to expand point-of-care testing and trial mobile healthcare services. Building research capability within rural health services was another prominent theme throughout the conference. Delegates also heard about ongoing efforts to address allied health workforce shortages, with presentations focusing on increasing awareness of workforce challenges and sharing strategies to support recruitment and retention.

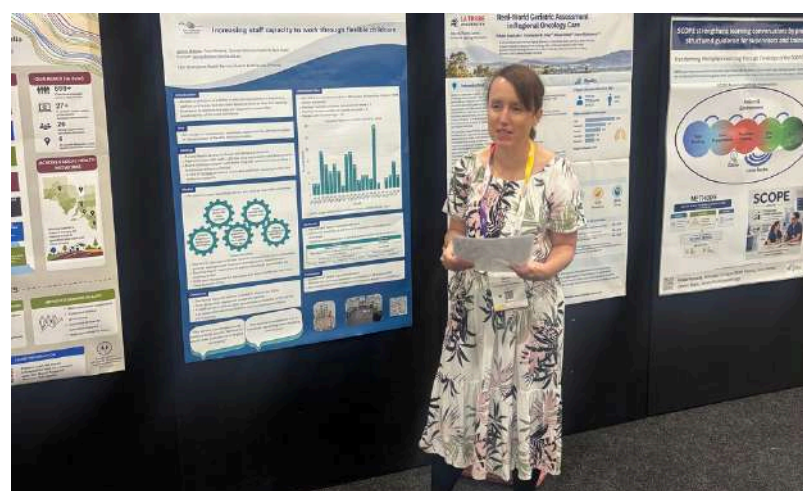
The conference provided an excellent opportunity to showcase the innovative work being undertaken at EGHS, learn from colleagues across the country and strengthen connections that will support improvements in rural healthcare into the future.



Pictured is Jaclyn Bishop presenting on the modified sport for older adults toolkit for rural communities



Pictured Nick Bush and Jaclyn Bishop at the 18th Rural Health Conference



Pictured is Jaclyn Bishop presenting the flexible childcare project poster

NEW ARRIVALS AT EGHS

JODIE HOLWELL – COMMUNITY LIAISON

Jessica Dunne-Ottini and Chris Begelhole have welcomed the arrival of a son, Judd Begelhole.

Baby Judd was born on September 3 2026 at East Grampians Health Service.



Kristy and Richard Dodds have welcomed the arrival of their daughter, Mia Lee Dodds.

Baby Mia was born on September 9 2026 at East Grampians Health Service, weighing 3555 grams.

Mia is a little sister for Ayla, eight, and four-year-old Chelsea.

"Big thank you to midwives Shae, Kaleb, Bonnie, theatre team, and most important Dr Michelle Chee. Have a great team at EGHS Ararat," Kristy and Richard Dodds.



TOY LIBRARY DONATES TO NEW EGHS PARENTING ROOM

JODIE HOLWELL – COMMUNITY LIAISON

The East Grampians Health Service Ark Toy and Activity Library has donated funds towards the refurbishment of a new Parenting Room at EGHS.

The Toy Library donated \$3000 towards the room, which is in a centrally located, secure and private area of the Ararat campus, and can be used by staff or visitors to the health service.

The space features comfortable furniture, a breastfeeding chair, change table, kitchenette and a fridge for expressed milk, and is a calm and quiet space in which parents can relax with their children.

For staff, it is a private space in which they can express milk, with the fridge available for storage.

EGHS Director of Human Resources Ros Bloomfield said it is a requirement to provide a space for staff, which is private, to be able to express and store milk and breastfeed their babies.

"As well as providing a space for our staff, we also wanted to be able to have a quiet area for visitors to the health service to also be able to use to breastfeed their babies or use the changing facilities," she said.

"It has been wonderful to see the Toy Library's support of, and interest in, this project and we thank them for their generosity in providing funding towards the refurbishment of the new Parenting Room."



Pictured in the new EGHS parenting room are EGHS Director of Human Resource Ros Bloomfield, Toy Library secretary Di Pickering, president Eileen Brady and treasurer Mary Stapleton



CLINICAL CONVERSATION VIRTUAL EMERGENCY DEPARTMENT (VED)

Current state, future direction and opportunities for rural health services

Join Dr Sunny Sharma and the Virtual Emergency Department (VED) team to explore how the service has evolved, current models of care, referral pathways and opportunities to strengthen access to specialist advice across rural health services.

- How VED has evolved
- Current models of care
- Referral pathways
- Common clinical presentations suitable for VED
- Future direction of the service
- Live Q&A with Dr Sunny Sharma



REGISTER & SUBMIT
A QUESTION



Tuesday, September 29



2-3pm



Online via Teams

Trouble with the QR Code? Try this link

[Clinical Conversation – Virtual Emergency Department \(VED\) – Fill out form](#)

For enquiries email Deb Hutton deb.hutton@gh.org.au

WORLD PHYSIOTHERAPY DAY

On World Physiotherapy Day, September 8, EGHS celebrated our wonderful physiotherapy team and the important role they play in helping people move, recover, build strength and improve their quality of life.

Thank you to our dedicated physiotherapists for the care, expertise and support you provide to our patients and community every day!



Food relief & community meals in Ararat

Monday

Emergency Relief -
Food parcels and food
vouchers 1-2pm

(Rotates through several local
churches - roster available
through council website)



Tuesday

Food Relief - Ararat Neighbourhood
House 12-2pm

Emergency Relief - Food parcels
and food vouchers 1-2pm

Free meal - Salvation Army 6pm



Wednesday

Food Relief - Ararat Neighbourhood
House 12-2pm

Emergency Relief - Food parcels and
food vouchers 1-2pm

\$5 Lunch - Ararat Neighbourhood
house 12pm Optional donation

Free meal - Ararat Community Food
Van 6.30pm Skate park

Thursday

Food Relief - Ararat
Neighbourhood House 12-2pm

Emergency Relief - Food parcels
and food vouchers 1-2pm

Free meal and BYO crafts -
Anglican Church of Ararat
11am-2pm

Friday

Food Relief - Ararat
Neighbourhood House 12-2pm

Emergency Relief - Food parcels
and food vouchers 1-2pm

\$5 Lunch - Ararat Neighbourhood
house 12pm Optional donation

Saturday

**No relief services currently
available**

Sunday

**No relief services currently
available**

RESEARCH SHOWCASE

PRISCILLA PRESTES – RESEARCH LEAD – DEVELOPMENT & IMPROVEMENT

East Grampians Health Service proudly held its annual research showcase on Thursday 3rd September 2026.

This year's showcase brought together around 30 staff, community members, and representatives from interested organisations to launch the "Modified Sport for Older Adults in Rural Communities Toolkit", presented by project lead Jake Romein.

Modified sport takes a recognisable sport and changes the parts that may make it difficult for people to participate. This could mean walking rather than running, reducing contact, using a softer or different-sized ball, making the playing area smaller or shortening games. The toolkit includes adaptations for basketball, football, cricket, netball and soccer and the modifications make it more accessible, allowing people with different abilities or confidence levels to participate and engage in team sporting activities.

Jake outlined the project's journey – from idea development to a pilot program in collaboration with the Ararat Fitness Centre (2022), spread of the program to another rural community (2025) and to the creation of a detailed and practical toolkit designed to help other rural communities adapt team sports to the needs and abilities of older adults (2026). The presentation highlighted the strong community interest, engagement, and the valuable feedback received at the project's conclusion.

The toolkit is publicly available for anyone to access, and local community groups and sporting clubs are encouraged to consider starting up a modified sport for older adults program in their community. The toolkit can be accessed using the QR code:



Pictured are Jake Romein – Allied Health Clinical Educator, and Dr Jaclyn Bishop – Director, Development & Improvement with the "Modified Sport for Older Adults in Rural Communities Toolkit"



WORLD PHARMACIST DAY

September saw the celebration of World Pharmacist Day.

The day celebrates pharmacists and the important role they play in supporting safe, effective and accessible healthcare in our communities.

Thank you to pharmacists everywhere for the knowledge, care and expertise you provide every day.



Pictured is Olga Purdie, EGHS Pharmacist

STAFF ENJOY VICTORIES IN NETBALL GRAND FINALS

JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service staff flew the flag for many netball teams and leagues across the region this finals' season.

Navarre A Grade player Brooke Currie was ecstatic after her team's thrilling three goal win over Avoca in the preliminary final, ending Avoca's 69 game winning streak and cementing Navarre's place in the grand final against Carisbrooke in the Maryborough Castlemaine District Football Netball League.

The team then went on to defeat Carisbrooke in the grand final - a fitting tribute to team member Zanaiya Bergen, who tragically passed away in the week leading up to the grand final.

In the Mininera and District Netball Association, staff members Amelia Rundle playing for the undefeated Tatyoon A grade team faced off against Ararat Eagles' A grade players Jamielee Bennett and Brooke Williamson, with Tatyoon taking out the premiership 45-33.

Tatyoon B grade player Chelsea Amarant played in the grand final against Hawkesdale Macarthur, with Tatyoon again taking the premiership, 28 to 22.

EGHS staff also played in the Wimmera Netball League finals' series but were unable to reach the grand finals.

Photos courtesy of Chris Graetz, Ararat Advocate



Pictured is Amelia Rundle after Tatyoon A grade's premiership win



Pictured is Jamielee Bennett after her Ararat Eagles match against Tatyoon



Chelsea Amarant (back, fourth from left) following Tatyoon's B grade win over Hawkesdale Macarthur



Amelia Rundle holds the trophy in Tatyoon's A grade win over the Ararat Eagles



Brooke Currie (back, fourth from left) was part of the Navarre A grade netball team's premiership win over Carisbrooke



The joy on Brooke Currie's face says it all after the Navarre A grade netball team's preliminary final win over Avoca

NATIONAL SAFETY AND QUALITY HEALTH SERVICE (NSQHS) STANDARDS ACCREDITATION ARTICLES OF INTEREST UPDATED 2026

Grampians Health continuously improves its services in alignment with [NSQHS Standards](#).

[Grampians Health Library](#) can assist with literature searches, access to best evidence, full text articles and other clinical resources from reputable and trustworthy sources to underpin quality improvements relevant to each standard.

Preventing and Controlling Infections Standard

Ashurst, A.M. (2026). Developing and implementing an effective infection prevention and control policy. *Nursing and Residential Care*, 28(4). [ACCESS HERE](#)

Prescott, H.C., Antonelli, M., Alhazzani, W., Möller, M.H., Alshamsi, F., Azevedo, L.C.P., Belley-Cote, E., [...], & Coopersmith, C.M. (2026). Surviving sepsis campaign. International guidelines for management of sepsis and septic shock 2026. *Intensive Care Medicine* [ACCESS HERE](#)

Abbas, Z., Hughes, J., Sunderland, B., Parsons, B., Parsons, R., Rawlins, M., Robinson, O., & Czarniak, P. (2026). Selective statin therapy and nasal staphylococcal colonisation: A retrospective case-control study. *European Journal of Clinical Microbiology & Infectious Diseases*. [ACCESS HERE](#)

Lambert, M., Hans Smit, C.C., Taxis, K., & Pont, L. (2026). Antibiotic shortages: Pharmacists' experiences, perspectives and perceived clinical impacts. *Antibiotics*, 15: 808. [ACCESS HERE](#)

Standish, L., Campbell, H., Saharan, S., Johnstone, L.M., Price, N., Kimber, C., & Taghavi, K. (2026). Recurrent UTIs in children with CAKUT. *Journal of Paediatrics and Child Health*: 1-12 [ACCESS HERE](#)

Danapalan, A., Jagadeesh, N.S., Bialasiewicz, A.A., El Ahmady, M., & Palanivinayagam, A. (2026). Hand hygiene knowledge, perception, and self-reported practice among healthcare workers in a tertiary care hospital: A cross-sectional study. *BMC Nursing*, 25: 740. [ACCESS HERE](#)

Kelly, L.C., Glinsky, J.V., & Harvey, L.A. (2026). Randomised controlled trials of nursing interventions in spinal cord injury: A scoping review. *Spinal Cord Series and Cases*, 12(22). [ACCESS HERE](#)

Machava, R.O., Magunga, B.T., Ntuli, S.M., Mbonane, T.P. (2026). The impact of heavy metals exposure on diabetic foot complications: A systematic review of development, progression, and wound healing. *Toxics*, 14: 690. [ACCESS HERE](#)

Borserlo, K., McKinstry, C., Bird, A., McGrath, R., & Neave, K. (2026). Using artificial intelligence-enabled digital health tools for wound management: A scoping review. *International Wound Journal*, 23(8): 1-22. [ACCESS HERE](#)

Contact the Library on #94455 or email library@gh.org.au for further information or if you need help.



*WILLAURA HEALTH CARE
OUTDOOR MARKET
21 FEBRUARY 2027*
SAVE THE DATE!



**East Grampians
Health Service**

PIONEERING INITIATIVE HELPS STAFF QUESTION PRACTICES AND IMPROVE PATIENT CARE

PRISCILLA PRESTES, RESEARCH LEAD – DEVELOPMENT AND IMPROVEMENT

An innovative program developed by East Grampians Health Service is helping its staff to identify and question practices that may no longer be supported by evidence, improving the quality and safety of patient care. The Just Cos Initiative, featured in the International Journal for Quality in Health Care, is designed to help health service staff question workplace practices that are performed “just because” they have always been done that way.

The program provides a structured pathway for staff to question current practice and raise concerns about potentially low-value or non-evidence-based practices. Once submitted, each issue is reviewed using a combination of research evidence, internal audit data, stakeholder input, and quality improvement methods.

The evaluation found that over a 14-month period, staff from various areas of the health service submitted 12 unique questions about existing practices. Through the review process, two low-value practices were identified and changed, while several other submissions resulted in policy clarification or confirmation that current practice remained appropriate.

Dr Jaclyn Bishop said the findings demonstrate the value of combining research and quality improvement approaches to support evidence-based care in health services. “Healthcare professionals are constantly looking for ways to improve patient care, but busy clinical environments can make it difficult to investigate whether long-standing practices are still truly delivering value.

“Just Cos creates a practical mechanism for staff to ask those questions and seek evidence-based answers.”

The study also found that staff valued having a safe and supportive process for raising concerns and reported that the initiative gave them a voice, encourages curiosity about practice, and reduces concerns about criticism when questioning established routines.

The authors believe the model offers a practical framework that could be adopted by other health services seeking to strengthen evidence-based decision making and reduce low-value care. “One of the key strengths of the initiative is that it centralises the work of reviewing evidence, saving time for frontline clinicians while ensuring decisions are informed by the best available information,” Dr Bishop said.

The authors conclude that integrating research evidence with quality improvement processes can help health services systematically identify and reduce low-value practices while fostering a culture of learning and continuous improvement.

The initiative was published in the International Journal for Quality in Health Care, [Evaluating an integrated quality improvement and research approach: the Just Cos Initiative](#).

Read the full article: Bishop J, Ottrey E, Fitzgerald A, Romein J, Conlin M, (2026). Evaluating an integrated quality improvement and research approach: the Just Cos Initiative. Int J Qual Health Care; 38:mzag041.

THE JUST COS



INITIATIVE

Being curious about
best practice

FIRST NATIONS NEWS

CLARE STACPOOLE – FIRST NATIONS LIAISON LEAD

NEWS

On Wednesday 23 September, Tracey, Ellena and I had the pleasure of attending the Budja Budja Strong Families Festival. With perfect weather and a wonderful community atmosphere, it was a fantastic day enjoyed by all.

The festival brought the local community together to prevent family violence, promote strong families, strong culture and strong connections.

Throughout the event, we were able to showcase a range of services and programs available to local families. Tracey promoted our Women's Health Clinic, while I shared information about the Welcome Boorai Maternity Program. Ellena brought along a smoothie bike, which quickly became one of the festival's most popular attractions.

Families eagerly lined up to pedal-power their own fruit smoothies, transforming healthy eating into a fun and interactive experience. The combination of movement, laughter and fresh flavours brought people together and added a vibrant wellbeing focus to the day.



A special highlight for me was being presented with a beautiful artwork commissioned for the Welcome Boorai Maternity Program by Aunty Di Turner of DiZart. The artwork is a meaningful addition to the program, and I am looking forward to displaying it in the Maternity Ward for families, staff and visitors to enjoy.

For more information about the Women's Health Clinic, please contact Tracey Walters at Tracey.Walters@eghs.net.au. For more information about the Welcome Boorai Maternity Program, please contact Clare Stacpoole at clare.stacpoole@eghs.net.au.

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



BIRTHING SPACE 2026

BIRTHING SPACE 2026

By Dianne Turner

In the early days of our Ancestors, birthing, being 'Women's business', a woman prepared for birth by travelling to the 'birthing tree', a protective space under a large tree with a space at the bottom of the large trunk, a beautiful place near a water source.

This painting tells the story of a birthing space under natural gum leaves and flowers, a beautiful place to bring a child into life, near a water source, a river. A large campsite on 3 rivers is part of my story. Mother and baby are protected by their mob belonging to Gariwerd, mountain ranges.

SHIRLEY IS LOWE STREET'S TOP TIPPER

70 Lowe Street's footy tipping has wrapped up for another year with resident Shirley taking the honours.

The hotly contested competition came down to the last round. Two people had been neck and neck all year and were tied after round 23 at 129 points each.

In the final round Shirley pulled away winning by two points for the second year in a row scoring an impressive 136 points.

This has now become a family tradition, with Shirley's husband Ken winning three in a row and having the tipping trophy named after him.

Congratulations to Shirley on winning her second Ken Preston Trophy 2026.



Pomonal Native Flower Show

Presented by Australian Plants Society
Grampians Group

Featuring Grevilleas

October 3rd & 4th 2026
9am to 4pm

Adults \$7 · Children Free
Tickets at the door

Pomonal Community Hall
3360 Ararat-Halls Gap Rd,
Pomonal VIC

Cut Flowers · Plant &
Book Stalls · Market Stalls ·
Refreshments · Speakers



Enquiries: 0414 933 603 or
pomonalflowershow@apsvic.org.au



EGHS Staff Celebration Committee & Executive Footy Colours Day Winners

Ararat

Congratulations to the following four staff members who came 1st place in the handball comp with 27 points each!!

- Isabel Kettle - Community Health Centre
- Andrew Ward - Gardener/maintenance
- Hayley Lugg - Dental
- Graeme Foster - Fosters Mensland

Congratulations to the following for best dressed!

- Allyson Wallace - dressed as a Melbourne Demon - Lowe Street

Willaura

Congratulations to the following staff members who came 1st and 2nd place in the handball comp!!

- Mya Jones - One Red Tree
- Josie Hickey - Willaura

Congratulations to the following for best dressed!

- Rizalyn Pacujan - Collingwood outfit - Willaura

Those who have not yet received a prize please come and see Ella or Ash at Lowe Street from the Staff Celebration Committee

WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

RAHUL BANKAR PHYSIOTHERAPIST

ALL ABOUT ME...

Favourite Music | **Bollywood music**

Favourite Food | **Indian cuisine**

Interests | **Watching movies**

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

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



PAULA DENT HOME SUPPORT WORKER

ALL ABOUT ME...

Favourite Food | **Chinese food**

Favourite Music | **Country music**

Interests | **Netball, cooking, socialising with friends and family**

One thing I'm good at | **Helping others, good listener**

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



OSCAR JACQUES REGISTERED ENROLLED NURSE STUDENT

ALL ABOUT ME...

Favourite AFL Team | **Hawthorn (don't follow footy)**

Favourite Music | **Noah Kahan**

Favourite Food | **Chocolate mousse**

Interests | **Reading, drawing, archery**

One thing I'm good at | **Caring about others**

One thing I want to do in this lifetime | **Take my mum to Paris like I promised I would when I was younger**



SKYE JOHNSTONE CATERING & CLEANING SERVICES

ALL ABOUT ME...

Favourite AFL Team | **Geelong**

Favourite Music | **Hip Hop**

Favourite Food | **Stir fry**

Interests | **Becoming someone who can help other people. Even in a small way. I like to colour and walking our family dog**

One thing I'm good at | **Listening to other people and hearing their stories**

One thing I want to do in this lifetime | **Own a highland cow**



WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

WAYNE MOYSES LEISURE & LIFESTYLE ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **North Melbourne**
 Favourite Music | **Punk/Alternative rock**
 Favourite Food | **Pizza/Honey chicken**
 Interests | **Jig saw puzzles**
 One thing I'm good at | **Listening**
 One thing I want to do in this lifetime | **Make a lot of people happy**



PRISCILLA PRESTES RESEARCH LEAD

ALL ABOUT ME...

Favourite AFL Team | **Colingwood**
 Favourite Food | **Anything mexican**
 Favourite Music | **Pop rock**
 Interests | **Gardening and fitness**
 One thing I'm good at | **Eye for details**
 One thing I want to do in this lifetime | **Attend a grand final regardless of who is playing**



REBECCA ROOK HOME CARE WORKER

ALL ABOUT ME...

Favourite AFL Team | **Geelong**
 Favourite Music | **Rock, metal and country**
 Favourite Food | **Pizza and cake**
 Interests | **Listening to music and walking. I love horses but I don't have any**
 One thing I'm good at | **Being kind and caring**
 One thing I want to do in this lifetime | **Travel Australia**



NAHRIYA TURNER LEISURE & LIFESTYLE ASSISTANT

ALL ABOUT ME...

Favourite AFL Team | **Geelong Cats**
 Favourite Music | **Pop**
 Favourite Food | **Lasagna**
 Interests | **Animals, spending time with friends and family, board games**
 One thing I'm good | **Keeping a positive attitude**
 One thing I want to do in this lifetime | **Achieve my dream job**



LIONS DONATE SPECIALISED CHAIR TO LOWE STREET

JODIE HOLWELL – COMMUNITY LIAISON

Residents at East Grampians Health Service aged care facility 70 Lowe Street will benefit from a recent donation by the Lions Club of Ararat.

The Club recently donated \$2000 which assisted in purchasing a specialised 'air' chair, which is for residents who spend extended periods of time sitting or lying and require specific mobility aids to ensure they remain comfortable. Pressure relief chairs help to redistribute pressure across the surface of the skin and prevent pressure sores.

The donation was facilitated by Lions Club member Mary Schwencke, who worked at 70 Lowe Street for over 11 years and was keen to give back to the workplace she loved and the residents who lived there.

"I used to work there and have kept in touch with everybody," she said.

"I came up and asked Helen and Chris if they needed anything."

Facility manager Chris Jordan and staff member Helen McPherson gained feedback from staff, and the air chair was seen as a piece of equipment that would benefit both the patients, and the staff who care for them.

"We are very grateful to the Lions Club for donating the money that has enabled us to provide this chair for our residents," Ms McPherson said.



Pictured L-R with the new air chair donated to 70 Lowe Street by the Lions Club of Ararat, 70 Lowe Street Acting Manager Jazmin Sabo, Lions Club members Mary Schwencke and Peter McNeill and staff member Helen McPherson

WOMEN'S HEALTH WEEK

To celebrate Women's Health Week, EGHS Women's Health Clinic and Health Promotion staff provided information on women's health issues and were available to chat to staff on the deck.



Pictured, Hannah Jennings, Jacinta Harman, Women's Health Clinic Manager Tracey Walters, Health Promotion Officer Ellena Raven, Leanne Atkinson and Jane Smith

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

+ 13TH OCT-
24TH NOV



INSTRUCTOR: JONAH (EP)

13 OCT BOXING

20 OCT LOW IMPACT STRENGTH

27 OCT FLOOR & CORE (MAT WORK)

3 NOV HIIT (HIGH INTENSITY)

10 NOV STRENGTH AND CONDITIONING

17 NOV BOXING

24 NOV FLOOR & CORE (MAT WORK)

JOIN EGHS STAFF FITNESS FACEBOOK GROUP FOR
ANY UPDATE/CHANGES



GARDEN VIEW COURT GOSSIP

LARISSA METCALFE – LEISURE & LIFESTYLE ASSISTANT – GARDEN VIEW COURT

September has been another busy month at Garden View Court, with plenty happening for our residents.

Residents enjoyed live music from Jack Shillock, who sang and played piano, and have been busy creating items for our December drive-through garage sale.

They also enjoyed an AFL Grand Final afternoon, cheering on the Brisbane Lions while enjoying plenty of party pies, sausage rolls and nibbles. With warmer weather arriving, afternoon tea has also moved outdoors into the sunshine.

Congratulations to Ron, who took out this year's residents' footy tipping competition with an impressive 147 points!



FINALIST IN VICTORIAN PUBLIC HEALTHCARE AWARDS

East Grampians Health Service Board members, staff and volunteers are celebrating the announcement that we've been named a finalist in the 2026 Victorian Public Healthcare Awards!

We have been recognised in the Premier's Medium Health Service of the Year category.

EGHS continues to lead rural healthcare through strong and effective leadership, evidenced in its People Matter survey results, innovative workforce development and exceptional patient outcomes.

The awards acknowledge the achievements of Victoria's healthcare professionals, volunteers and public health services.

EGHS has twice won the Premier's Medium Health Service of the Year, in 2015 and 2016, and has been a finalist in 2017, 2022 and 2023. The health service was also a finalist in the general awards, Celebrating a Strong and Sustainable Workforce, in 2025.

Winners will be announced in October.



STRONG INTEREST IN DIPLOMA OF NURSING AND CERTIFICATE III IN INDIVIDUAL SUPPORT

East Grampians Health Service and Federation Uni held an information night for people interested in undertaking the Diploma of Nursing and Certificate III in Individual Support at EGHS in Ararat next year.

Manager of Training and Development Lucy Mills said there was a great turn out of attendees expressing interest in the upcoming courses.

The courses will commence in late January/early February 2027.

"Anyone with questions about either the Diploma of Nursing or Certificate III in Individual Support can reach out to me for further information," Lucy said.

Potential applicants can register their interest via tafe.health@federation.edu.au

THANKFUL THURSDAY

"I am incredibly grateful for the leadership mentoring program.

It has provided an invaluable space to grow, challenge my perspectives, and refine my approach to team leadership. Truly a fantastic initiative."

JANELLE SMITH
MANAGER - EGHS @ HOME

PARKLAND PURSUITS

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

Spring has certainly arrived, and the countryside around Willaura is looking beautiful, with golden canola fields, green paddocks, blue Grampians and full lakes and dams. We've made the most of the lovely weather, getting our residents outdoors to enjoy the scenery and abundant birdlife.

It's been a busy month of activities and entertainment, including performances by Ararat's Sing Australia Group and Michael and Keith's Country Music. We celebrated Father's Day with afternoon tea and a raffle, with Julie from Support Services winning a chocolate-filled train made by Barrie and Frank.

Our monthly Parkland Pub Lunch was another great social occasion, with residents enjoying lunch and a chat with volunteers and our One Red Tree social worker.

Ros Bell celebrated her 90th birthday with family, residents and a special performance by Sing Australia featuring some of her favourite songs. We also enjoyed Pirate Day with Willaura Kindergarten, including pirate bingo, outdoor games and story time.

Looking ahead, residents will enjoy Yellow Day, a visit from the Willaura History Group, Grand Final Day celebrations with a sausage sizzle, and outings to enjoy the spectacular spring countryside.



Pictured: Garry Moloney with Willaura Primary Schools kids



Pictured: Ros Bell celebrating her 90th Birthday with her daughter and friend.



Pictured: Father's Day celebrations



Pictured: Rebecca Peters with a beautiful arrangement of flowers for Ros



Pictured: Derick Watson playing ticktacktoe with Lake Bolac College students.



Pictured: Derick Watson planting pansies

LOWE STREET NEWS

WENDY DUMESNY – RESIDENTIAL SUPPORT COORDINATOR, 70 LOWE STREET

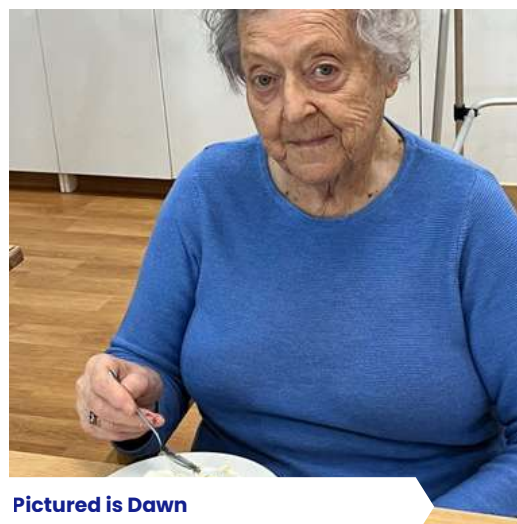
One of the most popular activities at 70 Lowe Street is cooking, and residents always enjoy finding new and interesting recipes to try.

Recently, the kitchen was filled with delicious aromas as residents prepared two new treats: Portokalopita, a traditional Greek syrup cake made with dried filo pastry, fresh orange zest and juice, and a sweet citrus syrup, and Sushi.

Both recipes were lots of fun to make and, most importantly, absolutely delicious! They were a definite hit with everyone and will certainly be making another appearance on the menu soon.



Pictured are Rhonda & Nina



Pictured is Dawn



Pictured are Bill and Gaye



Pictured is Bill



Pictured is Bill

JOY BELL CELEBRATES ONCOLOGY PATIENTS' JOURNEYS

JODIE HOLWELL – COMMUNITY LIAISON

Patients at East Grampians Health Service's Oncology Unit can now celebrate significant milestones by ringing the 'Joy Bell'.

The initiative was patient-lead, with patients requesting whether a bell could be installed in the Oncology Unit to celebrate milestones.

Associate Nurse Unit Manager Leesa McInnes said a bell is often rung by patients at the end of treatment in oncology clinics across Australia and the world.

"However, it was felt that for some patients where treatment is ongoing, the bell could be used to celebrate any milestone they achieve, such as receiving positive scans, being well for 12 months, as well as ringing the bell at the end of treatment," she said.

Ms McInnes searched high and low for the right bell and finally found one suitable for the Oncology Unit.

"The bell features a ship's wheel, which I felt represented the journey that patients are on throughout their treatment," she said.

The bell has been installed outside the main treatment area to provide a private area for patients to celebrate their milestones.

The Oncology Unit provides both oncology and haematology treatments and treats both public and private patients.

Visiting Oncologist Dr Craig Carden consults at EGHS on the second and fourth Wednesdays of the month, while Visiting Haematologist Dr Pohan Lukito consults on the first, second and third Wednesday of the month.

An infusion clinic is also run every second Thursday for people requiring medical infusions for conditions other than cancer.

The department is staffed by experienced specialist trained oncology nurses and there is also a Breast Care Nurse available to support patients.

"We are fortunate to have an Oncology Unit in Ararat, as it allows people to be treated closer to home and be better supported by their family, friends and community," Ms McInnes said.

"It also removes many of the stresses and costs involved with travelling, accommodation and parking."

For further information on Oncology services offered at EGHS, please call the Manager of Inpatient Unit and Oncology, Kate Pitcher, on 5352 9415.



Pictured is EGHS Associate Nurse Unit Manager Leesa McInnes with the newly installed Joy Bell in the EGHS Oncology Unit

NATIONAL FOOD SERVICE EMPLOYEE DAY

Happy National Food Service Employee Day! On September 25 EGHS celebrated National Food Service Employee Day and the dedicated food service team who help nourish our patients, residents and staff every day.

From preparing nutritious meals to creating a welcoming dining experience, thank you for all that you do



TROY KINNE

MADE WRONG

Live COMEDY
SHOW at WILLAURA

24 OCTOBER 2026

Proudly brought to you by Willaura & District Community Development Group Inc. in partnership with Ararat Town Hall

Get ready for a night of big laughs as Troy Kinne brings his no-holds-barred stand-up show, *Made Wrong*, live to Willaura. Star of *Kinne Tonight* (Channel 10) and *Kinne* (Channel 7), Troy has more than 1 million social media followers and his viral "Kinne's videos" shared worldwide. Don't miss the chance to experience his trademark energy and quick wit in one unforgettable live show.

Willaura Memorial Hall

Doors & Bar open 7.00pm for 7.30pm

\$75.00 per person

Ticket includes Show & 2-course meal by Paula Symons

Drinks available at bar prices (Strictly no BYO)

Organised by the Willaura Memorial Hall Committee

AND why not join in the fun - and come dressed as a character from your favourite comedy show or movie....who knows there might be prizes to be won!

Grab your tickets now before they sell out!

Tickets available at
www.trybooking.com or call
into the Community Bank
Willaura and Lake Bolac
(Bookings essential by
Tuesday 20th october)



ARARAT
TOWN HALL

CREATIVE VICTORIA



Ararat Rural City



Community Bank
Willaura and Lake Bolac

Bendigo Bank

RU OK DAY



RU OK DAY



ALL THE COLOUR OF FOOTY COLOURS DAY

In honour of the AFL Grand Final, East Grampians Health Service staff celebrated Footy Colours Day, with plenty of laughs, friendly rivalry in the handball competitions, and of course footy food from the fabulous Support Services' catering team.

Thanks to the Staff Celebration Committee once again for all their hard work in organising Footy Colours Day, which staff always look forward to.







KNOW YOUR RIGHTS: WHISTLEBLOWER ACT & COMPLAINT PROCESS



Protecting your voice. Protecting our community.



The new Aged Care Act starts on 1 November 2025. One important change is better protection for whistleblowers - people who speak up or report problems. This means older people, their families, carers, and aged care workers can make a complaint or share concerns without worrying about being punished or treated unfairly.



You can make a complaint at East Grampians Health Service by:

- Talking to a staff member.
- Filling out a feedback form.
- Emailing info@eghs.net.au
- Via our website at www.eghs.net.au/contact/your-feedback



You can make a report to:

- Us, as a registered aged care provider.
Ask to speak with:
 - Someone in charge.
 - Facility manager.
 - Clinical care manager.
- Any aged care worker.
- An independent aged care advocate:
 - Older Persons Advocacy Network (OPAN): 1800 700 600.
- The Aged Care Quality & Safety Commission: 1800 951 822.
- The Department of Health, Disability and Ageing: 1800 020 103.
- A police officer.

You can make the report in person, over the phone or in writing.
A report can be made without giving your name.



16.01.40 - V1.0 - Oct 25

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





East Grampians Health Service

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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.