



Grampians Health Chair Bill Brown, volunteer Una Faux, District Nursing Services' Jill Roberts and CEO Dale Fraser at the 150 year plaque unveiling.

150 year milestone for hospital

This year Horsham is celebrating 150 years of public service at the Wimmera Base Hospital.

On 26 August, past and present volunteers, staff, and board members, life governors and friends of the hospital gathered to help us celebrate this milestone achievement.

Two of our very dedicated team members – our longest serving active volunteer Una Faux, a Life Governor who has been with Grampians Health for more than 34 years, and Teams Coordinator for District Nursing Services Jill Roberts, who has been at our Horsham campus for more than 40 years and was last year made a Life Governor – unveiled a plaque to mark the occasion.

Chief People Officer Claire Woods said it was an exciting time to celebrate the achievements of the hospital over such a long period of time.

"The hospital has provided an amazing level of care for 150 years and we want to recognise the work that has been done by so many to improve the health of our region," Claire said.

A special Memory Book has been capturing the thoughts and memories of Wimmera Base Hospital team members over the past few weeks and now it is available for community members to make their contribution.

Anyone is welcome to write their memories of the hospital into the book – or simply sign their name – whether you're a patient, former team member or just had some connection to the hospital.

The book will be available for signing at the Horsham Plaza on 4 October, or you can email horsham150@gh.org.au with your message or photo and it will be transferred to the book before it is completed.

A final date for the release of the Memory Book is yet to be announced.

For further information on the 150 year celebration visit www.whcg.org.au



Grampians Health Public Relations Manager/West Peter Miller accepts the \$16,000 cheque from Theresa and Maria Marchesini and Robyn Lardner.

High tea for heart health

A packed Horsham Town Hall celebrated Mother's Day in May with a high tea that honoured the life of a special Horsham mother.

The heartwarming event raised an incredible \$16,000 for Grampians Health's heart health program and a further \$8,000 for Royal Flying Doctors Service.

Event organisers Robyn Lardner and Marchesini sisters Teresa and Mary initiated the idea to honour their close friend Susan Schilling who passed away suddenly from a heart attack in November 2021.

The sisters received a standing ovation on the day in recognition of their many years of benevolence to the Wimmera community.

During the high tea, ACE Radio announcer Emma Clark chatted with Horsham cardiac patient Judy Carter about her own experience with heart disease.

Judy spoke of the many and varied warning signs that people need to heed.

More than 40 Horsham businesses supported the event with donations and raffle prizes.

The 150-plus attendees were entertained by RFDS Education Program Manager and part-time trombonist Captain Tom Ryan with his band Shrewd Brass.

Accepting the \$16,000 cheque from Maria Marchesini, Grampians Health Public Relations Manager/West

Peter Miller thanked organisers, sponsors and the community for supporting the fundraiser, and acknowledged the many who brought pictures of their departed mothers to the event.

"It was overwhelming to see the support for the event and the incredible amount of work that Mary, Teresa and Robyn had done with the backing of their team of volunteers," Peter said.

"The generous \$10,000 donation from our anonymous philanthropist was the literal icing on the high tea cake and we are very grateful to that person also."

The \$16,000 will be used to support heart health programs at the Horsham campus including the Cardiac Rehabilitation program.

Tony starts the heart walk

Late last year Tony Howard started to notice a change in his energy levels. The 60-year-old IT service administrator had always been reasonably energetic but suddenly he was out of breath climbing stairs – or he struggled to talk while he was walking.

Tony went to his local GP who said his heart didn't sound right and sent him to Lumus Imaging at Wimmera Base Hospital for an ultrasound. He was then referred to a cardiologist in Ballarat and was eventually admitted to Royal Melbourne Hospital for open heart surgery where his main aortic valve was replaced.

When he returned to Horsham and was discharged, Tony said he was referred to the Cardiac Rehabilitation program coordinated by nurse Jo Carroll at Grampians Health's Horsham campus.

"I was on the cardiac rehab program for eight weeks and I was getting the right exercise there," Tony said. "When my eight weeks was complete, I realised that I wanted to continue with the exercise and I really wanted to remain involved in some type of group therapy to inspire me to keep active."



Cardiac Rehab Coordinator Jo Carroll and Horsham cardiac patient Tony Howard show Heart Foundation Walking Together posters while walking with Grampians Health allied health team members who were involved in Tony's recovery.

"I definitely wanted to keep up the walking because that's the best exercise for the heart and it's also good for your mental wellbeing. The thought of walking on my own wasn't the best idea because there would be days when I could easily decide that I might not bother today,"

"But when you're in a group, you feel a commitment to the rest of them to participate each time."

Tony contacted the Heart Foundation to see if they had a walking group in Horsham.

"They told me there wasn't but if I would like to start one under the Heart Foundation, they would make me their official coordinator."

"The allied health team at Grampians Health who guided me through my rehab have also gotten behind me and supported me to do this. Anyone is welcome to get involved and come for a walk – this is a second chance at life for me and I know there will be a few around here in the same boat."

Tony wants people to join his group Horsham Riverside Walkers on Facebook or simply by turning up on the day.

"We meet at the Horsham Angling Club and walk along the river every Wednesday at 9am, so people can just come along and join in."

Community space provides safe haven

A new community space at Wimmera Base Hospital is providing comfort and security for First Nations people visiting the hospital.

This welcoming space is adjacent to the Aboriginal Health Liaison Office at the main entrance to the hospital.

The office was relocated to its current space last November as a more prominent position to its previous location in Arnott Street.

Grampians Health CEO Dale Fraser said the new location would be much more easily accessible for First Nations people.

"Having the community space right next to the office means First Nations people can meet there and feel culturally safe," Mr Fraser said.



Aboriginal Health Liaison Officer Danae McDonald in the new Community Space at Wimmera Base Hospital.

"Whether they are visiting a sick relative or friend in care or whether they are requiring treatment themselves, if they aren't comfortable in the hospital environment, they will be able to use this space without having to venture into the medical areas.

"We have fully refurbished the room for extra comfort as well."

Grampians Health Aboriginal Health Liaison Officer for the west campuses, Danae McDonald said

the location was perfect for all First Nations people.

Danae started with work at Wimmera Base Hospital in 2019 under a traineeship program in Human Resources.

In 2020 she became the Aboriginal Health Liaison Officer and has continued this important work ever since.

Grampians Health is also planning to appoint a second officer to support Danae.

College students pop up for Cancer Centre

A project for a class of Horsham students has provided financial support for Wimmera cancer patients.

Year 11 and 12 VET students in the small business class at St Brigid's College dedicated their year creating their own range of products which they sold at a

pop-up shop in Horsham Plaza. All the money raised from the sale of products was then donated to Wimmera Cancer Centre.

Cancer Centre Manager Carmel O'Kane accepted the \$889 cheque and thanked the students and their teacher, Chris Rook, on a wonderful effort.

"It's so lovely to see young people contributing to their community while learning new skills and developing a business acumen at the same time," Carmel said.

"We are very grateful to the school and to the class for wanting to support our centre."



Wimmera Cancer Centre Manager Carmel O'Kane, centre, accepts the cheque from the VET students and teacher Chris Rook, right.



From Left to Right: Rupanyup and Minyip Kindergarten Educators Christiana, Anne and Sherri, and Krista Fischer from the Grampians Public Health Unit.

Healthy Smiles for bright beginnings

The Smiles 4 Miles program has this year been expanded across West Wimmera, Yarriambiack, Hindmarsh and Horsham local government areas, teaching kindergarteners how to care for their teeth.

The program helps kids learn how to look after their teeth from a young age, with a focus

on the simple messages of “drink well”, “clean well” and “eat well”.

520 children across 14 kindergartens in the Wimmera Southern Mallee are now participating in the program through their educators, which encourages conversations not only in the classroom but also at the dinner table.

Some of the activities that kindergartens have delivered include learning how to brush with the help of a stuffed animal friend, or creating a shopping list to learn which foods are ‘sometimes foods’ that can negatively impact teeth.

Smiles 4 Miles is an initiative of Dental Health Services Victoria which recognises early childhood services for implementing healthy eating and oral health policies, engaging with families about the importance of oral health, and educating children through learning experiences.

To learn more about Smiles 4 Miles or Oral Health initiatives, contact the Grampians Public Health Unit at phu@gh.org.au



Health a hot topic at Careers Expo

Allied Health Assistant Erin Slater, Social Worker Katie Cochrane, Podiatrist Sara Coats, Physiotherapist Hannah Burton and Dietitian Olivia Dunstan.

Career opportunities at Grampians Health was a hot topic during the Western Victorian Careers Expo at Longerenong in June.

Several Allied Health team members from the Horsham campus as well as a Clinical Nurse Educator were on site to discuss career pathways with students from across the Wimmera.

The Allied Health team discussed the increased opportunities with working in rural and regional health compared to city services, such as the variety of skills needed in rural areas compared to city services where staff are generally limited to specialist roles.

As part of the Grampians Health exhibit, clinical nurse educator Deidre Harrington spoke directly with students about the various

opportunities available to nurses in regional health services.

Grampians Health Careers Advisor Andrew Vague said events such as the Western Victorian Careers Expo were important to the health service.

“They give us the opportunity to engage directly with our future workforce,” Andrew said.

“I strongly believe that current team members presenting and talking with students is the best way to promote health care pathways and employment opportunities.”

Easing stress for heart patients

Wimmera heart patients can now measure the performance and capacity of their heart, lungs and blood vessels without having to travel to Ballarat for specialist services.

Wimmera Health Care Group Foundation recently donated a \$33,600 Exercise Stress Test Device to the Alan Wolff Medical Centre so Wimmera patients can be tested in Horsham.

Grampians Health cardiologist Dr Rajiv Ananthakrishna said the donation would make a big difference for his patients.

"I started providing cardiology services in Horsham just over a year ago and Grampians Health plans to continue expanding those services in Horsham," Dr Rajiv said.

"This device will support that expansion and save people a lot

of time and travel. We are very grateful to the Foundation for their support."

Any GP can refer their patients for a stress test at our Horsham campus. The service will be available every fortnight.

Foundation member Penelope Manserra said they were delighted to be able to provide Wimmera patients access locally to a stress test.

An exercise stress test is generally carried out on patients with known or suspected blockages in heart arteries.

Other uses of the stress test include evaluating a patient's capacity to undertake certain physical activities, assessment of prognosis in those with known heart disease and planning of appropriate rehabilitation program.



Grampians Health cardiologist Dr Rajiv Ananthakrishna with WHCG Foundation's Penelope Manserra and Andrea Cameron.

Crime Night a hit



The annual Blue Ribbon Foundation Horsham's fundraising event, The Inside Story was held in July with 175 guests in attendance.

Detective Sergeant Sean Campbell and Detective Sergeant Paul Tremain spoke in detail about murder investigations and had real footage and recordings to back them up.

The event raised \$5,380 on the night and the money will be used to purchase life-saving equipment for Wimmera Base Hospital.

Walking a new path to health



Cardio rehab nurse Jo Carroll with auxiliary secretary Pat Uytdehaag, treasurer Elaine Morrison and president Denise Queale are shown the previous treadmill by physiotherapist Zara Humphreys.

The Wimmera Base Hospital Ladies Auxiliary has recently presented its biggest single contribution with a \$74,000 cheque to Grampians Health Horsham.

The cheque has funded two important items, and the first one arrived with great celebration in August. The Arapiles gymnasium at the Horsham campus proudly boasts a brand new treadmill with all the programs needed for the various exercise groups using it.

Cardiac Rehabilitation nurse Jo Carroll said the treadmill was already getting plenty of use.

"It's used by clients every day of the week," Jo said. "The clients are from various exercise groups including cardiac rehab, pulmonary rehab, osteo arthritis, gait and balance, heart failure group and other exercise groups involved with exercise physiologists and various allied health professionals."

WBH Ladies Auxiliary president Denise Queale said her committee were delighted to be able to buy the treadmill.

"We learned from one of our committee members that the previous treadmill was broken so we jumped at the opportunity to fund a new one," Denise said.

"We have also donated a new ultrasound to Yandilla, which is yet to arrive but the two items total \$74,000 which is our biggest single cheque presentation yet.

"The reason we are able to fund such big items is mainly thanks to our hard working ladies at the Opportunity Shop in Darlot St."

Regional Director Hospitals/West Carolyn Robertson thanked WBH Ladies Auxiliary for their continued support.

"We are immensely grateful to WBH Ladies Auxiliary for all their efforts and contribution to our hospital. Their most recent contribution will help us to support our community to live healthy and happy lives."

Do you have suggestions for us?

If you have a suggestion or an issue you want to raise, please contact us at feedback@gh.org.au

Like to join our mailing list?

To join our mailing list – or to update your details – send your name, email and postal address to communications@gh.org.au

A healthy experience for students

Horsham College Year 10 student Wahsaypaw Payhae is one of ten students who has gained invaluable understanding of a hospital environment after completing a week of work experience with Grampians Health.

Careers Advisor and Training Officer Andrew Vague said students were able to gain experience in a variety of roles over their week.

"The students get opportunities to work in a range of different clinical and non-clinical areas including the laundry, kitchen, physiotherapy, social work, dietetics and more," Andrew said.



"For someone like Wahsaypaw who is looking at nursing as a career, that background can prove invaluable and for Grampians Health, it's a great way to showcase the career opportunities right here in the Wimmera."

Andrew said many students having completed work

experience or worked as juniors at the Horsham campus have returned to work in Horsham and other regional health settings in both clinical and non-clinical roles.

Year 11 and 12 students interested in organising work experience should contact their careers teachers for application details.

Digital system saves time for oncology nurses

A new project developed at Wimmera Cancer Centre that has received national attention is helping oncology nurses to deliver more quality supportive care for cancer patients by saving time with administrative duties.

Grampians Integrated Cancer Services (GICS) Cancer Service Improvement Facilitator Donna Bridge worked on the project with the Grampians Health Horsham team.

Together they developed a digitised system for gathering patient information on an electronic tablet, preventing double handling of patient records and streamlining the administration involvement for nurses by using a screening consultation.

*Grampians Health
Cancer Resource Nurse
Catherine Olston, and
Wimmera Cancer Centre
Manager Carmel O'Kane
check patient information
in the new system.*



"This was a combined project with the oncology nurses at Wimmera Cancer Centre and the Clinical Information Application Support team and supported by GICS," Donna said.

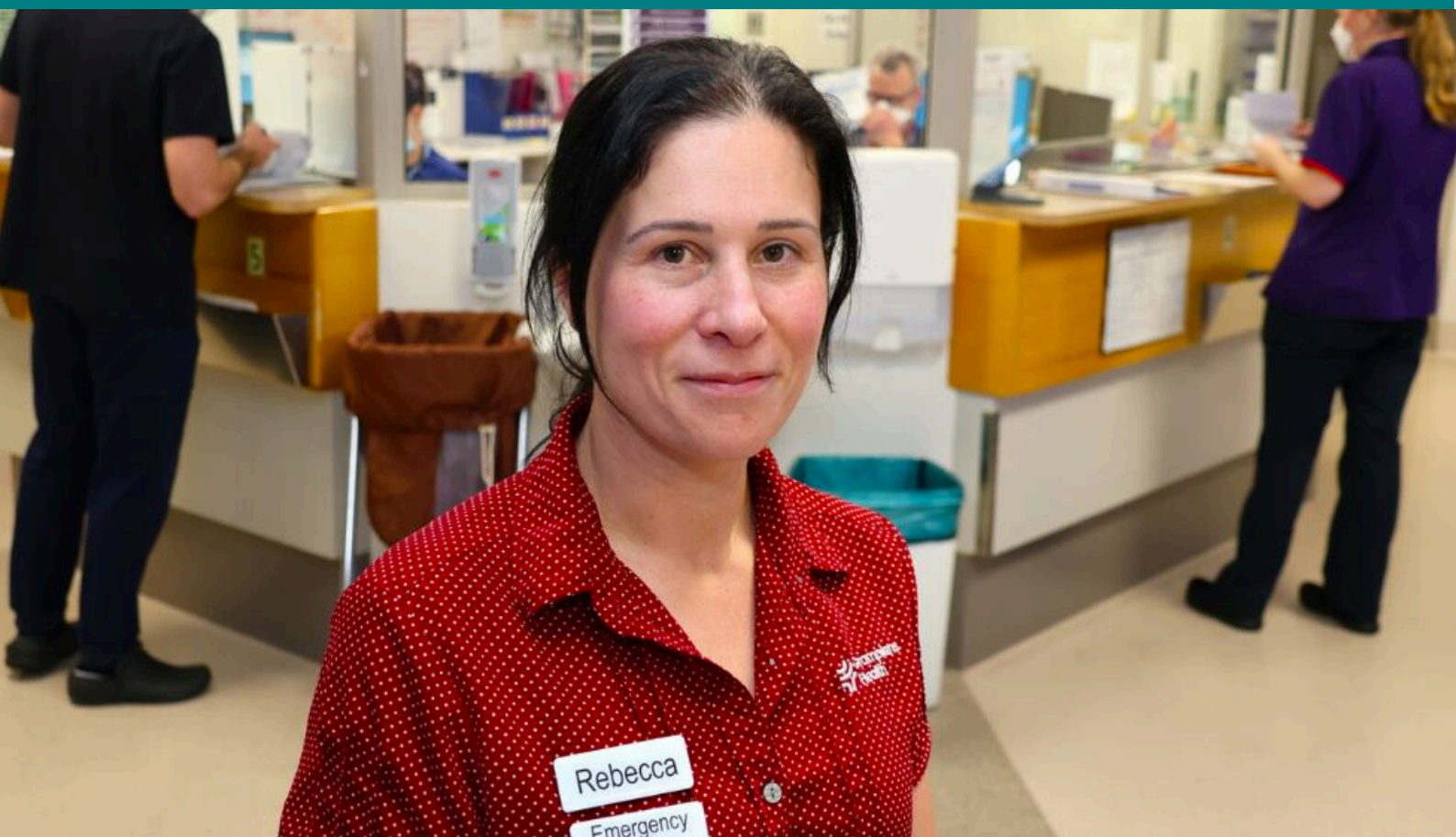
"We have basically provided a system where nurses can gather a patient's information electronically on the spot instead of filling out forms and then going back to the computer to transfer the data.

"The patient's screening information can be entered

directly via tablet by nurses during the screening consultation.

"We've now saved nurses between 3-5 hours of work a fortnight which equates to around 3.3 weeks over a year for each nurse."

The project has also been acknowledged by peers of the health industry, with Wimmera Cancer Centre Manager Carmel O'Kane presenting the work at the Cancer Nurses Society of Australia National Conference that was held 19-21 June in Brisbane.



Rebecca Bolzon has been appointed the Nurse Unit Manager of the Emergency Department at Grampians Health Horsham Wimmera Base Hospital.

Rebecca is the new Emergency manager

Wimmera Base Hospital's new Emergency Department Manager is impressed with the high standard of care her team provides to the community.

Now well into her role as Nurse Unit Manager and the first point of care for many in the hospital, Rebecca Bolzon was full of praise for her team.

"They are well-drilled – a very professional and high functioning team, which has been so helpful for me while I settle into my role," Ms Bolzon said.

"They work extremely hard with the pressures they have in Emergency on a daily basis."

Ms Bolzon said she had worked a few shifts on the floor with her team and had experienced their capabilities first-hand.

"I enjoy working on the floor and supporting the team where I can," she said.

"It's important for me to do that because I have a better understanding of the challenges they face each day and at the same time it keeps my practical skills up."

Ms Bolzon transferred to Grampians Health Horsham from its Stawell campus where she spent three years as Nurse Unit Manager of Urgent Care and Acute Care, before moving into clinical education.

Even during her teaching role, she kept her hand in emergency nursing by working regular shifts in the Intensive Care Unit at Grampians Health Ballarat.

Ms Bolzon said she felt well supported in her new position.

"It's not just the team I work with, but Grampians Health provides support from both a medical and nursing perspective," she said.

"Emergency consultants Dr Peter Carter and Dr Amanda Lishman have been coming up once a week and their input has been important.

"It's not just the nurses that have made me welcome though. It's been everyone – even the cafeteria team have gone the extra step and started stocking almond milk for me."

Ms Bolzon lives at Stawell with her family and travels to Horsham each day.

Blue Ribbon improves oxygen and flow delivery for patients

Transporting patients with breathing difficulties to different hospital medical rooms is now much easier with the donation of two new high flow humidifiers to Wimmera Base Hospital.

The Horsham branch of the Blue Ribbon Foundation purchased two Airvo 3 Optiflow High Flow systems and donated them to Grampians Health Horsham's Emergency Department. The ED had previously relied on a much more inferior item that limited transfers of patients with breathing difficulties.

ED Nurse Unit Manager Rebecca Bolzon said the new devices had a 40-minute battery charge so patients could easily be transferred to units such as radiology or ICU while safely maintaining a high oxygen flow.

"They have instantly gone to work and are doing their job so we are very grateful to the Blue Ribbon Foundation and the community that supports their events," Rebecca said.

"The devices help reduce the work for a patient's breathing and allows us to give them high amounts of oxygen.

"We will use them a lot on asthmatic patients and those with Chronic Obstructive Pulmonary Disease. Paediatrics also respond well to the devices and they provide humidification as well. The new device is also very user-friendly because the interface is virtually like a computer."

Blue Ribbon Foundation Horsham Chair Paul Margetts said his committee was pleased to be able to provide important items to the Emergency Department.

"The Blue Ribbon Foundation was created to perpetuate the memory of Victoria Police members who have died in the line of duty," Paul said.

"Raising money in their honour and then donating it for such important hospital items is our way of ensuring they are remembered always."

Grampians Health Regional Director Hospitals/West Carolyn Robertson thanked the Blue Ribbon Foundation for their generosity.

"The Foundation has played a key role in procuring many pieces of essential equipment for the hospital over the years. We are glad to have their ongoing support in caring for our communities."



ED Nurse Unit Manager Rebecca Bolzon with Horsham Blue Ribbon Foundation executive Dale Russell, David Scott and Paul Margetts.

Award-winning Warracknabeal designer Johanna Glennen shares in the delight with Stroke Coordinator Deidre Rennick, Acting Site Director Katie Walscott, Occupational Therapist Kim Hyslop and Acting Operations Manager Nadine Hoffman.



Going bananas over ‘appealing’ new look

An eleventh-hour decision on a Queensland holiday has proved a bonanza for a Warracknabeal jewellery designer and the clinical teams at Grampians Health Horsham’s Wimmera Base Hospital.

Johanna Glennen was relaxing in Noosa when she decided to enter a competition to design scrubs sets for leading fashion label Gorman. Johanna’s only concern was she chose to enter just four hours before the popular contest was closing.

Johanna said that for a few years she had been contemplating entering the annual competition.

“I had been thinking about entering again this year but the holiday was taking priority and I thought it was going to drift by again,” she said.

“Then I was buying a newspaper and saw a bag of banana lollies hanging on the counter display. They are my favourite lolly and I

just bought a pack and decided that’s what my design would be.

“We made a dash to Officeworks and grabbed a few essentials then I sat by the pool with scissors and paper, cutting out bananas. I drew the black outlines in then I took a picture of it, turned it into a digital file and uploaded it to the competition.

“When the idea came to me, it just came out perfectly in my brain and I think I had like 30 minutes to spare before the entries closed.”

Johanna had a clothing store in Warracknabeal and seven years ago she started designing and making earrings under the brand name Pink Nade. The earrings proved so popular that Pink Nade became her sole focus.

The competition is decided by followers of the Gorman label and Johanna was thankful knowing that many of her Pink Nade customers had voted in her favour.

As well as the \$3,000 prize money, Johanna was able to ensure 300 sets of scrubs, valued at over \$30,000, would be donated to the health service of her choice.

“Living and working in Warracknabeal, I looked to donate to the hospital there but they only needed about 10 sets so I chose Wimmera Base Hospital to receive the rest,” Johanna said.

Acting Site Director Katie Walscott said her team had been absolutely thrilled to receive the scrubs.

“We’ve shared them among acute and emergency nurses as well as our allied health, aged care communities and medical teams, and they look so amazing. The patients have really enjoyed the look of them too,” Katie said.

“They are especially ideal for wearing in the children’s ward and the emergency department, it’s such a great design.”

Early Parenting Centre to benefit parents in the region



Chief Operating officer Ben Kelly, Member for Ripon Martha Haylett, Minister for Children Lizzie Brandthorn, Chief Redevelopment and Infrastructure Officer Veronica Furnier, Board Chair Bill Brown and EPC Nurse Unit Manager Vikki Doddamani.

Grampians Health's Early Parenting Centre (EPC) has opened in Lucas, providing specialist care for parents with children aged 0-4. It will help address common issues such as sleep routines, child behaviour challenges, parental fatigue, and the general transition to parenthood.

The new purpose-built facility provides a range of programs designed to improve the health, wellbeing, and developmental outcomes for children.

Chief Operating Officer Ben Kelly said Grampians Health was thrilled to provide essential support to new parents, eliminating the need for lengthy trips to Melbourne which often

added to additional parental stress.

"Our specialised team will deliver several programs to meet the needs of individual cases including a home stay program, a day stay program, one-on-one appointments, video appointments, and group sessions," Ben said.

Chief Redevelopment and Infrastructure Officer Veronica Furnier said, "The new facility has been designed to create a safe and serene environment with natural light and rooms suitable for various family arrangements to help allow families to feel at home.

"The design of the centre also ensures that it is inclusive to all."

Parents can self-refer or be referred by a GP or health care professional to the new service.

The Early Parenting Centre has been delivered in partnership with the Victorian Health Building Authority.

The EPC works alongside Grampians Health's Parent & Infant Unit, which focuses on assessing and treating the mental health and wellbeing of parents, whilst strengthening the attachment relationship between parent and infant within an inpatient setting.

For further information on these services please visit:

www.bhs.org.au/parenting

Chef's short stay ends after 30 years

Grampians Health chef Graeme Sonntag came to work at the Wimmera Base Hospital in 1994 to help the Food Services team with its conversion from a 'Cook Fresh' style to its successful 'Cool Chill' program.

Graeme's plan was to work for six weeks through the conversion. He stayed 30 years and now he is hanging up his spatula and settling into retirement.

An emotional Graeme said he loved every minute of his three decades.

"It's been great. I've loved working here and love the people I've worked with and I'm going to miss them.

Food Services manager Stephen Hill said Graeme had made a huge contribution to the team and was well liked by his colleagues.

"Graeme has been a real team player. He would do anything he was asked and was always happy to slot into a role when needed," Mr Hill said.

"He was flexible in his role and a quiet gentleman who enjoyed the occasional laugh with his colleagues. Importantly he has been a 'go-to' person for his team because of his great culinary knowledge.

"We've been fortunate to have a strong team of long-term chefs who've all worked so well together and Graeme is the first to leave the band.

"It won't be the same without him and we'll miss him greatly."



Grampians Health chef Graeme Sonntag pictured with his team, who first came to work at Wimmera Base Hospital for six weeks, stayed on for 30 years. Now he is hanging up his spatula and settling into retirement.

Opportunity is always there

The cooler months don't slow the team at Horsham's Opportunity Shop.

Volunteers Glenda Knight and Sharron Drummond are pictured updating the range on display which is a constant task in the busy community store.

The Opportunity Shop in Darlot Street is operated completely by the Wimmera Base Hospital Ladies Auxiliary and staffed by volunteers.

Every single dollar spent at the shop goes back into supporting various programs and departments at our Horsham campus.



Horsham's Opportunity Shop volunteers Glenda Knight and Sharron Drummond.

Reconciliation Action Plan launched

The inaugural Grampians Health Reconciliation Action Plan has been launched, formalising a framework for providing just, equitable and culturally safe healthcare for Aboriginal and Torres Strait Islander peoples.

Chief Operating Officer Hospitals Ben Kelly said the Reconciliation Action Plan (RAP) is key to Grampians Health's vision of being a trusted, progressive, and innovative leader of regional and rural healthcare.

"As a public health service provider, we are committed to improving health outcomes for Aboriginal and Torres Strait Islander people, and key to this is providing comprehensive healthcare that meets individual needs closer to home and Country," Ben said.

Grampians Health Chief of Strategy and Regions Dr Rob Grenfell said the RAP was

an integral step towards reconciliation for Grampians Health.

"Our vision is for Grampians Health to be a place where First Nations peoples know they are valued as individuals, and that their rich and diverse heritage, culture, and spirituality is respected and celebrated," Rob said.

Developed by the Grampians Health Aboriginal Health Liaison Office (AHLO) in consultation with Reconciliation Australia, the RAP builds on the AHLO team's continual work across the organisation which includes providing organisation-wide support to and cultural safety for First Nations peoples accessing care at Grampians Health.

The RAP can be found on our website [grampianshealth.org.au](https://www.grampianshealth.org.au)



Dialysis art catches on

New artwork displayed in the Wimmera Cancer Centre's Dialysis unit has provided inspiration to more than just those viewing it.

When Dialysis Associate Nurse Unit Manager Cath Tischler saw a picture of Aboriginal artwork Flow and Thrive from Kidney Health Australia she liked it so much that she decided to get it reproduced into a Perspex wall feature.

The artwork had been commissioned through the Caring for Australian and New Zealanders with Kidney Impairment (CARI) Group from an unknown artist.

Ms Tischler said the artwork had proved immensely popular with staff and dialysis patients and now other dialysis centres were learning of it and wanting to do a similar display.

Flow and Thrive represents the many stages of living with a kidney condition. The turbulent waters symbolise the challenges that kidney patients face, the mangroves remind us of the resilience and strength needed, and the sunrise is a sign of hope.

The boats in the river represent the family, friends and support network, while medical practitioners and clinicians are also represented in the art.

Dialysis clinical nurse specialist Je Vic Solante admires the new artwork.



Considering healthier food choices

Grampians Health is providing a healthier choice of food and drinks for its team members and visitors.

"It might come as a surprise to many, but diet is now overtaking smoking as the leading cause of early death and ill health," said alcohol and other drugs coordinator Sally Pymmer.

"What we put in our mouths truly makes a difference to our health."

Studies have shown a 4-10% reduction in heart disease risk for every additional serve of fruit or vegetable consumed each day. Immunity can also be boosted by eating the recommended daily amounts of vegetables.

Sally said that along with the general community making healthy choices, it was important that our staff were supported to make healthy choices too.

Our Horsham campus was recently involved in a project with Deakin University, improving healthy options

in the onsite 'HeartBeet Café'.

This was to align with the 'Healthy choices: policy directive for Victorian public health services' to help reinforce health services as places that support the health and wellbeing of their staff and visitors.



Grampians Health security officer Tim Schirmer chooses fruit salad and a bottle of water for his lunch.

This increases the number of healthy 'green' options and restricts the number of unhealthy 'red' foods available.

For more information visit www.health.vic.gov.au/preventative-health/healthy-choices for more information

JOIN OUR VOLUNTEER COMMUNITY

Would you like to make a positive impact in your community, share life skills, meet great people and be part of a wonderful team?

We are seeking new volunteers to fill a variety of roles across our many volunteer programs.

We welcome conversations relating to how volunteering can best work for you!

Scan the QR code to fill out an expression of interest form or contact Volunteer Services for more information.

**E: volunteers-west@gh.org.au
P: 5381 9347**



Being a volunteer in the Cancer Centre / dialysis clinic is so rewarding. I've met so many amazing people during my short volunteering stint. The staff and patients are both amazing and inspiring.

Lyndall Cherry

I believe that helping everyone to access health and wellbeing contributes to keeping people at home longer; with nursing home vacancies at an all-time low, people need to remain as independent as they can.

Robyn Murphy

URGENT CARE

When it can't wait,
but it's not an emergency



When you need medical attention that can't wait, consider urgent care (if your condition is not life-threatening).

Urgent care – in person, online or on the telephone – is a well equipped medical service which health professionals have used for some time. It is now available to you, too.

Keep this page handy, so when you need care you know where to go. And remember, keep yourself well with routine visits to your GP, and by following health advice.



Routine care

When you have a medical issue, but it's not urgent or life-threatening, you can make an appointment with your GP / doctor. Many GPs now have same-day appointments.



Urgent care

When you need care that needs immediate attention before your next GP appointment. This can include:

Skin allergies & insect bites

- A rash without pain, vomiting or fever
- Swelling of limbs, fingers, toes, etc (oedema)
- Insect stings
- Spider bites

Infections

- Teeth / toothache
- Sinus
- Respiratory (coughs and colds)
- Small skin wounds (red and inflamed)

Injuries

- Sprains, strains
- Small bones (toes, fingers, ankles, wrists)
- Minor burns (not deep but is red & irritated)

Ear, nose, throat & eye

- Small things stuck in the ear, nose or eye
- Nose bleeds
- Suspected tonsillitis
- Sinus issues

Aches and pains

- Headaches
- Sore arms or legs
- Back pain
- Neck pain

Stomach complaints

- Nausea and/or vomiting
- Diarrhoea
- Constipation
- Urinary Tract Infections

Women's health & obstetric

- Early pregnancy bleed
- Menstrual issues
- Early Mastitis

Other general issues

- Falls or mobility concerns
- Wound dressings
- Abnormal test results



Emergency care

Emergency or life-threatening illnesses and injuries require immediate medical attention and management by an emergency department or hospital. Call triple zero (000) if this applies to you.

Sometimes it is difficult to know if your condition is life-threatening, in which case you should call triple zero (000) or go to your nearest emergency department.

Always access emergency care, not urgent care, for:

- Chest pain or tightness
- Breathing difficulties
- Uncontrollable bleeding
- Severe burns
- Poisoning
- Numbness or paralysis
- Unconsciousness
- Unresponsiveness
- Seizures
- Ongoing fever in infants

Source: <https://www.health.gov.au/find-a-medicare-ucc/when-to-visit>

Urgent Care Options

When you need immediate care, but it isn't life-threatening

Virtual Emergency Department

(Online service – smart phone or computer with camera required)
No appointment necessary | Free service
24 hours, 7 days
Interpreter services available
vved.org.au

Health Direct (Nurse on call)

(Telephone service)
No appointment necessary | Free service
24 hours, 7 days
1300 60 60 24

National Home Doctor (Health Direct)

(Telephone service) After hours GP clinic
Bulk-billed for eligible Medicare card holders | Booking lines open:
6pm weekdays, 12 noon Saturday, all day Sunday and public holidays
13SICK (137 425)

Doctors on Demand

(Online service – smart phone or computer with camera required)
An out-of-pocket fee applies to most appointments.
Book online 24 hours, 7 days
doctorsondemand.com.au

Helplines

- Pregnancy Birth and Baby Hotline 1800 882 436
- Victorian Poisons Information Centre 131 126
- Lifeline 13 11 14
- Beyond Blue 1300 224 636
- Sexual Assault Crisis Line 1800 806 292
- Safe Steps Family Violence Centre 1800 015 188
- Rainbow Door (LGBTIQ+) 1800 729 367
- Kids Helpline 1800 511 800
- 13YARN 13 92 76

GPs and Medical Centres

Find your closest medical service at healthdirect.gov.au

Lister House Medical Clinic

Co-payment/Appointment required
9am – 5pm, Monday to Friday, 9am – 12pm Saturday
Ph: 5382 0011
146 Baillie Street, Horsham

Horsham Doctors

Co-payment/Appointment required
8am – 6pm, Monday to Friday, 10am – 6pm weekends
Ph: 4336 4099
1C Madden Street, Horsham

Emergency Departments

For life-threatening emergencies, chest pain or uncertainty

Call Triple Zero (000) or proceed to your nearest Emergency Dept.

Wimmera Base Hospital

No fee
24 hours, 7 days
Ph: 5381 9111
Access from Baillie Street



Emergency: call Triple Zero (000)
Urgent but not life threatening: see options at top of page
Not urgent: see your regular GP

my.gh.org.au/emergency