



Stawell Operating Theatre Manager Sally Hamilton (left) thanks Y-Zetts members (front row, left to right) Meg Blake, Di O'Donnell, Lyn Bibby and Jan West and (back row, left to right) Carolyn McDonald, Helena Nicholson and Janine Snibson for the Surgical Stool.

New equipment for operating theatre thanks to Y-Zetts

A \$15,000 donation from the Stawell Y-Zetts will greatly assist in providing some equipment for Stawell's new second operating theatre at Grampians Health.

Funds donated through the Y-Zetts' annual fundraising event have been used to purchase a specialised surgical stool, two scout trolleys and an anaesthetic cart for the new theatre.

The surgical stool, with fully adjustable back and armrests, will provide surgeons with enhanced comfort and precision during procedures, ultimately improving patient care.

The trolleys and anaesthetic cart will help the new theatre mirror

the setup of the existing theatre, creating a consistent and cohesive working environment that enhances efficiency for surgical teams.

Stawell Site Director Sue Campigli thanked the Y-Zetts for their generous donation, acknowledging the group's contribution towards helping to increase surgical capacity and improve patient outcomes in the region.

"We are incredibly excited to see the second theatre taking shape and reaching key milestones. We are also now moving into the next phase, recruiting staff for this much-anticipated facility," Sue said.

CEO Dale Fraser, who recently inspected the progress of the second theatre, said Grampians Health was extremely appreciative of the support from the Stawell community.

Y-Zetts President Meg Blake said the group was proud to support a project that would directly benefit the community and ensure patients had access to the best care possible.

She also expressed gratitude to the community for their continued support of the fundraising event.

Second operating theatre in final stages

Construction of Stawell's second operating theatre is in its final stages, with the finishing touches now underway.

Stawell Site Director Sue Campigli said, "It has been really exciting to see the project come together so quickly.

"Work is progressing on schedule for completion in late March, and we are now also recruiting staff for the new theatre," Sue said.

"Our Stawell theatre team and the Capital Projects team have collaborated perfectly to bring

this theatre to life. Its completion will significantly expand surgical capacity in the region, ensuring more patients can receive care closer to home."

The new theatre will significantly boost surgical capacity in the region, positioning Stawell as a leading provider in specialised healthcare services, including ophthalmology, endoscopy, gynaecology, and general surgery.

Key features of the second theatre include a renovated endoscopy reprocessing room, sterile stock storage area, dedicated staff write-up space, an expanded recovery area, an eye block anaesthesia area, enhanced staff amenities, and cutting-edge medical equipment

It is due to be completed by the end of March.



L-R: Capital Projects Senior Program Manager Delivery Tony Van Eekelen, Stawell Operating Theatre Manager Sally Hamilton, OH&S Officer Peter Hutchinson, Health and Safety Advisor Donna Maybery, Emergency Management Coordinator West Ash Turnham, Stawell Support Services Manager Fiona Bottomley and Capital Projects Project Manager Shane Quinlan.



Eye blocks area.



Theatre room OR2.



Recovery area, with Dreagar monitors and Healing Ceiling panels installed.



Staff lounge.

New gynaecology clinic opens in Stawell

Grampians Health Stawell has a new gynaecology clinic offering specialised care for women in the region.

The clinic, part of the Women's Health clinic project, aims to significantly improve access to essential services and further enhances local care options at the hospital.

"Our overarching goal is to ensure we make care accessible to the communities we serve and the gynaecology clinic in Stawell represents our ongoing commitment to providing accessible and specialised healthcare to our

community. We look forward to seeing the positive impact the clinic will have on our patients' lives." said Ben Kelly, Chief Operating Officer, Grampians Health.

The clinic will operate three times per month, and will be staffed by a gynaecology registrar.

Grampians Health is among one of the first sites in Victoria to have launched women's health clinics that aim to address conditions including pelvic pain, heavy bleeding, prolapse and incontinence, contraception and menopause services.

GP referrals are required and all referrals can be sent via fax to (03) 5358 8543

Dr Mahi Salimeda



For more information please contact
Stawell Outpatient Clinics
(03) 5358 8531

Welcoming Deakin medical students to Stawell

Grampians Health Stawell is pleased to welcome Will Morrison and Kurt Hemphill, two third-year medical students from Deakin University, as they continue their training in rural healthcare.

During their placement, Will and Kurt will gain hands-on experience across different areas of our health service, working alongside doctors, nurses, and specialists.

They will develop key clinical skills, strengthen their decision-

making, and build confidence in patient care—all within a rural setting.

Opportunities like this are essential for shaping the next generation of healthcare professionals and encouraging more medical students to consider careers in regional and rural areas.

We're proud to support Will and Kurt on their journey and hope they find their time in Stawell both rewarding and insightful.



Deakin students Will Morrison (L) and Kurt Hemphill (R).

Residents enjoy sing-along at Macpherson Smith

Residents at Macpherson Smith Residential Care took part in a sing-along last month, enjoying a selection of well-known songs.

The event encouraged participation, with many residents singing along or tapping their feet to the music.

Cornelius "Case" Van Gerwen added to the atmosphere by playing a drum, keeping time with the songs.

Staff and volunteers supported the session, creating an engaging and social environment.



Shev makes history as Stawell Athletic Club's first female president

Grampians Health Stawell extends its congratulations to Shevahn "Shev" Healy-After Hours Coordinator- on her appointment as the first female president of the Stawell Athletic Club (SAC).

A dedicated advocate for athletics and community involvement, Shev's leadership journey with SAC began in 2021 when she joined the committee.

She quickly became a key contributor, serving as Vice President last year and playing an instrumental role in negotiating the Service Level Agreement for the 2023 Stawell Gift.

Shev is no stranger to leadership in the athletics world—she previously made history as the

first female president for both the Stawell and Ararat Cross Country Club.

Her passion for the sport and its community is evident in everything she does, including her efforts to increase gender representation in professional running.

One of her notable achievements has been ensuring that the Women's Gift finalists' names appear on the scoreboard before the final race.

Reflecting on her appointment, Shev shared her gratitude for the club's support.

"Becoming the first female president of the Stawell Athletic Club has been an incredible experience so far. I'm deeply grateful to have such supportive members who have welcomed me into this role with open arms," she said.

"Together, we share a clear drive to ensure that each year's event is the best it can possibly be."

Shevahn "Shev" Healy's new appointment as the first female president of the Stawell Athletic Club is making history.



Farewell to Moira after 36 years of service

After an incredible 36 years of dedicated service, we recently bid farewell to Moira Hateley as she steps into retirement.

Moira has been an Enrolled Nurse at the Bennett Day Centre,

where she has provided care and support to clients, their families, and her colleagues.

Her warmth, dedication, and wealth of experience have made a lasting impact on all

who have had the pleasure of working with her.

To celebrate her contributions, staff gathered for a special afternoon tea in her honour. It was a wonderful opportunity to reflect on her years of service, share fond memories, and express our gratitude for her unwavering commitment.

Congratulations on your well-earned retirement, Moira!



Allison Halliwell, Care Coordinator HARP (left) presents Moira Hateley with a certificate at her farewell afternoon tea.

Welcoming Cindy to Grampians Health

Our Stawell campus recently welcomed Cindy Ogluszko to the team into the position of District Nurse.

Cindy brings with her an impressive 30 years of nursing experience, having worked across multiple fields in metropolitan Melbourne. Cindy began her career in Urology, General Medicine, and Palliative Care before moving into community health care.

She spent 10 years as a Continence Nurse Consultant, and has spent the last decade as a Prostate Cancer Specialist Nurse in a tertiary setting.

With a passion for educating staff and the community, Cindy is committed to enhancing patient experiences through research.

Her dedication has earned her multiple awards for best care, and we look forward to seeing

her bring this enthusiasm and expertise to our team.

We're thrilled to have Cindy on board, and wish her all the best in her new role.



*Cindy Ogluszko (left) with
Community Services Manager
West Folasade Obagbemi.*

Help us improve healthcare and bring services closer to home, now and for the future.

Supporting Grampians Health Stawell with a financial donation helps us provide high-quality care, upgrade essential medical equipment and improve facilities for our community.

You can choose to donate to a specific department or contribute to our 'Most Urgent Need' campaign, which funds high-priority projects requiring immediate support.

With your generosity, we can continue providing exceptional care close to home, ensuring patients receive the treatment they need when it matters most.

We've recently introduced digital giving-making it easier for our community to donate.

"Every contribution, big or small, helps us invest in vital equipment and resources to improve patient care within our community." said Sue Campigli, Site Director/ Director of Nursing, Grampians Health Stawell.

People support Grampians Health Stawell to help us improve patient care, acknowledge the care they received, or express gratitude for the care a loved one received, and to honour a loved one as an in memoriam gift.

To donate online, [scan the QR code below](#) or contact Claire Smith, Communications & Fundraising Coordinator, on **03 5385 6556**.



All donations of \$2 and over are tax-deductible.

Please donate today.

Flu season is just around the corner

This winter, we know what to do to stay well against the flu and COVID. Get your flu shot and up-to-date COVID vaccine. It's the most effective way to stay protected this winter.

You can get both vaccines at the same time, and the flu shot is free if you're:

- aged 65 and over
- pregnant
- an Aboriginal or Torres Strait Islander over 6 months old
- a person with medical conditions that put you at increased risk of severe flu.

Remember, the flu shot protects children from serious illness caused by the flu.

Children and babies six months or older need to get the flu vaccine every year. It can be given at the same time as other routine childhood vaccines and it's free for kids aged 6 months to under 5.

Book now with your doctor.

For more information visit betterhealth.vic.gov.au/stay-well-this-winter



ARE YOU OUR NEXT VOLUNTEER?

Grampians Health Stawell are looking for people to volunteer and assist in our hospital and aged care community.

If you, or someone you know, is interested in volunteering with Grampians Health Stawell, please contact Leah Ferguson at Leah.Ferguson@gh.org.au or 5320 6931.

Scan the QR Code to find out more or visit grampianshealth.org.au/volunteer

SCAN ME



Allied Health exercise programs

Cancer Wellness Program
Wednesdays
9:45am - 11:30am

10 week exercise and education program. Individual exercise prescription with a focus on strength and fatigue management for those who have completed active cancer treatment or are receiving ongoing cancer treatment.

Better Balance
Mondays & Wednesdays
2:45pm - 3:45pm

10 week exercise and education program. Balance and strength exercise focus to meet goals and prevent and reduce falls risk.

Tai Chi for Health
Wednesdays
11:00am - 12:00pm

10 week exercise program. Gentle program focussed on improving flexibility, strength, balance and reducing falls risk. 12 Tai Chi movements are taught over the duration of the program.

GP or self-referrals accepted

For further information about the programs we have on offer or to enroll, please contact our Allied Health team on 5358 8507

Contact us

Grampians Health strives to deliver quality care for all our communities through safe, accessible and connected health services.

Urgent Care

5358 8500

Fully bulk billed medical service 24 Hours, 7 days a week.

If your condition is serious, or you are experiencing chest pains, you need to call 000 (Triple Zero) for an ambulance.

Acute Care

5358 8517

Provides 24 hour care, with care managed by our experienced nursing staff and visiting medical officers.

Stawell Medical Centre

5358 1410

Open Monday to Friday, 9.00am to 5.30pm

Residential Care

5358 8502

At Macpherson Smith Residential Care residents are provided with 24 hour nursing care and comprehensive Allied Health services.

X-ray & Radiology

5358 8680

- CT
- Ultrasound
- General Radiology
- Interventional
- Radiography

Oncology

5358 8556

Treatment available Tuesday to Thursday. Oncologists are available at the centre each week for appointments.

Surgical Services

5358 8650

- general surgery
- gastroenterology
- orthopedic
- ophthalmology
- urology
- gynaecology
- ear, nose and throat

Telehealth

5358 1410

Have your appointment without leaving home, by linking with your clinician using a computer, smart phone or tablet.

Community Services

- Hospital Admission Risk Program: **5358 8604**
- District Nursing: **5358 8546**
- Memory Support Nurse: **5358 8551**
- Post Acute Care: **5358 8618**
- Transition Care Program: **5358 8535**
- Social Support Group: **5358 8523**

Allied Health and Community Rehabilitation

5358 8531

Services can be provided in the hospital, at home, or at one of our facilities. Services include:

- Physiotherapy
- Exercise Physiology
- Dietetics
- Occupational Therapy
- Social Work
- Speech Pathology
- Podiatry
- Diabetes Education
- Allied Health Assistants



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

We are committed to working with the communities in which we live and we value your feedback.

For the full range of services and more detail on accessing the services please visit www.srh.org.au

URGENT CARE

What you need to know...



If your condition is serious, or you are experiencing chest pain, you need to call 000 (Triple Zero) for an ambulance.

Grampians Health Stawell has an Urgent Care Centre, staffed 24 hours a day, 7 days per week.

Assessment in Urgent Care

Members of the public who present at our Urgent Care Centre will receive a comprehensive assessment by our experienced nursing team. If required, the nurse will work with our on-site doctor or nurse practitioner, available from 8:00 am to 8:00 pm every day, to provide your care.

Outside of these hours, the nursing team are supported by the Victorian Virtual Emergency Department (VVED), unless the patient's condition is critical and requires further escalation to the doctor or nurse practitioner on call.

Triage

Community members presenting at our Urgent Care Centre will be assessed based on the severity of their condition, with the most critical cases being prioritised.

Patients with less urgent needs may experience a wait or offered the option to use telehealth services via the Victorian Virtual Emergency Department (VVED). The consultation is in real time, with very clear images, and allows patients to ask questions as if they were in the same room as the doctor. This technology supports rural patients by reducing the need for travel and enables faster commencement of treatment.

Fees

Urgent Care Centres are not like Emergency Departments in large hospitals. Fees may apply for some services, including transport or transfer with Ambulance Victoria.

Ambulance Membership

We strongly encourage all community members to hold an Ambulance Victoria Membership (www.ambulance.vic.gov.au/membership/). Having this membership is the only way to ensure your transfer costs are covered. Many private health insurance policies do not include full ambulance cover, please check your level of cover.

If you have a serious medical condition that requires transfer by ambulance to a larger hospital, you will need your Ambulance Victoria Membership. Without this coverage, you will be invoiced for the ambulance fees by Ambulance Victoria.

Non-Urgent Medical Attention

If medical attention is required for a non-urgent condition, patients are encouraged to contact their GP during business hours. Expert health advice can also be sought 24 hours a day from a registered nurse via the Victorian Nurse-on-Call service by phoning 1300 60 60 24.

Nurse-on-Call: 1300 60 60 24

Other 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 551 800
- 13YARN 13 92 76

GPs and Medical Centres

Find your closest medical service at healthdirect.gov.au

Stawell Medical Centre

Co-payment/Appointment required
8am - 5pm, Monday to Friday
Ph: 5358 1410
26 Wimmera Street, Stawell

Patrick Street Family Practice

Co-payment/Appointment required
8am - 6pm, Monday to Friday
Ph: 5358 7555
8-22 Patrick Street, Stawell

Emergency Departments

**For life-threatening emergencies, chest pain or uncertainty
Call Triple Zero (000)**

Your nearest Emergency Department is:

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