

George returns 67 years later

As a young truck driver, George Allitt delivered the very first load of timber to build the Dimboola Hospital.

It was the only time he visited the hospital site until now. His brief stay as an acute patient brought back many memories for George, particularly from that trip in the late 1950s.

Retired and living in Jeparit, George required medical treatment at Wimmera Base Hospital recently and as his health improved, Grampians Health's medical team transferred him to the acute ward at the Dimboola campus.

His admission to Dimboola was a great opportunity for George to reflect on his days as a truck driver and transport business owner.

George was raised on his parents' farm near Lawloit and when the farm was sold, he started driving the family trucks to earn a living.



Nurse Mandy Withers checks on George during his stay at the Dimboola campus acute ward.

One of his earliest jobs was picking up a load of timber at the Port Adelaide docks on a Friday afternoon and delivering it the next morning to the site of the soon-to-be-built Dimboola Hospital.

George said after he dropped off the load at Dimboola, he and his mate stopped off at the hotel in Pimpinio and stayed the night.

The next day he was at the roadhouse in Dadswells Bridge when he heard that the Pimpinio Hotel had burned down.

After running his transport business from South-West Victoria and keeping tabs on his 28 trucks for most of his life, George retired to Jeparit.

Now at 90 years of age, George said he would often drive past the Dimboola hospital and recall his early trip there, but he'd never been inside until now.

"It's a nice-looking hospital and they've looked after me well," George said.

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?

Scan the QR code to express your interest or contact us on

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



Rural Outreach Worker Mal Coutts receives a cheque for \$8,000 from Dimboola ski club president Darren Bone.

\$8000 donation for mental health

Dimboola ski club has recognised the “life-saving” work of the Rural Outreach Program, through an \$8,000 donation.

The funding will boost the work of three Rural Outreach workers, who travel 28,000 square km across western Victoria, to deliver free mental health support in client’s homes.

“Our club has been touched by mental illness and it’s one of the biggest issues we have today, especially with young people,” club president Darren Bone said.

“The younger guys bottle everything up and get their heads pickled and sadly we’ve seen what that can lead to.”

“Rural Outreach has already helped our club members, and plenty of others in the community, and the need is only getting bigger.”

The money was raised through the annual ‘Peter Taylor Memorial Barefoot Waterski Tournament’, which attracted 3,500 people to Dimboola in February.



Rural Outreach worker Mal Coutts commended the club for de-stigmatising mental health services, through open conversations.

“The ski club has dealt with some terrible things, but good things have come out of it,” Mr Coutts said. “It’s humbling to know that our work is making a difference, and this donation will extend our reach.”

Contact the free Rural Outreach service, on **1300 OUTREACH (1300 688 732)**

Laura meets the residents

Grampians Health’s newest Allied Health Assistant has visited Dimboola Care Community to meet the residents.

Laura Goodwin has recently moved back to the Wimmera, commencing work at the Horsham campus.

Laura is being orientated into her role at Dimboola campus by long serving Allied Health Assistant Erin Slater, who has been visiting the Dimboola campus on a weekly basis.

Laura said she really enjoyed meeting the residents and looks forward to providing all the residents with weekly group and individual exercise sessions.



Allied Health Assistant Laura Goodwin with Dimboola Care Community resident Junette and Allied Health Assistant Erin Slater.



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 following 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

Board visits Dimboola

Grampians Health Board Directors were delighted with the feedback they received after a visit to Dimboola Care Community in June.

Directors toured the entire facility and spoke to residents and team members.

They inspected projects such as the Bretag Garden upgrade and they spoke to nurses who had migrated from overseas to work in Dimboola to ask them about their transitions and accommodation.

Dimboola Campus Manager Keshia Roche said it was nice to have the directors visit. “We get regular visits from Grampians Health executive members which is great support but to have the directors here was special,” she said.

“They were very impressed with what they saw as well as with the feedback from residents and team members so that was good to hear.”



Grampians Health board members Rhian Jones, Anthony Schache and Avril Hogan with Care Community managers Breanna Eldridge and Amy Elliott and Support Services manager Ned Tepper and resident Muriel.

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 551 800
- 13YARN 13 92 76

GPs and Medical Centres

Find your closest medical service at healthdirect.gov.au

Graceland Medical Centre

Co-payment/Appointment required
9am – 5pm, Monday to Friday
Ph: 5363 7111
154 Lloyd Street, Dimboola

Write down details for your regular GP (doctor):

Emergency Departments

For life-threatening emergencies, chest pain or uncertainty

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

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