



Grampians Health Board Chair the Hon Rob Knowles, Stawell Site Director Sue Campigli, Theatre's NUM Sally Hamilton and Chief Executive Officer Dale Fraser.

Second operating theatre in Stawell now open

A new \$5.15 million second operating theatre has officially been opened at our Stawell campus, marking a significant expansion of surgical services for the region.

Designed to enhance patient care and streamline procedures, the new theatre features an expanded recovery area, a dedicated endoscopy reprocessing room, sterile stock storage, a staff write-up space,

an eye block anaesthesia area, improved staff amenities, and state-of-the-art medical equipment.

CEO Dale Fraser said the second operating theatre would significantly boost surgical capacity in the region, providing local patients with greater access to services and care closer to home.

"Grampians Health is committed to delivering high-quality

healthcare for our communities as we believe that regional and rural Victoria deserves equality in health access no matter where you live," Mr Fraser said.

"The new theatre strengthens our role as a provider of specialised surgical services, including ophthalmology, endoscopy, gynaecology, and general surgery."

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Stawell Site Director Sue Campigli said the opening was a significant milestone that would deliver significant benefits for the local community.

"The second theatre will reduce surgical wait times and allow more patients to receive treatment locally, without the burden of travelling elsewhere," Ms Campigli said.

"With the theatre development now complete, we have recommenced surgeries at Stawell. I cannot thank my

incredible team enough for all the hard work they have done in helping to deliver the second theatre in such a short timeframe. I would also like to thank both our staff and the community for their support during the construction phase of the new theatre."

Ms Campigli also acknowledged the generosity of the Foundation, Stawell Hospital Auxiliary and the Y-Zetts, whose donations have funded essential equipment for the new theatre.

"Their ongoing contributions have been nothing short of

outstanding, and we are truly grateful for their support," Ms Campigli said.

Following our formation as Grampians Health in 2021, we have increased access to specialist care for the local community in Stawell and the surrounding region.

A new haematology clinic, women's health clinics, and initiation of weekly visits by geriatricians to Stawell's hospital are among the new services that were introduced to improve the health outcomes among the local communities.

Images donated for new theatre space

Thank you to local photographer Luke Ralph of Black Range Photography, who has generously donated two stunning nature images to enhance the new operating theatre space.

Luke's photos have been transformed into 'healing ceiling' tiles in the Anaesthetic Bay, creating a peaceful and calming environment for patients as they prepare for surgery.

Not only do these images help soften the clinical feel of the space, but they also provide patients with a gentle focal point during their procedure, promoting comfort and relaxation.

Luke's donation is a great example of how local creativity can support patient care in meaningful ways. We are grateful to him for sharing his talent and helping us create a more welcoming and supportive environment for those in our care.



Photographer Luke Ralph and Theatre NUM Sally Hamilton are pictured with one of the donated images being displayed in the Anaesthetic Bay.

Stawell Auxiliary donates eye surgery sets

Thanks to a generous \$12,500 donation from the Stawell Hospital Auxiliary, patients undergoing eye surgery at our Stawell campus are now being treated with brand new surgery instruments.

The purchase of four new cataract surgery instrument sets will boost our busy ophthalmology program, reducing delays between procedures, streamline operations and ensure the best experience for our patients.

Stawell's Nurse Unit Manager of Perioperative Services, Sally Hamilton thanked the Auxiliary for its generous support.

We're incredibly grateful for the Auxiliary's donation," Sally said.

"It's fantastic to have the backing of such a dedicated group, helping us provide the best care possible for our patients."

Stawell Hospital Auxiliary president Pam Byron said the group was proud to contribute to a service that made a real difference locally.

"Supporting equipment that helps people stay close to home for surgery—and ensures they receive care in a comfortable, familiar setting—is what the Auxiliary is all about," Pam said.

If you would like to make a difference to healthcare in your community, call Pam on 0428 598 272 to discuss joining the Auxiliary.



Central Sterile Services Department Team Lead Stephanie Rathgeber, Stawell Hospital Auxiliary members Merrilyne Middleton, Pam Byron and Carol Hutton, and Nurse Unit Manager – Perioperative Services Sally Hamilton.

Take a virtual tour of Stawell's redeveloped Theatre!

Grampians Health Stawell is proud to unveil the transformation of our operating theatre, with a behind-the-scenes video now available for the community to view.

The recent redevelopment has delivered significant upgrades to equipment, infrastructure and overall design—enhancing both patient care and staff experience.

The modernised space has been thoughtfully planned with a strong focus on safety, efficiency and comfort, ensuring that patients continue to receive high-quality care in a welcoming environment.

Whether you're a patient, visitor or staff member, we invite you to see the difference for yourself.

Scan the QR code to watch the video virtual tour of the new theatre.



Rob Knowles appointed Board Chair

We are pleased to announce that the Victorian Government has officially appointed the Hon. Rob Knowles AO as Chair of the Board of Grampians Health, following his contributions as Interim Chair.

"We are thrilled to welcome Rob as a continued member of our Grampians Health family," said Grampians Health CEO Dale Fraser.

A former Victorian Minister for Health and Aged Care, Mr Knowles brings a wealth of experience in health governance and public service to his current role.

In addition to Grampians Health, Mr Knowles also serves on the boards of Silverchain, Beyond Blue, and Great Ocean Road Health, reflecting his deep commitment to improving health outcomes across Australia.

"I'm honoured to continue serving as Board Chair of Grampians Health," said Mr Knowles.

"Since its formation, Grampians Health has made great strides in delivering more integrated and equitable healthcare across our region.

"I look forward to working with our communities, staff, and partners to build on this momentum and ensure we continue to meet the diverse needs of the people we serve."

This appointment supports our continued commitment to delivering exceptional care through robust, community-focused leadership



Celebrating Our Volunteers



In May, we proudly celebrated National Volunteer Week – a time to recognise the people who are truly at the heart of our hospital: our incredible volunteers.

At Grampians Health, volunteers play an essential role in connecting and supporting our community. Whether it's greeting patients with a friendly smile, driving community members to medical appointments, comforting families during difficult times, assisting staff, or taking care of vital behind-the-scenes tasks, their dedication makes a meaningful difference every single day.

This year's theme, "Connecting Communities", highlights the role volunteers play in creating inclusive, supportive environments. We are proud to celebrate our volunteers and the positive impact they have across all areas of our health service.

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



Nursing student honoured with top award

Congratulations to Stawell Diploma of Nursing student, Cathrin Logan, who has been recognised as a Federation TAFE Trainee of the Year.

Sponsored by the City of Ballarat, this prestigious award highlights Ms Logan's dedication and contributions to Grampians Health.

Ms Logan has been gaining hands-on experience while completing her studies.

Her ability to apply theoretical knowledge in a clinical setting has been instrumental in her success. She has shown initiative, professionalism, and a genuine passion for helping others, having a meaningful impact on both patients and colleagues.

This award is a testament to the importance of education and hands-on experience in shaping the next generation of healthcare workers.

It also underscores the collaborative effort between Federation TAFE and Grampians Health in fostering excellence within the nursing profession.



Award winning trainee Cathrin Logan (left) with UCC/Simpson Ward Nurse Unit Manager Amy Yole.

Cancer Wellness & Exercise Program

The Cancer Wellness & Exercise Program is open to anyone who has completed, or is nearing the completion of, their primary cancer treatment. This supportive program offers the opportunity to make sense of life after cancer, with expert advice and guidance from health professionals.

Each weekly session includes one hour of tailored exercise and one hour of education. Topics covered throughout the program include:

- Physical activity and exercise
- Advance care planning
- Foot health
- Emotions and wellness
- Healthy eating and nutrition
- Complementary therapies
- Managing fatigue and cognitive changes

Program Details

Location

Community Rehabilitation Centre
Building B, Grampians Health Stawell
27-29 Sloane Street, Stawell VIC 3380

Dates and times

Wednesdays, 14 May – 16 July 2025
9:45am – 11:30am



To register or find out more, contact Jade Ralph on (03) 5358 8507 or email jade.ralph@gh.org.au.

This is a wonderful opportunity to connect with others, build confidence, and learn practical strategies to enhance your health and wellbeing after cancer.

Community support shines at Wine & Savoury event

We are incredibly grateful for the support shown at the Stawell Hospital Auxiliary's Wine & Savoury event on Friday 28 March. The generosity of our community helps ensure that vital equipment and resources continue to be available for our hospital.

The event was well supported by our board, directors, managers and the executive team, highlighting the strong

commitment to local healthcare across all levels of Grampians Health.

Events like these wouldn't be possible without the hard work of the Stawell Hospital Auxiliary, whose dedication to fundraising directly benefits our patients and staff. We also appreciate the contributions from local businesses and community

members, including Graeme and Robyn Anyon and Robbie Porter, whose generosity helped make the night a success.

A heartfelt thank you to everyone who attended and supported this event—your commitment makes a real difference!

(L-R) Mayor Cr Karen Hyslop, General Manager Clinical Support and Service Improvement Denise Fitzpatrick, Manager - Access (Ballarat) Sarah Walter, Infection Control Team Lead Stawell and Edenhope Helen Kennedy, Site Director/Director of Nursing Sue Campigli and CEO Dale Fraser.



Wishing Dr Chris a happy retirement

Dr Christine Longman has officially retired from Stawell Medical Centre. Chris has been a valued member of our team and her warmth, professionalism and care for her patients will be greatly missed.

To mark the occasion, Chris was presented with flowers and thanked by her colleagues.

We wish Chris all the very best for her retirement and thank her sincerely for her contribution to our community.



Some of the GPs at Stawell Medical Centre - Dr Chris Ezeobi, Dr Shiraz Akbar, Dr Catherine Pye, Dr Christine Longman, Dr Deana Ashton and Dr Gavin Rowland.

*Stawell Sexual
and Reproductive
Health Clinical
Nurse Consultant
Katie Lovett.*



New sexual and reproductive health hubs now open

Grampians Health has opened a Sexual and Reproductive Health (SARH) Hub each in Stawell and Horsham, further improving access to specialised care for regional communities.

The hubs, located at the Stawell Medical Centre and at Alan Wolff Medical Centre in Horsham, provide accessible and comprehensive sexual and reproductive health services to all people in our community, including women, girls, and gender-diverse individuals.

The clinics will provide a range of nurse-led services including sexual health education, menstrual health and menopause education, population health screening

such as cervical screening tests, contraceptive counselling, prevention, testing and management of sexually transmitted infections, pregnancy options counselling, and pathways for medical and surgical abortion of pregnancy.

“Through these hubs, we aim to provide equitable, high-quality care and reduce the gaps in health and wellbeing of women, girls and all gender-diverse in the regional communities,” said Ben Kelly, Chief Operating Officer.

“We understand that there is a rising need for sexual and reproductive care options in the region and Grampians Health is committed to providing accessible and comprehensive specialist care to our communities.

This initiative is also a testament to our ongoing efforts to improve care options in regional Victoria, ensuring that all individuals have access to the health services they need, close to home.”

Referrals are not required to access the free and confidential services offered at the sexual and reproductive health hubs. Each hub will also deliver LGBTQIA+ and First Nations friendly care, along with telehealth consults.

The hub is open on Thursday from 9am to 4.30pm at 26 Wimmera Street at Stawell Medical Centre.

To book an appointment, please call 5358 1410 between 9:00am – 5:30pm Monday to Friday.

Community support provides cool outcome

Contributions from the Stawell community have resulted in the purchase of a third vaccine refrigerator for Stawell Medical Centre.

Stawell Medical Centre Manager Kelly Lee said the new \$4,000 fridge had arrived just in time for flu season.

"We needed a third fridge to ensure enough space to stock all the vaccines required for our patients," Ms Lee said.

"The fridge was purchased with a collection of small donations made to Grampians Health Stawell but the majority was from the Community Benefit Program at Ritchies IGA supermarket," she said.

"We are very grateful to IGA's initiative for their card members and particularly to their customers who choose

Grampians Health Stawell as their nominated organisation.

"The Stawell community have been so supportive and it is important that they are the people who benefit from this purchase."

Ms Lee said the new vaccine fridge would allow her team to continue providing high quality patient care with vaccinations against influenza, COVID-19, shingles and a range of childhood conditions.



Nurse Sheridan Parry and Graduate Nurse Yasmin Romania stock the new vaccine fridge.

DONATE ♥

Help us improve healthcare and bring services closer to home

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.

People support to help us improve patient care, acknowledge the care they - or 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 **5385 6556**.



SCAN HERE

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

Its flu season - Stop the spread!

This winter, we know what to do to stay well against the flu. Help stop the spread!

The flu can be serious – but there are simple ways we can all help to protect ourselves and others:

- Stay home if you're feeling unwell
- Wash and sanitise your hands regularly
- Cover coughs and sneezes
- Get your annual flu vaccine – it's recommended for everyone aged 6 months and over, and the vaccine is free for eligible groups.

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.

Let's look after each other this flu season.

Book your flu shot today with your local immunisation provider.



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



Expressions of interest now open

Applications close at 5pm on 20 June 2025.

Join our Quality Care Advisory Group

We are seeking consumers and carers who use either our Residential or Community Aged Care Services to provide insights into the consumer experience of these services.

This Advisory Group will meet four times a year with the opportunity to collaborate and contribute your lived experiences, knowledge and insights.

Your input will play a vital role in informing, shaping and improving the delivery of Residential and Community Aged Care Programs.

Key responsibilities:

- Offer insights from a lived experience and / or cultural perspective on current and emerging services and workforce challenges
- Share ideas based on your experience with Grampians Health Aged Care Services, proposing potential solutions and identifying key priorities for service delivery
- Provide reflective feedback on proposed solutions and priorities
- Engage in collaborative discussions with fellow group members, invited stakeholders, and Grampians Health team members on strategic priorities and matters related to service delivery to shape the future of Grampians Health Aged Care programs

For more information, and to complete your application scan the QR Code



myagedcare

Aged Care Reforms – Putting Older Australians First

The Australian Government is introducing important reforms to ensure aged care services better support the rights, choices, and wellbeing of older Australians.

Whether remaining at home or moving into residential aged care, the reforms aim to provide high-quality, person-centred care when and where it's needed.

As a provider of aged care services, Grampians Health is committed to delivering care that supports dignity, independence, and safety.

To learn more, visit www.myagedcare.gov.au or call 1800 200 422.

important
update

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

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 8524

Open Monday to Friday, 7.00am to 3.30pm

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

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



**WE WANT YOUR
FEEDBACK**

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