



*Campus Manager Tricia McInnes (left) and Nurse Jessah Ozon (right) demonstrate the hospital's new vein-finder for Edenhope Lions Club President Kerry Hausler (centre).*

## New 'game changing' laser vein-finder

No longer can difficult veins shy away from Edenhope clinicians, thanks to a new laser device partly funded by the Edenhope Lions Club.

This newest equipment uses near-infrared (NIR) to enhance superficial veins, valves and bifurcations that are not visible to the naked eye.

It was a need identified by Edenhope Lions Club president Kerry Hausler, who witnessed clinicians struggling to locate his wife's veins.

"The nurses always find it hard to get blood out of Kate's arm," he said. "I was talking to the staff about these vein-finders and

thought we might be able to do something about it."

Conversations with local nurses led the Edenhope Lions Club to allocate \$5,500 to the purchase, which was co-funded by Grampians Health.

Edenhope Campus Manager Tricia McInnes said the equipment was a game-changer.

"Our team is collecting blood and inserting IVs every day, so it will certainly get a lot of use," she said.

"There are a lot of things that cause difficult venous access, especially in a hospital setting, and it's wonderful to access modern equipment to address this.

"We are so grateful to Kerry and the Edenhope Lions Club for this generous donation, which will benefit a large portion of the community."

Tamara Reynolds, Director Engagement, said community donations were vital for innovative projects.

"In an ideal world, all of our hospitals would be fitted with the latest ground-breaking technology, but unfortunately that's just not possible," she said.

"This donation is such a great example of an Edenhope community group identifying a need and taking ownership of its health service."

# Community gym transformed with donated equipment

The Elsie Bennett Community Centre has been transformed with a suite of new exercise and rehabilitation equipment.

Two treadmills, two recumbent bikes and an upright bike were recently installed thanks to a generous \$22,578 donation from Edenhope's Murray to Moyne cycling team.

Thursday morning's 'Wonder Women Workout' class were first to give the machines a spin, with guidance from Community Health Nurse Cath McDonald.

"I've wanted to upgrade and expand this community gym for a long time," Cath said.

"We now have the latest technology here in Edenhope, which is accessible and safe for all ages and abilities.

"If you come across any of the Murray to Moyne team members, past or present, be sure to say thank you because this is a gift for the entire community.

"I get to see the physical and mental health benefits firsthand and it's really a gift of life for many people."

Claire Woods, Chief People Officer, said the new equipment was a fantastic addition to the community centre.

"It's wonderful to see the support from the Murray to Moyne cycling team and the positive impact it will have on our community's health and well-being," she said.



*Members of the Edenhope Murray to Moyne cycling team, which donated more than \$25,500 to revamp Edenhope's community gym, test out the new equipment.*

## Community Health Exercise Programs

Join Community Health Nurse, Cath McDonald, at one of our weekly community exercise classes.

The Community Exercise Programs cater to all ages and fitness levels.

Classes are a \$3 donation per session.

For more information, visit [www.edmh.org.au/exercise-classes](http://www.edmh.org.au/exercise-classes) or contact Cath on 5585 9845.

### Tuesday

- 9:30am: Group Exercise at Apsley RSL
- 11:15am: Group Exercise at Elsie Bennett Community Centre
- 4:00pm: Hatha Yoga at Elsie Bennett Community Centre

### Thursday

- 8:45am: Group Exercise at Elsie Bennett Community Centre
- 5:00pm: Yin Yoga at Elsie Bennett Community Centre

### Wednesday

- 8:30am: Men Only at Elsie Bennett Community Centre
- 10:30am: Lifestyle Program at Elsie Bennett Community Centre
- 4:30pm: Pilates at Elsie Bennett Community Centre

### Friday

- 8:30am: Men Only at Elsie Bennett Community Centre





## Clyde takes on Rural Outreach role

Clyde Lourensz has dedicated his life to something he dubs 'handrail therapy'. He is there to lean on, as people rebuild their mental and emotional strength.

A counsellor for 30 years, Clyde has propped up people from all walks of life – from primary school students and young offenders to outlaw motorcyclists and aged care residents.

"I like offering support to anyone who stuck or facing a crisis," he said. "Any of us can hit road-blocks but there is always help if you're prepared to look for it."

Clyde is now one of those people to phone for help, in his role as a Rural Outreach worker.

He, along with two other outreach workers, travels 28,000 square-kilometres across western Victoria, to deliver free mental health support in clients' homes.

Clyde is well-known in the wider Edenhope district, following eight years as a police officer, four years as chaplain at St Malachy's Primary School, and for his ongoing counselling work at Lakeside Living aged care community.

Clyde is already in tune with the vast Wimmera landscape, travelling between Kaniva, Nhill, Edenhope, Natimuk and Horsham to provide counselling to care community residents.

"I always wanted to work in a small community and that's why I ended up in Edenhope," he said. "This is the kind of work I really enjoy, so I'm looking forward to it."

**Rural Outreach workers offer free non-clinical mental health support, in a location that suits you.**

**For more information, or to make an appointment, phone: 1300 OUTREACH (1300 688 732).**

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

Donations to Grampians Health Edenhope help us implement innovative projects and improve existing programs to meet the unique needs of our community.

You can choose to donate to a specific program, department or contribute to the Murray to Moyne fundraising account which is reserved for larger projects.

With ongoing support, we can continue to lead the way in rural healthcare and collaborate with our community on exciting new developments.

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

"The longstanding generosity of our community reflects a sense of ownership and pride in our health service. Donations have enabled us to overcome unique barriers, but also capitalise on unique opportunities and passionate ideas that Grampians Health Edenhope is built on." Tricia McInnes, Campus Manager, said.

People support Grampians Health Edenhope to help improve

patient care, acknowledge the care they – or a loved one – received.

To donate online, **scan the QR code** or contact Danielle Grindlay, Engagement Coordinator, on **0409 215 696**.

Donations of \$2 and over are tax-deductible.

Please donate today.



# Inaugural half-marathon draws 63 participants

Grampians Health Edenhope's inaugural half-marathon saw locals and visitors take on a gruelling physical challenge on Sunday, March 2 2025.

63 participants ran or walked the course and a further 10 volunteers helped with marshalling, water stations, timekeeping and vibrant cheerleading.

An incredible 50 people took on the full 21km course, which included a six-kilometre stretch of gravel and an unpopular five-kilometre section of sand.

Along with Edenhope locals, participants travelled from Pakenham, Warrnambool, Penola,

Naracoorte, Horsham, Mount Gambier, Ballarat, Jeparit and Apsley and the event raised \$726 for suicide prevention group, Lifeforce Edenhope.

"We had such a wonderful community feel at the event, with so many people pushing themselves to achieve a personal walking or running goal," Community Health Nurse Cath McDonald said.

"Although the sandy section was difficult, it brought a unique challenge to the day and certainly became a talking point for participants.

"There has been ample pressure to repeat the event next year and, although it was exciting to welcome a large percentage of tourists, my plan is to see far more locals involved in 2026."

The event could not have progressed without strong volunteer support from Lifeforce Edenhope and Lake Wallace parkrun, and assistance from West Wimmera Shire Council.

"A long list of people came together to ensure participants were safe, watered, supported and celebrated, and we're extremely grateful to everyone who made the day such a great success," Cath said.



Community Health Nurse Cath McDonald (pictured centre) is already planning a 2026 Edenhope half-marathon, following a successful inaugural event.



# 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](https://betterhealth.vic.gov.au/stay-well-this-winter)**

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## Baby-friendly gym classes offer parents “me-time” for exercise

Gorgeous gurgles and chatter masked the sound of exertion, as six mums enjoyed a 'baby-friendly' gym session at Grampians Health Edenhope earlier this month.

The new program, which enables parents to use weights and gym equipment while their children play, will run every Thursday at the Elsie Bennett Community Centre, between 10.30am and 12pm.

Mum-of-three, Bryony Brinckman, said it offered a rare opportunity to exercise and socialise without need for a babysitter.

“If I ever did get time without kids, there are so many things other than exercise that take priority,” she said.

“It's so nice to find a program that allows me to have some me-time for exercise, while I can see my baby and respond to his needs.”

Community Health Nurse, Cath McDonald, has four adult children but still remembers the struggle of balancing parenting with exercise.

“This program is exactly what I dreamed of, when I was juggling little kids,” she said.

“The physical activity is really just a side-benefit; it's important to get out of the house, to move and chat or even just sit down with a coffee.”

Cath understands the myriad issues parents can face, including sleep-deprivation, and encouraged participants to listen to their bodies.

“The sessions are very casual and self-led, and sometimes a mum's challenge for the day could be simply turning up,” she said.

“This is about providing access for a segment of the community that really needs it, without pressure or expectation.”

Baby-friendly gym classes will be held every Thursday at the Elsie Bennett Community Centre, between 10.30am and 12pm.

For more information, contact Cath McDonald on 03 5585 9845.

*Community Health Nurse Cath McDonald plays with Jed Brinckman (1) and Wrenley Burns (1) while their mums enjoy some 'me-time' in the gym.*





# ARE YOU OUR NEXT VOLUNTEER?

Grampians Health Edenhope are looking for people to volunteer in the following areas:

**Volunteer Drivers**

**Palliative Care**

**Community Friendship Program with Lakeside Living**

If you, or someone you know, is interested in volunteering with Grampians Health Edenhope, please contact Kellie McMaster at **Kellie.McMaster@gh.org.au** or **5381 9347**.

Scan the QR Code to fill out an Expression of Interest form.



# Contact us

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

## Urgent Care

**5585 9800**

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

**5585 9800**

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

## Residential Care

**5585 9800**

At Lakeside Living we provide, long term and respite care in a beautiful brand new facility overlooking Lake Wallace.

We also have one bedroom independent living units available for rent across the road from the Hospital.

## Rural Outreach Program

**1300 688 732**

A free service. Our team of Outreach Workers can help when times get tough.

## Elsie Bennett Community Centre

Social Support 5585 9825  
Community exercises 5585 9845  
Community Health Nurse 5585 9845

## Telehealth

**5585 9830**

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

## Community Services

**5585 9800**

- Catering
- Laundry services
- Meals On Wheels -through the West Wimmera Shire

## Health & Wellbeing Hub

**5585 9830**

Located in the main street of Edenhope. Services include:

- District Nursing
- Community Care Nurse
- In Home Care
- Post Acute Care
- Physiotherapy
- Diabetes Educator
- Cancer Resource Nurse
- Occupational Therapy
- Social Work
- Rural Outreach Program
- Mental Health Social Support
- Speech Pathology
- Podiatry
- Telehealth

## Edenhope Medical Clinic

**5585 9888**

There is a medical clinic located onsite which is operated by Rural Doctors. Please phone them for an appointment or visit their website. [www.ruraldoctors.com.au](http://www.ruraldoctors.com.au)



**WE WANT YOUR  
FEEDBACK**

If you have a suggestion or an issue you want to raise, please contact us at [feedback@gh.org.au](mailto: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.edmh.org.au](http://www.edmh.org.au)

# 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



## 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

### 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

## 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](http://vved.org.au)

### Health Direct (Nurse on call)

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

### Grampians Health Edenhope Urgent Care Centre

In-person services | No fee | No appointment necessary  
24 hours, 7 days  
Ph: 5585 9800  
128-134 Elizabeth Street, Edenhope

### 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](http://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](http://healthdirect.gov.au)

### Edenhope Medical Clinic

No fee/Appointment required  
8.30am – 3pm, Monday to Friday  
Ph: 5585 9888  
Lake Street, Edenhope

### Harrow Bush Nursing Centre

No appointment required for Urgent Care/\$25 non-member fee, \$10 member fee  
8.30am – 4.30pm, Monday to Friday  
Ph: 5588 2000  
24 Blair Street, Harrow

## 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](http://my.gh.org.au/emergency)