



L-R: Kevin Sharkey, Rob Kenna, Chad Eastwood, Dennis Sharkey, Kieran Brennan, David Smith, Trevor McClure and Peter Irving at the close of Murray to Moyne 2025.

## Murray to Moyne team raises \$7,000

Edenhope's Murray to Moyne team raised more than \$7,000 for localised health projects, in recognition of a gruelling physical feat.

The eight-strong team cycled from Mildura to Port Fairy on April 5-6, with the aim of raising money for Grampians Health Edenhope programs, equipment and services.

"We've all been calling on the community to donate for decades and Edenhope never fails us," Chad Eastwood said.

"This is really the only fundraising project we've got for our hospital, day centre and aged care facility so we do feel pressure to

make the most of it.

"I work in maintenance for Grampians Health Edenhope so I see the list of projects that won't happen without fundraising dollars."

Edenhope Campus Manager, Tricia McInnes said "Our staff members have compiled a wish-list for projects they'd like to implement or new equipment to improve service delivery."

"Through the Edenhope Murray to Moyne team, this community has been boosting localised care for a very long time," Tricia said.

"We're immensely proud and grateful to this year's team,

along with the dozens that came before them."

The event started with a bang on April 5, when Trevor McClure's tyre exploded during a pre-ride briefing. Thankfully, there were few other incidents and Mother Nature was kind.

Each team member rode more than 100kms on Day 1, from Mildura to Hamilton, where long-term supporters, Darcy and Chrissy Penrose, provided beds for the night.

Although there were a few cramps and groans, the veterans performed admirably and were out social riding again two days later.

Business Support Coordinator,  
Jodi Finnigan.



## Acknowledging our 'unsung heroes'

Administrative Professionals Day, on 2 May, served as a timely reminder to reflect on the vital contribution administrative staff make across our Grampians Health campuses.

Administration professionals create order in the midst of chaos. They thrive on planning, but constantly adapt when nothing goes to plan.

"Wherever you work in administration, you've got to prioritise," Edenhope's Business Support Coordinator Jodi Finnigan said. "You might be doing something, but need to stop and re-focus on a more important task."

Edenhope is a small campus, so Jodi juggles everything from rental and staff housing and police checks

to assisting the campus manager, helping with payroll requests and on-boarding new staff.

She is reluctant to admit how valuable her own contribution is, but agrees administrative professionals are often the unsung heroes.

"Receptionists are the face of the organisation, which is fundamental, and they balance that with so many other tasks," she said.

"And then there are teams of people behind the scenes, making sure everything keeps running.

"Nursing is no more important than admin and the campus manager is no more important than the staff cleaning the toilets; we all work together to keep the place going."

On behalf of all Grampians Health staff and the communities we serve, we thank our wonderful administrative professionals.

## 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





*Our Edenhope campus attracts staff members from across the globe, including Princess Leganson and Gwyn Balacuit, from the Philippines, and Nausheen Hashmi, who was born in India but spent most of her life in Dubai.*

## 15 staff members for Edenhope

Edenhope has welcomed an influx of new faces in the past six months, with 15 staff members joining the team.

The new staff members have travelled from interstate and overseas to make Edenhope home, many with partners and children in tow.

This recruitment drive is vital to maintaining world-class care in Edenhope's urgent care centre, acute ward and the Lakeside Living aged care community.

It is also a gift to the wider community, which stands to gain insights and understanding from across the globe.

Along with former locals, drawn home to family and friends, staff members have arrived from India, Dubai and the Philippines.

Edenhope's Campus Manager Tricia McInnes urged the community to reach out and make new residents feel welcome.

"I'm proud of how welcoming and inclusive our teams are", she said.

"These healthcare professionals are competent and comfortable in their roles, but outside of work it can be difficult adapting to a quiet country town.

"If locals see a new face down the street, I hope they'll reach out and help our new residents embrace our wonderful Wimmera lifestyle; they're not passing through, they're here to stay."

## Easter bunnies deliver eggs and joy

There was plenty of hop in Edenhope's Easter Bunnies in April, who were seen delivering eggs and joy to residents and patients.

Wendy Cryer, and her assistant Pam Roberts, donned new costumes complete with chewing gum teeth and face paint for their annual performance.

Wendy funds the outfits and eggs, which she and Pam delivered throughout Lakeside Living care facility and the hospital acute ward.

"We bounce around to all of the residents, it puts a smile on everyone's face," Wendy said.

"I've been doing it for 25 years or more, and I just love doing it. Most residents loved us; some got scared; some cried with happiness and then we cried too, it means a lot."

*Wendy Cryer (left) and Pam Roberts (right) embrace Easter festivities with Lakeside Living residents Norma and Trudy.*



# 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.



## ARE YOU OUR NEXT VOLUNTEER?

Grampians Health Edenhope is 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](mailto:Kellie.McMaster@gh.org.au)** or **5381 9347**.

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



# Ahoy, me hearties raise more than \$750 for brain cancer research

A solo pirate mission, from Edenhope's Marg Warren, has raised \$772 for kids' brain cancer research.

Marg, who is a Meaningful Life partner at our Edenhope campus, hosted the 'Pirate Day' fundraising event following her younger sister's diagnosis with brain cancer. Staff members ordered plates of afternoon tea and donations from the community filtered in, exceeding Marg's expectations.

"I thought if I could raise \$300 I'd be happy, so it went really well," she said. "I'd like to thank everyone who donated and helped out, in any way."

Marg and her colleagues dressed up as pirates and

entertained Lakeside Living care community residents with games and activities.

"I blindfolded the staff and had them walking the plank," Marg said. "The residents found that one very funny, watching them try and balance."

Residents, who did not know the event was a fundraiser, also enjoyed a pirate-themed afternoon tea.



Grampians Health has employment opportunities across each of our campuses

Discover employee benefits and career opportunities



SCAN HERE

[grampianshealth.org.au/careers](http://grampianshealth.org.au/careers)

**DONATE** ❤️

## Help us improve healthcare and bring services closer to home

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," Campus Manager, Tricia McInnes, said.

People support our Edenhope campus to help improve patient care or to 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.



SCAN HERE



# 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.**



## Goodbye Bharti

When Bharti Sethi arrived in Edenhope in 2023, she expected it to be a short-term stay.

Her role was to fill a staffing gap, as an Enrolled Nurse, in our Lakeside Living care community.

Eighteen months later, she's finally saying her teary goodbyes!

Bharti has made strong connections with residents and staff alike, especially with fellow Enrolled Nurse Tanya Batra.

The pair met when they arrived for a 'short stay' in this quiet rural town and have made the most of the adventure together.

"We've been to Mount Gambier, Penola and Robe several times," Tanya said.

"She likes to go out and socialise and watch movies and have coffees, so we've done a lot of that together."

Tanya has yet again extended her contract, so we'll keep her for at least another month!

We thank Bharti for her invaluable contribution and wish her all the best for the next chapter in Melbourne.

*Bharti (fifth from left) says her farewell's to her fellow Edenhope staff at Lakeside Living.*





## 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



SCAN HERE



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](http://www.myagedcare.gov.au) or call 1800 200 422.

important  
update

# Dementia Support Group creates bonds, reduces stigma

Kath Atwell has intimate knowledge of the pain and all-consuming responsibility involved with caring for someone with dementia.

Her late husband Bill suffered a slow cognitive decline, and Kath spent a decade as his full-time carer.

"He was a very intelligent and kind man, but dementia made him the exact opposite," Kath said. "They call it the long goodbye and I had 10 years."

Personality change is very common in dementia patients and Kath said it often drove people to avoid public interactions.

"We've made it shameful and secret, and it shouldn't be," Kath said. "I had little cards that said, 'The person I'm with has Alzheimer's, please be kind'."

Kath shared tips like these with members of Edenhope's new Dementia Support Group, for anyone who cares for someone living with the disease.

Sharing the physical and emotional load was one of her key messages.

"You need to build up a circle of people you can rely on," she said. "I had very good friends who would take Bill for a game of pool, so I could do my shopping or get my hair done."

Kath also urged others to find the self-compassion she could not.

"When Bill was first diagnosed, I told him I would take care of him and I really held onto that," she said. "It took me a long time to get over that awful feeling of not doing enough, you feel so guilty all the time."

"It wasn't until after he died that I realised, eventually putting him into the hostel was the best way to look after him."

Kath urged carers and loved ones to join the Grampians Health Edenhope support group.

"It's an awful disease and it's really not something anyone can deal with alone," she said.

"We need to get rid of the shame and increase awareness, because support has to come from everyone."

Dementia Australia provides a wealth of information and support: [www.dementia.org.au/](http://www.dementia.org.au/)

**Grampians Health Edenhope Dementia Support Group is held monthly on Fridays, at 10.30am, at the Elsie Bennett Community Centre.**



*Kath Atwell spent 10 years looking after her husband, Bill, and is sharing tips for others caring for someone living with dementia.*



# 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

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](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)

# 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)

[www.grampianshealth.org.au](http://www.grampianshealth.org.au)



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)