



L-R: Dimboola's new nurses Chinyere Ogueze, Fathima Muhammed, Asha Tharian, Saramma Issac, Rajbeer Kaur, Roniya K C and Sonam Sonam with Kellie Laverty lying on the bed.

Dimboola nursing boost

Our Dimboola campus is celebrating a big boost to its care team, with nine nurses joining the ranks — five international registered nurses and four onshore enrolled nurses now in permanent roles across community and acute care.

Care Community Manager Breanna Eldridge said the influx of new nurses would make a considerable difference to the campus.

"It has reduced our reliance on agency nurses to fill day to day positions, and it also means our permanent nurses don't have to

work above their contracted hours," Breanna said.

"Importantly, it means there is also a greater continuity of care for our residents and patients, and we are almost in a position now where for the first time in two years, we can have all four acute beds available."

Among the new faces is Saramma Isaac, who brings experience from India and Ireland.

Now settling into life in Dimboola with her family, Saramma said, "My family is settling in well and we have felt very welcome.

We are enjoying the quietness of Dimboola and the regular activities."

Chief of Nursing Leanne Shea added: "The significant expansion at Dimboola is a great example of how Grampians Health is striving to deliver better health, wellbeing and economic outcomes for our community."

Like to join our mailing list?

If you would like to join our mailing list please send your name, email and postal address to communications@gh.org.au

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.

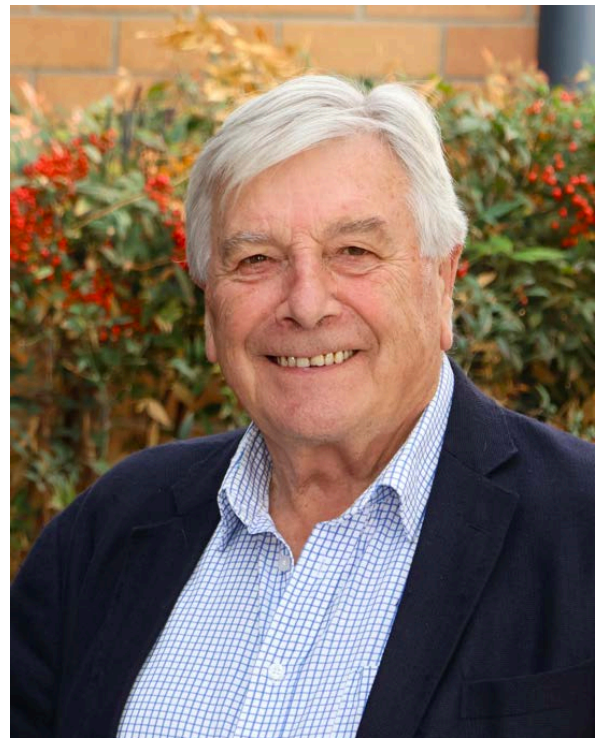
Grampians Health has made great strides in delivering more integrated and equitable healthcare across our region.

"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



Blooming recognition for Anne

In recognition of an extraordinary 45 years of dedicated service, Dimboola nurse Anne Launer was recently presented with a standing rose bush.

Rather than taking the rose bush home and planting it there, Anne chose to have it placed in the front garden of the campus, strategically positioned behind the commemorative plaque marking her contribution to the health service.

Anne is pictured admiring the newly planted rose bush with Dimboola Care Community manager Breanna Eldridge.



Passing of the baton



Amy Elliott, Dimboola Care Community Manager, farewells Keshia Roche on her final day with us.

In April, we bid farewell to our dedicated Campus Manager, Keshia Roche.

We extend our gratitude to Keshia for the outstanding contribution she made during her time in the role.

We wish Keshia every success in her new venture. Her leadership and commitment have been greatly appreciated, and she will be missed by all.

In the interim, Dimboola Care Community Managers Breanna Eldridge and Amy Elliott covered the campus manager responsibilities until the appointment of Jacqueline Inches.

Inches ruler of Dimboola

Dimboola's new campus manager, Jacqueline Inches, is enjoying her return to the Wimmera region after working remotely in recent times.

Ms Inches began her nursing career in Queensland and has mainly worked in remote nursing because she is not a fan of city living.

"I've worked most of my career in remote nursing for agencies, spending a lot of time in rural areas of Western Australia and Northern Territory," she said.

"But I recently worked a few years for a neighbouring health service in my first permanent role and I really enjoyed it and made a lot of friendships.

"So when I returned to remote agency nursing, I found I was missing the region and my friends and I grabbed the opportunity to return when the role at Dimboola became available."

Ms Inches said the campus team and Grampians Health executive including the CEO Dale Fraser, had instantly made her feel welcome.

"They are a great team at Dimboola and I'm really looking forward to getting to know them better and helping guide their careers," she said.

"I want them all to feel confident in what they do and know they are providing the best and safest care."



Dimboola Care Community Manager Amy Elliott welcomes Jacqueline Inches as Dimboola's new Campus Manager.

MAPS to show the way for expectant mums

Access to a dedicated midwife through the antenatal and postnatal periods of childbirth is an innovative new option available to all mothers birthing at our Horsham campus, under a new maternity model of care.

The new model, to be released soon, will provide three options for continuity of care.

Horsham Maternity Services Manager Jane Rentsch said the new program would ensure an enhanced local service providing extra support to Wimmera parents.

"The new Midwifery Antenatal Postnatal Service (MAPS) is a continuity of care model that allocates a specific midwife for every woman booking into Grampians Health Horsham," Ms Rentsch said.

Under the MAPS model of care, you will be introduced to a midwife who will provide antenatal care and education, postnatal home support and care for up to 10 days post birth.

You will also meet other midwives who will provide back up support if your primary midwife is unavailable. Under the MAPS model, you will still have some visits with the Obstetric team or a GP.

The MAPS model of care has a focus on outpatient services, that being pregnancy and postpartum.

All inpatient care including birth or unplanned visits will be with midwives who work within the standard unit/maternity ward.

Chief Nursing and Midwifery Officer Leanne Shea said that MAPS provided a continuity of care model that focused on pregnancy, labour and birth, and the postnatal period as a normal life event.

"It promotes a service that provides quality maternal and neonatal outcomes based on best practice," she said.



Horsham Maternity Services Manager Jane Rentsch (left) with Grampians Health Program Director of Women and Childrens Services Nicole Keogh (right).

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.



ARE YOU OUR NEXT VOLUNTEER?



Grampians Health Dimboola is looking for people
to volunteer in the following areas:

Volunteer Drivers

Palliative Care Volunteers

Community Friendship Program – Dimboola Nursing Home

If you, or someone you know, is interested
in volunteering with Grampians Health Dimboola, 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.



SCAN HERE



Trainee nurses celebrate 50 years of service



It's been 50 years since a teenage Susie Barber walked through the doors of Wimmera Base Hospital, for training to become a nurse.

She was joined by 14 fresh-faced students in 1975, who this year reunited to celebrate their incredible 50-year milestone.

Eight of the graduates gathered at a Dimboola hotel, with two extras joining via Facetime, to reflect and reminisce on five decades in the health sector.

Susie, who is the last of the group to retire, was recently recognised by Grampians Health with a 50-year service award.

Chief Executive Officer Dale Fraser noted the community trust built by staff members like Susie, who become the face of localised healthcare.

"There is no doubt continuity of care leads to stronger connections and better healthcare and, in this sense, Susie's contribution is impossible to quantify," he said.

Five decades of service is a remarkable achievement and a generous gift to the wider Dimboola community. We collectively thank and congratulate Susie for her invaluable contribution."

Although she's technically on long service leave, Susie has already worked her last day as a nurse and is learning to embrace retirement.

"I miss the contact with colleagues and the community, although people still stop and talk to me about work down the street," she said.

And retirement will not sever the bond of those 15 young students, who had no idea that their pursuit of a career in nursing would lead to lifelong friendship.

"We got together after 25 years, then again for this 50-year event," Susie said. "It certainly won't be another 25 years before we meet up again."



Top left image: Susie Barber (front left) celebrated 50 years of nursing with fellow 1975 trainees, including high school friend Margaret (front right).



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

Year 12 Isabella learns about nursing

Isabella Clugston wants to become a nurse or work in aged care when she finishes school and she is already gaining first-hand experience.

The Dimboola Memorial Secondary College year 12 student had been working two days a week with the Meaningful Life team at Grampians Health's Dimboola Community Care. Isabella said her careers teacher at school arranged the work placement for her and she was very grateful to the opportunity.

"Working with Megan and the Leisure and Lifestyle team has really developed my confidence," Isabella said.



Isabella is pictured with Dimboola Care Community residents Kerrie and Muriel.

"I like connecting with the residents and helping them. It's been really good.

"I've enjoyed the bus trips and cooking with the residents and I've also joined in with their church in the hospital and played bingo and card games with them.

Isabella is hoping to get into a Certificate III Individual Support course with South West TAFE so she can fulfill her dream.

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.



my.gh.org.au/flu

Grampians Health
Grampians Public Health Unit

A boost to Horsham's specialist care



Our Horsham campus has welcomed two experienced consultants in Anaesthesia and Orthopaedics late last year, who bring with them years of expertise.

Subodh and Chhavi Srivastava have spent the last several years working in the UK and are eager to bring their skills to a rural setting.

They were drawn to the challenge of working in a different environment that would allow them to contribute to the improvement of the community's health services.

Having their son based in Melbourne was an added advantage to their journey.

Subodh and Chhavi are both deeply appreciative of the support they've received from administration and clinical staff.

"The staff have been exceptionally welcoming. Greg [Henderson, Director of Anaesthetics] and Michael [Coundous, Clinical Director Surgical & Procedural Services] have been invaluable in responding to all queries promptly and resolving any issues as soon as they arose," Chhavi remarked.

Working across both our Ballarat and Horsham campuses provides Subodh and Chhavi with a diverse range of experiences.

Subodh is particularly focused on consolidating orthopaedic services in Horsham; while Chhavi is looking forward to extending anaesthetic support in theatres, and providing crucial services in maternity anaesthesia, anaesthetic pre-assessment, ICU, and the emergency department.

Another aspect they are looking forward to is the opportunity to teach and mentor junior doctors.

Outside of work, Subodh and Chhavi are keen travellers. Hiking in the Grampians has already become a part of their routine, although they are still adjusting to the country's varying weather conditions.

Grampians Health has employment opportunities across each of our campuses

Discover employee benefits and career opportunities



grampianshealth.org.au/careers



*McGrath Cancer Care
Nurse Leah Adams,
located at Horsham.*



Increased cancer care nursing

Grampians Health's cancer care nursing team has expanded, significantly enhancing support for individuals and families affected by cancer within the community.

We have welcomed McGrath Cancer Care Nurses Leah Adams in Horsham and Melanie Alford in Ballarat, who will add on to an existing McGrath Cancer Nurse supporting people experiencing breast cancer at the health service.

Cancer care nurses play a crucial role in the multidisciplinary team, offering emotional support, education, and coordination of care. Their presence ensures that patients and their families have access to the necessary resources and support throughout their cancer journey.

"At Grampians Health, we are dedicated to enhancing cancer care through the expertise and compassion of our nursing staff," said Ben Kelly, Chief Operating Officer.

"The addition of Leah and Melanie to our team allows us to provide more wholesome support to our patients who are going through a difficult phase of their lives."

In regional Victoria, approximately 34,000 new cancer cases are diagnosed annually, according to the Australian Institute of Health and Welfare. This highlights the critical need for specialised nursing support to manage the growing number of cancer cases and improve patient outcomes.

To further support those affected with cancer in the region, nursing cover has been improved across several areas.

An oncology nursing practitioner role was established in 2023 to manage complex patient cases and provide advanced clinical care; complemented by specialist oncology nurses across our Symptom and Urgent Review Clinic in Ballarat to support patients experiencing side effects during their cancer treatment.

We have also increased nursing support within the chemotherapy day unit to ensure that patients undergoing chemotherapy receive timely and personalised care, improving their overall treatment experience and outcomes.

"While our cancer care nursing team – spread across our sites in Horsham, Stawell and Ballarat – provide invaluable support to our patients and their families, they are also integral to the oncology care team as they help coordinate care, manage symptoms, and provide critical insights into patient needs and progress," said Catherine Heywood, Director of Ambulatory Care and Outpatient Services.

We remain committed to advancing cancer care and supporting patients and their families through every step of their journey.

The expansion of the cancer care nursing team is a vital part of this mission, ensuring that the community receives the highest quality of care and support.

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



Contact Us

Acute Care

5363 7100

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

Medical Centre

5363 7111

The medical centre is colocated with the Dimboola Hospital and nursing home.

Appointments required except in the case of emergencies.

Payment is required for consultations, however all pensioners, children under 16 and health care card holders are bulk billed.

Telehealth

5363 7100

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

Dimboola Nursing Home (Care Community)

5363 7100

Supporting residents to maintain their connections within the wider community.

Day Centre

5363 7159

A supportive environment for our older community and people with dementia and/or disabilities to maintain personal independence and provide support for their carers.

Allied Health (Horsham)

5381 9333

- Dietetics
- Occupational therapy
- Physiotherapy
- Podiatry
- Speech pathology
- Social work
- Dental and Prosthetic Clinic

Feedback

5320 4014

Suggestions, concerns, thanks and complaints.

Call, email, or go to our website to complete a feedback form.
GrampiansHealth.org.au
feedback@gh.org.au