

Celebrating our staff

In November we gathered to honour and recognise the remarkable dedication of our longstanding team members.

The annual Service Awards are a reflection of the collective years of service that individuals have devoted to our organisation, this year spanning from 10 to an impressive 30 years.

The event was attended by several members of the executive team, emphasising the importance we place on acknowledging and celebrating the milestones achieved.

We extend our congratulations to the following individuals who have reached significant service milestones:

Wendy Cryer: 30 years

Michelle Grigg: 10 years

Emma Tischler: 10 years

Anna Auld: 10 years

Lisa Collis: 10 years

Wendy Cryer's remarkable 30 year tenure is a shining example of unwavering commitment and loyalty. Her dedication has contributed significantly to the success and growth of our health service.

In addition to recognising the exceptional service of our team members, the event was made even more wonderful by the outstanding efforts of our catering and maintenance teams. A special thank you goes out to them.

Grampians Health's success is built on the dedication and hard work of our team members. The Service Awards provide us with the opportunity to express our gratitude for the significant contributions made by each individual.

As we celebrate these milestones, we thank our team for their commitment to providing exceptional healthcare services to our community.

Here's to the past, present, and future successes of our incredible team at Grampians Health!



Wendy Cryer



Michelle Grigg



Emma Tischler

Would you like Grampians Health to attend your meeting or event?

Whether you are a community group, social club, school, local government, or any other organisation, we are keen to attend and actively participate in discussions about healthcare and healthy living.

Our Grampians Health leadership team can provide insights on various healthcare topics, share updates about our organisational plans for the future, answer questions related to health services, and collaborate on projects that align with our purpose of a public health service.

Please email details of your request to:
communications@gh.org.au

Strengthening support in our community



*Stacey English,
Paediatric Eating
Disorder Nurse
Consultant and
Tracey Gibson,
Enrolled Nurse,
Specialist Outpatient
Clinics*

Grampians Health has received a joint grant with Eating Disorders Victoria (EDV) to foster and embed a community-based approach for supporting eating disorder carers in the Grampians region.

The project supports carers to have access to dedicated appointments and group sessions led by EDV Carer Coaches. The group sessions will be held online, allowing access across the Grampians region.

Throughout the project, the EDV team will be training a

Grampians-based Carer Consultant, who will continue to provide this support in the region when the project concludes.

It is estimated, based on conservative figures that around 300,000 Victorians per year are affected by eating disorders. Research indicates that carers commonly experience feelings of loneliness, isolation, guilt, and burnout as well as financial strain and a loss of income.

The 'Connecting Carers in their Community' grants program aims to reduce isolation,

enhance overall health and wellbeing, and improve connections between carers and their local community. The grant is provided by Carers Victoria and supported by the Victorian Government.

In 2023, Grampians Health opened a new dedicated eating disorder service for the Grampians region providing a holistic approach in delivering physical and psychological care at the same time, supporting all age groups.

If you would like to learn more about this new carer support project or other supports for carers, contact Eating Disorders Victoria on **1300 550 236** or visit **www.eatingdisorders.org.au**

To contact the Grampians Health Eating Disorder Clinic, call the Ballarat hospital switchboard on **5320 4000**.

If you are concerned for someone's mental wellbeing, please call Mental Health Services on **1300 661 323**.



Community transmission of COVID is still occurring across Victoria, including within the Grampians region.

The best way to protect loved ones and those most vulnerable is to protect yourself. If you don't get COVID, you can't spread COVID.

These 6 steps can help you stay ahead:

- wear a face mask if you have symptoms or in high-risk settings
- stay up to date with your COVID vaccination
- take a test if you have symptoms
- stay at home if sick
- meet outdoors or let fresh air in when indoors
- talk to your GP about COVID medicines

Learn more at **www.betterhealth.vic.gov.au**



Garden Walk returns

Edenhope's Garden Walk hospital fundraiser returned in October. The event was coordinated by Cecily McFarlane and the Murray to Moyné team, and raised \$1,390 for our Edenhope campus.

Thank you to the community members who opened their gardens and those who supported the event.

Pictured from top L-R: Garden hosts, Ron and Cecily McFarlane; Vanessa, Margie and Damon Grigg; Barb McCarthy; Val Collins; Lorraine Wilson; Jan Obst; Campus Manager Tricia McInnes with friend Merrin Nolan; Volunteer Trevor McClure giving Eliza and Grace a ride on the Trio Bike; Visitors enjoying Val's garden setting; Our lovely volunteers Amelia, Grace and Eliza.

Meet some of our team

Tricia McInnes
Campus Manager



Tricia McInnes is Grampians Health's Campus Manager at Edenhope.

Tricia joined Edenhope and District Memorial Hospital in 1999 as a registered nurse, and has been providing exceptional care ever since.

Tricia demonstrates exceptional leadership and organisational abilities and her passion for improving processes and embracing technology is evident in all that she does.

Kurtis Stringer
Support Services Manager



Kurtis Stringer commenced with Edenhope & District Memorial Hospital in 2015, initially employed as a chef in the kitchen.

Kurtis has proven himself to be a strong team leader and now holds the position of Support Services Manager. He is responsible for overseeing the Catering, Environmental, and Linen Departments.

Sophie Conallin
Nurse Unit Manager



Sophie Conallin is Nurse Unit Manager of Edenhope's Acute Ward.

Sophie is responsible for overseeing the daily operations and smooth running of the acute ward and urgent care.

Sophie also liaises with patients and family members, keeping staff up to date with changing policies and procedures, guidelines and regulations.

Andrew Lloyd
Leading Hand - Engineering



Long term staff member Andrew Lloyd is Edenhope's Leading Hand of the Engineering team.

Andrew is responsible for overseeing the day to day running of the engineering team.

Join Grampians Health and make a difference!

We have multiple positions available across various roles in Edenhope, so you can find the perfect fit for your career goals.

A career with Grampians Health means you are connected and are part of a team providing quality healthcare to rural and regional communities. Our communities are diverse, as is our workforce, with expert clinical staff from across the world choosing to live and work in our beautiful region.

For more information visit:
grampianshealth.org.au/thrive



Visit us at Henley on the Lake!

The Grampians Public Health Unit team will be attending the 2024 Henley on the Lake festival. Come and have a chat to us about oral health in Edenhope and the work we have been undertaking to upscale the 'Smiles 4 Miles' program.

See you on **Saturday, 10 February** from midday at Lake Wallace.

New care program for Edenhope

A new Grampians Health program available at the Health & Wellbeing Hub is helping older people to recover after an acute hospital stay.

The Transitional Care Program (TCP) can help older people to recover, gain independence and connect them with the support they need.

TCP is provided for up to 12 weeks and includes coordinated care from a medical professional and low-intensity therapy to help people regain functional independence and confidence sooner and avoid needing longer-term care and support services.

Edenhope's Primary Health Coordinator Jo Grant is excited about the flexibility the program offers.

TCP will allow us to provide targeted and individual support for people wanting to go home safely after a stay in hospital," Jo said.

"The specialised care is individualised to meet each person's specific needs to help them reach their goals, whether that is to return to their homes or to transition to residential care.

Community members may be eligible for transition care if they are over 65 years old and:

- are currently a patient in a public or private hospital in Victoria or South Australia
- have been told that you are ready to leave the hospital
- would benefit from receiving services for a short period of time.

Local supports and services can include:

- Care coordination
- Wound management
- Clinical care
- Occupational therapy
- Physiotherapy
- Speech therapy
- Podiatry
- In home services such as cleaning, personal care
- Social support
- Transport.

For more information on this service call into the Hub at 65 Elizabeth Street, phone 5585 9800, or email wellbeinghub@gh.org.au

New Meaningful Life Coordinator



Amanda Post has been appointed the new Meaningful Life Coordinator for Lakeside Living. This is an exciting opportunity for Amanda to be a part of our new 'Meaningful Life Model of Care' across Grampians Health's care communities.

Amanda is responsible for the implementation and coordination of meaningful engagement that gives daily purpose to our residents, supporting a holistic wellbeing.

Like to join our mailing list?

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

Please also contact us if changes are required to your contact details.

\$10k grant gets Edenhope mobile



Grampians Health's Ashleigh Maybery and Amber McClure

The Edenhope community is set to benefit from a new program that offers easy access to high-quality aids and assistive equipment.

Thanks to the efforts of Edenhope's Occupational Therapist Ashleigh Maybery, and Jo Grant, Primary Health Coordinator at the Health and Wellbeing Hub, eligible community members can now access a 'Loan to Buy' aids and equipment program.

By working collaboratively with other local health professionals and securing a grant from the Foundation for Rural and Regional

Renewal, Ashleigh has successfully improved services in the area to meet the needs of the community more effectively.

The program was developed for locals to be able to access to high-quality aids and assistive equipment that is commonly needed, without the need to travel extensive distances.

Consumers will work with the occupational therapist and allied health assistants to trial equipment. If they are happy with the equipment, they can access Goods, Equipment and Assistive Technology (GEAT) funding to purchase it.

GEAT funding is for people over 65 years, in receipt of Commonwealth Home Support Programme (CHSP) funding, who require equipment or aids to assist them to live safely and independently.

Community members can contact the Edenhope Health and Wellbeing Hub to discuss accessing this service or to learn more about the Aids and Equipment loan program, on 5585 9830 or call in to see us at 65 Elizabeth St, Edenhope.

Cancer Support Group



Living in a rural area makes the cancer experience difficult, as most cancer care and services are at least an hour's drive away.

Deb, Grampians Health Cancer Resource Nurse, and Carine, of Be Your Best Counselling, recognised the need for local support and as a result started Edenhope's Cancer Support Group.

This group aims to provide emotional and practical support for patients, carers, family members and their friends.

Anyone affected by cancer is welcome to come along to our monthly meetings. Meetings are held on the fourth Tuesday of each month between 4- 5pm at the Edenhope & District Community Centre.

Triobike donation



We are excited to welcome a Triobike Taxi to Edenhope, which will enhance the mobility of our Lakeside Living residents and community members.

This has been made possible through the efforts of the Edenhope Murray to Moyne team, who took part in a 520-kilometre-long relay in April 2023 to raise funds to purchase the trio bike.

With this state-of-the-art tri-wheel wonder, our Edenhope team is set to create meaningful experiences for Lakeside Living residents and older community members alike.

Fundraising efforts don't tyre



Edenhope's Murray to Moyne team members, along with their families, rolled up their sleeves and actively participated in wrapping silage piles by stacking heavy rubber tyres on top in

The sight of the team tirelessly stacking these heavy tyres was not just a testament to their physical strength but also to their commitment to the cause.

Thanks to Chad Eastwood for coordinating the workers, and the delicious sausage rolls (home made by himself) to keep the team's strength up.

Community Health Exercise Programs

Sometimes the smallest steps in the right direction ends up being the biggest step of your life. Tip toe if you must. but take the step.



Tuesday

9:30am GROUP EXERCISE @ Apsley RSL

11:15am GROUP EXERCISE @ EBCC

5:00pm Pilates @ EBCC

Wednesday

8:30am MEN ONLY @ EBCC

10:30am CHRONIC CONDITIONS

LIFESTYLE PROGRAM @ EBCC

4:00pm Hatha Yoga @ EBCC

CLASSES

GROUP EXERCISE - Aerobic @ strength training to improve flexibility, muscular strength, and cardiovascular fitness.

HATHA YOGA - Hatha yoga for everybody to build strength, flexibility, peace of mind

YIN YOGA - Long holds and mat-based postures that stretch out the connective tissues in the body, meditative and refreshing.

MEN ONLY - 'Pump it up', Exercise, stretching and strength training to improve flexibility, muscular strength, and cardiovascular fitness.

PILATES - Develops muscle tone, strength and flexibility and breathing. Mostly mat based.

LIFESTYLE PROGRAM - Exercise Program using gym equipment and group strength training for those with Chronic disease or risk of Chronic disease.

Thursday

8:45am GROUP EXERCISE @ EBCC

11:00 am PILATES @ Harrow BNC

5:00pm YIN YOGA @ EBCC

Friday

8:30am MEN ONLY @ EBCC

Helping Communities Thrive

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

For the full range of services and more detail on
accessing the services, please visit **www.edmh.org.au**



**Grampians
Health
Edenhope**