

Volume 6, Issue 9 - October 2024

Community Newsletter

by East Wimmera Health Service (EWHS)



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Bert Dale and Gail Armstrong, spent time with "Prince of Penzance," (who appreciated the carrots) at the recent Melbourne Cup tour at EWHS Wycheproof.



Clare Keane – an integral member of the Wycheproof Hospital Ladies Auxiliary, enjoyed meeting up with "Twilight Payment" on the balcony.

OCTOBER 2024

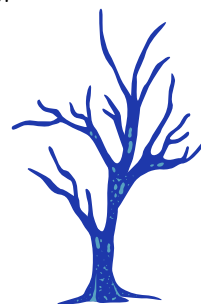
BLUE TREE PROJECT

WORLD MENTAL HEALTH DAY - OCT. 10

The Blue Tree Project partnered with Charlton Neighbourhood House and Wycheproof Community Resource Centre this week to raise awareness for mental health. Together, they decorated a tree at Gordon Park in Charlton and hosted a crochet bee to prepare for yarn bombing a peppercorn tree on Wycheproof's Broadway.

Volunteers gathered to crochet bright blue squares for the Wycheproof project, which will be launched next week with the unveiling of the fully "bombed" tree.

In Charlton, 120 students from Charlton College and St Joseph's Primary School, along with community members, participated in adding their personal touch to the new community tree at Gordon Park.



The bright blue squares multiply at the "Blue Tree Project" crochet bee at Wyche.



Charlton's "Fairy Tree" stands as a powerful reminder that mental health impacts us all.



Around the grounds

THE LEXUS MELBOURNE CUP TOUR GALLOPED INTO EWHS - WYCHEPROOF CAMPUS

A recent once-in-a-lifetime tour stop on Friday, 30 August, was heartwarming and proved to be a day to remember for both young and old.

The atmosphere around Mt. Wycheproof reached a high as the Lexus Melbourne Cup Tour (LMCT) made a spectacular stop at the East Wimmera Health Service (EWHS) Wycheproof Campus. The tour ventured from Broadway to the Wycheproof P-12 College and on to Mount Wycheproof for a light lunch, before making a move to the next highly anticipated stop-over.

The Arrival

"The People's Cup" shone in all its glory as it arrived in the front carpark, and the smiles from residents, staff, patients, and visitors were as bright as the trophy itself as it was presented for all to see. Those in attendance were thrilled to be part of this exciting experience, taking the opportunity to get up close to the iconic piece of racing history for a photograph in a beautifully decorated room.

Many guests also dressing-up in racing themed fashions and millinery, adding to the vibrance of the event.



Special Guest List

The excitement didn't stop with "The Cup" visit, as an entourage of special guests shared stories and provided insights on the trophy, and engaged 1:1 with all in attendance. The special guest line up included:

Joe McGrath – Victoria Racing Club, "Keeper of The Cup";
Des Gleeson – Victoria Racing Club, LMCT Ambassador;
Simon Ogden – Victoria Racing Club, "The Cup" Security;
Austy Coffey – Thoroughbred Trainer, and LMCT Ambassador;
and Jade Benham MP – Nationals MP, Member for Mildura.



LMCT Ambassadors Austy Coffey and Des Gleeson were impressed as they inspected some very special keepsakes which belonged to resident Bert Dale.



"The smiles say it all" - resident Judith Crockett and Maggie Daykin share a special moment meeting "The People's Cup".



Bert and "The Cup".

Around the grounds

THE LEXUS MELBOURNE CUP TOUR GALLOPED INTO EWHS - WYCHEPROOF CAMPUS

Living Legends Equine Therapy

The visit was made even more special when racing royalty from the "Living Legends" home of retired equine champions graced the front grounds of the EWHS Wycheproof Campus in the flesh.

Those in attendance were able to view up-close, with many venturing outside to the balcony to share carrots with the former Melbourne Cup Champions "Prince of Penzance" and "Twilight Payment". These equine superstars pranced their way into Mt. Wycheproof, charming everyone with their presence and beauty.

Whether one was a racing enthusiast or simply a fan of four-legged celebrities, it was a day that brought joy, nostalgia, and a sense of awe across the EWHS Wycheproof Campus community and beyond. The equine presence further provided a calming and engaging way to boost emotional well-being of those in attendance through gentle interaction with horses. Horses help hearts and minds stay healthy.



Staff Member Judy O'Neill meets 'Prince of Penzance' for a pat.



Marion McDowall was a Fashions on the Field standout!



Above: Joe McGrath (Victoria Racing Club "The Keeper of The Cup") engages the room, on the far right one can also see Des Gleeson (former chief steward) and Austy Coffey (local horse trainer) – both active Lexus Melbourne Cup Tour Ambassadors on the day.

Left: Jade Benham MP – Nationals Member for Mildura, welcomes equine hero and former Melbourne Cup Winner "Twilight Payment" upon arrival at the front of the East Wimmera Hospital Service – Wycheproof Campus.

Giddy-up!

The event wasn't solely a celebration of racing; it was a reminder of the strong community spirit that makes Wycheproof special. EWHS Wycheproof Campus extends thanks to everyone who made the day such a resounding success – it truly was a winning moment for all and sets the scene as the community counts-down to Elders Mt. Wycheproof Cup Day "Derby Day in the Country" – on Saturday, 2 November.



Around the grounds



FROM THE CEO

TREVOR ADEM

Strategic Plan Annual Progress Review

On Monday, 23 September, the EWHS Board spent time reviewing the health service strategic plan to ensure our goals remain relevant for our operating environment. This activity is important given the pending implementation of the Victorian government health services plan. The plan is likely to shape policy, decision making and organisational relationships in coming years.

The board also conducted a regular monthly meeting, held in Birchip that considered the following issues:

- Impact of the previously mentioned health services plan
- The development of a role delineation framework for EWHS
- Budgets for 2024/25
- A presentation by the CEO of the Victorian Healthcare Association to discuss health sector matters
- Impact of the implementation of the latest Nurses enterprise agreement
- Medical practitioner credentialing.

UPCOMING RESEALING WORKS AT ST ARNAUD CAMPUS

Starting October 21st, the St. Arnaud Hospital Campus will undergo driveway and car park resealing works. These works will impact parking and access for approximately two weeks.

- The hospital front entrance will remain open except for one day, when the rear entrance will be in use.
- The rear entrance will also be closed for one day, and traffic will be redirected to the front entrance.
- There will be limited parking available in the hospital car park during this period.
- Traffic control will be in place to assist drivers and ensure pedestrian safety.

We appreciate your patience and understanding as these necessary works take place. Please keep an eye out for updates closer to the start date.

Staff parking at the St. Arnaud Campus will be available on James Street, Northwestern Road, Long Street, and the vacant area in front of the campus. Consumer parking will be provided close to the hospital with pedestrian access. This area may also be used by staff and managed by traffic controllers.



Following the meeting, Board directors were joined by the Campus Manager for a tour of the campus to familiarise themselves with the site and any issues, opportunities and successes.

At 5:30pm, Board directors and the executive team met with members of the community to discuss matters of shared interest, and conversations touched upon:

- Access to community transport

- Accommodation for staff and students, including development of short-term accommodation in part of the Wirrim Lodge building
- Fundraising recognition and thanks
- Pathology collection testing and access to results
- Primary care goals for EWHS

The board chair invited ongoing feedback via the EWHS web page and thanked participants for their time and attendance.

Around the grounds

KARA COURT RESIDENTS ENJOY A VISIT TO RESPECT HOSTEL



Recently, residents from Kara Court had a wonderful outing to Respect Hostel, as part of a joint venture between the two nursing homes aimed at fostering social connections and friendships among residents.

In an afternoon filled with joy, one of the residents from Respect Hostel entertained everyone with organ music. The tunes had many attendees dancing and singing along.

In addition to the music, a delicious afternoon tea spread was laid out.

The event provided an excellent chance for residents to mingle and connect in a friendly environment.



Staff are excited about the possibility of making this a regular event every couple of months. By taking turns hosting and inviting special guests or

entertainment, they hope to strengthen community bonds and continue providing enjoyable experiences for residents. Stay tuned for more updates on future events!



HOT RODS VISIT BIRCHIP CAMPUS

Recently, a group of hot rods travelling through Birchip made a stop at Sharps Bakery for lunch.

A staff member noticed the impressive cars and asked one of the owners if they would be interested in showcasing their vehicles to the residents.

Residents, visitors, and staff all enjoyed the parade of cars. The visit sparked conversations about cars once owned and dream cars people would like to have.



Get involved with the Australian Frailty Network

About Us:

The Australian Frailty Network (AFN) is dedicated to improving the lives of those impacted by frailty and ageing. We advance knowledge, share findings, and provide training to enhance outcomes for those experiencing frailty and their caregivers. By connecting consumers, healthcare professionals, researchers, and policymakers, we aim to prevent and slow frailty's progression with a comprehensive, community-driven approach.



What is Frailty?

Frailty is a state that makes it harder for people to recover from illness or injury, affecting both physical and mental health. Frailty can lead to falls, hospitalisations, and loss of independence. However, it can improve with the right care and support.

Our Mission

The AFN is dedicated to transforming the response to frailty in Australia. We focus on knowledge creation, evidence sharing, and training for healthcare professionals and researchers to improve understanding and treatment of frailty. By setting a **consumer-driven** frailty research agenda, we aim to support the health system in helping individuals remain active and independent for longer.

Our Core Principles

- Collaboration** – Working together to achieve common goals
- Inclusivity** – Ensuring all voices are heard
- Consumer Focus** – Prioritising the needs of those impacted by frailty
- Courage** – Embracing innovative approaches
- Excellence** – Striving for the highest quality in all we do

How to get involved

Are you impacted by frailty due to a medical condition?

Are you aged 65+?

Do you care for someone affected by frailty?

We would love to have you as a member of our Consumer Reference Group. By becoming a member of our Consumer Reference Group you have the opportunity to contribute to research projects and to develop and create new resources. Many opportunities with the AFN are remunerated and many professional development events and training resources are made available to consumer members.



**Australian
Frailty
Network**



For inquiries please contact:
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Engagement Coordinator
afnconsumers@uq.edu.au
<https://www.afn.org.au/>



MEET WITH THE CEO CHARLTON - OCTOBER 17

Trevor Adem available to community groups.

Visit Trevor at the following venues:

- Thursday, 17 October, Charlton Campus
- Wednesday, 20 November Donald Campus
- Wednesday, 11 December Wycheproof Campus
- Wednesday, 18 December Birchip Campus

Take the opportunity to meet with the CEO, book an appointment via: amanda.campbell@ewhs.org.au
Bookings available at St Arnaud by arrangement.

MEET WITH
THE CEO IN

Charlton

Wednesday, October 17



EWHS CEO, Trevor Adem will be at Charlton campus next Wednesday, October 17. **Community groups** are invited to book an appointment to meet with Trevor, by contacting amanda.campbell@ewhs.org.au

OR IN ST ARNAUD BY ARRANGEMENT



I AM RIDING TO FIGHT KIDS' CANCER!

Please support my challenge
www.GreatCycleChallenge.com.au



This month, EWHS staff member Rebecca Cumming is cycling 100 km to fight childhood cancer and save young lives. It's her eighth year taking on the challenge, having covered over 2,426 km and raised \$4,651. To sponsor Bec and support her 2024 efforts, scan the QR code.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month (BCAM) takes place every October. The aim of the BCAM is to shine a light on the devastating impact breast cancer has on thousands of Australians each day.

Over 20,000 Australians will be diagnosed with the disease this year alone. That equates to 57 Australians every day.

More information can be found at:

<https://nbcf.org.au/fundraise/breast-cancer-awareness-month/>

OTHER HEALTH EVENTS

October 1-31 Breast Cancer Awareness Month

October 1-31 Great Cycle Challenge Australia

October 1-31 Spina Bifida Awareness Month

October 1-31 National Safe Work Month

October 4-10 Mental Health Week

October 10-16 National Carers Week

October 11 National Coming Out Day

October 11-17 National Nutrition Week

October 12 World Arthritis Day/Odd Socks Day

October 14 Allied Health Professions Day

October 15 Pregnancy and Infant Loss Remembrance Day

October 15 International Day of Rural Women

October 21 Headspace Day

October 27 World Occupational Therapy Day



East Wimmera Health Service acknowledges the Traditional Owners; the Dja Dja Wurrung Peoples, Djaara Peoples, Jaara Jaara Peoples, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk Peoples and Custodians of the land in which we work and live, and pays respect to their Elders past, present and emerging. We acknowledge their significant cultural heritage, their fundamental spiritual connection to the country, and value their contributions to a diverse community. We are proud to embrace the spirit of reconciliation, and learn more from the local Aboriginal and Torres Strait Islander Communities, on how best to improve their health, social and economic outcomes.



East Wimmera Health Service is proud to support and provide care for all lesbian, gay, bisexual, trans and gender diverse, intersex, queer and/or questioning and asexual (LGBTQIA+) staff, consumers and communities. We are committed to ensuring our services are welcoming, safe, inclusive and respectful for everyone.