



## Glenda delivers joy to Dimboola residents

**If you didn't know better, Glenda Eldridge would look like any other team member working at Dimboola Nursing Home.**

She can be found interacting with residents three days a week, between 10am and 4pm, and often returns on weekends.

The difference is, Glenda is unpaid.

Every hour she puts in on site, plus the many more spent conjuring ideas and activities at home, is voluntary. She is always on the look-out for a reason to celebrate residents and staff.

"I decorate birthday cakes really fancy, in their footy colours or something else they love," Glenda said. "They love an occasion, it doesn't take much to entertain this group."

She also engages in a range of other activities with the residents - "they love card games and bingo or a ball game," she said. "I also visit residents in their rooms and just make conversation, especially the ones that don't get many visitors."

Glenda, who was born in Dimboola and raised on a farm in Antwerp, returned to her hometown to work in the Allambi community-run aged care facility. When the facility closed its doors, Glenda lost her sense of purpose.

"People tend to think that when you're over 70 you become useless, so I'm proving them wrong," she said. "I was bored, and missed using my skills and bringing joy to people, so I started volunteering."

ARE YOU OUR NEXT

# VOLUNTEER?

If you, or someone you know, is interested in volunteering, please call 5381 9347 or email [Kellie.McMaster@gh.org.au](mailto:Kellie.McMaster@gh.org.au)

Scan the QR code to complete the Expression of Interest form



# Melanoma nurse appointed for the region

**Inbal Ross has been appointed as the region's first dedicated Melanoma Nurse.**

The role is funded by the Melanoma Institute of Australia and the Australian Government.

Since commencing, Mrs Ross has been instrumental in setting up the Melanoma Supportive Service and enhancing specialised care for melanoma patients across our sites. Her role includes providing care support for those diagnosed with melanoma, assisting with relevant education and coordinating care between medical and surgical teams.

Australia has the highest melanoma rates in the world,

and it is the third most common cancer in Australia.

Inbal's appointment marks a significant advancement in local cancer care. This is particularly the case for communities in the Grampians region, where residents are 22% more likely to develop melanoma and face higher rates of advanced-stage diagnoses.

Having already supported more than 70 patients, the role focuses on closing gaps in melanoma care rather than duplicating existing melanoma services.

"Melanoma care can be complex to navigate, especially for patients who are diagnosed with stage II- III Melanoma," said Mrs Ross.

"We've developed clear guidelines and prioritised education, coordination, and emotional support to ensure patients receive holistic care close to home."

For melanoma-specific information, visit [melanoma.org.au/for-patients/](https://melanoma.org.au/for-patients/)

People diagnosed with melanoma can also access free specialist support through Melanoma Patients Australia, a national organisation dedicated to reducing the impact of melanoma and supporting individuals and families throughout their care journey.



*Inbal Ross, the first Melanoma nurse appointed for the Grampians region.*

# Midwifery services continue to expand

Wimmera mothers can access a dedicated midwife through their antenatal and postnatal periods under a new program.

Midwifery Antenatal and Postnatal Service (MAPS) ensures continuity of care, providing a positive and safe environment with the support of 10 midwives recruited to the program at Horsham Maternity Outpatients Clinic.

"Under MAPS, women will be introduced to a specific midwife who will provide antenatal care and education, postnatal home support and care for up to 10 days post birth," Horsham Maternity Services Manager Jane Rentsch said.

"Everyone who is booked at the Maternity Clinic in Horsham will come under the MAPS program regardless of their level of risk."

"Grampians Health opened the [Horsham Maternity] clinic just over three years ago now and the services here have grown significantly since then," Mrs Rentsch said. "We are very excited to now offer a new continuity of care program."

Deputy Chief Nursing & Midwifery Officer Meredith Theobald said the MAPS program was promoting a service that provided quality maternal and neonatal outcomes based on best practice.

"The introduction of MAPS has been the result of thorough and collaborative planning and is another example of Grampians Health delivering care that is responsive to local community needs," she said.

**DID YOU KNOW...?**  
We deliver around 250 babies annually in Horsham



Horsham Maternity Outpatients Clinic team members outside the McLachlan Street entrance.

## Join Grampians Health

Employment opportunities across the region  
Discover employee benefits and career opportunities

[www.gh.org.au/careers-and-training](http://www.gh.org.au/careers-and-training)



SCAN HERE



## Improved psychology care for Wimmera cancer patients

**There's been strong demand for a new client-facing psycho-oncology service introduced at the Wimmera Cancer Centre last year.**

The Grampians Health Psychology Department started the service for Wimmera's cancer patients with clinical psychologist Sue Titcumb making regular visits to Horsham.

Director of Psychology Dr Sarah McKinnon said the psycho-oncology service based in Ballarat had been working to provide in-person services to Wimmera Cancer Centre for a few years.

"We've been providing a Telehealth-based service but this is not always suitable for all people so we are thrilled to have commenced the

in-person services in 2025," Dr McKinnon said.

"I'm here to support these patients directly in relation to their cancer concerns and any overlap with their mental health and wellbeing," Ms Titcumb said.

"The purpose is to help those who are really struggling with that overlap of physical health and mental health and how we can help them adjust to the impact of cancer in their life.

"Also if they are experiencing difficulties due to their cancer treatment, like side effects, or if their cancer is impacting on their relationships at home.

"I'm dealing with more specific mental health concerns like depression, anxiety, panic disorders and sleep difficulties. If those issues have emerged since their cancer diagnosis, that's when they come to see our team."

### **HOW TO ACCESS:**

Wimmera Cancer Centre patients wishing to use the psychology service should speak to their cancer resource nurse or inquire at the centre.

“ I think patients find that seeing a psychologist in this setting is less confronting and that it's just part of their medical care. They have that feeling of 'well this is part of my team'. ”

# Service award presentations

Our Dimboola campus has celebrated a number of milestone years of service for our valued staff.

A big congratulations to three of our fantastic Dimboola staff members, who have reached significant years of service.

Chief Nursing and Midwifery Officer, Leanne Shea (pictured with the recipients), was on hand late last year to celebrate the achievements of Enrolled Nurses Susan Walker, Amanda Withers and Lyn Barber.

Susan was recognised for 10 years of service, while Amanda and Lyn were both recognised for 20 years of service.

We are incredibly proud of our team and thank Susan, Amanda and Lyn for their years of dedication and care to the Grampians Health community.



*Congratulations to Susan Walker (right) on 10 years of service.*



*Congratulations to Amanda Withers (right) on her 20 years of service.*



*Congratulations to Lyn Barber (right) on her 20 years of service.*

## Evacuation upgrade for Dimboola



Dimboola Director of Nursing/Campus Manager Jacqueline Inches is preparing plans to upgrade the evacuation area at the rear of the campus's Care Community building.

Her plans include removing a fence and hedging and installing a ramp for a more prompt evacuation of residents.

"The paths will lead to a cement pad where all residents can be taken safely if an evacuation is required," Jacqueline said. "Moving the fencing will provide more secured area for the residents."

Builders and contractors have already been onsite and work will begin shortly.



*Teddy is pictured with teachers Amanda Light and Liz Hage; Yandilla Nurse Unit Manager Michelle Coutts, centre; and students Henry, Chelsea, Stella, Aria, Christopher and Theo.*

## Teddy treated after tractor tumble

**Teddy Tours have recommenced in Horsham after a successful day with Goroke P-12 College prep students and teachers.**

Teddy Tours provide Wimmera students with the surety that hospitals are a safe place to come when they are sick or have an accident. The children bring in a sick teddy bear and watch as a doctor examines Teddy and recommends further tests and treatment.

Guiding the WBH Teddy Ambulance late last year, the prep students brought Teddy into the Wimmera Base Hospital's emergency department after he had 'fallen from a tractor wheel'.

He was examined in the George Howell Resuscitation Unit by Dr Andrew Trezise and nurse Taylor Besford, under the close watch of Emergency Head Dr Peter Carter.

Teddy was then transferred to Radiology where radiographer Gabriel Abrahams and manager Kristy Paine took an Xray. After viewing the images, it was determined that Teddy needed further attention, so he was wheeled to the Yandilla unit.

Yandilla Nurse Unit Manager Michelle Coutts was there to complete Teddy's admittance which included his patient wrist band. Physiotherapist Amy O'Sullivan then brought crutches for Teddy and after

bandaging his leg, explained what rehabilitation he would need to help with recovery.

After just an hour of care at Wimmera Base Hospital, Teddy was discharged and returned home with his friends. Teacher Amanda Light thanked all the Grampians Health staff who looked after Teddy and made his visit a very pleasant experience.

"The students enjoyed every minute of their hospital visit and they all said they would feel safe if they ever had to come into hospital again," Ms Light said.

Dr Carter said his team got a boost out of seeing the children bring Teddy in for care.

# Locally-led home dialysis service begins

## A new home dialysis service has launched at Grampians Health.

The launch of this new service marks a major milestone since becoming an independent renal health hub – improving access to kidney care across the region.

Previously managed through Royal Melbourne Hospital, the new locally-led model allows patients to receive their full home dialysis care through Grampians Health, with clinical management and support based in Ballarat.

The service supports communities across the Grampians Health catchment, including Horsham, helping patients stay closer to home while receiving safe, high-quality care.

“We’re now delivering a complete home dialysis service here at Grampians Health,” said Shaun Finlayson, Home Dialysis Team Leader. “If patients become unwell, they can be treated locally instead of travelling to Melbourne.”

The service currently offers home peritoneal dialysis, with plans to introduce home haemodialysis in the coming months.

Patients are trained to manage treatment at home, supported by the Grampians Health renal team using remote monitoring and local follow-up as needed.

“Home dialysis gives people flexibility and independence,” Mr Finlayson said. “It allows them to fit treatment around their lives, whether that’s work, family or other commitments.”

Home visits are scheduled when required, and patients can contact the team by phone, email or video for advice and problem-solving.

“Our aim is to be there when patients need us, without intruding on their lives,” Mr Finlayson said. “Once they’re trained, they manage their own treatment. We’re a safety net and a partner in their care.”

“People on dialysis make a huge commitment. Our role is to support them in a way that fits their lives, not the other way around.”

*Shaun Finlayson, Home Dialysis Team Leader, pictured with a Baxter Homechoice Claria automated peritoneal dialysis (APD) system designed for home use.*



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 more detail on accessing our services please visit [www.gh.org.au](http://www.gh.org.au)





*Horsham's new graduate nurses with their Clinical Educators.*

## Nursing influx and skills boon at Horsham

### A team of graduating nurses and midwives has bolstered our skillset at Horsham.

The Nursing and Midwifery Education Unit at Horsham this year welcomed 11 new nurses graduated as Registered Nurses and a further seven Registered Nurses who completed a post-graduate course in Critical Care. The unit also congratulated three nurses who completed their Early Practitioner Year in midwifery training and a further two nurses now with a Diploma in Midwifery.

Nurses who graduated and received their Registered Nurse certificates include Zoe

Green, Tylah Wright, Luke Gay, Sahmara Freeman, Samuel Newcombe, Cass Mackley, Ruby Batchelor, Chantelle Cook, Brydie Murphy and Nicole Russo while Laura Hill graduated in absence.

Tomy Abraham, Jamie Ladner, Jency Joseph and Lorraine Ong completed their Postgraduate Certificates in Critical Care, along with Alex Blake, Rachel Mathai and Jino Joseph, who completed the course and graduated in absentia.

Samantha Hunt-Moonpen, Meg Hall and Ellen Huebner completed their Early Practitioner Year in Midwifery while Georgia Barber and Tia Alymer successfully finishing their Graduate Diploma in Midwifery.

## New bed for Day Centre specialist use

### A generous donation has provided new treatment beds for our Horsham campus and Stawell Medical Centre.

The new fit-for-purpose beds provide improved patient safety and comfort while making the clinician's role of adjusting the bed much simpler and safer.

Complex Care Manager Pauline Amos said the beds were generously donated by Ballarat medical equipment manufacturer Alevo.

"The bed in Horsham will get daily use in a variety of programs such as stomal therapy, continence care and pain management," Ms Amos said.

"The bed features all electric controls for the multiple positions so it is much easier for staff to operate and it eliminates risk of injury from manual adjusting."



*Continence Nurse Jodi Burford and District Nurse Lucy Spasic set the bed for patient Sheena.*

Alevo Sales and Marketing Manager Jackie Haylett said her company was pleased to be able to support patient care in local communities.

"We are just pleased to know that Grampians Health will be able to make good use of the beds and that patients will be treated in the best of comfort," Ms Haylett said.

# 'Life-changing' clinical trials van hits the road

Grampians Health's ground-breaking clinical trials van hit the road in February, stopping in at Dimboola, Edenhope, Stawell and Horsham.

The van is set to visit patients across rural Victoria, making it easier to access clinical trial therapies and treatments closer to home.

Research Operations Director, Ashleigh Clarke, and Clinical Research Manager, Rebecca Gurnett, spent a week visiting our western campuses to collaborate with local teams and prepare for regular visits.

"It was fantastic to be on the road and make our final preparations to welcome rural and regional trial participants into the van," Ashleigh said.

"The van is equipped with the medical technology needed to provide elements of care for our clinical trials on-site.

## DID YOU KNOW...?

Grampians Health is involved in about 100 clinical trials, making it the **largest clinical trials unit** in regional Victoria.



Research Operations Director Ashleigh Clarke (left) and Clinical Research Manager Rebecca Gurnett (right) with Dimboola Campus Manager Jacqueline Inches.

"It's a game-changer in terms of accessing cutting edge research and innovative treatments, reducing the need for participants to travel long distances for the same services to be delivered."

Edenhope's Nurse Unit Manager Sophie Robertson said, "when you need specialist care, you're travelling back and forth all the time and it's absolutely exhausting, on top of what you're already dealing with.

"This van will save so much time, travel and cost for people, who are often dependent on others to make those trips as well."

Find out more about our clinical trials and research at [research.gh.org.au/clinical-trials/](https://research.gh.org.au/clinical-trials/)



## Invitation to have your say

We're reshaping our community newsletters!

Share your feedback to help shape the future of our community newsletters. We're refreshing how we share stories and updates across the region, and we want to make sure our newsletters reflect what matters to you.



# Simple ways to stay well

As we ease into milder Autumn weather, it is timely to start planning for winter, when many nasty illnesses are more likely to be circulating in our communities.

Each winter, urgent care clinics, GP clinics, pharmacies and emergency departments see a sharp rise in people with serious illnesses.

Colds, flu and other vaccine-preventable diseases can hit harder in colder months, and without vaccination they are more likely to lead to severe symptoms, complications and hospital visits.

This seasonal surge puts pressure on health services and can mean longer waits for everyone who needs care

Vaccination is one of the simplest ways to reduce that risk. Vaccines are safe, many are free or subsidised, and most don't just lower your chance of getting sick – they significantly reduce how unwell you're likely to become.

Think about the last time you were really sick: the time off work, the exhaustion, the impact on your family.

Vaccination helps protect you from going through that again, while also helping keep our health services available for those who need them most.

**DID YOU KNOW...?**  
Victoria had the second highest Influenza cases in Australia during 2025, behind NSW

## 10 tips to fight the flu

Flu symptoms can be very similar to the symptoms of COVID-19. Even if your symptoms are mild, get tested for COVID-19.



Get the flu shot



Cover coughs and sneezes



Self-care at home



Avoid sharing



Know the symptoms of a cold versus flu



Check your symptoms first



Keep surfaces clean



Bin your tissues



Wash your hands



Don't rely on antibiotics



Visit Health Direct for full fact sheet to fighting the flu



## Autumn healthcare tip

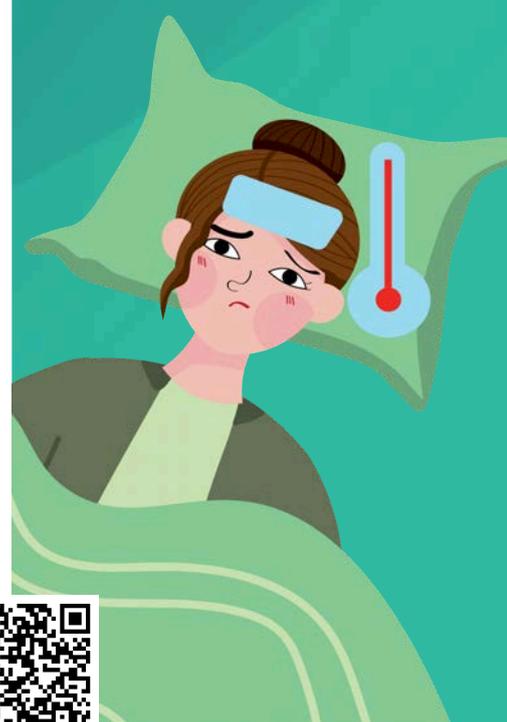
Speak with your Pharmacist or Doctor about vaccines appropriate for your age and level of wellbeing, for example:

Influenza

COVID

Shingles

Pneumococcal



# JOIN OUR CONSUMER PARTNERSHIP PROGRAM



*Consumer Partner Kate Gale with Grampians Health Consumer Partnerships and Experience Acting Team Leader Kylie O'Halloran. Kate represents consumer perspectives on the Blood Management Governance Committee.*

**We believe the best way to strengthen our health service is by working alongside the people who use it. That's why Consumer Partners are so important.**

Grampians Health is inviting consumers to partner with us to help shape our services and the care we provide.

You might have experience with Grampians Health as a patient, resident, client, carer or family member, or you may be a community member who may need our services in the future.

By sharing what matters most to you, Consumer Partners help guide meaningful improvements and ensure our services reflect the needs of the people and communities we serve. We welcome individuals of all cultures, abilities, ages, identities, and backgrounds.

Partnering with consumers and the community helps us deliver safer, more connected, and genuinely person-centred care.

**Your voice plays a vital role in improving the quality and safety of Grampians Health services.**

Consumers can partner with us by:

- Joining forums or focus groups
- Representing consumers on governance committees
- Supporting quality and safety improvement activities
- Providing feedback on patient information, policies and planning

To partner with us contact:

**03 5320 4014**

or via email at:

**[consumers@gh.org.au](mailto:consumers@gh.org.au)**



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# 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 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 visit our website to complete a feedback form.
- [grampianshealth.org.au](http://grampianshealth.org.au)
- [feedback@gh.org.au](mailto:feedback@gh.org.au)