

JUNE 2023

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO

The services that we can provide through the Commonwealth Home Support Program are changing. With the Pyrenees Shire no longer providing CHSP services, BSHS is now approved to provide the additional service – Personal Care. Delivering Personal Care is a new service for us, and one that has been welcomed by our community. The Corangamite Shire is also ceasing to provide CHSP and we have been approved to provide services.

Pyrenees Shire approved services include, Allied Health and Therapy Services, District Nursing, Personal Care, Social Support Groups and Meals on Wheels. Corangamite Shire approved services include, Allied Health and Therapy Services, District Nursing, Personal Care, Social Support Groups, Individual Social Support and Meals on Wheels.

Should a member of your family or friends have concerns or would like clarification in relation to CHSP services, please contact Mary Cushing (Director of Clinical Services) or myself. We want to ensure our community has access to these services.

IN THIS ISSUE

VICTORIAN
CONCERT ORCHESTRA

NEW NAMES
FOR FACILITIES

INTERNATIONAL
NURSES DAY

COMMONWEALTH
HOME SUPPORT PROGRAM

MEDICAL
PRACTICE UPDATE

PEOPLE
MATTER SURVEY



Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100

Beaufort and Skipton Health Service acknowledges the Wadawurrung people, as the traditional custodians of the land and their continuing connection to land, water and community.

We pay our respects to them and their culture, and to elders both past and present.



Aged Care Quality and Safety Commission re-accreditation of Ripon Peace and Delama, Residential Aged Care Beaufort was conducted with three Assessors from 30 May – 2 June 2023. Overall, the Assessors were complimentary about the care provided by staff and advised that there were no gaps across the eight standards. We now await the formal report.

Informal comments from the Assessors included;

- End of Life care is beautiful, wonderful and amazing
- Staff are kind, caring and respectful to each other, residents and families
- The monthly 'Resident of the Day' is done well, along with documenting conversations
- Skin care is managed really, really well

I would like to thank staff for the care that you provide to our resident's and their families. I would like to acknowledge those staff, residents and family members who were interviewed by the Assessors over the course of the survey. I appreciate the feedback provided.

I am please to advise that we have been successful with a grant application for the development of a new garden at Ripon Peace and to create kitchen gardens at Delama and Brigadoon, The total value of the grants is \$62,000. Congratulations to Kel on your submission.

Out 2023 People Matter Survey commenced on 29 May and closes on Friday 23 June. The survey covers our staff's experience from different aspects of our workplace, including workplace culture, manager support, leadership, diversity and inclusion and wellbeing.

This is an important annual survey to help the Leadership team and I make sure we are getting it right when it comes to how staff feel about working at BSHS. Please take the 15–20 minutes to complete the survey. Please let me know your ideas on how we can improve our services for our community.

Regards Meryn

BOARD DIRECTOR REPORT

DAVID LENEHAN | BOARD CHAIR

The BSHS Board of Directors held its monthly meeting on Wednesday 24 May 2023 with all Directors in attendance. The Board received a report from one of our Home Care Package recipients who was very complimentary regarding her experience as a client of BSHS and confirmed that she was very happy with her Case Manager and services provider.

Once again a good example of the positive impact our services have on the quality of life of our consumers.

A highlight of the meeting was a presentation by Emma Leehane on the history of First Nations People in Australia. Emma is the Aboriginal Health Liaison Officer with Grampians Health Service and supports BSHS on a part time basis in supporting the cultural diversity of our Health Service. The presentation was very interesting and left us all better informed on the culture and family structures that underpin Aboriginal society. She also outlined the work that is being undertaken by Governments at all levels in closing the gap between First Nations People and other Australians.

Advice has been received from the Department of Health that the BSHS proposal within the GP's in Community Health Services Program has been approved and will be funded for the next two years. Well done Mary for the work in preparing the project brief.

Following our recent submission to the BSHS Foundation we can now confirm that funding has been provided for the purchase of ten recliner lift chairs and two End of Life trolleys. The Directors are appreciative of this significant contribution from the Foundation and look forward to their continuing support.

The Directors and Management have commenced the process of developing a new five year Strategic Plan for the Health Service. Following consultation with the Leadership team and feedback from the most recent Community Health Needs Survey it is proposed to have a draft plan ready for consideration in early August.

Finally and on behalf of the Board can I thank both management and staff for the important work of providing quality healthcare to our communities.

Regards David

EXECUTIVE SAFETY WALKAROUND

The next Executive Safety Walkaround will be held on Tuesday 15 August at 1:30pm for the Skipton Hotel Services & Maintenance teams.

VICTORIAN CONCERT ORCHESTRA

Cave Hill Creek are hosting the Victorian Concert Orchestra (VCO) in August. The VCO has been a group of talented musicians for multiple generations, with the Orchestra being first established nearly 100 years ago in 1926. They travel to regional areas regularly to enrich the communities with classical and empowering music from musicals, movie scores and the great composers.

Cave Hill Creek have generously offered this event as a fundraiser for the Health Service and funds raised will go towards the purchase of kitchen equipment. Tickets are on sale now at chc.venueregistrations.net/victorianconcertorchestrachc

6 AUGUST

THE

**VICTORIAN
CONCERT
ORCHESTRA**

AT CAVE HILL CREEK

2 PM

110 THE GLUT RD, RAGLAN

Beaufort & Skipton
Health Service

CAVE HILL CREEK

Pyrenees
Shire Council

NEW NAMES FOR HEALTH SERVICE FACILITIES

CEO Meryn Pease and Board of Directors Chair, David Lenehan announced recently that two of Beaufort's significant facilities would undergo name changes.

The announcement was made to staff and residents detailing that two of the Health Services facilities were to be considered for name changes and their input would be valued. Board Chair, David Lenehan said, "It is both timely and important that the buildings names reflect the values and culture of the local community." "The Beaufort Nursing Home and Beaufort Hostel have been considered for a name change for quite some time now as it was generally felt the previous names were no longer relevant and did not reflect the type of communities that they currently serve", he added.

The decision to rename the facilities was made after extensive consultation with the staff, residents, community representatives and local traditional owners, the Wadawurrung. "The renaming process was undertaken with a focus of inclusiveness and cultural reflection", Ms Pease said.

The consultation and research process was conducted by the Health Service with thought that the new names should reflect both the local area and the values of the community. 'Ripon Peace' has been chosen for the Beaufort Nursing Home with "Ripon" referencing both the historical and local electorate and with reference to the original name of "Ripon Peace Memorial Hospital".

The Beaufort Hostel has been renamed 'Delama', from the Indigenous term meaning "to embrace". The name reflecting the desire to create a welcoming and inclusive environment for residents and their families.

"The Health Service hopes the new names will reflect the level of importance that the facilities hold for the community, both through cultural diversity and values", David Lenehan added. We expect new signage at the respective buildings will be installed in the near future.



INTERNATIONAL NURSES DAY

Friday 12 May marked International Nurses Day, a day to celebrate and recognise the incredible contribution of our dedicated nurses, which we extended to all healthcare workers. It was a day to celebrate all Nurses, Care Workers and Allied Health professionals and to express gratitude and thanks from Management and the Board of Directors.

Staff enjoyed an afternoon tea and were presented with a gift of treats and individual cards signed by all members of the Leadership team.



**OUR NURSES.
OUR FUTURE.**

RESPIRE

Can we help you, your family or a client?

We can provide short term respite care. Respite is an opportunity for the care giver and care recipient to have a break. Staff provide care 24 hours a day, 7 days a week. In addition, a range of services are available to support individual health care needs during a stay.

For more information please contact our Residential Coordinator, Monday–Wednesday on 5349 1647.

HELPING TO KEEP YOU HEALTHIER AT HOME

Beaufort and Skipton Health Service have been busy preparing for the changes to the Commonwealth Home Support Program Services (CHSP) with the Commonwealth now approving the Health Service as a provider for consumers. Local clients will have the option of transitioning to the Health Service for several programs that are available, with access to these services commencing from 1 July 2023.

The Health Service is planning to ensure the community can take full advantage of the broad range of services available including Allied Health services, District Nursing, Personal Care, Social Support Groups and Meals on Wheels.



We are pleased that we will be able to provide these services. CHSP clients have the right to choose which provider they can access services through. Clients are able to choose different providers for the different services that they need, as they are not locked in with one provider, if that is their choice. Staff have been working hard in preparation for these changes to the Support at Home services. For further information please contact Mary Cushing, Director of Clinical Services.

MEDICAL PRACTICE UPDATE

JENNY HOLDSWORTH | MEDICAL PRACTICE MANAGER

We would like to advise of the following updates to General Practitioner availability.



Dr. Anderson will be on leave from Monday 5 June and will return on Monday 3 July.



Dr. Badrika will be on leave from Thursday 22 June and will return on Tuesday 11 July.

Dr. Quentin Miles will be our locum from Monday 26 June until Friday 7 July.

A reminder to please make sure you have your scripts up to date.

Please contact the Skipton Medical Practice on 5340 1111 for any enquiries.

FLOWER ARRANGING



SKIPTON WALKING GROUP

The Skipton Walking Group recently enjoyed a trip to Hamilton to see and walk around some new areas. If you or someone you know is interested in joining the walking group or any of our available social support groups, please contact Sharee Court.



VINTAGE CAR VISIT

Residents recently enjoyed a vintage car visit. This evoked conversation about the visit and a lot of reminiscing about their own family cars. Thanks to Richard who owns the 1930 Ford.



REMINISCING

Margaret recently enjoyed polishing silver and reminiscing about the silver she used to own.



SOUP NOW AVAILABLE DURING WINTER

Every Tuesday during winter, soup will be available for just \$2 at both the Beaufort and Skipton campuses.

We will be raising money to donate to an organisation within our local community.

If you would like to be involved in making a soup, please put your name down on the roster located in the staff rooms.



GRAMPIANS HEALTH LIBKEY APP

Looking for easy ways to best serve your patients and clients?

The Library is a go-to for Beaufort and Skipton Health Service staff wanting access to the best available evidence for clinical decision-making practice, education and research. For this reason, we supply our workforce with access to a variety of tools to ensure seamless access to journals and information, delivering evidence based clinical information to your fingertips.

What is LibKey?

LibKey Nomad is a browser add-on that provides instant links to journal articles from the Library. It gives you fast access to the content you want from the scholarly journals Grampians Health Library subscribes to. This browser add-on is free and is easy to install and use. If you cannot access an article you want, we will try to get it for you. Please email us at library@bhs.org.au.



How do I get LibKey on my browser?

Visit our site, read the instructions, and download the extension to your preferred browser. Choose **Grampians Health** in the "Select Organisation" window. When searching, click on the "Download PDF link as pictured in the lower left corner of the browser to get the article via the Library. Remember you will need your OpenAthens login for offsite access.



Download PDF
Grampians Health

SUPPORT SERVICES STUDY DAY

This month Support Services staff across both campuses took part in staff training mornings.

Training included sessions on basic first aid, food safety, food allergens, IDDSI framework and basic knife safety. Thanks to all that participated in these study mornings.



HEALTH AND SAFETY REPRESENTATIVE POSITION

There is currently a position vacant for a Health and Safety Representative for the Skipton Medical Practice, Community Health and Skipton Kitchen.

Workplace Health and Safety and Occupational Health and Safety legislation in Australia states that workplaces are entitled to elect Health and Safety Representatives (HSR's). HSR's play a vital role in supporting safe workplaces by advocating within their work groups on critical health and safety issues and hazard identification and remediation. Their role is also important in forming a bridge of communication between the employer and employees.

Involvement from HSR's helps to:

- Conduct regular environment audits
- Improve employee involvement in safety culture
- Helps employers to identify hazards and risks
- Helps to provide safety controls
- Helps organisations to reduce the amount and cost of accidents, injuries and near misses
- Increases productivity and efficiency

Please contact your manager if you are interested for more details.



**Victorian
Public Sector
Commission**

People matter survey

2023

Have your say



2023 PEOPLE MATTER SURVEY

ERICA SMITH | PEOPLE & CULTURE MANAGER

The People Matter Survey is an annual employee opinion survey that is run independently of BSHS, by the Victorian Public Sector Commission. This year's survey asks for your experience about different aspects of your workplace, including workplace culture, manager support, leadership, equal employment opportunity and wellbeing. It is relevant to all employees regardless of where and how you work, including on the frontline.

You'll also be asked a range of demographic questions about yourself, such as your age, gender and cultural background. These questions are designed to gather information about our workforce to help foster diversity and inclusion. This can include how we support equal opportunity, reduce discrimination and promote fairer recruitment.

What's new for 2023?

You'll see new questions developed in consultation with the Public Sector Gender Equality Commissioner to support the [Gender Equality Act 2020 audit and reporting requirements](#). You will be able to access the survey from a desktop or mobile device. The survey will take about 15 minutes to complete.

Your privacy and anonymity are protected

The survey is completely anonymous, and we do not see your completed survey responses.

The [Victorian Public Sector Commission](#) runs the independent survey and uses strict rules to protect your privacy and anonymity at every stage of the survey.

To protect you, they:

- Use an anonymous survey link and everyone in our organisation receives the same survey link.
- De-identify individual survey responses. This means our organisation can't identify individuals when the data is reported.
- Don't collect identifying information such as name, date of birth or employee ID
- Separate open-text responses from other data. Our organisation won't know where the comments came from or who made them.
- Don't release team or demographic group results when there are fewer than 10 responses.

You have the option to respond to demographic questions, such as age or gender, with 'prefer not to say'. All information is handled in line with Victorian and Commonwealth law.

The survey will be open from Monday 29 May until Friday 23 June 2023

If you have any questions about the survey please contact Erica Smith.

EDUCATION UPDATE

KIM STEVENS | LEARNING & DEVELOPMENT MANAGER

We would like to celebrate Georgie and Bec for graduating with their Bachelor of Nursing this month. They took a quick trip to Darwin to attend their graduation and receive their degrees. Well done Georgie and Bec. It is with a heavy heart that we say goodbye to Brooke, and we give joyous welcome to Chloe (Beaufort) who is our new EN graduate from Ararat. I know that she will have an amazing time and gain lots of new skills and knowledge. The RN graduates will be rotating this month, with Stephanie going into Emergency in Ballarat, Virginia coming to Beaufort and Jacinta moving into Skipton. We hope they enjoy their new rotations and embrace every opportunity to scaffold their learnings.

We have had many students in and out during this month. Feedback has been really positive with all students reporting these rotations as the best placements they have had so far. Thank you to all for being open and supportive of our students and graduates.

Myself and Jane have been out and about recruiting for the 2024 RN graduates. There was lots of interest at both ACU and Federation University. The next few months will see graduates touring facilities, applying and being interviewed.

The Education Department would like to thank everyone for their understanding and patience in relation to issues surrounding the new Grampians Learning Hub. We understand that it was a trial for some of you to work with and value any feedback that you want to provide. Moving forward, we will endeavour to iron out the kinks before the 2024 mandatory training period begins.

HEALTHY CHOICES POLICY DIRECTIVE

The Healthy Eating Advisory Service recently provided a summary of the statewide achievement of the Healthy Choices Policy Directive for Victorian Public Health Services for the Phase 1 (2022) drinks targets.

The policy directive supports health services to provide and promote healthier food and drinks for staff within their facilities.

Beaufort and Skipton Health Service were part of the 88% of health services that met all of the Phase 1 drinks requirements.

RECIPE OF THE MONTH

Raspberry Bliss Balls

INGREDIENTS

1 tbs Macro white chia seeds
1 cup desiccated coconut
1/2 cup traditional rolled oats
1/2 cup almond butter
1/4 cup raisins
1 lemon, zested
12 fresh raspberries



METHOD

1. Combine chia seeds and 2 tbs water in a small bowl. Set aside for 5 minutes, stirring occasionally, or until mixture has thickened.
2. Place 3/4 cup coconut, oats, butter, raisins, zest and chia mixture in a food processor. Process for 15 seconds or until mixture is smooth and starts to clump.
3. Place remaining coconut on a plate. Using hands, roll 1 tbs mixture into a ball and flatten to make a disc. Place 1 raspberry in centre of disc and wrap mixture around raspberry to form a ball. Roll ball in coconut. Repeat.

BSHS COMMUNITY ADVISORY COMMITTEE

The BSHS Community Advisory Committee make an important contribution by providing input that assists us with the planning and development of our Health Service.

Our consumers are members of the public who have used, or might use the services of Beaufort and Skipton Health Service in the future. Consumers include members of the general public, patients, residents, family members and carers.

If you know anyone who may want to be a part of this committee please contact Narelle Harrison.



FINANCIAL WELLBEING WEBINARS

ERICA SMITH | PEOPLE & CULTURE MANAGER

Aware Super are presenting a series of webinars on financial wellbeing. These webinars are open to everyone, not just Aware Super members.

To find out more information or to register [click here](#).

Here's a snapshot of just a few sessions:

- Investing made easy
- Home buying basics
- Superannuation - How to make it work for you
- How to develop a plan for retirement
- Better money habits
- Building resilience
- Leading others through change and many more



Register at aware.com.au/workplace or scan the QR code below for more information.

MY HEALTH RECORD IN AGED CARE

ANDREA FLENLEY | NURSING DIRECTOR OF QUALITY & SAFETY

Beaufort and Skipton Health Service is in the process of implementing access for Registered Nurses in Clinical Manager (our documentation system) to My Health Record (MHR) in our Aged Care Residential Services. MHR is a Federal Government initiative to enable all Australian's to keep an online summary of their key health information.

The advantage of having access for Residential Aged Care is that through the My Health Record system, Registered Nurses who have completed the necessary training can access timely information about residents, such as shared health summaries, discharge summaries, prescription and dispensing records, pathology reports and diagnostic imaging reports. This improves continuity of care and can save time in an emergency.