

OCTOBER 2023

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO

Well, the AFL Grand Final has been and gone. Congratulations to Collingwood, who were the better team on the day. Also, congratulations to the Collingwood supporters who work with us. I am sure we heard the Collingwood theme song being sung around the campus in the lead up to the Grand Final.

As a small rural Health Service we have been recognised for our education support and staff development within the Vocational Education and Training Sector. Last week we were advised that Beaufort and Skipton Health Service is a finalist in the 2023 Australian Training Awards for the category of 'Small Employer of the Year.'

This is fantastic and exceptional recognition for the education team and our staff who have undertaken further training and development at the certificate level and above.

Congratulations to Jodi Sutherland (Non-Clinical Educator), Kim Stevens (Training & Development Manager) and all staff.

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RECIPE OF THE MONTH

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Winner
Small Employer of the Year



Beaufort and Skipton Health Service acknowledges the Waddawurrung 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.



The winners of the 2023 Australian Training Awards will be announced at a function in Hobart on 17 November. Kim, Jodi, Mary and I will be attending the event in Hobart. Regardless of the outcome, our staff, Health Service and community are winners.



We held the Dementia Forum on 21 September, as part of the National Dementia Action Week activities. Associate Professor, Dr. Mark Yates engaged with the community on key aspects of Dementia and how to support a family member or friends with changes in their cognition. The event was well supported by the community. Thank you to Jayde and Narelle for organising and making this event such a success.



The Department of Health is undertaking a state wide review looking at how health services are structured in Victoria. The Health Services Plan will focus predominantly on acute care, and at a high-level integrated community health and public sector residential aged care. The plan will set out a framework for the appropriate roles of health services, appropriate organisational arrangements, and appropriate collaboration arrangements. The first phase involved consultation with Board Chairs and CEOs. David and I attended the Health Services Plan Design Principles workshop held on 7 September. A further design concept workshop will be held in November.

The Executive team has been busy developing our budget for the 2023–2024 financial year and looking at the capital items requiring replacement or new purchases during the year. Every year our list of equipment exceeds our available funds. Donations are important in helping us gain much needed equipment to support our patients, residents and staff. Thank you to Kel for progressing the fire system upgrade at Delama. This project has required special funding from the Department of Health and a lot of planning by Kel with the Victorian Building Authority and the Fire Services provider.

Regards Mervyn

BOARD DIRECTOR REPORT

DAVID LENEHAN | BOARD CHAIR

The BSHS Board of Directors held their monthly meeting on Wednesday 27 September 2023. We were pleased to note that Director, Dr. Marg Way will be resuming her board role from October, having been on leave of absence whilst carrying out project work with Safer Care Victoria. A standing agenda item at each Board meeting is a 'Patient Story' which provides Directors with some insight into the experience of consumers of our services. On this occasion we were particularly pleased to hear about the positive experience of a man who spent some time with us as a respite patient at Skipton. The feedback from the patient and his family was extremely complementary and a credit to the care and compassion provided by staff at the Skipton campus.

More good news from the Skipton campus was the impressive outcome of the recent audit of the Skipton Medical Practice by the Australian General Practice Accreditation Limited (AGPAL). The two Assessors found that all 17 standards were met and commended the service for its policies, procedures, teamwork and care for the community. Our congratulations to the Skipton Medical Practice team for this excellent result. We are fortunate in having the services of Dr. Craig Winter as our Director of Medical Services. Craig attends all Board meetings and provides comprehensive reports of issues that the Board and management need to be across, Craig provides support to a number of small rural health services so is very experienced and cognisant of health policies and initiatives, at both the state and federal levels.

From the Support Services area we noted a report regarding the upgrade of the Health Service signage for the main entrances, carparks and some internal areas. The new signage will be installed following community consultation through the Community Advisory Committee which is ably chaired by Director, Tony Edney.

The Directors and management continue to monitor and participate in consultations with the Department regarding the development of a "Health Services Plan" for Victoria. We understand that the final report and recommendations will be presented to the Minister for Health in April next year.

The annual Board appointment process will commence later this month. The Board will be looking for applicants who have management experience particularly in the areas of finance, audit and risk. Applicants with experience in consumer and community services will also be well regarded. If you know of anyone in the community with experience in these areas please feel free to encourage them to consider a role on the governing body of the Health Service.

Regards David

DEMENTIA ACTION WEEK COMMUNITY FORUM

In a bid to create a more Dementia friendly future, the Health Service hosted an information forum on Dementia during 'Dementia Action Week'. The event aimed to provide valuable information on this condition that affects so many.

Dr. Mark Yates, a renowned Geriatrician and leading expert in Dementia research, captivated the audience with his wealth of knowledge and expertise. His comprehensive presentation shed light on key topics and helped answer some of the many questions being posed by attendees.

The response from the community again exceeded expectations. It is encouraging to see so much interest and engagement from the community and we hope that our forums continue to resonate with them. In addition to providing valuable knowledge, the forums are also proving an opportunity for community members to connect with one another, share their experiences and build a network of support.



Meryn Pease (CEO), Dr. Mark Yates and Mary Cushing (Director of Clinical Services)

SKIPTON MEDICAL PRACTICE RE-ACCREDITED

MARY CUSHING | DIRECTOR OF CLINICAL SERVICES

On 5 September, the Skipton Medical Practice underwent the accreditation process through Australian General Practice Accreditation Limited (AGPAL). Medical Practice accreditation is awarded following an independent assessment and recognition that the Practice meets the requirements of the governing industry standards. In Australia, these are set by the Royal Australian College of General practitioners (RACGP). There are 17 standards that support a focus on outcomes for patients. This allows medical practice teams to concentrate on developing systems and processes that supports their service delivery to the community.

We are pleased to report that the Assessors could not find any gaps during the accreditation assessment. The Medical Practice was highly commended for their policies, procedures, teamwork and care provided. They made special comment that the Skipton Medical Practice provided an exceptional service to the community. These results are made possible by our dedicated and skilled team that work at the Medical Practice. Thank you to Jenny Holdsworth (Practice Manager), our GP's and all the team who continue to provide an excellent service to our community.



Dr. Malcolm Anderson
Available Mondays



Dr. Badrika Kahawatta
Available Tuesday-Thursday



Dr. Francesco Iannello
Available Tuesday-Friday

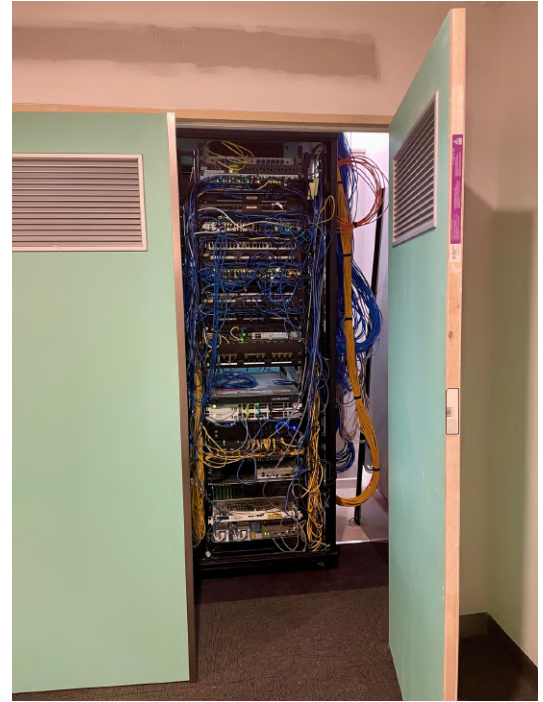
EXECUTIVE SAFETY WALK ROUND

The next Executive Safety Walk Round will take place for the Beaufort Community Health team on Wednesday 25 October at 1pm.

SUPPORT SERVICES WORKS



Fire Panel testing at Delama was undertaken this month. Improvements to the IT Server Room continue to improve the communications and technology of the Health Service.



DELAMA GARDEN WORKS



OUR RESIDENTS



RESPIRE PATIENT STORY

My Dad is 87 years old. He recently spent six weeks in hospital and inpatient rehabilitation in Melbourne and Ballarat, following a serious life-threatening fall. After this inpatient experience, he was scared and unhappy about going into respite so my mum could go and visit family in Europe for five weeks. This is the story of his stay with Beaufort and Skipton Health Service, Skipton respite, as seen through our families' eyes.

It starts with a conversation with Mum. "I'm going away and need to put your Dad into respite". We work closely with Dad's Home Care Package Manager to work out the best way to approach the situation. Dad's Home Care Package Manager breaks the news and now Dad starts telling Mum and us four kids that we are putting him in "jail". He doesn't want to go, he wants to stay home but he is not safe. Dad reluctantly moves to Skipton respite. He's pleasantly surprised by his room, the large windows, a view to nature, the facilities, and he loves his chair. He shows us with pride the way he can work the chair to help him get up and move.

Bragging about the food, he tells us during an early visit, whilst eating an angel cupcake, that yesterday he got not one but two profiteroles. He's thrilled with his birthday cake and tells us how one of the other residents played 'Happy Birthday' to him on the bagpipes. He says he didn't want the fuss, but you can see how chuffed he feels. We very quickly watch him settle in, put on weight and begin to engage with others.

The biggest change that we see is in his mood. From a reclusive and somewhat grumpy disposition, Dad quickly becomes the happy, cheeky and chatty person he used to be. His behaviour changes, he's using the phone, having laughter filled chats, asking us to hang and talk. He's sharing stories from his youth, some we hadn't heard before. We almost fell over when he said that he had gone to do exercises in the activities room. He hates exercising! Dad has a fall..We knew at some point he would. He told us how he couldn't get up, so he pressed the buzzer and the nurses helped him. He acknowledges that he was lucky to be there and that the help was comforting and reassuring.

In a candid moment he tells me that "I'm looking forward to going home but it's not been bad here." There is a smile in his eyes and smirk on his face, this is big praise indeed. Dad laughingly tells how one of the other gentleman residents told him to come back anytime and if there is no room, then he can bunk with him.

RECIPE OF THE MONTH

Beef and Bean Enchiladas

INGREDIENTS

2 tomatoes, diced
1/2 bunch coriander
1 cup shredded lettuce
1 tsp ground coriander
1 tsp ground cumin
200g extra lean beef mince
4 wholegrain tortilla wraps
420g can 4 bean mix
2 crushed garlic gloves
2 cups light cheese
400g can diced tomatoes



METHOD

1. Preheat oven to 180°C fan-forced. Heat oil in a medium saucepan over medium heat. Add garlic and saute for 1-2 minutes. Add mince, cumin and coriander and cook from 2-3 minutes or until browned.
2. Stir through the 4 bean mix and tomatoes and continue to cook until thickened. Allow to cool.
3. Fill wraps with mince mixture, roll up and place into a baking dish. Sprinkle with cheese and bake for 20 minutes or until cheese is melted and starting to turn golden. Top enchiladas with lettuce, tomato and coriander to serve.

SKIPTON OUTINGS BUS

Would you or someone you know like to join our next social outing? Our next excursion will be to the Eureka Centre in Ballarat, followed by lunch at Lilly's at the Eureka Centre. Tickets for the museum are \$4.

Where: Eureka Centre

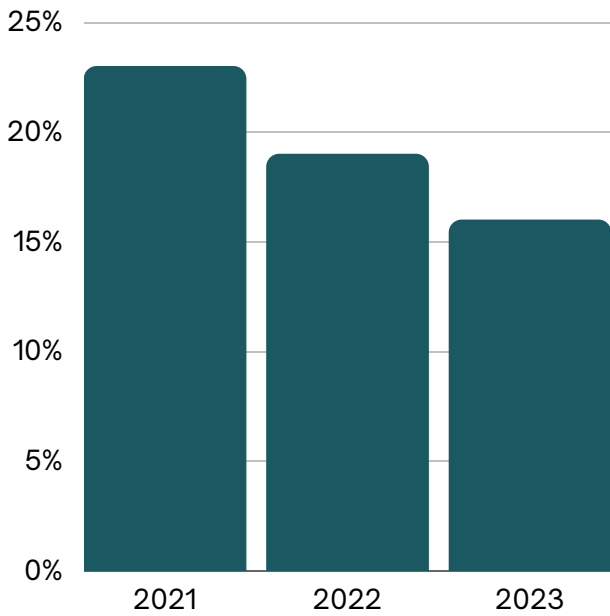
Date: Tuesday 21 November

Time: Bus departs Skipton Hospital at 10am

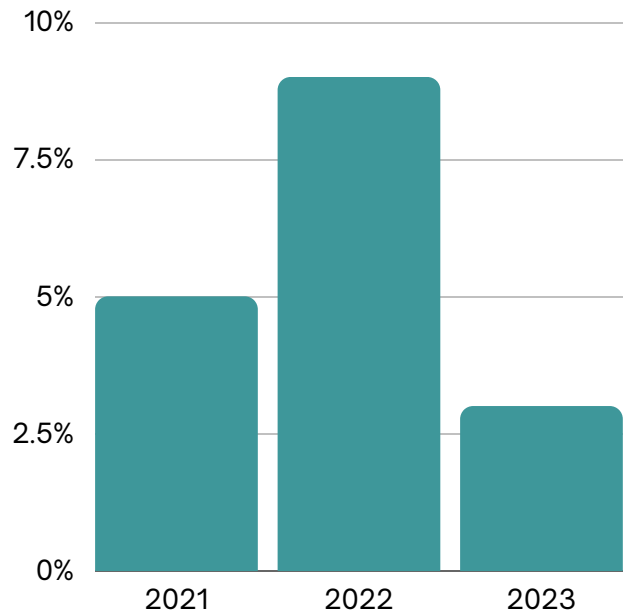
For more information or to book a place please call 5340 1100 by Monday 13 November.

PEOPLE MATTER SURVEY

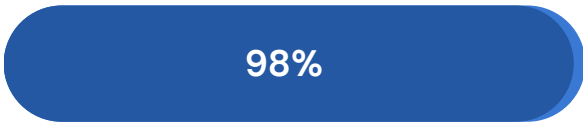
ERICA SMITH | PEOPLE AND CULTURE MANAGER



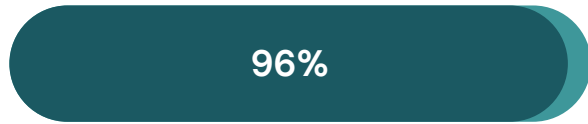
Bullying



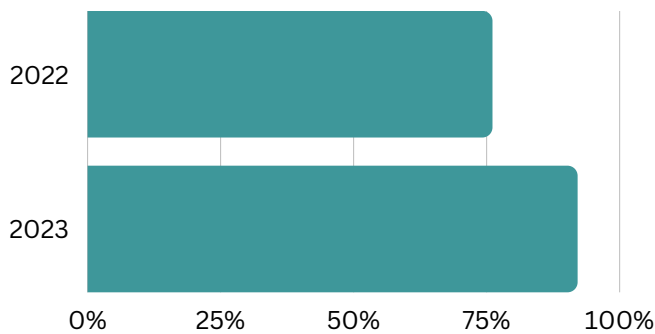
Sexual Harassment



I achieve something important through my work

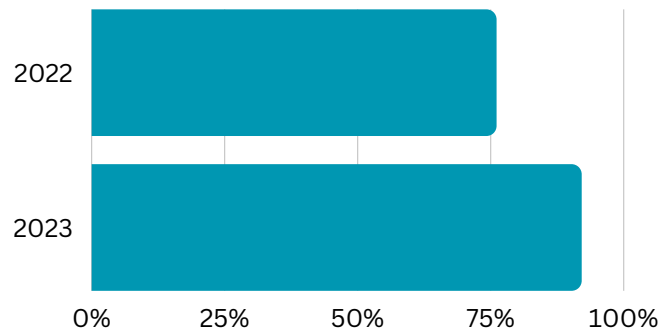


I get a sense of accomplishment from my work



People in my workgroup treat each other with respect

↑ 16%

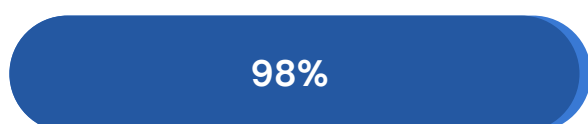


My organisation supports employees who experience stress

↑ 15%



I can make a worthwhile contribution at work



I understand how my job helps my organisation achieve its goals

CREATING A SAFE CULTURE

ERICA SMITH | PEOPLE AND CULTURE MANAGER

Creating a safe culture where people feel able, safe and willing to report experiences of violence and harassment is critical to preventing family violence and violence against women in the long term. Variations in the number and rate of family violence incidents attended by Victoria Police may reflect actual changes in family violence incidence, or changes in Victorian's willingness to report violence to the Police. Data indicates that while some people feel supported to report their experiences of violence and harassment to the police or authorities, a large amount of violence and harassment goes unreported. It is anticipated that high quality gender equality and violence against women prevention initiatives will contribute to decreases in the condoning of violence at a societal level, and an increase in victim-survivors and bystanders feeling confident and supported to seek advice or help from various sources.

Almost 1 in 4

Victorians who had experienced physical or sexual assault reported that they or someone else contacted police about their most recent incident of assault



Personal Safety Survey, 2016

In Victoria, women were more likely than men to have had contact with police about experiencing partner violence

Personal Safety Survey, 2016



1 in 6 Victorian men and 1 in 10 Victorian women believe that domestic violence is a private matter to be handled in the family

NCAS, 2017

1 in 6 Australians who had experienced workplace sexual harassment in the past 5 years made a formal report or complaint

NCAS, 2017



EDUCATION UPDATE

KIM STEVENS | LEARNING AND DEVELOPMENT MANAGER

This month in the Education team we have been focused on the large number of students throughout the Health Service. We would like to thank all the staff for embracing the students and providing such a positive experience for all. Student placement planning for 2024 has commenced, with booking from our collaborative partners already beginning. This is a testament to the excellent learning experiences students are having within our Health Service.

Graduate Nurses have been busy rotating this month, A warm welcome to all as they start their final rotations. Jacinta will be in Beaufort, Stephanie in Skipton, Virginia in the Emergency Department at Grampians Health – Ballarat, and Josh from EGHS will be in Beaufort, for his EN graduate rotation. We wish them all the best and know that they will continue to learn and grow.

A warm welcome to Ellie Frank and Isabelle Pearce who have commenced their Certificate III in Allied Health Assistance, through the School VET program. Both students started in the September school holidays and have reported a wonderful time engaging with our residents, staff and community. They will recommence in the December school holidays for the next placement.

EMPLOYEE ASSISTANCE PROGRAM

Converge International is our employee Assistance Program provider. With Converge you have access to free and confidential counselling with friendly professionals. You can use it at any time, without the need to speak with People and Culture, a manager, or health professional.

Reasons to reach out include, feeling burned out or stressed, financial pressures, mental health issues, grief or loss and experiencing conflicts in relationships.

Call 1300 687 327 to make an appointment or go to www.convergeinternational.com.au for more information.

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a timely reminder to book in for a breast screen if you are aged 50-74.

AGED 50-74?

If you are aged 50-74 you should be screened every two years.

IN YOUR 40S OR 75+?

Talk to your doctor to find out if breast screening is right for you.

UNDER 40?

Breast screens are not effective for people under 40 years.

Book your screening at bookings.breastscreen.org.au/ or call 13 20 50 if you have any questions or concerns.

NATIONAL WORKFORCE SURVEY FOR CHILD, PARENT AND FAMILY MENTAL HEALTH

Emerging Minds is conducting the [National Workforce Survey for Family, Parent and Child Mental Health](#) again following the success of the inaugural survey in 2020-21. The survey will inform strategies and policy to meet the needs of health, social and community services workers across Australia, and support improved outcomes for infants, children and families.



Complete the survey for your chance to win an iPad. There are 5 iPads to be won over two draws. The first two prizes are drawn in September 2023 and the last three prizes are drawn in November 2023. Be sure to complete the survey early for a chance in both draws.

The survey closes on Wednesday 15 November.

INFECTION PREVENTION AND CONTROL WEEK

Infection Prevention and Control Week occurs annually in October, to highlight the importance of preventing infections. Preventing infections is an important part of patient safety and improving health outcomes for those accessing healthcare.

We all have an important role to play in preventing and controlling infections in health care. We know infections can cause unnecessary pain and suffering for patients and their families, can increase the length of stay and increase the costs of providing health care. By using good infection prevention control measures and conducting infection surveillance, infections can be prevented.

Standard precautions to prevent transmission of infections



Hand Hygiene



Personal Protective Equipment



Cough Etiquette

MENTAL HEALTH MONTH

Mental Health Month is celebrated each year in the month of October. This month encourages us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not.

It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

Visit mentalhealthmonth.wayahead.org.au/about-mental-health-month/ for more information and ways to support your own mental wellbeing.



Beaufort Community House
and Learning Centre

Term 4 2023
PROGRAM

IN AND AROUND BEAUFORT

OUT & ABOUT

\$135 19 OCT | 10.15-4.30 PM
FIRST AID | CPR

\$15 12 & 26 OCT | 10-12 PM
TELL YOUR STORY SF

\$5 MONDAYS | 9.15-10.15 AM
TAI CHI

\$50 23 OCT, 27 NOV, 11 DEC | 10-12 PM
BASIC DIGITAL SKILLS SF

\$10 19 OCT | 7-9 PM
SNAKE SAFETY 101

\$10 TUESDAYS | 7.30 PM
BALLROOM DANCING

\$15 SAT 28 OCT | 10-2 PM
TELL YOUR STORY SF

\$50 SUN 5 NOV | 12-5 PM
BECOME A BARISTA

\$80 SAT 21 OCT | 10-4 PM
TANGLED ART

\$5 MONDAYS from 9 OCT | 1-3 PM
CRAFTERNOONS

\$10 2 NOV | 7-9 PM
SNAKE SAFETY 101

\$135 29 NOV | 10-3 PM
SAFE FOOD HANDLING

\$65 9 & 16 NOV | 10-12 PM
WATERCOLOUR CHRISTMAS

\$5 12 & 26 OCT | 12.30-1.30 PM
LINE DANCING SF

\$40 6 NOV | 12.30-2.30 PM
WILL KIT - DIY

\$90 29 NOV | 5-9 PM
RSA - EVENING

\$40 26 NOV | 12-3 PM
CHRISTMAS WREATHS

\$5 16 OCT | 10.30-11.30 AM
SENIORS SING ALONG SF

\$135 SAT 11 NOV | 10-4.30 PM
FIRST AID | CPR

\$135 30 NOV & 7 DEC | 6-9 PM
FIRST AID FOR PARENTS

\$70 4 DEC | 10.30-1.30 PM
DUMPLING MASTERCLASS

\$40 13 NOV | 12.30-2.30 PM
WILL KIT - DIY

\$135 15 NOV | 10-3 PM
SAFE FOOD HANDLING

FOR BOOKINGS AND MORE INFO VISIT



via QR code

5349 3150

info@bchlc.org



Find us out the back of the BCRC
72 Neill Street Beaufort
Office Hours: Mon, Wed, Thu 9 - 5.30



facebook.com/bchlcbeaufort



\$90 15 NOV | 5-9 PM
RSA - EVENING

JOIN OUR DIGITAL NEWSLETTER



We gratefully acknowledge the support of the following partners and funding bodies



Pyrenees
Shire Council



\$40 SUN 3 DEC | 1-4 PM
CHRISTMAS WREATHS



Beaufort Community House
and Learning Centre

Term 4
2023

2023 VICTORIAN SENIORS FESTIVAL IN THE PYRENEES

To help celebrate Seniors Festival we are running a number of classes and events in partnership with the Pyrenees Shire Council.

Learn a new skill or share in some fun. Grab a friend and join up today.

Bookings essential



via QR code



5349 3150



info@bchlc.org



Find us out the back of the BCRC
72 Neill Street Beaufort
Office Hours: Mon, Wed, Thu 9 - 5.30

Lunchtime Line Dancing



Oct 12 & 26 | 12.30 - 1.30
Beaufort Senior Citizens Centre

Seniors Sing Along



Oct 16 | 10.30 - 11.30
Beaufort Community Resource Centre

Write Your Story



Oct 12 & 26 | 10 - 12
Beaufort Community Resource Centre

Oct 28 | 10 - 2
Snake Valley Community Hall

These events are supported by funding from the Pyrenees Shire Council.



Pyrenees
Shire Council