

SEPTEMBER 2024

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO



Spring has sprung, how wonderful to see all the beautiful blooms and daffodils, sunshine and warmer days. This time of year always fills you with hope and rejuvenation.

The State Government budget allocation for 2024-2025 has been finalised and was issued on 31 August. The allocation is down on previous year's as the State Government attempts to return all public health services budgets to 2019 or pre-covid.



Students from Beaufort Secondary College and Marion College Ararat during National Skills Week at the Health Service

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Gold Recipient

Australian Small Employer of the Year

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.



This change will mean that BSHS will have a tight budget to achieve a break even result for 2024-2025, but we anticipate this will be achievable. I have asked all managers to focus on ensuring that the use of casual staff and overtime is absolutely managed closely.

Safer Care Victoria has released three frameworks, developed to support and enhance safety and quality across all Victorian healthcare sectors. A new Morbidity and Mortality framework and a new Safety Culture guide, which is the first for Victoria. The revised Clinical Governance Framework expands the existing framework to include an ecosystem of population, service providers and government. The revision makes more explicit Safer Care Victoria's commitment and partnering in supporting employees and consumers across all care sectors.

Our volunteer program has been a work in progress for several years and I am excited to share that Jarna Kelly, as a volunteer, has agreed to be our Volunteer Liaison. You will see Jarna around the Beaufort campus, as she works with our existing volunteers and grows our network of volunteers. We are already seeing new people in our community coming forward to volunteer. I know you will continue to support and welcome our volunteers.

Just a reminder that the Gill Checkley Memorial Scholarship is open for applications. So far, we have received a number of applications, and I encourage you to apply if you are studying and would like some support from BSHS to help you with the associated costs.

In mid September, Kim Stevens and I will be presenting at the National Rural Health Conference. We will be sharing how our journey of cultural change within the Health Service has enabled excellence in education and workforce satisfaction. For example, the change in how graduate Nurses view our organisation. Early on, it was the rotation at Grampians Health – Ballarat, Emergency Department, that drew their interest to work with us. Now five years on, it is our safe, welcoming, friendly, and supportive workplace culture and environment that is drawing graduates to work at BSHS.

This is a direct reflection and credit to each and every staff member working at BSHS for the way in which you work as a team, focused on providing high quality care. Congratulations.

I want to say how proud I am of all our staff for your continued commitment and dedication in delivering the services we provide to our communities.

Regards Meryn Pease

BOARD DIRECTOR REPORT

DR. MARGARET WAY | BOARD CHAIR



A focus for the Board of BSHS has been the implications of the recently released Health Services Plan for Victoria. The model has changed from amalgamations to partnerships. BSHS already has many partnerships in place with other Health Services in the region. This means that more comprehensive and accessible services can be provided to the BSHS community. The Virtual Emergency Department initiative is one such partnership which offers our patients and community ready access to expert clinical advice through our well set up and used Urgent Care Centres. Further consultations will be held to explore what the arrangements will be in establishing Local Health Networks. It would appear likely that BSHS would come under the umbrella of the Grampians Local Health Network, which would also include Grampians Health as well as health services in East and West Wimmera, East Grampians, Central Highlands, Rural Northwest and Maryborough District. The Chief Executives of these Health Services and the Board Chairs both meet regularly with the Department of Health. The staff and Board of BSHS have worked hard over the past five years to build positive community engagement and experiences, and will continue to advocate for the community.

While many other Health Services are struggling with employing sufficient staff to provide high standards of care, BSHS continues to undertake many initiatives to both attract new staff and to make our current staff feel valued. Feedback was received from the graduate nurses to say that the BSHS culture is a draw card for students. Going Rural Health have nominated BSHS for a local hero award due to positive student experience. On 21 August, the Health Service hosted a careers event with students during National Skills Week. Over 50 students from Beaufort Secondary College and Marion College Ararat attended the event. Excellent feedback was received for the event and several students have enrolled for work experience. There has been ongoing work in refurbishing our facilities, and the Beaufort Acute ensuite project which improves private access to bathrooms for our residents is almost complete. We are very grateful to the BSHS Foundation for funding to renovate the 20 Havelock Street, Beaufort property, which will be a great community resource.

Regards Dr. Margaret Way

PUBLIC SECTOR GENDER EQUALITY COMMISSION VISIT

KIM BUSH | PEOPLE AND CULTURE MANAGER

Recently we had the honour of hosting a visit from Dr Niki Vincent, The Public Sector Gender Equality Commissioner. The visit was focused on our understanding of the importance of the Act and how intersectionality, attitudes, culture, among other aspects can be barriers to equality. It refocused our passion for the work that is required in the Victorian Public Sector and across the health industry in general. Issues such as compliance with reporting against the act, understanding our own policies and approaches in the workplace that encourage best practice and how to resolve disputes within the Act.



Dr Niki Vincent (Gender Equality Commissioner) with the BSHS Leadership Team

Dr Niki Vincent's presence put the passion back in this space for our workplace. In a discussion about the statistics around equal pay, superannuation balances, domestic violence, mortality rates for women and work arrangements that meet the needs of health, families and finance, it was all a bit of an eye opener. This included how we put men back in the conversation and include them in the decision making. Changing the world, one person at a time. The Commission has done a lot of amazing work and we will continue to contribute positively in these forums. There was lots of discussion and questions and there will be lots more to follow in relation to this conversation. Watch this space.

VOLUNTEERING AT BSHS

BSHS offers a range of flexible volunteering opportunities for all ages. We are always looking for friendly, compassionate, and caring volunteers interested in enriching the lives of those living in our residential facilities and patients within our hospitals.

For more information or to express your interest in volunteering please call 5349 1600.

THE POWER OF THREE WORDS: ARE YOU OKAY?

In a world that often feels overwhelming, where pressures from work, family, and or personal relationships can weigh us down, the phrase “Are you okay?” might seem a little cliché. Yet, these three simple words can hold immense power, potentially transforming someone’s day, or even their life.



We’ve all been there, standing on the edge of a conversation, sensing that someone we care about might be struggling, but hesitating to ask. We wonder if we’re prying or overstepping boundaries. It’s natural to feel uncertain, but those doubts can sometimes prevent us from reaching out when it matters most. The reality is sometimes, it’s not about how someone is coping or whether they’re managing their struggles well. It’s about our willingness to step into their world and offer support. Life can throw challenges at us from every direction, and in those moments, showing empathy can be a lifeline.

You don’t need years of training to express genuine care. A simple check in can break down the walls of isolation and hopelessness that someone might be feeling. You might be the one person they need to hear from, the one voice that reminds them they’re not alone. Thursday 12 September was R U OK Day. This important observance serves as a reminder that checking in on others should be a daily practice, not something we reserve for a single day on the calendar. Every day provides us with opportunities to show care and compassion and live by the very values of our Health Service.

Imagine the difference we could make if we all made it a habit to ask, “Are you okay?” it could lead to honest conversations, shared burdens, and even smiles that brighten our days. Today, I hope we can commit to reaching out to that friends, colleague, or family member who might need a little extra care. Tomorrow, we may just be met with the warmth of their gratitude and the lightness of their smile.

So, the next time you sense someone might be struggling, don’t hold back. Ask, “Are you okay?” you never know how much your words might mean to someone who needs to hear them. Life happens, and in those moments, let’s be the support that others can lean on.

OUR RESIDENTS

Eric Peters , Brigadoon

**Where did you live prior to moving to BSHS?**

Before moving to Skipton, I lived in Wendouree, but before I lived in Wendouree I did live in Beaufort.

Where were you born?

I was born in Ferntree Gully.

Would you like to tell us something about your family?

The most important people were my parents. They fed a lot of people in the district and my mum made clothes and wedding dresses for people. We had the first television in the district, so the room was set up like a theatre and many people were there each night. My dad delivered the ice and would deliver it to people who couldn't afford to pay for it, he was like that.

What did you like to do when you were growing up?

I liked to play sports. I was always into tennis, running and badminton. I used to run with my Dad. My parents were both life savers and I couldn't swim to save my life, no matter how hard they tried. I still can't swim but I love the water.

Did you have a job when you were younger and what did you do?

My first job was at Avery Scales when I was 15. I did office work and I was there for three or four years. Then I went to Posh Georges in Melbourne. Mr George was a lovely man, he greeted the staff in the morning and evening. Georges was the most expensive store in Australia, perfumery and most things people couldn't afford.

Did you have any pets?

I've had horses, cats, dogs and even a guinea pig who lived for many years. I've always had pets, I was bought up with them.

What is the most memorable thing you have experienced or witnessed?

Dad made me monkey bars, one high and one low. He used long nails and wrapped them around. I used the monkey bars so much that the nails were loose and I went flying in the air with monkey bars still in my hands. Mum did not want it repaired because it was too dangerous. Another thing I remember is helping Dad deliver the ice and getting an ice cream every night.

What would you like to be remembered for you?

I would like to be remembered for being a reasonably good parent. My children are very respectful of other people and that was how I was brought up.

What is your favourite hobby or thing to do?

Lately, sewing. I always have to have something to do. I've made hundreds of kanga bags. I give them to my daughter to shared with rescued wildlife.

One thing I would like to do is?

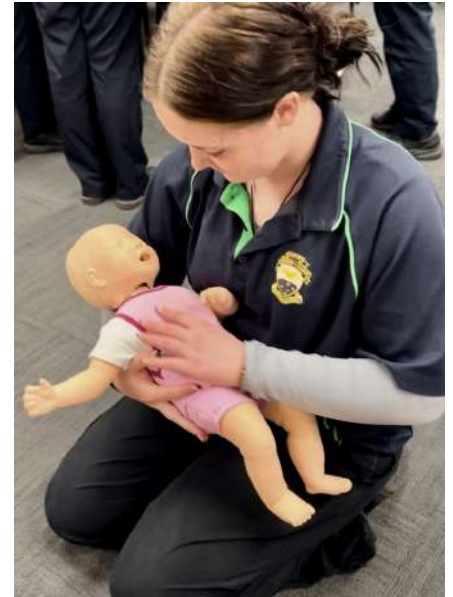
I would like more time with my family. Short trips when you do visit are not long enough. I would like to see my daughter in Gippsland.

NATIONAL SKILLS WEEK 2024

KIM STEVENS | LEARNING AND DEVELOPMENT MANAGEMENT

What an incredible week we had celebrating National Skills Week from 19–25 August. Promotion of all the opportunities at Beaufort and Skipton Health Service across our website, social media and radio highlighted the fantastic work that is being done in the training space.

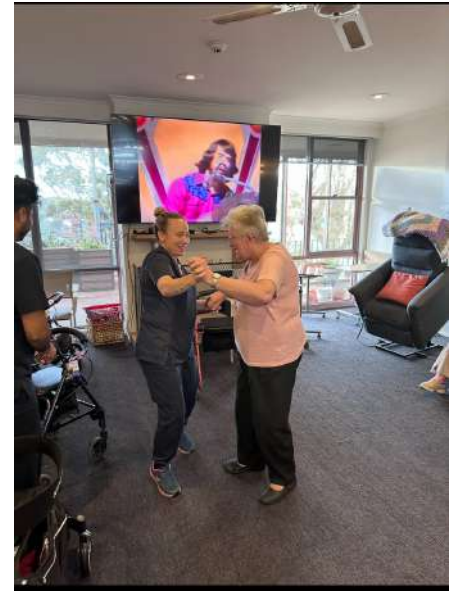
It was fantastic to see 54 secondary school students from Marian College Ararat and Beaufort Secondary College come into the Health Service for a VET sampler day. The students were able to view the opportunities available at the Health Service while experiencing things such as tasting thickened fluids, CPR, having their blood pressure taken, chat with the Occupational Therapy students and have general conversations about the opportunities available. After a hospital tour, the students gathered for a BBQ lunch. Thank you to all involved.



RESIDENT ACTIVITY RING

NICOLE CLARKE | BEAUFORT NURSE UNIT MANAGER

The activity ring idea came about due to a gap in the Leisure and Lifestyle program during the afternoons. At this time our nursing team are double staffed so by providing ideas, our nursing team are able to run afternoon activities. Our team have not only embraced the activities but are going above and beyond to provide much enjoyment to our residents. Thank you to all for your continued hard work!



WOMEN'S HEALTH WEEK 2024

LAUREN WILLIAMS | ALLIED HEALTH ASSISTANT

NICOLE PORTER | SKIPTON PRACTICE NURSE & HEALTHY@HOME COORDINATOR

Firstly, thank you to everyone who attended our Women's Health Week sessions. We had a great response from staff and community members in Beaufort and Skipton.

We aimed to convey two key messages for everyone to remember from the day

- "Let's get comfortable with being uncomfortable" – it's time to discuss our health and address the topics that often go unspoken!
- The 80/20 principle for food choices – 80% should consist of legumes, meat, protein, and vegetables while 20% can include our occasional treats like dark chocolate and popcorn drizzled with chocolate.

The discussions focused on various topics related to nutrition and the most recent research on heart health. Key points included reducing preservatives, steering clear of ultra-processed foods, and adopting healthy lifestyle choices to enhance our wellbeing. We received numerous questions about fibre, one of our most underrated superfoods, particularly concerning bowel habits, the true nature of fibre, and how to effectively add it to our diets. To assist in visualising what constitutes healthy food, we provided a wide selection of platters featuring options such as nitrate-free ham, no-preservative dips, and gluten, dairy and nut free options.

There was discussion on various screening options, including breast, cervical, and bowel screenings. In particular, a focus on the new 'self-collection' option for cervical screening, which is helping to boost screening rates as we strive to eliminate cervical cancer by 2030. For bowel screening there was a demonstration on how to use a screening kit and emphasised the importance of actually visualising output, that is essential. During our breast screening activities, participants practiced breast self-exams and refined their techniques while we raised awareness about the importance of accessibility for everyone. Please see information in this newsletter regarding the next BreastScreen bus that will operate on 15 November.



OUR VOLUNTEERS

Jarna Kelly, Volunteer Liaison



Many of you may have seen or spoke with Jarna recently as she has been busily stepping into her new role as Volunteer Liaison,

A huge thank you to Jarna for taking up this new volunteer role and for coordinating our volunteers which are so vital in supporting the Health Service. Jarna is full of enthusiasm and has been busy introducing herself to our volunteers and also encouraging new volunteers into the program. We look forward to hearing more about her wonderful ideas including the upcoming "Extraordinary Volunteers Morning Tea" that is planned for late October,

How did you find out about BSHS and what made you want to volunteer with the Health Service?

I think BSHS punches above its weight in services provided to the community, its vital and highly valued and respected in the region. The articles I have read about BSHS in the local paper have resonated with me, and I've also spoken with a few people who work or volunteer here. Based on all this it was a no brainer for me when I started looking for local places to volunteer, this is where I felt I could add back to my community.

What did you do before with your time before volunteering with BSHS?

I retired at the end of 2023. I worked in HR and Compliance for more years than I care to remember, and started my career in IT. I've also had a catering business and cafe in the past, and have been involved in Rotary, Lions, Amateur Theatre and enjoy painting whenever I get the chance.

What volunteer roles do you do at BSHS?

At the moment I'm doing Meals on Wheels, some Community Driving, and liaising with our other volunteers. I'm looking forward to also helping more with Leisure and Lifestyle and spending time with our short and long stay residents.

What is the best part about volunteering for you?

I hope what I'm doing has some value for my local community and especially our wonderful senior citizens, and contributes to BSHS being able to provide the amazing services that it does, that is rewarding for me.

What would you say to someone who was thinking about volunteering?

Find somewhere or something that you feel passionate about. Discuss volunteering opportunities with them. Be up front about your needs and expectations and keep your mind open to possibilities - it is rewarding and satisfying, and you won't look back.

How would you describe you?

Daft, dilapidated and yet still divine..in my dreams at least!

What are three things you can't live without?

My pets, they keep me grounded. My friends, they lift me up. My combi-steam oven because I have wanted one for years and finally have one!

Next Breast Screen Bus:

15th November 2024

(Can't make this day we can help you with booking a time.)

Time- Leave Skipton at 1030am going through Beaufort

Destination- Breast Screen Ballarat

Aged 50 to 74?

You should be screened every two years.

In your 40s or over 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.



Breast
Cancer
Network
Australia



Please speak to Skipton medical reception about booking a spot- or call

53401110

PEOPLE MATTERS SURVEY 2024

KIM BUSH | PEOPLE AND CULTURE MANAGER

People matter survey

2024

Have your say

People Matters Survey is coming!

It is important and drives our business decisions in relation to our people - that's you.

This year's dates are 7-25 October. This is our chance to gain valuable feedback on your experience at work, it tells us what we are doing well and where we need to improve. It is anonymous and an important part of our role as a Victorian Public Sector organisation.



**Victorian
Public Sector
Commission**



VICTORIA
State
Government

SKIPTON OUTINGS BUS

Would you or someone you know like to join our next social outing? Our next excursion will be to Torquay with lunch to be fish and chips by the beach.

Where: Torquay

Date: Tuesday 22 November

Time: Bus departs Skipton Hospital at 9am

Cost: Gold coin donation

For more information or to book a place please call 5340 1100 by Monday 14 November.

FUN SCRUB FRIDAYS



NEW ACUTE ENSUITES CLOSE TO COMPLETION

KEL OSWIN | SUPPORT SERVICES MANAGER

The opening of our new Acute Ensuites, originally scheduled for September 6th, is still experiencing a few minor setbacks following a recent inspection by Meryn and key stakeholders. With some areas not quite meeting the expected standards, it is still hoped that we can initiate the possibility of a phased opening, allowing us to start using some beds sooner.



Despite challenges like structural adjustments and older infrastructure that caused delays and increased costs, we are indeed nearing completion. Patients will soon have improved privacy in their rooms and ensuites.

A big thank you to our Nursing team for their patience and to Meryn for unwavering support throughout this process as it has had its challenges. We're almost there, and we can all take pride in the improvements made. Thanks to everyone involved and to the Board of Directors for their support of the project.

SOON TO BE OPENED

KEL OSWIN | SUPPORT SERVICES MANAGER

The project at 20 Havelock Street is quickly approaching completion, and it's with some excitement to watch the finishing touches being applied. We are thrilled to share that we have officially initiated the application process for a 'Change of Use' with the Pyrenees Shire. Our inaugural meeting with the planning department was incredibly



encouraging, providing us with a renewed sense of confidence that we can navigate this process smoothly. As the renovation unfolds, the results are nothing short of inspiring considering what the building previously looked like. The old house and shop is transforming into an aesthetically pleasing addition to our streetscape, enhancing the overall appearance of the area. This revitalisation not only breathes new life into our available office space but will also create a comfortable and inviting administration area for team members who are expected to be working from its rooms.

This project is also a testament to the innovation and progressiveness of our Health Service. It embodies our commitment to embracing great ideas and implementing bold initiatives within a supportive culture. The outcomes we are witnessing are remarkable and reflect our collective efforts to adapt and thrive in a rapidly changing health sector. We extend our heartfelt thanks to all involved in supporting this bold vision, particularly a big thank you to the Beaufort and Skipton Health Service Foundation who helped fund this project. This joint effort has not just helped build a new space, but also laid the foundation for a brighter future and one that fosters collaboration, innovation, and excellence in our Health Service and for what we can provide for our community.

DEMENTIA ACTION WEEK

Dementia Action Week took place during September. The Health Service is committed to supporting our community, those with Dementia, carers and families. Dementia Australia are encouraging everyone to take the first steps to learn more about dementia and how you can help shape our community for the better.



Want to pay less tax?

Are you feeling the cost of living?



Want extra dollars in your pocket?

Want to lower your taxable income?




Login:

Password:

Ask Eziway How





 SAT 21 SEPT 2024

 9:30AM-1:30PM

 AMPHITHEATRE

FREE WORKING DOG & FARMER HEALTH CHECK WORKSHOP

MORNING TEA & LUNCH PROVIDED

Join Us for an Exciting and Informative Day!

Featuring:

Veteran Dog Trainer Vin Gedye

- Watch one of the best in the business as Vin demonstrates how dogs of different ages can work sheep
- Vin will be available to answer all your dog training questions

BONUS: Biosecurity Basics with Cathy Bunter

- Led by Cathy Bunter from Agriculture Victoria
- Learn essential biosecurity practices for your farm
- Get crucial insights on buying and selling livestock
- Bring your questions for Cathy!

FREE Farmer Health Checks available throughout the day to ensure our farmers stay healthy and informed.




Register now



MORE INFORMATION

1300 882 833 

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