

# GV Health

## SHOWCASING 2024

2024 HAS BEEN A SIGNIFICANT YEAR FOR GV HEALTH, MARKED BY EXCITING DEVELOPMENTS AND INSPIRING ACHIEVEMENTS ACROSS OUR HEALTH SERVICE.

This year, our dedicated staff have continued to rise to the challenge of delivering exceptional care, despite ongoing workforce pressures.

Their unwavering commitment has ensured we maintain high standards of service for our community.

Recruitment efforts were a key focus in 2024, and the results are starting to show.

We have welcomed a significant number of new staff, including a strong cohort of graduates, helping to build a more stable and cost-effective workforce.

To support our growing team, we secured funding for a major accommodation project.

This modern 39-bedroom facility, set to open in 2026, will enhance our ability to attract and retain staff.

In October, GV Health achieved an outstanding result in the National Safety and Quality Health Service Standards Accreditation Assessment, receiving no recommendations—a remarkable feat compared to 12 recommendations in our last survey.

This recognition reflects the dedication of our staff and the overwhelmingly positive feedback from patients and families.

We celebrated the transition of the Euroa Hospital from Euroa Health in August this year, ensuring vital hospital care remains available to the Strathbogie and Euroa communities.

As part of our forward-thinking initiatives, we are expanding home-based and preventative care programs to keep people well at home and exploring the introduction of an electronic medical record system across the Hume region to enhance patient safety and care efficiency.

As we reflect on 2024, we are immensely grateful to our staff, volunteers, and community members for their contributions and support.

On behalf of GV Health, I wish everyone a joyful and safe festive season.

We look forward to 2025 with optimism as we continue to innovate and provide exceptional care for the Goulburn Valley community.

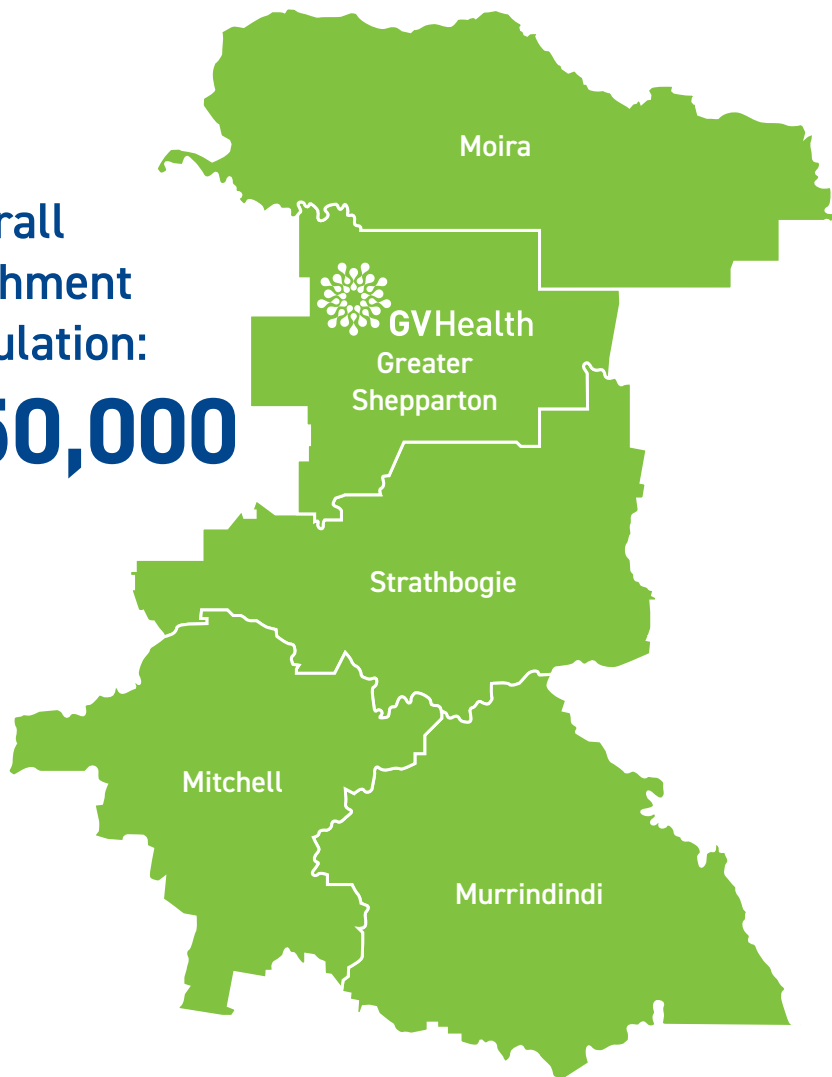
**- MATT SHARP, CHIEF EXECUTIVE**



# Year in review

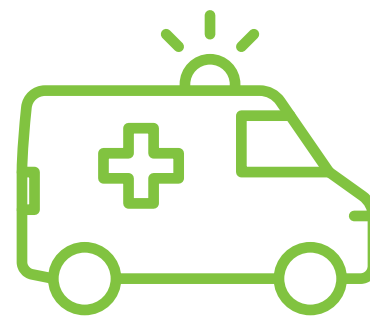
Overall catchment population:

**150,000**



Number of ambulance arrivals:

**10,486**



Number of specialist clinic attendances:

**42,232**

Number of critical care encounters:

**656**



Number of inpatient separations:

**33,704**



Number of babies born:

**803**

Number of elective admissions:

**4,885**



Number of babies discharged from our Special Care Nursery:

**206**



Number of presentations to our Emergency Department:

**36,153**



Number of our staff recognised:

- 29 staff recognised for 25 years of service
- 6 staff recognised for 30 years of service
- 14 staff recognised for 35 years of service
- 3 staff recognised for 40 years of service
- 2 staff recognised for 45 years of service

# Pursuing healthcare excellence

GV Health's strategic goal is to work with our communities and partners to grow an outstanding healthcare environment within our region to achieve excellence in health and wellbeing outcomes, consumer and workforce experience, sustainability and equity. Here are some examples of our strategy in action:



## HEALTH AND WELLBEING OUTCOMES

### EUROA HOSPITAL JOINS GV HEALTH

In August, Euroa Hospital officially became part of GV Health, securing acute care services for the Strathbogie and Euroa communities under the Victorian public health system. This milestone follows the successful transfer from Euroa Health.

The Euroa Hospital provides acute hospital, medical imaging and urgent care services. Visit the GV Health website for more information about the Euroa campus.



## COMMUNITY AND CONSUMER EXPERIENCE

### FREE CERVICAL SCREENING AVAILABLE

Self-collection for cervical screening (previously called a pap smear) is offered at GV Health. Cervical cancer, caused by persistent HPV infection, is the fourth most common cancer in women globally. Prevention includes HPV vaccination and regular cervical screening for individuals with a cervix aged 25-74.

Cervical screening tests are free, and no referral is required.

The screening service is offered at Community Health @ GV Health, 121 Corio Street, Shepparton. For bookings, call 1800 222 582.



## OUR STAFF EXPERIENCE

### NEW CAMPUS ACCOMMODATION FOR STAFF

GV Health is set to construct 33 self-contained apartments on the Graham Street campus in Shepparton, thanks to Victorian Government funding.

These apartments will offer safe, modern, and convenient housing, enhancing our ability to attract and retain health professionals in the region, with works to be completed in 2026.



## RESPONSIBLE WORKPLACE

### SOLAR PANEL INSTALLATIONS AT TATURA AND WARANGA CAMPUSES

GV Health campuses in Tatura and Rushworth now benefit from recently installed solar panels. This initiative enhances sustainability at Tatura Hospital & Parkvilla Aged Care Facility, and Waranga Health, reducing environmental impact while supporting clean energy solutions.



## HEALTH EQUITY

### SUPPORTING CULTURAL AWARENESS

To celebrate NAIDOC Week in July, GV Health launched a new Cultural Awareness eLearning package for staff.

The new eLearning package reflects GV Health's dedication to culturally sensitive care.

GV Health's Aboriginal Health team support Aboriginal and Torres Strait Islander patients, families, and carers across all areas of GV Health.



# Expertly serving our community

## SUPPORTING PATIENTS EVERY STEP OF THE WAY



*GV Health McGrath Breast Care Nurses Melissa Gilmour and Michelle Parish.*

For nearly 40 years, Michelle Parish has devoted her life to nursing, with the past 15 years as a McGrath Breast Care Nurse at GV Health.

This role allows her to provide vital support to breast cancer patients across the Goulburn Valley region.

“People are understandably fearful when they receive a cancer diagnosis, but being able to give them accurate information, support, and reassurance makes a huge impact,” Michelle said.

Supported by funding from the McGrath Foundation, Michelle helps patients navigate their diagnosis and treatment, offering personalised care

and reliable information.

She works alongside surgeons, oncologists, and allied health professionals to ensure patients receive comprehensive, high-quality care, even in rural areas.

Michelle is passionate about awareness and urges everyone to monitor their breast health.

“Breast cancer doesn’t discriminate,” she said.

“If you notice any changes, don’t ignore them—seek medical advice,” she said.

To contact GV Health’s Breast Care Nurses, email [breastcareservices@gvhealth.org.au](mailto:breastcareservices@gvhealth.org.au).

## EARLY DETECTION SAVES LIVES



*GV Health Urologist Dr Dan Lenaghan and Tony Owen.*

For CFA District 22 Assistant Chief Fire Officer Tony Owen, routine health checks saved his life.

During a voluntary medical screening, elevated PSA levels—a potential indicator of prostate cancer—were detected.

Further tests revealed he had prostate cancer, even though he had no symptoms.

“I was lucky,” Tony said.

“The PSA test isn’t definitive, but it was an early warning. Without it, the cancer could have spread, and I might not be here today.”

Tony credits GV Health’s Prostate Cancer Specialist Nurses for their invaluable support. “

“They were always just a call away,” he said.

“Their empathy and expertise made a stressful situation bearable.”

Tony urges men to prioritise their health.

“We’ve got to break the stigma and encourage each other to seek help,” he said.

Urologist Dr Dan Lenaghan echoed the importance of early detection.

“Talk to your GP,” he said.

“Early detection can save your life.”

You can get in touch with GV Health’s Prostate Cancer Specialist Nurses at [sonia.strachan@gvhealth.org.au](mailto:sonia.strachan@gvhealth.org.au), [nicole.lewis@gvhealth.org.au](mailto:nicole.lewis@gvhealth.org.au), or by calling (03) 5832 3777.

## HEALTHCARE EVOLUTION

Diagnosed with type 1 diabetes almost 40 years ago, Natalie Damore has seen remarkable advancements in care, much of it through GV Health.

“I was terrified when I was diagnosed,” Natalie recalled.

Attending diabetic camps helped her build resilience.

Seeing a four-year-old inject himself gave her the courage to face her condition.

Initially using pig insulin and costly syringes, Natalie has embraced modern devices like insulin pumps and continuous glucose monitors (CGMs).

“I used to check my blood sugar multiple times a day; now it’s just once a week,” she said.

Natalie credits GV Health’s diabetes educators for their unwavering support.

“I couldn’t have done it without them—they saved my life,” she said.

Looking forward, Natalie dreams of further advancements, including



*GV Health diabetes patient Natalie Damore.*

pancreas transplants or universal access to insulin pumps.

“It’s all come so far—I never thought I’d be able to live a normal life again.”

To learn more about GV Health’s diabetes support services, visit the GV Health website.

## BREAKING BARRIERS



*Ally and her health coach, Leanne, celebrate Ally’s significant health milestones.*

Ally had long struggled with her weight and health, trying countless diets and routines without success. That changed when she joined GV Health’s Health Coaching program and met Leanne, a registered nurse and health coach.

With Leanne’s guidance, Ally shed 17kg and found balance in her life. “[The program] has helped me with weight loss, balancing work and life commitments, and getting back to who I was,” Ally said.

Today, Ally enjoys life again, from dog shows and fun times with her son to socialising with her husband.

“It has changed my life for the better,” she said.

Leanne highlighted how Health Coaching can help individuals make small, sustainable lifestyle changes.

“Your coach will help you focus on the present and recognise your success, motivating you towards better health,” Leanne said.

GV Health’s low-cost Health Coaching service is available to adults 18+. Visit the GV Health website or call 1800 222 582 for more information.

# Building Connections, Inspiring Health: Together for a Stronger Community

This year, the Goulburn Valley Public Health Unit (GVPHU)'s communications and engagement efforts have played a pivotal role in strengthening the public health response across our region. Highlights of the year included partnering with Bunnings Warehouse for Tradies Health Month, teaming up with the GM AFL, Shepparton Bulls Rugby, and Soccer Shepparton for Women's and Men's Health Week, and celebrating Rumbalara Family Day with our Aboriginal and Torres Strait Islander community.

Our Winter Wellness campaign brought creativity to the classroom through a colouring competition with local schools. Additionally, we worked closely with community leaders, ensuring vital health messages reached everyone in a way that resonates.

As we look to the future, we warmly invite community members to join us at upcoming events and partner with us to champion better health outcomes for all. Together, we can create a healthier, more connected community. Follow us on Facebook to stay up to date.

## Did you know?

Our health protection team is a part of public health that involves preventing, responding to and controlling health threats including infectious diseases.

There are a number of infectious or communicable diseases that must be notified by law to the Department of Health.

These infectious or communicable diseases are commonly referred to as notifiable conditions.

This year our health protection team has handled 48 different notifiable conditions.



Dr. William Cross, Public Health Physician, presenting at Greater Shepparton City Council's community panel



## Supporting Local Government Agencies within the GVPHU Catchment

GVPHU has been working alongside local councils to support upcoming council planning, including Municipal Public Health and Wellbeing Plans for 2025-2029. This has included not only bringing councils together to learn and connect with each other but also providing data, knowledge, and support from our Data & Analytics team, including our Clinical Director, Dr Will Cross.



## Connecting Communities, Strengthening Women's Health

This year, GVPHU, in partnership with Wise Well Women and Meryula Clinic, delivered in-language education programs and women's health clinics across the GV community. These initiatives have supported women from multicultural backgrounds to prioritise their health, focusing on cancer screening for cervical, breast, and bowel cancers.

The clinics have provided a welcoming and safe environment where women could ask questions, address concerns, and access cervical screening on the day. Sessions have been tailored to the community, with health educators delivering them in languages such as Punjabi, Pashto, Tongan, Filipino, Chinese, and Sinhalese.

The program expanded across the region to reach even more women and empower them to take charge of their health.



## Turning Data into Actions to Build Healthier Communities

Our Data & Analytics team, including data specialists and an epidemiologist, has been key to improving public health in our community. They work across both population health and communicable diseases to provide up-to-date information that helps inform important health actions.

Using dashboards and reports, the team tracks disease trends, shares insights to improve awareness, and supports prevention efforts. They also work closely with other teams to understand the health needs of our community and develop programs to address them.

They also evaluate health promotion projects to ensure they are making a real and measurable impact on the community.

## WITH GRATEFUL THANKS FROM CHAIR OF THE GV HEALTH FOUNDATION BOARD OF TRUSTEES, STEPHEN MERRYLEES



"The ongoing support from our generous community towards the GV Health Foundation has truly been an enabler for GV Health to achieve healthcare outcomes beyond its usual service delivery funding. We are a regional community that deeply cares

for one another and the money donated to the Foundation is another way of ensuring that our healthcare service can continue to deliver high quality care to our community. On behalf of the Foundation, thank you one and all for your ongoing valuable support."



### SOME OF THE DONATIONS RECEIVED IN 2024 FROM OUR GENEROUS COMMUNITY



Paul Archer (the Battery Man) has been supporting GV Health for over 15 years. This year Paul raised over \$74,000 and continued the tradition by collecting used car batteries throughout the region, selling them for scrap and donating 100% of the proceeds to GV Health.



The 2024 Ladies Who Lunch event was a huge success with over \$100,000 going towards women's oncology services at GV Health. The event was managed by the dedicated Ladies Who Lunch Committee, and supported by a multitude of generous sponsors and community members.



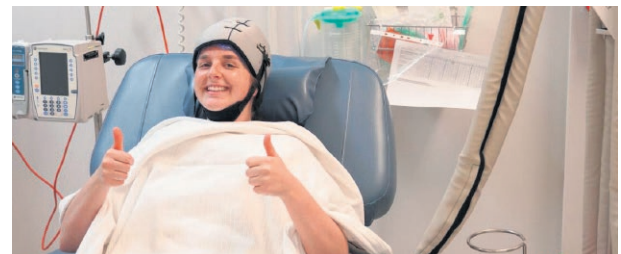
The Foundation supports the committed GV Health Extended Auxiliary who raise funds annually to benefit the Mary Coram Unit and Grutzner House at GV Health.



The Lambpro and Block families donated a chair for GV Health Oncology patients in honour of Rowan Block's passion for life, and to acknowledge the experience, comfort and care that Rowan received during his time at GV Health.



The Biggest Ever Bokes Lunch Shepparton continued their ongoing support of GV Health, helping to fund our Specialist Prostate Cancer Nurses, Sonia Strachan and Nicole Lewis, and Specialist Bowel Cancer Nurse, Lynda Morrison.



A Scalp Cooling Machine was purchased with funds raised at the 2023 Ladies Who Lunch event. The machine is available to GV Health oncology patients to help reduce the temperature of the scalp and heat loss caused by chemotherapy.



The Katunga Netball and Football Club have donated \$2,184 to the Women's Recovery Network from community donations at a charity fundraiser.



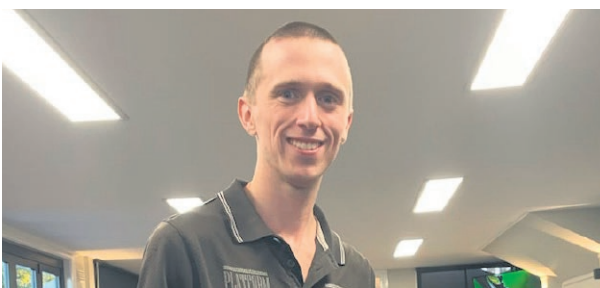
The Rotary Club of Shepparton Central held an annual Golf Day fundraiser with \$30,000 donated to fund six postgraduate nursing professional development scholarships at GV Health.



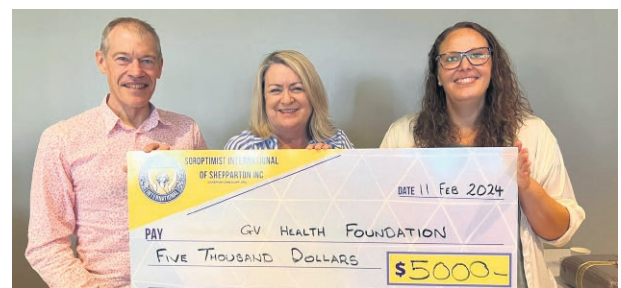
The Shepparton Club held two charity raffles that raised \$6,950 for Breast and Prostate Cancer Services at GV Health.



The APCO Foundation kindly donated \$5,000 in fuel cards to help support women's oncology services at GV Health.



The Railway Hotel in Murchison supported staff member Campbell to cut his curly locks with \$1,200 raised in just 30 mins for GV Health from the local community.



Soroptimist International of Shepparton Inc donated \$5,000 towards staff professional development at GV Health with the funds raised from a charity lunch.

# Creating Careers

## A YEAR OF GROWTH, CONNECTION AND MORE

GV Health is the leading healthcare provider in the region, with over 3,000 employees spread across multiple sites.

GV Health offers various pathway programs and training opportunities, priding itself on supporting staff in reaching their goals and progressing in their careers.

There are many career opportunities to explore in medicine, nursing and midwifery, mental health, allied health, corporate and support services.

To learn more about a career at GV Health and to view current vacancies, visit [gvhealth.org.au/careers/](https://gvhealth.org.au/careers/)



### STARTING STRONG IN A SUPPORTIVE ENVIRONMENT

Rebecca Watt began her career as a dietitian with GV Health's Rural Allied Health Team, making the leap from Melbourne to Shepparton for her first job after university.

"It's very holistic care," Rebecca said.

"We help clients maintain independence and manage their conditions at home, keeping them well and out of hospital or aged care."

Since starting in May, Rebecca has worked with a variety of conditions, including kidney disease and diabetes, and has found the role both educational and rewarding.

She has also benefited from GV Health's Allied Health Graduate Program, which provides new graduates with valuable skills like conflict management and transitioning to full-time work.

"It's been super helpful for both clinical and non-clinical aspects of the job," she said.

Beyond work, Rebecca enjoys the welcoming community and lifestyle Shepparton offers.

"There's always something to do, and the team makes sure you feel supported in every way," she said.

For new graduates, Rebecca highly recommends GV Health.

"It's a great place to grow both professionally and personally, with opportunities you might not find in a metro setting."



### FINDING BALANCE IN A NEW HOME

After almost a decade in New Zealand, Juan and Althea Vegas made the move to Shepparton earlier this year to join GV Health, seeking a better work-life balance and the chance to provide high-quality nursing care.

"In New Zealand, the workload made it hard to give patients the time and attention they deserved," Juan said.

"At GV Health, the nurse-to-patient ratio allows us to deliver the quality of care we've always wanted to provide."

The relocation process was smooth, thanks to the support of GV Health's accommodation facilitator and community connector.

"They helped us find a safe, furnished house within walking distance of the hospital," Althea said.

"Everything was set up, making the move easy for us and our family," Althea said.

Now settled into their roles in the Emergency Department, the couple appreciates the welcoming and collaborative environment.

"The team here is so supportive," Juan said.

"Educators and senior staff are always available to guide us, and there's a buddy system for new staff."

Although they've only been in Shepparton for a few months, Juan and Althea have found the community to be a perfect fit.

"It's quieter than a big city but has everything you need," Althea said.

"It's a great place to raise a family."

# EXPERIENCE A REWARDING CAREER AT GV HEALTH

## YOUR FUTURE STARTS HERE

Visit [careers.gvhealth.org.au](https://careers.gvhealth.org.au) to apply for a vacant position or register and create your profile to receive alerts about new opportunities of interest.



### ALLIED HEALTH

Physiotherapists, Occupational Therapists, Speech Pathologists, Podiatrists + more

### CORPORATE & SUPPORT SERVICES

Customer Service Officers, Finance, Food Services, Cleaners + more

### MEDICAL

Hospital Medical Officers, Specialists, Interns + more

### MENTAL HEALTH

Registered Psychiatric Nurses, Social Workers, Occupational Therapists + more

### NURSING & MIDWIFERY

Registered Nurses, Registered Midwives, Enrolled Nurses + more

