

KOOWEE CONNECT Newsletter

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July/ August 2025



Kooweerup
REGIONAL HEALTH SERVICE



A Fresh Start for KRHS Allied Health

Hasim Najmi (Manager – Allied Health) and the Allied Health team joined Aileen Thoms (Interim CEO) and Yasir Arfat (Director of Primary Health and Innovation) to mark the official opening of KRHS's new Allied Health office space, a purpose-built hub designed to support collaboration, growth, and high-quality care.

Please see page 10 for the full story.

Content

Messages from Management	2
Staff & KRHS Updates	5
Major Updates	15
Health Promotion	17
Leisure & Lifestyle	23
Volunteers Voice	25
Community	26



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Messages from Management



Aileen Thoms

Interim Chief Executive Officer

As the winter weather starts to ease and we embrace some slightly warmer days, it's lovely to see the daffodils all popping through with a promise of spring and new life.

The work of moving towards the creation of the new Local Health Service Networks is ramping up, and we're excited to continue to work alongside our new partners in Bayside

Health. This transition will bring a fresh chapter for our health service.

The process involved in this big shift is complex, and we are navigating legal, finance, and regulatory requirements that are beginning to shape the new governance and operational structures we will be working with. The working groups are well established, and subgroups

are doing the vital work to ensure we keep focused on what this looks like for KRHS.

One of the key goals of the Bayside Health merger will be to provide better access to care close to home and to establish more integrated and connected services that will improve the health outcomes of our shared population. We will continue to build on the excellent care we provide and keep the local connections strong.

Alongside this work, we are exploring how we can prepare well for the Aged Care reform and ensure we have a good overview of the new aged care standards and policy changes in this space. We are regularly meeting to keep well informed and planning to ensure our home care programs and residential aged care can deliver to improve our Seniors' wellbeing.

I hope you are enjoying the Digital notice boards; this was part of our response to the People Matter Survey, where you asked us to improve communication across the Organisation. The feedback we have had has been very positive. In the recent survey, you told us that the notice boards bring you regular updates and information in a catchy, bright manner.

We were lucky enough to host a "Leadership Day" with Colin Ellis, an international speaker, who brought over 20 years of experience in building and leading teams. You will be able to read more about the day that our leaders experienced, and will go on to incorporate great practical steps to build a great culture.

As an organisation that prioritises the best experience for our patients and residents, we also want to ensure our systems and culture are there to support our staff and ensure we all can help each other to do better each day. Being intentionally kind improves everyone's experience. In signing off, a big heartfelt thanks to everyone for your contribution to making KRHS not only a great place to work, but also a place where our community receives exceptional care.



Messages from Management



Brenda Birch

Director of Nursing

Hello everyone,

As spring brings fresh energy and blue skies, we're inspired to look forward with optimism. Our continued collaboration with Bayside Health Network Partners offers exciting opportunities to strengthen our consumer experience, safety, and quality of care.

The Bayside Health Transition Project is gaining momentum. I represent KRHS on the following clinical working groups, enabling Kooweerup Regional Health to take early steps in key areas of work such as: Service Planning, Clinical Governance, and Clinical Pathways.

I invite you to learn more about the collaborative effort that allows us to engage in what I like to call "blue sky thinking" – imagining new possibilities as a team and designing the future to strengthen care at or closer to home.

I would like to acknowledge the dedication of our service managers, whose effective teamwork and collaboration play a vital role in delivering positive experiences and outcomes for our staff, consumers, and their families. Evidence shows that cohesive teams create better experiences, and your work continues to influence this every day. The daily communication, exchange of ideas, and escalation of concerns play a vital role in creating a kind, safe, and dynamic work environment.

In July, an independent surveyor collected feedback from residents at both Killara and Westernport Units. We are proud to share that: **All residents surveyed reported "feeling safe most of the time or always"**.

This feedback highlights the importance of familiar care teams, respectful and clear communication, and consistency of care. We remain committed to continuously improving the care environment and acting on feedback.



Thank you to all our staff, teams, and partners who continue to shape our services with kindness, compassion, innovation, and excellence. Let's continue embracing the spirit of spring – growing, evolving, and working together for a healthier future.



Messages from Management

Yasir Arfat

Director of Primary Health and Innovation



I would like to sincerely thank everyone at Kooweerup Regional Health Service for the warm welcome and support I have received. It has been wonderful settling in, and I am truly enjoying being part of such a caring and dedicated team.

From day one, I've seen how committed people here are — not just to delivering great care, but to improving the systems and support behind it. Whether it's helping staff feel confident in their roles or making sure our community feels heard and included, there's a real drive to do things well and do them together.

As we continue working on the merger with Bayside Health, I am inspired by the strong sense of teamwork and shared purpose. We are building connected, more responsive, and better able to meet the needs of our region — and that's something we can all be proud of.

That same spirit is behind our new Health Promotion Strategy 2025–2029. It's shaped by local voices, real data, and the priorities we're seeing across Victoria. The focus is clear: prevention, fairness, and working alongside our community to design better solutions.

We know the challenges — chronic illness, social isolation, and climate impacts are affecting many people across our region. But we also know that with the right partnerships and support, we can make a real difference. By 2029, we are aiming for healthier environments, stronger social connections, and better outcomes for everyone — not just when they're unwell, but throughout their lives.

Thank you again for making me feel so welcome. Kooweerup is a great health service, and I am excited to be part of the journey ahead.



Staff Updates

KRHS Leadership Day:

Learning from Global Workplace Culture Expert Colin D. Ellis

KRHS recently held a Leadership Day for our senior leadership team, featuring Colin D. Ellis, an award-winning international speaker and Workplace Culture Expert.

Colin has worked with a range of global organisations, including Red Bull, Microsoft, KPMG, Cisco, Deloitte, Atlassian, and Volvo, as well as smaller organisations, other health services, and local councils.

During the workshop, Colin guided our leaders through practical strategies to strengthen team management, communication, and collaboration. The session covered understanding personality types, setting clear expectations, having meaningful conversations, holding more effective meetings, and prioritising tasks efficiently.



The KRHS Leadership Team Experienced a Successful Leadership Day.



Joe Sheppard (KRHS HR Manager) with Colin D. Ellis



Aileen Thoms (KRHS Interim Chief Executive Officer) and Brenda Birch (KRHS Director of Nursing) with Colin D. Ellis

A key focus of the day was preparing our leadership teams to support KRHS through times of change, particularly as we move toward the upcoming Bayside Health merger.

At the end of the day, each leader left with two or three focus areas to implement over the coming six weeks, with a follow-up session scheduled with Colin.

The Leadership Day was a valuable opportunity to build stronger, more connected leadership at KRHS, ensuring we continue delivering high-quality care to our communities.



Staff Updates

Kooweerup Regional Health Service Engaged in National Aged Care Reform Dialogue

Kooweerup Regional Health Service (KRHS) continues to stay proactive in navigating the evolving aged care landscape. In August, Annie Barwise (Manager - Quality and Risk) and Brenda Birch (Director of Nursing) had the privilege of attending the **National Aged Care Provider Conference** in Melbourne.

The event, hosted by the Aged Care Quality and Safety Commission, centred on upcoming legislative reforms and the strengthened **Aged Care Quality Standards**. A key theme throughout the conference was the sector-wide shift from a compliance-based approach to one that prioritises **demonstrating meaningful outcomes** and embedding **genuine consumer partnerships** into daily practice.

"This is more than sharing information; it's collective leadership about building a sector that truly delivers the respect and care that every older person deserves." — Liz Hefren-Webb, Aged Care Quality and Safety Commission.

A particular focus was placed on the introduction of the **new Statement of Rights**, which will form a cornerstone of the upcoming **Aged Care Act**. This statement reinforces the sector's obligation to uphold the rights of older Australians in every aspect of their care.

The conference also featured insightful discussions with the Commissioner, representatives from the Department of Health, older Australians, and providers already trialling the reforms. It was a valuable opportunity to reflect on our current position as a service and identify key areas for growth, including **building staff capability, strengthening governance, and enhancing how we measure and demonstrate the impact of our care.**

As we move forward, Kooweerup Regional Health Service remains committed to continuous improvement and to delivering safe, respectful, and person-centred care that meets the evolving needs of our community.



Brenda Birch (Director of Nursing) with Annie Barwise (Manager - Quality and Risk)

The Statement of Rights

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services. Under the new Aged Care Act, which comes into effect on 1 July 2025, your provider is legally obliged to deliver services in line with these rights.



Autonomy and freedom of choice

I have the right to make my own choices – about my care, relationships, lifestyle and taking risks – with support if I want it.



Equitable access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions, such as dementia, respected.



Safe, quality care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.



Privacy and confidentiality

I must have my privacy respected and my personal information kept confidential, and be in control of who this information is shared with.



Communication and complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.



Support and social connections

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander I can stay connected to Country and Island Home.



For free, confidential and independent support call the Aged Care Advocacy Line 1800 700 600



Older Persons
Advocacy Network

Staff & KRHS Updates

Learning Translates to Continuous Improvement

The recent **ALS training in Western Port Unit (WPU)**, delivered by trainer Amritha, ensures our staff remain skilled, confident, and ready to respond in an emergency. It is a cornerstone of patient and resident safety, empowering our teams to deliver the highest quality of care when it matters most.

To make these sessions even more effective, the KRHS Education Department has added brand-new resources – including a realistic resuscitation manikin and an AED trainer – bringing a true hands-on experience to every training scenario. These tools not only sharpen skills but also build the confidence needed to act fast and decisively.



Readiness in Action: Killara Life-Saving Trolley

At Killara, this commitment to readiness has been transformed into action with the arrival of a dedicated emergency trolley. Kuldeep and Beaula worked to plan, organise, and prepare the trolley so that essential life-saving equipment is always fully stocked, well-arranged, and ready for immediate use.

Having such a streamlined and accessible setup is critical, enabling staff to respond without hesitation when every second matters.

Well done to everyone involved, this is a shining example of how learning translates into continuous improvement, and how teamwork keeps our patients and residents safe, supported, and cared for at the highest standard.



Safer Together: New Steps in Delirium Prevention

We continue to Improve Delirium Prevention Through Safer Together. Each month in Victoria, over 3,000 people are diagnosed with delirium, with approximately 400 cases hospital-acquired. As part of the Safer Together Program, our nursing teams have implemented a new delirium screening tool, used at admission and shift handovers. This supports early identification and consistent care — especially for older people at risk. This initiative reflects our ongoing focus on proactive, person-centred care.

Thank you to all our staff, teams, and partners who continue to shape our services with kindness, compassion, innovation, and excellence. Let's continue embracing the spirit of spring — growing, evolving, and working together for a healthier future.

Honouring 16 Years of Service and Welcoming New Medical Leadership

Kooweerup Regional Health Service farewells its **Medical Director, Dr Gary Campaign**, after 16 years of sharing his clinical expertise, providing leadership across the teams, and an unwavering commitment to delivering high-quality care.

Dr Campaign is retiring from KRHS, and we sincerely thank him for his valuable contributions and wish him all the very best in his future endeavours.

We are also pleased to announce the new appointment of **Associate Professor Shyaman Menon (MB, BS, FACEM, AFRACMA, MAICD)** as our new **Medical Director**, who commenced on **11 August 2025**.

As Executive Director Medical Services and Clinical Governance (Chief Medical Officer) at Peninsula Health, Professor Menon brings a wealth of experience in hospital leadership, clinical governance, and emergency medicine. He is deeply committed to building upon the strong foundations already in place and further strengthening the quality of care we provide.

The health service is dedicated to working in partnership to improve the health and well-being of our community. As a small rural health service, it combines acute and aged care services with prevention and responsive community services, caring for people in their homes across the region together with the doctors at the local Medical Centres.



We recognise the vital role General Practitioners (GPs) play in this mission and value the importance of close collaboration. Professor Menon has begun visiting local medical practices to foster strong relationships and explore opportunities to enhance care delivery closer to home.

We are excited about the opportunities his leadership will create for our health service and the benefits it will bring to our community.

Picture here Professor Menon joined by Aileen Thoms (Interim CEO - KRHS), Brenda Birch (Director of Nursing - KRHS), and Dr. Fergus McGee (Clinical Director of Integrated and Ambulatory Care - Peninsula Health)



KRHS Updates

Collaboration, Care, and Growth: Celebrating Our New Allied Health Office Space

Kooweerup Regional Health Service (KRHS) is delighted to announce the official opening of our new Allied Health (AH) office space. The opening was marked by a ribbon-cutting ceremony led by our Interim CEO, Aileen Thoms, and attended by members of our Executive Team, staff, and of course, our dedicated Allied Health team.

The idea for the new office was born out of necessity. With growing numbers of Allied Health clinicians and assistants, the team had outgrown its previous setup. Having just one or two computers to share within the physiotherapy and occupational therapy area was no longer practical. What was once a storeroom has now been transformed into a vibrant Allied Health Hub, a workspace designed to meet current needs and support future growth.



New Allied Health Office Space

Aileen Thoms, Interim CEO of KRHS, cuts the ribbon to officially open the new Allied Health Office Space.

Benefits for the team

The new office provides much-needed dedicated desks and computer access, enabling staff to complete their work more efficiently. Just as importantly, it has created a shared space that fosters collaboration, teamwork, and a strong sense of belonging within the Allied Health team.

Benefits for our consumers

The refurbishment has freed up more room in the gym, giving physiotherapists space to run group rehabilitation classes, while also increasing capacity for outpatient and residential care consultations. Outdoor clinics will also be supported through this expansion, ensuring consumers continue to receive flexible and high-quality care.

Looking to the future

This space will allow Allied Health services at KRHS to grow in new and exciting ways. More supervised group classes, expanded one-on-one care, and greater service availability are now possible, without compromising the needs of inpatients or residential care residents.

Celebrating together

For the Allied Health team, the opening was both thrilling and a relief. Having a centralised, purpose-built hub means they can now move forward with renewed energy, delivering physiotherapy, occupational therapy, diabetes education, dietetics, and social work in a more supportive and holistic way.



This milestone is more than just an office opening; it's an investment in the future of Allied Health at KRHS, made possible by the collective effort and vision of our community.



KRHS Updates

Signing the 2025–26 Statement of Priorities

Kushal Shah (KRHS Board Chair) and **Debra Sudano** (Executive Director, North East & South East Health Services) signing the 2025–26 Statement of Priorities Agreement between the Department of Health and Kooweerup Regional Health Service.



Celebrating NAIDOC Week

During **NAIDOC Week** and beyond, **Kooweerup Regional Health Service (KRHS)** reaffirms its commitment to **Closing the Gap** by delivering culturally sensitive, responsive, and appropriate care for Aboriginal and Torres Strait Islander communities.

As part of this commitment, an Aboriginal and Torres Strait Islander Information and Resources Kits were distributed to all our departments during NAIDOC Week to support awareness and culturally safe practices across our organisation.

Geordee Ward, our Aboriginal Liaison Officer, plays an essential role in guiding culturally responsive care, supporting community relationships, and ensuring that our services remain attuned to the diverse community needs.

Here are a few moments captured during the event.



**THE NEXT
GENERATION:
STRENGTH,
VISION &
LEGACY**



Geordee Ward (KRHS Aboriginal Liaison Officer) was delivering the Aboriginal and Torres Strait Islander Information and Resources Kits



Dr. Osman Ali (KRHS Health Promotion Practitioner) was delivering the Aboriginal and Torres Strait Islander Information and Resources Kits to Naomi Rendall (Manager - District Nursing)



KRHS Updates

Celebrating Aged Care Employee Day

In August, we paused to recognise and celebrate the incredible staff who care for our residents and those in our community.

Every day, our team demonstrates compassion, dedication, and professionalism—making a meaningful difference in the lives of some of the most cherished members of our community.

As a small gesture of thanks, we shared free coffee and cake with our staff over four days. While simple, it was an opportunity to show our appreciation and acknowledge the important work they do.



Our Interim CEO, Aileen Thoms, also shared a heartfelt message with the team:

"Thank you to the wonderful people who choose to work in Aged Care across the country. Our elders have lived amazing, fascinating, and productive lives, and it is a privilege to hear their stories and care for them. I am always impressed with the kindness and consideration shown to our elders in our small health service."

To all our aged care employees, thank you. Your care, kindness, and commitment do not go unnoticed.



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13/28

KRHS Updates

Bringing Everyone Together: Highlights from Our July Staff Forum

On 31 July 2025, KRHS held a Staff Forum that brought our team together both in person and online. It was a wonderful opportunity to connect, share updates, and celebrate the achievements of our health service.

Our Interim Chief Executive Officer, Aileen Thoms, along with all Executive Directors, provided important updates on the Bayside Health Merger. They also took time to highlight some of the special achievements and milestones KRHS has reached over the past few months, as well as share inspiring staff stories that showcase the dedication and commitment of our people.



Department heads and managers also contributed, offering updates from their areas and celebrating the hard work being done across the organisation.

The forum was a valuable reminder of the strength of our KRHS community and the great work happening every day to support our staff, residents, patients, and community.

A Special Grant for a Special Space

We're excited to share that Koo Wee Rup Regional Health Service has received a special grant from Community Bank Koo Wee Rup through their Community Investment Program! They recognised that our dedication to the community aligns perfectly with their values, and we couldn't agree more.

This funding will help us develop an Aboriginal space in our Community Garden, designed in collaboration with local Aboriginal people and featuring native flora. The space will host ceremonies, traditional events, and serve as a place for learning about Indigenous culture through plants and food.



Our Youth & Community Development Officer, Brian Harlow, receiving the grant.

Our vision is to create a welcoming place for community workshops, education, and connection, supporting both our Indigenous members and non-Indigenous allies.



Major Updates

A New Era in Health Care: We are Bayside Health

We are excited to share that our voluntary merger with Bass Coast Health, Gippsland Southern Health Service, Peninsula Health, and The Alfred is now officially named **Bayside Health**.

The name Bayside Health was chosen after extensive discussions, focus groups, surveys, and consultation with our communities and stakeholders. It reflects the inclusivity, accessibility, and cultural safety that are central to the diverse communities we serve. With the Department of Health's support now confirmed, we continue to move forward in connecting our services and caring for more than 1.2 million Victorians.

Ministerial Approval – A Major Milestone

In the last week of August 2025, the Victorian Minister for Health formally approved the Bayside Health Merger. This marks a significant milestone in our journey, bringing together Alfred Health, Bass Coast Health, Gippsland Southern Health Service, Kooweerup Regional Health Service, and Peninsula Health as one unified health service.

The Minister's approval also triggers the next phase of planning, including recruitment for the incoming Bayside Health Board, which will appoint the entity's first Chief Executive.

What This Means for Our Communities

When Bayside Health officially begins on 1 January 2026, it will provide care across a broad region: from Melbourne's southern suburbs and the Bayside area, through the Mornington Peninsula, and extending to Koo Wee Rup, Phillip Island, Bass Coast, and Gippsland.

Our hospitals and healthcare sites will continue to operate under their current names, with the same trusted staff delivering high-quality care. All employees from our five health services will transition seamlessly to Bayside Health, ensuring continuity of service for our communities.

Building a Stronger, More Connected Health System

Even before the merger, our five health services are collaborating to better connect care, enhance patient experiences, and explore opportunities to deliver more services closer to home. The formation of Bayside Health strengthens this work, creating a more connected and resilient health system for everyone we serve.

This is a historic moment for KRHS and our partner health services. Together, as Bayside Health, we are building a future that brings better care, stronger collaboration, and greater support for our communities.

Regular staff forums are also being held to ensure our team has the opportunity to ask questions and stay informed with the latest updates on the Bayside Health merger.



With Heartfelt Thanks

70 Years Strong: Congratulations to Our Ladies Auxiliary!

On behalf of the KRHS Board and the entire hospital community, we extend our heartfelt congratulations to the Ladies Auxiliary on reaching an incredible milestone — 70 years of dedicated fundraising, volunteerism, and unwavering support.

For seven decades, your generosity, compassion, and hard work have made a lasting difference in the lives of our patients, aged care residents, families, and staff. From organising events and raising vital funds, supporting activities for the residents, and bringing the community into the health service, your service has been extremely welcome and inspiring.

Your commitment has enabled us to provide many of the comforts, enhance patient care, and strengthen our hospital's connection with the community.



We are truly grateful for your legacy of service and look forward to many more years of partnership and shared success.

Thank you, and congratulations once again on this extraordinary achievement!



- Aileen Thoms (Interim Chief Executive Officer - Kooweerup Regional Health Service)

Health Promotion

Join the Food Fight – Protect Our Kids' Health

Our kids deserve to grow up in communities that support their health—not ones where junk food ads are everywhere they look. Right now, the processed food industry spends millions every year targeting children with marketing on buses, trams, billboards, and even near schools.

The Challenge

- **Nearly 6 in 10 ads** on Victorian public transport promote junk food.
- Between 2016–18, **\$129.5 million** was spent on sugary drink ads in Australia—**five times more** than the government spent on public health campaigns.
- Kids exposed to unhealthy food ads are **twice as likely** to ask parents for these products (Cancer Council Victoria).

Why It Matters?

This relentless advertising shapes children's choices, normalises unhealthy eating, and puts their future health at risk.



Take Action Today

Your voice can help shift the balance. Join thousands of Victorians calling on the Government to remove unhealthy food and drink advertising from:

- Public transport and transport infrastructure
- Within 500m of schools

Scan the QR Code to Sign the petition today and help give our kids the healthy future they deserve.

Dr. Osman Ali (Health Promotion Practitioner)



03 5997 9679



info@krhs.net.au

17/28

Health Promotion

On 29 July 2025, KRHS hosted another successful session of the Forget Me Not Café.

Karen Herbert, our Aged Care Co-ordinator, spoke about her role and explained both respite care and the transitional care program, highlighting the many benefits of respite care for people living in the community with their carers. Guests also enjoyed a wonderful performance from Lockie on the piano accordion.

We were pleased to showcase new resources provided by the Cardinia Shire Ageing Well Team, which will be used in future Café activities to further engage and support our participants.

Save the date! The **next Forget Me Not Café** will be held on **30 September 2025**.

For more information, please contact **Naomi Rendall** at **Naomi.Rendall@krhs.net.au** or call **03 5997 9655**.



Forget Me
Not Café



Health Promotion

Youth in Action: Building, Creating, and Connecting at KRHS

There's been a real buzz around KRHS in the past few weeks, with local youth rolling up their sleeves and making a difference on-site. Each Monday, three dedicated groups of Year 12 VM students spend two hours working on hands-on community projects as part of their Personal Development Skills program for Term 3.

- One group is teaming up with the Men's Shed to refurbish the BBQ area, breathing new life into a cherished community space.
- Another group is crafting outdoor chairs for the school, combining practical skills with school pride.
- And a third group is transforming old pallets into festive Christmas trees, which will be gifted to the community later this year.



Refurbishing the BBQ area,
giving it a fresh new look



Building outdoor chairs for the
school community



Transforming old pallets into
festive Christmas trees

Meanwhile, every Friday, a combined group of Year 11 and 12 VM students is hard at work constructing an Indigenous garden within the community garden. Guided by a design created by local First Nations peoples, students have been:

- Clearing and preparing the site.
- Laying out the first garden bed.
- Forming pathways.
- Beginning work on meaningful art installations.



These projects not only build valuable skills but also foster a strong sense of connection, creativity, and cultural respect. It's inspiring to see our students shaping their community with such heart and purpose.

- Brian Harlow (Youth & Community Development Officer)



Koo Wee Rup fun day out

Cardinia Shire Council in partnership with Kooweerup Regional Health is hosting a FREE fun day out during these school holidays

Join in the fun with loads of activities:

- > **Free skate lessons** (*bookings required*)
- > **Local young performers**
- > **Delicious free food**
- > **Fun activities for everyone**

**Wednesday,
1 October,
11am - 3pm**

**Cochrane Park,
Rossiter Road,
Kooweerup**



Find out more information at
www.cardinia.vic.gov.au/septholidays25



This event is drug, alcohol, smoke, and vape-free.

Proudly supported by the Victorian Government in partnership with Cardinia Shire Council Youth Services, Parks Placemaking, and Kooweerup Regional Health Service.



Health Promotion

Say Yes to You – Women’s Health Week 2025

From 1–5 September, Women’s Health Week returned, and this year’s theme was simple but powerful: “Say yes to you.”

Too often, women put everyone else first—kids, partners, work, pets (even the neighbour’s cat)—and their own health came last. This year’s program was about flipping that script and giving women permission to check in, speak up, and look after number one.



During Women’s Health Week, we were reminded that small seeds grow deep roots. With a simple act of kindness—sharing a baked potatoes lunch for staff—Belinda, Jenny, and Naomi showed that compassion and teamwork could spark lasting change. By caring for ourselves and each other, we built stronger foundations for everyone.

What Happened Each Day

- **Monday – Every check matters:** Women were encouraged to book that health check they had been putting off (yes, even that one).
- **Tuesday – Take the lead:** Participants were reminded to ask questions, take notes, and run their appointments like a boss.
- **Wednesday – Heart Smart:** The spotlight was on women’s heart health, which often flies under the radar—knowing your numbers was key.
- **Thursday – Pain to power:** Period pain, pelvic pain, chronic pain—none of it was dismissed as “just being a woman.”
- **Friday – Be kind to your mind:** Mental health receives the attention it deserves, alongside physical health.

How Women Can Say Yes to Themselves

- **Book your checks** – don’t wait until something’s wrong.
- **Speak up** – no question is too silly when it’s about your health.
- **Know your heart health** – heart disease is the leading killer of women in Australia.
- **Don’t ignore pain** – if it hurts, get it checked.
- **Look after your headspace** – schedule downtime like you would a meeting.

Why It Matters

Because your health isn’t selfish—it’s essential. When you say yes to yourself, you’re stronger for everyone else, too.

– **Dr. Osman Ali (Health Promotion Practitioner)**



Thunderstorm Asthma – Stay Safe This Storm Season

Now that spring has started and we are heading into summer, thunderstorm asthma is something to be aware of. It can strike suddenly when grass pollen mixes with stormy conditions—and even people without a history of asthma may be affected.

How can the weather affect asthma?

Around one in four people with allergic rhinitis (hay fever) also have asthma. Pollen, which is spread by wind, can trigger asthma as well as allergic rhinitis symptoms, most often in spring and summer. Rain from thunderstorms can make some allergic rhinitis and asthma symptoms worse. (ASCIA, August 2025)

What to watch for

- Trouble breathing
- Tightness in the chest
- Coughing
- Wheezing
- Struggling to talk in sentences

Please not, during a serious case of thunderstorm asthma children may:

- become very upset, tired, or limp.
- make deep sucking movements in their throat or chest as they try to breathe.

If symptoms are severe, **call triple zero (000) immediately.**

Who's at risk?

Adults with **hay fever from grass pollen**, people with asthma, and those outdoors before or during storms are most vulnerable.

How to prepare for thunderstorm asthma season?



Figure one: Graphic with advice on preparing for Thunderstorm asthma, for families with hay fever and asthma

Apps to check pollen counts and forecasts (BOM Weather app, AirRater, Australian Pollen Allergen Partnership)

Tip: See your doctor if your symptoms are hard to control or don't improve with medication.

- Dr. Osman Ali (Health Promotion Practitioner)

Leisure and Lifestyle

Colourful Creations: Residents Get Creative with Bunnings

In July, Bunnings visited Killara to host a fun dot-painting activity, helping residents create their very own hanging pots. Each resident thoroughly enjoyed the session and is now proudly displaying their colourful creations in their rooms.



A Sweet Surprise: Ice Cream Truck Brings Smiles to KRHS

In July, the ice cream truck made a special visit to KRHS, delighting both residents and staff with sweet treats. Leisure and Lifestyle team members Janet and Caroline, along with Manager - Patient Services, Vamsi, joined in the fun, making it a memorable and joyful day for everyone.



Leisure and Lifestyle

Strings of Joy: Banjo Tunes Brighten Residents' Happy Hour

Residents enjoyed a lively Happy Hour with Jane, who brought along her banjo to play delightful tunes. The music created a joyful atmosphere, bringing smiles and tapping feet all around.



Blooming Creativity: Residents Coloured Daffodils

Residents enjoyed a delightful colouring activity, bringing beautiful daffodils to life with their creativity. The vibrant artwork brightened the day and added a splash of colour to our community spaces.



Memories in Melody: Elvis Tribute Outing

Staff treated residents to a memorable outing in Lang Lang, enjoying a lively Elvis tribute during the morning melodies. The music, energy, and nostalgia brought smiles, laughter, and a toe-tapping good time for everyone.



Volunteers Voice

From Conversations to Connections: How Our Volunteers Make a Difference

The first six months of the year have flown by, and it's wonderful to report that volunteering at KRHS has been as busy as ever. Thanks to our extraordinary volunteers, this busyness is not only rewarding but also brings an uplifting sense of positivity throughout our service, something we have come to truly value and appreciate.

Welcome to a couple of new volunteers, Ashy and her mum, Kristy. Ashy is a local school student and asked her mum if she could do some volunteer work with us. Since officially starting a few weeks ago, Ashy has been a breath of fresh air, and the residents have loved her visits.

A very special moment happened when she visited Maria, who discovered that Ashy had been taught basic Italian in primary school, so she was able to practice with Maria, who had a wonderful time chatting and entertaining her guests! A staff member who saw the interaction said that Maria's face just lit up when Ashy started



speaking in Italian. It was so lovely to see. Thanks, Ashy and Kristy, for choosing to volunteer with us. You have already made a big difference in the lives of our residents.

Small Acts, Big Impact:

Another good news story and one that also demonstrates how every volunteer makes a difference at KRHS, not only the role that they play, but also in the little acts of kindness, such as having a simple conversation. This happened recently when our fabulous volunteer transport driver, Peter, took a resident to an appointment, and during the trip, they had a terrific chat about many different topics, finding they had quite a bit in common, especially when the conversation turned to camping and travelling. It became more than simply a volunteer driving to a medical appointment, but more of a drive and a chat between two mates! I know that our residents and staff appreciate Peter for helping out when needed in so many different ways.

There are so many seemingly small things that you all do that make such a big difference to others; it is sometimes hard to put into words, but I think these two stories demonstrate this better than anything, and as always, I can't thank you all enough for everything that you do.

-Jenny Bayliss (Manager - Volunteers and Leisure and Lifestyle)



Seniors Festival Events

Men's spit roast and wellness day

Date: Wednesday, 8 October 2025

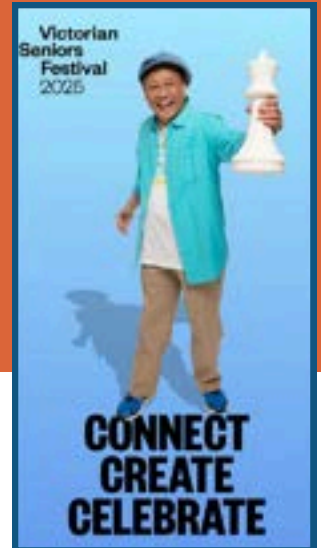
Time: 11am – 2pm

Venue: Koo Wee Rup Men's Shed, 235 Rossiter Road, Koo Wee Rup

Join us at the Men's Shed for a fun day of meat and makeovers (barbers on site at this event). Enjoy a mouth watering spit roast, wellness insights, and great conversation in a warm, welcoming space.

Bookings:

- **Ian (Lang Lang)** – 0458 875 777
- **George (Koo Wee Rup)** – 0403 030 027
- **Allie (Lang Lang Community Centre)** – 5997 5704



Dementia-friendly games days

Date: Tuesday, 28 October 2025

Time: 10:30am – 1pm

Venue: Hewitt Eco House Community Room, 215 Rossiter Road, Koo Wee Rup

For people living with dementia, their loved ones and carers.

Join us for fun-filled, inclusive activities. Build your social connections by sharing lunch, laughter, and prizes.

Bookings:

- **Naomi** – 5997 9655



Seniors Festival 2025

- The 2025 **Victorian Seniors Festival** is a state-wide festival celebrating older Victorians in our community for the month of October each year.
- The theme this year is **Connect. Create. Celebrate.**
- Enjoy a range of free and low-cost events.
- Cardinia Shire Council supports local activities and events in October.



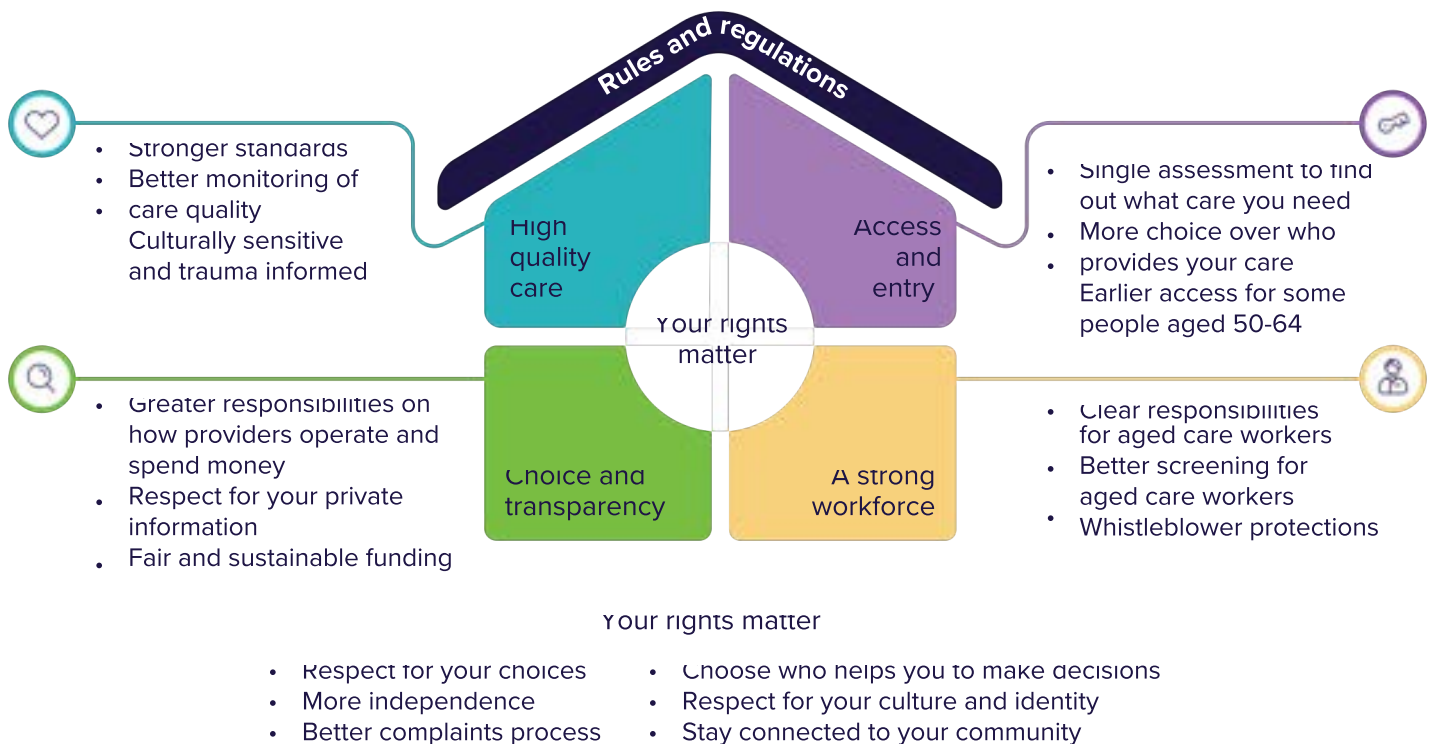
Scan the QR code
for more information.



New Aged Care Act

The new Aged Care Act puts you at the centre of your aged care

It will make aged care safer, fairer and more respectful. This infographic outlines the main parts of the new Act and how they work together.



From 1 November 2025, the new Act will ensure older people are at the centre of aged care. It will make the system safer, fairer and more respectful.

Why is there a new Act?

- The new Act directly responds to recommendations 1 to 3 of the Royal Commission into Aged Care Quality and Safety. In total, the new Act addresses or partially addresses 58 recommendations.
- The Royal Commission found that the existing Aged Care Act 1997 is no longer fit for purpose. It does not adequately consider the rights and needs of older people in the delivery of aged care services.
- The new Act will ensure older people are at the centre of aged care. It will make the system safer, fairer, and more respectful.

Source: Department of Health, Disability and Ageing



Scan the QR code
for more information.



Help Us Improve Our Services!

We are always looking for ways to make our services better and meet your needs as much as possible. We aim to provide consumers with accessible, high-quality care at all times, and your feedback plays a key role in helping us improve.

We are seeking feedback about your experience with our Community and Allied Health Services.

This includes:

- Physiotherapy
- Occupational Therapy
- Dietetics
- Diabetes Educator
- District Nursing
- Domestic Assistance
- Personal Care
- Youth Services
- Social Work
- Home Care Packages
- Early Parenting Unit (including Lactation Consultant)

Please take a few minutes to complete the "**Community and Allied Health Services Feedback Survey**".

How to Get a Copy?

You can request a paper copy of the survey from:

- Your service department
- KRHS Reception
- Our District Nurse & Quality Support Officer, **Olivia Close**



Your voice matters!

