Staff across the District celebrated Workplace Giving Day last month in recognition of their valuable support to the Barbara May Foundation, with BBQ lunches and morning teas held at each facility.

The $1 a week donation has enabled a maternity hospital to be built and run in Africa where staff safely deliver over 3,000 babies a year, and save the lives of many women.

SWSLHD Chief Executive Amanda Larkin congratulated all 2,333 contributing staff members, thanking them for their generous support.

“Your commitment allows the Foundation to keep the hospital running all year round, as well as educate the community and train local people to become midwives and doctors,” she said.

If you are not yet a member of the Workplace Giving Program, this is a fantastic opportunity to join and start making a difference!

For more information or to sign up, click through to the Workplace Giving Program link on the intranet or visit bit.ly/1kl6O9N.

Wheely great program for Bowral & District Hospital

Bowral & District Hospital has teamed up with one of Australia’s largest car dealerships - Moss Vale Motor Group - to launch Wheels for Life.

The dealership, which is part of Wakeling Automotive, will donate $25 from every new and used car sold to purchase new equipment for Bowral & District Hospital.

Hospital Acting General Manager Valerie Jovanovic said she was delighted Moss Vale Motor Group had chosen to support Bowral & District Hospital through the Wheels for Life Program.

Since 1997, Wakeling Automotive has provided Campbelltown and Camden Hospitals with over $1 million worth of medical equipment including a ventilation machine, digital weighing chair and mobile X-ray machine. This partnership has now been extended to include Bowral & District Hospital.
Message from the Chief Executive

Amanda Larkin, Chief Executive

I am pleased to let you know the District was nominated for four NSW Health Awards, and won the Patients as Partners category for the Just PEACHY – Palliative Care Home Support Group. Congratulations to the PEACH team, who have had a big few weeks. You can also read about their DVD launch below.

Last month I joined Fairfield City Council Mayor Frank Carbone in signing the Walk21 International Walking Charter. The charter encourages the creation of healthy, efficient and sustainable communities where the physical and social barriers that limit walking are reduced.

The District has enjoyed a great partnership with Fairfield City Council for many years. Signing this charter is one of many great initiatives that has come from this commitment to encouraging and supporting healthy lifestyles.

I’d like to congratulate our staff who recently graduated from the SWSLHD Graduate Health Management Program. The program, completed over two years, requires hard work, maturity and resilience. I’d like to acknowledge their dedication and commitment to meeting both their work and university obligations simultaneously.

If you haven’t yet had a look at your facility or service’s YourSay Survey results, I’d encourage you to visit the intranet to check them out.

The full reports are available online as are a couple of summarised fact sheets.

Following the release of the results, facility and service managers have been consulting with staff on key initiatives to improve your workplace and staff engagement. I look forward to sharing these with you in the coming weeks.

Launch of new PEACH-y DVD resource

Health Minister Jillian Skinner attended the launch of the PEACH Program DVD at Casula Powerhouse last month where she announced an expansion to the Palliative Care Home Support Packages (PEACH) Program.

The expansion allows for an extra 300 packages to be made available for people with a terminal illness who wish to die in the comfort of their own home.

The DVD has been developed to promote the service to clinicians including general practitioners, clients and carers. The launch was a huge success with staff members from across five LHDs including SWSLHD, WSLHD, NBMLHD, SLHD and ISLHD and the not-for-profit health care provider Silverchain all attending.

Program coordinator Jolanta Swierczynski said The PEACH Program enabled more people to fulfil their wish of dying at home.

Super surprise for Children’s Week

Staff from Liverpool Hospital’s Paediatric Ward and Hospital School held a range of activities for their young patients throughout the week including a fashion parade, superhero BBQ, sports day and story book character day.

SWSLHD Annual Public Meeting

Date: Thursday 3 December 2015
Time: 2pm
Venue: Bankstown Arts Centre, 5 Olympic Parade Bankstown
RSVP: 98286848 or swsmedia@sswahs.nsw.gov.au
Ingham awards

The Ingham Institute for Applied Medical Research will host its 3rd Annual Awards Dinner at Liverpool Catholic Club on Friday 27 November – placing some of Australia’s most celebrated researchers in the spotlight for their work to help eradicate disease and improve the health of south western Sydney and wider Australia.

The night, which will be led by ABC National Medical Reporter Sophie Scott as Special Guest Master of Ceremonies, will celebrate and acknowledge the significant efforts of Ingham Institute researchers who continue to achieve significant milestones in medical research. Ingham Institute researchers have had a prosperous year in 2015, receiving a number of major state, national and international awards.

The night will include entertainment and a three course meal. To purchase a ticket or a table visit www.inghaminstitute.org.au, email events@inghaminstitute.org.au or call 1300 66 55 41.

ABC National Medical Reporter Sophie Scott will MC the Ingham Institute’s 3rd Annual Awards Dinner.

Celebrating Mental Health Month

The importance of mental wellness and access to effective mental health care was highlighted across the District during Mental Health Month with a number of events being held throughout the facilities.

The events were targeted towards connecting people with ways to seek mental health assistance including a ward decorating competition, wearing blue to work and information stalls.

Other events during the month included the Mosaic Workshop and Craft Group located at Busby creating a mosaic for Mental Health Services at Liverpool, the second series of Changing Minds airing on ABC, and Mental Health Services staff and consumers participating in the Greatest Cycle Challenge to help push forward for cancer research funding.

Mental Health Services staff also participated in the Wellness Walk where they partnered with Carer Assist (a not for profit organisation supporting families and carers of a mentally ill person) and raised funds to support Schizophrenia Fellowship of NSW.

Help for WILMA

The Health Promotion Service has helped WILMA Women’s Health Centre launch their 2015 Healthy Lifestyle Policy.

A partnership between the two services, the policy and the accompanying Healthy Lifestyle Manual will help WILMA staff select and prepare nutritious food for clients. Along with nutrition guidelines, food safety tips, and meal and menu ideas, the policy and manual address the importance of physical exercise and a smoke free lifestyle.

Our skiing nurse takes out silver

Congratulations to our very own water skiing nurse Belinda Sidman, who competed at the 2015 World Disabled Water Ski Championships in America last month and took out the Silver Medal in Seated Women’s Slalom.

Belinda broke her Australian slalom record in the preliminary event and was over the moon to ski so well on the world stage. Australia came second out of 11 competing countries so Belinda also won a Silver Team Medal.
Bowral sensory garden in full bloom

The sensory garden at Berrima Cottage on the grounds of Bowral & District Hospital was officially opened last month and is a place where both mental health consumers and staff can go to enjoy lovely landscapes in a peaceful setting.

The garden features flowers and fixtures that include wind chimes, a shade cloth, outdoor seating and a swing as well as different textured reeds and vegetables. Community Mental Health Rehabilitation and Project Officer Peter van Dort said the different themes were chosen to illustrate the five senses.

“An array of flowers, a mural, and a water feature offer a kaleidoscope of colours and aromas that stimulate the senses,” Mr Van Dort said.

The Sensory Garden was transformed thanks to generous funding from The Veolia Mulwaree Trust, and the hard work of the Schizophrenia Fellowship of NSW and Wingecarribee Health Association for Men, who partnered to initiate the project.

Breakthrough treatment

ABC TV filmed in the Liverpool Cancer Therapy Centre for a documentary on advances in radiotherapy. Patients have more options in treating prostate cancer thanks to a breakthrough in the stereotactic radiotherapy program which negates the need for surgery in the process.

Radiation Oncology Director Dion Forstner and Director of Training Mark Sidhom are pioneering the treatment option, where high doses of radiation are accurately delivered to the prostate, reducing the number of times patients need to attend treatment. This therapy is likely to be as effective as surgery at curing prostate cancer, but non-invasively and potentially with fewer side effects.

Best foot forward for 24hrs

Mental Health Services staff, consumers, friends and family of the Therapy and Recovery Service put their best foot forward during the 24hr Fight Against Cancer. With 41 people involved, the team did extremely well to remain on the track from dusk until dawn while raising $1,700 for a great cause.

OT Week

Our Occupational Therapy staff and Western Sydney University students were out and about at Liverpool Hospital during Occupational Therapy Week (25-31 October) to chat to patients and visitors about the importance of Occupational Therapy.

Child Protection Conference

The Child Protection Strategy Unit (CPSU) held the first SWSLHD Child Protection Week Conference. The conference was the result of a collaboration between SWSLHD Drug Health, ICAMHS, Community Health, Hospital Social Work and the CPSU.

More than 200 staff from health, FaCS, Education and NGO’s attended. The CPSU works with other SWSLHD staff to improve their recognition and response to trauma and abuse as a health issue.

CPSU also has a role in providing support, liaising and working with the local child protection network that includes other government and non-government services.

Congratulations Wes

 Congratulations and farewell to Wes Smythe, who has retired from SWSLHD after 38 years of service in Macarthur, QVMH, Camden and Campbelltown Hospitals. Wes plans to spend time with family and friends and travel in his retirement.