



Health  
Northern NSW  
Local Health District

Newsletter, Issue 9  
November 2016

# Sight is in safe hands



**State-wide Eyesight Pre-schooler Screening (StEPS) program coordinator Jennifer McKay with her four-year-old daughter Amber on World Vision Day.**

World Vision Day was held around the globe on 13 October, with the State-wide Eyesight Pre-schooler Screening (StEPS) program urging Northern NSW parents to make the call that could mean a world of difference to their pre-schooler.

The StEPS program is an initiative of NSW Health and offers all four-year-old children free vision screening prior to them starting school.

The StEPS program has been successfully conducted by the Northern NSW Local Health District (NNSW LHD) for the past six years by Registered and Enrolled Nurses visiting preschools and childcare centres to conduct Eyesight screening on four and five year olds

NNSW LHD StEPS coordinator Jennifer McKay said there were a range of reasons to have your child's vision screened.

"Children rarely complain of eye problems and in fact may not even realise they can't see very well," Ms McKay said.

"Even though your child's eyes may look okay, and the parents or carers think that their child can see well, their child may still have a vision problem."

Ms McKay said the only way to tell if a child had a vision problem was to have the child's vision tested one eye at a time.



Page 4:  
Rosa Flaherty  
named NSW  
Health's Employee  
of the Year 2016



Page 7:  
We introduce  
the NNSW LHD's  
four new Board  
members.



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NSW LHD on  
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I had the absolute pleasure of attending the 2016 NSW Health Awards ceremony at which NNSW LHD had four nominations reach the finalist stage of the awards.

I wish to again congratulate the following staff who won their respective categories.

❑ Local Solutions Category: Child at Risk Electronic Medical Record Alert: Rosa Flaherty, Nicole Ashby, Karen Jeffries and Janine Holsten.

❑ Collaborative Team Category: Early diagnosis of dementia – Memory assessment program: Liz Flack and Dr Lana Kossoff.

❑ Staff Member of the Year: Rosa Flaherty.

I also wish to congratulate Ms Barbara Swain, who made the finals in the Volunteer of the Year Category, for her years of fundraising and support for the Lismore Base Hospital Mental Health inpatient units.

It was great to see the surprise, joy, and pride that our award winners displayed as they were announced as winners in their categories.

The awards were well deserved and the diversity of

the winners shows that NNSW LHD staff can sit proudly as leaders in their respective fields and they once again displayed the innovative, committed, and patient-centred approach NNSW LHD brings to bear in the delivery of care to our communities.



On a less pleasant note, I have reviewed the recent results of the staff survey that will be released over the coming week and I need to take the opportunity to say sorry to all the staff and clinicians who feel that their concerns are not being heard.

I will provide a more detailed response to the survey over the coming weeks but I feel the need to state clearly that I hear your concerns and assure you the Executive are committed to working with you to address as many of the concerns as we can.

In particular, staff concerns over bullying and harassing behaviour is an area of focus that the Executive will strive to address and remove from NNSW LHD.



I was at a function recently and was stopped by an elderly fellow who was quite nervous and emotional but clearly wanted to have a chat.

We found an isolated corner and he began to tell me about his late wife and how they met and married when they were in their early 20s and how much they loved each other. It was a lovely story.

Then he started to tell me how his wife developed dementia and started to forget their long life together and how hard it was becoming to care for her at home, how she had a fall and required admission to one of our hospitals.

He spoke of how wonderful the staff were and how caring they were and how much he appreciated the time and space staff gave him and his wife during their final weeks together.

I was so touched that he sought me out to tell me his story. I was also very proud that the care provided by our teams made a devastating



time for him and his wife more bearable and allowed them to part with such fondness and care.

We do get people expressing concern about the access to, timeliness of, and communication about our services yet it is stories like the one this gentleman gave me that we should always keep in the forefront of our minds as a reminder that we do provide great care and it does make a difference.

*Wayne Jones  
Chief Executive*

## From the Board Chair

Northern NSW has a growing and ageing population which will bring challenges to health services and the community.

In October I travelled overseas to attend a couple of international conferences of interest; specifically the International Society of Vascular Behavioural and Cognitive Disorders Meeting (VAS-COG) in Amsterdam, and the Canadian Association of Gerontology (CAG).

One presentation at the VAS-COG Meeting related to 'Baby Boomers' reaching Dementia 10 years later in life than that of their parents.

Better treatment of hypertension, maintenance of Vitamin D levels, lower fat diet and higher level of education were associated with this change. Statistics quoted were a drop from 8.4

percent to 2.9 percent of patients with Dementia at 75 years of age.

In relation to the CAG meeting I noted that Australia is at the forefront of aged care in many aspects.

With the North Coast having the highest percentage of people over the age of 65 and with the total population, growing rapidly, it is important to ensure that our people age in a healthy state of mind and body, and continue to live in their own homes for as long as possible.

This includes the need to ensure strategies are introduced to reduce risk factors associated with dementia.

I was pleased to note that this year's Northern NSW Community Engagement Conference to be held in December 5 and 6 includes two presentations of interest for this area

of Health Literacy: Partnering in Health Care and Mobilising the Community to Create a Dementia Friendly Tweed.

A copy of the Conference program is available at: <http://nnswlhd.health.nsw.gov.au/about/northern-nsw-local-health-district/community-and-clinical-engagement/conference-2015/>

This year the Board's Annual Community and Stakeholder Public meeting will be held on Tuesday 6 December 2016 at 3pm at the Ballina Surf Club. This will allow community and staff members who are attending the Northern NSW Community Engagement Conference to stay behind and attend.



# Healthy minds in the glovebox

Rural Adversity Mental Health Program (RAMHP) coordinators for Northern NSW Local Health District, Sam Osborne and Steve Carrigg, spent October encouraging locals to think about how they service their minds.

Sam has recently been appointed as the new RAMHP Coordinator working across both the Northern NSW and Mid-North Coast Local Health Districts.

Sam has 10 years' experience as Senior Social Worker, and most recently Manager, of the Clarence Valley Mental Health Services.

As part of Mental Health Month activities, Steve and Sam launched this year's

Glove Box Guide to Mental Health.

The team handed out information across the NNSW and Mid North Coast LHDs about the Glove Box Guide and other resources about mental health issues.

The Glove Box Guide to Mental Health is a partnership between the Centre for Rural and Remote Mental Health's (CRRMH) RAMHP and The Land.

Sam and Steve said the Guide was a valuable resource and played an important role in raising awareness about mental ill-health as well as improving the well-being of people in rural and remote NSW.

"The Guide helps to reduce stigma and break



**RAMHP staff, including co-ordinator Sam Osborne, left, encouraging locals to focus on their minds.**

down barriers," Steve said.

"By people sharing their personal stories, there is a greater awareness about mental illness and the fact that people can still live

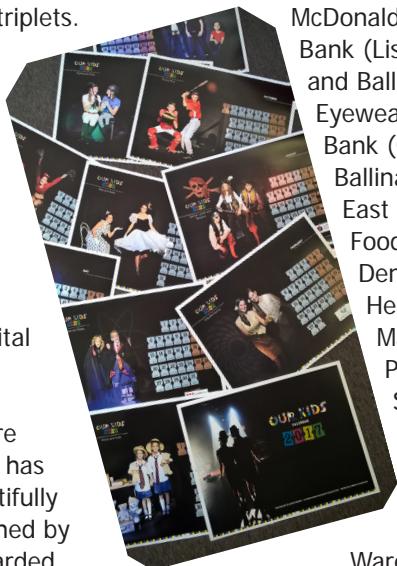
healthy meaningful lives.

"It also makes people aware of what to look out for, how to support someone who is struggling and how and where to seek help."

## Seeing double!

Supporters of the annual Our Kids Calendar can be forgiven for thinking they are seeing double, with the focus this year being on twins and triplets.

The annual Calendar features children who have spent time in the Lismore Base Hospital Children's Ward and Special Care Nursery. It has been beautifully photographed by highly-regarded press photographer, Jacklyn Wagner and designed by local designer Soren Hjorth.



to improve children's health services of in the Northern Rivers.

The calendar will be available from: LBH, McDonalds, Westpac Bank (Lismore, Casino and Ballina), Budget Eyewear, Greater Bank (Casino, Ballina, Lismore), East Ballina Foodstore, Kyogle Dentists, Lennox Head Pharmacy, MacDonalds Pharmacy, Scotts@ Molesworth, Angus and Coote and the Book Warehouse.

**Photo: Lismore paediatrician Dr Chris Ingall with triplets Thomas, Jamie, and Brady who feature the month of December.**



## Health District scoring a few runs

The expertise, hard work, and dedication of NNSW LHD staff gained State-wide attention during the recent NSW State Health Awards (see below).

I would like to add my congratulations to Rosa Flaherty on her personal award of Staff Member of the Year, and to the two teams who won their individual categories.

While not wanting to in any way diminish the winner of our local Quality Awards this year, having attended the award ceremony I did think on the night that the Child At Risk eMR alert developed by Rosa and her team was a stand out project.

My personal view has now been echoed by our peers across the State and, in my opinion, quite rightly so!

The issue of child protection is of growing concern in Northern NSW.

Across our LHD, figures

from the Bureau of Statistics indicate that in 2011, 12.24 per cent of our children were at risk of significant harm.

It is unlikely that this figure has declined in the past five years.

It is alarming that one in 10 of children living within our LHD are at risk of significant harm.

The Health and Education sectors are often where problems within a child's home environment first become evident.

As we all learn through Mandatory Training, child protection is every staff member's concern.

The eMR alert system devised by Rosa and her Child Protection team has taken enormous steps in enabling a process by which a child suspected of being at significant risk of harm can be observed whenever they come into contact with the LHD, ensuring a greater

level of protection for that child.



For those of you who love a good medical rescue show, keep an eye out for the next season of Air Rescue.

Air Rescue is an observational documentary series following the work of the rescue crews of the Westpac Rescue Helicopter Service.

For the two months of August and September, the crew filmed within the Lismore Base Hospital Emergency Department.

Having just viewed an early screening of Episode 1, I can totally recommend it!

**Lee McDougall**  
Acting Editor



### Contributions

*Northern Exposure* is an excellent tool for promoting and sharing your project, celebration, initiative, success or event.

This publication is distributed to more than 6600 staff in NNSW LHD and many of our stakeholders.

To submit your story for consideration, please send clear photos with captions and about 200 words describing the story to [lee.mcdougall2@ncahs.health.nsw.gov.au](mailto:lee.mcdougall2@ncahs.health.nsw.gov.au). Photos and dot points with all the information are most welcome. For inquiries phone 6620 2141.

Publication is at the discretion of the Editor and Chief Executive. Items may be edited for length, style and quality.

## NNSW LHD scoops State Health Awards



**NNSW LHD has come out on top of the NSW State Health Awards, held recently in Sydney.**

**LHD Child Protection Manager Rosa Flaherty, pictured left with NSW Health Minister Jillian Skinner, was named NSW Health Employee of the Year.**

**Winning the Local Solutions**



**Category: Child at risk electronic medical record alert was, pictured centre, from left, Rosemaria Flaherty, Nicole Ashby, and Janine Holston while Early diagnosis of dementia - Memory assessment program team Liz Flack and Dr Lana Kossoff, below right, won the Collaborative Team Category.**



# Community nurses take a bow

The hard work and dedication of Murwillumbah's Community Nurses was recognised in September as part of Community and Primary Health Care Nursing Week.

Executive Director of the Tweed Byron Health Services Group Bernadette Loughnane said Community and Primary Health Care nurses were a mix of enrolled nurses, registered nurses and nurse practitioners who work in various settings across the region.

"Community and Primary Health Care Nursing Week aimed to celebrate the contribution community nurses make in our community and highlight the impact primary health care has on individuals and the community," Ms Loughnane said.

"Community and Primary Health Care nursing practice includes health promotion, illness prevention, treatment and care of the sick, advocacy and rehabilitation which all aim at supporting individuals to more effectively manage their well-being within their communities and improve health outcomes."

Community Health Nurses across the NNSW LHD provide specialist nursing services in the patient's home including wound care, continence advice and management, palliative care and the Hospital in the Home program to



**Murwillumbah Community Nurses, from left, Laura Mattocks Acting Nurse Unit Manager, Sharyn Flavel RN, Deb McIlveen Clinical Nurse Specialist, Liz James RN, and Yolande Snyder Transition to Practice RN.**

support early discharge from hospital.

Other services offered by community nurses include Diabetes education,

pulmonary rehabilitation and respiratory service, Cardiac rehabilitation and heart failure program.



## Running for fun

The annual Byron Lighthouse Run was held during October with funds raised this year going towards a prone breast board for the Lismore Base Hospital's Radiation Oncology unit.

Stephen Manley, Northern NSW Local Health District's Radiation Therapy manager, said the generous donation would benefit a large percentage of the 10 women a day treated at the unit.

"The new generation of breast boards allows for

treatment of lymph nodes as well as the breast," Stephen said.

"It ensures more accurate treatment, as well as greater patient comfort and will be a welcome addition to the unit."

**Pictured, from left, Dr Julian Amalaseelan (Radiation Oncology), Stephen Manley (Radiotherapy Manager), Marshall Fittler (Crackin Cancer President), and Brigid Kramer (Byron Lighthouse Run organiser).**

# Single-point aged care access

A single entry point for access to Commonwealth-funded aged care services is proving beneficial for NSW LHD staff assisting residents aged over 65 years receive up-to-date information about Australia's aged care system and access to services.

NSW Health Far North Coast Regional Assessment Service (RAS) Manager Sue McGuigan said the My Aged Care national gateway commenced on 1 July 2015, with the new service covering both NSW LHD and assisting Mid North Coast LHD as far as, and including, Coffs Harbour.

"NSW LHD has responsibility for the NSW Health Far North Coast RAS, with staff co-located with the Aged Care Assessment Team (ACAT) in Tweed, Ballina and Grafton," Sue said.

"We accept referrals from the My Aged Care contact centre and organise a face-to-face home support



assessment using the National Screening and Assessment form. From this, the RAS assessor develops a support plan reflecting the goals, needs and preferences of the older person."

The outcome may include referral

to Commonwealth Home Support Services (now CHSP, previously HACC) such as meals, transport, social support and domestic assistance. It may include referral to private or non-government services.

"The number of referrals to Far North Coast RAS has been gradually increasing since commencement in July last year with the service now seeing on average 60+ clients each week," Sue said.

"Unlike other LHD services, RAS is not funded but must earn its budget by completing assessments, so all support from NSW LHD staff is greatly appreciated."

□ *My Aged Care [www.myagedcare.gov.au](http://www.myagedcare.gov.au) is an Australian Government website and National phone line 1800 200 422 providing up to date information about Australia's aged care system and services.*

# Grafton offering specialist care

A program designed to reduce hospital admissions and improve care for older people in the residential aged care setting has been launched at Grafton Base Hospital (GBH).

The Specialist Geriatric Outreach (SGO) into Residential Aged Care Facilities (RACF) Project sees an integration of services between acute care services, primary care, and RACFs.

The project is a partnership between the NSW LHD, the NSW Agency for Clinical Innovation (ACI), NSW Ambulance, North Coast Primary Health Network (NCPHN), and local residential aged care facilities.

"We are committed to delivering appropriate, patient-centred care to people residing in aged care facilities in order to help maintain their health and independence," NSW LHD Project Officer Kate Russell said.

"By implementing this program,

we are looking to provide the local community with an enhanced patient experience, a decreased length of stay for hospital admissions, improved coordination and partnerships throughout the patient journey from residential facilities to the Emergency Department (ED), faster response time for assessments, and appropriate interventions for RACF residents."

The project is part of a State-wide improvement initiative led by NSW ACI.

"Evidence has shown that treating elderly patients in their place of residence not only improves their experience and comfort, but can also improve health and wellbeing outcomes," ACI Implementation Officer Sarah Smith said.

"Working collaboratively with our NSW Ambulance and General Practitioner colleagues, we can deliver a level of care which ensures our

vulnerable residents receive the right care, at the right time, at the right place."

The SGO program includes a central point of contact for RACF staff to speak to hospital staff should a resident begin to feel unwell, assessment of the resident at the aged care facility, a care plan to be developed should the resident require any additional care, and a feedback loop with the GPs who regularly visit the resident in the RACF.

"Initiatives similar to this program have had a very positive affect on the Grafton community," Ms Smith said.

For more information on the SGOP, visit [www.aci.health.nsw.gov.au/make-it-happen/cip](http://www.aci.health.nsw.gov.au/make-it-happen/cip).



# Meet our new Board members

## Carolyn Byrne

Carolyn's professional career spans almost 40 years in Health, Education and Law.

Carolyn's experience in the health industry was originally as a clinical nurse, working in Critical Care areas of a number of public and private hospitals in Victoria, NSW and Queensland before becoming an educator/lecturer to nurses, allied health professionals and undergraduate medical students.

Carolyn trained at the Royal Children's Hospital, Melbourne, prior to completing a Critical Care Qualification and Bachelor of Nursing at Deakin University.



She continued her studies by completing several degrees in Education and Law, and is currently a practicing solicitor and also lectures at Bond University in the Faculty of Law.

Carolyn has been a Councillor on Tweed Shire Council for over four years.

Carolyn represents Tweed Shire Council on a number of Boards

including the Regional and State Public Library boards and Council's Audit Committee, and has chaired the Community Engagement Advisor Committee for the NNSW LHD, engaging with consumers and advocates of consumers receiving health services in this region.

## John Griffin

John was formerly General Manager, Tweed Shire Council. Prior to coming to the Tweed in 1991, he was City Manager, Keilor (Victoria) and formerly GM, Northern Territory Electricity Commission.

John's career started with a scholarship for engineering studies from the State Electricity Commission of Victoria where he became a senior manager.

He has previously served on the Murwillumbah Hospital Board and was a Services Member of the



Veterans Review Board.

Currently he is a State appointed Member of the Joint Regional Planning Panels, a director of the Northern Region Westpac Helicopter Rescue Service, a director of Twin Towns Services Club, and Secretary of Tweed Heads and Coolangatta RSL Sub Branches.

John was a member of HRH Duke of Edinburgh 6th Study Conference and recipient of the AN Walls Local Government Scholarship studying local government in the USA.



Michael is currently Director of Corporate Services with Healthy North Coast Ltd (operationally North Coast Primary Health Network) having been with the organisation since inception as North Coast NSW Medicare Local Ltd in 2012.

Michael has been actively involved in shaping the organisation and working through the changes required as the structure and purpose of Primary Health Networks has evolved.

Michael has served on many boards and been intricately involved in advising, reporting to, and

working with boards of the organisations in which he has worked.

During employment within the Higher Education sector (five years Director of Financial and Business Services - Southern Cross University) and the Health sector (10 years in various roles with Mid North Coast and North Coast Area Health

Services, four years Healthy North Coast Ltd) he has gained extensive experience in the areas of governance, strategic planning, financial management, human resources, information technology, risk management and procurement.

## Susan Nancarrow

Susan is Professor of Health Sciences in the School of Health and Human Sciences at Southern Cross University and the Chair of Academic Board.

Susan originally trained as a podiatrist, but has been working across disciplines as a health services researcher for nearly 15 years.

She has a particular interest in health workforce research and reform, service delivery and organisation.



Southern Cross University, Susan worked in Sheffield, in the UK for 10 years, examining workforce change in the NHS.

Susan is particularly committed to regional and rural health issues and capacity building. She is currently

leading a large project to map Victoria's allied health workforce.

Susan lives with her family on the far north coast of New South Wales and is a keen surfer in her spare time.

# Koori Knockout a huge success



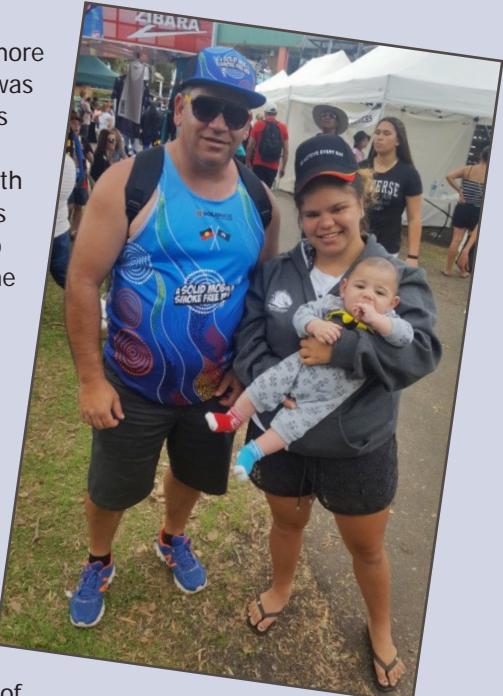
The 2016 Koori Knockout, held in Lismore during the last weekend of September, was a huge event for Aboriginal communities across the NNSW LHD and beyond.

Grantley Creighton from Mental Health coordinated the entire event which was a great opportunity for communities to get together, catch up, and watch some great Rugby League.

This year the NNSW LHD Health Promotion team coordinated a Healthy & Active collective response, partnering with North Coast Primary Health Network, Solid Mob, YWCA Communities for Children, Public Health and Aboriginal Health to promote several key health messages to Aboriginal communities.

These messages were:

- Eat healthy tucker
- Be active and exercise
- Be part of a smoke free, grog free mob
- Connect to my health records
- Be deadly, be wise, immunize



## Facts

There are now more than 260 live and localised HealthPathways and 95 pathways in draft/development stages!

There are a number of Pathways localised across a range of clinical streams: Child Health, Cardiology, Respiratory, Musculoskeletal, Ophthalmology, Aged Care, Gynaecology, Diabetes, Renal, Public Health, Sexual Health, to name a few!

## New HealthPathways Directory - Improvements to referral pages and provider information

You will notice some improvements to the appearance of referral pages over the next few months.

To improve usability, the Mid and North Coast Health Pathways program has adopted the HealthPathways Directory.

The directory will enable the HealthPathways team to:

- Provide a more streamlined

and user-friendly referral page; and

- Rapidly update and publish service provider information.

The Non-acute Paediatric Medical Assessment is an example of one of the new referral pages that can be seen by logging into HealthPathways.

## Easy Access to HealthPathways at NNSW LHD

Did you know that LHD clinicians can access HealthPathways via an icon which is located on all LHD desktops?

Simply click on the Blue and Green "H" icon to access. You can also link to HealthPathways via the link which has recently been added to Work Support Centre on the Intranet.

## Great New Feature

HealthPathways users will notice that we've added an "Expand All Drop-downs" button to the footer of all HealthPathways. The button enables users to open or close all the

drop-down boxes within a pathway or referral page, with just one click.

## Keep us informed!

If you have any feedback regarding any of our published HealthPathways or our Website, please let us know! Submit your feedback via the 'send feedback' button located at the top right of the pathway page.

To view Mid and North Coast HealthPathways localised for our region visit: [manc.healthpathways.org.au](http://manc.healthpathways.org.au)



Username: manchealth - Password: conn3ct3d

For further information email [kkeyte@nchphn.org.au](mailto:kkeyte@nchphn.org.au)

# Our Kids say 'thanks'

This year's Woolworths' Wall Token campaign had an incredible result for local charity, Our Kids, with an amazing \$54,772 raised for Our Kids to help purchase vital paediatric equipment for Lismore.

Woolworths has supported Our Kids for 12 years and have played a significant part in helping Our Kids to purchase items such as BP machines, breast pump, baby weighing scales, humidicrib and providing free TV access in Children's Ward.

This significant donation from the Token promotion will purchase much needed equipment for Special Care Nursery.

"It is great to see our community support this promotion in Woollies as it will have direct results with our kids who need medical care," Rebekka Battista, Our Kids Fundraising Coordinator, said.



**Our Kids Fundraising Coordinator Rebekka Battista, right, with Woolworths Ballina store manager Nori Bensley and staff from Woolworths' staff across the Northern Rivers.**

## New meals for Byron

A new system for preparing and serving patient meals at Byron Central Hospital has improved the patient experience by providing a more personalised service and even better food.

My Food Choice was introduced in September by HealthShare NSW, which provides patient meal services in NSW Public Hospitals and NNSW LHD.

Patients are now able to order their meals just two to four hours ahead of meal time.

Staff take each

patient's order using tablet computers with the orders sent to the kitchen by Wi-Fi for immediate action.



This has helped to support patient nutrition and cut waste as patients can choose the meal they feel most like eating.

Working in small teams,

the same staff members take the orders, prepare the meals, then deliver and collect the trays for a small group of patients.

Staff are also collecting food intake information, helping dietitians to assess each patient's nutrition status.

Patients are able to choose from more than a dozen hot meals every day, with a pictorial menu assisting patients with their selections.

A separate vegetarian menu is also available, with some vegan options.

## Breeding bats best left alone

As the bat breeding season begins NSW Health is warning people not to approach or handle injured bats and flying foxes to avoid exposure to the potentially fatal Australian Bat lyssavirus, which is closely related to the rabies virus.

So far this year, more than 400 NSW residents have been given rabies post exposure prophylaxis (PEP) following high-risk exposures to potentially infected animals.

About one-quarter had been bitten or scratched by a bat in Australia, while the others had come into contact with potentially rabies-infected animals overseas.

Dr Vicky Sheppeard, Director of NSW Health's Communicable Diseases Branch, said five bats this year in NSW had been confirmed as having lyssavirus.

"We are concerned that with the bat birthing season, people may pick up or attempt to rescue young and miscarried pups that may be on the ground," Dr Sheppeard said.

"Evidence of infection in several bats this year highlights the importance of avoiding bat bites and scratches."

Lyssavirus infection can result in a rabies-like illness which is very serious and, if not prevented, fatal.

# Fresh start for COS

On July 1 2016, NNSW LHD appointed COS as the sole supplier for the provision of Stationery and Bulk Janitorial products under the NSW Procurement contract 101 and 102.

This appointment signified a fresh start for COS delivering excellent value for money to reduce costs to the LHD and provide tailored delivery services across Corporate Services and Patient Care.

NNSW LHD is a major customer of COS and a significant contributor to the Brisbane branch that supplies the Northern Rivers region.

COS is a family-owned business. Founder and Managing Director Dominique Lyone has grown the business sustainably to give back to the Australian community through customers such as NNSW LHD through their Lyone Foundation - visit [www.lyonefoundation.com.au](http://www.lyonefoundation.com.au) for further information.



**At rear, Executive Director Finance James McGuigan, COS National Account Director Damon Buckle, bear witness to, at front, NNSW LHD Chief Executive Wayne Jones and COS National Sales Manager Senada Mujushi signing the contract.**

# Healthy cooking

NNSW LHD Health Promotion Unit is inviting residents to participate in a Healthy Local Food Cooking Challenge.

Acting Health Promotion Manager Gavin Dart said it was the region's first Healthy Local Food Cooking Challenge.

"To enter, participants must submit a short video of them creating a healthy meal using fresh ingredients from local farmers markets, farm gates, or grown at home," Gavin said.

"Farmers' market vouchers of \$100 will be awarded to the most appealing, healthy and creative entries."

Full details of the Health Food Challenge are available at on the NNSW LHD website at <http://nnswlhd.health.nsw.gov.au/health-promotion/cookingchallenge/>.

## Car leasing, made easy!

### What is a novated lease?

A three way agreement between you, your employer and a finance company.

With a novated lease you've got choice - salary package a new, used or even your current car!

### • Time for your dream new car?

- Smartleasing can save you time and money:
- Our buying power means we'll find your new car at a great price
- Pay no GST on the purchase price of the car
- Our affiliations with local car dealers means we can source your ideal car and even arrange the test drives for you

### • Got your eye on a used car?

Salary package a used car as long as it's less than 8 years old at the end of the lease.

### • Happy with your current car?

No problem, whether you own your current car outright or it's on finance - you can effectively 'sell and lease back' this car.

**smartsalary**  
saving money, made easy

**smartleasing**  
by smartsalary

### What is an associate lease?

Your associate (spouse, partner, family trust or company) 'leases' a family car that they own to your employer - and your employer then provides the car back to you as a salary packaged fringe benefit. For your associate to be eligible to do this they must register for an ABN. The main advantage of an associate lease is that you can divert some of your taxable salary to a family member, trust or company to be taxed at a lower rate.

**Better still— with ANY car lease you can enjoy these great benefits:**

- Tax savings on your lease payments, insurance, rego, CTP, fuel and other running costs
- Fleet rates on service and maintenance
- A choice of fuel cards
- A wide range of vehicle insurance, warranty and membership products and services.

### Interested?

To find out how you could benefit from a car lease with Smartleasing, call them on **1300 118 245**.

# Art therapy for Breast Cancer

Ballina Rehabilitation/Transitional Care Unit Diversional Therapist Tracey Beck found a unique and creative way to mark October's Breast Cancer Awareness Month – a pop up display of patient-created artwork.

"The paintings were done by patients in the Ballina District Hospital Transitional Care Unit who all had cognitive impairments of varying degrees," Tracey said.

"The activity highlighted the fact that although a patient's ability to



recall certain things may be impaired, their ability to be creative and to be able to contribute their 'recipes of life' remains intact."

Working with her patients, Tracey encouraged them to paint their 'Tree of Life' and share some words of wisdom based on their individual life journey.

"In Celtic law the tree of life symbolises balance and harmony in nature, wisdom, long life and strength," Tracey said.

"Some of the patient's recipes of life were truly inspiring."

Some of the patients 'recipes' included:



"Well you have just got to laugh."

"Doing things for others helps a lot also I keep walking as I have never driven."

"Listening to the trees and whistling to the birds."

"Keep the boys on their toes and play bridge."

"Live clean, be honest and practise what you preach."

"Keep happy, laugh a lot and always be honest"



## Public comment on MH

The National Mental Health Commission is inviting input into the Review of the services available to veterans and members of the Australian Defence Force in relation to the prevention of self-harm and suicide.

A survey is now online and written submissions can also be made at [www.nmhcreview.com.au](http://www.nmhcreview.com.au) until 22 November 2016.

The Commission will present an interim report in December, with the final report due in February 2017.

## Workforce forum popular

This year's Workforce Forum, held recently at The Tweed Hospital, was very well received with more than 80 Managers in attendance.

Attendees were provided with valuable information

during a range of sessions focussing on the changing face of social media, bullying and harassment, cultivating a positive workplace environment and, of particular interest,

was the session presented by Inspector Bobbie Cullen and Senior Constable Adam Curtis from NSW Police, Tweed Local Area Command, pictured, on personal safety in the workplace.

# The last word ...



## Farewell Johnny Bangalow

Financial services staff of Lismore Base Hospital (LBH) gathered recently to say a fond farewell to John AcAnelly, affectionately known as 'Johnny Bangalow', after 43 years working for the Health Service.

John, pictured with some of his

finance colleagues, commenced working at Bangalow Hospital in July 1973 as a payroll officer and moved to Mullumbimby District Hospital in 1984 following the closure of Bangalow Hospital. He worked there as payroll officer until 1995, when

he transferred to LBH working within payroll until 2007 when he joined Health Support. He then joined the Workforce Directorate in 2011, becoming the Cashier in Financial Services, before joining the Patient Fees team in 2012.



## Crackin' donation

Crackin' Cancer co-ordinator Marshall Fittler presents Richmond Clarence Health Services Group Executive Director

Lynne Weir with a \$5000 cheque towards the purchase of ECG machines in Wards of LBH.



## Contagious festival

NNSW LHD Chief Executive Wayne Jones with Child Protection Manager Rosa Flaherty at the 2016 NSW Health Innovation Symposium 'Festival of Contagious Ideas' Olympic Park, Sydney