



Dear staff,

Next Tuesday, 10 September we are holding a Sweets and Socks R U OK? Morning tea from 10.00-11.00am on the Terrace, Herston Quarter Public Realm. This event is designed to foster connection and show appreciation ahead of R U OK? Day on Thursday 12 September.

R U OK? Day Ambassador Jo Hassan will be guest speaker at the Sweets and Socks event, sharing insights into the importance of R U OK? Day conversations in healthcare. There will also be gift bags, a raffle and a visit from our STARS therapy dog 'in training'.



**Face-to-face R U OK? Day training will be held on 12 September in Room G04 from 9.00-10.00am.**

### New staff

I would like to extend a warm welcome to Lynette Bell who has recently started at STARS in the Indigenous Hospital Liaison Officer role. Lynette is a Wulgurukaba, Juru, Bindal, Wakka Wakka woman, on her father Percy Bell's side, with her mother Ivy Bell (nee Appo) being born in a small community named Goodnight Scrub near Childers.

Lynette has previously worked in State and Commonwealth Governments in program and project development and as an advisor to Director Generals on First Nations Affairs. She has also held positions on advisory committees to The Chief Justice Magistrates Court Qld and Metro South Health and is a Justice of the Peace Qualified.

*"My role as the IHLO is to assist the patients and their families through their sometimes complex and daunting journey through STARS, whether it be as an outpatient or inpatient.*

*Culturally appropriate support and advocacy can be in the form of chaperoning at appointments, bedside visits, travel support and coordination for rural and remote patients and collaborating with clinical staff and doctors."*



On a personal note, Lynette is a bit of a thrill seeker - be it motorcycles or flying over Brisbane and surrounds on an RAAF C-17A Globemaster.

### Success for STARS Dietician Hannah

A big congratulations to STARS Dietician Hannah Olufson for winning the Practice-based Evidence in Nutrition (PEN) Prize at the recent Dietitians Australia Conference. Hannah also presented 'Putting People at the Centre of Their Care: Insights from nutrition care in rehabilitation, in partnership with Scott Harding, a Metro North Consumer representative.

Hannah was also the winner of the Higher Degree Research Awards at this week's Herston Symposium

where she presented her work on co-designed patient nutrition videos. You can read more about Hannah's co-designed video project [here](#).

## Research Excellence Awards

Last night I had the pleasure of attending the Metro North Research Excellence Awards. It was wonderful to see researchers across Metro North being recognised for their work. Congratulations to Jennifer Muller who was the winner of the Partnering with Consumers in Research Award. Jennifer's involvement and contributions to research as a consumer advocate, mentor, and co-facilitator in research projects and initiatives across Metro North and beyond has led to high quality outputs with demonstrable impact on the lives of people with a range of health conditions.

At STARS Jennifer has been involved in the development of the STARS Research Consumer network, co-designing procedures and policies for engaging with consumers, co-designing critically appraised topic groups at STARS and evaluating consumer involvement in research across the Herston precinct. Congratulations also to Scott Harding for his nomination in this category.



## Metro North Staff Excellence Awards

Nominations for our Metro North Staff Excellence Awards have now opened. The awards celebrate our staff who make a significant contribution and demonstrate a strong commitment to our values, either as individuals or a team. There are also four new categories awards this year including:

- Board Safety and Quality
- Excellence in Consumer Partnerships
- Emerging Leaders
- Non-clinical Excellence in Operations

Please take a look at all the categories and consider who you could [nominate](#). In the past STARS have been well represented at the Awards and I would love to see this continue.

For those of you who like to attend the Awards night, the event will take place on Friday 22 November at Brisbane Convention and Exhibition Centre.

## Metro North Health community Facebook page

Metro North Health is trialing a new way for everyone to share good news about what's happening across the hospital and health service.

The new Metro North Health Staff Community Facebook Page is now open and we're all [invited to join](#). The page has been designed to give Metro North staff more options for sharing fun events and good news in a more convenient and interactive way.

Joining the page is optional and it won't replace any of our traditional information channels or be used for confidential or clinical information. The Code of Conduct will also apply to everyone using the page



### Draft model of care for spinal cord injury

As we recognise Spinal Cord injury Awareness Week (5-11 September), the System Planning Branch in the department would like to recognise and thank everyone who has been involved in co-designing the draft statewide service delivery model for high-quality spinal cord injury care.

The co-design process brought together consumers, families, clinicians, researchers, community services and many other passionate and committed people to design an approach to future service delivery that enables equitable access to consistently high-quality, person and family-centred spinal cord injury care.

Well done to everyone involved.

### Metro North Occupational Violence Roadshow at Herston

The Queensland Occupational Violence Strategy Unit (QOVSU) is coming to Herston on Wednesday 27 November at the RBWH Education Centre. This is your opportunity to talk with the team and to hear how QOVSU and Metro North can support you in Occupational Violence Prevention.



The one-hour education sessions will cover:

- Unacceptable Behaviour Discharge from Care procedure
- Post critical incident supports in Metro North
- Occupational violence initiatives.

There are limited spots, so [register here](#) for one of the four available sessions.

### STARS Gazer

If you haven't already read the latest STARS Gazer newsletter, [you can do so here](#). The newsletter highlights some of the great patient care initiatives, research and staff profiles here at STARS. If you have a story that you think might be suitable for a future STARS Gazer article contact our STARS Communication Advisor Kirsten Braun on [MetroNorth-STARS-Communication@health.qld.gov.au](mailto:MetroNorth-STARS-Communication@health.qld.gov.au).

### Student compliment

This week's compliment comes from one of our students about their placement at STARS.

*I genuinely had the best placement experience I could have asked for and I'm very thankful for the opportunity. Everyone at STARS went above and beyond to make me feel like a part of the team, provide me with learning opportunities, and give me feedback. Working within such a collaborative MDT was incredibly rewarding, and I feel I learned so much from the experience.*

*I also wanted to pass along some feedback about Caitlin specifically. She was incredible to work under and was easily the best clinical educator I have ever had. I learned so much from watching her as a clinician and she always took the time to ensure that I was getting everything I could out of my placement. Caitlin and the rest of the team on 5A are such a huge part of making my experience at STARS exceptional; I truly enjoyed being a part of a team that cares so deeply for their patients and is so supportive of their coworkers and students.*

*Thank you so much again for facilitating this experience, I hope that our paths cross again in the future!*

Kind regards

Dale Dally-Watkins