



Dear Colleagues,

Firstly, well done to STARS Chef Rajesh Pundir and Dietetics & Food Services Site Coordinator Brendan Host who were runners-up in the recent Institute of Hospitality in HealthCare (IHHC) Culinary Competition.

Rajesh and Brendan's original recipe '**Asian-style chicken with wasabi mash, oyster mushrooms, pickled heirloom beetroot and edamame**' scored an amazing 285 points out of 300, only one point behind the winning dish.

The Culinary Competition has become a real highlight of the IHHC conference and it's a wonderful way to bring some recognition to Dietetics and Food Services staff for all the hard work they do providing our patients with nutritious and tasty food.

You can read more about Rajesh and Brendan's success [here](#).



LEFT: Rajesh (left) and Brendan (right) at the competition.

RIGHT: Rajesh's and Brendan's dish Asian-style chicken with wasabi mash, oyster mushrooms, pickled heirloom beetroot and edamame.

Kindness initiatives

Metro North Health is partnering with the [Hush Foundation](#) to embed a culture of kindness in healthcare. Feeling valued and cared for makes a big difference in both your working day and our patient outcomes.

The Hush [Kindness in Action program](#) supports teams to practically apply the key values and behaviours which underpin quality and safety in healthcare. As part of **Kindness Works Here week**, a series of presentations took place on a variety of topics about how workplaces can encourage kindness. If you would like to view the program and watch recordings, you can do so [here](#).

On Wednesday, to celebrate World Kindness Day, Staff Psychologist Allison Welch gave out zipper doopers on level 3, courtesy of the Staff Council. They were a popular choice on such a hot and humid day.

Men's Health Awareness Month

November is Men's Health Awareness Month which focuses on promoting physical and mental wellbeing

among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention.

At the centre of Men's Health Awareness Month is Movember, a campaign encouraging men to grow moustaches to spark conversations about men's health issues.

The MO'STARSCHEID MO'MONIES, a group of STARS staff are participating in Movember this year. If you would like to make a donation you can find their [fundraising page here](#).

Telus Health's monthly webinar has a men's health focus, delving into some of the most pressing health matters for men in Australia, including cardiovascular disease, hypertension, cholesterol and diabetes as well as common cancers in men.

The free webinar is on **Thursday 21 November** at 12pm and you can [register here](#).

Metro North Spinal business case update

We have a meeting with the Systems Planning Branch next Wednesday regarding the spinal business case. We are looking forward to engaging with the new government on the business case.

In other news, Leah Vegh has taken a secondment to the Manager Performance and Planning role at Caboolture Hospital. I would like to thank Leah for all the work she has done in the SIS Project and Program Manager role. If you have any questions about the business case you can contact Ben Hackwood, Meredith Ogilvie-Brown or myself.

Occupational Violence Prevention Roadshow

Occupational Violence (OV) is one of the leading work-related incidents reported by Metro North staff. Types of OV may include physical assault, verbal abuse or harassment, intimidation, threatening behaviour, sexual abuse or harassment or abuse through technology.

To learn more about how to prevent and manage instances of OV, the Queensland Occupational Violence Strategy Unit will be visiting Herston (RBWH Education Centre) on **Wednesday 27 November**. This is your opportunity to talk with the team and hear how they can work with you to help prevent OV.

[Click here to register](#) and secure your spot to learn more about this important issue. You can also read more about OV on [QHEPS](#).

Virtual Courageous Conversations: The Experience™

Virtual Courageous Conversations is an online interactive learning experience delivered by South Pacific Institute that provides Metro North Health with a way to talk about race, intentionally and effectively.

Metro North Health have developed a partnership with the South Pacific Institute to deliver ongoing sessions to discuss unconscious bias and various forms of racism. Addressing unconscious bias and actively eliminating racial discrimination and institutional racism within the service is at the forefront of our organisation's priorities under the legislated Metro North Health Equity Strategy 2022-2025.

I encourage all staff to undertake these training sessions. You can register your interest by searching 'Virtual Courageous Conversation' on [TMS](#).

Christmas decorating competition

It is just over three weeks until we judge the Christmas decorating competition (Tuesday 10 December). If you haven't already registered your area, please do so by Friday 29 November so that we can let the judges know where to visit. We have two themes this year for twice the fun: STARS Circus and Aussie Christmas. I'm looking forward to seeing everyone's interpretations of the themes.

Christmas Staff Breakfast

To thank everyone for all their hard work in 2024, we will be holding our annual free staff breakfast on **Wednesday 4 December 2024, from 6.30-8.30am**.

There'll be the usual yummy breakfast muffin /croissants available, including vegetarian and gluten-free options. I hope you can join us for this end of year celebration.

Staff Shout Outs

STARS received a long list of Staff Shout Outs this month which was wonderful to see. Thank you for continuing to nominate colleagues and teams for the great work they do here at STARS.

Congratulations to the following individuals/teams:

<i>Tamlyn Gillespie</i>	<i>Gemma Stewart</i>	<i>Holly McCarthy</i>
<i>Scott Gillies</i>	<i>Fynn Smith</i>	<i>Jacob O'Brien</i>
<i>Leigh Bradley</i>	<i>Christoper Welch</i>	<i>Cheryl Costello</i>
<i>Tyson Branch</i>	<i>Rachel Levine</i>	<i>Erin Huttenmeister</i>
<i>Megan Wallace</i>	<i>Samantha Waterhouse</i>	<i>Raj Singh</i>
<i>Joss McCarthy</i>	<i>Darryl Seip</i>	<i>Angela Williamson</i>
<i>Kylie Short</i>	<i>Cecelia Boyd Orford</i>	<i>Kate Glastonbury</i>
<i>Lisa Scorgie Smith</i>	<i>Leanne Hepnar</i>	<i>PSO team</i>
<i>Jorja Potts</i>	<i>Emma Driver</i>	<i>Dietetics and Food Services team</i>
<i>Zachary Tedim</i>	<i>Nicole Stalley</i>	<i>Level 4 PSO team</i>
<i>Desilee Schwarze</i>	<i>Bhargavkumar Parek</i>	<i>STARS Physiotherapy team</i>
	<i>Alice Morton</i>	

If you would like to give a Shout Out to someone for this month you can do so [here](#).

Patient compliment

This fortnight's compliment is for staff at the Oral Health Centre. A lovely reminder of how important the health of our teeth can be.

"I have left a 5-star Google review for Herston Metro North Dental Clinic (and assistants and front desk officer). My daughter has been receiving treatment from them for about 24 months.... This team in clinic 3.4 have transformed my daughter's smile and oral health."

Kind regards

Dale Dally-Watkins