



Summary:

- 2025 CKW Staff Excellence Awards
- QSuper International Day of the Midwife and International Nurses Day award
- Happy retirement Garry Chesson
- Metro North Safety & Quality Month
- Get ready for R U OK? Day

Message feedback



Audience: All staff



Read time: 7 min



For: Information

Kia Ora CKW team,

We started this week with a public holiday and it being a show day, I realised that it was already August and reflected on how fast this year has flown. I have mentioned before that there is in fact research that outlines as we get older there is less new things that we learn and therefore the perception of life moves faster. So, my theory of it just getting busier is out the door!

On Tuesday, CKW Director of Performance and Planning Nikia Goldsmith and I had the opportunity to meet with the Somerset Regional Council Social Plan Advisory Committee. This meant a drive to Esk, but it was a great opportunity for us to inform the Council about our services and to hear about their insights and views on the health care we provide in their region. CKW provide services to communities served by two different councils, the City of Moreton Bay for Caboolture, Bribie Island and Woodford and the Somerset Regional Council for Kilcoy. Both of these regions are growing and this will be a significant consideration as Metro North heads into Clinical Services Planning over the next few months.

Back to the Ekka-citement, especially for Kilcoy Hospital with administration officer, Renee Retschlag, taking out the champion Jill & Jill sawing at the Brisbane Ekka.

Congratulations to Renee and her saw partner Rhiannon! Renee and her family play an important role within the Kilcoy Show timber sports.

I just love hearing about what our staff do (and excel at) outside of work.



2025 CKW Staff Excellence Awards ceremony - save the date

The nominations are in and we are now in the process of carefully going through a whopping 258 nominations across 13 award categories. Well done CKW!

This is a save the date for the award ceremony which will take place on Thursday 28 August 10:30am – 11:30am in the Auditorium. I look forward to seeing you all there in person but if you can't make it, please join us on [Teams](#).

QSuper International Day of the Midwife and International Nurses Day competition award

Congratulations to Sandra Lee who won the QSuper International Day of the Midwife and International Nurses Day award. Sandra was nominated by her colleague, Jayne Herring, which read:

Sandra should be congratulated and celebrated for the wonderful team spirit she brings as team leader of our Antenatal Clinic. She always strives to find ways to enhance the smooth running of our busy clinics to best cater to the women we care for, all the while supporting our busy MACIE midwives any way she can. Thank you Sandra for making Caboolture ANC a pleasure to be part of.

Thanks to Justin Bryson from QSuper for hand delivering the well-deserved prize pack to Sandra this week.





Happy retirement Garry Chesson

This week, we said farewell to Garry Chesson as he embarks on his retirement. Garry also known as 'Gazza' has worked at Caboolture Hospital as part of the operational team for just over nine years and for seven of those years, he has been part of the outpatients team.

I was so sorry to miss this event as Garry was a much valued and loved team member within the entire hospital. Wherever Garry went, he made his mark with his great work ethic, big smile and humorous jokes. I will certainly miss the friendly welcomes and chats when I saw him!

Garry is going to be spending his retirement doing some traveling with his wife Jenny and their little fur child (dog), Kevin and spending time with his family. We wish Garry all the best.

Metro North Safety & Quality Month

August is Safety & Quality Month at CKW and across Metro North. This week we are highlighting the work of the Clinical Governance Unit.

Safety & Quality Compliance Officer Policy and Procedure portfolio – Hannah Wilshire:

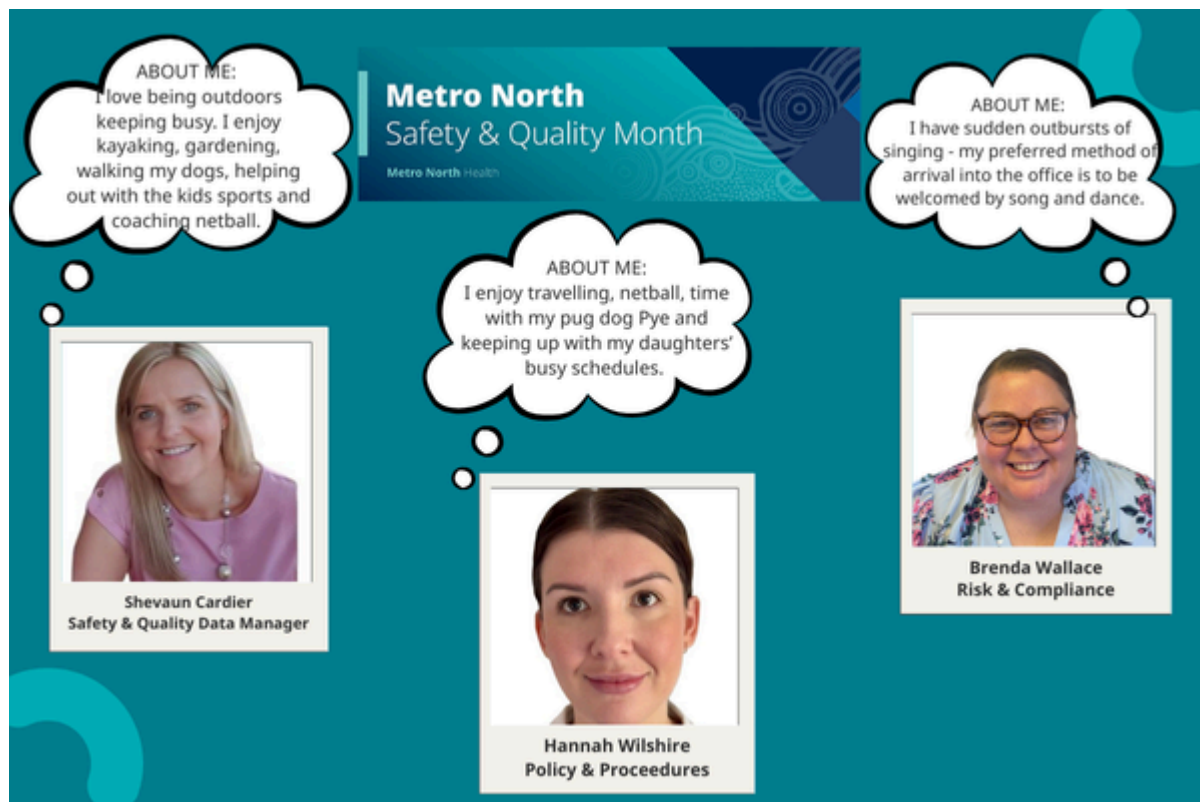
Hannah supports the development, review, and governance of procedural documents, ensuring they meet legislative, accreditation, Metro North standards and works with stakeholders.

Safety & Quality Compliance Officer Risk and Compliance portfolio – Brenda Wallace:

Brenda's role involves leading the organisation's risk management function, coordinating product recalls and alerts. She also supports compliance for audits, ensuring readiness for accreditation surveys.

Safety & Quality Data Manager – Shevaun Cardier:

Shevaun's focus is on developing solutions for the monitoring and compliance of Safety & Quality indicators, National Safety and Quality Health Service Standards and health service agreements and directives.



Mandatory training reminder

Continuing the safety theme, one of the ways we keep our hospital community safe is by completing mandatory training as it becomes due.

To support this, all staff are asked to complete the following modules for completion prior to commencing work on their next shift:

- **General evacuation instructions**
- **First response evacuation instruction**

Staff should also ensure they:

- **Complete mandatory training:** Ensure all required modules, including Fire Safety Training, are current in TMS.
- **Seek support when needed:** If you're unsure how to complete a task safely or are having trouble accessing training, reach out to your manager.
- **Track your progress:** Check TMS regularly to stay on top of your training deadlines.

When we all keep our training up to date, we are helping to create a safer workplace for everyone.



Talk About Newsletter

Read Talk About, the Aboriginal and Torres Strait Islander newsletter. The [August](#)

[2025](#) edition features:

- Australia's Largest Health Service Launches Anti-racism campaign
- Metro North Health builds connections with Kabi Kabi Traditional Owners
- New Gathering Garden opens at TPOCH to support healing and connection
- Health Equity in Action: Strategy launch marks new chapter
- Redcliffe Hospital appoints new Director of Aboriginal and Torres Strait Islander Health



Staff meals and taxi vouchers

When staff work overtime, it is important that we ensure staff wellbeing and safety. In order to do this, those who are undertaking approved overtime may be eligible to access a meal through Food Services with approval from the Hospital Coordinator. Taxi vouchers are also available when appropriate.

Key points to note:

Eligibility: Staff can access one meal per approved overtime shift.

Options: There are currently five meal choices available. Meals will cater to a range of dietary requirements including vegetarian & vegan, halal, gluten free, and allergen free. Food Services will advise the current selection at the time of accessing.

To access food and taxi vouchers: The Hospital Coordinator can provide the taxi voucher and will confirm the meal with Food Services and advise of collection point.



Get ready for R U OK? Day

Thursday 11 September is R U OK? Day. We all have a role to play in looking out and caring for our colleagues and with the success of last year's R U OK? Champion campaign, the nominations are open again this year, encouraging staff to acknowledge and celebrate colleagues who champion the R U OK? message every day.

[Nominate a team member here](#). Nominations close Sunday 31 August, with winners announced the week of R U OK? Day.

How to ask R U OK? training

Want to proactively check in on colleagues but not sure how? Take part in the *How to ask R U OK?* training Thursday 11 September 1-2pm Caboolture Hospital, Auditorium by registering on [TMS](#). Can't make the training? Check out the [R U OK? tips](#) online.

AUGUST

'25

WHAT'S ON

- ★ WORLD BREASTFEEDING WEEK 1 - 7 AUGUST
- ★ DENTAL HEALTH WEEK 4 - 10 AUGUST

- ★ JEANS FOR GENES - FRIDAY 1 AUGUST
- ★ MORETON BAY EKKA PUBLIC HOLIDAY - MONDAY 11 AUGUST
- ★ DAFFODIL DAY - THURSDAY 21 AUGUST
- ★ RED NOSE DAY - THURSDAY 28 AUGUST
- ★ WEAR IT PURPLE DAY - FRIDAY 29 AUGUST

CKW EVENTS

- NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY - MONDAY 4 AUGUST
- YARNING TABLE - WEDNESDAY 6 AUGUST
- ADMINISTRATIVE PROFESSIONALS DAY AWARDS - THURSDAY 7 AUGUST
- CKW STAFF EXCELLENCE AWARDS - THURSDAY 28 AUGUST

Reflection

I was chatting to some staff this week and we discussed why we come to work each day and how we keep going with all the pressures we face. It is evident that the majority of us have a true commitment to our patients, most of us also have a commitment to the community we serve and all of us want to enjoy our workplace, even when it is busy.

This fits with the priorities I shared upon my arrival at CKW, which remain very pertinent today:

1. Safe and quality patient care
2. Building and maintaining community trust
3. Great place to work

We all have a key role in achieving each of these goals and it is important to think about our actions, our focus and what we bring to work each day to positively influence these.

As we go forward, I would love you to send through any thoughts you have about what we should do to work towards these goals at [Ask Karlene](#).

Quote of the day

"When you can't change the direction of the wind - adjust your sails."

H. Jackson Brown Jr



**Got a question
or suggestion for the
CKW Executive Director?**

EMAIL ASK KARLENE



Kind Regards

Karlene Willcocks
Executive Director,
Caboolture, Kilcoy and Woodford

Metro North Health



We uphold our commitment to health equity through our Values in Action
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

Metro North Health's vision

Creating healthier futures together—where
innovation and research meets compassionate
care and community voices shape our services.



**Queensland
Government**

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