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Message feedback



**Audience: All staff**



**Read time: 5 min**



**For: Information**

Dear colleagues,

STARS have seen a large volume of patients treated over the past month, which is a fantastic outcome for all patients and a reflection of the great work undertaken at STARS. I wanted to take a moment to say a big thank you to all the staff here at STARS on the great work you all do, day in and day out.

### Staff Excellence Awards for STARS, Oral Health and VECS

Nominations for the Surgical, Treatment and Rehabilitation Service (STARS), Oral Health Centre and Virtual Emergency Care Services (VECS) Inaugural Staff Excellence Awards are now open. The awards are an acknowledgement and recognition of staff excellence and achievement either individually or in teams.

There are six award categories:

- Innovation
- Excellence in Performance
- Excellence in Integrated Care
- Excellence in Training and Education



- Improving Health Equity, Diversity and Inclusion in Health Care
- Values in Action

The award criteria are the same as that of Metro North Staff Excellence Awards so in most circumstances you can select to have your nomination carried through to those awards. I encourage you all to consider nominating an individual or team for this year's awards. **Nominations close at 5pm on Monday 8 September 2025.**

Please also put in your diary the date for the Staff Excellence Award event, Thursday 14 October 2025, 8.45-10.00am at the Oral Health Centre Auditorium.

## Metro North Research Excellence Awards

Last night I had the pleasure of attending the Metro North Research Excellence Awards to support our four finalists, across three award categories. Although we didn't come away with a win, it was wonderful to see STARS research represented and to hear about the other innovative research taking place across Metro North.



*Professor David Copland, Scott Harding (STARS consumer), Dr Natasha Roberts, Dale Dally-Watkins and Dr Lisa Anemaat at the Metro North Research Excellence Awards.*

## Have Your Say results

If you didn't get a chance to tune into the Have your Say results vidcast which went through the results at a Metro North level, the recording is now available on [QHEPS](#).

Next Friday, Acting Chief Executive, Dr Liz Rushbrook, will be hosting a staff forum at STARS to provide staff with the opportunity to hear more about the Have Your Say results and the

recently refreshed [Metro North Strategic Plan 2024-2028](#).

Friday 29 August

8am-9.30am

Level 1, Room 101/115.



### Safety and Quality Month - Staff Profile Ruth King

With our continued focus on Safety and Quality throughout August, the staff profile this fortnight features Ruth King, STARS Director of Safety and Quality. Having joined STARS in October 2024, Ruth oversees the day-to-day operations within the Safety and Quality Unit.

“STARS provides a different opportunity to work more closely with service lines and clinicians to ensure safety and quality in healthcare delivery for patients,” she said.

“The Safety and Quality Team perform a number of roles including maintaining readiness for accreditation and maintaining clinical governance systems”.

STARS and the Oral Health Centre were assessed against the eight National Safety and Quality Health Service Standards and the National Clinical Trials Governance Framework in February of this year.

“I was actually on a long-planned trip to Fiji to celebrate my 10-year wedding anniversary. It is a bit like missing the Grand Final really”.

“STARS received overwhelmingly positive feedback from the assessment team with highlights including our commitment to partnering with consumers, the newly designed quality activities framework and the integration of clinical governance for the Oral Health Alliance and STARS”.

Outside of work, Ruth competes in weight-lifting competitions several times a year.

“I really enjoy the mechanics of bringing together the different parts of the body to be able to successfully lift a weight”.

“The strength of my body and how much I can lift often surprises me”.



## Compassionate Care Principle Six: Patient centred holistic care

We recognise that a person's health extends beyond just physical symptoms. Considering the emotional, psychological, social, and spiritual aspects of a patient's well-being, ensures that care is tailored to the whole person rather than just their illness.

The Department of Social Work Services provides a range of psychosocial services which are integral to the health care provided to patients. Social workers and welfare workers assist patients and their families in managing the impact of health changes with the aim of maximising the benefit received from their health care.



**Know an R U OK? Champion  
at Metro North Health?**

**➔ Nominate them today**

## Getting ready for R U OK? Day

We all have a role to play in looking out and caring for our colleagues. Nominations are open again this year for R U OK? Day Champions. If you know someone who champions the R U OK? message every day, you can [nominate them here](#). Nominations close Sunday 31 August, with winners announced ahead of R U OK? Day (Thursday 11 September).

If you would like to proactively check in on colleagues but are not sure how you can take part in the *How to Ask R U OK? training* at STARS on Wednesday 10 September, 9-10am Room 116 and online via Teams. Registrations are now open through [TMS](#).



**1-30 September**

**Register your team [HERE](#)**

*Every step counts*

Join us for

**STARS STEPtember!**

Teams of 1-6 | A bonus 100,000 steps for teams with 3 distinct professions | Prizes for highest step count and best team name.

## Register your team for STEPtember

A reminder that there are less than 10 days until the STARS STEPtember campaign kicks off a



month-long campaign to increase daily activity to improve physical and mental wellbeing.

There will be prizes for the highest step count and best team name. See the bulletin for more details.

Get your team together - register your [team name and team captain here](#).

### Join our STARS Bridge to Brisbane team

If you are looking for a way to get your step count up, you can also join the STARS Bridge to Brisbane team, 'Starstruck Steppers'. This year's Bridge to Brisbane is scheduled for Sunday 14 September, with the cost to register either \$69 for a 5km run or \$79 for 10km. All funds raised will go to support the RBWH Foundation.

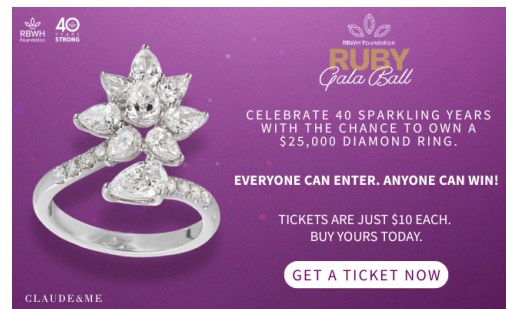


You can [sign up here](#), choosing the 'Join a Team' option and search for 'Starstruck Steppers' to sign up.

For more information contact Raj Singh on [raj.singh@health.qld.gov.au](mailto:raj.singh@health.qld.gov.au)

### RBWH Foundation raffle

To celebrate the 40-year anniversary of the RBWH Foundation, they are giving one lucky person the chance to own a \$25,000 diamond ring. Tickets are only \$10 each. Find out more [here](#).



Finally, next Friday (29 August) is 'Wear It Purple Day' to support the LGBTQIA+ community. Remember to wear something purple to show your support.

Kind Regards

Dale Dally-Watkins  
Executive Director  
STARS

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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