

Metro North Health

Message from the

Executive Director Caboolture, Kilcoy and Woodford

Karlene Willcocks



Summary:

- R U OK? Day
- World Sepsis Day
- World Physiotherapy Day
- Transit Lounge Car Park opens
- Have your Say Survey

Message feedback



Audience: All staff



Read time: 6 min



For: Information

Kia Ora CKW team,

Yesterday was R U OK? Day, a reminder of the power of a simple question and the importance of looking out for one another. At Caboolture, Kilcoy and Woodford, we know how hectic and challenging our work can be, which is why kindness, compassion and genuine care for each other matter so much. Taking the time to check in - whether with a colleague, friend, or family member, can make a real difference. And of course, looking after yourself also!



Queensland Child Protection Week

Protecting Children is everybody's business and this week is Child Protection Week in Queensland. Over the past week, there have been a number of presentations and events to bring awareness to the risks and requirements to protect our children. On Tuesday, I was pleased to join the presentation arranged by our Metro North Child Protection Unit, with Dave Kramer: *Small steps for*

Hannah - How does the HALT program explore child protection and DFV with young people. I have to say, I get to attend many presentations, and few are so impactful.

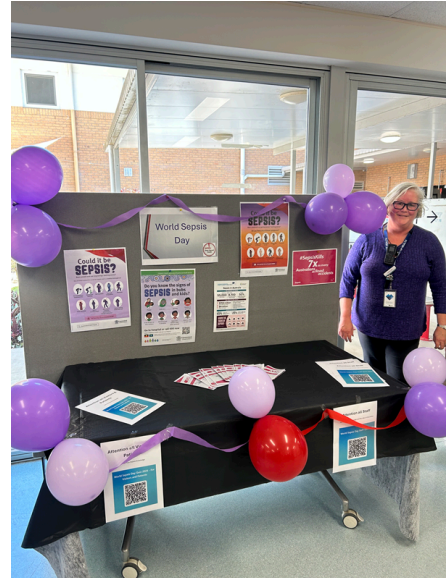
Key takeaway messaging from Dave's presentation:

- Highlighting the importance of building and maintaining healthy relationships
- Encouraging us all to challenge unhelpful behaviours and rethink gender stereotypes
- Inspiring new ways for clinicians to bring these strategies into everyday practice.

World Sepsis Day

World Sepsis Day is held every year on 13 September and unites people from across the world unite in addressing the impact of sepsis. World Sepsis Day presents an ideal opportunity to raise awareness of this deadly condition that kills 8,700 Australians per year. Sepsis kills seven times as many Australians as road accidents, and 2.5 times as many as prostate or breast cancer.

Sepsis happens when the body is fighting an infection but starts to attack and overwhelm itself. The disease can spread rapidly, causing organ failure and even death. However, very few people know about sepsis, let alone the signs and symptoms to watch out for.



Celine Hill, Sepsis CNC, held two displays on Tuesday in the main building and one in the Emergency Department raising awareness for Sepsis Day. Test your knowledge on sepsis with one of the below quizzes:

1. [For patients, visitors and non-clinical staff](#)
2. [Clinical staff](#)

World Physiotherapy Day

It was World Physiotherapy Day was on Monday 8 September and a chance to recognise the vital role physiotherapists play in supporting recovery, mobility and quality of life for our patients. Physios are essential in helping people regain independence after illness, injury, or surgery, working closely with multidisciplinary teams to improve outcomes and keep patients safe.

The physiotherapy team celebrated by setting up a team challenge that involved doing as many sit-to-stands, a timed walking exercise while holding a mug full of water without spilling and balancing on foam on one leg with your eyes closed, which is extremely difficult to do. All challenges having a greater purpose of improving balance, fall prevention and hand-eye coordination.



The future of Cancer Care in Metro North

Hopefully you are all aware we are on track to open a Day Chemotherapy Unit at Caboolture Hospital in 2025, so as we think about strategic planning, Caboolture Hospital staff are being invited to contribute to the ten-year Metro North Health Cancer Care Clinical Services Plan 2026-2036.

All staff are invited to join a consultation briefing on Tuesday 16 September, ahead of a survey, later this month.

Find out more about how to get involved [here](#).

Transit Lounge Car Park officially opens

We recently celebrated the completion of the Transit Lounge and the Transit Lounge Car park with a BBQ. Information was shared with attendees on the role of the Transit Lounge and it's benefits as a service for the hospital whilst they ate their sausage sizzle.

The Transit Lounge is a dedicated area designed to provide a safe, comfortable environment for patients who are transitioning into and out of the hospital. It serves as a quiet space for patients to wait for arrangements or transportation home, while still being cared for by our dedicated nursing staff. It also serves to ensure our patients are receiving the right care, at the right place, at the right time.



Have Your Say Survey

The fourth biennial Metro North Have Your Say staff survey was held from 12 May to 8 June this year. Thank you to the 1089 staff (44%) who shared their views, giving us a clear and representative picture of CKW.

The leadership team and I are determined to use these insights to improve our workplace. CKW's engagement score was 31% which places us in a 'striving' culture according to [BPA Analytics' 7s model](#) of measuring culture. This figure has been decreasing over the last few surveys, and we recognise we have some work to do.

We will run a staff forum in the next couple of weeks to roll out the results and then all staff will have the opportunity to be involved in planning.

Outpatients Department celebrate Jersey Day

Last Friday, the Outpatients Department team joined in to support Jersey Day. The Jersey Day campaign is all about raising awareness for organ and tissue donation; by wearing your favourite sporting colours, it opens up conversations around the topic.

Right now, around 1,650 Australians are waiting for a transplant. A simple and easy way to make a huge difference in someone's life is to simply register as a donor with [DonateLife](#) and tell your family and friends of your wishes.



Team member commencements and movements

Dr Tom Boosey - Deputy Director of Medical Services



Please join me in welcoming Dr Tom Boosey who will be acting as the Deputy Director of Medical Services for the next two months.

Tom joins us from his Capacity Management and Disaster Medicine role within Metro North Health and brings a wealth of knowledge in the Medical Administration space, having worked across various Hospital and Health Services. Welcome Tom!



Aboriginal and Torres Strait Islander Traditional Owners

The following Traditional Owners are the custodians of the lands and waters where Metro North Health services are located:

Facility	Traditional Owners
STARS	Turrbal and Yugara
RBWH	Turrbal and Yugara
TPCH	Turrbal
Redcliffe	Kabi Kabi also known as Gubbi Gubbi
Caboolture	Kabi Kabi also known as Gubbi Gubbi
Kilcoy	Jinibara

Figure 5 – List of Traditional Owners per Facility in Metro North Health

Pronunciation

Jinibara: Yinie Bara (spoken with a “Y”)

Kabi Kabi:
Car-Bee Car-Bee | Gubbi Gubbi: Gar-Bee Gar-Bee

Turrbal: Too-Rah-Bull

Yugara: Yah-Gah-Rah



What's On - September

SEPTEMBER ————— '25

WHAT'S ON

- ★ CHILD PROTECTION WEEK 7 - 13 SEPT
 - ★ PROSTATE CANCER AWARENESS MONTH
 - ★ WORLD ALZHEIMER'S MONTH
 - ★ DEMENTIA ACTION WEEK 15 - 21 SEPT
 - ★ NATIONAL WEEK OF DEAF PEOPLE 22-28 SEPT
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- ★ INDIGENOUS LITERACY DAY - WED 3 SEPT
 - ★ BRAVEHEARTS DAY - FRIDAY 6 SEPT
 - ★ WORLD SUICIDE PREVENTION DAY - WED 10 SEPT
 - ★ R U OK? DAY - THURS 11 SEPT
 - ★ WORLD PATIENT SAFETY DAY - WED 17 SEPT
 - ★ WORLD HEART DAY - MON 29 SEPT

CKW EVENTS

- CKW SET STAFF FORUM - THUR 4 SEPT
- YARNING CIRCLE CSHC - FRI 5 SEPT
- CHILD PROTECTION WEEK PRESENTATIONS AUDITORIUM/TEAMS
- CKW STAFF FORUM - WED 24 SEPT

Reflection

After another bustling week across our services, with daily presentations through our emergency department exceeding 200 most days, busy Satellite Health Centres, full and busy inpatient wards across CKW, outpatient clinics and theatres - I want to take a moment to reflect.

This week, we turned our focus to Child Protection, sepsis awareness and the health and wellbeing of ourselves and those around us, especially through R U OK? Day. These themes remind me of the importance of not only checking in with kind, open eyes on those around us, but also taking time to care for our own wellbeing.

In that spirit, I encourage each of you to plan your next break and to think about how you "fill your cup" each day and on your days off. It doesn't need to be big - just something simple that brings you joy and helps you breathe a little easier.



Today, I'm taking a day off with a friend travelling through Queensland. We started the morning with a beautiful beach walk with my boys. It was a small moment, but it made a big difference.

Please think about what you can do for you. Your wellbeing matters - not just for you, but for the community you care for so deeply.

As always, I wish you a wonderful day and encourage you to send through any ideas, thoughts or concerns to [Ask Karlene](#).

Quote of the day

"Almost everything will work again if you unplug it for a few minutes... including you."
— Anne Lamott



**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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