



Summary:

- Finding what works for you
- Patient stories relate to their recovery
- Vaccination clinic now open
- COH Length of Service Awards 2025
- A final shout out - Have your say speaker series

Message feedback



Audience: All staff



Read time: 4 min



For: Information

Dear Team

I share so many heartfelt stories from across the directorate each and every week. This reflects the compassionate and dedicated work that you do each day for the vulnerable people in our care. I am truly grateful!

At the same time, it is important to talk about how we all face difficult times in our personal and working lives, especially when we are caring for and putting others first.

Health care and family life can be extremely challenging at times.

I came across a very practical wellness resource recently that I found to be so useful for finding ways to explore balance in our personal wellness, thinking and wellbeing.

It is important to take the time to work through and find what works for you, the small but special things that can benefit your daily life.

This wellness action plan talks about four steps to building your own personal wellbeing - Pause, Act, Connect and Enjoy!

This includes:

- Taking the time you need to rest and reflect.
- Taking action by doing things that help you feel good.
- Connecting with others to help you feel safe, grounded and valued.

- And finally, incorporating the things that you know help spark joy in your day, whether big or small.

I encourage you to view and try the [Wellbeing Action Tool](#) and see if it works for you.

Additional resources are also available on the [MN Extranet - Staff Wellbeing Resources](#)

Patient stories relate to their recovery

Last week, our great, geographically spread team of occupational therapists (OTs) came together at Brighton to celebrate OT Week.

Significantly, we welcomed Tanya Cooper, a strong advocate, mother and stroke survivor who shared her amazing personal journey of trauma, recovery, resilience, power, joy and understanding.

For Tanya, thankfully she found 'a light at the end of the tunnel' in her recovery and that was the Brain Injury Community Integration Service (BICS) and her daughters.

The powerful message she instilled to us all was that:

"Each patient has a story, and their experiences affect their recovery from both an emotional and physical perspective.

"It is important that all clinicians look outside of the box and understand the personal journey of the person they care for.

"It is also very important to provide as much information and education to the patient you are looking after to help them in their recovery."

We wish Tanya every success on her continuing recovery and fulfilling life.

Occupational Therapy Week is themed *Occupational Therapy in Action*. This year's campaign highlights the vital role occupational therapists play in helping people of all ages live meaningful, independent and fulfilling lives.





Vaccination clinic now open!

I am pleased to announce the opening of the COH staff vaccination clinic on November 10, 2025.

Bookings are available for the next four weeks at Brighton Health Campus by using the QR code or clicking the link below.

[COH Staff Vaccination Bookings](#)

Future appointments will become available as rooms are booked and demand is identified.

For further detail about the clinic please click the [vaccination clinic poster](#).

COH Staff Vaccination Clinic



Coming to a facility near you

Provided to Queensland Health staff working onsite across Community and Oral Health facilities.

SERVICES AVAILABLE

VACCINATIONS:

- Measles, Mumps, Rubella
- Chicken Pox
- Whooping Cough
- Hepatitis B
- Seasonal flu vaccinations

PATHOLOGY:

- Referral to check immune status

COH STAFF VACCINATION BOOKINGS

Bookings can be made via the QR code or link to the Vaccination Booking System.

<https://outlook.office365.com/book/COHStaffVaccinationBooking@health.qld.gov.au>

All other enquiries can be emailed to: COH-StaffVaccination@health.qld.gov.au

Please bring your Medicare card.



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LET'S CELEBRATE YOUR PEERS' SERVICE!

COH Length of Service Awards

Staff are welcome to attend a very special Length of Service (LOS) Awards celebration at Brighton or on TEAMS where we will be acknowledging our 25, 30 and 35 year length of service recipients.

Community and Oral Health

Special Length of Service Award Ceremony

**Thursday, 13 November
2025 1pm-2pm**

Brighton Wellness Hub

Metro North Health



Queensland Government

Final shout out - Have your say speaker series

Members of the Norfolk Island Support Program team, along with Alison from COH Finance, had the privilege of attending the Metro North Speaker Series featuring Dr Dinesh Palipana.

The feedback was exceptional:

"The session Finding Purpose and Compassion in Healthcare, offered profound insights into the role of compassion and kindness in our professional lives.

"Dr Palipana's powerful reflections on his lived experience and personal journey served as a compelling reminder of the importance of compassion—not only in the care we provide to patients, but also in how we support our colleagues and care for ourselves.

"His message was both inspiring and energising, leaving many of us feeling reconnected with our purpose and values in healthcare.

"These Speaker Series sessions are part of Metro North's People and Culture Programs and were developed in response to feedback from the recent Have Your Say (HYS) surveys.

"We encourage all staff to take advantage of these opportunities for learning, reflection and connection."

Glynis Schultz
Executive Director



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.



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