

STARS Staff Council

Staff Update

December 2025

Hello STARS!

STARS Staff Council have had a busy last six months with members taking on a number of advocacy and staff culture initiatives.

Advocacy role

The Staff Council have been involved in a number of advocacy related projects including wayfinding, the Metro North 15-Year Health Services Plan, the Metro North Clinical Council Care Safe Occupational Violence workshop, Have Your Say support to teams and line managers and the Metro North Cultural Transformation project. We've also received guest presentations from the STARS Health Information Management (HIM) and Metro North Clinical Governance regarding the latest changes in the respective areas.

Staff events

The Staff Council brought a number of fun events to STARS staff such as Zooper Doopers in October and November, the Christmas Staff Breakfast as well as judging for the Christmas decorating competition and Values in Action category of the inaugural STARS Staff Excellence Awards.



Pay it Forward

The Staff Council, Sushi Yado and the RBWH Foundation kindly donated 50 vouchers for a free rice bowl to staff around the hospital. The intention was for the vouchers to be passed on to another staff member to brighten their day. We've had some great feedback on the initiative including:

"It really made my day, being able to pass it on and spread joy".

"I picked someone who had a rough day and it was great to be able to feel like I could improve their day just a little".

Look out for more Pay it Forward days in 2026.

STEPtember challenge

The 2025 STEPtember campaign was a huge success with 33 teams, comprised of 226 staff members, competing over the month. Together, the teams stepped an impressive 67,549,524 steps which equates to 54,040 kms (almost 1.5 times around the world).

The overall winners, Stepping with Braditude accumulated an amazing 2,544,390 steps, followed by Trailblazing STARS and Ctrl+Alt+Del My Knees who came in second and third respectively. Team Ctrl+Alt+Del My Knees also won the best team name.

There are also some individual stepping stars with Kyle Gardiner (786,246 steps), Shekinah De Guzman (738,904 steps) and Blair Carroll (726,910 steps) recording the highest individual steps.



Qld Ballet competition

To celebrate the success of the Physiotherapy-led Dance Rehab partnership with Queensland Ballet, the STARS Staff Council held a competition to give away two premium tickets to the Queensland Ballet's The Nutcracker. To enter staff had to submit their best ballet pose at work. We received some amazing entries, inspired by our very own efforts.

Congratulations to Estelle and Danielle from the Oral Health Centre for the winning entry (*pictured right*).





Polo shirts

A reminder that orders for the STARS polo shirts close on December 31. The shirts feature the STARS specific Aboriginal and Torres Strait Islander artwork design and are \$47.90 each (plus postage). Every shirt comes with a story about the artwork. If you are unsure of what size to order, there are sample sizes available to try on at reception. You can order your polo shirt [here](#).

Metro North Health

We are STARS



**STARS
STAFF COUNCIL**

Purchase We are STARS polo
online: [CLICK HERE](#)

COST: \$47.90 (plus postage).

Order between NOW until 31 December 2025.

Shirts will be delivered late Jan/early Feb 2026.

Available in both ladies and unisex sizing.
 Please review the sizing chart to ensure you order the correct size as there can be no exchanges due to the shirts being a custom order.
 Payment by Visa, Mastercard and bank transfer.



BACK



FRONT



Questions please email : sales1@miklin.com.au

Micro Market Level 3

A Micro Market is now available in the Level 3 Staff Room. The Micro Market allows you to browse the products, before scanning them and paying for your purchase. The Micro Market includes a few fresh meal options, as well as the usual drinks and snacks.



Name and language badges

We are a friendly bunch at STARS and we love to be able to say hello to each other by name. Metro North have name badges available and we would really like more STARS staff to get onboard. If you don't have an existing name badge to wear, you can order one here - ([Individual](#)) or ([Multiple](#)). Have the request authorised and add your unit's chargeable cost centre.



All bilingual and multilingual staff and volunteers in Metro North can also participate in the language badge program. Language badges help our culturally and linguistically diverse patients feel more welcomed and supported while accessing Metro North Health. Badge wearers are not interpreters but can have a friendly chat, explain non-clinical instructions or help navigate patients and caregivers around facilities. To find out more about language identification badges and to order a badge (including Australian Sign Language or AUSLAN), [click here](#).



New and outgoing members

We would like to give a big thank you to outgoing member Lisa Ferguson from Recover UQ and welcome new members Rajni Nair, Elise Bottomley and Jo Sherring.

Initiatives for 2026

Look out for the Wellness Wagon which we hope to 'roll out' early next year. The wagon will be stocked with treats, top-up snacks and positive vibes to bring a bit of cheer to STARS staff during their busy days.

Staff feedback and joining the Staff Council

We want to hear about all the little things that could be done to improve the experience of patients and staff. Equally, if you have any concerns that you feel aren't being addressed appropriately we want to hear about them. Please get in touch via our email address (STARS_SC@health.qld.gov.au) or complete our feedback form - [find it here](#).

If you are interested in joining the Staff Council, please email through a one-page (max) response describing why you would like to join the STARS Staff Council to STARS_SC@health.qld.gov.au.

Please see the [Terms of Reference](#) for more information.

Merry Christmas and Happy New Year everybody.

Oliver Mason and Benjamin Frost

Staff Council Co-Chairs.