



Summary:

- Connecting Care Champions - Bribie, Kilcoy, Caboolture, Woodford and surrounds
- Metro North Virtual Ward to join COH
- Start your year strong at the Staff Expo!
- In the Mix for 26! @ Redcliffe
- Caboolture Satellite Dental Clinic
- Final Shout Out - Improving patient access

Message feedback



Audience: All staff



Read time: 5+ min



For: Information

Dear Team

Connecting with staff is a key priority in COHs response to the Have your Say survey, this week we visited the Caboolture Satellite Dental Clinic to acknowledge our first COH Connecting Care Champions for 2026.

This was part of our *In the Mix for 26!* roadshow which includes our COH Staff Council.

As part of these visits, and a continuation of initiatives coming out of the Have Your Say survey, we asked staff how they manage wellbeing and bring their best possible self to work.

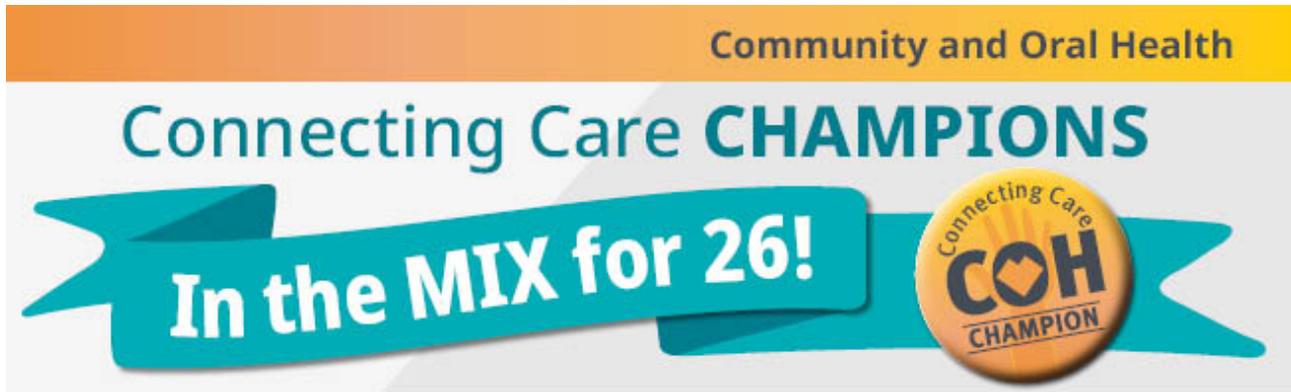
The most memorable tip, and something I might have to try ... was to listen to loud music before work and have a 30-second dance party when no one is watching.

The other answers were:

- Starting with a walk in the morning to get your mind charged for the day.
- Taking the dog for a walk, walking and getting a coffee.



- Connecting with nature, sitting in the sun and recognising you are part of nature.
- Definitely coffee!
- Setting some time aside away from emails to help refocus.
- At lunch, go down to the water at Bribie and go for a walk.
- Listening to music on the drive in, or cooking treats at home to bring into work.
- Gardening and sitting under the trees.



Connecting Care Champions - Bribie, Kilcoy, Caboolture, Woodford and surrounds

Beverley Rose Webster-Dunn, Dental Assistant, Caboolture Satellite Dental Clinic and Kilcoy Dental Clinic - *For her dedication to the Kilcoy teams and the residents of the Upper North Brisbane area.*

Sharon Tan, Clinical Assistant, Bribie Island HAART (pictured above) - For her calm, steady presence that brings reassurance to patients, families and colleagues, even in the most challenging moments.

Tara Noonan, Registered Nurse, Caboolture Post Acute Care Service - For being the quiet achiever and one of those clinicians that patients and the team can count on.

Carmen Steger, Nikki Cane and Corrina Beel, Metro North Oral Health - For their commitment to working to the top of their scope and supporting our patients requiring care in the Caboolture area.

Karen O'Shea, Clinical Assistant, Caboolture Satellite Dental Clinic - For always being willing to help out our patients and supporting team members who may be running late or need some additional support.

Rebecca Thomsen, Dental Assistant, Caboolture Outreach - For supporting her team in every way possible, including regularly checking in with her colleagues and line manager.

Dr Jay Palanyandi, Metro North Oral Health - For his flexibility in supporting GPOHS and his commitment and dedication to our patients and team. Jay is a legend!

Metro North Virtual Ward to join COH

Great news! On Monday March 2, 2026 the Metro North Virtual Ward (VW) will formally transfer into COH, within the Home Hospital Service Line.

At this stage, this is a governance shift only. The VW team will remain located at the Herston Campus, and no changes to their physical work environment or day to day duties are planned.

We are very pleased to welcome the Virtual Ward team into COH, and more specifically into the Home Hospital Service. We look forward to working closely together as we progress expansion of out of hospital care for Metro North Health.

Upcoming Events - Start your year strong at the Staff Expo!

Our staff benefit suppliers and providers will be on hand to answer your questions, help you update your details, and guide you through your options — from salary sacrifice to super and more.

Just drop in; no registration required.

Vendor information is available on [QHEPS](https://qheps.health.qld.gov.au/metronorth/corporate-services/events/staff-expo) (<https://qheps.health.qld.gov.au/metronorth/corporate-services/events/staff-expo>)

Visit anytime between 11:00 am and 2:00 pm, Friday March 6.



Upcoming Events - In the Mix for 26! @ Redcliffe

During 2026, we will be visiting eight facilities and opening up the awards to include nearby locations and services.

Our second visit will be Tuesday 17 March at Redcliffe, so award nominations will be open to the following sites:

- Cooina House
- Redcliffe Community Health Centre
- Redcliffe Dental Clinic
- Children's Oral Health at Kippa Ring, Margate and Humpybong.

Please take the time to nominate a person from one of these sites for the COH Connecting Care Champion award by emailing COH-Communications@health.qld.gov.au

We are looking for those champions who are the quiet achievers, the staff who connect and enhance the team and care provided, and who go above and beyond to support our residents, patients and families.

Nominations close Wednesday 11 March.





Caboolture Satellite Dental Clinic

"From the first welcome at reception to the completion of treatment, oral health patients speak of being met with kindness, respect and genuine compassion.

"They describe a team that takes the time to listen, to explain and to ensure people feel safe, comfortable and cared for. Staff across all roles were praised for creating a calm and welcoming environment, one where people felt listened to, supported and truly at ease.

"Patients spoke of care that was gentle and delivered by highly skilled clinicians who took the time to clearly explain each step of treatment. The team was repeatedly commended for their patience, courtesy and unwavering commitment to high standards of care.

"Consumers shared how they felt treated with dignity and compassion at every stage of their journey, and how much trust and confidence the service inspired.

"Above all, patients spoke of feeling genuinely valued and deeply grateful for the care they received."

This feedback reminds us that excellence in healthcare is not only measured by clinical skill, but by the compassion, respect and humanity shown to every person who walks through the door—and in this, the Caboolture Satellite Dental Clinic truly sets the standard.

Final Shout Out - Improving patient access

Brighton residents and people from nearby suburbs have access to a new remote health service which aims to make life easier for anyone struggling to attend hospital appointments.

A private, soundproof telehealth pod is now open at the Brighton Wellness Hub.

Community and Oral Health Manager Consumer and Community Partnerships Claire

Harrison said the pod was designed to help connect patients to their scheduled hospital telehealth appointments.

[Read more ...](#)



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.



Queensland
Government

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