



Summary:

- COH Connecting Care Champions at North West and Halwyn
- Bringing the best versions of ourselves to work
- Nominate a Chermside, Nundah or Stafford Connecting Care Champion
- Shaping Hospital in the Home's future
- Roll up and fight back - Flu Fighters
- Final Shoutout - Patient video testimonials from the HAART

Message feedback



Audience: All staff



Read time: 5+ min



For: Information

Dear Team,

Following on from our visits to Caboolture and Redcliffe we headed out to Red Hill this week to crown our next bunch of COH Connecting Care Champions as part of the *In the Mix in 26!* roadshow.

While many staff were on leave this week, I still want to acknowledge their role in supporting the great care provided through our Post Acute Care Service and the Halwyn Centre.

Our recent winners included:

- **Mary-Anne Bendell, Occupational Therapist, PACS** - For being a role model and inspiring everyone around her.
- **Jasvir Kaur, Assistant in Nursing, Halwyn Centre** - For always looking out for the residents and delivering care with compassion.
- **Allison Smith, Enrolled Nurse, Halwyn Centre** - For her unwavering positivity and compassionate care and support of staff and residents.
- **Anne Lloyd, Clinical Nurse, Halwyn Centre** - For her fierce commitment to individualised resident care and advocacy.
- **Pam Arlotte, Assistant in Nursing, Halwyn Centre** - For her friendly smile and a calm demeanour while improving the lives of our residents.



Community and Oral Health

Connecting Care CHAMPIONS

In the MIX for 26!



Bringing the best version of ourselves to work

As part of our *In the Mix for 26!* roadshows we asked North West and Halwyn staff how they manage wellbeing and bring their best possible self to work.

The most memorable tips included:

- Having breakfast outside each day, being in nature and listening to the birds is a good start to the day.
- Listening to your favourite music at full volume on my hour commute to work!
- Going to the gym or traversing Mt Cootha before work.
- Not expecting anything in return for your compassion and care.
- Thinking about how you are here for your patients or residents.

Nominate a Chermside, Nundah or Stafford Connecting Care Champion

The COH executive and members of the staff council will be visiting north Brisbane next to connect, share information and recognise our staff as part of the COH Connecting Care Champion Awards.

Award nominations will be open to the following sites:

- Chermside Community Health Centre
- Nundah Community Health Centre
- Stafford Dental Clinic.

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.

And we only need 50 or 100 words unless there is too much to say about the nominated champion! So, feel free to word smith and add a bit of colour to your nominations.

Nominations close Wednesday 22 April!

The visit will occur on **Tuesday 28 April** and **via TEAMS**.

Shaping Hospital in the Home's Future

Around 30 staff members, clinicians and metro north and hospital executives came together last week for the *Workshop: Strengthening HITH to meet tomorrow's demand*.

This was a very important planning session which continues the discussion to shape and future-proof Metro North Health's Hospital in the Home (HITH) model.

The workshop was intentionally designed to build on outcomes and recommendations from previous Metro North Health workshops and engagements, and focussed on what we need to do to build a high level of organisational trust in the service, and strong internal competence and governance as part of the *Future Metro North – Reimagining Healthcare 2026–2041 roadmap*.

This session was extremely productive and has led to service-wide commitment and recognition that HITH has a central role to play in current service delivery and its importance as a foundation for broader out of hospital and virtual models of care.

I look forward to keeping you posted on the outcomes and future developments in this space.





Roll up and fight back - Flu Fighters

The Metro North Health staff flu vaccination program is expected to start at COH at the end of the month, with further details and a schedule to come out shortly.

For the Metro North Oral Health Service staff initial flu clinics are already listed from the 15 to the 17 April on [QHEPS](#).

Getting an annual flu vaccination is a simple way to protect yourself and people around you at work, at home and in the community. The flu can have a significant impact even on healthy people. Getting vaccinated reduces your risk of getting sick, needing time off work and experiencing more serious complications.

All of us can also slow the spread of flu by follow some healthy habits, such as regularly washing our hands and cleaning surfaces, always covering your cough and staying home when you're unwell.

More details are available on [QHEPS](#).

Final Shoutout - Patient video testimonials from the HAART

Peta Stolz, a Kallangur resident, has benefited from the Healthy Ageing Assessment and Rehabilitation Team (HAART) service at the Kallangur Satellite Community Health Centre.

"I previously had some surgery, followed by an episode of COVID and I wasn't making the recovery that I would have expected," she said.

"I was referred to HAART, where I was interviewed by the nurse, and then was able to access some specialist clinical and allied health disciplines or services.

"I received great care from the rehabilitation doctor, occupational therapist and physiotherapist. Each of them helped me in their own way, through pain relief, support with mobility and safety in the bathroom.

[More about Peta's recovery...](#)



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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