

'Tis the season to be thankful

WOW – it is all over for another year but there was certainly a lot of fun and frivolity getting there. The kindness of so many people was obvious especially with the donation of gifts, their time and effort in visiting the hospital, in what is a very busy time of year.

In the lead up to Christmas Day many organisations put on amazing events for our patients and their families. We would like to thank Sydney Cove Rotary, the Botany Bay Game Fishing Club, The Variety Club, the Sydney Game Fishing Club, Burwood Lions Club and Careflight for ensuring our kids and their families not only experienced fun-filled Christmas celebrations but had unforgettable ones at that.

As usual we were totally in awe of the community's generosity toward patients at SCH. Organisations such as Bloomburgs, Westfield's Eastgardens, Kids are Christmas, Richmond High School, South Point Shopping Centre, Newlink, the Royal Australian Navy, Somersby Equestrian Centre, the Commonwealth Bank, Sydney Buses, IGA Oatley, AAPT, David Jones, Ronald McDonald, Greek Australian Business Directory, Wiggles Entertainment, Kino Kunya Bookstore and Evermore kindly donated hundreds of presents, entertainment and decorations (including many Santa's Helpers) – and spread plenty of Christmas cheer to one and all.

Now to get ready for 2006!



Santa and his helpers!

Staff celebrate

FOR many years the senior medical staff have hosted the staff Christmas Party, and 2005 was no exception. On 20 December we had a fabulous evening in the Edmund Blacket courtyard. Weather was fantastic, as was the company. The children of staff members were not only entertained by "P-Jamas" the clown, but were excited when Santa visited! Cordelia Rowswell controlled the jukebox and modern music was interrupted by Chris Webber's repeated requests for Christmas Carols. It was great to see so many of the staff members, from different areas, attend this celebration and "thank you" party. Michelle Honan deserves a medal for her effort in planning and organising the event. We will all be looking forward to this year's Christmas Party.

This month...

Editor's notes

HAPPY New Year to everyone. I've returned from my excellent adventure safe and sound. Australia is one big beautiful country with lots of interesting things to see and do (mind you there is also a whole lot of nothing out there too!).

I'd like to thank Michelle Taylor for doing a great job with the newsletter in my absence. Now that I've settled back in, I look forward to bringing you The Way Forward in 2006.

In this issue we are featuring some of our Christmas visitors and celebrations showcasing the generosity of the community and its commitment to SCH's patients and their families during what can be difficult times.

With hot summer days upon us it is important that we all protect ourselves from the sun especially children. Check out the great advice SCH's Health Promotion Committee has provided about keeping cool this summer.

During last year some staff members undertook a stress management/mindfulness course and Helen Murcutt, a participant and SCH staff member, has given insights into some of her experiences. Maybe this is what some of us need after the Christmas/New Year rush!

Deadline

THE deadline for contributions to the next issue is 13 February. Please forward articles and photos to:

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From the executive

ON this occasion I have asked Phyllis Moran, Director of Nursing, to share with you her perspective on current issues.

Best wishes,

Les White

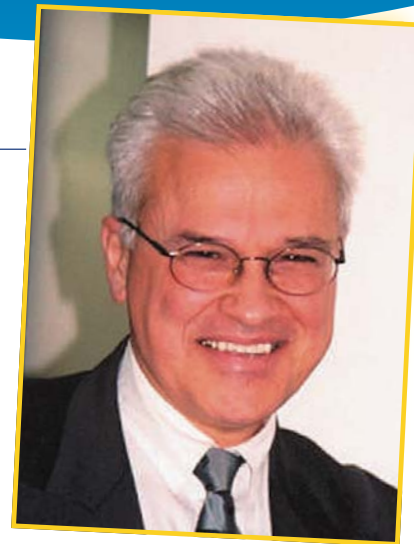
Executive Director

THIS is the first edition of The Way Forward for 2006! My how quickly last year went. Maybe it is a sign of getting older, but each year seems to pass more quickly than the last. Why, Easter chocolates are already in the stores and it is only the first week of January. Anyway I hope that 2006 is good to all of us and I am looking forward to this year for several reasons, not the least of which are these events and projects.

1) **The Outpatient Department Project** – this project began in mid 2005 and has involved mapping of the departmental processes, establishing baseline data, exploration of areas for improvement from a consumer perspective, development of an action plan to implement change and engagement of key stakeholders. We have networked and benchmarked with other Outpatient Departments. We have surveyed parents/carers, clinicians and the staff in the Department, all returning extraordinarily positive feedback about the service already provided. While very complimentary about the service and staff, they also had some ideas for improvements. We have started the process of meeting with clinician advisory groups to obtain more detail about these suggestions and ideas. Topics like the facilities, reducing the "do not attend" rates, waiting list management and clinic cancellations are of particular interest.

2) **The Practice Development Unit** (near the Formula Room on level 2) – has been redeveloped, a project which has been planned and anxiously awaited for some time now. It is anticipated that the new Unit will encourage the creative juices and enhance networking between the Unit and hospital. We have a new staff member joining the Unit – Mardhie Coleman, Allied Health and Nursing Research Officer.

3) **A recent study** of child-friendly standards at Sydney Children's Hospital included a questionnaire for health care workers, patients, carers and school-aged children. Several questions were related to communication between health care teams and between



health care workers and patients and families. The results indicated that we have room for improvement in communication between staff and parents/carers, within professional groups and between colleagues in the multidisciplinary teams. Anecdotal evidence demonstrates that communication regarding the care of children with complex needs, under multiple teams, especially those with chronic conditions is an issue that can be especially problematic and requires immediate attention in order to provide a continuum of care for these children and families.

4) **The Children's Hospitals Australasia Conference** – will be in Launceston, Tasmania in mid November this year and should be very interesting. As usual, the annual conference will be adjoining the annual Women's Hospitals Australasia Conference with one day of the week a combined meeting between the two groups.

5) **Preparing Children for Hospitalisation Project** – calls for expressions of interest for staff to participate in this project have been placed on bulletin boards throughout the hospital. The action research strategies will be guided by feedback from these focus groups.

6) **Research into teamwork** will continue and some of you will have been involved in this already. It is very important work because effective teamwork positively influences the care patients receive and the way that caregivers feel about their work. Effective team members are adaptive to change and have shared goals; they function independently within designated roles, using expert knowledge and skills.

If anyone would like more information about the above topics, please feel free to contact me.

Phyllis Moran

Director of Nursing



Dr Clare Cunningham retires

DR Clare Cunningham, who has been the Director of the Tumbatin Developmental clinic at SCH since 1993, recently retired.

Since joining SCH, Clare re-established the Learning Difficulties Clinic. She has been involved in the assessment and support of children with a wide range of developmental problems and is recognized as an expert on autism and the autistic spectrum disorders.

Clare is also known for her advocacy for children with developmental disabilities and their families. This was very evident during the process of planning the Sydney Children's Community Health Centre, a very successful multidisciplinary centre for children and families. The Centre now houses the Tumbatin Clinic, the Child and Family Mental Health Team, and the Community Child Health Team.

Clare has been active in the teaching programme at SCH, at both undergraduate and post-graduate level, and is always happy to share knowledge and experience with colleagues both in medical and allied health disciplines.

An afternoon tea was held at the hospital in December and the large turnout was a testament to her many roles and friendships she had established over her very active career.



Clare saying goodbye to Les White, Karen Zwi, Kerry Schweigert and Margaret Savage

Unique stress reduction course now available to SCH staff

Staff at SCH are now being offered discount prices on a unique stress reduction course run by Openground.

The course teaches participants how to bring moment-to-moment awareness to everyday activities, and how to use creative – rather than reactive – RESPONSES (ways) to everyday STRESSFUL life situations. The skills taught at the course come from the Buddhist meditative tradition known as mindfulness.

Helen Murcutt, SCH staff member and course participant, shares her thoughts about the course.

It wasn't until I attended the sessions that I understood the difference between this type of training and other forms of meditation I had used intermittently before.

I suppose the simplest way to explain how I saw the difference is to say that instead of trying to achieve an altered state, mindfulness meditation teaches techniques to centre yourself in the present and this cultivates the capacity to respond to stressful situations rather than just habitually react. There is no state of mind to achieve, no right or wrong, just understanding ourselves and being present in the moment.

The sessions were focussed and clearly and simply presented, and the course ended in a daylong silent retreat during which we practiced the different techniques. At the end of this day my mind felt clear and my body refreshed, something that was shared by the others present.

I would recommend this course to anyone who would like to find out more about coping with life and the stress it brings. I certainly intend to take advantage of the next day's retreat which is open to all those who have taken the course.

For more information about the course ring or email Brenda at Openground on 1300 720 322 or info@openground.com.au

Pat on the back

From patient Jessica, age 11

Dear Professor White

Thank you for having me here at the hospital for 10 days. I hope the hospital is going well. My favourite nurse is Susan at the Care by Parent Unit. I like the Starlight Room. The hospital is fun.

From Jessica

"The Hoff" cruises in

David Hasselhoff, affectionately known as "The Hoff", recently visited patients at SCH. The Hoff, one-time star of soap opera *The Young and the Restless* (for those of us old enough to remember), *Knight Rider*, *Baywatch* and most recently, *SpongeBob SquarePants*, entertained a full capacity crowd in the Starlight Express Room and from all reports fans were not disappointed!



The Hoff with patients Eric and Adam





New play panels

EIGHTEEN new play panels worth over \$9,000 have been generously donated to the wards, designed by Child Friendly Solutions and sponsored by seven businesses. The brightly coloured play panels are either fixed to a wall or free standing, and provide a great distraction for patients at SCH in areas including Emergency, the Eye Clinic and Outpatients.



Child Friendly Solutions install the first play panels in Emergency

Super donation for C2W

ALAN Southwell, the doting Grandfather of Jasmine Clingan, patient of C2W was the successful bidder of a \$1,000 voucher for Franklins Supermarkets during the 2UE 'a little ray of sunshine' Outside Broadcast in November. He generously presented the voucher to C2W NUM Natalie Whitehouse as a Christmas present to the ward.



Natalie Whitehouse receives the Franklins voucher from Jasmine Clingan and her Mum, Kim.

Tropicana Caffe helps Camp Goodtime

TROPICANA Caffe in Darlinghurst has generously donated \$4,750 to SCH for Camp Goodtime, which provides children and their families affected by HIV with a three-day free camp. Since 2000, Tropicana Caffe has been dedicated to fundraising for SCH. The café donates 25% of all tips to the Hospital throughout the year and on one day in the year, all tips and profits from that day's takings is donated to the Hospital, along with donations made by their customers.



Camp Goodtime Social Worker Angela Miller receives cheque from Caffe Tropicana owner George Semann.

Coles Bi-Lo Supermarkets exceed one million for CCC&BD

ON December 9, eleven store managers from Coles Bi-Lo Supermarkets in the Central Coast Region, Regional Manager and State Marketing Manager for NSW and ACT presented Professor Glenn Marshall, Director of CCC&BD with the first quarter of this financial year's fundraising efforts – an impressive \$220,928.74. The staff of the 201 Coles and Bi-Lo Supermarkets across NSW and ACT fundraise on an individual store basis.

This latest donation has increased Coles and Bi-Lo's overall commitment to CCC&BD in excess of one million dollars since 2001.

WSFM Toy Drive

WSFM's New Toy Drive in December was an overwhelming success with a huge amount of toys donated to Play Therapy in time for Christmas. Many thanks to WSFM, the Hospital and the community for their support, which helped make Christmas a special one for the patients.

'In Safe Hands'

THERE are still copies available of 'In Safe Hands' a history of the Prince of Wales Children's Hospital and Sydney Children's Hospital, Randwick by John Beveridge and completed by Susie Rankine with help from hospital staff. Books cost \$45 (or \$50 including postage and handling). To purchase please visit the Foundation office, 19 Eurimbla Ave, Randwick or visit the Foundation Shop for an order form.

Coogee Arts Festival Charity Walkathon

ON Saturday 12th February at 9am, Coogee Arts Festival is holding a charity walkathon for SCH along the Coastal Path from Grant Reserve in Coogee to Clovelly and back. Registration is at 8.30am and costs \$20. After the 4km walk breakfast will be served, and jumping castles and face painting will keep the kids entertained.

Fairfax Workplace Giving

FAIRFAX Holdings has selected SCH as one of the few charities for their Workplace Giving Program through the Australian Charities Fund. All Fairfax employees in Australia and New Zealand have the opportunity to give to SCH through a regular salary commitment. SCH is the only children's hospital charity in the program.



Kate Garrard, Sponsorship Coordinator with David Kirk, CEO of Fairfax at the launch of Workplace Giving Program.

Now Available!

TRAVEL Ten Bus Tickets are now sold at the Foundation Shop, level 0, Barker St Foyer.



Employee of the Month



Allison Rodger

CONGRATULATIONS to Allison Rodger, Area Child Protection Counselling Service (PANOC) Coordinator, on being awarded Employee of the Month for February.

According to Annalisa Jehne, Social Worker, PANOC, Allison impresses those around her with her professionalism, efficiency and thoughtfulness.

"Not only is Allison incredibly capable of organising successful events, such as September's Child Protection Week Forum, but in her daily management of the PANOC team she is competent, respectful and fair in the way she works with our team and other professionals.

Dr Dimitra Tzioumi, Director, Child Protection Unit agrees with Annalisa that Allison is an outstanding employee and says, "As Allison's line manager, I have found her to be one of the most talented and hardworking professionals that I have worked with. Allison has made an outstanding contribution to child protection services in South Eastern Sydney through her collaborative work with other agencies in the child protection system".

The Employee of the Month wins dinner at Mamma Theresa's Restaurant, a bouquet of flowers from Clementine's Florist and \$100 from Metro Parking.

Match report

THE Centre for Children's Cancer and Blood Disorders (CCC&BD) inaugural cricket match was played just before Christmas under beautiful sunny conditions at Centennial Park. Team Russell and Team Marshall did battle and even though team members displayed some dodgy bowling and some "interesting" batting there were moments of brilliance on both sides. Team Russell amassed a total of 111 runs after 15 overs. Team Marshall looked good initially, unfortunately they fell prey to other Christmas party commitments and the team ended up depleted. However, they did finish on a none too shabby 85 runs.



Prof Glenn Marshall showing his style at the batting crease

Volunteer Appreciation Day

THIS year Volunteer Appreciation Day is on 18 February – a time to reflect on the fantastic work our volunteers do here at the hospital.

SCH scores special singlet



BJ Carter presenting Les White with his grand final singlet

SCH was recently the focus of a special presentation from Trendwest Sydney Kings guard BJ Carter. BJ kindly donated his Grand Final singlet from the 2004/05 series after visiting the kids at SCH and noticing that the hospital didn't have a jersey from the Kings. Professor Les White, Executive Director of SCH was on hand to accept BJ's special singlet. (Photo courtesy of Sydney Kings)

Coffee to go

A Coffee Ezy vending machine has been installed in the parents waiting area next to SCH's Recovery Ward.

This machine provides freshly ground coffee, including espresso – short and long, cappuccino, cafe latte, moccacino and mocha latte, plus hot chocolate and chicken soup.

The price is \$2 per cup. We hope that both parents and staff find this a useful service. This initiative is from the SCH Parent & Consumer Council.

Health Promotion Committee News

WELCOME to news from the Health Promotion Committee, which is multidisciplinary, and aims to promote health and prevent chronic disease amongst patients, their visitors, staff and the wider community of SCH. In this issue, the Health Education Team has a message for everyone about protecting children from the sun.

Here are some tips for protecting children from the sun. Babies are especially vulnerable to sunburn and skin damage. Children under 12 months of age should not be exposed to direct sunlight

For best protection from the sun, a combination of measures is recommended:

(Adapted from information from the Cancer Council NSW & SunSmart)

Avoid the sun in the middle of the day

UV radiation is strongest during the middle of the day. Plan outdoor activities before 11am or after 3pm in daylight saving time, and before 10am or after 2pm during the rest of the year. Remember that UV radiation isn't only a danger on hot, sunny days – it's there on cloudy days too.

Use sunscreen

Sunscreen protects areas of the body that cannot be covered with clothing or hats, but they do not offer 100% protection from UV radiation. For best protection, use sun protection factor (SPF) 30+ broad spectrum, water-resistant sunscreen, and apply it twenty minutes before going outdoors. Reapply sunscreen every two hours or more often if swimming or sweating a lot. Never use sunscreen to spend more time in the sun.

There is no evidence that using sunscreen on small areas of a baby's skin is associated with any adverse health effects. Look out for sunscreens that are formulated for children and babies.

Wear protective clothing and sunglasses

Loose-fitting clothes such as shirts with collars and elbow length sleeves, long trousers, skirts and shorts, with a close-woven fabric that covers much of the skin are best. As clothing doesn't cover all of the skin, remember to apply sunscreen to exposed areas and wear a broad-brimmed or legionnaires hat.

Keep little ones in the shade

Encourage children to play in the shade. If good natural shade is not available, consider other portable or permanent shade structures. But remember that even in the shade, UV radiation can reflect from surfaces such as water, sand and concrete. Remember to provide shade for prams and strollers too.

Children learn by watching what you do, so make sun protection a part of your routine and your children will pick up good habits early.

Tragic loss

IT is with much sadness that we report the sudden passing of Daniel Brydon, middle son of Michael and Gai Brydon. Michael is the Director of Clinical Operations here at SCH and Gai has been a long term SCH Early Childhood Nurse located at Clovelly. We wish to extend to the Brydon family our heartfelt sympathy during this very difficult and sad time.

From preliminary post mortem results, Dan appears to have had a major undiagnosed cardiac problem and as a result tragically died while swimming on the Central Coast.

A funeral service celebrated Dan's life at Our Lady of Sacred Heart Catholic Church on Thursday, 29 December 2005. The attendance was massive and Avoca Street, Randwick was temporarily closed to traffic for the first time in living memory.

At the church, as part of a tribute to Dan's life, Michael and Gai presented a beautifully written eulogy to all that attended. Dan was well known, like all the Brydon's children, to many hospital staff and his premature departure from this world has been widely grieved. Our thoughts and prayers have been extended to his family.

Bandannas – how cool!

THANKS to John Nye, Waste Management Coordinator, Randwick Campus, for his suggestion on how to keep cool during hot summer days by using Canteen's bandannas.

John says, "The temperature on New Year's Day was alleviated in my home by using the Canteen bandannas. They were dipped in water and rung out, so that they remained damp and when draped over shoulders the water evaporated giving a lovely cooling effect."



Celebrating volunteers

VOLUNTEERS and staff at SCH recently celebrated International Volunteers Day with an after-hours function where John Madigan was presented with a special award for his dedication and commitment to helping the kids at the hospital school with their work. It was fabulous to see so many volunteers at this special evening having a great time socialising with everyone.



Leanne Sanidas with her masterpiece for the volunteers



Fun, fun, fun, at SCH vacation care

SCHOOL holidays are never boring at SCH Vacation Care.

Enrolment to the program is open to children of staff of SCH, Prince of Wales Hospital and Royal Hospital for Women. Priority is given to SCH staff. If places are available enrolments are also taken from the public.

Melissa Barnard, who is a trained dance and drama high school teacher, coordinates the service and has had lots of experience with after-school programs at Ascham and SCEGGS Darlinghurst.

"Each vacation care program is designed and evaluated with reference to school-aged children's social, recreational, physical, intellectual and creative interests", says Melissa.

Programs run for the length of all school holidays and placements are allotted on a "first in, first served" basis. For all bookings and enquiries contact Melissa on mobile 0411 554 297 or email Melissa.barnard@sesiahs.health.nsw.gov.au



Joe & Stephanie enjoying disco day

A recent study by CGU found most work injuries occur in 30-35 year olds, followed by 41-45 year olds. Average claims costs for workers 61+ were less than for younger workers, with the greatest costs being for workers 46-60 (\$16K per claim). Nevertheless, SCH still needs strategies to address the risks of an increasingly ageing workforce, e.g. for managing workload and postural demands, visual problems, slip and trip hazards, and offering age-specific training where indicated.

Occupational diseases, e.g. pneumoconiosis, are China's most serious OH&S issue, more even than all those mining fatalities. Sixty inspectors have to enforce a 2002 law, by checking four million workers at 10,000 factories for occupational disease! Many small factories close down after an adverse report only to reopen elsewhere a few weeks later.

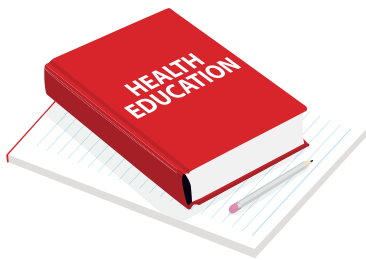
Fatigue management is particularly important in shift workers. One approach is to focus on providing individual risk controls each of four 'error' levels – firstly, ensuring staff are given enough opportunity to sleep; then ensuring staff who are given an adequate break actually slept long enough; then ensuring they weren't showing fatigue related behaviour; and finally that there were no 'fatigue-related events', e.g. medication errors, that could cause an accident.

A 2004 Newspoll survey found good relationships, work-life balance, happy children and an early retirement have replaced having a high-powered career and possessions as the new symbols of success. Workplaces are recognising this and introducing more family friendly policies and staff welfare measures in order to find / retain good staff in a shrinking market.

KFC recently was found in breach of the Victorian OHS Act [2000] after a worker was jabbed by a syringe someone had thrown in the bin. The judge said KFC should have had a system for taking waste to the waste area which didn't place the worker at risk of a needlestick, which staff knew of and had been trained in.

A casual worker at a storage company recently amputated the tips of two fingers on a saw, when he used it for the first time unsupervised after a 15 minute training session. The court found the company hadn't used the Safe Work Procedure for the task as the basis for training, and hadn't assessed his competence before leaving him to work alone.

By Sonja Falkiner



Year 1 Hospital Explorer Program

THE Hospital Explorer Program for Year 1 students again gets underway this year.

A number of departments and dedicated volunteers bring this program to life every Tuesday morning during the school term including staff from Emergency, Radiology, Physiotherapy, Play Therapy and Dietetics. The students also visit the Starlight Room, Hospital School and Fairy Garden.

While the overall aim of this program is to establish familiarity with the hospital environment for students, the program also links in with key components of the their

school education in the areas of Personal Development, Health and Physical Education, and students receive first-hand information about nutrition, physical activity and safety.

Georgina Papaioannou, Health Education Manager, says the program allows students to explore the hospital in a positive and friendly way, which takes away any anxiety that may be experienced should a child need to be admitted to hospital. Feedback from schools that have previously participated has been extremely positive.

The program is coordinated by the Health Education Unit, and led by Richard Simons, Volunteer Coordinator - Hospital Explorer Program. For more information about this program, contact Raeleen Rickard (20871) or Georgina Papaioannou (21855).

Bicycle Winner

CONGRATULATIONS to Samantha Russell-Floyd on winning the bicycle safety competition. The bicycle and safety helmet were kindly donated by Maroubra Cycles.



What's On!

SCH Paediatrics Course 2006

THE 23rd Annual Course in Paediatrics starts on Thursday, 23 March and ends on Saturday, 25 March 2006.

This course provides all the "how to" information paediatricians need to stay ahead in paediatric medicine.

Places are filling fast and registration closes on Friday, 10 March. For more information about registration telephone Robyn Howard on (02) 9382 1684 or email Robyn.Howard@sesiahs.health.nsw.gov.au

Pilates Mat Classes for Staff

START on Thursday, 2nd February.

Suitable for all fitness levels – beginners welcome. Improve your strength and core stability. Target your abdominals. Run by an experienced physiotherapist. All equipment provided. All staff welcome.

Where: Sydney Children's Hospital Physiotherapy Gym, Level 0

When: Every Tuesday and Thursday 5.15pm – 6.15pm

Cost: \$10 per session or \$90 for 10 sessions in any 3-month period

Contact: Sue Sims on 0418 667 153 or email suesims216@hotmail.com

Employee Assistance Program

THE Employee Assistance Program provides free, confidential, professional counseling for any personal or work-related concerns.

For a free brochure or to make an appointment phone (02) 9382 3681 or (02) 9382 6616.

Grand Rounds

Convened by A/Prof John Ziegler

The John Beveridge Lecture Theatre, Level 1,

SCH. 5pm every Wednesday (refreshments from 4.45pm).

1.2.06

Title: "After the Tsunami: A wave of help"

Speaker: John Murala (Cardiothoracic fellow)

Coordinator: Owen Jones

Chair: Matthew O'Meara

15.2.06

Title: "Confusion in Emergency"

Speaker: ED Senior Medical staff

Coordinator: Matthew O'Meara

Chair: Charles Verge

Movers and shakers

CONGRATULATIONS to Dr Michael Plaister who has commenced his appointment as Chief RMO for the 2006 clinical year.

CORALIE Hunter is relieving for Pippa Cadwallder as A/Clinical Nurse Educator until 24 December 2006.

KIRSTEN Adnum is relieving Alice Harvey as A/Clinical Nurse Educator – C2 West until 10 January 2007.

GERARD Keenan has been appointed to the position of Clinical Nurse Educator – C2 South.

ROXANNE Strachan has been appointed to the position of A/Clinical Nurse Educator – C3 South until 30 June 2006.

CAROLYN Smith has been appointed to the position of Resuscitation Training Officer – Practice & Educational Development Services (PaEDS).

RICHARD Clift's one-year appointment as Nurse Executive Fellow finished on 8 January 2006.

It's good to be staff

MANY local retailers and service providers offer discounts to hospital staff. For special prices on everything from hair and beauty and fitness to homewares and clothing, check out the list of providers below. If you know of any other staff discounts let us know so we can add them to our list.

Beauty First

20 per cent off facial treatments, body treatments, waxing, nails etc.

Phone 9399 8908

Cucina

10 per cent off food and lifestyle products.

Phone 9399 7299

Humble Beginnings

Discounts on homewares and clothing.

Phone 9326 4383

Laugh and Learn Toys

10 per cent off the great range of toys and educational products.

Phone 0403443080

Oggz Lamps

Discounts on multi coloured night lights and a percentage of sales goes to SCH.

Phone 0400600293

Tas & Jen Designs

10 per cent off clothing, jewellery, bags and wallets. Excludes sale items and not valid with any other offers.

Phone 9326 5838

Vision Personal Training

This one-on-one personal training studio is offering a free initial consultation valued at \$110.

Sample services with no obligation.

Phone 9399 5050

Yassage Massage

\$10 off a wide range of 60 or 90 minute massages.

Phone 0433487921

Zest Urban Spa and Hair

'Passport to Paris'

\$355 worth of hair and spa treatments for only \$150

Be quick and don't miss out.

Phone: 9331 7166

Patient services activity comparison

	Dec-05	Dec-04
Admissions	1,000	1,001
Discharges	1,022	1,045
Day only cases	368	452
Hospital Average Length of Stay, days	3.0 days	3.0 days
Hospital Average Length of Stay (excl Day Only)	4.7 days	4.8 days
Occupancy	82.70%	89.50%
Non admitted patients	27,418	24,516