



www.healthwise.org.au

Acknowledgment of Country

I would like to acknowledge the Awabakal and Worimi peoples, the traditional custodians of the land we meet on today and pay my respects to the Elders both past and present, and acknowledge Aboriginal people participating today.



About Us

We provide a range of clinical services across New England North West New South Wales and parts of South East Queensland including:



Supporting General Practice and Practitioners to effectively service communities



Providing Mental Health Services across the region



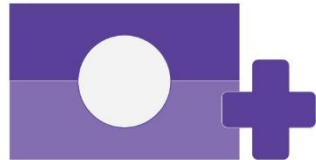
Providing Allied Health Services where there are shortages or gaps



Coordinating Specialist Services where there are none or there is a specific need



Supporting Aged Care and encouraging healthy ageing



Developing and providing Aboriginal Health programs and services



Providing health education and screening in smaller communities across our region



Assessment and support for people living with Dementia and their carers

In addition to our clinical services, we are focused on helping our communities and individuals take greater responsibility for their health outcomes through health literacy and preventative health programs and partnerships.



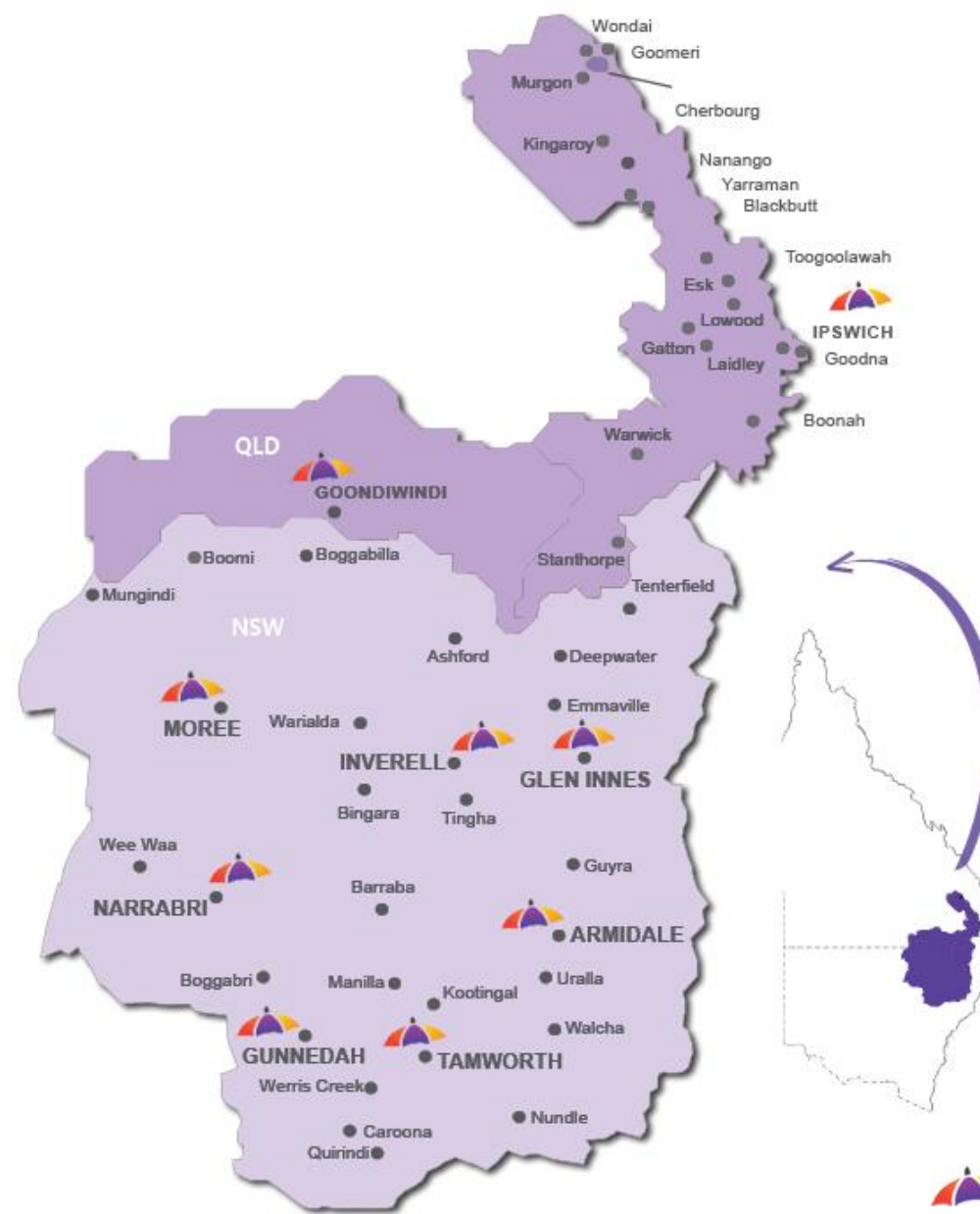
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HealthWISE



Our Footprint

HealthWISE services NSW New England North West and the Darling Downs West Moreton region in Queensland.



Denotes HealthWISE office

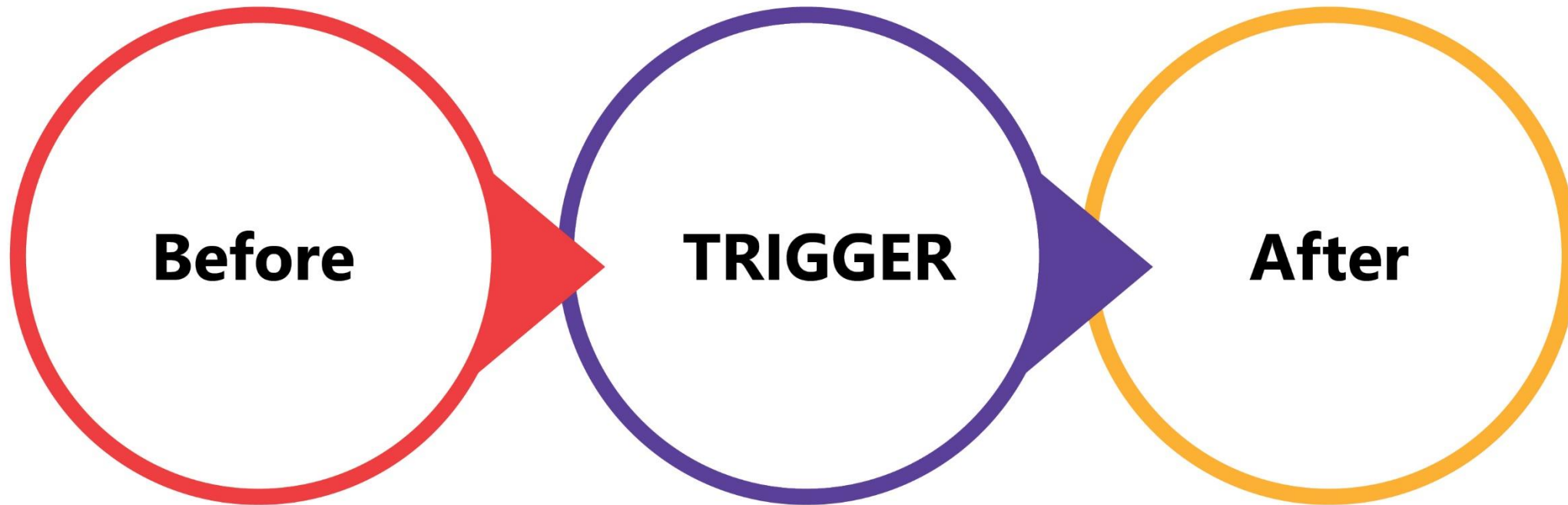


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Business Continuity



Our Response - Continuity Management Team

Meeting frequency changes in response to situation

Representative of services and towns

Multiple methods used to meet



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Considering our communities – Listening and responding to their needs



Staff



Clients



Communities



We would like to ask visitors to



Do not enter if you are feeling unwell with
CORONAVIRUS SYMPTOMS
(Sore throat, fever, coughing).

CORONAVIRUS (COVID-19)



FEVER



COUGH



SHORTNESS
OF BREATH



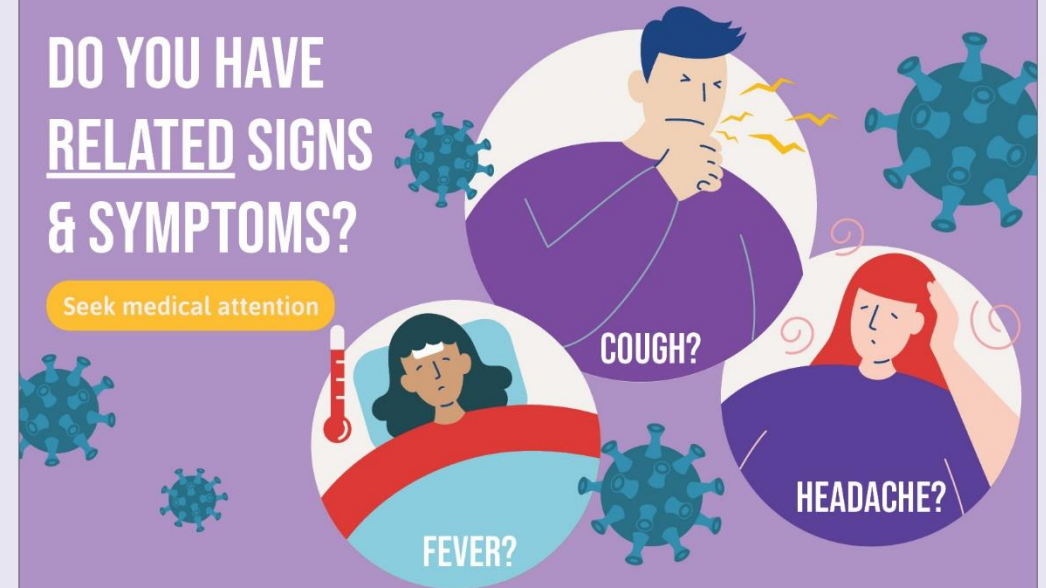
SORE THROAT

Please seek medical advice and
telephone our office to reschedule
your appointment.

STOP!

DO YOU HAVE
RELATED SIGNS
& SYMPTOMS?

Seek medical attention



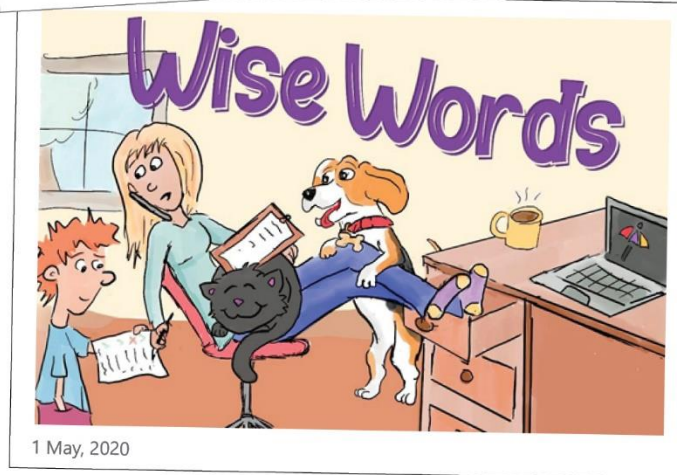
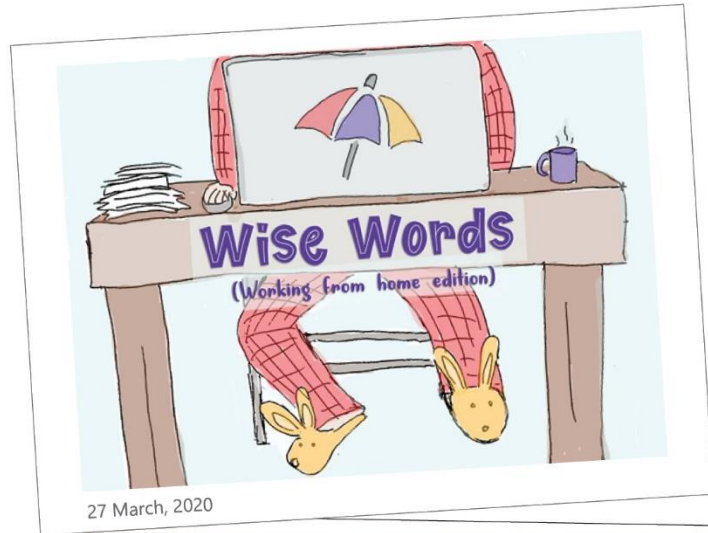
PLEASE DO NOT ENTER

Please seek medical advice and telephone our office on

1800 931 540

to reschedule your appointment.

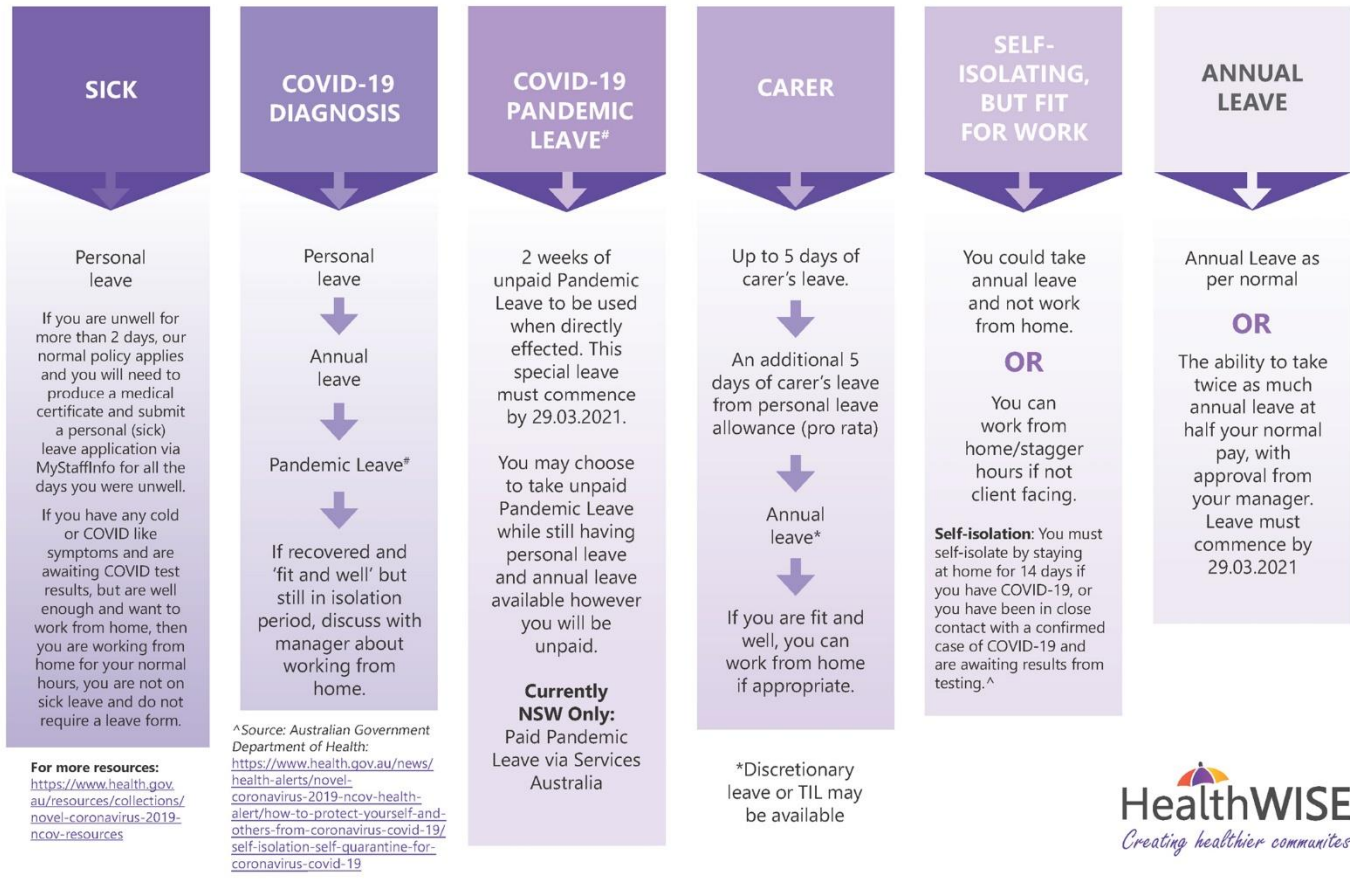
Internal Communication



5 November 2020

HEALTHWISE STAFF LEAVE CHECKLIST

Please use this checklist as a guide. Quarantine and isolation requirements from the government could change at any time. The Enterprise Agreement and HealthWISE policy documents are available for reference if you require further information.



For more resources:
<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

[^]Source: Australian Government Department of Health:
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>

HealthWISE
 Creating healthier communities

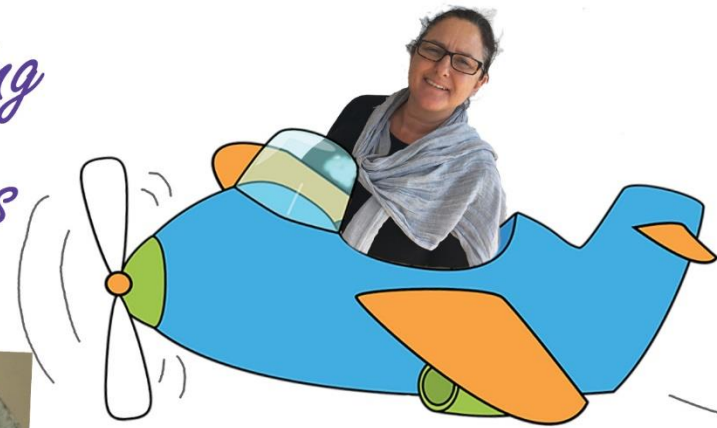


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*Engaging children during
telehealth consultations*





While we will see less of each other between March 27 and May 27, we can support each other's physical and mental health by moving in any way we can. The theme for Reconciliation Week this year is #InThisTogether. Our virtual walk between HealthWISE offices is inspired by this theme. We can continue with the spirit of Reconciliation for all Australians. Further details of the Aboriginal Nations our walk will cover can be found here <https://gambay.com.au/map>



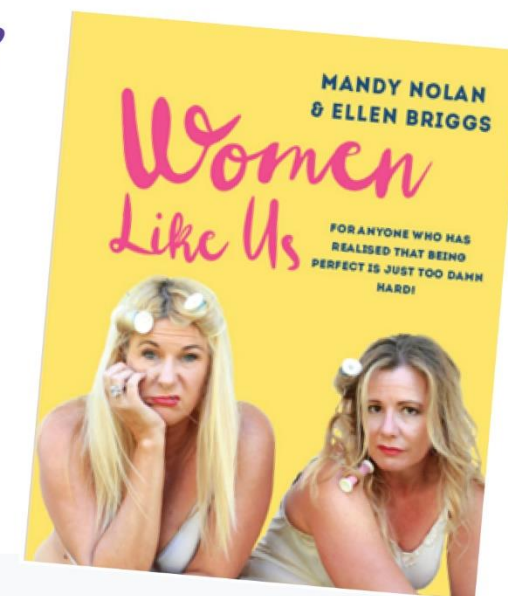
We acknowledge the traditional custodians of the land throughout Australia. We pay our respects to the elders both past and present and the future leaders of tomorrow.

Wellbeing Group initiatives



From your Wellbeing Group - The Art of Rest

10. Mindfulness
9. Watching TV
8. Daydreaming
7. A Nice Hot Bath
6. A Good Walk
5. Doing Nothing in Particular
4. Listening to Music
3. I Want to Be Alone
2. Spending Time in Nature
1. Reading



HealthWISE

HOME

VIDEOS

PLAYLISTS

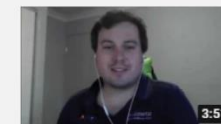
CHANNELS

DISCUSSION

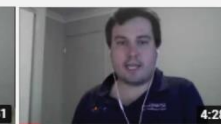
ABOUT



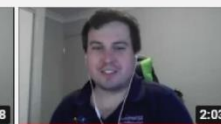
Uploads PLAY ALL



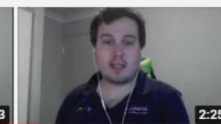
Mindfulness with Ayden - Categories exercise



Mindfulness with Ayden - Breathing Whilst Listening...



Mindfulness with Ayden - Be Mindful Of Your Feet While...



Mindfulness with Ayden - Counting Your Breaths...

Wednesday wellness



Donna Boughton
To 01.All Staff

If you think you are too small
to make a difference,
try sleeping with a mosquito.

~Dalai Lama



Wellbeing Group

*"I saw another email come in and thought, oh no,
what do I need to do now,
but this was truly lovely, thank you 😊"*



WE ARE WORKING HARD
TO PROTECT YOU FROM COVID -19!



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HealthWISE...Locals helping locals

