



PAPER ON THE PARK

CALEY

NEW
JOHN

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SERIALS

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FROM THE EXECUTIVE OFFICER

This has been a very interesting month, notwithstanding an accident I had which resulted in a couple of fractured ribs.

Firstly, Yvonne Wilkinson and Anne Clair agreed to spend four weeks putting together options for a Model of Service Delivery for the new hospital - a rather daunting task! Secondly, the District Executive has been focussing on Leadership issues this month to ensure the West Moreton District will continue to be a leader in Health Services.

The Director-General recently introduced the Queensland Health Excellence Awards which will formally recognise the enormous contributions made by the many people (some 63,000) within Queensland Health and the general community. I am hopeful Wolston Park Hospital may receive one of the first awards under this scheme when the winners are announced by the Director-General in April!

The Acute Unit at Ipswich Hospital is fast nearing completion, and we hope to move Barrett A to the new accommodation in about 4 weeks.

Recently, I had golf carts removed from use as they were not registered. As our roads are deemed public thoroughfares, I could not condone the continued use of these vehicles. I am confident that the replacement vehicles will prove more effective and certainly be much safer.

Finally, I am pleased to report that the renovations and extensions to the car park at Secure Care Services are now well under way and when completed, will provide a much safer environment for staff, particularly after hours.

Graeme Meyer, Executive Officer



Ray Noble receives his recognition certificate (left) for 31 years service from Mr Graeme Meyer, Executive Officer

FARWELL TO LAUNDRY AND BOILERHOUSE STAFF

Staff from all levels and occupations of the hospital were present at an afternoon tea to farewell laundry and boilerhouse staff on Friday, 28th February, 1998. Mr Meyer, Executive Officer opened his speech by congratulating staff on maintaining their level of service through the recent difficult times of turbulence and uncertainty. He spoke of the mixture of sadness and nostalgia he felt whilst present in the boilerhouse when the boiler was turned off for the last time. Mr Meyer stated how unusual it is today to stand somewhere that has remained unchanged for almost 80 years as in the boilerhouse that last time. Also recounted was one of the ways the laundry's contribution will go down in history. Mr Meyer cited Bill Hayden's autobiography "Bill Hayden - My Autobiography"



Boilerhouse Staff Keith Hasler, (above left) and Morrie Sams



WPH Staff at the farewell afternoon tea

and how he gained pre-selection through the support of his good friend who, at that time, was the supervisor of the laundry. Prior to entering politics, Bill Hayden was a relatively unknown policeman in the Ipswich area and it was with the support of the laundry staff that he gained enough votes for pre-selection.

On presenting certificates to staff in recognition of their years of service, Mr Meyer hoped staff would remember the good times and how they had been part of an institution that has had an enormous influence on mental health state wide and across Australia. Certificates were presented to Ray Noble, 36 years; Diane McLeod, 21 years; Hildegard Krenka, 20 years; Jodie Smith, 12 years; Janice Bell, 11 years and Rose Muller, 7 years. Unfortunately Beverly Dixon, 20 years; Drago Macinic, 8 years and Thomas Thomson, 3 years were not present to collect their certificates.



Left to right: Past staff members Eric Weston, Ces Sleaford, Jean Pringle and Erni Grima



Left to right: Hilda Krenka, Neal Davidson, Surlia Singa, Joanne Clem, Robert & Jodie Smith

PROJECT 300 ADVOCATE

Did you know there is someone who can help you if you are having problems with Project 300? Nadia Beer at the Office of the Patient's Friend is independent of the project and can help you to get a fair go. She has already won an appeal on behalf of a patient who wanted to be part of Project 300, but was judged as not suitable to take part in the project.

Nadia will ensure that:

- you can have your say
- your needs are addressed
- you have equal opportunity to be part of Project 300
- your referral to Project 300 is dealt with promptly

She can help you if you have any problems with Project 300 or you want someone to help you, or go with you when you are talking to hospital or community workers. She can also assist you lodge a complaint if necessary.

Otherwise you can choose a family member or friend to help you.

If you want to know more call into:
The Office of the Patients' Friend or
Phone 3271 8245

PATIENT WELFARE ASSOCIATION

"FOR THE CONSUMER"

1998 DATES TO REMEMBER

EASTER DANCE

WEDNESDAY, 1ST APRIL

TERA BUILDING

EASTER MORNING TEA PARTY

WEDNESDAY, 8TH APRIL

HOGG LANE OUTSIDE MEDICAL CENTRE

SPORTS DAY

WEDNESDAY MORNING - 27TH MAY

AT THE CRICKET OVAL

ANNUAL FETE

SATURDAY, 25TH JULY

8.30AM - 1.00PM

SPRING DANCE

WEDNESDAY, 23RD SEPTEMBER

TERA BUILDING

MENTAL HEALTH WEEK

WEDNESDAY, 21ST OCTOBER

EVENING BBQ

CHRISTMAS MARKET

FRIDAY, 4TH DECEMBER

MORNING TEA

CHRISTMAS DANCE

WEDNESDAY 9TH DECEMBER

FOR FURTHER DETAILS CONTACT THE OFFICE OF THE PATIENTS' FRIEND ON PHONE: 3271 8245

An Invitation to all Patients, Staff Relatives and Friends to attend the Easter Party

on Wednesday, 8th April from 9.30 to 11.30am outside the Medical Centre in Hogg Lane

Musical Entertainment by THE RAINSTREET BAND

• Pinnatas • Egg and Spoon Races • Rolling Boiled and Decorated Eggs on the Pathway • Easter Bonnet Parade • Many prizes to be won!

Easter Hat Parade
(Individual Patients)
First Prize - \$20.00
Second Prize - \$15.00
Third Prize - \$10.00
\$5.00 to everyone who enters and does not win a prize

Egg and Spoon Race
(Ward Competition - Handicapped)
First Prize - \$50.00
Second Prize - \$35.00
Third Prize - \$20.00
Fourth Prize - \$10.00

Free Morning Tea and Ice Creams!

THE "KAIZEN" COLUMN

- from Sue Jenkins, Quality Co-ordinator

Kaizen - pronounced *Kyizen* - means gradual, unending improvement, doing "little things" better, setting - and achieving - ever higher standards.

Accreditation with The Australian Council on Healthcare Standards (ACHS) EQuIP- the ACHS Evaluation and Quality Improvement Programme

In the last five editions of the Paper on the Park, we have been looking at the ACHS EQuIP programme Self-Assessment process. We looked at the assessment tool and the headings we will use to document our achievements and areas where we need to improve, some of the questions we will need to ask ourselves, and a brief mention of how to rate our organisation. Now I would like to discuss further each of the Ratings.

The EQuIP scoring system uses a five-point rating scale to indicate the organisation's achievements in relation to the standards. The same rating scale is used by our organisation and the surveyors.

THE RATINGS

The following defines when each rating is to be used.

NA Not Applicable

This rating is used when the criterion/standard is not relevant to the organisation. This rating does not contribute to the organisation's performance score.

LA Little Achievement

The requirements of the criterion/standard are scarcely met. There is little utilisation of the EQuIP principles of customer focus, leadership and improving organisational performance, little review of outcomes and little action taken to improve. There is no evidence of striving for best practice.

SA Some Achievement

Used when only a few provisions of the criterion/standard are met. There is evidence that there is some utilisation of the EQuIP principles of customer focus, leadership and improving organisational performance, some reviews are conducted and action is sometimes taken to improve. There is little evidence of striving for best practice.

(Cont. next column)

GOLF TIP No. 5

from Russell O'Neill, Wolston Park Golf Professional

"The deeper the Grass, the Tighter the Grip"

There is a rule for pitching and chipping out of tall grass that may make some of your shots from the rough a little more positive. When the grass is very tall and thick, squeeze the club very tightly so you can keep it moving at a constant speed.

The speed on the downswing should be the same as on the backswing - starting back gently, then a positive downswing allowing the arms, not the wrists, lead the club through the ball. A loosely held club will catch on the grass and slow it down, and so loose the impetus and, consequently reduce distance as well as accuracy of your shot.

Have you heard the promotion on Radio 106.9FM on the Golf Club yet? Phone Russell O'Neill, Wolston Park Hospital Golf Professional, or the Golf Club staff for details of matches, competitions and social events at the Golf Club on 3271 4057.

Note: The Anzac Day Commemoration Service is to be held at 10.30pm at Wacol Repatriation Pavilion.

MA Moderate Achievement

Many provisions of the criterion/standard are met by utilisation of the EQuIP principles of customer focus, leadership and improving organisational performance. There is evidence that sufficient reviews are conducted and action is taken to improve. There is some evidence of improvement and efforts are being made to strive for best practice.

EA Extensive Achievement

Most of the provisions of the criterion/standards are met by widespread utilisation of the EQuIP principles of customer focus, leadership and improving organisational performance. Extensive reviews are conducted and action is being taken to improve. There is evidence of continuous improvement and every effort is being made to strive for best practice.

AC Achievement with Commendation

The organisation demonstrates a high level of achievement in reviewing outcomes and in improving the quality of care and service, with a degree of excellence. This rating is reserved for use exclusively by the surveyors.

I will provide more information on the ACHS EQuIP programme in the next edition of Paper on the Park - we will begin to look at the Clinical Indicator Programme. Should you wish to contact me to discuss quality or accreditation issues, please call me on Ext. 581 - or Pager number 519.

QUALITY ACTIVITIES FORUM



Presenters at the Q.A. Forum (left to right):
Robyn Flint, Chris Cyr-Webster, Maureen Fryga
and Steve Lewis.

On the fourth Tuesday of every month a Quality Activities Forum is held from 12.30 to 1.30pm in the Auditorium of the Staff Education and Training Centre at Wolston Park Hospital. A light lunch is provided and the forum provides the opportunity for staff to share the progress of the Quality Improvement projects with which they are involved.

Quality Improvement projects within the District are many and varied. Examples are the interesting sessions which were provided by members of the West Moreton Health District Equity Resource Network and Paper on the Park's editorial team at February's QA Forum.

Maureen Fryga spoke of the history of the Equity Resource Network and the services provided by the Network. These include confidential advice and/or assistance in relation to issues such as sexual harassment and discrimination; complaint resolution; education and awareness sessions on sexual harassment and equal employment opportunity and referral to other services if necessary. Equity Resource Officers are available at both Ipswich and Wolston Park Hospitals, Integrated Mental Health and the Ipswich Health Plaza.

Steve Lewis spoke of the number and types of issues addressed by Equity Members in the West Moreton Health Service and paid particular attention to bullying in the workplace. A separate article addressing this issue will be published in next month's Paper on the Park.

Chris Cyr-Webster from Paper on the Park editorial team gave an interesting talk on the history of the paper. He commenced with its creation in 1992 and how its mission was to maintain interest for all

readers, be stimulating, informative, challenging and humorous. Overhead transparencies showing some of the interesting and historic articles which have been published in the paper were shown, along with the January/February edition of the paper which commemorates the closure of the laundry and boilerhouse. The goals for the future of Paper on the Park are for regular distribution, and as initially stated, bringing stimulating, informative and challenging news through the months and years ahead. Copies of the previous hospital newsletter "The Colony Times" were displayed along with the more recent editions of Paper on the Park.

Patsy Meyer and the Queensland Health Information Network project team will be presenting at April's QA Forum. Patsy and the team will outline progress to date and demonstrate the network in action. Included on the net are Wolston Park Hospital policies, Paper on the Park, information on research currently being conducted and the orientation program. This session promises to be both interesting and informative and will be held at 12.30pm on Tuesday, 28th April 1998 in the SEAT Auditorium, Wolston Park Hospital. Don't miss it!

"NATURE STRIP"

WITH CHRIS CYR-WEBSTER

At Wolston Park Hospital we have an extremely unique and rich environment of native birds, animals, reptiles, plants and trees. I have selected a few and checked out their details.

The Duck (Anatinae): There are about 18 species of duck and geese in Australia. The most common being the black duck. The duck most common to Wolston Park is the Mallard (*Anas Platyrhynchos*) and is originally from the UK and the USA. They nest on the ground and the female will lay up to 10 eggs. The female plucks down from her breast area and lines the nest before laying her eggs. The male, or drake, will help in guarding the nest but does very little towards his family once they are hatched. This is possibly due to the fact that as he molts, the drake is deprived of flight for a month or so. An interesting note is that the wild drake is monogamous and the domesticated drake is polygamous!

The mallard can be up to 24 inches long. The drake is grayish brown above and chestnut and white on the abdomen. The head and throat are greenish black and he sometimes has a white collar. The female is brown streaked with black above, and blotched with dark brown below. Both males and females have yellow bills and reddish legs.

Our ducks are only timid if approached on foot, but do not seem to run from motor vehicles - an annoying situation for some, but one we must acknowledge.



Female Mallard on her nest with eggs

EASTER SERVICES

Good Friday Catholic Ceremony

St Dymphna's Chapel 9.00am

Good Friday Combined Churches Meeting

Chapel of the Resurrection 2.00pm

Good Friday Catholic Ceremony

John Oxley Memorial Hospital 3.00pm

Easter Sunday Mass

St Dymphna's Chapel - All Welcome 9.00am

Easter Sunday Combined Churches Service

John Oxley Memorial Hospital 9.30am

TRANSITION TEAM NEWS

Jacaranda Village, Prince Charles Hospital Open Day

An Open Day for relatives and friends of psychogeriatric patients who may be transferred to Jacaranda Village, Prince Charles Hospital was held earlier this month at Wolston Park Hospital. Relatives listened to presentations from the staff of Jacaranda Village and were encouraged to raise any questions or concerns they may have had following the presentations. Plans and drawings of the new building, which is due to open in June this year, were also on display.

Relatives were assured that their loved ones would receive the same high levels of service at Prince Charles Hospital as they have enjoyed for many years at Wolston Park Hospital. The advantage for most is that the patients will now receive treatment much closer to where their relatives live.

In view of the success of the day, it has been proposed to hold similar open days for patients, relatives and staff for all the new services. This will be important when the whole Wolston Park community is considering their options in the new decentralised services.

WPH & PC
Staff who
organised the
Open Day



Patient/Staff Information Sessions

Thanks to all staff who attended the Patient/Staff Information Sessions. In total there were 64 sessions with 586 staff and 56 patients who attended. At these sessions we were able to make contact with patients and staff, explain the decentralisation process and dispel many rumours that had been circulating throughout the hospital.

Below we have listed some of the more commonly

LIBRARY NEWS

NEW BOOKS

Just a few of the new resources added to the library's collection over the past month or so include three standards from the Standards Association of Australia - *Information Security Management, Personal Privacy Protection in Health Care Information Systems and Risk Management*.

Also:

Suicide and Mental Health in Australia and New Zealand by Peter Neame
Position Statement of Health Professional Boards on Sexual Relationships between Health Practitioners and their Patients.

Multiperspective Case Formulation: A Step Towards Treatment Integration by Priyanthy Weerasekera

Handbook of Relational Diagnosis and Dysfunctional Family Patterns by Florence Kaslow

Beyond the Prison: Gathering Dreams of Freedom by David Denborough

NEW VIDEOS

A couple of the new videos acquired by the library are:

Rockets and Rollerblades and *Snapshots and Signposts*. These are produced by SANE Australia and involve Andrew Taylor and Anne Deveson. The former is a resource for people living with a mental illness, while the latter is a resource for carers of someone with a mental illness.

Please ask at the counter for any of the above resources and library staff will assist you to find them.

Library hours are 7.30am - 4.30pm Mon. to Fri. **Wendy Mallett Phone 3271 8488**

asked questions and responses to same. We have also developed a greater appreciation of your feelings, anxiety and major areas of concern. We will be visiting staff in the near future to complete the Personal Profile forms, but in the meantime, please contact the Transition Team if you have any queries/concerns.

Pattie Scott, Team Leader

Q: When going to a new district, can we transport accrued sick leave, long service leave and superannuation?

A: All of your leave entitlements are transferable to other districts and your employer-based superannuation scheme is also transferable.

Q: What happens if you select Voluntary Early Retirement (VER), not redeployment?

A: It is proposed that permanent staff of WPH will be advised of all the available positions in the new facilities and then nominate their first four job preferences. A closed merit selection process will apply to decide who is successful in gaining various jobs. If you are unsuccessful with your first preference you would then be considered for your next preference, and so on. If you are unsuccessful in obtaining one of your choices you may be offered the remaining unfilled positions. If that is unsuitable you will continue to work in your current position until the new facilities are opened. You will be advised that you have become a employee. It is not optional to seek a VER but as a employee you would be registered with Queensland Health's Staff Search and offered suitable positions when they are available. Also, the Transition Team will seek employment opportunities for you. Currently there are no procedures in place to force you to work in different locations but this is dependent on your letter of employment.

Attitude

Success is a goal, for all mankind,
Achieved through thought and a state of mind
That strength of purpose we cannot exclude,
For success depends on our attitude.

So hear yourself, your voice within,
It will guide you through your life herein,
Six days you labour, one day you rest,
Shrug not your shoulders, do your best.

Take not in life, the mild approach,
The results you receive, you will not boast,
So give your all, with plenty of drive,
For none of us leave this world alive.

Labour and learn in pursuit of your dream,
The best things in life are all upstream,
What you put in, is what you get,
Pain of discipline beats regret.

Life is too long not to do well,
If you do not try, a living hell,
So play your hand, your life is your show,
An example to follow, until you go.

Note:

Editorial and artwork appearing in the Paper on the Park may NOT be reproduced without permission.

PERSONAL PROFILE

Ms Pattie Scott, Team Leader, WPH Transition Team

Pattie Scott is a dedicated mother and grandmother who has four children and two grandchildren. She has been involved with community development and has contributed to many useful community initiatives, such as Families in Action Against Drug Abuse, Blue Light Disco, Youth Coffee Shop and Junior Squash to name a few.

Pattie has been employed by Queensland Health for the past ten years. In January 1989 she commenced work as a counsellor in Alcohol and Drug Services, Biala, Brisbane and in 1991 was appointed as Regional Project Officer, Ipswich and Gold Coast. During this time Pattie and an intersectoral team of Alcohol and Drug workers, police and transport workers developed "Operation Drink Safe" which became a national and international program targeted at drink driving and presented at the Second World Conference of Injury Control in Atlanta, USA.

In August 1994, Pattie was appointed to the position of Co-ordinator of the Alcohol and Drug Service, Ipswich. While in this position, Pattie developed the service from a counselling service to one which included a Methadone Clinic; a Needle Availability Program and a Rehabilitation Program. The Rehabilitation Program included the provision of a professionally equipped gymnasium which is fully utilised by clients from within Mental Health Services, Alcohol Tobacco and other Drug Services and the Division of General Practice Cardiac Rehabilitation Program.

In 1996, Pattie was seconded to the position of Executive Officer, Integrated Mental Health Services where she successfully led the amalgamation of existing community and acute mental health services to the creation of an Integrated Mental Health Service for the West Moreton Health District.

In November 1997, Pattie was again seconded to a position which will utilise her integrity and expert consultation and negotiation skills. She will lead a select team (the Transition Team) which will be responsible for organisational change in the redevelopment of Wolston Park Hospital.

Pattie said she was humbled and honoured to have received an Australia Day Achievement Award. On accepting the award, she said, "I accept this award on behalf of the many committed health teams I have been involved with over the past ten years. My children have always been responsible for my motivation and my drive to contribute to improving quality of life in our community. My mother's empathy and compassion provided me with a caring and supportive attitude towards people. I'm thankful for my late father's work ethics and his cry: *Good, Better, Best; never let it rest; Till your good is better, and your better, Best!* Always be proud of your achievements in life and your contribution to people within your world. I started in the Public Service as a tea lady and I was as proud of my work then as I am now. I would like to personally thank my family, friends and work colleagues for all their support and best wishes."



Ms Pattie Scott receiving her Australia Day Award

ADVANCE NOTICE

Traffic conditions at the Wacol Pavilions will soon change.

The gates at Wacol A & B are to be locked and only emergency vehicles will have access. Wacol C will still be accessed from Barrett Drive.

Further advice will be forwarded in the near future. Signs will be erected before the gates are locked.

Spiritual Perspective

1998 - A GOOD TIME TO BE ALIVE

Recently I was listening to the late afternoon program on Radio Station 612-4QR and one of the leading wine makers in Australia was rather overjoyed that the grape growing season which is just coming to an end has been as good a season as any grape grower could hope for. This was apparently so right across Australia. It has been particularly so for red wines but great for white wines too. This wine maker said that the right combination of weather, temperature and rain fall is everything for the grape grower and this particular season had the combination perfect.

Comparing grape growing to living our lives, it is my very firm belief that the time that we live our lives is the right time for us. It is the right time for ourselves but also the right time as to how our lives are of service to those people for whom we live our lives. As one who believes that God is the creator of the world, I believe that God does not make mistakes. God chooses the best time for us to live. There may be times when we think we would have been better off living in another era, usually a previous era.

It is interesting to observe that every age seems to look back on the previous era as "the good old days". No doubt the generation after this will look back and refer to this era as "the good old days". I believe that if we can believe with a grateful heart that this is the best time for me to be alive, I will have energy for the present, I will face life with courage, I will be much happier and I won't allow self doubt to hinder my best efforts. *What excites you about being alive in 1998?*

Fr Jim Smith, Catholic Chaplain

Finale of the Access Arts Joint Venture Cultural Arts and Therapies Program



On Thursday the 19th of March Secure Care Rehabilitation Programs Services Murri Support Group celebrated the finale of the Access Arts Joint Venture - Cultural Arts and Therapies Program. The Program was run over a period of eight weeks and several artworks were produced.

Aunty Audrey Evans attended the last session and addressed the participants with a moving storytelling session of her life, experiences, hopes and dreams for Aboriginal and Torres Strait Islander people. Other guests included the Cherbourg Elders who visit John Oxley Memorial Hospital and the jails in the greater Brisbane area once a month.

The day's activities culminated with a light traditional meal and lunch prepared by the Hospital Catering Services.

Artwork produced in this session will be exhibited at the Inala Civic Centre in the Urban Dreaming Exhibition to be held between 28th March and 20th April 1998.

Special thanks to the Rehabilitation Team, Secure Care Services, guests and participants for making the Program a success.

Derek Chong.



Artwork produced during the Access Arts Joint Venture - Cultural arts and Therapies Program. (Above and Above Left)

SCHOOL OF NURSING PROVIDES QUALITY EDUCATION

School of Nursing staff began the New Year with a commitment to continue providing quality education to Wolston Park Hospital staff. The year started with a new intake of students in the Graduate Diploma of Mental Health Nursing which is conducted in conjunction with Griffith University. It is hoped to recruit a second intake later in the year. Inquiries regarding this program can be directed to Lesley Fleming on 3271 8221.

The Graduate Nurse Transition Program is now being conducted in partnership with Princess Alexandra Hospital. This initiative allows the School to provide a wide range of clinical experience to graduates. Twelve graduates were recruited into the program this year and it is anticipated that a second intake will be recruited later in the year. Any inquiries regarding this program can be directed to Liz Phillips on 3271 8455.

Another goal of the School of Nursing for 1998 is to increase visibility in the clinical area. To achieve this aim clinical teaching components are being incorporated into the graduate programs. This will provide the opportunity for an active role in teaching in the actual clinical area. A clinical education model has been developed which will be operationalised by the ADON's. This will provide a broader scope for education based learning in the wards, something in which many staff have expressed an interest.

The Continuing Education Program will be expanded to meet current clinical and professional development needs. An extensive analysis of current needs in this area is to be undertaken. This will ensure programs provided are relevant to the demands of issues related to downsizing and community care. A number of programs have already been produced which are pertinent to these needs. These include Models of Rehabilitation, Discharge Planning, Case Management and Family Therapy. The Continuing Education handbook is available in your ward and in the School of Nursing.

A Nurse Educator is allocated to each clinical area. They are always happy to assist you with your educational needs. The current clinical unit allocation of Nurse Educators is:

Rehabilitation:	Ian Hay, Helen Jones
Acute:	Liz Phillips
IMHS Acute:	Vince Marmont
IMHS PGU:	Michael Cully
PGU:	Michael Cully
Secure:	Lesley Fleming



Nurse Educators: (from left) Vince Marmont, Liz Phillips, Helen Jones and Michael Cully

WEST MORETON HEALTH SERVICE AND THE EQUITY RESOURCE OFFICER NETWORK.

Equity Resource Officer, Steve Lewis, spoke at the February Quality Activities Forum on equity issues in the West Moreton Health Services District. A review of the number and types of issues which have been addressed by West Moreton Health Service Equity Members in the period January-December 1997 show that a key feature is the low incidence of reported sexual harassment, unlike the Anti Discrimination Commission where cases are split 50/50 between sexual harassment and discrimination. The low incidence in the West Moreton District may be due to the active steps taken within the district. For example, zero tolerance for offensive material in the workplace, educative posters on sexual harassment and increasing awareness of the steps to take should the need arise.

Statistics indicate that bullying is a significant area of concern. In terms of time spent by Equity Officers, bullying was second only to discrimination. Also, the reporting of bullying may be understated as it is not always easy to separate the two issues, eg. is it discrimination or bullying that is occurring?

Bullying at work involves intimidation, hostile or offensive communication towards an individual by co-workers or management. The behaviour is used as a way of securing control or dominance and typically

occurs frequently, over a period of time, although it may be a single incident.

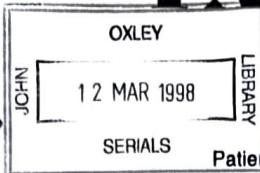
There are a number of different forms of bullying such as verbal or physical abuse, gestures, less favourable treatment or exclusion. Among co-workers this can be teasing, gossiping or interfering with the employee's ability to do their job. From management it can be such actions as shouting, belittling or singling out the individual for criticism. Experience indicates that work performance issues are often involved.

Bullying is not covered by the Anti-Discrimination Act unless it involves discrimination or sexual harassment. Key legislation with regard to bullying is The Public Sector Ethics Act 1994 and the Queensland Health Code of Conduct. Industrial Relations legislation and the Trade Practices Act are also relevant. Both the old and new Codes of Conduct clearly identify the standards of behaviour that are required by employees and indicate that failure to comply with the code may result in disciplinary action being taken.

Strategies to address bullying in the workplace are similar to those used when dealing with sexual harassment and discrimination. Initially internal steps are taken and these include directly requesting the

behaviour to stop (this may be verbal or through a letter), making an unofficial complaint to management or making an official complaint through the grievance procedure. When an individual's physical or mental health is affected the matter may also become a Workplace Health and Safety issue.

It is important to recognise that because the Code of Conduct represents part of an employment contract, the employer is required to take action when bullying is identified. Failure to do so may result in a breach of contract with legal and industrial implications. Specifically, the employer may be sued for breach of contract on the basis of vicarious liability or face action in the Industrial Relations Court for breach of conditions of employment. Equity Officers within the West Moreton District Health Service are: **Ipswich Hospital:** Linda Nunn, 3810 1210; Judith McEwan, 3810 1435; Penny Melton, 3810 1188; Debbie Nunn, 015 119 808; Kris Williams, 3810 1307; Gary Denman, 3810 1307; Andre Hodge, 3810 1345; **Integrated Mental Health:** Lily Hudson, 3271 8525; **Wolston Park Hospital:** Marie Saunders, 3271 8487; Maureen Fryga, 3271 8230; Faith Muir, 3271 8241; Margaret Shinnars, 3271 8600; Steve Lewis, 3271 8222; Beth Adams, 3271 8294; **Ipswich Health Plaza:** Ross Duncan, 3817 2471; Maree Clayton, 3817 2439



PAPER ON THE PARK

For

Patients, relatives, consumers, employees, internal and external
voluntary, private and public organisations

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FROM THE EXECUTIVE OFFICER'S DESK

It was with great pleasure that we were recently able to award Ms Patti Scott, Team Leader, Wolston Park Hospital Transition Team an Australia Day Medal for her outstanding service and contribution to West Moreton District Health Service over a number of years. The presentation took place during an afternoon tea on Wednesday, 18th February at which members of the District Health Council attended following an inspection of the refurbished accommodation in Kelsey House.

The Chairman of the District Health Council expressed delight at the great improvement to the accommodation for patients in Kelsey and thanked the Building and Maintenance Team for their attention to detail in undertaking most of the work 'in-house'.

I attended the Queensland Health Departments and Directors Forum earlier this month at which over 500 participants attended from within Queensland Health and outside. This was an excellent forum in that it enabled many people to get a clear idea of the direction in which Queensland Health is heading. The Director-General recently indicated he had received very positive feedback from some clinicians who welcomed this first ever invitation to hear about what Queensland Health was doing.

At long last, and in time to enjoy air conditioning, our Health Information Unit (still called the Medical Records Department by some) finally relocated to the Medical Centre and, on all reports, the move went without too many hitches. The Transition Team has been very active and many of you would already have had contact with members of the team who are making every endeavour to provide as much information as possible to staff and patients as it becomes available.

To assist in the relocation of our patients from PGU, an Open Day is being held to enable patients, carers and relatives the opportunity to inspect plans for the new Jacaranda Village which is almost completed at Prince Charles Hospital and raise any concerns with staff about the transfer to the new accommodation. Once again, we are doing everything possible to make these moves as stress-free for all concerned.

Finally, I wish to remind you of the afternoon tea being held on Friday, 27th February in the Recreation Hall to mark the closure of the laundry and boiler house at Wolston Park Hospital.

*Graeme Meyer
Executive Officer*

TRANSITION TEAM REPORT

This month the Transition Team have commenced information sessions with patient and staff groups. These sessions have stimulated lots of inquiries and some very useful discussion. It has been beneficial to the Team to meet patients and staff and we look forward to meeting with those we have not yet met. This process will continue to improve communication and enable us to address individual needs and concerns. On completion of our group visits, we will commence line managers/supervisor training to assist and support patients and staff to manage organisational change and any issues associated with decentralisation of services.

Following this we will begin our individual interviews with staff to establish personal profiles and give you an opportunity to discuss your individual needs, which will include identifying any training requirements you may have.

We've received many telephone calls and visits to our office and would like to once again invite you to raise your concerns with us. WE'RE HERE TO HELP!

Ellerton House is scheduled to close approximately 30th June, 1998 and 16 patients will relocate to the newly built facility at Jacaranda Village. We will be holding an Open Day for relatives and carers of the patients considered for transfer, which will include viewing the plans of the new facility, meeting with staff from Jacaranda Village and addressing any concerns from relatives and carers. I've included an artist's impression of the new facility at Jacaranda Village to be completed by the end of June.

As previously discussed, we now have the proposed site and bed numbers for the new services, and these are outlined over page.

The Team would like to take this opportunity to thank patients and staff for attending our information sessions and for their positive participation to the decentralisation process.

*Patti Scott
Team Leader
Wolston Park Hospital Transition Team*

LAUNDRY AND BOILER HOUSE CLOSE



The laundry team

On 28th February, the laundry finally closed after 80 years of continuous operation. From now on, all general hospital laundry will be processed by the Brisbane Metropolitan Laundry Service located at the Princess Alexandra and Greenslopes hospitals.

It is hard to imagine our boiler house chimney no longer belching black smoke into the sky, but we live in an ever-changing world!

To mark the end of this service and give recognition to several generations of tireless staff who have worked in very trying conditions over the years, we had an afternoon tea on Friday, 27th February in the Recreation Hall.

*Mr Graeme Meyer
Executive Officer*

Editorial

Whilst everybody is involved in the massive changes going on it is nice to know that there will be no changes to the wild life and flora and fauna of our own private nature reserve named Wolston Park.

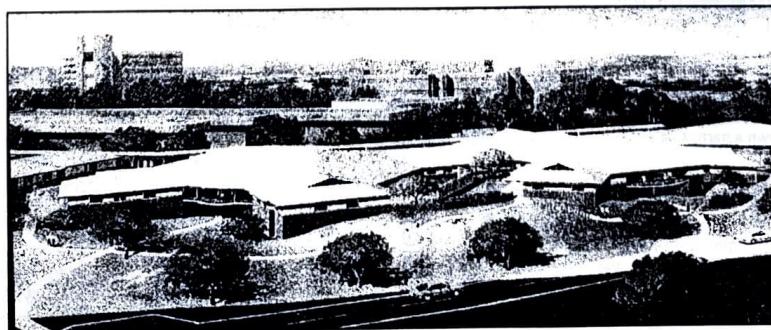
One of the great benefits of being located at Wolston Park Hospital is the wonderful gardens and closeness to nature. There are not too many places where one can live and work with the outlook we have at Wolston Park. Looking at the trees and the lawns it appears we are a million miles away from the hustle and bustle and noise of the city. Just the calling of the birds and the hum of the occasional lawn mower to disturb the peace.

One of the great delights of my day is observing the bird life as I drive past the golf course on my way to and from work. Recently I noticed that there appears to be an increase in the number of ducks.

Just the other day I saw a pair of ducks with a brood of 10 or 12 ducklings. Conversely, while there appears to be a large number of ducks the number of sulphur crested cockatoos seems to be decreasing. Once again the plovers are chasing the golfers as the plovers protect their eggs and raise their chicks. The noisy pectorals, mickeys and crows keep us entertained with their antics along with the very colourful lorikeets and parakeets.

Since its inception, Paper on the Park has reported on a large number of animals with whom we share the grounds of Wolston Park. These range from the more unusual Eastern Snakeneck tortoise to the bearded dragon. A temporary visitor to the Park was a pelican which lived in the dam near the golf course for two weeks before it moved on. Other residents who come and go are the kangaroos, wallabies and hares. Goodness knows how many snakes and other reptiles we have missed, only the Coordinator Grounds and Gardens would know! Probably many near the site of the humpy discovered in May 1995 between John Oxley and the Riverside Ballroom.

We tend to take for granted the environment we live and work in. We are privileged to have these wonderful creatures so close and should be thankful that places such as Wolston Park have been set aside as a fauna and flora reserve.



Transition Team Report Continues....

!! RUMOURS !!

PSYCHogeriatrics

Current	Proposed
Wolston Park Hospital 123	Nambour Nursing Home 8
	Redcliffe Nursing Home 8
	Wynnum Nursing Home 24
	Robina 16
	Ipswich 7
	The Prince Charles Hospital 20

AQUIRED BRAIN DAMAGE

Current	Proposed
Wolston Park Hospital 26	Bald Hills Hospital 16
	Wynnum Hospital (Casuarina Lodge) 23

EXTENDED SECURE / HIGH SECURITY

Current	Proposed
Wolston Park Hospital 108	North Queensland 8
	Wolston Park Hospital 95
	The Prince Charles Hospital 20
	<i>After 2003</i>
	Nambour 20
	Gold Coast 20

EXTENDED TREATMENT & DUAL DIAGNOSIS

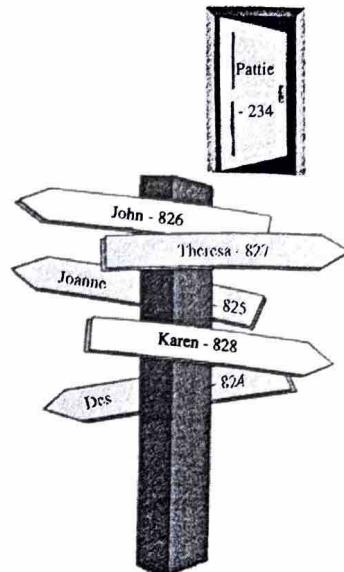
Current	Proposed
Wolston Park Hospital 156	Nambour 20
	Caboolture 20
	Royal Brisbane Hospital 20
	The Prince Charles Hospital 20
	Robina 43
	Wolston Park Hospital 82

HEALTH PLAZA IPSWICH WELCOMES THE INTEGRATED MENTAL HEALTH UNIT



Left to right: Honourable Mike Horan MLA Minister for Health, Mrs Myrtle Green, Chair West Moreton District Health Council, Dr Ian Colls, Clinical Director Integrated Mental Health Service. The new Integrated Mental Health Unit at the Ipswich Health Plaza was officially opened by the Minister for Health, the Honourable Mike Horan on Thursday, 5th February. The \$645,000 facility complements existing Health Plaza Services offering a 'one stop health shop' right in the heart of the Ipswich CBD.

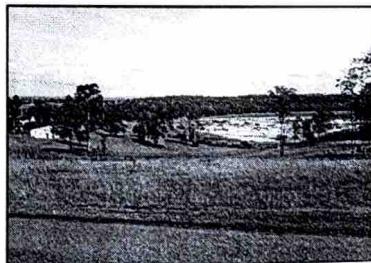
!! CONTACTS !!



!! MORE RUMOURS !!



Entrance to the New Prison Site off Wolston House Entrance Road



General View of the Prison Under Construction (not the new hospital!!)

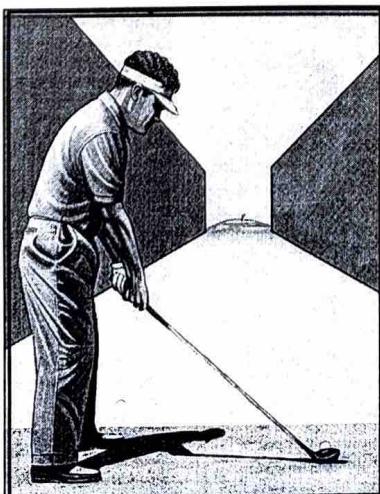
GOLF TIP No. 4

from Russell O'Neill, Wolston Park Golf Professional

IMAGINE HIGH WALLS PROTECTING EACH SIDE OF THE FAIRWAY

There are certain times during a round when a player is exceptionally susceptible to pressure. One such time occurs when he or she is faced with a shot down a narrow fairway with trouble on both sides.

Such a shot produces anxiety and often a bad swing. I have found it helpful to imagine that the fairway is guarded on each side by a 30 metre high aluminium wall. When I have convinced myself that the "walls" will protect any stray shot I might hit, I'm able to swing freely and produce a straight shot.



Poet's Corner

A Garden Song

Old fashioned gardens, underneath the trees,
Cowslips and columbines are nodding in the breeze;
Lilac and lavender so sweet and shy.
Bring back the memories of days gone by.

Old-fashioned gardens, waking with the dawn,
Daisies and daffodils are laughing on the lawn;
Harebells and hollyhocks that grow so high,
Bring back the memories of days gone by.

Old-fashioned gardens neat and tidy lay,
Lawns and paths with arches where climbing roses play;
Pungent nostalgic scents from flowers' sigh,
Bring back the memories of days gone by.

Reginal Arkell 1920 Vs 1 & 2
Chris Cyr-Webster 1998 Vs 3

Transition Team Timetable

Session Times	Monday 2.3.98	Tuesday 3.3.98	Wednesday 4.3.98	Thursday 5.3.98	Friday 6.3.98
9.00 am	Wacol A				
9.30 am					Gladstone House
10.00 am		Grounds and Gardens	Patients Friend/ Library/Project 300 (Patients Friend)		
11.00 am		QCSR			
12.30 pm			Psychologists (CE Conf Room)		
3.00 pm	Wacol A			Social Workers (CEU Lounge)	Gladstone House

All staff, patient and relatives/carers are encouraged to attend these important information sessions. Staff unavailable to attend the session of their nominated work area, are welcome to attend another session at a more suitable time. If you have inquiries regarding these information sessions, or any other issues, please ring the Transition Team on 3271 8828

KAIZEN - PRONOUNCED KY-ZEN - MEANS GRADUAL, UNENDING IMPROVEMENT, DOING 'LITTLE THINGS' BETTER, SETTING - AND ACHIEVING - EVER HIGHER STANDARDS .

Accreditation with The Australian Council on Healthcare Standards (ACHS) EQuIP- the ACHS Evaluation and Quality Improvement Programme

In the last four editions of the Paper on the Park, we have been looking at the ACHS EQuIP programme Self-Assessment process. We looked at the assessment tool and the headings we will use to document our achievements and areas where we need to improve, some of the questions we will need to ask ourselves, and a brief mention of how to rate our organisation. Now I would like to discuss further the process of Rating Our Performance. The EQuIP scoring system uses a five-point rating scale to indicate the organisation's achievements in relation to the standards. The same rating scale is used by both our organisation and the surveyors.

ISSUES TO CONSIDER

In determining how to rate the achievements of The West Moreton District Mental Health Service in relation to each criterion and standard, we and the surveyors need to consider the:

Key principles which underpin EQuIP
Evidence of outcomes and improvements
Evidence of striving for Best Practice

Principles of EQuIP

The key principles underpinning EQuIP are Customer Focus, Leadership and Organisational Performance.

Customer Focus

Is the focus of the organisation directed to its customers, both internal and external?
Are customers' rights and responsibilities established, apparent, communicated and practiced?
Is feedback from customers sought and used for improvement?

Leadership

Is leadership evident throughout the organisation?
Are the values of the organisation reflected in its practice?
Is there a co-ordinated approach to the delivery of the organisation's care and services?

Improving Organisational Performance

Are achievements of the organisation's mission and goals measured?
Are results utilised for improving performance?
Is continuous improvement the focus of the organisation?
Does continuous improvement involve everyone?

Outcomes and Improvements

What are the expected outcomes of the criterion/standard?
Are these being achieved?
What evidence is there of improvements in the outcomes achieved?

Striving for Best Practice

Is the organisation complying with appropriate professional guidelines, codes of practice, statutory requirements and Australian Standards?
How does the organisation use information gathered from journals, conferences and networks with others to improve its performance?
What comparisons are being made with other services?
What data is used to determine if Best Practice is being achieved?

In determining the appropriate rating for each criterion/standard, we need to review what our organisation is currently doing and identify evidence which is available to support this. We also need to consider what more can be done to improve performance.

I will provide more information on the self-assessment and rating process of the ACHS EQuIP programme in the next edition of Paper on the Park. Should you wish to contact me to discuss quality or accreditation issues, please call me on Ext. 581 - or Pager number 519.

*Sue Jenkins
Quality Coordinator*

HEALTH INFORMATION SERVICES

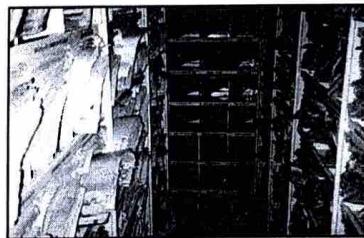
Health Information Services are currently relocating to the Medical Centre, finally escaping the heat of the Old Hospital Ward in time for winter!!! I would like to take this opportunity to thank all those staff who have assisted with the move and have provided efforts over and above the call of duty. In order to maintain a continuity of service, a number of hospital departments have been instrumental in ensuring the move has been relatively painless.

Health Information Management Staff

Jo-Ann Priest	Senior Health Information Manager
Lyndell Bentley	Transcription Typist
Warren Storey	Medical Services Officer
Joy McNabb	Administrative Officer
Glenda Parsons	Administrative Officer
Kylie Menear	Administrative Officer
Andrew Falconer	Administrative Officer
Marie Watson	Administrative Officer

Telephone extensions will be maintained as follows:

Health Information Manager	254
Medical Services Officer	518
Transcription Typist	797
FOI Officer	792
General Inquiries	623/794/793



Old files waiting to be moved

BE CAREFUL

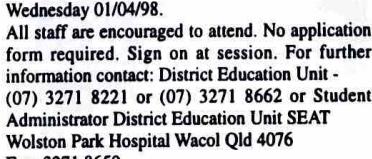
PREVENT ACCIDENTS

Ipswich Hospital Educational Centre
Wednesday 04/03/98 2.30 pm - 3.30 pm

Wolston Park Hospital
Staff Education & Training Centre. This one hour information session will cover general aspects of Workplace Health & Safety issues, including an update on legislation and accident investigation.

Fax: 3271 8650.

Wednesday 01/04/98.



All staff are encouraged to attend. No application form required. Sign on at session. For further information contact: District Education Unit - (07) 3271 8221 or (07) 3271 8662 or Student Administrator District Education Unit SEAT Wolston Park Hospital Wacol Qld 4076

Fax: 3271 8650.

Sue Jenkins

Quality Coordinator

Spiritual Perspective

IMPATIENCE AS A VIRTUE

You may have heard that patience is a virtue. I would like to consider for a moment the virtue of impatience. If patience is the virtue, then we may easily be condemned by our feelings of anger and frustration which quickly surface when some one does something, for example, that we have told them time and again that we don't want them to do, or when they don't do something that we have repeatedly requested.

I find some hope in hearing Jesus say such things as "Don't you understand yet?" and "How long must I stay with you?" Jesus models a virtuous impatience in which he maintains his commitment to whoever is on the receiving end of his rebuke. He articulates his frustration at people's slowness to understand, their lack of consideration for others, their hostility and their unhealthy dependencies. Jesus not only expresses his frustration, but he follows it with an explanation of why he is frustrated AND provides an opportunity to restore peace in the relationship.

IMPROVEMENTS TO THE JOHN OXLEY MEMORIAL HOSPITAL CAR PARK

Work is under way to develop a new car park at John Oxley Memorial Hospital car park. It is to be situated on the left hand side of the entrance road. This will alleviate congestion which has occurred in the past.

All staff who use the main entrance to Secure Care Services are requested to take care over the next few weeks as extensive work will be continue. Staff are reminded that any inconvenience will only be of a temporary nature and are asked to be courteous to other road users and those working on the car park. This road will continue to be the access route to the perimeter fence of Secure Care Services for emergency vehicles.



We hope very soon to announce the availability of the car park for full use when work is complete.

Craig Wright A/Coordinator
Grounds & Gardens



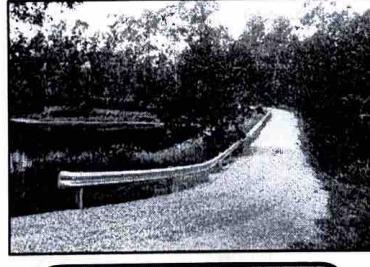
At the end of the two way

JOHN OXLEY MEMORIAL HOSPITAL AND WEEROONA ROAD

Roadworks are now complete and the road has been re-opened.

Use of the road is subject to some important conditions and which must be adhered to for the safety of all staff and personnel within the hospital.

1. Only emergency vehicles and service vehicles are to utilise the road.



Looking back from Weeroona end

2. The road is two-way up until the sewerage station on the left hand side below JOMH from this point the road becomes one-way travelling from JOMH to Weeroona.
3. The speed limit is 20 kilometres per hour.
4. Staff transporting patients to the facilities at Nyunda Park may gain access to the park from the entry to the road adjacent to JOMH.

Craig Wright A/Coordinator
Grounds & Gardens

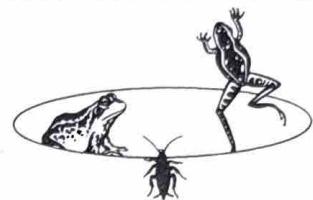
Where Do You Head When You're Feeling Hungry?

THE WOLSTON PARK HOSPITAL CANTEEN

The friendly staff always welcome, The hot box tantalizes all who stand before Other days the menu changes but Thursday's set in stoneRoast Day Get in early or you'll miss out. So where do you head when you're feeling hungry?

The Wolston Park Hospital Canteen

!! A TALE OF TWO FROGS !!



Two frogs hopped into a butter factory and fell into a cream can. They tried to hop out, but no matter how hard they tried they could not get out of the cream. A cockroach sitting on the rim watching their efforts said, "You'll never make it - you'll never get out. You may as well give up now!"

In the face of the constant criticism one of the frogs did give up. He stopped hopping, slid beneath the surface of the cream, and drowned.

The other kept on trying. He hopped and hopped beyond the point of exhaustion. Suddenly, a miracle occurred. The cream started to turn to butter. It became solid. He was able to hop out!

What saved him? He was deaf - he could not hear the discouraging words of the cockroach.

There are always plenty of cockroaches around urging us to give up and drown quietly. Yet it is the achievers and workers that will pull us out of the cream can. Isn't it about time that they were encouraged more - and loudly enough to drown out the cockroaches?

KEEP ON KEEPING ON!

FINANCIAL MANAGEMENT IN THE HEALTH SERVICE

This 5 hour course will cover many aspects of financial management in the health services and is offered in one two hour and one three hour session. The topics include • Ordering • Process of payments • Budgeting • Allocation of funding • Commonwealth and state funding policies.

Who should attend:

- Business Unit Co-ordinators
- Administrative Officers
- Employees working in the area of finance or interested in upgrading their skills

WOLSTON PARK HOSPITAL

Course code: FMHS2.98

Date: 18th March 1998

Venue: Auditorium 1

SEAT Centre

Time: 9:00am - 12.00md

CLOSING DATE: 7th March 1998

Send your DEU application form to:

District Education Unit

SEAT

Wolston Park Hospital

Wacol Qld 4076

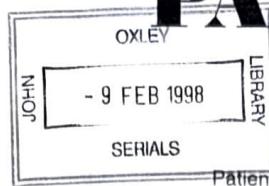
or fax:

3271 8650

Farewell to the Dynamic Duo from the Ipswich Health Plaza

Mary-Ann Bossom (Contract Services) and Therese Rooney (Health Information Services) were farewelled on 12 months travel leave at a special 'bon voyage' lunch on Thursday 5 February 1998. After travelling to Los Angeles, Therese and Mary-Ann plan to attend the Gay Mardi Gras in San Francisco before touring the US and Canada and will return to Australia via the UK and South Africa.





PAPER ON THE PARK

For

Patients, relatives, consumers, employees, internal and external voluntary, private and public organisations

ISSN - 1320 - 3568

JANUARY / FEBRUARY, 1998

Print Post Application No. PP437587/0001

VOL. 6 No.1

FROM THE E.O.'S DESK

Well, another year is upon us and I hope everyone had a very enjoyable break over the festive season. A number of significant events will occur this year including closure of the laundry after 68 years of service, relocation of Barrett A to Ipswich Hospital and the Medical Records Department shifting to the Medical Centre. In addition, the Sewing Room is moving to an area above the kitchen and Ellerton House will be closing mid-year as part of the Mental Health Strategy.

The new hospital Master Plan process is proceeding and we hope to enter the detailed planning phase shortly.

The Transition Team is now fully functional and I know many of you have already spoken to the team about the future and your career prospects. If you are at all concerned about any matter relating to your future career options I urge you to talk to the team as soon as possible.

I look forward to working with you during these interesting times.

Regards

Graeme Meyer
Executive Officer



Father Christmas even visited the Canteen to open the Christmas Sale!

CHRISTMAS CAROLS 1997

The advertisement around the Hospital for the annual Carols Night was headed "Great Joy for all People". And so the night was.

I always feel that joy is very much the word for Christmas along with peace. "I bring you news of great joy, a joy to be shared by all the people", the angel announced and "Peace on earth, good will to all".

We can all be grateful that each year the Bundamba Salvation Army Band and Timbrel players and the Kruger Parade Baptist Singers so willingly and exuberantly share their talents with us. Most of us, I think, love the music of the Salvation Army Bands. It was great to see the youth in the Band and the Timbrel Players, but one brass player I spoke to told me that he had been in the band for 60 years! The contemporary Christmas style of the Baptist singers was the perfect balance to the brass and timbrels.

A feature of the evening was the Scripture Reading of the Christmas message by former hospital patient, John, with his tall imposing figure and golden resonating voice, John did the Christmas message proud as he read with a blend of pride and humility and filling reverence.

Anglican Bishop for the Western Region, which takes in Wolston Park Hospital, Bishop Raymond Smith, delivered a message that was spoken very personally to his audience with all the touching simplicity of the first Christmas itself. It was a message of the never ending story of God's personal love for each one of us.

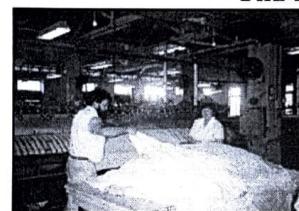
I would like to thank my fellow Chaplains Reverend Owen Strong and Mr Greg Manning for all they did to prepare a night that prepared us all so well for Christmas at the Park in 1997.

Countless staff rallied to prepare the Barrett Auditorium for the evening and we shared lavish hospitality. Christmas came early, in the supper at the end of the evening.

Mr Peter McFerran thanked everyone for an evening that none of us wanted to see come to an end and, on behalf of the hospital, presented our guest musicians with a gift, compliments of the Office of the Patients Friend.

GENERAL NOTICE

The Wolston Park Hospital Patient Welfare Association Inc. will be holding the first meeting for 1998 on Tuesday, 3rd Feb., at 12.45 in the Office of the Patients' Friend. Agenda items will include but not be limited to: (1) Setting dates for the events to be held this year; (2) Setting the agenda for the Annual General Meeting.



Janise Bell & Warren Langston using the roller mentioned in the article

THE END OF AN ERA



Lepa Tuiava doing the pressing



Drago Macinic waiting for the wash to finish



On Friday the 27th February 1998 the laundry will officially close after almost 80 years in operation on the current site. The current laundry has been in operation since 1920. The laundry was built following the fire in January 1916, which destroyed the previous laundry roof, and also the laundry was small and ill designed. Although plans for the new building were completed by 1915. Building did not commence until the end of 1918 following the completion of the new kitchen. The 1919 annual report states "the building has been carried on throughout the past year, completion...". Unfortunately no 1920 annual report. Although, Department show 3,646 pounds buildings in 1920.

Much of the equipment in the with many pieces of equipment operational when staff commenced roller pictured above left, dries and pillow slips and tea-towels, was

The laundry has a compliment of on at the hospital to handle the laundry will be contracted out to Service at Princess Alexandra employed in the Laundry and their Beverley Dixon 18, Kathy Eustace Langston 23, Drago Macinic 8, Diane McLeod 21, Faith Muir 28, Rose Muller 7, Ramon Noble 23, Jodie Smith 13, Robert Smith 11, Thomas Thomson 3. Temporary and casual staff include: Maureen Bambling, Leslie Brown, Joanne Clem, Denise Dickson, Neal Ebert, Linda Green, Robyn Moore, Michelle Morgan, May Richards, Surila Singh, Howard Thurlow, Lepa Tuiava.

Faith Muir, Coordinator Laundry and Linen Services (see above photo), is the longest serving member of the laundry staff. Faith recalls when she started work there were over 3000 patients. At that time the laundry operated 7 days a week and processed 20,000 to 30,000 tons of laundry a week. In comparison only 10,000 to 12,000 kilograms of laundry is now washed each week.

(Continued on Page 7).



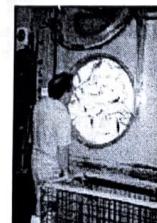
Sorting the Linen



Laundry



The Washing Machines



Denise Dickson

Leslie Brown
manning the Dryer



THE "KAIZEN" COLUMN

from Sue Jenkins
Quality Co-ordinator

Kaizen - pronounced Ky'zen - means gradual, unending improvement, doing "little things" better, setting - and achieving - ever higher standards.

Accreditation with The Australian Council on Healthcare Standards (ACHS) EQuIP- the ACHS Evaluation and Quality Improvement Programme

In the last three editions of the Paper on the Park, we have been looking at the ACHS EQuIP programme Self-Assessment process. We looked at the assessment tool and the headings we will use to document our achievements and areas where we need to improve, some of the questions we will need to ask ourselves, and a brief mention of how to rate our organisation. Now I would like to discuss the importance of -

THE INVOLVEMENT OF ALL SERVICES

It is essential that every service in the organisation, clinical and non-clinical, considers its performance against all relevant standards and criteria. Each service needs to use the standards and criteria to consider:

- * how they contribute to patient/client care
- * how leadership and management are evident in their service
- * how well they manage human resources and information
- * the safety of their practices and environment
- * what they have done to improve their performance and how they have rectified any difficulties that they have experienced

Knowing how well each service within the organisation achieves the standards and improves its results will be an ongoing activity. Each service will need to:

- * access a wide range of resources in order to implement best practice principles
- * be aware of requirements such as:
 - ◊ Statutory requirements
 - ◊ Codes of Practice
 - ◊ Australian Standards
 - ◊ Health Department policies and procedures

All services need to have mechanisms in place to ensure they are aware of current practice. Membership of professional associations, attendance at workshops and conferences and regular review of relevant journals can assist in this process. Networking with professionals in similar services is a relatively easy and enjoyable way of sharing knowledge. At the time of survey, the organisation will need to demonstrate that it has accessed and, as appropriate, applied the available knowledge.

USING THE INFORMATION

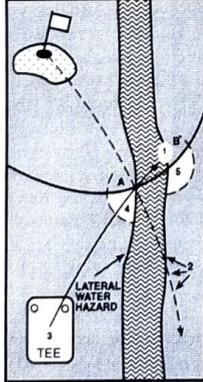
The organisation's self-assessment is vital to improving performance. The information that is collected during the self-assessment should be carefully analysed to see how it can be used to improve the delivery of care and services. The self-assessment documentation will help to provide evidence of how staff and management have improved their performance. It can also help to ensure the information gained from previous experience has been detailed so that it remains for further reference.

I will provide more information on the self-assessment process of the ACHS EQuIP programme in the next edition of Paper on the Park. Should you wish to contact me to discuss quality or accreditation issues, please call me on Extension 581 - or Pager number 519.

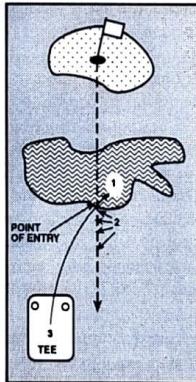
GOLF TIP No. 3

from Russell O'Neill, Wolston Park Golf Professional

Check Your Rules:



Lateral water-hazard options



Water-hazard options

There are five options when a ball is within a lateral water hazard. Three are the same as for a water hazard: (1) Play the ball as it lies without penalty. (2) Drop behind the hazard on a line formed by the hole and the point (A) where the ball entered the hazard, with a penalty stroke added. (3) Use the stroke-and-distance option. The other two options also call for a penalty stroke. You may drop within two club lengths of A or nearer the hole (4) or on the opposite side of the hazard (5). The reference point on the opposite side is B, which is the same distance from the hole as A.

You can do one of three things when your ball comes to rest in a water hazard: (1) Assuming the ball is playable, go right ahead and play it without penalty. (2) Imagine a line that runs from the hole to a point where the ball crossed the margin of the hazard. You can drop on an extension of that line for a penalty of one stroke. (3) Use the stroke-and-distance option. In this illustration, that would mean returning to the tee where the next stroke would be your third. Note that you cannot drop along the line of the ball's flight.

WOLSTON PARK HOSPITAL

1998

Quality Activities Forum Dates

Tuesday, 24th February 1998

Tuesday, 24th March 1998

Tuesday, 28th April 1998

Tuesday, 26th May 1998

Tuesday, 23rd June 1998

Tuesday, 28th July 1998

Tuesday, 25th August 1998

Tuesday, 22nd September 1998

Tuesday, 27th October 1998

Tuesday, 24th November 1998

QAMH WEEK

The efforts of consumers and carers in the West Moreton district were acknowledged at an Awards Ceremony on Thursday 23 October 1997 as part of Mental Health Week. More than 45 nominations for the five Consumer Awards were received from around the region. A panel of consumers, carers, local professionals and QAMH members had the difficult task of selecting the winners. A special award for recognition of service was presented to Denis Manning. Tony Hennessy, President of QAMH Brisbane spoke about stress and mental illness. Winners of the awards were:

Consumer Achievement:

Ronald Holman

Carer Award :

Mark Brown

Special Achievement:

Robert Watson

Team Award:

Integrated Mental Health Week Committee

Patient Achievement-Hospital Based: Rodney Scharenguivel

QAMH Ipswich also held an educational skating night to inform youth concerning the myths of mental illness. The evening was a huge success with well over 300 people in attendance.

Val Morton
QAMH, Ipswich



Tony Hennessy, Brisbane QAMH President, speaking at Awards Ceremony

GENERAL NOTICE

Notice is hereby given that the Annual General Meeting for the Patient Welfare Association Inc. will be held on Tuesday, 3rd March, at 12.45 in the Office of the Patients' Friend. Nominations close for office bearers Tues. 17th Feb. Anyone interested in nominating for office must have the nomination in writing to Sandra Roberts (Secretary) by 17th February.

Silver Circle

ANNUAL FUNCTION

Last year's annual function was held at the Ipswich United Services Bowls Club at Joyce Street, East Ipswich on 12th December, 1997. It was a great evening of dining and dancing.

The major prize draw of \$1000⁰⁰ and a weekend for two was drawn during the evening. Congratulations go to Pat Healy who was the lucky winner (see photo at right).

Weekly draw winners since the last notification are: M. Rostron, J. Pemberton, T. Ryan, A. Whitington, A. Say, V. Bentley, S. Gardiner, A. Bull, J. Stephenson, S. Dredge, S. White, S. White, A. O'Brien, T. Box, with the final draw being won by Max Whitby.

Thank you all for your participation in the Silver Circle throughout the year.

NOTICE TO ALL MEMBERS

Please be advised that the Executive has cancelled your payroll deduction (\$5⁰⁰ per fortnight) as of the pay period ending Sunday, 7th December 1997.

Whilst the Silver Circle was initially and for some years a very successful concept, rising costs and declining membership now render it unable to continue to provide the prizes and the annual function as before.

We hope your participation in the Silver Circle over the years has been enjoyable.

May we wish you and your family the best wishes for the New Year.



Pat Healy receives the Major Prize at the Silver Circle Party

THE CHRISTMAS MARKET

On the morning of Friday, 5th December the fabulous Christmas Market that was organised by the Office of the Patients' Friend was well attended by patients, staff and visitors.

A special Christmas Morning Tea was provided with free ice creams for all.

The competition for the best decorated Christmas tree from recycled material was a great success with four prizes being awarded by Mr Peter McFerron to ward/areas as the accompanying photos below detail:



FIRST PRIZE of \$50⁰⁰ plus 6 bottles of nonalcoholic wine plus a perpetual trophy went to the Barrett Centre F



SECOND PRIZE of \$30⁰⁰ plus 6 bottles of nonalcoholic wine went to McDonnell House B



THIRD PRIZE of \$20⁰⁰ plus 6 bottles of nonalcoholic wine went to Kelsey House



JUDGE'S PRIZE of \$40⁰⁰ plus 6 bottles of nonalcoholic wine went to IMHS Aged Care, Wacol B



Wendy Mallett, Librarian

LIBRARY NEWS

NEW CD-ROM

The library now has the AUSThealth CD-ROM which includes several Australian health related databases:

- AMI Australasian Medical Index (this includes Australian and New Zealand journals which are not indexed by Medicine).
- APAIS-Health This is the Health subset of the Australian Public Affairs Information Service.
- ATSIhealth Aboriginal and Torres Strait Islander Health Bibliography.
- RURAL Rural and Remote Health Bibliography.

If you are interested in searching this CD-ROM, ask library staff who will load it for you.

NEW BOOKS

Just a few of the new resources added to the library's collection over the last month or so include the latest editions of two reference books - Harrison's *Principles of Internal Medicine* and Goodman and Gilman's *The Pharmacological Basis of Therapeutics*.

Also:

Service Utilisation Monitoring Process, 1994 - 1995: Queensland Mental Health Branch by Graham Mellsop and Paul White et al.

The Trends Guide to the Internet.

Handbook for Communication and Problem Solving Skills Training: a Cognitive - Behavioural Approach.

The Health and Welfare of Australia's Aboriginal and Torres Strait Islander Peoples.

Psychological Trauma: a Developmental Approach.

NEW VIDEOS

A couple of the new videos acquired by the library are:

- *Last Night I Heard a Voice: Working with Indigenous Mental Health Clients* (1996, 22min. + brochure). This video was produced by Queensland Health to form part of cultural awareness for mental health clinicians working with indigenous clients.
- *Understanding ADD (Attention Deficit Disorder)* (1996, 2hr 12min.). This is a Parent Seminar full of practical advice for parents, teachers and health care professionals.
- *Marrying and Migrating: You Have to Work at it* (1997, + booklet). This video assists couples make informed choices about their decision to marry someone from another culture.

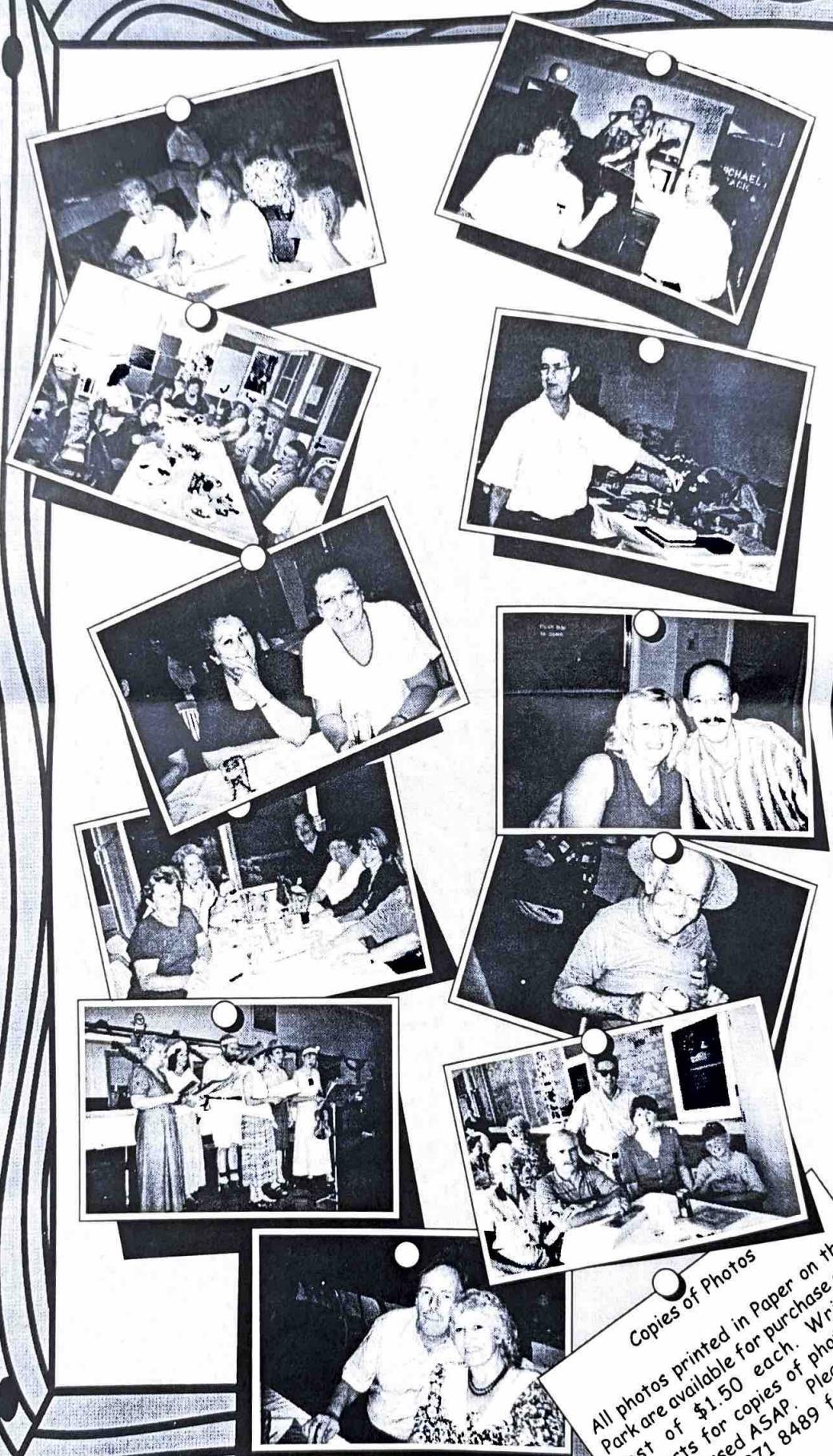
Please ask at the counter for any of the above resources and library staff will assist you to find them.

Library hours are 7.30am - 4.30pm Monday to Friday.

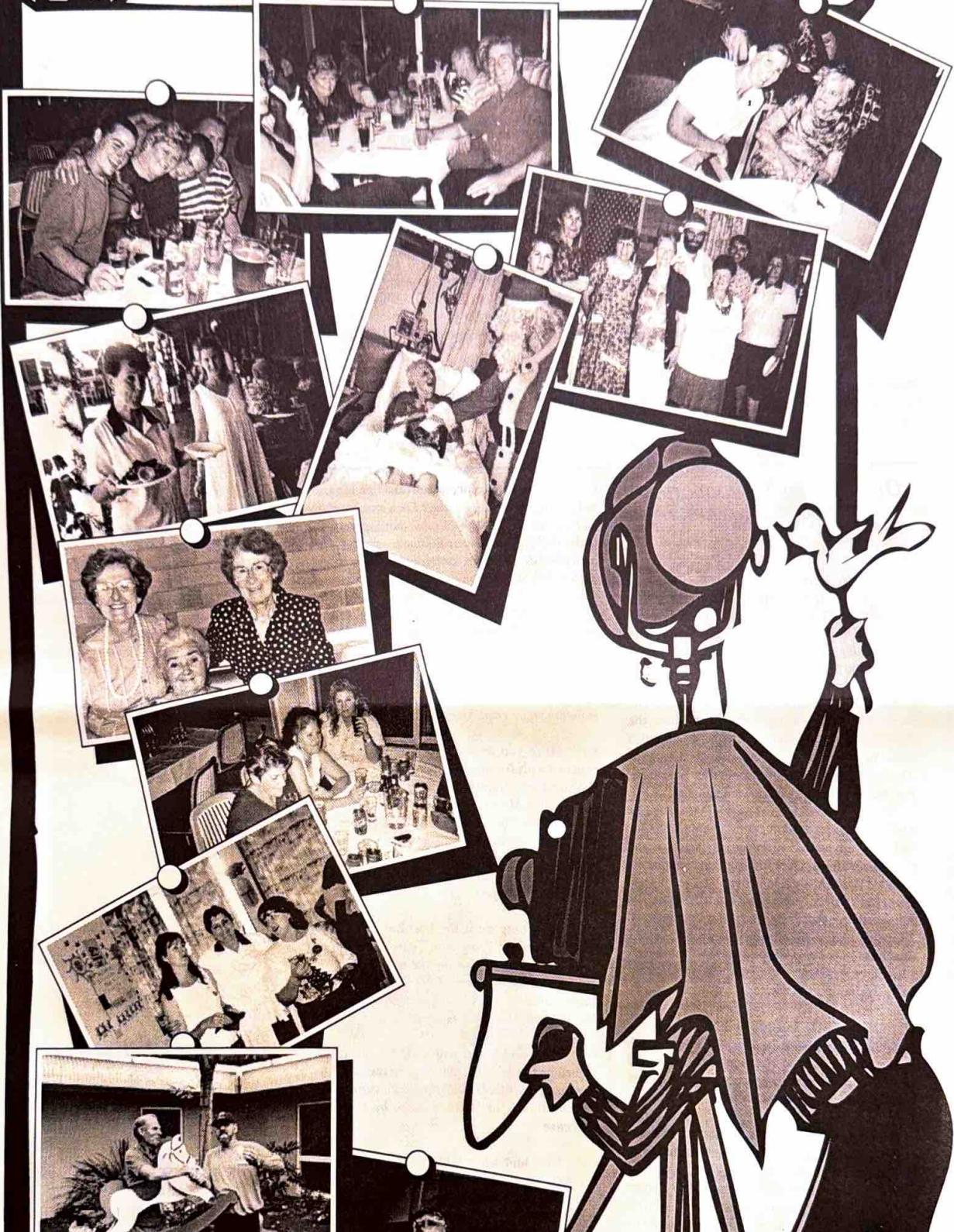
Wendy Mallet (see photo on right) phone 3271 8488

Wendy Mallett, Librarian

NOTICE BOARD



Copies of Photos
All photos printed in Paper on the
cost of \$1.50 for purchase at the
requests for copies of photos will
be processed ASAP. Please phone
Robyn on 3271 8489 for further
information.



Peter Cavanagh (Secure Care) receiving the
Christmas Raffle prize from George Drayton



TRANSITION TEAM

Happy New Year! I hope you and your families had a safe, happy Christmas and look forward to a prosperous 1998.

The Transition Team is back on deck and preparing to establish databases for staff and patients which will assist us to address your individual needs.

This month in Paper on the Park we have included a message from our District Manager and a rumours column, which will be a regular feature. Open Office Day was successful and attended by a diverse range of work groups. Response to the Inquiries box was great. Thank you to all the patients and staff for your participation. Keep the questions coming in.

The Human Resource Plan for Queensland Mental Health Service is almost complete and will provide us with guidelines for managing workforce changes. Also, negotiations are underway with other public sector agencies to identify positions available in other government departments. A job notice board will be established in February in the Transition Team Reception Area, Old Hospital Ward. Please come and check out what's available.

We will continue to provide regular updates on the progress of decentralisation and development of new services as it becomes available. I would like to welcome the additional members of the Transition Steering Committee - Ms Carol Swendson, Director of Nursing; Dr Terry Stedman, Director of Clinical Services; Mr Peter McFerran, Director of Corporate Services. I am sure their input will be of value to the continued success of the project.

Please remember to drop in or phone us if you have any queries or concerns.

Pattie Scott
Team Leader
Wolston Park Hospital Transition Team

OPEN OFFICE INTRODUCTION SESSIONS

The Transition Team conducted 'Open Office Informal Introduction Sessions' on Monday 22nd December 1997 (1000 - 1700) and Tuesday 23rd December 1997 (0600 - 1000). Preceding these sessions, a formal meeting was conducted with representatives from industrial unions. All unions that formally represent staff at the hospital received a written invitation to attend this meeting on Monday 22nd December 1997 (0900 - 1000). The purpose of the meeting was to introduce the Transition Team and outline the information that would be provided to staff and patients during the 'Open Office Informal Introduction Sessions'. Proceedings of this meeting were minuted.

The 'Open Office Informal Introduction Sessions' had been advertised in Paper on the Park and promotional fliers. Over fifty staff and one patient attended these sessions, including: 18 Catering and Domestic staff; 8 Nursing staff; 6 Trades staff; 4 Administrative staff; 4 Business Unit Coordinators; 2 Library staff; 4 Allied Health staff; 1 Patient; 1 Chaplain; 1 Medical Officer; 1 Research Manager; 1 Research Assistant; 1 Grounds and Garden staff; and 1 Business Unit Director.

The purpose of the sessions was to introduce the Transition Team, outline the indicative mental health service changes at the state and local level and provide information in response to staff and patient inquiries. The office was established with sections for Service Redistribution, Hospital Redevelopment, Workforce Issues and Patient inquiries. Various government documents including the Ten Year Mental Health Strategy for Queensland (1996), the Transition Team December 1997 Update and the 'I Have a Question' sheet were displayed for visitors to access. Visitors were encouraged to either document their questions on the forms provided and place them in the Patient/Staff Inquiries box or take the forms back to their work area and send them to the Transition Team when required. Following are a selection of questions asked and responses to same:

- **What is the future of services currently provided by Wolston Park Hospital, eg. GPS, Nursing Research Unit? Care model options are currently being developed for the new hospital and when a model of care is established, staffing profiles will be developed and future service requirements will become clearer.**

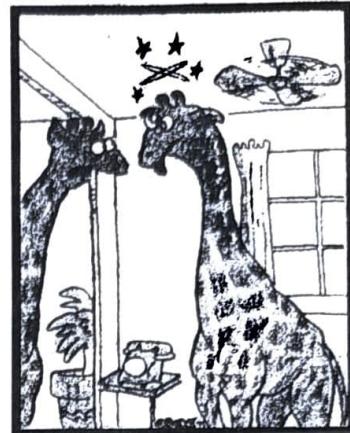


!! RUMOURS !!

'The Transition Team office will be air conditioned' - False!

BEAR FACTS

by Burke



"Well it was your idea to get that silly thing instead of proper air conditioning!"

Staff are encouraged to contact the Team if they should hear rumours, or conflicting information, so that we can provide the facts.

• **Newsletters/Information/Gazettes, etc are not getting to my area - why? Each area/ward is on the circular list. It is desirable that Supervisors make this information available to all staff via noticeboards, etc. Also, articles will be included each month in Paper on the Park.**

• **If I don't accept a VER, will I be forced to accept a transfer to North Queensland, or an area a long distance from my home? Under current government policy there is no forced transfers or retrenchments. Local processes are currently being developed to maximise opportunities for all staff to maintain future employment.**

• **Have you considered seeking funds to contract a professional photographer to capture Wolston Park Hospital buildings and landscape? Mr Graeme Meyer, Executive Officer, recently invited all staff of the hospital to attend a meeting with the purpose of capturing the history of Wolston Park Hospital via the collection of memorabilia, etc. Staff are welcome to contact Mr Meyer regarding this project.**

• **How long until the hospital closes? As indicated in the Transition Team's December newsletter, construction for the new hospital is expected to commence in 1999. There will be a staging of closure of existing services as the new hospital and other services are developed.**

• **How and when will staff be consulted regarding the design of buildings on the site? The design of buildings and the process for this consultation is to be undertaken by Hospital Executive.**

• **How and when will staffing profiles be decided? Care model options are currently being developed for the new hospital. Once a model of care is developed, the process for staffing profiles will commence and consultation will take place at this time.**

!! CONTACTS !!



Hagar



MESSAGE FROM DR MARK WATERS, DISTRICT MANAGER, TRANSITION TEAM

I am very pleased with the positive response from staff to the establishment of the Transition Team.

Team members were appointed not by their professional discipline, but for their proven individual expertise in organisational change, change management, financial and human resource management and patient care. Team members have been appointed for twelve months under the new directive issued by the Office of the Public Service. This directive allows for temporary appointment to a period of twelve months. After this time, a formal recruitment process will be conducted.

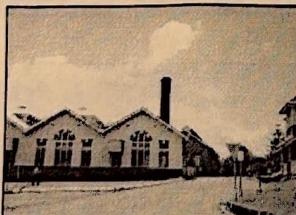
The Transition Team is undertaking a major project and will require support from patients and staff. The Transition Team is dedicated to focus on the following:

- achievement of patient relocation with clinical sensitivity in a co-ordinated way so that care is continuous and appropriate;
- equity of access for employment/career opportunities for staff of Wolston Park Hospital during the decentralisation process;
- financial redistribution conducted in consultation with Wolston Park Hospital which does not jeopardise service delivery or human resource issues. This will allow for a smooth transition of patient services.

The Team will work in collaboration with the Hospital Executive who will be responsible for the day to day administration of the hospital, as well as the development of new services on site at Wolston Park.

These changes will significantly enhance the State's Mental Health Services.

I urge you to seek assistance from the team members, who will be able to facilitate achievement of your personal and professional goals.



THE END OF AN ERA (Continued from Page 1)

A new laundry is to be built in the Kitchen/Cafeteria building for the patients' private laundry and should be ready for operation in 1998. Initially Faith will be staying on at the hospital to ensure the all goes smoothly with the changeover.

On behalf of the hospital, the Paper on the Park editorial team would like to thank staff of the laundry for all their hard work and wish them all the very best in the future.



SMOKE STACK SOON SILENT

With the closing of the boiler room on the 28th February 1998 another chapter in the interesting history of Wolston Park Hospital will close. Wolston Park folklore has it that one of the boilers was sunk in a ship during transit. A search of Wolston Park Hospital records substantiate this. The 1917 Annual Report stated that although the building itself was completed early in 1917, "with the exception of the accumulators, none of the machinery arrived until the year was well advanced". The report further states that the war was responsible for the delay in receiving the machinery as part was commandeered for war purposes when it was ready on the wharf for shipment and other portions were in ships sunk by submarines.

Morrie Sams, boiler attendant, who has been employed at Wolston Park Hospital for the past 18 years stated that this is only steam boiler of this type known to be still running in Australia. The boiler is fully manual. Everything is done manually from shoveling the coal to putting in more water to cool the boiler if it gets too hot. Prior to closure the boilers were run year about with one boiler on line for 12 months while the second boiler was off line for maintenance. In the past, the boiler house ran two shifts but as patient numbers declined and with



Cheryl Ferris at ease in the courtyard of her unit: a grant from Building Better Cities helped with her garden



Three Project 300 participants celebrating at the Gold Coast with some of their support workers

Do You Have an Interesting Article?

The Editorial Committee welcomes all articles. Articles should be approximately 250 words. Should your area be holding an event you would like photographed for inclusion in the paper please contact Robyn on 3271 8489.

CONTRIBUTIONS AND CORRESPONDENCE

All enquiries and the lodging of contributions can be directed to Robyn Flint, C/- Paper on the Park, Fleming House, Wolston Park Hospital, WACOL Q. 4067 Phone: 3271 8489

Poets Corner

Everyone feels pain

*Truly, Deeply, I'm in pain
I feel the bitterness
Of not my lovers kiss
It was those who loved
And they hurt themselves
My family it is
Things are getting better
It hurts
No Agony
And of course I know it
My family history
My Grade One
And by Grade one
It tore me into bits*

Stephen Craig Munro

WHO'S DOING WHAT

If you are conducting a workshop, seminar or acting as a hospital agent or invited as a speaker, either in the hospital, community, the district or further a field please let Robyn know by phoning 3271 8489 so that your event may be covered for inclusion in the newspaper.

Spiritual Perspective

A Feeling of Expectancy

Often, maybe without even realising it, we can go about our days with a feeling of dread tucked away somewhere inside of us. Certainly life can often be difficult and there are lots of pressures on lots of us. Last Sunday, in the Gospel Reading, the passage began with the words, "A feeling of expectancy had grown among the people".

I think that we all know what a feeling of expectancy is. It is special if it is a feeling that can be regular part of our daily attitude. Some of us may get out of bed reluctantly each morning. Others may be out of bed before they realise it. Dread is not holding back those who are out of bed before they realise it.

You may be interested to hear that Pope John Paul II has asked Catholics, but all people too are invited, to spend three years of preparation for the year 2000, 2000 years since the birth of Christ. 1997 was to be a year focused on Christ, 1998 is to be the year of the Holy Spirit and 1999 is to be the year of God as the Father and Creator.

So 1998 is the Year of the Holy Spirit. It is the Holy Spirit, we believe, who breathes new life into tired bones and bodies; fragmented, unsettled communities can become united, and work together as an enthused team; a feeling of expectancy can capture us each morning and dread can be left behind.

As we begin another year in changing times at Wolston Park, may 'a feeling of expectancy' be the buzz word for 1998.

Fr Jim Smith
Catholic Chaplain

EDITORIAL

JAN/FEB 1998

A very happy new year to all our readers from the editorial staff and committee.

The new year has always been the traditional time to reflect on the past and formulate new goals for the months and year ahead. Resolutions on personal growth, wellness and prosperity have for years been the favourites. In more basic terms 'exercise more' 'sensible eating' 'quitting smoking' 'dropping bad habits' 'losing centimetres around the waist' the list could be almost non-ending.

Good luck to all those brave enough to brag so early in the year of expected achievement. Certainly nothing succeeds more than success! So, especially for those brave souls who broadcast too all their ambition, and have sights on their goals and dreams for 1998 - good luck! For those silent ones who make a secret pact with themselves, good luck to you all as well.

In reflection, the first issue of this newspaper (called the Wolston Park News at its launch in 1992) the editorial detailed the strength of an organised communication medium. Chas Clist, Pauline Vedelago and Ian Lawrie deserve another big pat on the back for all the work in setting it up. There have been several other members of staff, also considerable input from consumers some actively involved in the ongoing creation of the paper.

We look back over the past five and a half years now and know now that our team has formally achieved the organised communication medium envisaged. We do realise that there is always room for improvement and know that we must run with change. I noted the closing words of the very first editorial and feel that I could not better sum up the paper's achievement "....which will maintain interest for all readers, be stimulating, be challenging and humorous."

There have been many and varied articles from departments all around the hospital and some also

from District offices. The newspaper has been able to keep everybody informed of some of the activities and changes taking place in the West Moreton Health area. We at the hub of the newspaper still need feedback from departments as to their part in the total caring plan.

One point that becomes very clear when looking back is how change has happened in all areas of the hospital, not just the introduction of new technology, machines and gadgets but also in individuals. As change takes place we all need to upgrade our attitude as well as our interpersonal skills and expertise in the high tech future of the caring profession. To many of us, I know that change can be quite frightening especially when it appears to threaten us, our colleagues and our consumers. The editorial committee, together with all readers who wish to take part in the future of our hospital, and with the improved communication of our upgraded high tech newspaper office, we will continue to bring more stimulating, informative and challenging news and of course humour to the Paper on the Park in the months and years ahead.

CHRISTMAS BREAK-UP PARTY

On 11th December 1997 a Christmas Break-up party was held at the John Oxley Memorial Hospital. The goals/objectives for the day was to celebrate the conclusion of the Murri Support Group Programs, particularly the venture with Access Arts who have provided an artist in residence. (Part II of the Access Arts Program culminates in March with the Art Works being displayed at the Inala Art Gallery).

Invited guests were: Aboriginal and Torres Strait Islander Community Organisations and personnel from government Departments who have contributed to the programs: Murri Aid, Access Arts, Inala Community Health, Queensland Aboriginal and Torres Strait Islander Drug and Alcohol Service, Cherbourg Elders, Brisbane Elders and the Karmilloroi Dance Troupe. Other guests included Mr Graeme Meyer, Mr Peter McFerran and Dr Peter Fama. Family and friends also attended to make the day a special event.

Guests were entertained by resident musicians followed by traditional dances from the Karmilloroi Dance Troupe and the Murri Group members and staff.

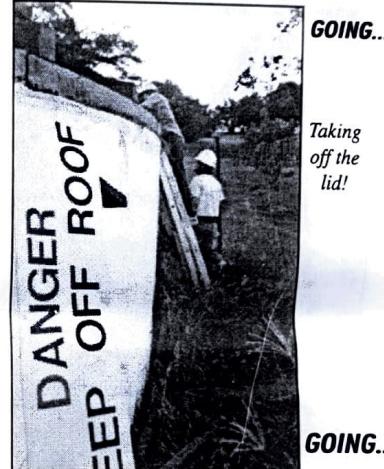
The barbecue lunch included traditional meats (marinated) and normal barbecue fair. The day concluded with an exhibition of the artwork commenced and speeches that personified the spiritual and emotional feeling for the day.

The day was a resounding success thanks to the rehabilitation committee members who ensured the guests felt (at home) comfortable, the efforts of John Oxley Memorial staff, the invited guests, family and friends.

ANOTHER LANDMARK DISAPPEARS

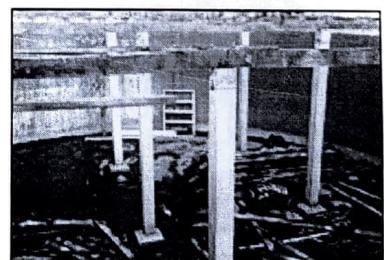


The decommissioned water tower - no longer needed. Massive leaks were found.

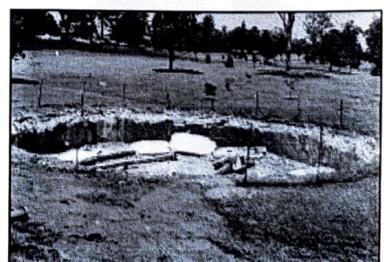


GOING...

Taking off the lid!



Inside the lidless tank.



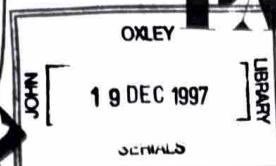
GONE!

DISCLAIMER

The views expressed in this newsletter are not necessarily those of the "Paper on the Park" Editorial Committee.



PAPER ON THE PARK
WOLSTON PARK HOSPITAL
WOLSTON PARK ROAD
WACOL, Q. 4076
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PAPER ON THE PARK

JOHN
1997
SCHWALB

For
Patients, relatives, consumers, employees, internal and external
voluntary, private and public organisations

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DECEMBER, 1997

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VOL. 5 No. 6

CHRISTMAS MESSAGE FROM THE EXECUTIVE OFFICER

Once again we are coming to that time of year when our minds turn to family, friends and a sense of togetherness in the workplace.

I know this year has been filled with a degree of apprehension for many of you. However, I am confident that we will be able to ride these waves of uncertainty together.

I wish to sincerely thank those of you who have invited me to your Christmas parties. Unfortunately, (or fortunately for my weight control programme) I will be unable to attend some of these functions. However, I am sure they will be thoroughly enjoyed by all who are in attendance.

Finally, a big thank you to everybody for your contributions to patient care over the past twelve months and I wish each and every one of you a very merry Christmas and a safe and healthy New Year.

1997 LONG SERVICE AWARDS

On Thursday 6 November our Executive Officer, Mr Graeme Meyer, presented Long Service Awards to staff who had attained 10, 20 and 30 years service. In a short speech, Mr Meyer congratulated staff and spoke of anticipated future employment changes which will include a more mobile work force with fewer people spending their working life with one employer. More news, photos and the recipients' names inside. Pictured below are those who received their awards at the awards ceremony.

Wolston Park Hospital - 10 yr Awards



Craig Foster, Henry Skelton, Chris Cyr-Webster, Sisifo Faraimo, Robert Leonard, Robert Smith, Eddie Gan, Michael Weaver, Kim Duxbury, Stephen Horman, Janina Gochala, Francis Dalgity, Karen Meyer, Dr Richard Thomis, Harry Van Leent, Susan Van Leent, Jan Bell, Russell Williamson, Paul White, Donna Bowman, Dr Jill Reddan, Patricia Bray, Kathleen Ho, Peter Perros, Estrellita Abercromby, Dr Terry Stedman, Henry Borg, Kay McFeeter, Wendy Yates, Michael Latham, Robert Ollier, Helen Jones, Irene Mouritz, Raymond Chatterton, Julie Sullivan, Mondalini Macdonald, Robyn Boyd, Robyn Flint

Wolston Park Hospital - 20 yr Awards



Robert O'Donohue, John Spain, Jamie Gill, Peter Howard, Phillip Wensley, Patricia Solomon, Vigeagantham Ramalingam, Laurie McDowell, Jeffrey Tapping, Charles Muscat, Colleen Egan, William Whitaker, George Lawrence, Denise Farlow, Bruce McKenzie, Rick Huntly, Lionel Ross, Michael O'Leary, John Sapiano, Dr Kok-Seng Tang, Des Desbrow, Norma Woodward, Erl Roberts, Lloyd Mullins, Hendrick Vandeneede, Dr Harley Bradbury, Beverley MacKintosh, Hildegard Krenka, Joyce Welham, Robert Paterson, Patricia Ahearn, Daryl Teves.

OFFICIAL OPENING OF CLARK UNIT

Mrs Colleen Clark officially opened Clark Unit of John Oxley Memorial Hospital on Thursday 13th November 1997. Mrs Clark is the widow of David Clark who was employed at John Oxley Memorial Hospital from June 1989 until his untimely passing at the hospital in 1992. It is a great tribute to David that fellow staff members nominated David to be remembered this way. This is the first time a ward has been named in memory of a member of nursing staff at Wolston Park Hospital.

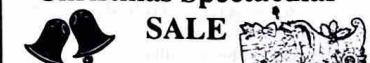


Mrs Colleen Clark with the plaque she was presented with to commemorate the opening



Mr Graeme Meyer, Executive Officer, Mr Kevin Bull, CMC, Clark Unit and Mrs Clark and daughters.

Christmas Spectacular



"PATIENTS' CANTEEN SUPERSTORE"
Present a GRAND SALE of clothes and
gift items before Christmas
SPECIAL OPENING ON
15 - 19th December 1997

Father Christmas will be there at 9.00am,
15th December - opening day only!

Christmas Fare also on sale from food counters
on Mon 22nd, Tues. 23rd and Wed. 24th

Canteen opening times over Christmas:

Christmas Eve - 8.30 - 4.00
Christmas Day - CLOSED
Boxing Day - 9.00 - 2.00
New Year's Eve - 8.30 - 4.30
New Year's Day - 9.00 - 2.00

From Greg, Karen, Lylrene, Kym, Maureen,
Leighanne, Cheryl, Simon and Julie:-

We wish a very Merry Christmas and a great
New Year to all our customers

EDITORIAL

Christmas greetings to all our readers and thanks to all those who contributed to the paper over the last year.

There have been several changes internally for Paper on the Park - in line with changes all around the West Moreton Health District.

As we would all be aware in today's world, to progress one must be prepared to change. For those still unable to grasp all of the changes taking place in and around them, just remember the old saying: "a change is as good as a rest"!

The Paper on the Park is now printed in black by popular request - still on the *Vada Blonde* paper. The Paper is now going more high-tech (more change), with the introduction of a more sophisticated computer program producing regular monthly papers from 1st February 1998.

Please feel free to send in any news including details of any hatches, matches and dispatches over Christmas and New Year party photos. We are planning a bumper Jan/Feb issue to kickstart us into 1998.

Merry Christmas and thanks go to the printers at Perfection Press, especially Harry and John on the computer, and to our regular article contributors, thanks also.

We at Paper on the Park wish you all an exciting and prosperous New Year.

THE "KAIZEN" COLUMN

from Sue Jenkins
Quality Co-ordinator

Kaizen - pronounced Ky'zen - means gradual, unending improvement, doing "little things" better, setting - and achieving - ever higher standards.

Accreditation with The Australian Council on Healthcare Standards (ACHS) EQuIP - the ACHS Evaluation and Quality Improvement Programme

In the last two editions of the Paper on the Park, we have been looking at the ACHS EQuIP programme Self-Assessment process. We looked at the assessment tool and the headings we will use to document our achievements and areas where we need to improve, some of the questions we will need to ask ourselves, and a brief mention of how to rate our organisation. More follows!

Self-Assessment - continued

We can use the ACHS EQuIP standards and criteria to challenge our organisation to improve the quality of service delivery. At times, improvements may plateau. Nevertheless, we need to continually consider how this organisation can improve in relation to *all* of the standards and criteria. Newly established organisations should be able to detail their achievements in relation to the standards. They can consider actions that have been taken to ensure that anticipated problems do not arise and also how they have established systems in response to problems that have arisen.

The EQuIP Assessment Tool has space to record evidence of each organisation's achievements and improvements in relation to each criterion as well as its outcomes for each standard. This can be useful for tracking performance over time and accessing information needed to demonstrate the organisation's performance to others.

The standards can also help identify indicators of quality and efficiency. They can be used to monitor whether an organisation's systems and processes achieve desired outcomes and meet customers' needs and expectations. Indicators can be used to provide quantitative information about our achievements.

Example:

A community health service may use the following two indicators to monitor the timeliness of their counselling services.

Clients seen within a week of referral
Total referrals

Crisis counselling sessions within 24 hours
Total crisis counselling sessions

Targets can be established in relation to the indicators. The number of times that these targets were met (or not met) will provide quantitative evidence of the timeliness of the service.

Review of the reasons for less than expected achievements may lead to improvements in client outcomes, structures (e.g. staff skill mix) or process (e.g. appointment details and processes).

I will provide more information on the self-assessment process of the ACHS EQuIP programme in the next edition of Paper on the Park. Should you wish to contact me to discuss quality or accreditation issues, please call me on Ext. 581 - or pager number 519.

MELBOURNE CUP DAY CELEBRATION

The Wacol "C" Pavilion Auditorium saw plenty of action on Melbourne Cup Day. The day started with morning tea and didn't stop until after the big race. Entertainment included a singalong with Bill on the Keyboards, the traditional Hat Parade and a Staff Steeple Chase. Melbourne Cup Day would not be complete without a sweep - congratulations to the lucky winners. Everyone had a great day as can be seen in the photos.



Combined P.G.U. wards Wacol A, B, Ellerton House and Gladston House. 4th November 1997. All prizes donated by staff.



Top Right: "Three Draw Winners"

Second Top Right: "Number One Runner"

Below Right: "Jean relaxing after the big race"

Below Centre: "Flemington style feast"

Below Left: "Bessie at the mike"



Great Joy for all people

An invitation.

The Chaplains of Wacol Park Hospital cordially invite you to celebrate Christmas with us at the
WACOL PARK HOSPITAL ANNUAL CAROLS NIGHT

Live music will be provided by the Bundamba Salvation Army Band and the Kruger Parade Baptist Singers, and a Christmas message will be given by Bishop Raymond Smith.

The celebration will begin with Carol singing at 7p.m. and Supper will be served shortly after 8p.m.

Where? Barrett Auditorium

When? Tuesday, 9 December 1997

If you have any questions or special contributions, we can be contacted through the hospital switch, 3271 8222.

*designed by Christian Fellowship Group and Friends.
Yours sincerely*

S. Manning

Greg Manning (for the chaplaincy team)



Liz Phillips and Yvonne Wilkinson of the SEAT Centre being presented with their award by Dr Mark Waters



Peter Gunner and Sally Wilde of the Secure Care Services Rehabilitation Team with Dr Mark Waters



Nadia Beer (President of the Patient Welfare Association) receives congratulations from Dr Mark Waters



Darren Mahoney and Bill Bos accept the award from Dr Mark Waters on behalf of Urquhart Unit


Rocking Carol

Little Jesus, sweetly sleep, do not stir;
We will lend a coat of fur,
We will rock you, rock you, rock you,
We will rock you, rock you, rock you,
See the fur to keep you warm,
Snugly round your tiny form.

Mary's little baby, sleep, sweetly sleep,
Sleep in comfort, slumber deep;
We will rock you, rock you, rock you,
We will rock you, rock you, rock you,
We will serve you all we can,
Darling, darling little man.



TEAM AWARDS

1. SEAT CENTRE

The School of Nursing, Wolston Park Hospital, employs creative and innovative strategies to realise its mission of promoting and providing educational experiences for the District of West Moreton.

Partnerships have been established with Griffith University, Southbank Institute of TAFE, Queensland University and Queensland University of Technology to facilitate educational programs and professional development and research programs.

The Graduate Diploma in Mental Health Nursing, taught in collaboration with Griffith University, is an example of the links being established to promote mental health nursing at tertiary level.

The current focus of the School of Nursing is to achieve excellence in educational initiatives in mental health by establishing further working partnerships with other care providers and educational institutions.

2. SECURE CARE SERVICES REHABILITATION TEAM

In the last eighteen months, the Rehabilitation Work Group has developed a new multidisciplinary model of program delivery and a clear organisational system to improve documentation, accountability and program quality.

Since 14th April 1997, all three program sites/levels have been operating, including: mobile programs which are taken into the wards for patients requiring highest security; closed rehabilitation which is operated from the Central Activities Area in John Oxley Memorial Hospital; and Open Rehabilitation which is operated from Yuggera Place for those patients approaching reintegration with the community or open wards, and also for some carefully escorted patients requiring brief respite from the closed environment of John Oxley Memorial Hospital.

Also included is the new Murri Resource Centre at Yuggera Place; Murri Support Programs and a mobile program addressing Anger Management.

It should be noted that the opening of Yuggera Place significantly added to the rehabilitative potential of the service and is an initiative unequalled in forensic psychiatric hospitals elsewhere in Australia.

3. PATIENT WELFARE ASSOCIATION, WOLSTON PARK HOSPITAL

The Fete Committee (Patient Welfare Association) has been in operation since 1960. It commenced originally as the Poinciana Festival in 1961 and was run in December to raise money for Christmas presents for patients.

Wolston Park Hospital Voluntary Aid Association originally ran the Fete. The Fete Committee was incorporated in 1996 and became the Patient Welfare Association.

The Association aims to foster welfare of all patients within Wolston Park Hospital by –

- providing regular social/recreational functions and activities;
- raising funds to assist with these functions and to provide amenities;
- encouraging ongoing and regular involvement of family friends and the general community in the social recreational life of the patients within the hospital;
- promoting mental health issues in the community.

The Patient Welfare Association presently consists of: Nadia Beer (President); Sandra Roberts (Secretary); Wendy Creurer (Treasurer); Denis Manning, Dianne Briffa, Marie Bennett, Kathy Schmidt, Brad Rantall, Sara Brewer, Una Appleby, Cliff Leong and Col Elliott.

4. URQUHART UNIT, JOHN OXLEY MEMORIAL HOSPITAL

Urquhart Unit has made many changes in the last twelve months or so. Changes which are most positive and have helped in the delivery of care to patients.

The inquiry into John Oxley Memorial Hospital made numerous recommendations on how services could be improved. Most of those recommendations have been implemented and have led to a more accountable and professional approach to service delivery.

It is the way that staff have been able to accept the challenges that lay ahead for them that has been so impressive. To the credit of staff, they have been totally involved with the successful implementation of the recommendations resulting in a much improved delivery of care to a point where it is now a *service of excellence*.

The Urquhart Unit has dramatically reduced seclusion rates, however, the occupancy level is the highest it has ever been. This has come about by staff being more committed and skills in their delivery service.

5. DENIS MANNING

Denis Manning was employed as Assistant to the Office of the Patients' Friend, an advocacy based service for patients of Wolston Park Hospital, from 1977.

During his service in that capacity, Denis showed an ongoing commitment to the rights and welfare of patients of the hospital, and undertook his role with compassion, dedication and enthusiasm.

His ability to relate to patients and their families and assist them in the resolution of their problems was exemplary and was an integral part in the service offered by the Office of the Patients' Friend.

6. MARIANNE MARSHALL CNC

Marianne Marshall has been with Queensland Health since 1961. Marianne had a break in service from 1965-1970 to have her children. Since transferring from Challinor Centre to Wolston Park Hospital, Marianne has consistently worked to improve the quality of life and living standards for those patients she cares for.

She spends many hours of her own time in providing clothing at reasonable prices for patients and is constantly on the lookout for items to improve the decor. She ensures that memorable occasions such as birthdays and Christmas are suitably celebrated and that relatives are always included.

Marianne is currently working in Kelsey House, the Acquired Brain Damaged Unit. She is a *quiet achiever* who we believe should be given recognition for her many years of service to the mentally ill.



Marianne Marshall receiving her award from Dr Mark Waters

A WORD FROM THE NUTRITION AND DIETETICS DEPARTMENT BY JACQUIE KAYE

STUFFED CHICKEN BREAST

Ingredients:

1 double sided chicken breast or
2 chicken breasts
1/4 cup chopped apricots
1/4 cup sultanas
1/4 cup chopped prunes
1/4 cup breadcrumbs
(Please note these serves are approximate and can be varied to taste)

1. Mix the fruit and breadcrumbs with a little water.
2. Slit up the side of the chicken breast and place the stuffing inside the slit.
3. Tie with cotton or hold together with a skewer.
4. Cook breast under a pre-heated grill for about 15 minutes.

* Remember to turn over at 8 minutes.
(Alternatively, you may like to cook the chicken in a frypan for the same length of time as above with a small amount of oil to stop it sticking)
Serve the chicken breasts with gravy or cranberry sauce.

VEGETABLES

Steam or microwave some potatoes, peas/beans/broccoli, carrots or any other in season vegetables. To microwave:

Wash vegetable and cut into even size pieces. Place in a microwave container or freezer bag with a teaspoon of water and zap until tender.

Tip *

1. Watch out for steam as you open up the container bag.
2. Do each type of vegetable separately; two potatoes will take about 3-4 minutes (stab with a skewer so they cook evenly) on high, but beans take a lot less time.

Alternatively you might like to toss some salad vegetables together with a bought dressing.

LANDSCAPING AT BARRETT ADOLESCENT CENTRE

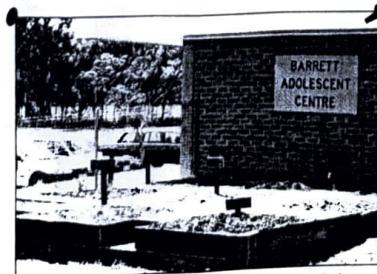
This term, some students learnt landscaping techniques under the guidance of Mike, a teacher from Bundamba TAFE.

Students involved in this term's project were: Brendan, April, Ben, Belinda, James and Tom.

The project this term was to make a new patio near the recreation room. We started by making frames in which to pour the concrete. We laid brick pavers to outline the concrete, then poured the concrete into this outline. We are planning to use the concrete pavers to pave outside the garden shed.

Mike has done other projects in the past, such as: the garden, paving at the entrance to the Adolescent Centre and making name labels for the garden.

by Brendan



A previous project: Garden Beds with labels

CHRISTMAS IS A TIME FOR SHARING AND CARING

It's the Festive time of the year again. It's a time most share with their families and friends. However for some it is a lonely time, particularly if Christmas is not able to be shared with family or friends.

Christmas is about sharing and caring for each other. Living alone is not an excuse for not enjoying some of the Christmas festivities. Cooking for one can be lonely and for some it is not worth preparing a special Christmas meal.

However, through a little work, people living alone can enjoy the Christmas festivities. It's as easy as 1, 2, 3!

1. Ask a friend, workmate or neighbour who you know is also alone to join you for a Christmas lunch or dinner. Don't forget you aren't the only person who is alone at Christmas and most people are more than pleased to share a Christmas meal.

2. Arrange a time and place where you will meet and arrange to share the meal preparation. That is, one of you may want to prepare the main meal whilst the other person may want to prepare the entrees and desserts. It's important for you to both contribute to the meal, both to decrease each other's workload and to increase the enjoyment of the meal.

3. Prepare the meals. We have included some recipes for you to use for your special dinner. They are easy, healthy, nutritious recipes which won't take long to prepare. The recipes included are designed to be shared between two! Once the meals are prepared remember to sit down and enjoy yourselves. Merry Christmas!

GOLF NEWS

PRO SHOP OPENED
SHIRTS SHOES BAGS ETC
Russell O'Neill - Golf Pro on full time

*If you happen to play in Geoff Martens group
you're nearly GUARANTEED a hole-in-one
4 times in 6 weeks*

BEAT THAT!!!!

GOLF TIP No. 2

by Arnold Palmer November 1958

Right now I have settled on a style of putting and a putter that feel great to me. I am confident I will strike the ball in the direction and at the speed I intend.

When I miss a putt, I feel it is because I have misread the green. My system hasn't failed-my thinking has. My whole putting system revolves around two things:

1. I want the back of my left hand to face the target throughout the stroke.
2. I do not want my left wrist to "cup," or break, on the follow-through.

If my left hand remains in the same position relative to the target throughout the stroke, I am certain my backswing will be consistently the same.

If my left wrist does not cup after impact, I am certain I will not pull the ball to the left of the target - the most common error in putting. This all means my putting motion is more of an arm-and-shoulder swing than a wrist action. If you are familiar with my current style, you will notice that the angle of my left wrist does not change between the address and the follow-through positions.

SMALL DATE PUDDINGS

Ingredients:

1 1/2 cups chopped dates
1 small cup of boiling water
2 teaspoons bicarbonate soda
1/2 cup sugar
1 tablespoon butter
1 egg
1 1/2 cups Self Raising flour

1. Soak dates in boiling water with bicarbonate soda.
2. Beat butter & sugar until creamy.
3. Add egg to butter & sugar and beat again.
4. Add date mixture.
5. Add sifted flour.

Tip *

Adding 1 tablespoon of freshly grated ginger gives this mixture added flavour.

6. Divide mixture in muffin tins or deep patty cake tins.

7. Cook in moderate oven.

(This recipe freezes well).

Serve with brandy custard. Go and splurge on yourself and buy some prepared brandy custard from your local supermarket!

LOW CAL PUNCH

Ingredients:

1 large bottle Low Cal lemonade
1 large bottle Low Cal Ginger Ale
1 Litre unsweetened Pineapple Juice
1 apple, chopped finely
2 bananas, chopped
3 passionfruit, pulped.
Combine all liquids then put in chopped fruit.
(Squeezing lemon juice over cut banana & apple prevents them from discolouring).

APRICOT BALLS

Ingredients:

1 cup dried apricots, finely cut
1 cup coconut
1/2 cup condensed milk.

1. Mix all ingredients together
2. Take enough mixture to roll into a bite-sized ball and roll in coconut.

(Keep in a container in the fridge. These can be served as an after dinner sweet).

Poets Corner

A WOLSTON PARK WALK

Three kookaburras sat in a tree
And watched us humans pass
How comical they found us
Our antics made them laugh.

They observed us from their lofty perch
Our foolishness and folly
We in turn looked back at them
And asked if, being jolly
They shared a joyous moment
Or was ridicule their reason
Perhaps they heard our comments
About the mating season
And wondered at our rudeness
That we judge, for best intentions
Often slip with our attentions.

Does kooka have the answer
And should we laugh to our grave
Or pray in solemn circumstance
Our souls to keep and save.

At times I'd like to swap my life
With kooka in his tree
But then the very thought occurs
Perhaps he'd like to swap with me!

Jean Nutley
October 1997

30 YEAR AWARDS



Dan Leadbetter shakes hands with Graham Meyer



Michael Chalk with Graham Meyer



Joseph Magro accepting his award from
Graham Meyer

TRANSITION TEAM NEWS BY PATTIE SCOTT, TEAM LEADER

The Big Picture

Queensland Health has embarked on a program of reform of public mental health services. The National Mental Health Strategy (1992) outlined the framework for reform of mental health services in Australia. The Ten Year Mental Health Strategy for Queensland (1996) endorsed by Cabinet in September 1996 further advances the policy directions for reform articulated in the Queensland Mental Health Plan (1994) and in the National Mental Health Strategy.

The need to redevelop and redistribute inpatient services currently located at Wolston Park Hospital is a key aspect and forms the major objective of the Hospital Redevelopment Project (Queensland Mental Health Unit). This project is responsible for issues at a statewide level.

Local Level - Wolston Park Hospital Transition Team

The team's core activity is the co-ordination and operationisation of policies and guidelines developed by the Hospital Redevelopment Project. This includes Capital Works Programs, relocation of patients to newly developed services, workforce planning and facilitation of appropriate financial redistribution.

At the moment, I am the only member on board and am in the process of setting up the Transition Team Office in the Old Hospital Ward. This office will be the Team's home for approximately three years. The office will provide staff with an opportunity to discuss individual needs in a safe, confidential setting. It will also become the distribution centre for information as it comes to hand.

The Team is made of a group of dedicated people who have expertise in a variety of areas:

Pattie Scott -	Team Leader
John Quinn -	Patient Relocation
Joanne King -	Staffing Needs
Des Suttle -	Human Resource Management
Theresa Hodges -	Finance Officer
Karen McCready -	Administration

The Team is not representative of any particular work group and we will meet with all staff from all work groups and utilise the expertise of each group during the life of the project. This will allow us to gain knowledge of the individual needs of each work group.

I have provided a diagram of our organisational structure and role of the team.

I realise you all have many questions to ask and over the next couple of months we will arrange ways by which you will be able to access information and have your questions answered.

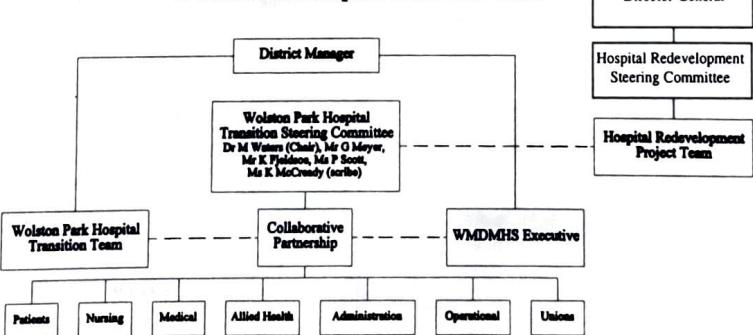
Early in December, a "meet the team" and "mini information expo" will be held in our new office - we'll keep you posted of the date for this. A newsletter with regular updates of the project will be produced and once all the team members are on deck, you will be able to access us personally. The Team will come together once accommodation is available (it is envisaged by 15th December 1997) and be functional by 5th January 1998.

I understand change is difficult and not always rosie, however with change comes opportunities and we will work with you to ensure opportunities are not missed. The District Manager and Executive are supportive of the project, which is evident by the establishment of the Transition Team.

I look forward to meeting with you in the near future and hope that our team will be a positive contribution to the improvement of mental health services and your future.

Pattie Scott
Team Leader

Wolston Park Hospital Transition Team



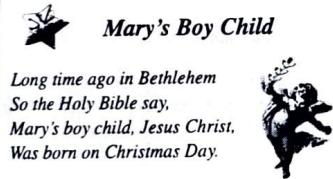
Objective: The Transition Team aims to manage the decentralisation of extended inpatient services at Wolston Park Hospital to new facilities. This will be achieved in an open and orderly manner which takes into account sensitive clinical, human and financial issues and will effectively resolve industrial matters.

Benefits: The Transition Team will be dedicated to focus on the following:

- equity of access for employment/career opportunities for staff of Wolston Park Hospital during the decentralisation process;
- achievement of patient relocation with clinical sensitivity in a co-ordinated way so that care is continuous and appropriate, and staffing and financial issues are resolved;
- financial redistribution conducted in consultation with Wolston Park Hospital which does not jeopardise service delivery or human resource issues. This will allow for a smooth transition of patient services.

The project will be conducted utilising change management strategies based on open communication, collaboration and broad consultation.

**A VERY MERRY CHRISTMAS AND A SAFE AND PROSPEROUS NEW YEAR
FROM ALL IN THE TRANSITION TEAM**



Mary's Boy Child

Long time ago in Bethlehem
So the Holy Bible say,
Mary's boy child, Jesus Christ,
Was born on Christmas Day.

Chorus:

Hark, now hear the angels sing,
A new king born to-day,
And man will live for ever more
Because of Christmas Day.
Trumpets sound and angels sing,
Listen to what they say,
That man will live for ever more,
Because of Christmas Day.

While shepherds watched their flocks by night
They see a bright new shining star,
They hear a choir sing,
The music seemed to come from afar.
Now Joseph and his wife, Mary,
Come to Bethlehem that night,
They find no place to born she child,
Not a single room was in sight.

Repeat Chorus

By and by they find a little nook
In a stable all forlorn,
And in a manger cold and dark,
Mary's little boy was born.

Repeat first verse and chorus

SKILLS ENHANCEMENT WORKSHOP

This is a consumer focused work based program run by occupational therapy staff operating twice a week in the Rehab Unit. When some regular participants were interviewed regarding what they enjoy or would like to let other patients and staff know about Skills Enhancement Workshop, they stated:

Trevor Cordingley: "I enjoy making candles and I enjoy coming here."

Eddie Zukowski: "I just learned how to make my first candle. It was hard."

Graham Lawnton: "Delightful. Enterprising. A joy to work with other patients and staff."

Joe Butler: "Helps them understand how to do things, like carwashes, gardening, ironing and washing for the Op-Shop, making candles, badgemaking, leatherwork, cooking and also having a go at computer skills."

Richard Patterson: "Washing clothes for the Op-Shop is something I do every week and it makes me feel good afterwards, rather than just sitting around. I enjoy mixing with the other patients and the chance to earn a few extra dollars. Always someone you can turn to when you're not sure what to do next."

Steven Adams: "I like the company, I like the O.T.'s co-operation, I like cooking and doing other different things like carwashing. I just enjoy being here."

Fred Firmstone: "It's okay. It helps you out and stops you getting bored. Helps you make stuff like cooking and leather. My favourite is leather work. I'm making a tape recorder case. I was going to put my hand up in the meeting and ask to make a little bookcase to put your books in."

Thanks to all our staff, consumers, family and friends who have donated clothes and other items to the Op-Shop. The past four months have been successful. Don't forget to pop in and browse, the Op-Shop staff are only too willing to assist you.



Candle Making in the Skills Enhancement Workshop

DISCLAIMER

The views expressed in this newsletter are not necessarily those of the "Paper on the Park" Editorial Committee.



PAPER ON THE PARK
WOLSTON PARK HOSPITAL
WOLSTON PARK ROAD
WACOL, Q. 4076
TELEPHONE: (07) 3271 8489

MARIE BAKER

On the 19th September 1997, Wolston Park Hospital, and particularly Jenner House staff and patients, farewelled to retirement Marie Baker.

Marie had requested to leave quietly with no fuss and had organised annual leave prior to her retirement date.

So staff and friends organised quietly two farewells. One held following her last CNC meeting for the Rehab Unit, and one held in Jenner House on the 21st August 1997, both very much to Marie's surprise.

Affectionately known to many as Ma, many friends and colleagues took the opportunity to say Goodbye and wish Marie well for her retirement.

Marie Baker commenced employment in 1962 at Challinor Centre. She transferred to Wolston Park Hospital. In the mid 80's Marie gained promotion as a Charge Nurse/Clinical Nurse Consultant. Her many qualities will be missed by those she worked alongside and the patients she always had time for. No matter how busy her day, Marie always found time.

Marie's kind heart recounted by many to be too big to be justified by a cliche, always strived never to forget anyone for her well known Christmas parties which this year will certainly be missed. Marie worked through difficulties and changes. She progressed with the times and could recount many changes in the hospital that had occurred during her years of employment.

We again take this opportunity to thank Marie for her time, kind thoughts and effort and wish Marie a very happy, relaxed retirement, a well deserved rest and all the best for her future.

A SPIRITUAL PERSPECTIVE

BELOW THE SURFACE

Sometime ago I remember reading a sermon that had been preached by a renowned preacher. I thought at the time that it was good, but not outstanding and I was puzzled as to why he was thought so highly of.

Later on I had the opportunity to hear the same man preach. I was captivated by the experience.

It was not what he had to say so much as how he said it that made such an impact on me.

As I reflect on that experience I am reminded of many situations in life where ordinary things become special due to the way they are done.

Soon we will engage in much festivity associated with the Festive Season. We enjoy fine food and wine and exchange presents. We can do all that and still feel little different. The fact that we spend this time with one another, that we share a gift with another, can touch us deeply.

What will make the difference will not be what is done so much as how it is done.

How we give of ourselves can transform the encounter. Giving a gift to another because we value them can be special for gift giver and receiver alike.

For Christians, Christmas is special because God, out of love for each person, gave his son. That ordinary birth, in an ordinary place became, for us a very extraordinary event. We want to relive year after year because of the Gift of Love that lies below the gift itself.

Rev. Owen Strong

CHRISTMAS DAY SERVICE TIMES

JOHN OXLEY CELEBRATION 9.00am

Conducted by Greg Manning (Combined Churches Chaplain) at John Oxley

CATHOLIC MASS WITH CAROL SINGING 9.30am

Conducted by Fr Jim Smith at St Dymphna's Chapel

COMBINED CHURCHES CELEBRATION 10.30am

Conducted by Greg Manning at St Dymphna's Chapel



Another Wolston Park resident on a morning walk



PAPER ON THE PARK

For

Patients, relatives, consumers, employees, internal and external
voluntary, private and public organisations

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NOVEMBER, 1997

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VOL. 6 No. 5

FROM THE EXECUTIVE OFFICER'S DESK

Firstly, of major interest to all staff is progress with redevelopment of the hospital. Executive recently endorsed the Master Plan and in consultation with the architects, will shortly be proceeding to the next stage which is preparation of the Project Development Plan. It is during this phase that detailed discussion will occur regarding actual staffing numbers and mix requirements in the units' building, design and layout.

Secondly, we have established a transition team which will be responsible for managing the transfer of staff and patients to other facilities over the next three years. (The team will be located at Wolston Park and consist of Pattie Scott - co-ordinator, Des Suttle - HRM, Theresa Hodges - Finance, Joanne King - Clinical and John Quinn - Mental Health Unit Project Development Team with AO3 support.

Over the past couple of months a number of functions have been held, including the hospital fete

in August. Once again, this was a great success with patients and staff alike enjoying the carnival - like atmosphere and the bargains at the stalls.

The Annual District Achievement Awards night was held in September and a number of personal and team awards were presented to recognise achievements above and beyond the normal course of duty. In addition, a number of 30 Year Awards were presented and I congratulate these staff on their achievements.

Finally, I wish to reassure all staff of the Executive's total support for your commitment to patient care, particularly during times of increased stress in the workplace due to continuous media attention. These can be particularly trying times for both patients and staff and your ongoing professionalism and dedication is truly appreciated.

THANK YOU

I would like to thank fellow staff for their flowers, cards, kind wishes, telephone calls and visits after my recent surgery. Your caring has meant a lot to me.

Signed Del Portelli

Another Patient Friend Production

THE CHRISTMAS MARKET



Friday 5th December '1997

9.30am — 11.30am

Reception Hall, Wolston Park Hospital.

TROPICAL FESTIVAL EVENING



Fiesta Tropicana with some rousing help from Marie and Rosemary

was awarded to Wacol A for their poster which reflected the Mental Health Week theme of "Be Kind to Your Mind" with poetry and photographs of the local kangaroos and trees. Second prize was awarded to the Adolescent Unit and Noble House won third prize. The Judge's Prizes were awarded to Kelsey House and Clark Unit. Highly Commended went to Wacol C and Whitlock Unit and Judge's Commendations were awarded to Clark Unit, John Oxley Activities and Jenner House. Congratulations to everyone who entered the competition.



Serving up the Tropical feast

On Tuesday 21st October as part of Mental Health Week activities the Patient Welfare Association organised a Tropical Festival Evening. The "Fiesta Tropicana" a Latin Caribbean/Calypso Band, who regularly perform at Southbank, entertained all who attended. Consumers and staff had a wonderful evening dancing and listening to the music. The very talented band played everything from the Macarena and the Lambada to Rock and Roll. A highlight of the evening was a Limbo competition and for the finale a conga line was formed. 24 prizes were awarded during the evening for participating in the dancing and fancy dress.

A wonderful variety of food was available including mouth watering ham steaks and a delicious chicken curry. Many enjoyed the ice creams available from the ice cream truck.

Graeme Meyer, Executive Officer, presented prizes to the winners of the poster competition. First prize

**PHOTOGRAPHS
COURTESY OF
LYLE RADFORD
PHONE: 07 5464 1208
MOB: 018 156 446**

More Pictures On Back Page

CHANGE OF INK COLOUR

You may have noticed that this edition of Paper on the Park has been printed in black ink. This is because some readers have had difficulty reading the paper when it was printed with green ink. We would like your comments as to how you like the change to black ink. Please phone 3271 8489 and leave a message on the feedback line.

Contributions and Correspondence

All enquiries and the lodging of contributions can be directed to Robyn Flint, C/- Paper on the Park, Fleming House, Wolston Park Hospital, WACOL Q 4076. Phone 3271 8489

Cartoon Competition!



J. Dean

Cartoonists, here is your opportunity to see your work in print. The Paper on the Park is conducting a cartoon competition. First prize will be a Canteen Voucher. Winning entries will be printed in the paper. Entry is open to everyone, but cartoons must be original, non political and non controversial. Please submit your entries to The Paper on the Park, Fleming House, Wolston Park Hospital, Q. 4076.

THE "KAIZEN" COLUMN

from Sue Jenkins Quality Co-ordinator

Kaizen - pronounced Ky'zen - means gradual, unending improvement, doing "little things" better, setting - and achieving - ever higher standards.

Accreditation with The Australian Council on Healthcare Standards (ACHS) EQuIP - the ACHS Evaluation and Quality Improvement Programme

In the last edition of the Paper on the Park, we started to look at the ACHS EQuIP programme Self-Assessment process. We looked at the assessment tool and the headings we will use to document our achievements and areas where we need to improve.

Self-assessment-continued

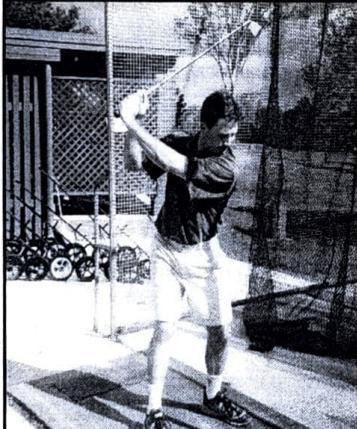
We need to begin our self-assessment by considering each of the standards, and by looking at each of the criteria and guidelines relating to that standard. **The intent and principles which underlie each standard and associated criteria, rather than a narrow literal interpretation, are paramount.** With that understanding, we should systematically consider our performance in relation to each criterion associated with the standards. Some questions to ask ourselves include:

- What does this criterion mean when applied to our service?
- What are we doing now that incorporates the principles of this criterion into our practice?
- Is leadership, and a focus on customers, evident in our activities?
- What outcomes have we achieved?
- How are we doing things better?
- What supporting evidence do we have to demonstrate our performance against this criterion?
- How do others, both within and external to our organisation, achieve this criterion?
- What more do we need to do to incorporate the intent of the criterion into our practice?
- Does our organisation support the level of performance that we want to achieve?
- What action do we need to take to improve what we are doing?
- What do we expect the outcomes of further action to be?
- What is the priority of this action?
- Who will be responsible for this action?
- When should the action be completed?
- What documentation should we gather about our action and its outcomes?

After considering these issues, we will rate our organisation's performance against each criterion. The same rating system is used by the organisation *and* the ACHS surveyors. After rating the criteria associated with a particular standard, we should consider our organisation's performance in relation to the standard. It is important that we do not just average the ratings of the criteria. We must consider the intent of the standard, ask the above questions in relation to the standard, and then decide how our organisation's achievements rate against the standard. More on self-assessment in the next edition of Paper on the Park. Should you wish to contact me to discuss quality or accreditation issues, please call me on Ext. 581 - or Pager number 519.

Hot Tip No. 1

Think 'Holding Hands' for Grip Pressure



Russell O'Neill: Wolston Park Golf Professional "In action" at the nets

Incorrect grip pressure is the most overlooked power leak in the swing. If you grip the club too tightly your hands aren't free enough to set the correct angles in the backswing, too loosely and they're likely to bend too much and produce a floppy swing motion.

To get an idea of how much grip pressure is just right, think of holding a small child's hand. You hold a child's hand tight enough so they can't pull away but not so tight that you crush their fingers. You should do the same with a club in your hands.

Remember that you have to maintain that grip pressure throughout the swing, too. Take some practice swings and think only about keeping your grip pressure the same from address to follow-through. You would hold a child's hand until you are all the way across the street. You should hold the club the same way.

from Russell O'Neill
Wolston Park Golf Professional

Know Your Department THE SEWING ROOM

Lorraine Sapiro, Sewing Room Supervisor, has experienced the many changes the Sewing Room has undergone since she started work there at Wolston Park in 1972. In those days her duties included everything from shrouds to uniforms. 25 years later her duties still involve uniforms but now it is fitting, issuing, altering and repairing rather than sewing uniforms from scratch.



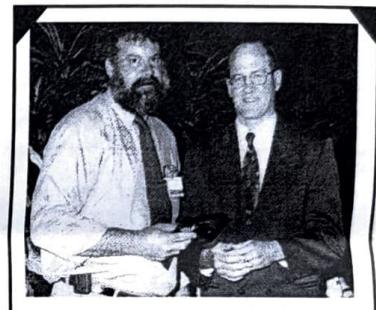
"Material Wealth!"

ACHIEVEMENT

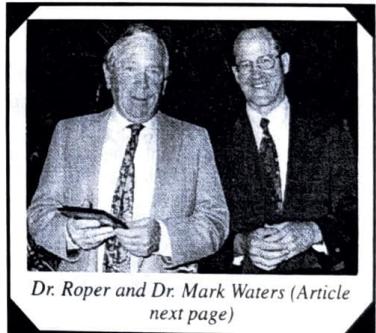
PAUL MCGUIRE commenced with Queensland Health in September 1973 and is currently the Acting District Workplace Health and Safety Coordinator. In his previous role as Coordinator of Grounds and Gardens at Wolston Park Hospital, Paul was extensively involved in the implementation of energy and waste management initiatives within the hospital.

Paul's interest in energy and waste management followed his participation in a project he undertook within Wolston Park Hospital in 1992. This project resulted in considerable savings for the hospital.

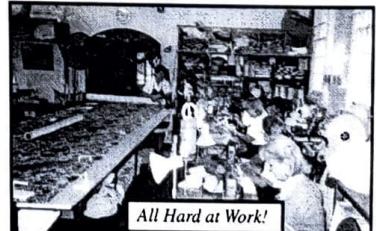
Following this initial project, Paul realised the potential for further savings and waste management initiatives and, subsequently, formed the Waste Management Committee. The efforts of the Committee were acknowledged when Paul nominated the hospital for a number of energy and waste management awards. In particular, the hospital was successful in achieving *first prize* in the 1995 SEQEB Energy Efficiency Awards and a *'highly commended'* award for the Achievement of Waste Minimisation in Institutions category of the 1994 Brisbane City Council Waste Saver Awards.



Paul McGuire with Dr. Mark Waters



Dr. Roper and Dr. Mark Waters (Article next page)



All Hard at Work!

of items including aprons, tablecloths, bibs, bed covers, shower curtains and "weird things for Occupational Therapists" to name a few. Of the more unusual items made in the Sewing Room is security night wear which is made from specially imported material which cannot be torn or ripped.

Sewing Room staff include June Gallop, Denise Haines, Maureen Hopkins, Delia Holzapfel, Rhonda Mohr and Karen Ostin is called in to relieve when necessary.

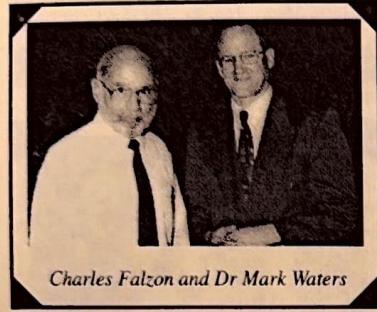
AWARDS

Detailed below is a brief outline of some individual achievements of the Wolston Park Hospital staff who were presented with awards by Dr Mark Waters, the District Manager - West Moreton District Health Service, at the Recreation Hall on Wednesday 17th September 1997. Further details of the Awards will be printed in the next edition of Paper on the Park.

DR JOHN ROPER has provided outstanding service to the West Moreton District since the 1950's, first as a general practitioner and continuously since 1969 as a psychiatrist.

During this time, Dr Roper has worked as the Director of Barrett Psychiatry Centre and the Acting Medical Superintendent of Wolston Park Hospital.

His long term commitment to groups which have come to be recognised as significantly disadvantaged in access to quality health care, such as the intellectually disabled, rural communities, indigenous people and prisoners, is evident in his work and in the support that he gave to rural practitioners in areas such as Kingaroy, Toowoomba, Mt Isa, Cairns and the Gold Coast.



Charles Falzon and Dr Mark Waters

PHILLIP MIZZI, (cook) and **CHARLES FALZON**, (kitchenhand)

Charlie Falzon and Phillip Mizzi have been the 'quiet achievers' for the past 40 years within the kitchens at Wolston Park Hospital.

Both have performed duties in the old kitchen (which had dirt floors and very well fed rats) producing meals for almost 2,500 patients. They have been part of the massive changes in the organisation from the old system of fresh production to frozen food and then back to fresh.

Charlie Falzon was the butcher in the kitchen for over 30 years and was seen many a time inside the beast obtaining the best cuts. Full beasts weighing as much as 300kg would be delivered and it was Charlie's job to render it down to portion sizes.

Phillip Mizzi started as a kitchenhand and progressed to the position of Cook. One of his tasks for many years was the production of cakes, pastry lines, scones etc for the hospital. He has always been a quiet and conscientious worker who has performed his duties to a very high standard.

GOOD NEWS FROM PROJECT 300

By Roslyn Okine, Project Leader, Project 300, Wolston Park Hospital
16th October, 1997

Project 300 provides an opportunity for people who have been in hospital for a long time to live in the community with individualised support. It is for people who want to leave the hospital and are well enough to do so.

By 30th September 1997, 81 people from Wolston Park Hospital had been referred to the project by their ward treatment teams. Of these 81 people:

- 30 people have been discharged, or are on extended leave, under Project 300;
- nine people are currently in transition to community living under Project 300;
- 13 people are in the planning stage; and
- a further 29 people are in the early stages of the Project 300 process.

Most of the people who have been discharged have accepted housing from the Queensland Department of Public Works and Housing. The housing being offered is of a high quality, secure and affordable. Care is taken to find accommodation which is close to shops, public transport and other amenities.

The individualised support packages are organised by a community team including a clinical case manager, a key worker and a support co-ordinator. The community team works closely with the ward treatment team to ensure appropriate and adequate supports are provided in a flexible way which allows for changing needs and circumstances. Assistance is available with daily household and living tasks, cooking and shopping, obtaining employment, recreation activities, higher education, and wider community access.

Support workers are chosen by the person with input from their community team if they request it. These support workers are trained by experts in the field including several staff members of Wolston Park Hospital. Most Project 300 clients have developed excellent working relationships with their support workers and larger community teams. Some support may also be provided by the person's wider social network including family members, friends and church groups.

The best news of all is that those people who accessed the project in its early stages have now been living happily in their new homes for almost one year. Some have been able to find part-time employment or work experience and most have developed new friendships and recreational interests. Many are offering themselves as peer supports and consumer representatives and most are participating in the evaluation of Project 300 which is being conducted by Thomas Meehan and his team.

Should you have any further enquiries regarding this project, please contact Roslyn Okine, Project Leader, Project 300 on extension 284 or drop by the Project 300 office in the Professional Officers Block. Self-referral forms may also be completed at the Office of the Patients' Friend.

Do you have an interesting article?

The Editorial Committee welcomes all articles. Articles should be approximately 250 words. Should your area be holding an event you would like photographed for inclusion in the paper please contact Robyn on 3271 8489

STAFF IN PROFILE

VICKI ROSTRON

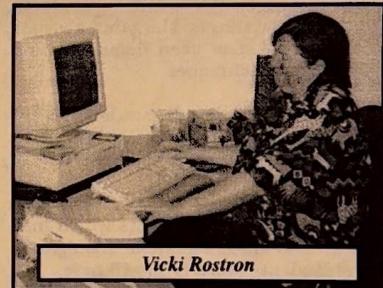
and the Integrated Mental Health Service

In introducing myself I would firstly like to say that I have been working in West Moreton for over 20 years so I would probably know most readers in some capacity. I have recently been appointed to the position of Assistant Director of Nursing for Integrated Mental Health. Previously I was employed as the Accommodation Special Service Leader. I am the single mother of a 13 year old girl and there are "heaps of family on the job"! Outside working hours my interests include live theatre and I love to travel. I am presently in the process of settling into my new position after two quick promotions. Into the future I see myself working with Integrated Mental Health and providing a greater concentration of community services for the consumer.

West Moreton Integrated Mental Health is a community based service which provides Child & Youth Mental Health Services, aged Psychiatry Services including Inpatient facilities and Adult Services which also include an Acute Inpatient Unit. Adult Specialised Teams operate and include the following:

- Mobile Intensive Treatment
- Rehabilitation Special Service
- Accommodation Special Service and
- Assessment and Acute Care Special Service

The Integrated Mental Health Service has been operating for four years and the present service has successfully integrated Community and Inpatient Services. I believe we provide a unique service which best meets the needs of our consumers.



Vicki Rostron

Poets Corner

BE KIND TO YOUR MIND

Relax and unwind in these gentle days
Be kind to your mind let stress float away
A much troubled heart needs Nature's soothing balm
It's her healing art that restores peace and calm
Wacol A is a tranquil place to take each new day at
your own given pace
It's up to us to all play our part
To enhance the good things at Wolston Park

by Thea Keane (Clinical Nurse)

WACOL A

There is a place out Wacol way
that brings tranquility to your day
When you see it, you'll believe it
that place where security is found
Where trees, birds and kangaroos abound
In their way these pilgrims and friends
pay their visit each day
There is peace and time
to be kind to your mind

by Mrs Nea Watson (Resident Wacol A)

A SPIRITUAL PERSPECTIVE SHARING OUR HOPES

Some of the most profound experiences that I have had during my short time at Wolston Park as chaplain have been at times when people have asked me to pray with them. For example, one moment that stands out was a discussion at John Oxley Memorial Hospital with a group about recognising the gifts that God has given us, and a person suggested that we give thanks for the staff. I'm not saying that the prayers themselves are necessarily profound. On the contrary, they are usually very simple statements of hope to God who knows before we pray what is on our hearts. What has struck me most deeply is the suggestion that we pray, that is, the invitation to pray.

For me, to be invited to pray with someone suggests a movement towards community. When we ask someone to pray with us or for us, we are exposing the desires of our hearts, not only to God who will understand no matter what we say, but to someone who does not understand and who often has very little power to do anything about the situation (e.g. relationships outside the hospital). The community takes shape through the sharing of hope and the sharing of a spiritual perspective.

I understand that one of God's many hopes for us is that we share our hopes with each other, while striving and waiting for their realisation. In a hospital this may be healing. In a residential situation, a common hope may be community. It's likely that we all articulate our hopes differently, so we will often be misunderstood when we try to express them. By accepting each other's peculiar expressions of hope and accepting that God understands us, we are likely to enjoy the fulfilment of God's hope for our own little communities.

By Greg Manning, Combined Churches Chaplain

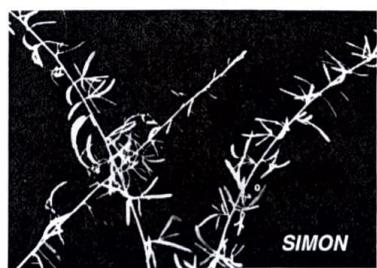
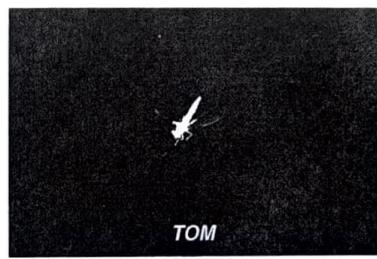
MORE PICTURES FROM THE TROPICAL FESTIVAL GARDEN PARTY



Wheelchair Limbo! - with resident Betty Mead from Kelsey House and Nurse Catherine Schmidt enjoying the party dance



Rosemary Taylor, CNC Wacol A, with Nea Watson (one of the Pavilion residents) displaying the winning poster. Photography is by Don Roache, also a resident. Special thanks go to Nurse Thea Keane for her hard work coordinating and designing the poster. The poems are presented in Poet's Corner on page 3.



Keith Morton & Brian Conroy cooking the Caribbean steaks

BOOK YOUR CHRISTMAS PARTY DATE NOW!

(So as not to clash and hence miss out in joining others) Send us your date and details
Paper on the Park Wolston Park Hospital Wolston Park Road, WACOL, Q. 4076

Who's Doing What

If you are conducting a workshop, seminar or acting as a hospital agent or invited as a speaker, either in the hospital, community, the district or further afield please let Robyn know by phoning 3271 8489 so that your event may be covered for inclusion in the newspaper.

DISCLAIMER

The views expressed in this newsletter are not necessarily those of the "Paper on the Park" Editorial Committee.

TRADING POST

The Trading Post is a Free service provided by the AWU to all hospital staff. Classified ads can be forwarded to Sheridan McGuire, Acting Editor, C/- JOMH. If you have a commercial product or service that you would like to advertise, please supply artwork to the editor, and your advertisement will be placed **FREE OF CHARGE**. All we ask is that you offer a discount to hospital staff.



PAPER ON THE PARK

For

Patients, relatives, consumers, employees, internal and external
voluntary, private and public organisations

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OCTOBER, 1997

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VOL. 6 No. 4

RETIREMENT DENIS MANNING

On Friday, 29 August 1997, Denis Manning, Assistant to the Office of the Patient's Friend, retired after 43 years service at Wolston Park Hospital.

Denis started work at the Hospital in 1954 when it was called the Brisbane Mental Hospital and Dr Clive Boyce was the Medical Superintendent. He first worked in the hospital Store and was later to undertake training for his mental Nurse Certificate.

As a nurse he worked in many areas of the Hospital and was part of the team involved with insulin coma therapy and with trials of the "new" phenothiazine medications like Largactil.

In 1977 he was appointed to the position of Assistant to the Office of the Patient's Friend, a newly established service aimed directly at providing advocacy services to patients and their families. In the 20 years he worked in the Office of the patient's Friend, Denis demonstrated a true commitment to promoting, protecting and defending the welfare and justice of all patients of the Hospital.

Many current and past staff members of the Hospital gathered at a farewell morning tea on Thursday, 28 August, in the Cafeteria to share memories and good wishes with Denis and his wife, June. Denis was presented with a wood lathe and chisel set as a collective present from staff. Both Denis and June's involvement with the Patient Welfare Association (formerly Fete Committee) over the years was acknowledged with a gift presentation.



On Friday, 29th August, the Office of the Patients' Friend hosted a morning tea for patients of the Hospital to farewell Denis. Many patients came and enjoyed a morning of fun, laughter and good food with Denis and June.

BEST WISHES FOR A HAPPY AND LONG RETIREMENT, DENIS AND JUNE.

Nadia Beer

A TROPICAL FESTIVAL EVENING

Featuring

FIESTA TROPICALE
Latin Caribbean/Calypso
Music
(Direct from Southbank)

Tuesday, 21 October
4.30 to 7.00 pm

Hogg Lane
(outside the Medical Centre)

A TRIBUTE TO SR JULIA CHAMBERS

On Thursday, 7 July 1997, Sr Julia Chambers, Sister of Mercy, retired from her work at Wolston Park Hospital. For eleven years, she had dedicated her life to her pastoral ministry to patients throughout the Hospital.

Sr Julia came to the Hospital 2-3 days each week. She visited patients in the wards and carried out her ministry with total commitment and genuine compassion and love of each and every patient.

The Patient Welfare Association is indebted to her for the many hours she spent each year at Fete time making lollies for the Patient's Friend stall.

BEST WISHES FROM PATIENTS AND STAFF
AT WOLSTON PARK HOSPITAL, SR JULIA.

Nadia Beer



JOY FLIGHT PRIZE WINNER



Joy Flight Winner Linda Batzloff and Pilot David Briffa Awaiting Take-Off.

Linda Batzloff was the lucky winner of first prize in the raffle at the Wolston Park Hospital fete on Saturday 2 August 1997. Linda took her flight on the clear Saturday morning of 16 August with expert pilot and Security Officer, David Briffa. Her prize was a joy flight over the Redbank area from Archerfield Airport in a 1942 Tiger moth. The Tiger moth is constructed of wood and fabric and was used for training wartime pilots. This aeroplane is owned and maintained by Southern Skies Aviation.

A TRIBUTE TO DENIS MANNING FROM DENISE RYAN

Denis you are one of those rare people always cautious with criticism, with praise and work with a minimum degree of fuss.

I am really disappointed that I can't be at the morning tea I know you will understand. My thoughts will be with you.

There were many times during my long stay in hospital when you'd visit and I'd be at a very low ebb, would barely converse with you but you'd come back with positive encouragement and be light hearted. We shared some happy times and not so happy ones. You were always a popular visitor to the Wards. The minute your voice was recognised people seemed to come out of the woodwork seeking reassurance. You have a great understanding and true acceptance of each and every human being. You have set the stage to encourage many people and have shown great commitment to your work as an advocate for people with mental illness as you sought justice for all.

You were a member of the Management Committee of Queensland Association for Mental Health for many years and have made invaluable contributions to the mental health Community. You were involved when it was 'unfashionable' to be involved with Community Organisations or to believe in people with mental illness.

You once told me your reasons for being involved were twofold. You felt Wolston Park Hospital was receiving, in your opinion, too much negative publicity from the media and you wanted to knock down some barriers as you believed printed comments in the media could create a false image in the public's mind and those receiving treatment should not be subject to persecution by news media and should be treated with the utmost respect, dignity and sensitivity. You also told me you have a motto, "If you knock on a door long enough someone will open it". I often think of that as I continue to advocate for a better deal for people with mental illness.

Does this sound like a TV Show "This is your Life"? Denis, caring for people with mental illness in one way or another has been your life. Your great commitment to your chosen profession has made for a better quality of life for people. Thanks for all your untiring efforts of compassion, guidance and moral support and especially believing in me when I didn't believe in myself and giving me hope when my situation felt hopeless to me.

I wish you every success in your retirement and God's Richest Blessings to you and June. I just can't imagine visiting the Hospital and you not being there. I'm sure I'm not only portraying my thoughts but that of other patients and their families.



EDITORIAL

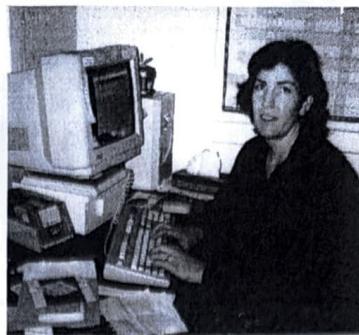
It is great to be able to report on people and groups of people who have made outstanding achievements over and above their normal employment goals.

For all those achievers recognised we also give our congratulations. We would, at this time, also recognise the numerous acts of kindness, generosity and thoughtfulness of the many others who are employed within the West Morton District Mental Health Service who are not formally recognised. There are many who put out a helping hand and at their own expense assist in many ways around the hospitals with only the self satisfaction of a job well done. Before they are all lost in the ongoing wave of change we are all borne on, we should congratulate them for their special care.

Without change the future would look boring, although, for a while stable. Do not despair, we are informed that even though technology dictates the increased rate of acceleration of change it also makes technology more user friendly!

The Newspaper Executive and the Editorial Committee welcomes Robyn Flint, Administrative Officer, who previously worked in Workplace Health and Safety and has taken up the challenge of the position of Editorial Assistant to the Committee.

Robyn has varied and extensive administrative experience having worked for almost 20 years in the public sector. She started her career at Nambour



Robyn Flint is happy to join the Editorial Team at Paper on the Park.

High School and has also worked for the Police Service at Broadbeach and Coolangatta Stations. In 1985, Robyn joined Health where she was appointed Supervising Stenographer at Health and Medical Physics. Following the many changes within Health, Robyn is now looking forward to the exciting challenges that life at Paper on the Park will bring.

CIRCULATION

We hope you enjoy reading "Paper on the Park". If you would like to receive more copies or if this newspaper is no longer relevant and you wish to be deleted from the mailing list please contact Robyn on telephone No. 3271 8489 or by writing to Paper on the Park, Fleming House, Wolston Park Hospital, WACOL, QLD. 4076.

THE "KAIZEN" COLUMN from Sue Jenkins Quality Co-ordinator

Kaizen - pronounced Ky'zen - means gradual, unending improvement, doing "little things" better, setting - and achieving - ever higher standards.

Accreditation with The Australian Council on Healthcare Standards (ACHS)

In the last edition of the Paper on the Park, I gave a brief explanation of the ACHS EQuIP programme. You may remember that EQuIP stands for the ACHS *Evaluation and Quality Improvement Programme*. One of the components of EQuIP is *Self-Assessment*, and an explanation of the self-assessment process follows.

Self-assessment

Organisations need to regularly assess their achievements and outcomes to improve performance. The ACHS Standards provide a framework for this assessment. The EQuIP assessment tool can help us to create a system for reviewing and reporting our performance. Use of the tool involves assessment of our organisation's performance in relation to each EQuIP standard and criterion.

The EQuIP Assessment Tool

The EQuIP Assessment Tool has been designed to:

- help us and the surveyors assess our organisation's performance in relation to the ACHS Standards
- provide us with a management tool to improve performance
- provide the basis for a detailed report to our organisation of the surveyor's findings, commendations, recommendations and suggestions

Assessing Performance

We will complete an assessment form similar to the one detailed below:

Standard/Criterion	Current Activities	Evidence of Improvements	Deficiency/Work to be done	Priority	Responsibility
Criterion 1.2 The Community is made aware of services that the organisation provides.	Pamphlets circulated widely, posters and information are provided to GPs and local hospitals. meetings with referrers, articles in local newspapers, open days, opportunities provided for work experience, involvement in community awareness projects and activities, participation in conferences, input to annual reports	Increased use of service.	Minority NESB groups' limited use of service despite prevalence in local population - plan for targeting this group required.	High - 2 weeks.	Business Unit Management Committee

We can use this self-assessment information to prepare our pre-survey documentation. Completion of the self-assessment needs to be a collaborative effort amongst those people providing care and services. This will ensure that an accurate assessment is made and issues are appropriately addressed and resolved. More on ACHS EQuIP self-assessment in the next issue of Paper on the Park.

Should you wish to contact me to discuss quality or accreditation issues, please call me on Ext. 581 - or Paper number 519.

Great Achievements

On Wednesday 17th September '97 at the Recreation Hall at Wolston Park Hospital presentations of Individual and 30 year awards by Executive Officers of the departments, and also presentations of Team achievement awards were held.

30 YEAR SERVICE AWARDS

Guiseppe Pace
William Morton
Gordon Berlin
Russell Arnold
Harry Moore

Geesin Visser
Brian Conroy
Desmond Hunt
Brian Kinnane
Una Applebee

INDIVIDUAL ACHIEVEMENT AWARDS

Marian Braun
Charlie Falzon
Denis Manning
Marianne Marshall
Ross Barram
Susan Hertrich
Dr Nicholas Milns
Lyn Benson
Shirley Jack
Judy Blinco
Lynne-Maree Flynn
Kris Williams

Heather King
Phillip Mizzi
Paul McGuire
Catherine Mulkerin
Rachel Tolley
Lyn Scott
Lyn Fields
Bernadette Tracey
David Smith
Helga McCutcheon
Dr John Roper
Marilyn Yarrow

TEAM ACHIEVEMENT AWARDS

Staff Education and Training Centre (SEAT)
Secure Care Services Rehabilitation Team
Patient Welfare Association
Adult Health Team
Inpatient Cardiac Rehabilitation Team
Medical Imaging Services
The Perioperative Unit
CHASP Internal Review Team
Jrquhart Unit, Wolston Park

DISCLAIMER

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Poets Corner

All the things you do to us
You think you know the ropes
All things you do to us
But never any hope.

And more and more we take it in
And dish it back to you
And the things you do to us
We know it's nothing new.

*Mad Dog Munro
The Bush Ranger*

LOVE ON PARADISE STREET
Men with ladies of the night
Broken hearts on parade
You should see a place
If rains mare your women paradise at home
That care free love just tore me sure
And it broke my heart
But now just hope
And work when I can
The spectator of the rape
Leading to a desperate love in Paradise Street

*Mad Dog Munro
The Bush Ranger*

FASHION PARADE

Once again the Riverside Ballroom came into its own when the annual Fashion Parade, organised by the Patient Welfare Organisation, was held on the evening of Friday 5 September 1997. Everyone who attended had a most enjoyable evening previewing fashions from "The Essential Collection", supplied by Pam Colyer, and *Emma Page Jewellery*, provided by Consultant Dianne Rippon.

Sue Jenkins, Quality Coordinator, won first prize in the lucky door which was a garment from *The Essential Collection*. Second prize was a bottle of champagne which was won by Roslyn Okine, Project 300 Coordinator, who also won \$100 from

the Bingo cards. Angela Evans, one of the models won the raffle which was a basket of gourmet delights.

Special thanks go to Denis Manning who returned from retirement to keep the food and drinks flowing and Shirley Wigan who assisted with the preparation of the food platters. Models for the evening were Ruth Colyer, Angela Evans, Sue Bradshaw, Margaret Mackenzie and Leanne Klinger, daughter and friends of Pam Coyler, who all travelled down from Caboolture for the event. Special guest models were our very own staff members Maureen Fryga and Una Applebee.



FATHER'S DAY STALL

The stall was organised by the working party for Mental Health Week. Examples of how proceeds from the stall are used are the purchase of gifts for patient's birthdays and to support activities for the children of the mentally ill. These activities include a picnic in Queens Park, Ipswich, during Mental Health Week and later in the year a Christmas Party is held.



Sheryl serving customers at the Father's Day stall at Wacol B on Thursday 4 September 1997.

FAREWELL TO THE CONSUMER ADVOCACY GROUP

Friday the 12th of September was the final day for one group of consumer advocates working at the hospital. They were farewelled by a large group of hospital staff and patients who they had come in contact with during their three months at hospital.

The consumer advocate group consisted of 10 people. All members of the group have a mental illness and are successfully living in the community. People with a disability often have something to offer other people with similar disabilities. They have to learn to deal with a variety of obstacles and develop their own skills and ways of coping. As the members of the consumer advocacy group face the daily challenge of living in the community they have many experiences and skills to share with others who face similar problems.

The Consumer Advocate Program was funded and supported by the Commonwealth Government, Wolston Park Hospital and the Centre for Mental Health Nursing Research at Queensland University of Technology. Mr Thomas Meehan ADON Research was the project manager and through his submission to the various agencies obtained the needed funding and support for this project.

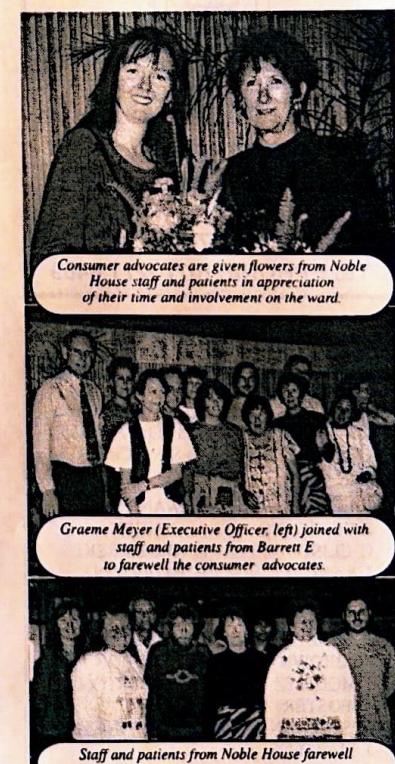
The project provided the participants with one month of classroom training and two months at Wolston Park Hospital. Consumer Advocates visited wards such as Noble House, Barrett E, Barrett F and other areas such as the Office of the Patient's Friend and the canteen. During this program the participants gained clinical experience, interacting with health professionals and other consumers. The consumer advocates enjoyed their time spent with the patients and identified benefits the project offered for the patients.

Some of these benefits included:-

- ◆ Assisting patients with positive thinking
- ◆ Sharing of personal experiences and individual ways of coping with a mental illness
- ◆ Being a positive role model
- ◆ Bringing the outside world to the patients in a positive way
- ◆ Assisting patients to realise that mental illness does not have to be a life sentence in a hospital
- ◆ Giving advice about various problems, such as the side effects of medication

The members of the consumer advocate program will be sadly missed throughout the hospital and it is hoped that in future a small amount of funding will be made available to continue with similar projects.

Cathy Vermeer
Research Nurse



FROM THE S.E.A.T. OF LEARNING

(Staff, Education And Training Unit)

The recruitment and training of mental health nurses has always been a major role of the School of Nursing. Recognition of mental health nursing as a specialized field of nursing has seen the move from hospital based training courses to tertiary qualifications leading to endorsement as a psychiatric nurse becoming established in a number of settings. The basic and post general registration courses offered by the School of Nursing have been replaced by the Graduate Diploma in Mental Health Nursing, a two year tertiary course in mental health nursing which leads to endorsement as a psychiatric nurse. The course is conducted at the Wolston Park School of Nursing in conjunction with Griffith University, and it has already been operating successfully for two years. It takes a different approach to traditional learning by the use of Problem Based Learning, where the student examines scenarios and explores possibilities, thus developing the skills in critical thinking essential in mental health nursing. The Graduate Diploma students are placed in a variety of clinical settings, where they develop skills as a registered nurse in a mental health setting. Upon successful completion of the course they are endorsed as psychiatric nurses by the Queensland Nursing Council. Inquiries regarding the program can be directed to Lesley Fleming, Course Coordinator, ext. 291. There will be an intake of 20 students in December, and another 20 in February, 1998.

The Graduate Nurse Transition Program is another program offered by the School of Nursing. It is designed to offer the new nursing graduate an opportunity to develop beginning skills as a registered nurse, and to give them the chance to experience mental health nursing first hand. The program has been operating for several years, and the majority of participants go on to undertake the Graduate Diploma. The Graduate Nurse Transition Program does not lead to endorsement, and involves four clinical placements, and the completion of several exercises also grounded in problem based learning. There will be 12 graduates employed next year, and some will be undertaking placement at the Princess Alexandra Hospital, which has joined us in partnership for the program. Persons interested in the Program should contact Liz Phillips, ext. 455. The School of Nursing maintains a commitment to providing quality educational experiences for all nursing staff, and these programs are an example of our efforts to cater to the future needs of consumers in the mental health system.



PAPER ON THE PARK
WOLSTON PARK HOSPITAL
WOLSTON PARK ROAD
WACOL, Q. 4076
TELEPHONE: (07) 3271 8489

SILVER CIRCLE NEWS

A list of recent winners of the A.W.U. Goodna Sub-Branch Silver Circle.

S. LEO	F. EVANS
P. COPELAND	A. O'BRIEN
C. CLIST	L. KEDZIERSKI
J. RANDALL	B. PATERSON
J. THOMPSON	G. O'SULLIVAN
W. WHITTAKER	K. IMHOFF
P. HEALY	L. MADSEN
M. BROWN	M. ROSTRON
I. MOURITZ	J. PEMBERTON
C. FOSTER	T. RYAN
E. STEPHAN	A. WHITTINGTON
J. MARTENS	

MENTAL HEALTH WEEK

October 19th to 25th

The theme of Mental Health Week is "Be Kind to your Mind". We have something planned for just about every day of the week and we hope that you are able to come along and help celebrate.

Some of the activities have been sponsored by QAMH, and we are really appreciative of their support.

If you have any queries regarding Mental Health Week please contact either Denise or Lyn on 3810 1500 or talk to your care co-ordinator.

Mental Health Week Calendar

Sunday, 19th Church Service (to be confirmed)

Contact Bill on 3810 1500

Monday 20th Start of week long art display

Contact Sheryl on 3271 8587

Tuesday 21st Acute Aged Care Unit open day

Contact Jenny on 3271 8587

Skating at Bundamba sponsored by QAMH Contact

Denise 3810 1500

Wednesday 22nd Inpatient Unit open day.

Contact Walter on 3271 8525

Roderick Street House Sausage Sizzle Contact

Rosalie on 3818 5060

Thursday 23rd Ipswich & Rural open day at the

Health Plaza 9.00am to noon

QAMH Consumer/Carer Recognition Awards

Contact Denise 3810 1500

Barbecue at Wivenhoe Dam Contact Tom 3810 1500

Friday 24th Goodna office open day Contact

Rosalie on 3818 5060

Saturday 25th Breakfast in the Park Contact John

on 3271 8587

BIBLIOMANIA



For many years, Ron Cable was a familiar figure at Wolston Park, offering a seemingly inexhaustable supply of books to wards for their libraries.

For many years, Ron Cable was a familiar figure at Wolston Park, offering a seemingly inexhaustable supply of books to wards for their libraries. These books were ex-Brisbane Council Library stock that had been withdrawn for circulation. Ron had the brilliant idea of asking that they be diverted to institutions like Wolston Park, rather than become land fill.

By guaranteeing that these books would never be offered for resale, Ron managed to build a huge number of books with which to meet the needs of clients in Wolston Park. It has been some time since Ron retired. His work of sorting books has been taken over by Michael Cully, who spends much of his free time in this task which he describes as a labour of love.

He has been working with Chris Cyr Webster and Gloria Hall to get as many books into circulation as possible. As well as putting them into general categories - Australiana, General Fiction, History etc - Michael is trying to clean and make minor repairs on the books before they go to the ward areas. It's a slow (and often dirty) process! If anyone is interested in having books for their ward libraries, would they please contact Michael on Extension 494, or drop in to the School of Nursing in the SEAT Centre.

M. Cully

A SPIRITUAL PERSPECTIVE - ACCEPTANCE

For some reason the importance of acceptance has been in my thoughts a lot lately. Sometimes I hear of people who seem to have so much in their life and yet they have a deep discontent in their soul. On the other hand I meet people who have very little of the normal securities of life yet they have a serenity in their heart.

Many people have heavy burdens and crosses in their lives. Some possess a gracious spirit in the midst of their burdens and concerns. Others spend much of their time bemoaning their lot. I admire so many of the patients at Wolston Park Hospital for their acceptance of their life's situation and for the serenity of their hearts and souls. We can take a leaf out their book. There is a well known prayer called "The Serenity Prayer" in which we pray for God to give us the serenity to accept the things we cannot change.

Evie Tornquist, the female gospel singer, sings a song in which she asks God why she always has to be travelling the world, in the public eye always, always singing songs for Him. Sometimes she wants to be just an ordinary young woman. She says in the song she felt God's response was that, first of all, God was thinking of what was best for Evie and, only secondly, how he could work through her for other people's benefit.

It is a special grace of blessing for us to be able to see that through our life's situation many rich blessings come our way. Jealousy and resentment are so destructive for our lives. The path to serenity and true contentment of heart and soul is gratitude and acceptance.

CRICKET...

THE WAY IT WAS!

Dr Henry Byam Ellerton was appointed Medical Superintendent of Goodna and Inspector of Hospitals for the Insane in 1909. Under his management, the cricket ground was constructed and levelled by patient labour in 1909/10. At the time, Dr Ellerton said 'When complete, this ground will form one of the prettiest, if not the best, in Queensland.'

The cricket pavilion was built in 1910 on the SW corner of the cricket ground near the old fig tree. In 1936, the cricket pavilion was moved to its present location on the SE corner of the ground by patients of the hospital. Dr Ellerton placed great importance in the role of recreation in the treatment of mental patients. Cricket, of course, was Dr Ellerton's favourite sport. Dr Ellerton was a good solid batsman and more than useful medium pace bowler. He also captained the hospital cricket side. Therefore it was under his administration that the building of cricket grounds, football fields, grass tennis courts, bowling greens and the planting of trees took place within the hospital complex. Later on, Dr Ellerton, again with patient labour, constructed the golf course which subsequently became a venue for an Australian Open Championship. The turf cricket wickets were originally prepared by Jack Farquhar, who later worked as Curator of the Brisbane Cricket Ground. He also played cricket for Queensland and was later a Queensland selector.

The Wolston Park Cricket Club (formerly known as Goodna Cricket Club) became quite accomplished and a force to be reckoned with in the Queensland Cricket Association. In fact, the MCC touring side played a hospital side on one occasion on the oval. The match was a personal triumph for Dr Ellerton. Dr Ellerton retired in 1937. He died in 1951. The Wolston Park Cricket Pavilion is still standing today and was heritage listed in 1996. The cricket ground continues to provide enjoyment for all those cricketers who play on this magnificent surface.

The Wolston Park Cricket Club still remains as strong as ever today, with sides in the Winter Warehouse Competition and Summer Brisbane/Ipswich Churches Association. The summer side won the 1995 Churches State Shield Competition (Brisbane/Ipswich sides), were runners-up in the same competition for 1996 and also won the Ipswich West Moreton Churches Cricket Association 1996/7 Premiership. In recent years, the winter side, captained by Greg White, has had great success in the A1 Warehouse Competition. This strong Wolston Park side comprises current and former QCA 1st Grade players from Brisbane and young local cricketers. The A1 Warehouse Winter side has won premierships in 1991, 1995, 1996 and 1997.



Greg White, Captain/Secretary, Wolston Park Cricket Club

The Wolston Park Cricket Pavilion



PAPER ON THE PARK

For

Patients, relatives, consumers, employees, internal and external
voluntary, private and public organisations

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FAREWELL TO MR REX MARSHALL

A morning tea farewell was held for Mr Rex Marshall at the Barrett Auditorium on Friday, 20th June, 1997 at 10.00 a.m. All staff and patients (past and present) were invited and many attended. Ms Del Payne organised a great send off.



Mr Rex Marshall commenced his psychiatric nursing training in the United Kingdom at Rauceby Hospital, Sleaford in 1957. Interestingly, Rex completed his finals at the same time as his mother. His father also worked at the same hospital. After completion of his psychiatric training Rex undertook general nurse training at Derby City Hospital.

Rex arrived in Australia in 1969. He worked in New South Wales and in 1973 moved to Queensland where he took up the appointment as Deputy Principal Nurse of Wolston Park Hospital.

In the early period of his appointment life at Wolston Park Hospital was eventful. Miss Rosemary Gray, the former Director of Nursing recalled the support Rex afforded her through floods and strikes. She remembers walking through the picket line of the *Big Strike* and Rex saying to her, "Look ahead and smile. Keep walking". Rosemary also mentioned how Rex's sense of humour often broke the tension when serious situations had to be managed.

In the first wave of deinstitutionalisation Rex was instrumental in setting up the Community Preparation Unit. In this role he assisted the discharge of long-term patients to the community. Some of these patients had been hospitalised for many years due to factors associated with the severity of their illness and institutionalisation. Later as Project Manager, Rex had oversight of the restructuring and downsizing of Drug and Alcohol Services at the Wacol Rehabilitation Unit.

During his employment at the hospital Rex acted in the position of Principal Nurse and then Director of Nursing on many occasions. Once again, his sense of humour assisted in bringing stability to the nursing division in some very difficult situations.

Rex acted as Master of Ceremonies for the Graduation Ceremony for many years and served on the Graduation Committee.

He has been a very active member of the State Public Service Federation of Queensland, formerly known as the State Service Union, and has been honoured with life membership.

In 1992, Rex was appointed Assistant Director of Nursing of the Acute area. In this position he has been involved in the transfer of the inpatient unit to the West Moreton Integrated Health Service. He has also facilitated the setting up of the supra-regional acute inpatient unit and the transfer of six community nursing positions to the Logan and Princess Alexandra Hospital Districts.

Rex has spent the past 40 years as a nurse. The time has come for him to spend time with Judy his wife, his grandchildren and his garden. We wish him a long and healthy retirement.

The Executive and Staff of Wolston Park Hospital take this opportunity to thank Rex for his contribution to mental health care.

WOLSTON PARK HOSPITAL WELCOMES CONSUMER CONSULTANTS



Over the past three months, ten consumer consultants have been undertaking a training course at Wolston Park Hospital. This program was funded by the Commonwealth Government and has been coordinated by Mr Tom Meehan, ADON Research. The training program involved lectures and group discussion over a period of one month as well as on-the-ward experience working with patients. Ongoing support and supervision has been an important part of the program.

The consumer consultants graduated from their course on 25 July and were awarded a certificate from the Head of School at the Queensland University of Technology.

The consumer consultants are now looking forward to a time when they will be able to continue this work within Wolston Park Hospital. Participation of consumer consultants in the delivery of mental health care services at Wolston Park Hospital is a great initiative and one which will foster closer cooperation between staff, patients and consumers.

WOLSTON PARK HOSPITAL PATIENT WELFARE ASSOCIATION INC.

Give an Invitation to

THE ESSENTIAL COLLECTION FASHION PARADE

WHEN: Friday, 5th September
TIME: 7.00 p.m.
WHERE: Riverside Ballroom, Wolston Park Hospital
COST: \$10.00 per Ticket
Cheese Platters, Wine and Juice Supper available after the parade. Come along and enjoy the evening with friends - Book a Table

Address: Office of the Patient's Friend
Wolston Park Hospital, WACOL, QLD. 4076
Telephone: (07) 3271 8245
Facsimile: (07) 3271 8500

"The Help Brigade"



Some of the Volunteers and Staff at the Annual "Walt Disney Ice Show" to Boondal enjoying a well earned break. report on Page 3.

The *Trading Post* is a FREE service provided by the AWU to all hospital staff. Classified ads can be forwarded to Robert Ollier C/- Weeroona. All enquiries to Robert on Extension 206. If you have a commercial product or service that you would like to advertise, please supply artwork to the editor, and your advertisement will be placed FREE OF CHARGE. All we ask is that you offer a discount to hospital staff.

FROM THE EXECUTIVE OFFICER'S DESK

As we are already one month into the new financial year, it is almost too late to say thank you to everybody for assisting us in coming in on budget for 1996/97. Some of you attended a small afternoon tea earlier in the month, however I also express my appreciation to those who could not be there on the day.

This year will certainly be another time of challenge and progress with the Acute Psychiatric Unit at Ipswich Hospital hopefully due for occupancy around February/March 1998, following the recent turning of the sod ceremony by the Minister. We have also created a Design Group to revisit the Master Plan for the new Wolston Park Hospital, which means the Ten Year Mental Health Strategy is well underway, and at this stage we would expect completion around the year 2000/2001. Once again, I wish to assure all staff that I will continue to advise of progress as we proceed.

Another more recent change is the establishment of a West Moreton District Mental Health Service, which has brought together services provided at Wolston Park Hospital and those of the Integrated Mental Health Service, so that a co-ordinated approach can be applied to the delivery of all mental health services within the District.

I was delighted to officially open the Op Shop last month and by all reports, this has been a great success with numerous items being snapped up at bargain prices by many of our patients.

Finally, I was very pleased to recently announce Dr Terry Stedman is appointed to the position of Director of Clinical Services. Dr Stedman has been at Wolston Park Hospital for a number of years and his contributions will be appreciated by all.

Graeme Meyer

COURTESY BUS SERVICE

The bus service runs from Monday to Friday from 8.00 a.m. to 4.00 p.m. The bus is able to fetch visitors from either the Goodna or Wacol stations. The public telephone is more conveniently placed at Goodna station. Also there are fewer steps to negotiate at Goodna station as opposed to Wacol station, where it is necessary to walk up and down the overhead crossing.



The bus travels to the Redbank Plaza Shopping Centre at 9.00 a.m., 11.00 a.m. and 1.00 p.m., and goes to the Goodna Shopping Centre on the hour from 9.00 a.m. to 3.00 p.m.

Should a visitor or patient returning from leave wish to use the bus, they should call the hospital switchboard (3271 8222) from the station public telephone. They should request the courtesy bus and give their location. The operator will call the driver and tell them how long they can expect to wait. This will depend on where the bus is at the time of the call, and could be from 5-30 minutes. Ward nursing staff will contact the bus for a visitor's return journey to the station.

Many thanks to all my work mates for their gifts and well wishes during my recent period of illness. Please accept this as my personal thanks.

Pauline Norris, Nurse Manager P.G.V

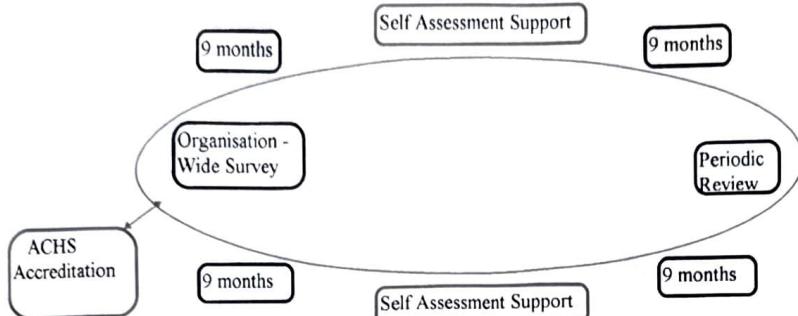
THE "KAIZEN" COLUMN
from Sue Jenkins
Quality Co-ordinator

Kaizen - pronounced Ky'zen - means gradual, unending improvement, doing "little things" better, setting - and achieving - ever higher standards.

Accreditation with The Australian Council on Healthcare Standards (ACHS)

In the last edition of the Paper on the Park, I gave a brief explanation of the ACHS EQuIP programme. You may remember that EQuIP stands for the ACHS *Evaluation and Quality Improvement Programme*. The following diagram illustrates how the components of the EQuIP programme fit together. These components, if used to challenge an organisation to improve, will increase its ability to provide quality care and services.

A diagrammatic representation of the EQuIP programme.



BENEFITS OF EQuIP

BENEFITS OF THE ACHS PROGRAMME THAT HAVE BEEN CITED BY ORGANISATIONS INCLUDE:

- improved care - measured by clinical indicators
- improved administration and planning
- improved co-ordination of patient/client care
- improved co-ordination of services
- improved communication between staff
- improvements in systems and procedures
- safer physical surroundings
- risk minimisation
- more efficient use of resources
- all parts of the organisation working together to achieve its goals
- decreased complaints by customers and staff
- increase awareness by staff of their responsibilities
- improved staff morale and motivation
- a 're-energised' organisation

I shall be writing an article on quality management or accreditation for each issue of the "Paper on the Park" to keep everyone up-to-date on the projects that are being undertaken and our progress towards the accreditation survey in 1998. I shall also include further information on ACHS, EQuIP and "What an accreditation survey is really like". Should you wish to contact me to discuss quality or accreditation issues, please call me on Ext. 581 - or Pager number 519.



PARKING IN HOSPITAL GROUNDS

The Wolston Park Hospital Local Consultative Forum has considered the issue of staff safety after hours and would like to take this opportunity to advise all staff that it is permissible to move/park their vehicles close to their working area after hours.

However, staff are reminded that the Queensland Fire Services Building and Safety Act states that vehicles must be parked **no closer than 2 (two) metres to a fire safety exit**.

Should you have any enquiries/concerns in relation to the above, please do not hesitate to contact Miss Theresa Hodges on Telephone (07) 3271 8517.

*Chas Clist
Chair Local Consultative*

A LOOK AT THE NEW UNIFORMS



Kim Johnson and Maureen Colson showing off the great new uniform designs.

OP SHOP GRAND OPENING

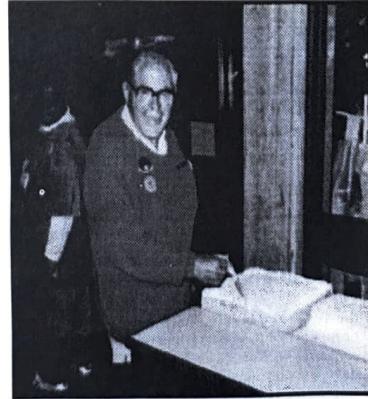
The Op Shop forms part of the Skills Enhancement Workshop, which is a consumer focused work based program that runs twice a week in the Rehabilitation Unit. The Op Shop aims to provide consumers with a simulated work environment in which they can learn work skills.

The consumers have worked very hard to get the shop ready for business, and are dedicated to working and making it a success. The shop was officially opened by Graeme Meyer on the 18 June 1997. We did a roaring trade during our first week of business. Thank you to all those who donated clothes. We look forward to future donations to enable us to keep the shop well stocked.

The shop will be opened from 1.30pm to 4.00pm, Monday, Wednesday and Friday. The shop is selling second hand clothes and other assorted items. You can find us at Barrett Centre B, please come and have a look!



Graeme Meyer cutting the ribbon to officially open the shop, and Mary Close (BCE)



*Cutting of the Cake
Trevor Cordingley - Mc Donnell House B*



Graeme Lawton (BCF) & Fred Firmstone (Mac B)

WOLSTON PARK HOSPITALS CAREER WOMEN OF THE YEAR



Over the past two months, Business and Professional Women, Ipswich Branch, conducted their annual Career Woman of the Year contest. Wolston Park Hospital nominated two very worthy women for this award - Ms Joanne King and Ms Theresa Hedges. Each candidate was required to attend an interview with the judges. They were then asked to attend a dinner at which their sponsor talked about their achievements and the women were asked to answer questions related to their career and personal interests and hobbies.

Friends and colleagues of Joanne and Theresa gathered together to support and encourage them through the evening. Ms Carol Swendson, Acting Director of Nursing, sponsored both women and presented to the gathering a very comprehensive outline of their achievements.

Joanne King has worked as a nurse at Wolston Park Hospital for some years now. She has worked in

many different areas and in 1996, she made an invaluable contribution to the School of Nursing in establishing its Continuing Education program. Joanne, in addition to undertaking her Masters degree, pursued a career in nursing management and is now Acting Assistant Director of Nursing (Special Projects).

Theresa Hedges currently holds the position of Manager Non Clinical Services. Over the past few years, Theresa has worked diligently in what was known as Regional Office and over the past twelve months, she has joined the team at Wolston Park Hospital.

Theresa's outstanding communication skills assist her to liaise effectively with staff during this time of great transition for administrative and operational staff in the hospital.

Wolston Park Hospital is proud of the achievements of both women and wishes them success in their respective careers.



AUSTRALIAN ARMY CADET CORPS UNIT

127 Regional Cadet Unit, Ipswich and Districts, Australian Army Cadet Corps is the second oldest Cadet Unit in Queensland and traces its lineage back to the 1860's. Following the virtual disbandment of the Corps during the Whitlam era in the 1970's the Corps is again beginning to look healthy. In 1989 whilst based at Ipswich State High School as a limited Support Unit it was down to 7 regular Cadets. Under the firm hand and leadership of MAJ. Tom Tilbrook the Unit was increased to its current strength of 122 Cadets and seven staff. Three of the current staff are also employees of Wolston Park Hospital, they are Captain Peter Sherry, 2IC, (W.P.H. Security), Lt. Bob Ferguson-McClellan, Catering Officer, (W.P.H. Security), and Staff Sergeant Jim Russell, Quartermaster (W.P.H. Nurse). Both Peter and Bob served in the Regular Army for 20 years and are returned Servicemen while Jim has served in the Army Reserve for approx. 30 years. MAJ. Tom Tilbrook the O.C. of the unit is a retired policeman with 32 years of service. 127RCU regularly participates in Community events such as ANZAC Day services at Goodna and at W.P.H. Repat Pavilion as well as services at aged Nursing Homes in Ipswich and Districts. The aim of the Cadet Corps is to give young people (boys and girls) aged between 13 and 18 years some skills which they would not otherwise attain, these include Rifle and Foot Drill and Safety Precautions; First Aid; Cooking, Map reading and Navigation; Fieldcraft; Field Hygiene; Radio-Telephone Procedure etc. The Unit parades at Milford St. Ipswich on Monday nights (other than school holidays) and staff can be contacted on these nights on (07) 3282 7376 between 6.00 p.m. and 9.00 p.m.

NEWS, VIEWS & WINNERS FROM THE HOSPITAL FETE



Secure Care Services

The annual fete was held on Saturday, 2 August at Riverside Ballroom.

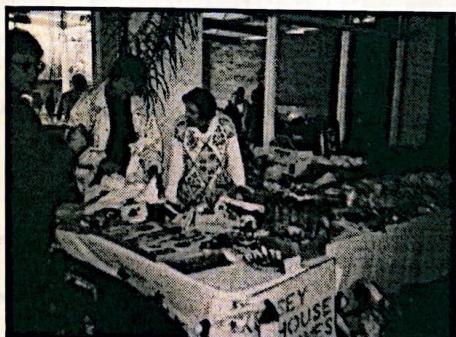
The day was successful, both financially for the stall holders and enjoyed by all who attended.

The childrens dancing exhibition was a highlight of the day as was the easy listening style of John Greenwood, Country and Western performer. The animal nursery sponsored by the Wolston Park Hospital was a popular attraction.

The raffle for the flight in a tiger moth was won by Marlene Batzloff of Sadlers Crossing. Dave Briffa, Security staff, Wolston Park Hospital, kindly donated his time as the pilot for this flight.

The Wolston Park Hospital Patient Welfare Assoc Inc would like to thank the following without whom the fete would not be possible

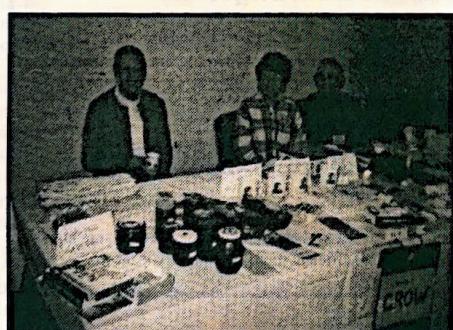
Wolston Park Hospital Grounds and Garden Staff
Wolston Park Hospital Catering Staff
Wolston Park Hospital Electrician



Kelsey House



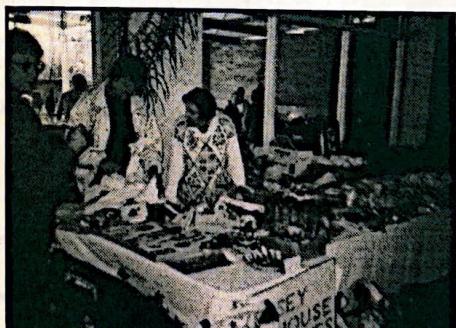
Catholic Psychiatric Pastoral Care



GROW

the wards who participated by running stalls

John Oxley Memorial Hospital
Noble House
Pappora
Kelsey House
Jenner House
McDonnell House
Integrated Mental Health Service - Acute and Aged Care
Barrett Centre G
BTAC
Skills Enhancement
Barrett Adolescent Unit
Fleming House
Patients' Friend Office
Joan Hart from the Barrett Coffee Club,



Catholic Psychiatric Pastoral Care



Integrated Mental Health

the community associations who continue to support the fete each year

ARAFMI
CPPC
TOC-H
GROW

Thank you all who participated or attended the fete.

YUGGERA PLACE OPENS

At 11.00 am on Friday 25 July 1997 Dr Peter Fama, Director of Secure Care Services, made the welcoming speech at the opening of Yuggerra Place. Dr Mark Waters, District Manager of West Moreton District Health Service and Mr Graeme Meyer, Executive Officer of Wolston Park Hospital presented Secure Care staff and volunteers with certificates in appreciation of all their hard work making Yuggerra Place a reality.

Special guest Mr Neville Bonner, Jagera Elder and Chairman of the Indigenous Advisory Council, The Brisbane Tribal Elders then officially opened YUGGERA PLACE with a speech and the unveiling of the plaque at 11.30 am.

There was then a brief tour of Yuggerra Place. The tour guides were secure care staff involved in the rehabilitation programs.

Lunch was provided with entertainment by the the Link Up Band. Clients of Secure Care Services who have participated in the rehabilitation programs over the last 6 months all received presentations for their achievements.

Thanks goes to Clients of Secure Care Services and their families, Invited guests and to the Dedicated Staff who made this opening possible.



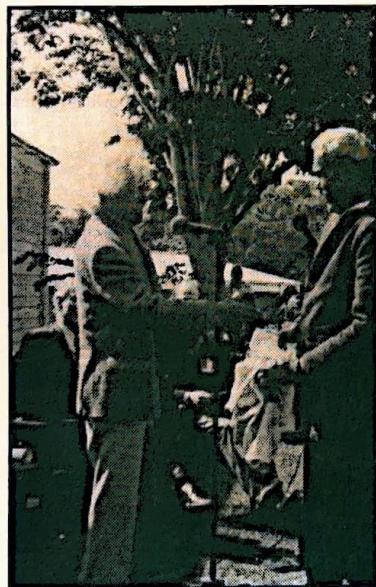
Derek Cheng Introducing



Neville Bonner displays the new plaque



Secure Care Staff and volunteers with their certificates



Neville Bonner presenting new design T shirt to a consumer

Background to Yuggerra Place

Today we celebrate the opening of Yuggerra Place and the establishment of a new rehabilitation service in secure care.

The Aim of our service is to provide a more comfortable and open environment that enhances the positive characteristics of our valued consumers, this is achieved at Yuggerra Place.

We provide a better range of rehabilitation programs that aren't merely politically correct, but are sensitive to the individual it is catered for, for this is how it should be. The program areas include:

MURRI SUPPORT PROGRAMS SKILLS TRAINING AND EDUCATIONAL PROGRAMS
FITNESS AND HEALTH CRAFT, CREATIVE ARTS
COMMUNITY ACCESS AND QUALITY OF LIFE PROGRAMS
FUTURE PROGRAMS WILL BE WOMEN'S PROGRAMS AND FAMILY SUPPORT
PROGRAMS

Our goal is to establish a clear organisational system for rehabilitation programs to ensure high quality programs for consumer participation and efficient multi-disciplinary team work.

Getting it right The staff relax with a WIMMER!

Taken at a recent promotion on soft drinks, one of many of the exciting events held regularly at the staff and patient canteen –
ITS WORTH A VISIT



DISCLAIMER

The views expressed in this newsletter are not necessarily those of the "Paper on the Park" Editorial Committee

1997 Nurses Graduation

The Nurses' Graduation Ceremony was held on 18 April at the Barrett Centre Auditorium. This special occasion highlighted the achievement of 53 nurses successfully completing either the Psychiatric Nursing Course, the Enrolled Nurse Program and the Graduate Nurse Transition Program at Wolston Park Hospital.

Psychiatric Nursing Program

Allan	Susan
Bamborough	Bernadette
Christiansen	Ilse
Daniel	Susan
Descovich	Susan
Dobson	Kerri
Farrelly	Francesca
Gorman	Barbara
Grainger	Andrea
Harold	Emma
Johansson	Maria Louise
Jones	Jennifer
Kelly	Matthew
Lilis	Bernadette
Lipp	Jacinta
Martin	Rachel
McGregor	Glennda
Mischok	Ady
Nikolovski	Cherie
Nissila	Kirsti
Orrell	Elizabeth
Peters	Belinda
Preac	Anita
Robertson	Dianne
Russell	Patricia
Russell	Madonna
Senescall	Diane
Shaw	Debra
Tan	Lu Yi
Van Emden	Roy
Weedon	Glenda
Yorkston	Dylan

Enrolled Nurse Program

Beckinsale	Florence
Beckman	Madriana
Box	Malcolm
Craig	Lachlan
Gibb	Gregory
Johnson	Robert
Knox	Gary
McGill	Lillian
Ostrofski	Gregory
Ryan	Timothy
Travica	Nada
Wakefield	Charles
Wensley	Philip
Woodward	Norma

Graduate Nurse Transition Program

Clark	Stacey
Cosgrove	Peter
Cox	James
Jeays	Michelle
Norgaard	Yvonne
Van Wel	Jacqueline
Wiggins	Cassandra

Among those who graduated, a number of nurses were awarded prizes reflecting their special academic or clinical qualities. Award recipients included:

Ms Ady Mischok	Ms Nada Travica
Ms Glenda McGregor	Mr Philip Wensley
Ms Susan Daniel	Ms Kerri Dobson
Ms Florence Beckingsale	Mr Gregg Gibb
Ms Madriana Beekman	Ms Kirsti Nissila
Ms Cassandra Wiggins	Ms Sue Descovich
Ms Andrea Grainger	Ms Jennifer Jones
Mr Greg Ostrofski	

Ms Helen Glover shared with us a consumer perspective of professional development in the context of mental health reform, which inspired all at the ceremony to keep sight of our primary responsibility, that is the consumer. Following the ceremony, dinner was provided at the Recreation Hall which again was amazingly transformed for the occasion. The music and dancing following the dinner was enjoyed by many.



WALT DISNEY ON ICE ANNUAL EXCURSION

The excellance of Disney on Ice was witnessed again by consumers from most areas of the hospital and their helpers. The bus drivers, their buses, Boondal hospitality ushers and the show itself all came together to give an unbelievably exciting day out.

Some pictures of the group taken for the show.



A function of this magnitude can only be successful with the cooperation of many, and staff of the following work areas deserve recognition for their labours in the last (hectic) few days before the graduation:

General Hands
Transport
Domestics
Catering
Administration

Thank you also to Russell Arnold for providing once again his photographic expertise.

DISTRICT EDUCATION UNIT



At a recent presentation of certificates to successful participants in the "More effective reading and writing" course the following staff were rewarded, Linda Green, Leslie Brown, Dorothy Hulme and Sandra McLennan. They completed a 60 hour program sponsored by the Bremer TAFE. Their achievements have been outstanding and a real credit to both themselves and their workplace employers. The District Education Unit would

like to thank Ms Jean Clark, Education Trainer for her excellent level of training and dedication to the course. Congratulations to all involved.

On Monday 2 June 1997 Dr Mark Waters, Manager West Moreton District Health Service, presented 41 staff from Wolston Park Hospital with their Workplace Rehabilitation Coordinator's certificates at the Staff Education & Training Centre. They had successfully completed a 3 day Workplace Rehabilitation Coordinators Course. In total 72 staff from within the District Health Service completed the course. Staff will assist Ms Debbie Muller, District Rehabilitation Manager in the smooth running of workplace rehabilitation within the District. Congratulations to all who received certificates.

Jean Crowe, Coordinator District Education Unit

SUNDAYS AT THE CHAPEL

These days there is only one Chapel used by all the Churches and Chaplains at Wolston Park. Next year it will be 35 years since the Chapel was opened and Blesses by the famous Archbishop of Brisbane at the time, Archbishop Duhig. The date was May 15, 1963, the feast day of St. Dymphna, the Patron Saint of those with a mental illness.

As I think of the Chapel here at the Park, I think of the places I love, the people I love, the experiences in life that I cherish. I always love when someone takes me into their confidence and tells me of a very special moment from their life or maybe it is something from their life that they have always treasured and cared for as their very life.

Recently, a woman who used to be on the Nursing Staff at Wolston Park for many years showed me an icon of the Child Jesus and his mother. She had it wrapped in a white cloth and carried it around with her for 80 years since she was a little girl.

There is now only the one Sunday Service at Wolston Park, the Catholic mass at 9.00 a.m. For those of us who attend, about 40 each Sunday, it is very special. We all feel a special feeling as we gather in our Chapel praying and singing together and every one of us just loving being together. All are made very welcome.

Maybe you would like to join us one Sunday. If you are a Staff person you may wish to come as a one off, just to experience this special part of life at the Park. Bring your family too if that is possible. To give yourself such an experience is the sort of thing that gives our lives that treasured moment that no money can ever buy.

Father Jim Smith
Catholic Chaplin

ACCESS

This newsletter provides information about professional development opportunities. If you are interested in accessing any of the following events/publications/opportunities, further information can be obtained from the bulletin board in the S.E.A.T student common room.

Professional and Organisational documents regarding Codes of Conduct and Behaviour are available from the School of Nursing.

Journal Contents Pages/Cover sheets from libraries other than Wolston Park Hospital are available from the bulletin board in the S.E.A.T Lunch Room.

All requests for assistance by the hospital, must be made to your ADON.

An initiative of the School of Nursing (SEAT Centre) in keeping with the philosophy of 'Best Practice'.

CONFERENCES/WORKSHOPS/SEMINARS

7-10 Sep 1997	"The Ninth Casemix Conference in Australia" Commonwealth Department of Health and Family Services Phone: (06) 281 6624	Brisbane
9-11 Sep 1997	"3 Day Continence Promotion and Management of Urinary Continence" Blue Nursing Service Phone: (07) 3363 9640	Brisbane
11-12 Sep 1997	"Rhythm Interpretation without the Blues" Brisbane A step by step workshop in ECG Rhythm Interpretation Phone: (07) 3851 0501	Brisbane
25 Sep 1997	"Handling Change & Managing Conflict" Brisbane Proteus Australia Pty Ltd Phone: (03) 9866 4801	Brisbane
15-26 Sep 1997	"Immunisation Program Evaluation Methods" Phone: +61 7 3365 5585/5408 email to Alan Bass: a.bass@mailbox.uq.edu.au	Brisbane
5-8 Oct 1997	"2nd International Conference Scientific Basis of Health Services" Amsterdam Holland	Amsterdam Holland



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SPORTS DAY AT THE PARK



Poets Corner

this issue from the notes of Stephen (Bush Ranger) Munro

LOOSEING

Looseing, lost, chuckd in my last bid
And know that there is one waiting love
I'll take my time
Looseing time
Try to make her mine
But
Don't Loose her love this time

SAVE TO SPEND

When money was little
I invested well
(As did my parents but-
Loan and Loose past wealth)
My money!
Spend it wize
Neither rich man
Nor poor man
Am I
But richer I am
So please allow a good guy
(Though I am no gentleman)
Wizey spend