

Bright magazine
Where health shines

SPRING 25



Sunshine
Coast
Health



Free

Cover image: Jedial and baby Selah from our publicly funded homebirth program.

Wunya!



Acknowledgement of country

We acknowledge the Traditional Owners of the land, the Kabi Kabi (pronounced Gubbi Gubbi) and Jinibara peoples, on whose land we provide our services. We pay our respects to all Aboriginal and Torres Strait Islander people, Elders, past, present and emerging.

Welcome to the first edition of Bright!

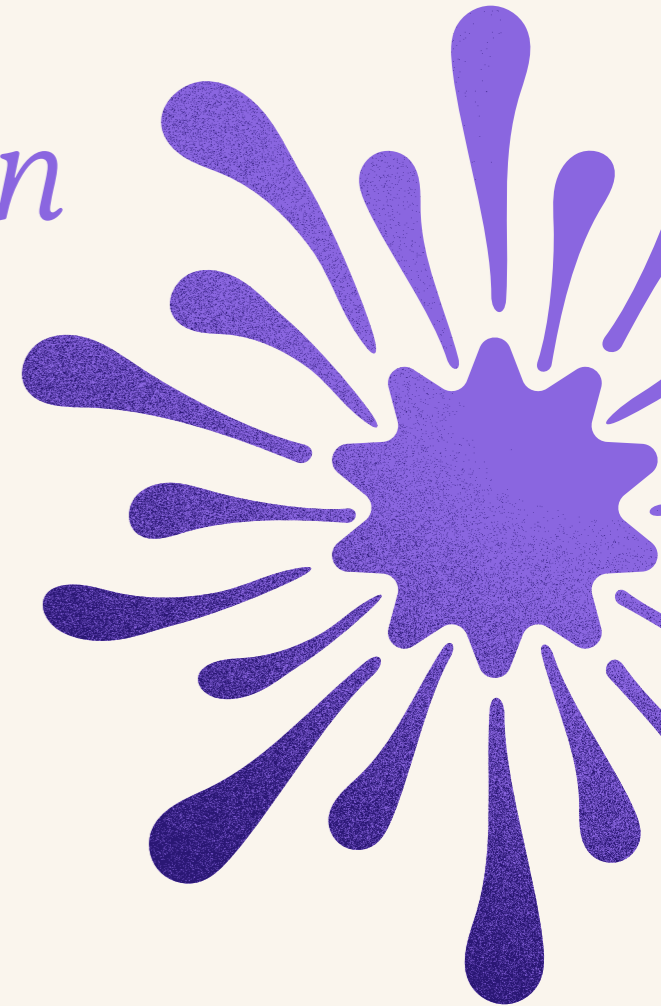
We are proud to share with you the inaugural issue of Bright - it's a new way to connect, celebrate, and shine a light on the people, services, and stories that make our health service what it is.

This magazine was created in response to what many of you told us: that you wanted to know more about the work happening across our hospitals, health facilities, and communities. You wanted to celebrate the good, better understand the services we offer, and hear more from the people behind the care.

Bright is for everyone. It's a place for our staff to see the scope of the work we're doing together, and for our community to feel informed and proud of their local health service.

We hope you enjoy this first edition, and we look forward to continuing to share the bright moments, big achievements, and everyday stories that reflect the heart of our health service.

Dr Peter Gillies
Chief Executive





New baby blankets celebrate and honour Aboriginal and Torres Strait Islander culture

For Aboriginal and Torres Strait Islander babies born in Sunshine Coast Health facilities, a new tradition has begun, one that wraps newborns in more than just warmth, but in a deep embrace of culture and community from the very first moments of life.

Two stunning baby blankets have been designed by local Aboriginal and Torres Strait Islander artists Zartisha Davis and Amanda Pitt-Lythgoe, to be shared with families on our maternity wards.

Zartisha's artwork is titled "Yi'run Djagan", which means Women's Country, and is a heartfelt tribute to the strength and traditions of local women.



"This artwork depicts all the things that our women did – birthing on country, bleeding on country, our gatherings, stories, but especially our birthing sites," she said.

"It also has our beautiful river of life running through it, the ancestors watching over all of us who live, work, and play here on Kabi Kabi country."

A proud Kabi Kabi woman with ties to Butchulla and Cobble Cobble peoples, and the South Sea Islands Vanuatu and New Caledonia, Zartisha spoke about the honour she felt in contributing to this special project.

"Our culture is to share with everybody else so it's really important to establish those connections and what better way than from birth they get to hear this story and have this blanket with this artwork that's an ancient story that they're a part of now," Zartisha said.

"So many babies are going to be wrapped in this story and it's with love and care and just like when our mob give our time and our blessings and our art, it's for everyone to feel comforted in and have that safe passage and safe journey in life."

Artist Amanda Pitt-Lythgoe is a Kabi Kabi and Wakka Wakka woman who has a strong connection to the Sunshine Coast, its hinterland, and the Mary Valley region through her mother.

Her piece, titled *Djaagan* (Earth), tells the powerful and enduring spiritual connection between mother and baby.

"It's about past, present and future, baby coming into the world, the mother giving a water birth," she said.

"In the background we've got the DNA being passed down from mother to baby.

"It's also inspired by my sister who's recently had a baby, I think she was 8 months pregnant at the time, coming close to due date so I just saw that and thought that would look beautiful with that background."

Amanda hopes that the blanket will offer comfort and a sense of safety to mothers as they welcomed new life.

"It's pretty exciting because back when I became a mum, we didn't have anything like this, so I think it's a nice gift to go home with," she said.

Acting Senior Director Aboriginal and Torres Strait Islander Health Naomi Ford said the blankets were an initiative born directly from the community's desire for greater cultural safety in clinical settings.



"It's something they would have liked to have seen to make them feel a little bit more culturally safe when they attend our facilities," she said.

"As you know having a baby is a wonderful experience and we thought what better way to enhance that than to provide a special little blanket for the newborn babies."

These beautiful blankets are more than just keepsakes, they are a symbol of Sunshine Coast Health's commitment to Health Equity and to honouring the rich cultural heritage of Aboriginal and Torres Strait Islander communities.

Sunshine Coast Health's Nursing and Midwifery stars shine bright



"One of my career highlights was being the midwife at the very first birth under this program," Sarah shares with pride. A nurse turned midwife 24 years ago, Sarah cherishes the joy and transformation of the maternity ward.

"The maternity ward is really the happiest part of the hospital," she said. *"To welcome babies, guide women through motherhood, and witness families grow is a real privilege."*

Though she hasn't kept exact count, Sarah estimates she has helped bring about 1,000 babies into the world. "Every birth is special. My favourite part is watching women become mothers and men become fathers, navigating such a profound life change."

The Nursing and Midwifery Annual Recognition Awards, held between International Day of the Midwife and International Nurses Day, showcased the remarkable talent across Sunshine Coast Health. With over 100 nominations received, the awards shine a light on just a fraction of the exceptional care nurses and midwives provide daily.

Many of our best and brightest nurses were recognised at the awards:

Assistant in Nursing of the Year – Hecson Pasillao

Enrolled Nurse of the Year – Thomas Warren

Graduate Nurse of the Year – Mark Tomboc

Graduate Midwife of the Year – Courtney Lawler

Cathy Styles Memorial Award Emerging Leader – Chloe Green

Nursing and Midwifery Leadership Award – Jenny Jaspers

When Teagan Wood was named Nurse of the Year at Sunshine Coast Health, she was taken by surprise. "There's always people doing amazing things and it's a privilege to work amongst them let alone be recognised as one of them," she said.

Teagan's journey to nursing wasn't straightforward. Once a paralegal, she pursued a dream to become a nurse, and in just five years, her dedication has earned her one of the highest honours at the hospital. Working on the Stroke and Neurological Unit, Teagan faces daily challenges but is passionate about helping patients recover or supporting them through end-of-life care with dignity.

"It's a privilege to provide care in such a stressful environment," she said. Known for her infectious laugh and ability to brighten the ward, Teagan recently stepped up into an acting leadership role, demonstrating professionalism, grace, and a solution-focused approach that inspires her colleagues.

But for Teagan, it's never about one person.

"Our team is the best. We work so well together, alongside the multidisciplinary team, to provide the best care possible."

Midwife of the Year, Sarah Handby's journey celebrates another kind of extraordinary, bringing new life into the world. Recognised in her profession, Sarah has been a driving force behind the Sunshine Coast's Publicly Funded Homebirth program launched last year.



Behind the Scenes and on the frontline:

Unsung heroes take the spotlight

When it comes to healthcare, the faces that greet you on the ward are only part of the story. Behind the scenes, a dedicated army of professionals work to transform patient care, and at Sunshine Coast Health's recent annual Staff Awards, their efforts took centre stage.

Director of Digital Health, Courtney Vesey, took home the top honour, the Dr H H (Barney) Moy Memorial Person-Centred Care Award for leading the rollout of digital health records.

"It's a team effort," Courtney said.

"We focus on improving the patient journey and supporting frontline staff, even if much of our work happens behind the scenes."

Clinical nurse Joanne Millward was honoured with the Gallangoor Ngin Award for her outstanding commitment to culturally safe care for Aboriginal and Torres Strait Islander families. Joanne played a key role in redesigning the Jabba Jabba model of care, a program where the Aboriginal Child Health team visits new families to provide vital newborn checks and wellness support.

For Joanne, it's deeply personal. "Building trust and culturally respectful care means everything to these communities," she explains. "Being part of their health journey is a privilege."

Consumer Representative of the Year Breanna Medcalfe was recognised for her courageous advocacy in shaping Disability Services and paediatric care. Breanna's willingness to share her own journey is helping to create a more compassionate and inclusive health system.

Volunteer of the Year Carol Martens brings comfort and companionship to families at Dove Palliative Care, offering a much-needed light in difficult times.

The awards also spotlighted staff who embody Sunshine Coast Health's core values every day: Dr Ashwini Amaratunga (Integrity), Scott Davy (Compassion), Michelle Juillerat and Ceri Williams (Accountability), and Janine Porter (Innovation). And fundraising champions Ann Gillies and Jessica Tomkins were celebrated for their tireless efforts raising funds to support health services.

Chief Executive Dr Peter Gillies praised the event as a moment to honour those who go above and beyond for the community. The 'Brighten the Night' themed ball at Maroochy RSL was a fitting tribute to these everyday heroes making a profound difference in healthcare.



Fighting blood cancers with stem cells

Advanced life-saving treatment launches closer to home for local patients

When Gary Taylor was diagnosed with myeloma, his treatment journey stretched long ahead of him, involving trips to Brisbane, but it would be a whole day in Brisbane.

Fortunately Sunshine Coast Health's Haematology Department was in the midst of launching a new stem cell transplant service, and Gary became one of the first patients to access this high-tech procedure closer to home on the Coast.

"It's great, isn't it? I didn't want to go to Brisbane, it's an hour and 20 minutes sometimes with the traffic," Gary shared.

"Especially because we only live up the road from SCUH as well, it's a lot better."

Basically, you come here, within an hour after you're done and dusted, you can get back to work or whatever you're going to do, but it would be a whole day in Brisbane."

The autologous stem cell transplantation process is an advanced treatment that uses patient's own stem cells to stop cancer coming back after chemotherapy.

Haematology Director Professor Craig Wallington-Gates said travelling to Brisbane can put enormous stress on patients and their support networks.

"So to deliver this on the Sunshine Coast is a tremendous advance for our community," he said.

"Having the same doctor who diagnosed you and managed your initial chemotherapy then manage the transplant and any complications means you get first-hand medical attention from your original treating team."

The procedure can be used to treat many blood cancers, especially multiple myeloma – a very aggressive blood cancer – and relapsed lymphoma.

The team expects around 30 patients a year will use this new service.

"We see a lot of these blood cancers here on the Sunshine Coast and further to our north."

"We find the numbers are growing year after year, and part of that is because of an ageing demographic in certain parts of our health region."

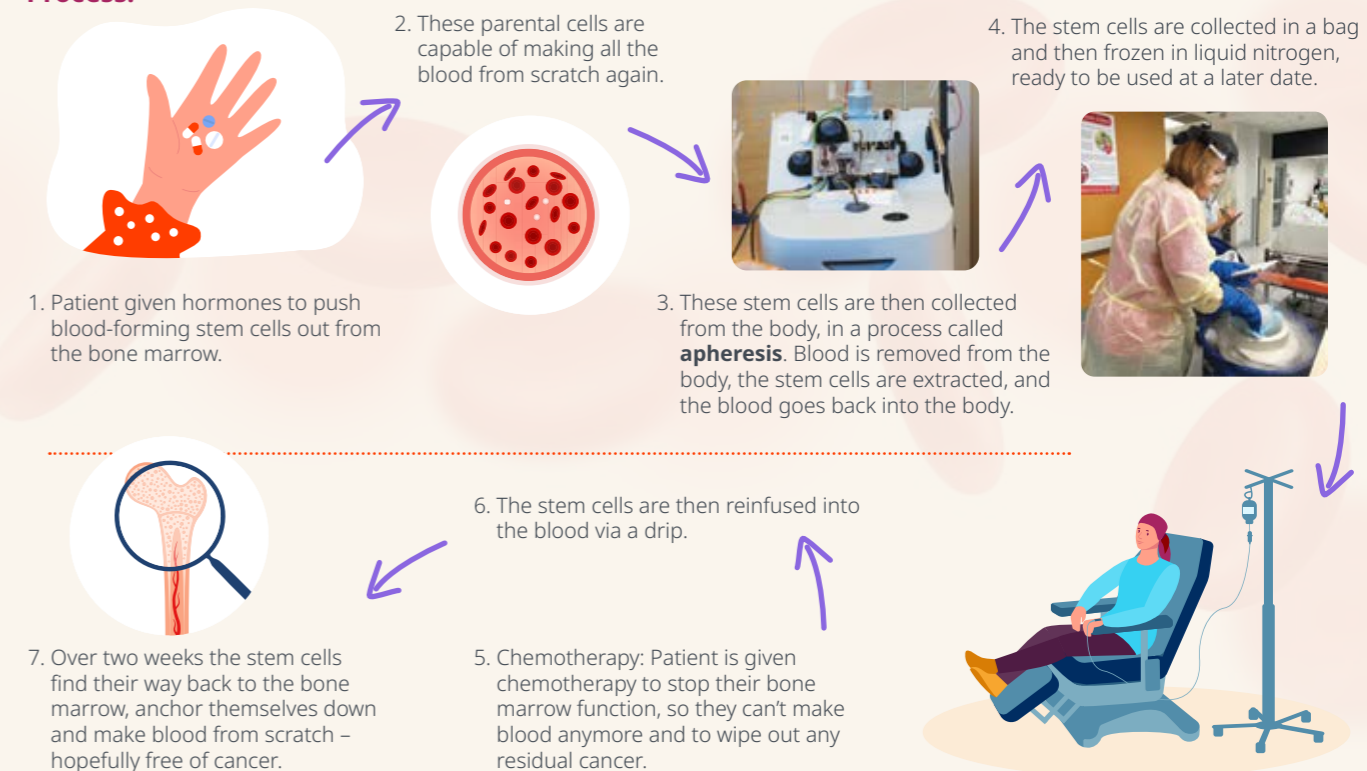
Setting up this complex service was no small feat for our dedicated Haematology team. It required investment in specialised machinery, recruiting and training skilled staff, and careful integration of clinical and laboratory components.

But for patients like Gary, it means cutting out the logistical and emotional toll of long-distance treatment, allowing them to focus on recovery closer to home.

For the Sunshine Coast community, this new stem cell transplant service is more than just a medical milestone; it's hope, comfort, and convenience for those facing some of their toughest battles.

Autologous means using people's own stem-cells for the transplant, not someone else's.

Process:



The growth of our haematology service has allowed us to offer care to eligible patients in the Wide Bay region as well. Being able to access blood cancer care significantly closer to home will immensely benefit these patients, who were previously travelling to Brisbane.

"By bringing more haematology services closer to where people live, we're reducing unnecessary travel, shortening wait times, and helping patients stay better connected with their local care teams," Professor Craig Wallington-Gates said.



Get to know Nambour Emergency Department

Built by and for the people it serves, Nambour General Hospital has been a community cornerstone in our hinterland town since the 1920s. For more than 100 years, the doors of its emergency department have welcomed generations of families, providing critical care in their most urgent moments.

Last year, as part of Nambour General Hospital's \$86 million redevelopment, the emergency department was revamped and reopened to ensure the facility will not only better serve our community now, but also into the future.

The Nambour General Hospital Emergency Department now consists of 44 beds, including acute, short-stay, and fast-track beds, as well as three resuscitation bays.

Acute bed = for patients who have serious or urgent medical conditions that need immediate and close attention

Short stay bed = for patients who aren't well enough to go home, but don't yet need a full hospital admission

Fast track bed = for patients with minor illnesses or injuries, where treatment should be fast and straightforward

There is a dedicated acute treatment zone for children, to try and make a hospital trip feel a little less daunting for our youngest community members.

It also features a new triage area that has private assessment rooms to improve patient flow. Triage is where a qualified nurse assesses how urgent a patient's condition is and assigns them a category from one to five (one being our sickest patients) to determine when they will be seen.

In 2024, around 41,000 people were treated at Nambour General Hospital's emergency department, with the busiest month being December. This is normal for an ED, due to summer activities, the school holidays, and an influx of visitors to the Sunshine Coast region.

As you can imagine, Nambour ED is a very busy place, and we have a team of incredible staff members who work passionately within the space to keep our patients cared for and everything running smoothly. These include doctors, nurses, admin officers, hospital liaison officers, social workers, protective officers, radiographers, and patient support assistants just to name a few!



Meet Dan

Medical Director | Nambour Emergency Department

In his role as Medical Director of Nambour ED, Dan is responsible for overseeing the safe care of patients. This includes looking after medical staff operationally, as well as overseeing clinical processes. He works closely with the Nurse Unit Manager (Helen), and other streams such as allied health and security to make the unit run as smoothly as possible.

What is your favourite part of your role?

I like the variety. Some days I'm working on the floor seeing patients, and other times I'm problem solving in the background trying to improve how our department runs. I work with a lot of really good people and every day is different.

What makes the team tick?

Caffeine, lots of caffeine. Also the shared goal of providing the best care for our patients. It really is impressive to see the team come together to care for our very sick patients in resuscitation. It's not always easy, things don't always work out well for some of our patients. Our team is really good at supporting each other after those difficult cases. We really are a close-knit bunch.

Can you describe the team you work with?

We have a pretty diverse team from lots of different backgrounds and with differing levels of experience. People who are drawn to emergency medicine tend to thrive in chaotic and exciting environments.



Meet Hannah

Registered Nurse | Nambour Emergency Department

Hannah Marshall has worked at Nambour General Hospital for nine years and is a Senior Registered Nurse in the Emergency Department.

What is your favourite part of your role?

Every day brings new challenges and learning opportunities. I love working in an unpredictable and exciting environment, and I enjoy being able to help patients in urgent and complex situations.

Can you describe the team you work with?

Our team here at Nambour is incredibly skilled, dedicated, and supportive. We work collaboratively to deliver the best possible patient care. The willingness to help each other is what makes this department special.

Strong communication, mutual respect and a shared commitment to patient care is what makes the team great. I am proud to be supported and to work closely alongside an adaptable, and incredibly skilled team.



Home Sweet Home Birth: New Service Celebrates 1 Year

When the Publicly Funded Home Birth program launched at Sunshine Coast Health last August, it opened a new chapter for many expectant parents.

In the program's first year, 44 women gave birth in their own environment, surrounded by their loved ones and pets.

As Queensland's exemplar site for publicly funded home births, the program has been a game-changer for these families.

Sunshine Coast Health Women's and Children's Midwifery Service Director Keppel Schafer said the whole team is really proud of what they have achieved in this first year.

"We know how important it is for Sunshine Coast families to have the option to give birth safely in a home environment, and from the feedback we have received over the past twelve months it's clear just how much of a positive impact it has had on those who have taken part," he said.

The service is an extension of the popular Midwifery Group Practice (MGP) model and is available to women who meet agreed clinical criteria and live within a safe travelling distance from Sunshine Coast University Hospital.

MGP Midwife Unit Manager Nicky Taylor-Edwards said the success of the program is attributed to the collaboration between our midwifery, obstetric, paediatric and women's and children's teams, along with Queensland Ambulance Service.

"Each mother in our program is assigned a primary midwife who will care for her throughout her pregnancy, and provide professional and emotional support during the labour, birth and postpartum period," Ms Taylor-Edwards said.

"We have so many mothers say to us how lovely it is to be able to give birth at home with known midwives, then immediately have access to her own amenities such as food, the couch or her own bed."



Ella's Birth Story



©Vicki Cardilini Photography

Mother-of-two Ella was saving up for a private midwife when the program launched, so when she fell pregnant, she instead asked her GP to refer her to the program.

"I had a hospital birth with my daughter, and it was great, but there's just some things looking back on that I thought if I had been at home, it would have been better for everyone involved," Ella shared.

Soon after, she was connected with Clinical Midwife Sarah Handby who provided antenatal care throughout the pregnancy.

"Luckily I had no dramas in my pregnancy, but from our first meeting she put forward all the information like how often we have appointments, what would exclude me from the program, what would transfer me to hospital when I was in labour, and she really put my mind at ease," Ella said.

At 41 weeks and 4 days gestation, began in the early hours for Ella. She kept her young daughter Alaska home from daycare to be part of the experience, and the midwives arrived around 9:00am.

"They said, look, we'll find somewhere that we won't be in your face, so you won't feel like you've got so many eyes looking at you all the time," Ella said.

"They went into my husband's office, and they came out when they needed to do the checks – just one of them – and as labour got closer, they came out a bit more frequently."

After 12 hours of labour, Axl made his grand entrance at 3:40pm with a peaceful water birth.

"I had the pool, so I had a water birth, and it was just so calm, it was so relaxed."

Although Axl's cord was wrapped around his neck, Ella never doubted the safety of her home birth.

"He needed just a little bit of oxygen, which they had, and I never felt like, 'oh god they're under supplied we need to go to hospital', I had full confidence in them that it was going to be fine at home," she said.

"You don't have to worry about visitors coming into the hospital and visiting times, or when the next meal is going to come, or if you have enough clothes and you don't have to think 'how am I going to get this baby home?' Because everything is there. Getting into the swing of things was just so much easier."



Meghan's Birth Story



First-time mum and midwife Meghan was always interested in having a home birth, understanding the benefits of how it could help her have a physiological birth.

She was in her first trimester of pregnancy when the program launched, so she eagerly expressed her interest and was connected with clinical midwife Katy Russell.

"Katy was phenomenal, every member of the home birth MGP birth centre team were amazing," Meghan said.

"Everything was really transparent from the start, the goal was to always work towards a home birth but linking in with that MGP team I always knew if something was to pop up throughout my pregnancy, their care would transfer into hospital easily, so I felt really comfortable."

Fast forward to 40 weeks and 4 days, it was a Friday night and Meghan noticed the first gentle signs of labour started.

"We were very excited, I thought, oh my god, my body is actually doing this!" she said.

By Saturday night she was feeling exhausted, but Katy was by her side supporting her through the labour.

Meghan's loyal dog Moose was also a quiet witness to the unfolding miracle. "He disappeared for the whole labour...and then he reappeared in the corner of the room and Katy our midwife, who has seen a lot of home births, said normally that's when you hit fully dilated and you're about to push your baby out, the dogs just kind of get a sense," Meghan smiled.

Moose's instincts were spot on. In the early hours of Sunday morning, Meghan welcomed her baby girl Olive into the world.

"I had a water birth in my living room, it was lovely."

"Coming out of that labour space and birth space and being like oh my gosh I've got a new baby; it was lovely to just hop out [of the birth pool], get on the couch and relax for the first time in two days.

"Irrespective of the fact I'm a midwife, as a first-time mum, when you have a look at the physiology behind going into labour and birth a lot of that has to do with feeling safe, secure, and comfortable, and where else do you feel the most safe, secure and comfortable than in your own home?"



From zero to five: One dad's incredible journey and his mission to support others

With five children, registered nurse Michael knows all too well how the amazing rewards of fatherhood come with their own challenges.

Keen to make sure other fathers had the supports he wishes had been around when he was in the thick of parenting a young family, he jumped at the chance to support other men, as a Dad's Group mentor.

His journey to parenthood was quite unique, becoming a father to five children in just a year and a half.

A long fertility journey led to choosing to adopt three children, and shortly after becoming a father to twins via an unexpected IVF win.

"I said well we're just going to have to get a bigger surfboard and ride the wave aren't we!"

"It was a wild journey – at the same time we had to convert a two bedroom house into a six bedroom house," he said.

He now helps dads-to-be form a clearer expectation of how life may unfold once the baby comes along.



The Dad's Group mentors have recently become a key part of Sunshine Coast Health's childbirth education classes.

"Through those classes we've got the ability to give them the power to sort of know what's coming up, so they don't have to go through that journey." The mentors are staff from across a range of departments of the health service.

"So hopefully we get it early enough, so they can seek mental health help earlier if they need it, not just leave it sitting in the background for a long period of time."

The Dad's Group partnership with Sunshine Coast Health is sponsored by Wishlist.

Give your medicine cabinet a dose of spring cleaning

If your medicine cabinet looks like a pharmacy exploded and then time-travelled to 2012, it might be time for a little spring cleaning. While most of us think about decluttering wardrobes or deep cleaning the cupboard under the sink, there's one small but mighty space that often gets overlooked: the medicine cabinet.

Spring cleaning your medicine cabinet might not be the most glamorous job, but it can make a real difference to your health and safety. Here's how to do it properly and why it matters.

Why is it important?

Over time, medications can expire, prescriptions can change, and products can pile up. Holding on to expired or unnecessary medicine doesn't just create clutter; it can be dangerous. Expired medications may not work as intended or could even be harmful. Outdated prescriptions could lead to confusion or misuse, and keeping unnecessary items increases the risk of accidental poisoning, especially if there are children or pets in the home.

Step 1: Take everything out

Start with a clean slate. Remove every item from your medicine cabinet, drawer, or storage container. Lay everything out on a clean surface so you can clearly see what you're working with. You'll likely be surprised at what you've accumulated.

Step 2: Check expiry dates

Go through each product and check the expiry date. This includes prescription medications, over-the-counter pain relief, allergy tablets, eye drops, creams, ointments, vitamins, and supplements.

Anything past its expiry date should go. If something doesn't have a date, but looks or smells off, it's safer to discard it.

Step 3: Dispose of medicines safely

Never throw medications in the bin or flush them down the toilet. Instead, check with your local pharmacy for a safe disposal program. In Australia, for example, the Return Unwanted Medicines (RUM) project allows you to drop off expired or unwanted medications at participating pharmacies. It's free, safe, and environmentally responsible.

Step 4: Review what you actually use

Now that you've removed the expired items, look at what's left. Do you really need six types of cold and flu tablets? Are there duplicate products or medications you no longer use? Keep only what's current, necessary, and used.

It's also a good time to check labels. If a medicine no longer has its original packaging or instructions, consider whether it's still safe to use.

Step 5: Restock the essentials

After clearing out, make sure you have the basics on hand. A well-stocked medicine cabinet might include:

- Pain relief (paracetamol, ibuprofen)
- Antihistamines
- Cold and flu treatments
- Antiseptic cream
- Bandages and plasters
- Tweezers and scissors
- Thermometer
- Oral rehydration salts
- Any personal prescriptions

Keep your list up to date and store items in a cool, dry place, away from direct sunlight, and out of reach of children.



SCHI is shaping health differently



At the Sunshine Coast Health Institute (SCHI), we are more than just a world-class facility; we are a dynamic partnership uniting leading minds in healthcare, education, and research.

Together, these partners deliver the education and training to grow and develop future health workforce from student to researcher; whilst driving clinical and health related research that translates the future of healthcare delivery; locally, nationally and internationally.

SCHI collaborates to solve healthcare problems differently with people centred innovation at the heart of everything we do. We put ideas into action to benefit our community.

Through our research our mission is to empower our health system to integrate evidence-based priorities into patient-centred care through collaborative partnerships, transformative healthcare models, and a creative, interprofessional workforce.

Our state-of-the-art facilities are purpose-built to support and elevate health-related conferences, meetings, and forums. SCHI provides expert staff support, catering services, and marketing assistance to ensure your event is seamless and impactful.



Whether you're a member of a state or national board seeking a venue for training and forums, or planning your next major conference, SCHI is the ideal location. The institute features a 360-seat auditorium, lecture theatres, multipurpose teaching rooms, clinical demonstration rooms, simulation suites, human visualisation spaces, and computer labs — all designed to inspire innovation and collaboration.

For more information on how to collaborate with SCHI on a research project or get started with your health training experience, chat to the SCHI team- schi-events@health.qld.gov.au.

Meet our Executive Team

We asked our executive what they are reading, watching, or listening to, so you can get to know the people behind the roles.



Dr Peter Gillies

Health Service Chief Executive

I'm listening to:

The Diary of a CEO podcast. Episode: Godfather of AI: I tried to warn them, but we've already lost control! Geoffrey Hinton

"Fascinating interview with one of the early pioneers of AI, his views on the risks and opportunities facing us and his suggestion of a future career that will be relatively safe from AI (it's being a plumber)."



Julian Tommei

Executive Director Legal and Governance

I'm watching:
FAUDA

"It's about the Israeli/Palestine conflict so quite topical. It is intense and really illustrates the deep and intractable cycles of violence on both sides and how that impacts families on both sides which is of course also really sad so not the most uplifting watch but certainly makes you think and be thankful about where we live."



Lisa Newport

Executive Director Nursing and Midwifery

I'm listening to:

A Podcast on Gratitude

"Professor Robert A Emmons is a psychologist that is considered a lead in this area where he blends scientific insights and actionable advice for fostering gratitude. Thought provoking and good for relating to wellbeing."



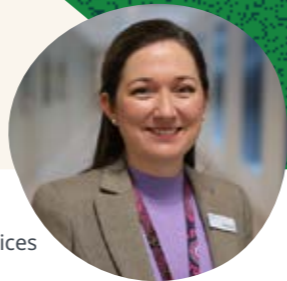
Tanya Grant

Acting Chief operating Officer

I'm watching:

Foundation season 3

"I'm not ashamed to admit I love Science Fiction! It brings out my inner geek. At the moment I'm binge-watching Foundation, currently on Season 3, so if you've seen it, don't ruin the ending for me!"



Dr Marlene Pearce

Executive Director Medical Services

I'm watching:
1923

"It's a prequel to Yellowstone. With Helen Mirren and Harrison Ford as the leads, and an epic plot with strong character arcs across beautiful 1920s scenery, it's a great fictional escape! P.S. How is Han Solo 83 years old now?"



Dr Gemma Turato

Executive Director Allied Health

I'm reading:

The Schwartz Values Framework

"It teaches us that alignment of values matters. When leadership and frontline staff share and respect each other's values, the result is not just better culture—it's better care. In healthcare, values aren't just personal—they're systemic. They guide how we care, how we lead, and how we connect."



Karen Dean

Chief Finance Officer

I'm reading:

Sheep Are Simply Less Trouble Than Scotsmen

"This book is written by local Sunshine Coast author Lisa Brookhouse and is a romantic historical fiction set in the 18th century Scottish Highlands. I started reading based on a recommendation from the host of the Finance & Business Services Book Club."



Sharon Barry

Service Director, Aboriginal and Torres Strait Islander Health

I'm watching:

Billy Joel: And so it goes

"At the moment, I'm enjoying watching Billy Joel's two-part documentary which explores his love, loss, personal struggles and songwriting. Learning about Billy's personal struggles brings deeper meaning and power to his music."



Jake Penrose

Chief Digital Officer

I'm listening to:

The rest is politics podcast

"It's a weekly podcast where you hear from two political nerds – one gruff Blairite (Alastair) and one posh ex-Tory adventurer (Rory) – having smart, snarky chats about how the world's going wrong, and occasionally right."



Bekki Fisher

Senior Director Communications and Engagement

I'm listening to:

Shameless podcast

"It's the podcast for smart people who love dumb stuff! It keeps me informed and entertained, while reminding me that culture shapes how we see ourselves. It's clever, current, and unapologetically bold."



Hayley Farry

Executive Director Workforce

I'm watching:

What About Sal?

"What made this film especially powerful for me is my personal connection—my uncle had Down Syndrome. Seeing Sal portrayed with such authenticity and dignity by Gerard O'Dwyer brought back so many memories of my uncle's character and all the things I loved about him.

The film doesn't shy away from difficult themes—grief, abandonment, and societal neglect—but it approaches them with compassion and hope."



Katie Healy

Senior Director Strategy and Planning

I'm reading:

Homegoing by Yaa Gyasi

"It was published a while ago I think, but I heard about it because it was one of the books that has been recently banned in one of the American red states from libraries. Always a surefire way to get me curious. Anyway- I really enjoyed it- I quite like nice and chunky intergenerational historical fiction, so this was great."



Andrew Leggate

Senior Director, Capital Assets and Infrastructure

I'm watching:

Gardening Australia on ABC

"I would highly recommend for anyone interested and learning about crop sizes and co planting. For example, did you know that marigolds are great co-plants for tomatoes as they repel pests and attract pollinators? And the average citrus tree when mature can produce 100 to 500 kilograms of fruit? I now understand why you see people sharing their home grown produce so much. It reminds me of when I was a kid and swapping fruit over the fence with the neighbours good for the community, the environment, and your mental health."

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