

Springfield Scoop

Healthcare for the people of Greater Springfield

Issue 5 December 2024



Staff at Mater Private Hospital Springfield are gearing up for a busy 2025 – and counting down to welcoming a number of new team members when Springfield's new public hospital opens in 2026.

A new hospital for Queensland's newest city

If you're thinking of making a fresh career start in the new year, expressions of interest are open to join the growing team at Springfield's new public hospital, set to open in early 2026.

Roles range across both clinical and non-clinical areas with the new public hospital needing staff in the Emergency Department, maternity service, Intensive Care Unit, kitchens, administration and other fields.

Once completed, the new hospital – adjoining Mater Private Hospital Springfield – will employ almost 1,000 staff.

Mater Private Hospital Springfield General Manager Suzanne Hawksley said the onboarding and training of staff will begin in 2025 with opportunities for shifts at Mater's other facilities across South East Queensland prior to the public hospital's official opening.

"Mater has been bringing best in class care to the people of Springfield since our private hospital opened here in 2015 – and we are excited to now be partnering with the Queensland Government to provide a broader scope of healthcare services in our own backyard," Ms Hawksley said.

"We are committed to not only delivering high quality compassionate care to our community, but giving local jobs to our local people.

"Expressions of interest are now open for people across all industries to be a part of Mater's new public hospital at Springfield, and I encourage anyone interested to submit an application."



Applications will remain open for the first half of 2025. Scan the QR code for more information or to register.

Welcome

Welcome to the fifth edition of Springfield Scoop.

As the countdown to Christmas continues, the community spirit of Springfield has never been more evident – and Mater has been proud to play a role in local events.

From the Springfield City Group Cherry Blossom Gala to the Springfield Markets at Robelle Domain Parklands, Mater has been celebrating the festive season with our community.

Construction of the new public hospital is steaming ahead and we are expecting the top floor to be completed early in the new year in readiness for a phased opening in 2026. The fit out has already started on the lower floors, bringing to life our community's contemporary, modern hospital.

It has been fantastic to see some local faces among the Diploma of Nursing students currently on placement at Mater Private Hospital Springfield. These students are amongst the first Springfield cohort to study with Mater Education, commencing their course earlier this year and expected to graduate as Enrolled Nurses in mid-2025. We are expecting many of these students to stay working with us here at Mater.

I'm looking forward to a quiet Christmas with my nearest and dearest, surrounded by good food and hopefully an air conditioner or two. If you're still planning your menu for Christmas Day, Mater Health Hub Springfield Dietitian Leigh Frazer has provided a healthy recipe for a Pumpkin, Chickpea and Couscous Salad. Find the recipe on the back of this edition.

While this is a wonderful time of year, it can also be extremely warm and I encourage you to look out for your loved ones and neighbours, staying hydrated and shaded wherever possible. It's equally important to store your food safely in the heat, keeping your hams and prawns refrigerated until eating time.

I wish you and your loved ones a happy and safe Christmas, and look forward to seeing you out and about in Springfield in 2025.

Suzanne Hawksley

General Manager
Mater Private
Hospital Springfield



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Register to have a Mater activation or guest speaker at your event by visiting mater.li/SpringfieldPresoEOI

Fruity fun launches festive season

Springfield locals were encouraged to blend their own smoothies through pedal power at Mater's stall at the Springfield Markets on Sunday 1 December.

Using local, fresh produce, market-goers took turns cycling on a stationary bike to create healthy smoothies while chatting to Mater clinicians about new and upcoming services to be delivered at the community's new public hospital, opening in 2026.

Tanya Hansen, who is part of the team planning Mater's new

public hospital in Springfield, said Mater's commitment to improving the health and wellbeing of the Springfield community wasn't limited to within the walls of the hospital.

"Mater People love opportunities to get involved in the community and will be looking for more engagement opportunities next year," Ms Hansen said.

"If you are hosting an event in 2025 and think there could be an opportunity for Mater to participate, we would love to hear from you."

Weekend warriors warned ahead of the holidays

Mater Health Hub Springfield's newest recruit is warning home handymen against trying to tackle odd jobs themselves over the Christmas break.

Musculoskeletal Physiotherapist Benn Schofield said prior planning would avoid any strain on muscles or joints.

"Christmas can often be a time where you want to get odd jobs done around the house, but you should always be cautious with these DIY Jobs," Mr Schofield said.

"Always plan appropriately and ask for assistance with any heavy manual loads.

"The easiest way that people can prioritise their joint and muscle health is to stay active. This doesn't have to be overwhelming – you should take into account incidental exercise, like taking the stairs instead of an elevator or escalator, or parking further away to get more steps in your day.

"Australia's physical activity guidelines recommend at least two and a half hours of moderate exercise each week, with at least two days focusing on muscle strengthening. If you ever do want assistance individualising an exercise program that's right for you, come and see us at Mater Health Hub."

Benn Schofield has over 15 years of experience in clinical private practice, spanning areas including acute sprains, rehabilitation pre- and post-orthopaedic surgery, sporting injuries, neck and back pain, strain injuries, postural problems and more.

Make an appointment with Benn by phoning 3163 3760 or emailing HealthHubSpringfield@mater.org.au



A merry cherry ball

The 2024 Springfield City Cherry Blossom Gala

More than \$71,000 was raised for Mater Foundation at the 15th annual Springfield City Cherry Blossom Gala at Brookwater Golf and Country Club on 8 November.

The event is a highlight on the Springfield social calendar and this year was attended by more than 200 guests and community leaders. Mater Foundation Community Relationship Manager Marg Wilson said the money raised would be invested directly into maternity equipment and critical services for Springfield residents.

"Every cent raised by the Springfield community is reinvested into Springfield. I want to personally recognise and

thank Springfield City Group and our wider local community for your ongoing generous support," Ms Wilson said.

"Mater Foundation has grown to be the most successful hospital foundation in Australia thanks to the generosity of our donors and partner organisations, with events such as the Cherry Blossom Gala demonstrating what can be achieved when communities come together for a worthy cause.

"In 2024, Mater Foundation funded a range of equipment for Mater Private Hospital Springfield, including a \$695,000 Velys surgical-assist robot for greater precision and faster recovery after knee replacements and a \$110,000 Faxitron which provides breast cancer surgeons with high definition imaging during operations to ensure pinpoint accuracy.

"All of this equipment improves outcomes for Springfield patients."

Baby Emilia given best start

Springfield mothers are ensuring their new arrivals have the best possible start to life by taking part in Mater's Fourth Trimester Essentials program for new mums and their babies.

The six-week postpartum program has been designed by Mater clinicians to support the health and wellbeing of new mothers and babies in the early stages of parenting.

The program provides mothers with practical advice from physiotherapists, lactation consultants, psychologists and dietitians on topics such as breastfeeding, postpartum recovery and exercise, nutrition, baby sleep and development, mental wellbeing, and developmental play for babies.

First-time mother Rachel Wildie said the program gave her an extra level of confidence and a network of new friends.

"Emilia, who is eight weeks old, was born at Mater Mothers' Hospital at

South Brisbane and I signed up for the program because I had such a lovely experience with Mater and wanted more tips from the experts," Ms Wildie said.

"Even after this program finishes, I know I'll have a support network of other mums who are happy to share tips and tricks.

"You do tend to think you're going through these things alone, but then you come to these classes and other mums flag that they've had trouble feeding or with sleep routines.

"It's fantastic to know everyone is in the same boat."

The next Fourth Trimester Essentials program will begin in early 2025. For more information or to be added to the waiting list, phone 3163 3760.

Rachel Wildie
with daughter
Emilia Dummer,
8 weeks old.

Army engineer finds new frontline in phlebotomy

After 16 years as an engineer in the Australian Army, Matthew Waller is embarking on a new career in the healthcare sector after completing a Certificate III in Pathology Collection with Mater Education.

The 44-year-old Ripley resident was medically discharged from the Corps of Royal Australian Engineers in 2022, with injuries to his hips, knees, ankles, shoulders and spine caused by sustained use of heavy machinery.

"The injuries mean I can't sit for too long," he said.

"I thought phlebotomy could be a good fit for me because I've seen a lot of things injury-wise over the years. Taking people's blood and other specimens seems pretty straightforward."

Mr Waller said he has enjoyed the process of expanding his knowledge in a new area.

"We learn all about what we need to do as phlebotomists in the classroom, and then immediately get to apply what we have learned in simulated environments," he said.

Mr Waller is now ready to enter the workforce having recently completed his studies and placement at Sullivan Nicolaides.

"When I signed up, I wasn't sure if I was going to like it. Now, I'm thoroughly enjoying it," he said.

"You never know until you try."



Festive feast

While it can be tempting to splurge at Christmas time, Mater Health Hub Springfield Dietitian Leigh Frazer said there are plenty of tasty, colourful and healthy dishes that don't contain too many calories.

The main ingredient in this salad, couscous, is a great source of protein, fibre, and other nutrients essential for overall health and wellbeing.

Pumpkin, Chickpea and Couscous Salad

Serves: 4

Preparation:
10 minutes

Cooking:
48 minutes

Standing time:
10 minutes

Ingredients:

800g butternut pumpkin, cubed
2 red capsicums, cubed
1 medium eggplant, cubed
1 red onion, thinly sliced
2 garlic cloves, crushed
2 tsp ground cumin
1 tsp ground coriander
400g tinned chickpeas, rinsed and drained
150g kalamata olives
1 cup chopped coriander leaves
Zest and juice of 1 lemon
1 cup couscous, prepared

Instructions:

1. Preheat oven to 180°C.
Bake pumpkin cubes for 25 minutes or until tender. Add capsicum and eggplant and roast for a further 20 minutes or until vegetables are golden and tender.
2. Heat oil in a non-stick frying pan over medium heat. Add onion, garlic, cumin and ground coriander – cook for three minutes or until onion is soft.
3. Add vegetables and chickpeas, and toss to coat. Set aside.
4. Add olives, coriander, lemon juice and zest and toss gently with couscous.

Serving suggestion:

For an extra pop of festive colour and vitamins, sprinkle fresh pomegranate and mint on top!

Top tips to avoid contamination this Christmas

Mater's Infection control specialists are reminding Queenslanders of the health risks that can come from food that is not stored safely over the warmer summer months.



Refrigerate food until it is time to serve.

Keep your feasts cool as long as possible – this is especially important for cold meats such as hams and seafood.



Separate all foods.

Ensure food is well covered when in the fridge to avoid contaminating other produce surrounding it – and when served, avoid any cross-contamination by keeping all food in its containers and using separate tongs or servers for all meats and high allergens such as eggs and dairy.



Only reheat once.

There is nothing better than a ham and cheese toastie on Boxing Day – but it is important to reheat leftovers no more than once. Only reheat the portion you need, and ensure you remember the date you made food so that anything that was prepared too far in advance can be disposed of.

On behalf of all Mater People, have a safe and healthy Christmas and New Year!