

Springfield Scoop

Healthcare for the people of Greater Springfield

Issue 6 March 2025



Queensland Minister for Health and Ambulance Services the Hon Tim Nicholls MP and Mater Board Chair Patrick Brady inspecting progress on Mater Hospital Springfield.

Turning pink in honour of the Mater Chicks in Pink International Women's Day Fun Run – read on for more information!

Health Minister on site at new Mater Hospital Springfield

Health Minister Tim Nicholls has officially announced the name of the new public hospital being built in Springfield by Mater and the Queensland Government during his first visit to the site.

The nine-storey facility will be known as Mater Hospital Springfield.

The hospital will be the third public hospital operated by Mater on behalf of the Queensland Government alongside Mater Hospital Brisbane and Mater Mothers' Hospital.

"Mater Hospital Springfield will vastly improve access to essential health services for

people living in the Western Corridor," Minister Nicholls said.

"The Queensland Government is committed to providing a world-class health service for Queenslanders and that is what we are delivering in Springfield."

The facility is being built and operated by Mater thanks to a \$1 billion, 10-year funding agreement with the Queensland Government. Mater has also provided a \$26 million site for the project.

Other Mater Hospital Springfield services will include maternity and paediatric wards, neonatal

critical care unit (NCCU) and pandemic-ready ward.

Mater Hospital Springfield General Manager Suzanne Hawksley said construction was on schedule, with the ninth and final storey due to be added next month.

"There's one year to go before our staged opening, but there is already real excitement in Springfield about this landmark project," Ms Hawksley said.

"Greater Springfield deserves a world-class public hospital and we can't wait to begin treating our first patients in 2026."

Welcome

Welcome to the sixth edition of Springfield Scoop.

It has been a warm and wet start to the year – but that hasn't slowed progress across our facilities!

We are nearing the 'topping out' phase of construction on the new public hospital, and the nine-storey facility is to begin services in just 12 months.

With the countdown on until the wards open, Expressions of Interest (EOI) for employment at the new hospital have broadened to include both clinical and non-clinical staff, as well as doctors across all specialties.

More than 2,000 people have submitted an EOI to date, and we look forward to receiving many more in the coming months.

As construction progresses, we are working to keep the community updated in as many ways as possible. Recently, our project team visited neighbours at Aveo Springfield Vista Retirement Living to provide an update on the new hospital and to address questions.

Mater Health Hub, Springfield continues to innovate with programs meeting the needs of our local community, with the next intake of Fourth Trimester Essentials set to start on 20 May.

Our next community event is coming up when Mater People join the Springfield community in lacing up their shoes to take part in the Mater Chicks in Pink International Women's Day Fun Run presented by Queensland X-Ray.

Registrations have now closed for the Springfield event at Brighton Homes Arena with more than 900 people expected to take part. You can still get involved by hosting your own event or donating to support life-saving breast cancer research and care.

I look forward to continuing to update you as Mater continues to provide the best possible healthcare to the people of Greater Springfield.

Suzanne Hawksley

General Manager
Mater Private Hospital
Springfield and Mater
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Mater staff are ready for the 2025 International Women's Day Fun Run at Brighton Homes Arena.

Sea of pink returns to Springfield

Greater Springfield breast cancer survivors and their supporters will be part of the western corridor's largest ever sea of pink on Sunday 9 March, raising funds and awareness for potentially life-saving and life-changing breast cancer research and treatment.

Mater Private Hospital Springfield Breast Care Nurse Shiralee Bremner said the community's second Mater Chicks in Pink International Women's Day Fun Run, presented by Queensland X-Ray, would fund equipment and resources for Mater's local hospitals.

"Funds raised through the event will provide vital resources to assist breast cancer patients through their journey," Ms Bremner said.

"From the most practical support like vouchers for bras and wigs to the funding of more breast care nurses in our community, people who participate in the event will make a genuine difference to patients with the disease."

Ms Bremner is the first breast care nurse at Mater Private Hospital Springfield with her position funded last year through community donations to Mater Foundation.

"I am so grateful to be in a job in my community that I am passionate about," Ms Bremner said.

"Breast care nurses work closely with patients to help them navigate hospital appointments with specialists, manage side effects of treatment and prepare for survivorship success."

More than 23,000 Queenslanders are expected to participate in the Brisbane Fun Run event this year, with a further 3,500 people participating in virtual events held in regional areas across the state including Springfield.

While Springfield's International Women's Day Fun Run presented by Queensland X-Ray is sold out, donations can still be made by scanning:



Mater Cancer Care Centre Springfield's Dr Samuel Jones inspecting progress at Mater Hospital Springfield.

Residents have their say on hospital project

A recent visit to Aveo Springfield Vista Retirement Living by the Mater Hospital Springfield project team included a presentation on construction progress, and information on the staged opening plans for the facility.

More than 70 residents attended the meeting with many participating in the Q&A session. Some of the questions included:

Where and when will you be building the hospital's helipad?

Mater Hospital Springfield will not be a stage 5 critical care facility so will not have helicopter transfer of patients – there are no plans for a helipad in stage 2.

Will you be adding any more ambulance bays?

There will be six ambulance drop off bays into the rear of the Emergency Department via a new ambulance-only entrance off Mercy Avenue, rather than via their current access point to Mater Private Hospital Springfield off Nightingale Avenue.

What is the new smaller building directly beside the public hospital?

We are constructing an energy hub which will house generators, cooling systems, and more on site – once complete, this building will have the capacity to support further hospital expansions, and will be fully enclosed.



How can we volunteer at the new hospital?

Expressions of interest will open for volunteers in early 2026 in the lead-up to services coming online – volunteers play a crucial role in our facilities and we look forward to providing further updates on these positions closer to our opening.

Psychologist flags importance of postnatal programs

New mums across Greater Springfield are being encouraged to tap into local programs that support the health and wellbeing of mothers and babies in the months after childbirth.

The Fourth Trimester Essentials program for new mums, delivered at Mater Health Hub, Springfield, is a six-week program that covers postnatal mental wellbeing including exercise, nutrition, baby sleep and behaviour, and lactation support.

Mater's Senior Psychologist Dr Constanze Shulz said one in seven women would experience depression or anxiety after birth, and one in three women would experience a birth they would classify as traumatic.

Dr Shulz said untreated postnatal depression or anxiety was unhealthy

for mothers but many people did not realise it also impacted their baby's development.

"Research has consistently shown that ongoing parental mental health issues or stress have a negative impact on a baby's development," she said.

"A program such as Fourth Trimester Essentials provides ready access to information and education around wellbeing of both mother and baby as well as opportunities to interact with other new mums and to feel less isolated.



Mater's Senior Psychologist Dr Constanze Shulz.

"I am a huge believer in GPs being the first source of support for mothers, but having additional programs and resources in the community is also important."

Mater's six-week Fourth Trimester Essentials program is delivered quarterly out of Mater Health Hub, Springfield, with the next program launching on 20 May.



For program details or patient referral information, visit mater.li/FourthTrimesterEssentials

Specialists given chance to register interest for Springfield roles

More than 2,000 people have already expressed interest in working at Mater Hospital Springfield – and the call-out is now being made for doctors to join Queensland's newest public hospital.

Specialist expressions of interest have launched, with a call-out to doctors in all fields to submit an EOI to receive further updates on progress and be the first to know when specialist onboarding at the facility would commence.

Mater Hospital Springfield General Manager Suzanne Hawksley said the facility would provide more opportunities than ever to

doctors in their own backyard.

"For the first time, Springfield will have an ICU, ED, NCCU, maternity and paediatric wards – opening up local opportunities for obstetricians, paediatricians, emergency medicine specialists and more," Ms Hawksley said.

"We have had more than 50 specialists register their interest to join our team which is a great start.

"The doctor EOI portal allows clinicians to select their preferred theatre days, any additional clinical interests, and if they would be interested in working

across both our public and private hospitals. Those who complete private lists also have access to consulting suites at Mater Health Hub, Springfield."



To submit a Doctor EOI, visit mater.li/SpringfieldSpecialist-EOI



To submit a staff EOI, visit mater.li/Springfield-Stage2-EOI



Chick(pea)s in pink

Inspired by Springfield's Mater Chicks in Pink International Women's Day Fun Run, Mater Dietitian Leigh Frazer has recommended her favourite dish, utilising two nutritious superfoods.

Vegetables, including legumes like chickpeas, are nutrient dense, and are a good source of minerals and vitamins (such as magnesium, vitamin C and folate), dietary fibre and a range of phytochemicals. Beetroot has been found to improve heart and digestive

health as well as have potential benefits for people with diabetes. Combined with other ingredients rich in antioxidants, vitamins and packed with flavour, this dish is sure to be a family pleaser.

Registrations for the Springfield Fun Run have closed but [scan the QR code](#) to learn how you can still raise funds for breast cancer research and care.



Chickpea fritters with beetroot relish

Ingredients:

Chickpea fritters

- 400g can chickpeas, drained and rinsed
- 1 cup self-raising white flour
- ½ cup self-raising wholemeal flour
- 310g can corn kernels, drained
- 1 zucchini, grated
- 1 tbs chives
- 2 eggs, lightly beaten
- 1 cup almond milk
- 2 tbs olive or canola oil

Beetroot relish

- 500g fresh beetroot peeled and finely cubed
- 1 medium red onion peeled and quartered
- 1 medium red apple cored and quartered
- 70g apple cider vinegar
- 50g coconut sugar
- 1 teaspoon yellow mustard seeds
- ¼ teaspoon all spice
- 1 cup water

Instructions:

Chickpea fritters

1. Place drained and rinsed chickpeas in a food processor and process until roughly chopped.
2. Sift flours into a large bowl.
3. Add chickpeas, corn, zucchini and chives.
4. Combine eggs and almond milk together and add to flour mixture, stirring until just combined.
5. Heat oil in a large non-stick frypan over medium heat. Add ¼ cup of mixture, flatten slightly and cook 3-4 minutes each side until golden.

Serves: 7

Preparation: 20 minutes

Cooking: 30 minutes

Beetroot relish

1. Add beetroot, onion and apple to a food processor and pulse until well combined but not mushy.
2. Add to pot on medium heat with remaining ingredients and simmer, stirring occasionally.
3. Take off the heat when you are happy with the texture and taste, let cool.

Serving suggestion:

Add some tuna or salmon along with a dollop of Greek yoghurt or tzatziki for an extra flavour boost and source of protein.

Allied Health course set to launch at Health Hub

Mater Education's Certificate IV in Allied Health Assistance has launched at Mater Health Hub, Springfield and enrolments are now open for the course starting on 12 May.

With a focus on physiotherapy, occupational therapy and rehabilitation, the course will equip Springfield students with the skills needed to kickstart a career in allied health.

Educator Anne Wilby said the course immerses students in a real-world healthcare environment.

"The program is delivered in our hospital-based facility, with organised placement completed across

Mater's network of hospitals and rehabilitation centres," she said.

"This course sets our students up well with the skills they need to be work-ready in six months."

Having previously worked as an electrical apprentice and a telecommunications technician, Tristan Lowe completed the course last year, qualifying as an allied health assistant.

"The one-on-one time with patients was the highlight of my studies," he said.

"It's great interacting with people from different walks of life who have had big operations, supporting them through their highs and lows to recovery."

The 42-year-old Tivoli resident urged anyone thinking about a career in healthcare to enrol in the course.

"If you're anything like I was, a bit apprehensive with no prior experience in the health field, jump in, give it a go. Everyone was very welcoming and very supportive," he said.

The Certificate IV in Allied Health Assistance is a six-month long career-entry course, and students do not require previous experience or qualifications.



Fee assistance is available for eligible students. Learn more: mater.li/AHA