



CARING FOR OUR COMMUNITY

Mid North Coast Local Health District
2019-20 Year in Review



Health
Mid North Coast
Local Health District



Artwork by Gumbaynggirr artist Brentyn Lugnan

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**OUR
DISTRICT**

2019-20 SNAPSHOT



131,733

Emergency
Presentations



22,558

Operations



2,170

Babies Born



4,328

Employees

About us

Mid North Coast Local Health District extends from the Port Macquarie Hastings Local Government Area in the south to Coffs Harbour Local Government Area in the north and provides healthcare services across a geographic area of approximately 11,335 square kilometres.

Traditional custodians of the land covered by the District are the Gumbaynggirr, Dunghutti, Birpai and Nganyaywana nations.

It is estimated that more than 218,180 residents live within the District. People of Aboriginal and Torres Strait Islander heritage make up 5.7 per cent of the population, compared to 2.9 per cent* for all NSW.

An estimated 11 per cent of residents were born overseas. Coffs Harbour has a growing number of refugees settling in the area. The main refugee communities include Afghani, Sudanese, Burmese, Congolese, Togolese, Sierra Leone, Ethiopian, Eritrean and Somali. Smaller numbers of migrants also reside in Laurieton, Wauchope and Port Macquarie.

Over the next decade, the District's population is expected to increase by 13 per cent. The largest increases are being projected for the Coffs Harbour and Port Macquarie Hastings local government areas.

The main health issues facing the District are mental health illnesses and chronic age related illnesses such as cardiac, pulmonary, diabetes, renal disease and dementia.

The Mid North Coast also has significant groups of disadvantaged people, including Aboriginal people and refugees, people on low incomes, and people living in small, isolated communities. All these groups are at risk of poorer health outcome behaviours and risk factors such as increasing weight and obesity, low levels of physical activity, poor diet, and the number of people who continue to smoke.

The MNCLHD managed a budget of more than \$673 million in 2019-20. This figure will increase by \$31 million in the 2020-21 financial year.

*Source: Australian Bureau of Statistics 2016



The Mid North Coast Local Health District acknowledges the Traditional Custodians of the land in the Mid North Coast. We pay our respects to past, present and emerging Elders of the Gumbaynggirr, Dunghutti, Birpai and Nganyaywana Nations.

Key Achievements



Opened the new \$73 million Macksville District Hospital



Celebrated two finalists in the NSW Health Awards



Implemented the local health response to the COVID-19 pandemic



Delivered the 'Your Health Link National Photographic Competition'



Coordinated the health bushfire emergency response across the District



Hosted the annual 'Harmony in Health' Expo at Coffs Harbour in September 2019



Increased our Aboriginal workforce to 5.7 per cent



Developed the Mid North Coast Childhood Obesity Prevention and Management Action Plan



Continued construction of the \$194 million Coffs Harbour Health Campus Expansion Project



Implemented the Health Grade Enterprise Network (HGEN) at the Coffs Harbour Health Campus



Key Achievements

Despite the many challenges faced by the region in 2019-20, the Mid North Coast Local District continued to achieve improved health outcomes for the community it represents.

The new \$73 million Macksville District Hospital opened to patients and staff on 26 May 2020, increasing the District's capacity to meet the healthcare needs of the Nambucca Valley. The hospital, located three kilometres north of the Macksville town centre, includes 42 inpatient beds in single and double rooms, an emergency department, maternity unit, Tresillian residential unit, community and allied health, and day procedure beds and treatment spaces.

An exciting milestone for the \$194 million Coffs Harbour Health Campus Expansion Project was reached in mid-June 2020 with the construction of the multi-storey clinical services building reaching its highest point. The occasion was celebrated with a traditional 'topping out' ceremony of hoisting a tree to the highest point of the building.

Construction work is well underway on the HealthOne facilities at Bowraville and Nambucca Heads while building is expected to begin early in 2021 at Camden Haven. These new and upgraded HealthOne facilities are part of the NSW Government's \$100 million commitment to the Primary and Integrated Care Strategy which will deliver significant benefits for our community and staff, enhancing sustainability of health service delivery in our communities.

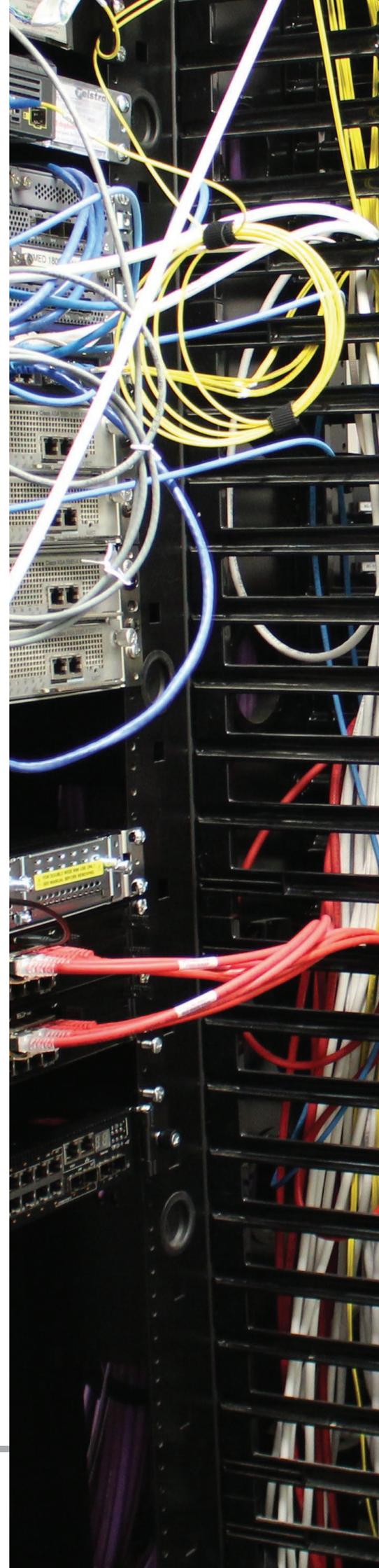
In 2020, the District maintained an Aboriginal workforce of 5.7 per cent through continued focus on the affirmative action strategy and ongoing work with schools and registered training organisations to support pathways that lead to careers in health.

The Local Health District celebrated two finalists in the 2020 NSW Health Awards. The Dunghutti Muri project was a finalist in the Excellence in Aboriginal Health Care category, and local Gumbaynggirr man and regular volunteer at Macksville District Hospital, Ricky Buchanan, was a finalist in the Volunteer of the Year category.

The District also established a new directorate focusing on People and Culture to build on the strong foundations of our services in workforce, health, safety and wellbeing.

More than 4,500 staff and volunteers provide health and support services throughout the Mid North Coast community and we recognise their outstanding work to improve health outcomes of our patients, clients and staff. It is through their commitment and dedication that these remarkable accomplishments are possible.

While the COVID-19 pandemic has in many ways changed the way we work, through the use of technology our staff have remained connected and committed to achieving health outcomes for our community.





A Challenging Year

In 2019-20, the Mid North Coast Local Health District faced a year like no other, with bushfires, drought, floods and a global pandemic impacting the region.

By the end of 2019, bushfire smoke had already been blanketing much of the region for several months. There was little reprieve before the bushfire emergency flared again with fires devastating many already drought-stricken communities across the district.

The widespread catastrophic fires devastated communities along the Mid North Coast, destroying homes and large tracts of land, disrupting schools and businesses, and, tragically, claiming lives.

The bushfire emergency situation challenged the resilience of our staff, health sites and local communities.

The District's emergency response was managed by the Health Service Functional Area Coordinator (HSFAC) with control centres established in Port Macquarie, Kempsey, Nambucca Heads and Coffs Harbour.

Many staff also volunteered as part of the NSW Rural Fire Service (RFS) response to protect people and property in the area and played an important role in the active coordination and monitoring of the situation across the region.

During and after the bushfire emergency, the District's Rural Adversity Mental Health Program provided vital on-the-ground support at evacuation and recovery centres across the region, including empowering the community to access services and minimise the effects of trauma.

We continue to partner with multiple service agencies in the recovery process.

Only months later, the Mid North Coast region went from facing fires to flooding rain. While the deluge brought welcome relief from the long-running drought, it inundated local towns, isolated many communities and left a significant clean-up effort in its wake.

The floodwaters also delivered a spike in mosquito-borne viruses reported across the region in the early part of 2020.

But the biggest health challenge for the District - and indeed the world - was yet to come.



When the World Health Organization declared the Coronavirus (COVID-19) outbreak a global health pandemic in early March, the Mid North Coast Local Health District had been upscaling its preparedness for several months and activating its emergency response plans.

The Mid North Coast's first COVID-19 case was reported on 19 March 2020. We have since recorded a total of 53 cases and sadly one death.

These have been challenging times for all staff, families and communities, partly due to the necessary isolation and physical distancing requirements to stop the spread of COVID-19.



We have seen businesses close, unemployment rise across our communities, school children being home schooled, community sport and sporting events cancelled. Other challenges have been associated with changes to clinical practice, uncertainty about the impact of COVID-19 and fear and unease in the community.

Our teams have continued to step up, being at the forefront of this pandemic. They have maintained calm professionalism while supporting individuals, their families and the wider community to access the health care they require.

We acknowledge the COVID-19 situation is still critical and any escalation in cases would have an immediate and significant impact.

Teams across the District have reflected on what has worked well, our achievements and the important lessons that are informing our future work.

As we now look to the future, still with its uncertainties, we are better prepared as a result of our experiences to date. We thank all of our staff for their continued commitment and dedication to keeping our communities safe.



Our Governing Board



Warren Grimshaw AM
Chair



Neville Parsons
Deputy Chair



Dr John Barrett
OAM



Dr Jenny Beange



Dr Timothy Francis



David Kennedy



Susan McGinn OAM



Neil Porter



Janine Reed



Elizabeth Ruthnam



Dr Alison Seccull



Dr Joanna
Sutherland

Our Senior Executive Team



Stewart Dowrick
Chief Executive



Dr Andrew Bailey
Director Research and
Knowledge Translation



Dr Theresa Beswick
Coordinator
Coffs Clinical Network



Kathryn Brown
Acting Director Mental Health
and Integrated Care



Paul Corben
Director Public Health



Catharine Death
Coordinator Hastings
Macleay Clinical Network



Vanessa Edwards
Director Communications
and Strategy



Rebekah Florence
Director People and
Culture



Robyn Martin
Director Aboriginal
Health and Primary
Partnerships



Kathleen Ryan
Director Clinical
Governance and
Information Services



Kimberley Sayner
Director Internal Audit,
Risk and Compliance



Vicki Simpson
Director Nursing,
Midwifery, HSFAC and
Service Reform



John Slaven
Director Financial
Operations and Asset
Management

Our Volunteers



Our volunteers are at the heart of our Local Health District, devoting countless hours to supporting our staff and services. After a busy start to the 2019-20 year, volunteer activity was temporarily suspended due to the COVID-19 pandemic. Below are just two examples of the wonderful contributions our volunteers make across the District.

Labour of love for Nambucca Valley Mums

The BowraMacksville branch of the United Hospital Auxiliaries (UHA) delivered a \$37,170 donation to the new Macksville Hospital, funding two birthing baths in the new Maternity Unit that give mothers-to-be the option of warm water immersion during labour and birth

The birthing baths will give mothers more options during labour, with many benefits attributed to warm water immersion during labour and birth, including increased comfort levels.

The donation was made possible thanks to the hard work of the BowraMacksville UHA members who volunteered in the Car Park Café and on raffle rosters.



Top honour for Win Secombe

Wauchope's Win Secombe was awarded the United Hospital Auxiliaries of NSW's highest honour – Life Membership – in 2020.

The 82-year-old was nominated by fellow members of the Wauchope Hospital Volunteers and is now a Life Member of an organisation dedicated to supporting public hospitals and community health centres.

Described by her fellow Wauchope volunteers as “the backbone” of the Wauchope UHA branch, Win

is known, and loved, far and wide in the Hastings Valley for her passion, determination and networking abilities, all in support of her beloved Wauchope District Memorial Hospital.

The former nurse, and current branch president, joined up 22 years ago and has previously held the executive positions of Vice-president and Treasurer. But it is her tenacity and commitment to fundraising for hospital equipment that Win is best known for.

She is one of the familiar faces at the Volunteers' monthly stalls in Wauchope, greeting every shopper as they walk past and extracting a couple of dollars in exchange for raffle tickets. When the raffle book isn't in her hands, she is selling plants, crocheted and knitted clothes or home-baked goodies - many of which she baked or knitted herself.

Win is also a Medal of the Order of Australia recipient.

Due to COVID-19, the UHA of NSW's annual conference, where Life Memberships are presented, was cancelled this year, so Win will receive her award at the 2021 State Conference in Orange.



Directorate Highlights

Aboriginal Health and Primary Partnerships

Aboriginal Health – Partners in the Mid North Coast Aboriginal Health Accord strengthened a collaboration to support COVID-19 response planning for Aboriginal communities across the District. The Close the Gap (CTG) Innovation Fund supported new approaches to achieving better health outcomes for Aboriginal people, and a more culturally secure patient journey across the health system.

Oral Health – District Oral Health Dental Clinics treated 22,091 patients during 2019-20. A Cone Beam Imaging Unit for dental scans was installed at Coffs Harbor Dental Clinic in June 2019.

Health Promotion – The PICNIC Program recruited and trained more than 240 Mid North Coast parents of 0-2 year olds to share evidence-based nutrition and feeding messages to other parents within their social networks. The success of the program has seen it adapted by other NSW local health districts and a partnership established with the Karolinska Institute (Swedish Medical Research Centre) to implement PICNIC in Sweden.

Clinical Governance and Information Services

COVID-19 Pandemic Response - Supported the District with infection control education and monitoring, procurement of personal protective equipment, rapid reviews of incidents, and engagement of Community Reference Groups through online platforms.

Information Technology – Provided digital platforms such as Telehealth and Microsoft Teams for meetings and clinical consultations and delivery of IT systems for the new Macksville District Hospital site. Delivered the Electronic Medical Record (eMR) End of Life Care project and collaborated with the Integrated Care Team and the North Coast Primary Health Network to introduce the Admission Discharge Notification Project to bring patients, general practice and health services together in transition care including newly established COVID-19 clinics.



People and Culture

Safety Leadership Program – The Safety Leadership Program is a new initiative to strengthen safety culture through empowerment, leadership and workforce skills enhancement. The District held a successful Safety Leadership Forum and launched the Safety Culture Survey to identify evidence-based strengths and opportunities to help prioritise future safety culture improvements. The program was the recipient of the Governing Board Chair's Award at the 2020 Health Innovation Awards.



Directorate Highlights

COVID-19 Surge Capacity Recruitment and Upskilling - Used bulk recruitment and Randstad portals to onboard staff for surge capacity as needed and revised the District's Orientation program to a blended/online self-paced model with minimal disruption to onboarding activities, allowing service delivery to continue.



Coffs Clinical Network

Major Capital Projects – The new \$73 million Macksville District Hospital opened on 26 May 2020 following extensive community engagement, particularly with the Aboriginal community of the Nambucca Valley. Work continues on the \$194 million expansion of Coffs Harbour Health Campus.

Bellingen Health Campus Improvements - An extensive refurbishment of Hartley House was undertaken, increasing the size of the main administration hub and renovating patient rooms. A major upgrade to the health campus car parking also commenced.

Communications and Strategy

COVID-19 Communications – The development of a Communications Strategy to guide intensive and consistent messaging to staff, patients and the community. This ensured availability of current information and allowed our communities to make well-informed decisions to take appropriate actions to protect their health and safety during the COVID-19 outbreak.

Virtual Tour of new Macksville Hospital – An important video production project was undertaken in May to introduce the Macksville community to its new hospital. With visits unable to occur due to COVID-19, the 'virtual video tour' took viewers into every department in the new hospital and was a great example of engagement with our communities even in the middle of a pandemic.

Financial Operations and Asset Management

COVID-19 Response - Coordinated logistics and procurement activities as part of the District's response to the COVID-19 pandemic. This included the procurement of additional ventilators for ICUs, upgrading and re-purposing existing facilities such as the construction of several negative pressure rooms and the establishment of mobile COVID-19 testing units across the District to allow rapid response to localised testing if required.



Health Grade Enterprise Network – Coffs Harbour Health Campus was the first regional health facility to implement the Health Grade Enterprise Network initiative to provide improved Wi-Fi performance for staff, patients and visitors thanks to a major upgrade of wireless network infrastructure.

Hastings Macleay Clinical Network

Emergency Short Stay Unit – The network established an Emergency Short Stay Unit at Port Macquarie Base Hospital to provide additional support to the hospital's Emergency Department and cater for patients requiring short-term observation and treatment.

Palliative Care Improvements - Wauchope District Memorial Hospital's Palliative Care Unit implemented the Palliative Care Outcomes Collaborative Project as part of a state-wide pilot involving enhancements to the Electronic Medical Record system (eMR). The new system has streamlined and improved processes for caring for palliative patients in both inpatient and community settings.

Internal Audit, Risk and Compliance

Service Delivery - A lean approach was adopted to facilitate an agile assurance service to the District. This included reviews of COVID-19 Clinics and Staff and Visitor Screening at our facilities to ensure compliance with best practice and regulatory guidelines.

Enterprise-wide Risk Management - The District has further matured the Enterprise-wide Risk Management framework including development of a new risk register to flexibly respond and manage emerging risks.

Nursing, Midwifery and Service Reform

Midwifery Group Practice model - A midwifery-led model of care commenced at Macksville District Hospital for women with normal risk pregnancy. The District joins other regional NSW local health districts in the provision of best practice maternity care, including post-natal home visits from a midwife.

Emergency Response Management - In a busy year for emergency response, the District assisted both NSW Health and the Australian Government with the deployment of staff to Batemans Bay for the bushfire response and Wuhan in China during the COVID-19 pandemic to repatriate Australian citizens and monitor them while in quarantine.

Mental Health and Integrated Care

Early Years Parenting Service - In a first of its kind in Australia, the Tresillian 2U mobile specialist child and family health service has provided more than 1,000 occasions of care in its first 16 months with a 98 per cent participation rate.

Excellence in Mental Health Services - The District's Paediatric Inpatient Eating Disorder Program, in partnership with Westmead Children's Hospital and the InsideOut Institute, established a local evidence-based treatment pathway to specialist support for children and adolescents with eating disorders. A Lived Experience Of Suicide (LEOS) Advisory Group was established including survivors and bereaved family members to support consumers as partners in mental health.



Public Health

Emergency and Pandemic Response - The North Coast Public Health Unit managed the public health response to prolonged bushfire smoke and the COVID-19 pandemic including extensive contact tracing of local cases.

With Family, For Family approach - The Tuberculosis (TB) Team has implemented several family-centred initiatives to improve access to culturally-safe services for Aboriginal families.

Sharp Chutes - Self-help sharp chutes have been provided in MNCLHD hospital Emergency Departments for the convenient, free distribution of clean sterile injecting equipment for People Who Inject Drugs (PWIDs).

Research and Knowledge Translation

Active Partner for Research - MNCLHD is involved in more than \$9 million in research funding through Commonwealth and State research grants.

Value and Viability Screening Tool - The tool aims to ensure the District participates in high value research that is aligned to local, State and/or Commonwealth priorities, has management support and the chosen methodology is appropriate to the type and nature of each research question.



**OUR
CAPITAL
WORKS**



New Macksville Hospital

The new \$73 million Macksville District Hospital opened its doors on 26 May 2020.

The Macksville Hospital Development was an outcome of a successful submission through the Restart NSW Funding where \$15 million was committed and a further NSW Government commitment of \$35 million, with a total capital budget of \$50 million.

On 6 June 2017 the NSW Ministry of Health supported the proposed scope of services for the development of a new Macksville Hospital on a greenfield site and the project budget was confirmed. Additional funding of \$23 million was provided in the 2017-18 NSW State Budget, bringing the total to \$73 million for the project.

The new hospital, located at 100 Darruya Road, North Macksville, provides increased capacity to meet the growing needs of the Nambucca Valley community.

It includes 42 inpatient beds (single and double rooms, all with ensuite bathrooms), as well as Emergency Department, Maternity, Tresillian, Community and Allied Health and day procedure beds/treatment spaces.





Coffs Harbour Health Campus Expansion

The NSW Government is investing \$194 million to expand the Coffs Harbour Health Campus.

When completed, the expansion project will provide the community with a new emergency department, operating theatres, additional critical care and inpatient beds, as well as increased capacity for chemotherapy and renal dialysis.

The new four-level Clinical Services Building will be in front of the existing main hospital entrance and emergency department and will include a roof-top helipad.

The project will ensure high-quality contemporary and accessible care close to home and, once completed, will deliver:

- a larger emergency department
- enhancements to existing surgical and operating theatres
- additional new operating theatres
- a new short stay surgical unit
- an expansion of ambulatory care and community health services
- increased capacity for chemotherapy and renal dialysis
- research and education facilities.



The façade of the new Clinical Services Building, which is the centre piece of the Expansion Project, was completed in September 2020. The expansion of the oncology treatment rooms at the Mid North Coast Cancer Institute and the refurbishment of the existing hospital kitchen have also been completed.

Health Infrastructure expects the new Clinical Services Building to be handed over in mid-2021 followed by the District's commissioning and commencement of operations in late 2021. This will be followed by refurbishment of parts of the existing hospital in 2022.



HealthOne Projects

In the lead up to the 2015 election the NSW Government committed \$100 million to the Primary and Integrated Care Strategy to develop 20 HealthOne sites, including new centres at Bowraville and Camden Haven and the expansion of the existing Nambucca HealthOne.

Construction work is well underway at Bowraville and Nambucca Heads while building is expected to begin early in 2021 at Camden Haven.

NSW Health has developed an integrated approach to primary and community health that brings together General Practitioners with community health and other health professionals in multidisciplinary teams in a flexible manner. This model is known as the HealthOne NSW model.

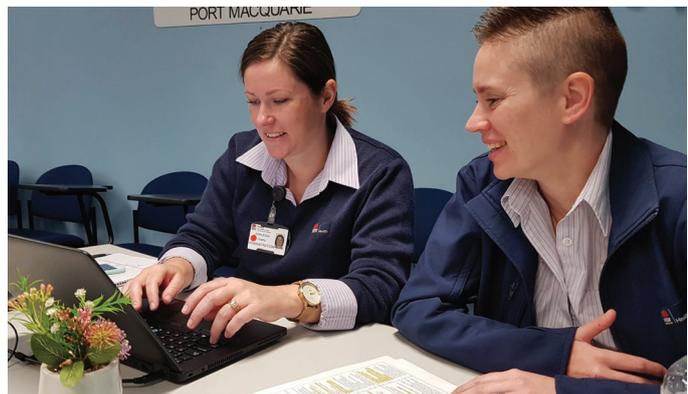
A significant portion of the \$100 million investment will be for Information and Communications Technology (ICT) and software which will enable and future proof connectivity between health services. ICT projects are in development at Urunga and Bonny Hills.

The HealthOne model will deliver significant benefits for our community and staff, enhancing sustainability of health service delivery in regional, rural and metropolitan communities.

The integration of primary and community services will enable collaborative relationships and improve coordinated care in the right place at the right time to meet population growth and the changing needs of the community.



Our Staff



Our Community



Community Engagement

Community engagement is a philosophy that underpins health service delivery. It is one of a number of terms used to refer to the process of involving the community in the decision making about health services including health service planning, policy development, delivery of health services and evaluation of services.



The term community, within the philosophy of community engagement, refers to people who either directly or indirectly use health services. In this sense community may include people who currently use, or have used health services, carers of people receiving health care, consumer groups (who may share common experiences of health need), consumer organisations (such as advocacy, self-help groups), members of the community who may be future users and community members who benefit from health care services.

The process of engagement facilitates community participation. This participation can occur at a number of levels including the local (community level), state/territory or national levels. At a community level, consumers of services and local community members may be involved in service planning, implementation and evaluation for health services within the local area. At a state and national level, consumers of services and community members may be involved in broader policy development and service planning.

Community engagement and consumer participation plays an important role in achieving better health outcomes and improving the overall performance of the health system. Input from consumers, their families and carers, the wider community and health consumer organisations, provides valuable knowledge and perspectives to shape policies, programs and services.

The Mid North Coast Local Health District has established governance structures to facilitate partnership with consumers and carers through the Community Engagement and Consumer Participation Framework.

The MNCLHD Community Reference Groups (CRGs) and Advisory Groups review and provide advice to the MNCLHD Governing Board and Chief Executive on broader community engagement strategies and activities relating to:

- Community and consumer input into service planning, development and delivery
- Community and consumer input into service quality, evaluation and risk management.

Community and consumer representatives are also members of numerous committees within the local health district.

Community and Consumer Forums





bundarra

Closing the Gap

Amy's dream to become a midwife

Since the tender age of five, proud Dunghutti woman Amy Thompson of West Kempsey has dreamed of becoming a nurse.

Inspired by years of caring for her ill parents, the mother of two has become a trailblazer as one of the first Aboriginal midwives at Kempsey District Hospital.

Amy's mother Heather was part of the Stolen Generation so becoming the first Dunghutti woman to work as a midwife on country was particularly significant.

"Knowing and understanding Aboriginal birthing women and providing a culturally-safe space for families during their birthing experience is so valuable," Amy said.

After securing a school-based traineeship as an Assistant in Nursing (AIN), Amy worked at Booroongen Djugun Aboriginal Services and Durri Aboriginal Corporation Medical Service in Kempsey.

She then completed her training to become an Enrolled Nurse (EN) based in Coffs Harbour. Six months into her training her mother passed away suddenly and Amy began working in Kempsey to complete her training while being closer to family.

Her passion for midwifery was ignited while working at Kempsey District Hospital.

She applied to study as a Registered Nurse (RN) under the Aboriginal Nurse Cadetship program and completed her degree through the University of Newcastle. A year later, Amy applied for the post graduate midwifery program through Charles Sturt University and received scholarship support through the Office of Nursing and Midwifery.



Arts in health at Macksville District Hospital

Darruyay yilaaming maam wurruunda ngalanambaygam-gundiya. (Welcome to this house of healing).

The Arts in Health Strategy within the new Macksville District Hospital used arts as an engagement tool to relocate a community from one established hospital site to the new greenfield site, providing a sense of familiarity. Art provides a deep-seated cultural safety for the Gumbaynggirr people seeking care.

Five art initiatives were delivered and it was the creation of the works of art with three schools in Bowraville, Macksville and Nambucca supported by 12 organisations, that sets a new benchmark for NSW Health working across three river communities to deliver shared social infrastructure for improved generational health benefit.







B. E. → 2014

Artwork Meaning

Five Mobs

The piece depicts the work of the Mid North Coast Local Health District and the five contributing areas or 'Mobs'.

At the top there are 'circles' which show the mountainous areas. These are then dissected by the rivers, which flow through the work down to the sand dunes / middens. Inside the middens, shells can be seen showing the ongoing and ancient connection to country.

Beyond the dunes we move out into the sea.

The 'starfish' design in the centre of the piece has been used to represent the work of the Mid North Coast Local Health District. The thinner one shows the coming together of five groups, first as separate gatherings, then their journey as they combine in the centre. The thicker lined 'starfish' is these people taking their skills and knowledge back out into the communities.

Artwork by Gumbaynggirr Artist, Brentyn Lugnan.

Harmony in Health

Coffs Harbour is one of several designated resettlement locations for refugees and has a growing number of humanitarian refugees settling in the area. The main refugee communities include Afghani, Sudanese, Burmese, Congolese, Togolese, Sierra Leone, Ethiopian, Eritrean and Somali. Smaller numbers of Asian migrants also reside in Laurieton, Wauchope and Port Macquarie.

Each year, the Mid North Coast Local Health District teams up with multiple partner organisations to organise and present the 'Harmony in Health' Multicultural Health Expo.

The popular event provides information about health and support services to local residents from culturally and linguistically diverse backgrounds.

The Harmony in Health Expo promotes social connections, health and wellbeing with exhibits from relevant government agencies, health organisations, community groups and services.

Many Mid North Coast residents are from non-English speaking backgrounds, so it can be very challenging for them to access specific information about the services they require.

The Multicultural Health Expo is a way of achieving this for our multicultural community members. Along with more than 50 information stalls, free health checks have been offered at the Expo, aiming to improve health outcomes through early intervention, prevention and health education.

The event has a significant focus on youth, with hundreds of local school students attending and learning more about the importance of leading a healthy lifestyle.

Multicultural entertainment and activities such as Zumba, Salsa dancing, drumming, Aboriginal cultural activities and futsal demonstrations are also popular highlights of the expo.

The last Harmony in Health Expo was held in September 2019. Due to the COVID-19 restrictions in place for public gatherings throughout most of the year, the 2020 Expo could not go ahead. It is hoped the Expo will return in 2021.





Your Health Link National Photographic Competition

The Your Health Link National Photographic Competition was created in response to a need to increase health literacy, while encouraging people to embrace healthy living.

Close to 60 per cent of the Australian population have low health literacy which means they don't have enough knowledge about what causes disease and how to prevent it. Low health literacy results in poorer overall health and higher rates of hospitalisation.

The photo competition is part of a broader suite of programs that are designed to connect the community to evidence-based health information.

The award-winning Your Health Link program began with a website that connects the community to more than 800 health-related websites chosen by health professionals, linking people to services that prevent chronic disease and promote healthy lifestyles.

The Your Health Link National Photographic Competition is an initiative of the Mid North Coast Local Health District and is endorsed by the NSW Centre for Population Health, NSW Office of Preventative Health and the Healthy Kids Association.

Now in its fifth year, the competition focuses on increasing health literacy through the exciting medium of photography where community members are given a topic 'Healthy Life, Healthy You' to actively participate in creating images that represent the subject matter.

The 2019 competition attracted 851 entries from every State and Territory including entries representing 136 schools nationally.



Celebrating healthy living

The competition is all about promoting and celebrating healthy living. It is part of a wider strategy to foster a connection between health and the arts and to take action to reduce childhood obesity.

It is designed as a novel way to engage members of the community to creatively depict their own concept of 'Healthy Life, Healthy You'. People are encouraged to have conversations with friends, family, teachers and students about healthy lifestyle choices using the broad range of health information available on the Your Health Link website as inspiration for their photographs.

In 2020, the Your Health Link National Photographic Competition has become a 'virtual' event due to the COVID-19 pandemic.



All ages and abilities

People of all ages and photographic abilities are invited to enter the competition which opens on World Photography Day in August and culminates in an awards night and exhibition in November each year. In 2020, the competition was deferred due to the COVID-19 pandemic and will run from December to January under the new theme of 'We're all in this together: Keeping safe and healthy during the pandemic'.

The images we have seen over the past four years have been absolutely captivating. The subject matter has been so diverse and the theme 'Healthy Life, Healthy You' has been interpreted in so many wonderful ways.

Seeing the photographers' connection to their photographs and hearing the stories behind them has been truly inspiring.

A host of prizes are on offer in the four categories – Primary, High School, Mobile and Open. Entry to the Primary and High School category is free with a limit of four entries per student. The Mobile and Open categories have a \$10 entry fee with proceeds supporting health programs run by the Mid North Coast Local Health District.

The photographic competition has been made possible thanks to the generosity of our partners.



NSW Health Awards

The Dughutti Muri Project - Optimising access to the Mid North Coast Brain Injury Service for local Aboriginal people

FINALIST 2020 NSW HEALTH AWARD - EXCELLENCE IN ABORIGINAL HEALTH CARE

The Dughutti Muri Project arose from a perceived lack of engagement in local Aboriginal people with the Mid North Coast Brain Injury Rehabilitation Service (MNCBIRS). The project aimed to optimise access to MNCBIRS for Aboriginal people through a range of culturally-appropriate strategies.

The project included an initial clinical file audit and interviews with clients and family members to discuss their health experience following their brain injury.

The project outcomes included:

- Development of an iterative process based on the Theory of Access which generated a series of culturally-appropriate strategies optimising access to MNCBIRS access
- Establishment of a collegial collaborative approach guided by local Aboriginal people to alter practice
- Enhancement of MNCBIRS into a culturally-safe and responsive service that encourages engagement by Aboriginal people
- Creation of a genuinely effective partnership between MNCBIRS staff and clients – a partnership that is vital for effective rehabilitation.



Ricky Buchanan

FINALIST 2020 NSW HEALTH AWARDS - VOLUNTEER OF THE YEAR

Ricky Buchanan, a local Gumbaynggirr man from Bowraville, is dedicated and passionate, and proactively volunteers in multiple capacities supporting the Macksville District Hospital (MDH). Ricky is a role model inspiring the next generation of Aboriginal people to give back to their community.

Ricky is the Community Chairperson of the MDH Aboriginal Reference Group and lead advisor on many aspects of the development of the new hospital. Working tirelessly for the community, Ricky continually offers his time, knowledge and support to hospital staff and the community. Ricky is an enthusiastic young Aboriginal man and a leader of the future.





Our Facilities

Community Health Centres



Bowraville Community Health Centre
43 High Street
Bowraville NSW 2449
(02) 6691 1125



Camden Haven Community Health Centre
Laurie Street
Laurieton NSW 2443
(02) 6559 9003



Nambucca HealthOne
4 Fred Brain Avenue
Nambucca Heads NSW 2448
(02) 6598 6100



Port Macquarie Community Health Centre
Morton Street PO Box 126
Port Macquarie NSW 2444
(02) 6589 2100



South West Rocks Community Health Centre
7-9 Steve Eagleton Drive
South West Rocks NSW 2431
(02) 6561 2990



Woolgoolga Community Health Centre
29 Beach Street
Woolgoolga NSW 2456
(02) 6691 1110

Mid North Coast Cancer Institute



Coffs Harbour Health Campus
Pacific Highway
Coffs Harbour NSW 2450
(02) 6656 5737
Freecall: 1800 209 187



Port Macquarie Base Hospital
Wrights Road
Port Macquarie NSW 2444
(02) 6580 1807

Public Hospitals



Bellinger River District Hospital
1 Church Street
Bellingen NSW 2454
(02) 6659 5800

Bellingen Community Health Centre
(02) 6659 5842



Coffs Harbour Health Campus
345 Pacific Highway
Coffs Harbour NSW 2450
(02) 6656 7000

Coffs Harbour Community Health
(02) 6656 7820



Dorrigo Multi Purpose Service
Beech Street
Dorrigo NSW 2453
(02) 6692 7700

Dorrigo Community Health Centre
(02) 6692 7715



Kempsey District Hospital
119 River Street
Kempsey NSW 2440
(02) 6561 2600

Kempsey Community Health
(02) 6561 2790



Macksville District Hospital
100 Darruya Road
North Macksville NSW 2447
(02) 6598 3300

Macksville Community Health
(02) 6598 3500



Port Macquarie Base Hospital
Wrights Road
Port Macquarie NSW 2444
(02) 5524 2000



Wauchope District Memorial Hospital
69 High Street
Wauchope NSW 2446
(02) 6580 8000

Wauchope Community Health Centre
(02) 6580 8060



Mid North Coast Local Health District
PO Box 126
Port Macquarie NSW 2444
1800 726 997

Notes





 MNCHealth

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 mncld.health.nsw.gov.au



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