

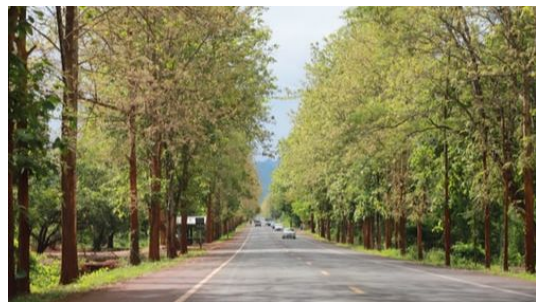
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SwingShift Nurses Notes



Join us in the Mental Health Wellbeing Walk

SwingShift Nurses is entering a team in the annual Mental Health Wellbeing Walk and is encouraging our nurses to get behind this great cause and join our team. Organised by Mental Health Foundation Australia (MHFA), the walk is on Sunday 10 October around Albert Park Lake and forms part of National Mental Health Month.



Interested in regional placements?

Many nurses are keen to escape the hustle and bustle of the city and take up rural or regional placements. Working in a rural or regional facility can provide opportunities that might not be presented when working in an urban setting. For example, nurses working in isolated areas are tasked with much greater autonomy and

It comprises both five and 10 kilometre distances
 Register online under [SwingShift Nurses](https://www.trybooking.com/book/sessions?eid=502123&sec=999533)
 to receive a discount for your general Ticket
 at: [https://www.trybooking.com/book/sessions?
 eid=502123&sec=999533](https://www.trybooking.com/book/sessions?eid=502123&sec=999533)



Maintaining work-life balance

Work-life balance is important in any career, but it's especially important for nurses. With so much happening in a nurse's working life, every moment spent with family, friends or just being by yourself is valuable. A healthy work-life balance isn't just great for your mental health — it's also great for your patients. After all, it can be difficult to give your patients the very best of care if you're not looking after yourself



SwingShift Baby

Very big congratulations to our Recruitment Manager Natalie and her new addition Raffaele Jude

responsibility. It's no surprise that most develop very long curriculum vitae. If you are interested in a rural or regional placement please let us know so we can update your details.



2019 Victorian Collaborative Mental Health Nursing Conference

SwingShift Nurses was proud to again support the 2019 Victorian Collaborative Mental Health Nursing Conference held at Moonee Valley Racing Club in August. We had a steady stream of delegates visiting our stand throughout the conference and it was great to catch up with many mental health nursing specialists who are part of our team as well as introduce others to Melbourne's leading mental health nursing agency. Congratulations to Maggie Macintosh who took home our superb raffle prize



SwingShift on social media

You can keep up-to-date with all SwingShift news and relevant nursing sector information by following us on Facebook, Instagram and LinkedIn. Simply click on the links at the bottom of this newsletter.



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