



## SwingShift Nurses Notes



### Sharing the dignity

SwingShift Nurses is proud to announce its new partnership with a fantastic Australian charity, Share The Dignity. Established in 2015, Share The Dignity provides sanitary products to homeless women as well as those at-risk and



### Work in an emergency department

Psychiatric patients frequently present to hospital emergency departments for care when they are in crisis. Recent studies demonstrate that more than 10 per cent of all emergency department patients present with a psychiatric illness.

collects sanitary items to be donated to partner charities and an 'It's In The Bag' promotion in November when it collects handbags filled with personal care products for Christmas gifts.



### **Taking care of your mental health**

It was wonderful to see mental health promoted so heavily during October through the first National Mental Health Awareness Campaign featuring more than 150 events across Australia. It's important to recognise that your mental health can be affected in multiple ways. While there is often stress relating to our work environments that needs to be managed, we must also remember to monitor the stresses in our personal life. Learning to identify when you're stressed — so that you can avoid or manage stressful situations — is important for your overall wellbeing.



### **SwingShift app is here**

The new SwingShift Nurses app has been launched and is now available for download from your app store. The app allows you to quickly and easily update your availability, receive shift notifications and upload your timesheets — all from the palm of your hand. Please contact the SwingShift recruitment team if you have any log-in issues or need help using the app.

SwingShift Nurses is liaising with hospitals to arrange orientations for our nurses to work in emergency departments. Please contact the SwingShift recruitment team for more information on 9481 7222 or [recruitment@swingshift.com.au](mailto:recruitment@swingshift.com.au)



### **Walk for mental health**

There was a great turnout for the Victorian Mental Health Wellbeing Walk in mid-October with over 10,000 people assembling at Albert Park Lake in Melbourne to raise funds for Mental Health Foundation Australia (MHFA). Some of the SwingShift Nurses team chose to tackle the five-kilometre distance and others stretched themselves to 10 kilometres. MHFA's work has been fundamental to changing community attitudes and raising awareness of the importance of good mental health.



### **You could be a winner this Christmas**

With less than eight weeks until Christmas, SwingShift Nurses is staging a promotional campaign to start the festive season celebrations. If you refer a friend to SwingShift Nurses and they complete three shifts or more in the month of November you both gain an entry in our Christmas raffle. The more friends you refer, the more chances you have of winning the mega prize.



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