



## SwingShift Nurses Notes



### Thank you to the firefighters

The past months have been terrifying for people in districts affected by bushfires. SwingShift Nurses would like to express our deepest gratitude to the firefighters working to contain these fires and save lives and property. This includes our managing director Eric Smith and his CFA unit colleagues who travelled to Gippsland recently to assist in back burning. We also acknowledge the extremely generous of donations of the public to help our



### Working with Children Check

The Working with Children Check is a screening process for assessing or re-assessing people who work with or care for children in Victoria. Many health networks and facilities are making a Working with Children Check mandatory for nurses. This applies even if you are not working directly with children. The Working with Children Check is valid for five years. To accept shifts where a Working with Children Check is required you will need an

regional communities rebuild. There are a number of different ways you can support the firefighting effort in Victoria. The CFA is promoting four options depending on how you would like your money to be used. For details, visit [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)



### Look after yourself

As a health professional it is important that you look after your own health. Caring for and supporting other people can have an impact on your health and wellbeing — but there are support options available. Nurse & Midwife Support (NM Support) is a national telephone and online service that offers health support to nurses and midwives in Australia. Available 24/7, it is free and provides access to confidential advice and referral. The NM Support team can assist with a wide range of health and wellbeing related issues. The service also provides support to nursing and midwifery students, educators, employers and concerned family members. You can contact the NM Support team on 1800 667 877 or visit [www.nmsupport.org.au](http://www.nmsupport.org.au) for information and email support.



### Supporting vulnerable youth

SwingShift Nurses has been providing nurses to Whitelion for the past few months and we applaud the fantastic work this organisation does. Whitelion provides a range of support services to at-risk and highly vulnerable young people across Australia. This includes delivering outreach, case management, mentoring and programs that

'Employee Check' card. This card covers both paid and volunteer work. For more information and to secure a card visit [workingwithchildren.vic.gov.au](http://workingwithchildren.vic.gov.au)



### Did you make a New Year's resolution?

For many of us the start of a new year also means making promises to ourselves or setting new goals with the aim of improving our life. New Year's resolutions come in many forms but often the hard part is keeping them. The key is to start small. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment. Good luck with your New Year's resolutions in 2020!



### 20 years of SwingShift

SwingShift Nurses was established in 2000 by Eric Smith and his small team. Since then the business has grown substantially and in 2020 celebrates its 20th year. As part of the anniversary celebrations we will be presenting a number of special events, promotions and competitions for the SwingShift team. Keep an

support young people to stay connected to education or find a pathway to employment. The organisation had its beginning in Victoria in 1999. Its vision is for all young people to have equal opportunities to succeed.

eye on our social media channels, website and regular emails for details.



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