



SwingShift Nurses Notes



COVID-19 update

As coronavirus (COVID-19) numbers rise in Victoria, Premier Daniel Andrews has identified 10 'hotspots' in Melbourne, describing the surge in new infections as a "public health bushfire". The suburbs of Keilor Downs, Broadmeadows, Maidstone, Albanvale, Sunshine West, Hallam, Brunswick West, Fawkner, Reservoir and Pakenham will be targeted in a testing blitz. The aim is to carry out 10,000 tests a day. Health workers in mobile testing vans will go door-to-



Recruitment bonus

Our recruitment staff have been very busy recruiting nurses to join the SwingShift team. We still need more nurses due to the volume of work that is available and want to remind you of our latest recruitment bonus. For the month of July we are offering \$300 to all new nurses who join us and \$250 to the nurse who refers them (conditions apply). So, if you would like a bonus payment speak to any mental health nurses you

door in those suburbs, using a new coronavirus saliva test and offering to test residents whether they have symptoms or not. The team at SwingShift Nurses reminds you to practice good hygiene, maintain physical distancing, get tested if you have any symptoms and stay home if you are feeling unwell. Please stay safe.



Men's Health Week

International Men's Health Week is celebrated every year in the middle of June. In Australia, [Men's Health Week](#) provides a platform for challenging and debating key issues in men's health and raising the profile of men, their health outcomes and health needs. This is important because the health status of males in most countries, including Australia, is generally poorer than that of females. Only 30 per cent of a man's overall health is determined by genetics while 70 per cent is controlled through lifestyle. A boy born in Australia in 2010 has a life expectancy of 78 years while a girl born at the same time could expect to live to 82.3 years. Boys suffer more illness, have more accidents and die earlier than their female counterparts. Men take their own lives at four times the rate of women (five men a day on average). Accidents, cancer and heart disease account for the majority of male deaths.



Newsletter anniversary

This edition of *SwingShift Nurses Notes* marks the first anniversary of our newsletter. Thank you

know or work with and make them aware of this exciting offer from SwingShift Nurses.



National Mental Health Month

[Mental Health Foundation Australia](#) recognises and celebrates the achievements and contributions of individuals, organisations and groups working tirelessly for better mental health. In October it will stage the second National Mental Health Month with the theme 'Better Mental Health For All'. This month-long campaign comprises a series of events designed to raise awareness about mental health and wellbeing and remove stigma.

The calendar of events includes forums and symposiums that focus on the needs of youth, multicultural groups, refugees, the homeless, unemployed and seniors. Specific events also explore the needs of different occupations such as farmers, teachers and professional sports people. A key date is 10 October — World Mental Health Day — and the campaign includes the presentation of the Australian Mental Health Awards 2020.



Stay warm

An icy blast has brought the coldest start to winter in years for those of us living in the

to all who have been with us since the start. We hope this monthly publication has provided you with valuable information about what is happening at SwingShift Nurses and some useful resources on health and nursing in general. We look forward to continuing to communicate with you on a regular basis. Please follow us on Facebook and Instagram for more regular updates and as always, contact our friendly team if you have any queries

nation's southern and eastern states — and it continues to bring snow and showers. Sky News Weather meteorologist Tom Saunders says Melbourne hasn't had a start to winter this cold in almost 80 years. On 1 June the city recorded its lowest maximum start to the month since 1943, reaching a top of just 11.2 degrees. So please rug up and stay warm!



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