



SwingShift Nurses Notes



SwingShift Nurses family

SwingShift Nurses is a skilled, multi generational and culturally diverse workforce. Even though each nursing speciality has a specific focus, all our nurses share a common goal. That goal is to provide the best patient care experience possible in a positive work environment. The best way to accomplish that goal is with teamwork. Although working for a casual nursing agency may not always feel like you are part of a team, we want to remind you that you are ... even more than that, you are part of the SwingShift family.



More work for general nurses

While SwingShift Nurses is a mental health specialist agency, we also place many general nurses and specialists in other areas in numerous roles throughout the year. Due to an increase in demand for general nurses, we currently require experienced registered nurses and enrolled nurses to help meet vacancies in:

- medical and surgical wards
- maternity wards
- intensive care units
- emergency departments.

It's also a great time to refer a friend or colleague to SwingShift Nurses as our latest recruitment bonus has been extended. For the rest of July and all of August we are offering \$300 to all new nurses who join us and \$250 to the nurse who refers them (conditions apply).



Winter wellness

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. Being proactive about your health and wellbeing will help ensure that you make it through the cooler months cold and flu-free and in great shape to enjoy summer. Here are some tips for your winter wellness:

- wash hands
- get vaccinated
- keep exercising
- eat well
- dose up on vitamins and minerals
- stay hydrated
- rest up.



Share the Dignity Drive

SwingShift Nurses is proud to support Share the Dignity, an Australian charity that provide sanitary products to homeless women as well as those at risk of and experiencing domestic violence. Since Share the Dignity was founded in 2015, it has donated 2.5 million period products to those in need. The organisation holds Dignity Drives twice a year when it asks the public to donate period products. Its March promotion was impacted by the coronavirus pandemic and it is hoping the [August Dignity Drive](#) will set new records. If you would like to support this event you can donate period products at any Woolworths store throughout August.



COVID-19 update

As part of its efforts to slow the spread of coronavirus (COVID-19), the Victorian Government has advised that face coverings will be mandatory statewide from 2 August at 11.59 pm. They are already mandatory in Metropolitan Melbourne and Mitchell Shire. Those aged 12 years or older must wear a face covering when leaving home (unless an exception applies). A face covering needs to cover the nose and mouth. If you live in Metropolitan Melbourne or Mitchell Shire the Current Stay at Home restrictions mean you can only leave home for one of the following reasons:

- shopping for food or other essential items
- care and caregiving
- exercise
- study and work, if you can't do it from home

A further six regional government areas have new restrictions on home visits. The latest information on coronavirus restrictions can be found on the [Department of Health and Human Services](#) website.



DonateLife Week

DonateLife Week (26 July to 2 August) is a national awareness campaign that highlights the benefits of organ and tissue donation for transplant recipients and their families. The event is designed to encourage Australians to register to be an organ and tissue donor — and to speak about it with family and friends. While the majority of Australians believe it's important to be an organ and tissue donor only one in three are registered. There are around 1600 Australians currently on the waitlist for a life-saving transplant and a further 12,000 people on dialysis. It is quick and easy to become a registered organ and tissue donor. You can find out more and register at [DonateLife](#).



Connect with SwingShift Nurses: T: 03 9481 7222 E: recruitment@swingshift.com.au
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