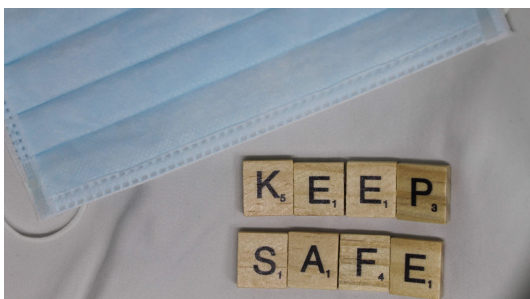




SwingShift Nurses Notes



A COVID-19 update

There have been some changes to Victoria's COVID-19 restriction levels since our last update. Here's the basic elements you need to know. Firstly, there have been changes to the number of people allowed at social gatherings in the home. You can now have up to 15 visitors to your home per day. Rules around the wearing of face masks



Recruitment bonus is back

Our recruitment team have been very busy over the festive season recruiting nurses to the SwingShift team. We still need more nurses due to the high volume of work that is currently available and have brought back our popular referral bonus. We are offering \$300 to all new nurses who join us and \$250 to the nurse who

have also been relaxed, however masks continue to be mandatory in the following locations:

- on public transport
- when riding in a ride share or taxi
- inside shopping centres, including large retail stores such as department stores, electronics stores, furniture stores, hardware stores or supermarkets
- on domestic flights to and from Victoria
- at airports
- when working in or visiting hospitals and care facilities.

As restrictions ease, it's important that we continue to keep ourselves and others safe by adhering to the basics. Remember to wash your hands regularly, have a face mask with you and wear it when required, cough and sneeze into your elbow and keep at least 1.5 metres from others. If you have any coronavirus symptoms get tested and stay home until you get your test results.

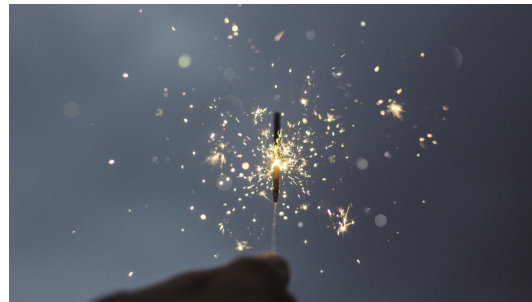


Declutter your mind

Do you feel like your brain is in serious overdrive? Is there a stream of clutter slowly turning your mental space into a chaotic mess? If the answer is yes, it means your mind is frantically waving a red flag and begging you to free up some headspace. A cluttered mind is disruptive — it hinders your productivity and can affect your overall mental health. If you are feeling weighed down by mental clutter then try these simple decluttering tips:

- set priorities
- keep a journal
- learn to let go
- breathe
- declutter your workspace
- share your thoughts
- take some time to unwind.

referred them (conditions apply). So, if you would like a bonus payment, speak to any nurses you know or work with and make them aware of this exciting offer from SwingShift Nurses.



Celebrating Australia Day

On Australia Day we celebrate all the things we love about Australia — our land, the sense of a fair go, our lifestyle, democracy, the freedoms we enjoy and particularly our people. Australia Day is about acknowledging and celebrating the contribution that every Australian makes to our contemporary and dynamic nation. From our Aboriginal and Torres Strait Islander people — who have been here for more than 65,000 years — to those who have lived here for generations, to those who have come from all corners of the globe more recently to call our wonderful country home. Let's celebrate!



CRP training proves popular

Places in our last CPR (cardiopulmonary resuscitation) training course filled up in record time. If you missed out, don't worry as we will be holding more training courses this year. Register your interest with our recruitment team and we will confirm the dates of the next round of CPR courses as soon as possible. Please note that due to COVID-19 restrictions numbers are limited at SwingShift Nurses training sessions



Follow us on social media

You can keep up-to-date with everything SwingShift Nurses — including news, events and relevant sector information — by following us on Facebook. You might also like to join the discussion on the SwingShift members only private Facebook group.



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