

Summer 2019

healthmatters

Hunter New England Health | **OUR PEOPLE : OUR DISTRICT : OUR STORY**



healthmatters

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We would like to acknowledge the traditional owners of the land covering Hunter New England Local Health District and remind people that we live and work on Aboriginal land.

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FRONT COVER

A meeting between two soldiers leads Papua New Guinean, Mason Pinch to life-saving treatment in Newcastle

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A MESSAGE FROM MICHAEL

As a health service our staff are saving lives every minute of every day, but there are some stories that really stand out. Our feature story is one of those. It's about a friendship between an Australian and Papua New Guinean soldier which led to the Papua New Guinean travelling to Newcastle for life-saving brain surgery. This is a great read and just one example of the many ways our staff go above and beyond.

From one uplifting story to the next, we acknowledge the efforts of our tireless volunteers during 2018. The list of things they do is almost endless but in this edition we are focusing on their efforts to create a sewing room, where, among other things they repair clothes for patients and families in need.

We take a look at research which is underway helping to change the lives of children with asthma and a litter of Blue French Bulldogs steal the hearts of residents at Gloucester's Hillcrest Nursing Home, and perhaps yours too.

I hope you enjoy the read.

**Michael DiRienzo,
Chief Executive**



BROTHERS IN BATTLE

#04

For anyone, finding out they have a brain tumour is life altering news. But finding out the only neurosurgeon in your country can't operate due to a lack of equipment is devastating.

This was the reality that faced Mason Pinch, a soldier from Papua New Guinea – a man described as a little shy, with a really big heart and an absolute larrikin.

Three years ago Mason had a seizure – doctors put it down to a blood clot. He took the medicine they prescribed until in 2018 he had the feeling that things weren't right.

He returned to his doctor. Scans showed that he had a tumour.

"The only neurosurgeon in PNG couldn't do the surgery, there wasn't the right equipment. He had some contacts in Singapore that could do the operation but it would cost me two to three hundred thousand Kina (about \$80,000– \$125,000 AUD).

"I didn't think I could do much, so I went home," Mason said.

In Newcastle, Matthew Barker is scrolling through social media and has an inkling that something isn't right with his mate Mason.

"Mason and I met on pre-deployment when I was going to the Solomon Islands on a Peace-Keeping Operation with the Defence Force. I was attached to the Papua New Guinean Platoon and went through pre-deployment and the operation with Mason.

"We spent every day together for the next six months, we got to know each other quite well – he's quite funny, a big part of the team, everyone knew Mason and knew he was good for a story and a laugh.

"I noticed he was off work from the army, selling hotdogs to fundraise for a cancer operation. I asked one of his friends what was going on, and if he had cancer.

"There were many broken phone calls trying to find out what was going on. I was finally

able to talk to Mason to find out about his brain tumour and the cost of the surgery in Singapore," Matt explains.

Originally Matt wanted to help with Mason's goal of raising \$80,000 so he could go to Singapore. He then started looking at other options in Thailand, however not knowing much about the medical field and what sort of care Mason needed Matt turned to his mother Roslyn, a clinical nurse consultant.

"When Matt told me about Mason, I had to help Mason get treatment....one good turn deserves another.

"When Matt was about to go overseas on deployment and he was assigned to work with the PNG Army, the soldiers sensed that I was concerned for my son – he had just turned 21. Mason and his fellow soldiers came up to me and promised to look after Matt for me," Roslyn said.

Hearing Mason's story from Matt, the Barkers started researching options for Mason.

"When we found out what the surgery was going to cost we looked at fundraising options, looked at alternatives overseas, and it was very, very expensive. We found some alternatives in Thailand and the Philippines, but this did not include aftercare," Tony Barker, Matt's dad explains.

Roslyn phoned Dr John Christie for some advice. Dr Christie is a valued member of the HNE Health neurosurgery team, an avid human rights activist, and a doctor who frequently goes above and beyond to arrange medical treatment for those in need.

"We were looking for some guidance about what to do. John reviewed Mason's scans and confirmed that Mason required surgery immediately.

"He suggested that I should ask permission for it to be done in Newcastle," Roslyn said.

Roslyn contacted the Calvary Mater Newcastle which agreed to provide assistance; and then John Hunter Hospital also agreed.



Mason and Dr John Christie.

#05



Tony and Matt Barker with Mason Pinch.

"When they all said yes it was just an amazing relief," Roslyn said.

When Matt shared the good news with Mason he was shocked.

"I was surprised to hear. I actually didn't ever expect that it would happen," explains Mason.

Mason was in Australia two days later, where he underwent an operation to remove the tumour.

Dr Christie politely explains his involvement in two sentences.

"Mason had a tumour and needed surgery, Roslyn asked the question. We did the surgery and it was a success."

For the Barkers their experience has been heartwarming. When the family set about getting help for Mason they never anticipated the number of people willing to help.

"I can't speak highly enough about the John Hunter Hospital, Dr Christie, Sandy and Alisha the brain cancer care coordinators, Dr Kumar and Dr Lynam and all the radiotherapy staff at the Mater, they had absolutely no hesitation to come on board," says Tony.

"It's hard to put into words what they've done, to see the response from Mason's family – that's been the biggest thing. The difference they have made has been to an entire community, they're just over the moon with Mason being able to have his treatment and come home.


"We are just so grateful to the entire team that made this happen," Tony said.

Mason went on to have radiation treatment at Calvary Mater Newcastle. On his final day of treatment, there wasn't a dry eye in the house.

In a true testament to Mason's warm, kind personality many a farewell lingered before he rang the bell symbolising the end of his treatment.

"It's not real, it's like a dream for me. I still don't believe it happened to me," Mason said.

"I'm really thankful for all that was done for me."

Mason has returned home to Papua New Guinea where he will continue to take chemotherapy medication funded by Calvary Mater Newcastle, where doctors will monitor his progress via monthly check-ins using Telehealth. 

#06



Mason with 'Mum', Roslyn Barker.



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HERE'S CHEERS TO 40 YEARS!

#08

Three hours and forty minutes north of Tamworth, lies Toomelah Station – an Aboriginal community with a population of around 300 Gamilaroi people. Located within the Moree Plains Shire, Toomelah was officially established in the 1930s and since this time, has produced some incredible Aboriginal talent.

Each year, the Toomelah Tigers rugby league team seem to be one step closer to bringing home the Koori Knockout trophy, and the country sounds of singer/songwriter Roger Knox are a humble nod to the mission he still calls home.

However, recently Toomelah Station had something else to celebrate – forty years of its Aboriginal Health Service. November 7 2018 marked the official anniversary, and the community came together to reflect on the history of the service and celebrate workers past and present.

The anniversary provided an opportunity for friends and family to share stories, cut their forty year cake and celebrate the life of Pam Duncan – the first-full time, Toomelah-based Aboriginal health worker whose employment marked the beginning of Toomelah Aboriginal Health Service.

Pam's daughter Karlene gave a moving speech about the work of her late mother.

"Mum was one of the local pioneers who worked tirelessly to shape our community

and provide our people with access to the health services that we all deserved. The love and care she had for her community is what drove her to push for change. Mum never stopped lobbying for the community – she started the petition requesting an Aboriginal health worker for Toomelah in the 70s, lobbied for individual power supply to each home and pushed the Moree Plains Council to fix the local water system. All in all, she worked hard to better the health system, and her legacy as a powerful leader will live on through my siblings and I, my children and the community."

The history of the Aboriginal Health Service dates back to April 1971 in Moree. Lizzie Doolan and Val Dahlstrom provided an outreach service in conjunction with baby health services. Lizzie and Val were the first Aboriginal health workers in New South Wales.

Momentum grew and in 1978 Pam Duncan was employed, establishing the Toomelah Aboriginal Health Service. Pam, alongside registered nurse, Fleur Herscovich, supported a monthly GP clinic with Dr Phillipa Whish.

From 1971 to 1978, services were provided from the Aboriginal Welfare Board building and in 1979, an old, decommissioned tuberculosis van was given to the community for use as a treatment room. The van was old, but Pam and Fleur made it work, parking it in the local school yard where children had easy access to treatment.



Val Dahlstrom, one of the first Aboriginal Health Service employees, cut the cake with Charlie Duncan, Pam's partner.

In the mid 80s, NSW Health was able to buy a small school building which was transported from Moree to Toomelah. In 1989 it was renovated and converted into a purpose-built clinic, which serviced the community for many years.

Access to health and community services for the people of Toomelah has come along in leaps and bounds, according to Aboriginal Health Coordinator, Candice Dahlstrom.

"In 1987 there was public outcry over the poor sanitation in Toomelah and action was taken to improve water and housing.

"Once upon a time, Toomelah had one water tap which flowed twice a day for just 15 minutes, but today we have a brand new water system and every house has a tap," Candice said.

In 2017, a specialised unit of the Australian Army was deployed to Toomelah, to run a six-month project to restore infrastructure, including road redevelopments and a new community hall.

Today Hunter New England Health and Pius X Aboriginal Medical Service provide full-time

healthcare to Toomelah. There are weekly GP clinics, dental and nursing services, integrated chronic care programs for Aboriginal people, an Aboriginal health worker and a community development facilitator. There are also diabetes educators, dietitians, drug & alcohol workers, mental health workers, violence abuse network workers and child and family services available to the Toomelah community.

Candice, on behalf of the Toomelah community and its surrounds, is thankful for those who have dedicated their lives to helping others.

"Our health workers including nurses, doctors, community development facilitators and visiting health personnel have made huge contributions to the Toomelah Aboriginal Health Service and the community over the past 40 years," she said.

"Because of them, our community has changed for the better and it is people like Pam, whose dedication and tireless work will be remembered for years to come." **CF**

#010



Pam Duncan's children and family celebrate the 40 year anniversary and the memory of their mother.

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STRIKING A BALANCE

Cook Theresa Alba thought she was on the right track with meeting the nutritional needs of 90 energetic kids, when she signed up to an online menu planning program for childcare centres.

"I thought I had it right, but I actually didn't quite have enough serves of fruit and vegetables, so it's been a very handy tool," she said.

Theresa cooks at Tamworth's Milestones Early Learning Centre, which is one of almost 4000 centres that have now joined HNE Health's program feedAustralia, since it was rolled out nationally in early 2018, two thousand of those joined in the past few months alone.

"I put in what I want for that week and it tells me what I am low on and what I need to boost by way of vegies, fruit and meat.

"Since starting to use it, I've been giving the children a lot more veggies and I've been boosting the meat content."

The program featured in the Excellence Awards edition of Health Matters as a winner, and it has since gone on to win a NSW Health Award in the Keeping People Healthy category.

"Ultimately we just want to make sure children have access to healthier foods and there is strong evidence that supporting services to provide healthier foods improves child outcomes."

Program Manager, Healthy Children's Initiative (Early Childhood team) Doctor Serene Yoong, says the program was developed as an effective way to deliver ongoing nutrition support to childcare centres, so they can provide healthier food options.

"We were getting many requests for menu reviews, and we thought an online tool was an effective way to support childcare centres to provide healthier foods to meet children's nutritional needs.

"The program provides a tailored feedback report to its users - this includes suggestions and links to recipes within the online program.

"It takes the complexity out of working out food combinations," Dr Yoong said.

Milestones Early Learning Centre Manager Krista Lynch, says the program helps families feel comfortable in knowing their children are getting the nutrition they need.

"A balanced diet is so important for kids to be able to maintain their high energy levels," she said.

Submitted as part of the Healthy Food in Childcare program, feedAustralia, was one of three Hunter New England Health programs to win a NSW Health Award in 2018.

High-flow Oxygen for Bronchiolitis won the Health Research and Innovation category for its work comparing the impact of oxygen therapies.


The randomised trial found high-flow warm humidified oxygen supported more infants for longer compared to the standard low-flow oxygen therapy, and resulted in fewer intensive care admissions.

Improving Specialist Outpatient Service Waitlists, which won the Supporting our People category was successful in reducing the number of patients waiting for an outpatient appointment by almost 70 per cent and enabled some patients to be seen 50 per cent faster.

HNE Health Chief Executive Michael DiRienzo said the District has much to be proud of, with all three projects nominated going on to win.

"The programs are great examples of how local innovation is leading to outstanding patient care across NSW and Australia.

"Innovation in healthcare is vital in improving patient care and changing lives and I am very proud of our teams that are leading the way in the District.

"The Awards are an important opportunity to thank our staff for their ongoing commitment to improving health services," Michael said. 



Childcare cook Theresa Alba says the award-winning online menu program helps ensure the kids are getting the right nutrients.



Health Minister Brad Hazzard, Secretary NSW Health Elizabeth Koff, Program Manager Serene Yoong, Research Fellow Alice Grady, Program Manager Luke Wolfenden, Chief Medical Officer Dr Kerry Chant & Chief Executive Sydney Local Health District Theresa Anderson.

ALL SEWN UP

A big year for JHH vollies

Volunteers make an extraordinary contribution to Australian society and are an integral part of our local communities.

They come from all walks of life; they're young and old, from various cultural backgrounds and professions and this diversity is most definitely reflected in the John Hunter Hospital (JHH) volunteer group.

2018 was a huge year for the JHH vollies, for good reason. Last year saw the transformation of the old laundry room, to a brand new storage and sewing room. JHH Volunteer Manager Sally Cogan said the sewing room is a welcome addition.

"The old laundry was filled with old metal lockers and junk that had probably been in cupboards for around 25 years," she said.

"We now have beautiful new lockers, brand new flooring and bench space and finally a purpose-built sewing room."

During the refurbishment, Sally was approached by a volunteer who was elated that the laundry room was finally up and running.

"One lady said to me that she had been volunteering for 40 years and for 18 of those years, she did the washing, which she hated.

"It broke my heart because I never want people to think of volunteering as a chore, so it was at this point that I knew this refurbishment needed to happen," Sally said.

In a nod to the vollies, Sally chose the colour orange for the new floors and lockers, the same colour as the JHH volunteer uniforms. While some are still getting used to the unusual colour choice, most of the group love the change.

"We love it – it's bright, clean and makes me feel happy and cheerful," volunteer Cheryl Ralston said.

The room is fitted out with two sewing machines, one of which can be used for embroidery, and an overlocker. Coincidentally, many of the new recruits and longstanding volunteers are also highly skilled sewers.

"We offer repairs and alterations and we hem and take-in staff uniforms.

"In fact, one of our skilled volunteers is booked to do an alteration on a wedding dress next week," Sally said.

To date, the JHH vollies have not made their own clothing to sell, but they have big plans in the pipeline. For quite some time, the volunteers have provided baby outfits to families who have experienced a stillbirth. Previously, the handmade outfits were outsourced, but there are plans to change this.

"We are currently in the process of recycling old wedding dresses into beautiful outfits for stillborn babies.

"Once we can get this project off the ground, it will be a really special gift for our volunteers



Volunteers Jenny Kaczmar and Debbie McKeown in the new sewing room.

#015



Volunteer Patricia Dean running the volunteer shop for the day.

to donate to these families,” Sally said.

Despite the name, the sewing room is not just used for sewing. It is also used to store second-hand clothing that is provided to patients admitted to hospital following an emergency or trauma, and do not have a change of clothes. Clothes are usually donated by family and friends of the vollies, staff and members of the public. The donated clothing is then taken off-site for laundering before it is brought back and stored away, awaiting its new owner.

It is also used as a book swap station.

“Many of the volunteers like to share books, so there is now a designated area for them to donate a book and pick up another.

“Once they have gone through them, we take them up to the shop, sell them for one or two dollars, and start the cycle again,” Sally said.

The main project for the JHH vollies in 2018, was the refurbishment of the volunteer shop at the hospital’s main entrance.

The refurbishment of the shop cost approximately \$21,000 and was funded entirely by the volunteers. That equates to many hours of pushing the raffle trolley, selling lollies and running pie and brick-a-brack stalls.

The original volunteer shop opened 27 years ago, and was made up of odd shop fittings and random pieces of furniture that had been thrown together.

The new shop? Well it’s more cohesive now. According to Sally, everything has a place. Everything tells a story.

“We’ve got some really skilled volunteers who previously worked as teachers in retail and merchandising.

“The new shop is really well designed thanks to the skills and help of the volunteers, from the final finishes, right down to where every product is located.”

And the volunteers love it too.

“The shop is a progressive, flexible and welcoming place that gives us ample opportunity to fundraise and support patient care at John Hunter,” volunteer Catriona Moore said.

Currently, there are approximately 158 active volunteers across the John Hunter campus. This includes volunteers based at Rankin Park who work with stroke patients and amputees. There are student volunteers, coronary care volunteers and those who support physiotherapy.

Most recently, the JHH volunteers have established the intensive care unit (ICU) concierge program.

“The program runs from Monday to Friday and was thought up by one of our volunteers.

“The vollies work with reception staff in ICU to help those visiting loved ones navigate the intercom system and the wards, which can be extremely overwhelming,” Sally said.

The volunteers have also started working in the emergency department (ED) to ensure that all stations are adequately stocked with items like gloves, bandages, pillowcases and hand gel for medical staff.

“We actually had one volunteer offer her services while the Supercars were in town, as she knew they would be extremely busy in ED.

“ED staff couldn’t thank her enough for volunteering her time on a Saturday,” Sally said.

So what’s next for the JHH volunteers? Their biggest project yet, of course!

“The volunteers have agreed to fund the redesign and fit-out of the G1 courtyard, which will cost approximately \$200,000.

“It will be the biggest project we have ever done, but it will be totally worth it,” Sally said.

The G1 courtyard will be a shared space for patients to relax in and escape the confines of their room. There will be lots of seating for family and visitors and a sensory garden for patients with dementia.

“It’s very exciting for all of us and we cannot wait for planning to begin.” **CF**

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WINDS OF CHANGE

for kids with severe asthma

#018

When dark clouds gathered over the hills of Tamworth and a faint rumble of distant thunder could be heard, 14-year-old Olivia Burke's heart would begin to flutter.

The approaching storm was Olivia's signal that a trip to the emergency department may be required due to her severe asthma. Thunderstorms were just one of many triggers for Olivia's severe asthma, however a new treatment has changed her life.

The Paediatric Respiratory Medicine team at John Hunter Children's Hospital has established a severe asthma clinic to provide these targeted treatments with a personalised approach, for children living with severe asthma in northern NSW.

Research that began two decades ago is demonstrating for the first time the critical role specific proteins that regulate immune and inflammatory responses have on asthma.

Those first basic discoveries, which included completely depleting an immune cell called an 'eosinophil' from the lung, led to today's treatment of blocking the action of Interleukin-5 (protein) in patients, which has seen children and young people who have been severely disabled due to uncontrollable severe asthma, live normal lives.

Four months ago, Olivia's asthma dramatically improved when she was started on a treatment of blocking the action of Interleukin-5 receptor (protein). Her mum Gail said it has completely changed her daughter's life.

"She was on a mountain of medication, she would have two to three episodes a year that required hospital admission.


"She has been flown from Tamworth to Newcastle for intensive care.

"It's just been a miracle, it's changed her life completely and we haven't had one episode since May," Gail said.

Professor Joerg Mattes, respiratory physician at John Hunter Children's Hospital, Hunter Medical Research Institute researcher and Chair of Paediatrics and Child Health with the University of Newcastle, said the targeted treatment shows the importance of translating basic research discoveries into breakthrough treatments.

"While the process to get to this stage can be very complex, in this case two decades, by successfully implementing these discoveries and treatments into evidence-based clinical care models, it ensures our community directly benefits from the world-class paediatric research we do here in the Hunter," Professor Mattes said.

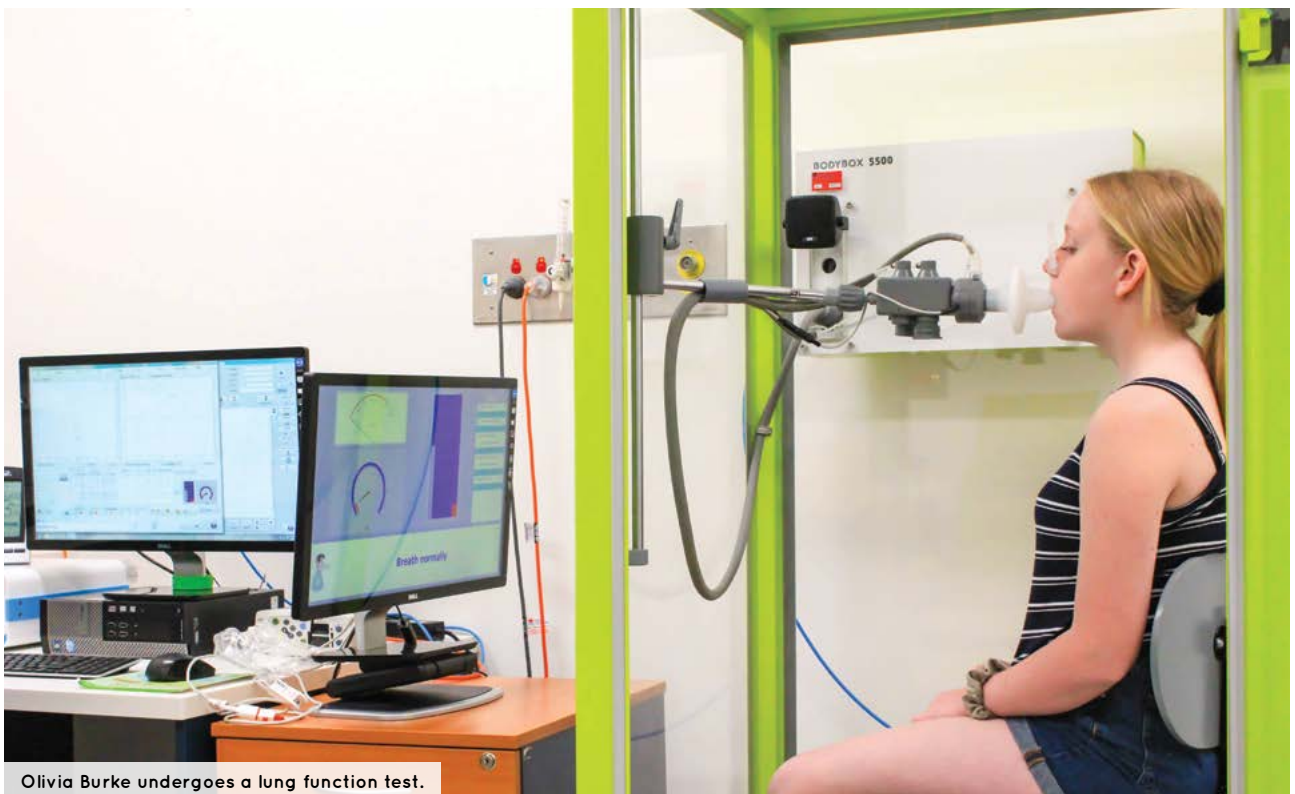
For Olivia, she can now do many things her asthma has previously prevented her from doing.

"I can ride horses now without being allergic to them and I can play a full game of netball now without needing to use my Ventolin," Olivia said. 



Olive Burke testing her lung capacity.

#019



Olivia Burke undergoes a lung function test.

PUPPY LOVE

Who can't help but smile when they see a puppy?

Kellie Young believes no one, least of all the residents at Gloucester's Hillcrest Nursing Home where she works as a recreational activity officer.

"They're just awesome – they just bring so much joy," Kellie said.

Kellie's litter of Blue French Bulldogs has been visiting the residents with amazing results.

"Oh the joy – if you could see what happens when I walk in with the puppies, it's out of this world, they just light up.

"Most of our residents have grown up on farms and they have always had animals, so it's just what they are used to," Kellie said.

The puppies' mum, Sadie, is a familiar face. She's been visiting the residents for a number of years. Her offspring have been a very welcome stand-in while Sadie took some time off to recover from pregnancy and birth.

"One resident said, I nursed their mother when she was a baby and now I'm nursing her son," Kellie said.

Kellie says time with animals impacts positively on the behaviours of residents, in particular those with dementia.

"It can stop wandering behaviours – one of the residents is constantly wandering, walking into other people's rooms and she just sat there for 25 minutes patting one of the puppies.

"She didn't want to give the puppy back."

Kellie says as well as being a comfort, the puppies help support the residents' social skills.

"One lady had her dog for 19 years, so it brings up stories and she's always asking if I can bring the puppies in for another cuddle."

Animal assisted therapy has long been used in nursing homes as a way of motivating patients to be physically and mentally active, and while it's not animal therapy as such, it's proving to have similar results.

The therapy provides opportunities to have close physical contact with the animals, which may be helpful for people whose loved ones have passed and who do not frequently receive visitors.

The generosity of Hillcrest staff continues into the garden, where plants are donated by staff members to brighten the day.

Jodie Zimmerman and Gail Ellis have donated the plants for the garden's water feature for the past couple of years.


"Most of our residents were gardeners when they were able, so they really enjoy sitting in the garden.

"Many of our residents also enjoy the garden with their families," Jodie said.

Speaking with Jodie and Kellie, you quickly get the understanding that they are just one of many staff members who donate their time, doing small things that make a big difference in residents' lives.

"We would be here for a week if I told you all the extra things the staff do for the residents.

"I don't think there's one staff member who hasn't done something – whether it's taking the residents' sewing home, bringing in nice shampoos or powders or bringing souvenirs back from a holiday, someone is always doing something for someone," Jodie said.

"They're a beautiful bunch of residents – it's a really fun job," Kellie said. 



Hillcrest residents enjoy a cuddle with their canine visitors.



Blooming idea; staff help to keep the Hillcrest garden vibrant.

FRESH CHANGE

#022

Hospital food – it can get a bad rap, but there's a fresh change on the menu in Armidale.

As part of an ongoing effort to offer healthier and more flavoursome food, My Food Choice is being enjoyed by patients at Armidale Hospital.

My Food Choice is a ground-breaking approach to preparing and serving meals, with patients offered a choice of more than 15 dietitian approved dishes at each meal time. This is important as nutritious food is key to good health and recovery.

This new way of eating has already got the thumbs up from perhaps the harshest of critics – the patients.

Preston Baker was one of the first patients to taste test the new menu at Armidale Hospital. The 71 year old from Narrabri raved about his experience.

“There was a large range of new food for me to try.

“My favourite was the fish with a side of vegetables – even the sandwiches were great,” Preston said.

Patients choose their meals from a vibrant pictorial menu just a few hours ahead of time. This sees patients match their selection to their immediate feelings of hunger and wellness.

The extensive menu features crowd favourites such as meatballs in napolitana sauce with pasta and vegetables, butter chicken and a range of traditional roast dinners, as well as options for those with specific dietary needs.

Preston was impressed with the personalised service provided to patients and was pleased

to see food service staff now spend one-on-one time with patients to personalise orders.

Under the new system staff enter a patient's meal selection directly into a mobile tablet device. The information is then directly transmitted to the kitchen using Wi-Fi for instant ordering.

This trend towards technology-supported patient care not only saves precious time in processing and collating orders, but also provides clinicians with valuable data on what patients are eating. This enables informed decisions to support patient nutrition.

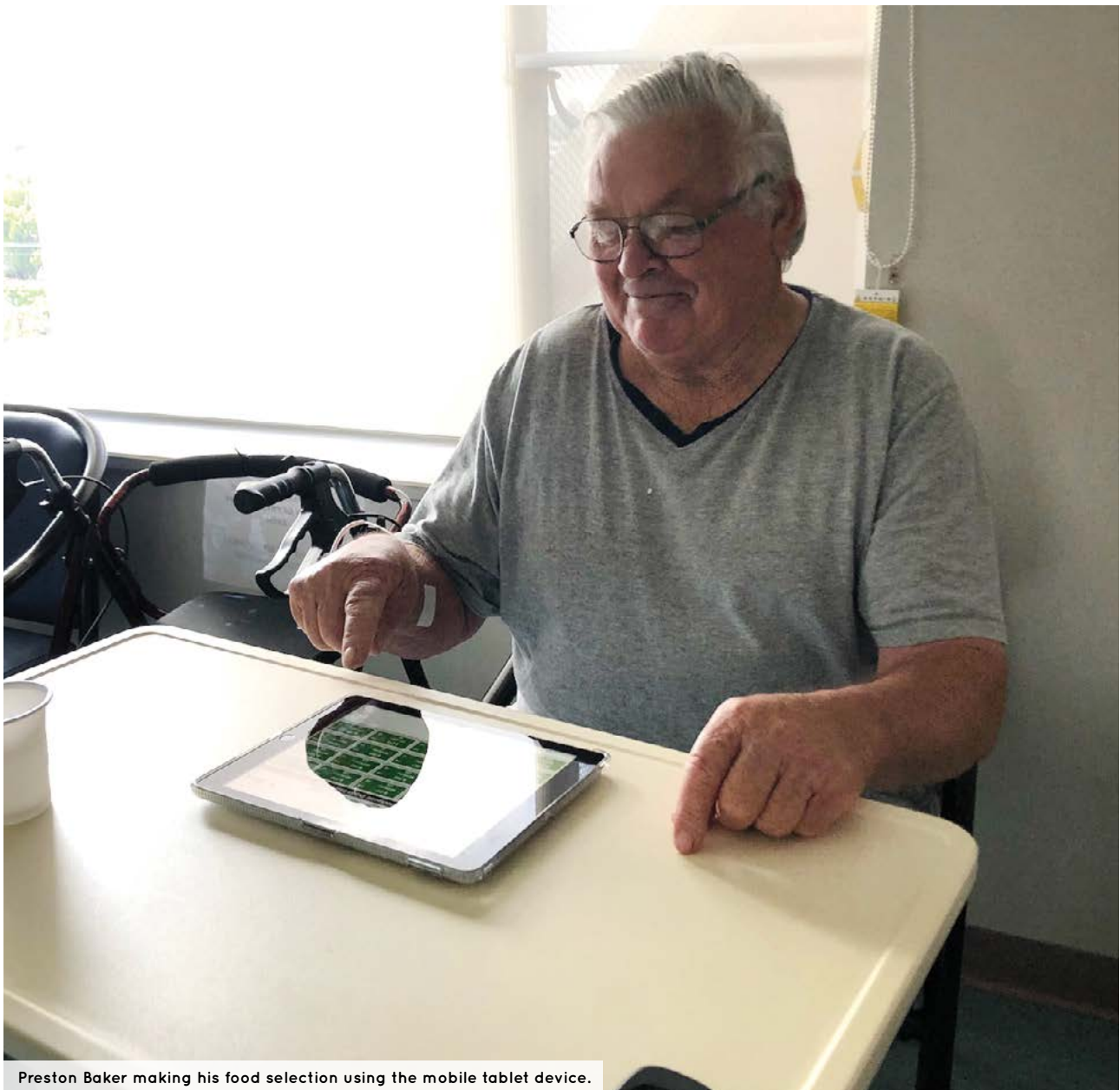
Since the roll out of My Food Choice, staff have noticed that more patients have been eating more of their meals.

The transition comes off the back of NSW Health's, Healthy Food and Drink for staff and visitors which aims to reduce rising obesity rates.

The first step in this positive change was made in early 2018, by removing sugary drinks with no nutritional value from vending machines and retail outlets across all Hunter New England Health facilities.

The framework involves increasing the availability of healthy drinks such as plain or sparkling water, 99 percent fruit and vegetable juice, plain and flavoured milk, tea, coffee, and smoothies to ensure they make up 75 per cent or more of the options. The remaining 25 per cent will consist of occasional drinks such as diet/no sugar soft drink and diet sports drinks.

Tablelands sector manager and operations manager for Armidale, Catharine Death said that the changes are about encouraging and enabling patients, staff and visitors to eat



Preston Baker making his food selection using the mobile tablet device.

#023

healthy on a regular basis, by providing them with more healthy options.

“People still have choice, however, increasing the availability of healthier options and selecting a nutritious alternative is now a lot easier,” Catharine said.

My Food Choice is the future in hospital food delivery, with NSW Health planning to introduce the program to all hospitals state wide by late 2019. Hunter New England Health is well on the way, with four hospitals now offering this program to patients.

“Following the success of the My Food Choice rollout at Belmont, Singleton and Tamworth hospitals, I am pleased to see our patients in Armidale are now enjoying a new range of healthy and delicious meals,” Catharine said.

ABT



Preston Baker enjoys his My Food Choice experience.

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