

# WELCOME

## & RELOCATION MANUAL



**Health**  
Central Coast  
Local Health District

## *Our Vision: Healthy People - Vibrant Community*

Central Coast Local Health District is located in one of Australia's most popular holiday destinations, the Central Coast of New South Wales, Australia.

Renowned for its natural beauty, fantastic swimming and surfing beaches and relaxed lifestyle, it is only an hour's drive from one of the world's great cities, Sydney.

With a shoreline that stretches along the Pacific Ocean from the Hawkesbury River in the south to Lake Macquarie in the north, west to the Dooralong and Yarramalong Valleys, and bordering the Hunter Valley, one of the best wine growing regions known, the Central Coast is undoubtedly a great place to live and work.

We hope this booklet and the CCLHD Careers Website [www.cclhd.health.nsw.gov.au/careers/](http://www.cclhd.health.nsw.gov.au/careers/) will assist you to make the transition into the workplace and our communities.



If you are seeking that place where you can get away from it all and just relax and enjoy a mix of rural and beachside lifestyle, then the NSW Central Coast is for you.

## *A message from the Chief Executive*

As Chief Executive of Central Coast Local Health District, I know our greatest resource is our staff who provide outstanding care to our community. I am honoured to work with them.

The Central Coast is growing rapidly with many young families and retirees choosing to live here. And why wouldn't they, it's a great place to live.

With that growth comes challenges not the least of which is making a difference to the health and well-being of the people we serve. And, yes, there are excellent career opportunities for our staff as our services grow in quality and scope to meet the increasing demand from our community.

At Central Coast Local Health District we know your needs and expectations will evolve and change as your career progresses. To assist you we will provide personal and professional training and development opportunities in a flexible working environment and one in which staff are respected.

We are committed to engaging staff and fostering an environment where innovative clinical and business practices thrive, where team work is acknowledged, and achievement is recognised.

So, it is with anticipation and enthusiasm that I encourage you to join our team where together we will work with the District Board, clinicians, support staff and our community to provide the best possible health care to the people of the Central Coast.

Our future is bright as we strive to achieve our vision of healthy people and a vibrant community.

If that sounds good to you, then I hope you give serious consideration to joining us. And if you do, when you see me, make sure you say G'day!

**Matt Hanrahan**



## *Local Health District Hospitals, Facilities & Services*

### Two major acute care hospitals providing comprehensive services

- Gosford Hospital
- Wyong Hospital

### Two sub-acute inpatient facilities

- Woy Woy Hospital
- Long Jetty HealthCare Centre

### Other facilities

- Nine Community Health Centres
- Eleven Child and Family Health Centres
- Two Family Care Cottages
- Five Oral Health Clinics

### Other services include

- Aboriginal Health
- BreastScreen
- Child Protection
- Violence, Abuse, Neglect and Sexual Assault
- Drug and Alcohol
- Mental Health
- Sexual Health
- Acute Post Acute Care
- Community Nursing
- Chronic & Complex Care
- Cancer Care
- Renal Dialysis
- Youth Health
- Aged Care
- Rehabilitation



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 ATSI Health Worker  
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 Biomedical Technician – Mechanical  
 Cardiac Technician  
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 Speech Pathologist  
 Career Medical Officer  
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 Counsellor  
 Dental Assistant  
 Clinical Engineer  
 Security Officer  
 Nurse  
 Clinical Nurse Educator  
 Welfare Worker  
 Youth Worker  
 Customer Service Officer  
 Cook  
 Dental Hygienist  
 Dental Prosthetist  
 Dental Technician  
 Dental Therapist  
 Desktop PC Support Officer  
 Dietician Diet Supervisor  
 Surgeon Health Fitness Specialist  
 Project Officer Nurse Manager  
 Electrician Fitter Health Information Manager  
 Health Promotion Officer Help Desk Officer Human Resource Officer  
 Industrial Relations Officer Interpreter Kitchen Assistant  
 Laboratory Scientific Staff Librarian Library Assistant  
 Library Technician Medical Physicist Medical Practitioner  
 Medical Radiation Scientist Medical Records Administrator Medical Scientist  
 Stomach Therapy Nurse Podiatrist Mental Health Nurse  
 Mental Health Professional Midwife Music Therapist  
 Network Support Occupational Safety Officer  
 Occupational Therapist  
 Operating Theatre Technician  
 Registrar  
 Perfusionist  
 Painter  
 Pharmacy Assistant  
 Podiatrist Psychologist  
 Graphic Designer  
 Telephonist  
 Clinical Nurse Specialist  
 Therapy Aid  
 Patient Support Assistant

## *New Facilities and Services*

As the Central Coast grows, so does the infrastructure and services of Central Coast Local Health District.

### **Central Coast Cancer Centre**

Construction of the \$38.6 million dollar Central Coast Cancer Centre commenced in 2012 with services operational in early 2013.

The main feature of this new Central Coast Cancer Centre will be the provision of radiotherapy services with two linear accelerators and the provision of a third bunker for future expansion. The Centre will provide multidisciplinary services for cancer patients. The project also includes expansion of chemotherapy services at both Gosford and Wyong Hospital's Cancer Care Centres.

### **New Ward and Clinical Education Centre at Wyong Hospital**

Wyong Hospital increased its capacity in 2012 with the addition of a 28 bed ward. Wyong also has a new \$4.5 million Integrated Clinical Education Centre.

### **30 Bed Rehabilitation Ward at Woy Woy Hospital**

A 30 bed sub-acute care and rehabilitation ward will be completed in 2013 expanding the size of Woy Woy Hospital and helping to meet the needs of our ageing population.

### **Transitional Care Unit Long Jetty Healthcare Centre**

The new 10 bed Unit is providing support to patients to facilitate their return to home.



# Moving to the Region

By now you are considering moving to the beautiful Central Coast, where we are blessed with fine weather, friendly people and a stunning and diverse natural landscape. We offer a secure environment for families, with excellent facilities, transport and telecommunications.

For more information on making the move, a useful link particularly for migration and comparable living standards, head to [www.business.nsw.gov.au/investment/living](http://www.business.nsw.gov.au/investment/living).

## Demographics

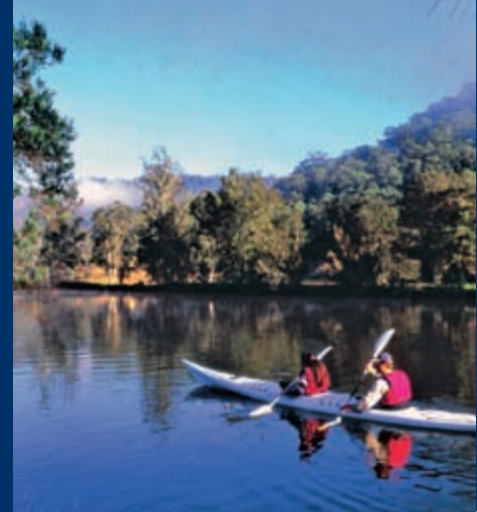
Central Coast Local Health District (CCLHD) is located less than 100km north of Sydney and provides healthcare services in two Local Government Areas (Gosford and Wyong) in an area of just over 1,686 square kilometres with a population approaching 320,000.

The Central Coast is a popular retirement area with approximately 18 per cent of the population aged 65 or more.

By 2021, the CCLHD population is expected to increase by almost 12 per cent.

It is estimated that about 87 per cent of CCLHD residents were born in Australia or are from an English-speaking country. Italian, Spanish, German, Greek and Cantonese are the most reported languages, other than English, spoken in CCLHD.

The Aboriginal and Torres Strait Islander population in CCLHD is approximately 6,500. The majority of Aboriginal people reside in the Wyong area.



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 Clinical Engineer  
 Security Officer  
 Nurse  
 Clinical Nurse Educator  
 Welfare Worker  
 Youth Worker  
 Customer Service Officer  
 Cook  
 Dental Hygienist  
 Dental Prosthetist  
 Dental Technician  
 Dental Therapist  
 Desktop PC Support Officer  
 Dietician Diet Supervisor  
 Surgeon Health Fitness Specialist  
 Project Officer Nurse Manager  
 Electrician Fitter Health Information Manager  
 Health Promotion Officer  
 Industrial Relations Officer  
 Laboratory Scientific Staff  
 Library Technician  
 Medical Radiation Scientist  
 Scientist  
 Stoma Therapy Nurse Podiatrist  
 Mental Health Professional  
 Network Support  
 Occupational  
 Operating Technician  
 Registrar  
 Perfusionist  
 Painter  
 Pharmacy Assistant  
 Podiatrist  
 Graphic Designer  
 Telephonist  
 Clinical Nurse Specialist  
 Therapy Aid  
 Patient Support Assistant

## The lifestyle on the Central Coast

If you want the best quality of life for yourself and your family, then you have moved to the right place. CCLHD provides plentiful opportunities to achieve this, offering a high quality of life, outstanding employment prospects, high quality education and health care. This region is also blessed with fine weather, friendly people and a stunning and diverse natural environment.

A useful site with up-to date information on the Central Coast is: [www.visitcentralcoast.com.au/events](http://www.visitcentralcoast.com.au/events)

## Health and Wellbeing

Whether hiking trails through National Parks, riding on bike tracks throughout the region or taking a leisurely stroll along one of the many beaches or surfing the waves, you'll find plenty of choice for pursuing a healthy lifestyle on the Central Coast.

The region also boasts a range of fitness and health clubs for more specific exercise and training, with courses in Tai Chi, Yoga, water aerobics and other specialties readily available to help clear the mind and relax the soul. Local swimming clubs for the young and old also take place all year round, in the clear and clean waters of our beaches as well as local swimming pools.

The Central Coast has it all when it comes to your health and wellbeing, making it the perfect place to relocate and enjoy.



## *Where to Live*

Whether you want to live by the beach, near town or close to a national park, it is recommended that you begin your search for accommodation early.

For a comprehensive listing of local rental properties visit:  
[www.realestate.com.au](http://www.realestate.com.au) or [www.domain.com.au](http://www.domain.com.au)

If moving to the area from overseas or interstate, you should consider temporary short-term accommodation while you are looking for longer term accommodation.

## *Short Term Accommodation*

Some hospitals are able to provide basic short term accommodation. Please contact us [jMcghie@nscchahs.health.nsw.gov.au](mailto:jMcghie@nscchahs.health.nsw.gov.au) about the short term accommodation options available at your hospital or consider share accommodation or homestay options.

## *Share Accommodation*

These websites may be able to assist in finding share accommodation:

[www.centralcoastnsw.gumtree.com.au](http://www.centralcoastnsw.gumtree.com.au)

[www.au.easyroommate.com](http://www.au.easyroommate.com)

[www.shareaccommodation.org](http://www.shareaccommodation.org)

## *Homestays*

There are a variety of private organisations that provide Homestay opportunities. If you are interested in pursuing this as an option, further information can be found on their websites below:

[www.auzziefamilies.com](http://www.auzziefamilies.com)

[www.homestayagency.com](http://www.homestayagency.com)

[www.homestaypeople.com.au](http://www.homestaypeople.com.au)



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 Registrar Biostatistician  
 Perfusionist Health Pr  
 Painter Perfusionist  
 Pharmacy Assistant Physiotherapist Plumber  
 Podiatrist Psychologist Radiation Therapist  
 Graphic Designer Communication Officer Radiographer  
 Telephonist Recruitment Officer Rostering Officer  
 Clinical Nurse Specialist Security Officer Social Worker  
 Therapy Aid Occupational Therapist Ward Assistant  
 Patient Support Assistant Ward Clerk Welder

## Getting Around

The Central Coast is linked to Sydney, Newcastle, Melbourne and Brisbane by both the F3 Freeway and the Main Northern Railway. Travelling time from Gosford to Sydney Central train station is around 60 minutes.

The Central Coast offers a variety of public transport options for getting to and from work or for just having a look around the region. Buses, trains and ferries are all an option in this region. The link below will provide some useful information on how to access these transport facilities.

[www.thecentralcoast.com.au/gettingaround.html](http://www.thecentralcoast.com.au/gettingaround.html)

## Information for Families

Local Councils offer an array of services for children and young people in their communities. The council websites also provide details on various recreational activities, parks, reserves and playgrounds that are available in their areas.

### Child Care

The Care for Kids website can help you to find local child care facilities. [www.careforkids.com.au](http://www.careforkids.com.au)

### Public Schools

Information on finding and enrolling your children at a Public School. [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

### Private Schools

Information on Private schools in the region. [www.privateschoolsdirectory.com.au](http://www.privateschoolsdirectory.com.au)

### Major Education facilities

- University of Newcastle: Central Coast Campus, Ourimbah
- TAFE NSW Hunter Institute has three campuses at Ourimbah, Gosford and Wyong.
- Central Coast Community College

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Graphic Designer Commu  
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## International Medical Assistance Network (IMAN)

Logon to: [www.aushealth.com](http://www.aushealth.com)

Health insurance information for overseas visitors on 457 visas.

## Specific Information for Overseas Applicants

If you are moving to the region from overseas you should ensure you read the following information on the department of Immigration and Citizenship website:

Beginning a Life in Australia

[www.immi.gov.au/living-in-australia](http://www.immi.gov.au/living-in-australia)

## Private Health Insurance

Staff on temporary visas are not covered by Medicare and will need to take out their own private health insurance for the duration of their appointment.

If you have not yet applied for permanent residency in Australia or if you come here on a temporary visa, you must purchase health insurance cover to protect yourself and your family for any unforeseen medical expenses.

Information on Australian private health insurance for overseas visitors is available on the Private Health Insurance Administration Council website: [www.phiac.gov.au](http://www.phiac.gov.au)

## International Medical Graduates

CCLHD has developed an International Medical Graduates (IMG) Orientation Handbook to support IMGs in the workplace. It introduces you to NSW Health and what it means to be a doctor in this state, as well as offering an overview of life in Australia.

## Other useful sites:

Department of Human Services  
[www.humanservices.gov.au/](http://www.humanservices.gov.au/)

Australian Taxation Office  
[www.ato.gov.au/](http://www.ato.gov.au/)

## *Other Useful Information*

### **The NSW Medical Registration Board**

The Medical Board of Australia is the statutory authority created by the Health Practitioner Regulation National Law to maintain a register of legally qualified medical practitioners entitled to practise medicine in Australia.

All registered medical practitioners and applicants for registration should familiarise themselves with their legal and ethical obligations detailed on the National Scheme - AHPRA website: [www.ahpra.gov.au](http://www.ahpra.gov.au)

### **Nursing**

To be eligible for employment as a nurse or midwife in New South Wales you must be registered with the **Australian Health Practitioner Regulation Agency**, (AHPRA) telephone +61 2 1300 419 495. AHPRA will assess overseas nursing and midwifery qualifications for eligibility for registration in NSW. Hospitals require evidence of current registration as a nurse or midwife in New South Wales before they make a job offer.

Overseas nurses and midwives (with the exception of those holding New Zealand passports) must also hold a visa that permits work. The **Department of Immigration and Citizenship** provides information about entry to Australia. The NSW Ministry of Health may be able to assist with sponsorship for employment in a NSW public hospital.



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## Allied Health Professional Organisations

Organisation	Website
Audiological Society of Australia	<a href="http://www.audiology.asn.au">www.audiology.asn.au</a>
Australian Association of Social Workers	<a href="http://www.aasw.asn.au">www.aasw.asn.au</a>
Australian and New Zealand Society of Nuclear Medicine	<a href="http://www.anzsnm.org.au">www.anzsnm.org.au</a>
Australian Institute of Radiography	<a href="http://www.air.asn.au">www.air.asn.au</a>
Australian Orthotic Prosthetic Association	<a href="http://www.aopa.org.au">www.aopa.org.au</a>
Australian Physiotherapy Association	<a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a>
Australian Podiatry Association (NSW)	<a href="http://www.podiatry.asn.au">www.podiatry.asn.au</a>
Australian Psychological Society	<a href="http://www.psychology.org.au">www.psychology.org.au</a>
Australian Sonographers Association	<a href="http://www.a-s-a.com.au">www.a-s-a.com.au</a>
Dieticians Association of Australia	<a href="http://www.daa.asn.au">www.daa.asn.au</a>
Occupational Therapy Australia NSW	<a href="http://www.otnsw.com.au">www.otnsw.com.au</a>
Orthoptic Association of Australia	<a href="http://www.orthoptics.org.au">www.orthoptics.org.au</a>
Society of Hospital Pharmacists of Australia	<a href="http://www.shpa.org.au">www.shpa.org.au</a>
Speech Pathology Australia	<a href="http://www.speechpathologyaustralia.org.au">www.speechpathologyaustralia.org.au</a>

## Useful Links

[Wikipedia](#)

[Crikey](#)

[Department of Immigration](#)

[Australian Broadcasting Corporation](#)

[Information on Terrigal](#)

[Information on Gosford](#)

[Information on Wyong](#)

[Information on The Entrance](#)

[Arts and Culture - FusionArts](#)

[What's On - Central Coast](#)

[Play Groups](#)

## *Salary Packaging*

Make sure you ask us about the benefits of Salary Packaging ... claim up to \$9094 tax free per year!

## *Relocation*

If you are relocating to the Central Coast as a result of an interview, help yourself to even more of your income by applying to salary package your relocation expenses, which is an exempt benefit as allowed by the Australian Tax Office.

## *Contact Us*

For further information please contact the Metropolitan Careers Facilitator on **0414 192 268** or email [jmcghie@nscchs.health.nsw.gov.au](mailto:jmcghie@nscchs.health.nsw.gov.au)



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