

# A **SUPER** Update

QUARTERLY NEWS FROM SUPER REHAB



## Message from Super Rehab

Hello and welcome to the Winter Edition of the Super Rehab newsletter!

Super Rehab have been very busy over the last three months. In this edition, we profile two of our new staff John and Derek, and we introduce our bespoke community allied health training resource "Super Start Program". You'll see our team in action at one of our training days and read our update on our participation at the various Expos where we've had the opportunity to chat with the general public about our services. You'll also get a sneak peek into some of the fun social events our staff have enjoyed, with competitions, bake-offs and more. Nothing like some healthy banter and competition to beat those winter blues!

*Margaret Beattie, Health Service Manager, Super Rehab.*

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## Move Together Exercise Groups



Super Rehab is proud to partner with Diabetes NSW/ACT in hosting "Move Together" exercise groups. These groups are fun, social and, most importantly, effective in encouraging people to exercise and eat healthy food, even if they may be experiencing challenges related to diabetes.

So what's unique about this particular program? These exercise groups are run by Super Rehab's very own Exercise Physiologists who have been trained in the management of diabetes and related conditions, and what's more, they run the program in Mandarin, so that older persons who have Mandarin as their main language can access health coaching and support.

## Staff Training

All Super Rehab allied health clinicians are required to complete a minimum of 20 hours of continuing professional development every year. This may include training on the job, such as our Super Start Program or external courses.

The whole Super Rehab team recently participated in a workshop run by Resolution Education which addressed conflict resolution and de-escalation techniques. This day-long program was run at our hub in Petersham.

While it is rare that we come in contact with a physically challenging situation, working in the community means that we make sure our staff have excellent communication and problem solving skills and all the support they need to ensure they have a safe working environment.



## New staff profile: John



John graduated from a Bachelor of Physiotherapy at Western Sydney University and joined Super Rehab in January 2022. Throughout his degree, John also worked as a disability support worker for NDIS participants and as a children's soccer coach. John's passion for community Physiotherapy is driven by his desire to make a sustainable and positive impact on the lives of clients to enhance their quality of life. John enjoys collaborating and empowering clients to stay active in fun and meaningful ways. John works closely with clients to set personalized goals and integrate therapy programs as part of daily routines. Outside of work, John regularly works out at the gym and enjoys long hikes around the Blue Mountains and Coastal trails. One of John's 'bucket list' items is to hike to the Mt Everest Basecamp for which he aims to tick off sometime in 2023.

## New staff profile: Derek

Derek completed a Master of Occupational Therapy at University of Sydney, after completing an undergraduate degree in Global Health at King's College London. Derek has worked in different settings including acute, inpatient rehabilitation wards, community and aged care facilities during his placements. He holds a strong interest in neurological conditions and interventions such as upper limb retraining. He strives to work closely with clients to promote their independence and safety at home.

Derek enjoys playing tennis and watching movies in his free time. He would like to learn to surf and explore different cuisines in the world.



Photo below:  
 Physio Michelle (left) and OT Mary (right) at Sydney Disability Expo 2022



Photo above:  
 NDIS team lead Natalie (left) and Physio Lin (right) at Sydney Disability Expo 2022



Photo below:  
 From left to right: Peter, Trisha, Jemma, Alice, Margaret and Natalie at Sydney Disability Connection Expo 2022

## Community Connections

Super Rehab had the opportunity to connect with members of the community and other companies at Sydney Disability Connections Expo at the ICC in Sydney in July and Sydney Disability Expo at Sydney Olympic Park in August. It's encouraging for us to chat with other providers of NDIS and Home Care services and answer questions from members of the public who are interested in accessing allied health services in the comfort of their own home.





## Super Start Program

The Super Start Program is designed for new graduates and early career professionals joining Super Rehab. It is a structured 12-month program delivered in a supportive team environment as well as through external networking. The Super Rehab program is a mix of shadowing visits, in-house training, self-guided learning modules, face-to-face 1:1 education, mentoring, performance reviews as well as personal and professional support.



## Perks at Super Rehab

Our employees enjoy extra perks such as social activities, dinners, and financial support for attending external courses.

Here are our Occupational Therapy team letting off some steam at an (safe and supervised!) axe throwing session; and our Exercise Physiologists and Physiotherapists exercising their creative muscles at a recent social night participating in an art class!

We love to see our team growing in their clinical skills, while still having fun and connecting with like-minded friends.



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