



# Winter Newsletter

## UNVEILING THE ART

In December 2017, Eastern Suburbs Private Hospital started the Art Project. The Art Project was led by Lydia Chan, a Consumer Representative. The benefit we envisaged for patients involved in the project was to support the idea of exploration and to encourage creative expression and encompass another form of therapy as added to our traditional therapy options within rehabilitation. Art Therapy can also help people with their social skills.

The benefits of Art Therapy in this environment can support people that are withdrawn or shy, and can offer socialization. Art therapy can also assist in improving a persons mental and emotional state and is worth exploring as a catalyst for healing.

Consumer Representative, Lydia volunteers her time for two hours per week. Lydia has said, *“it’s been my joy to see the smiles and communication among the patients. Ultimately it is my goal to draw out their talent and creativity and I just love to give up my time to be with people”*.

The Art work is to be unveiled in the coming weeks.

## WEBSITE LAUNCH

Eastern Suburbs Private Hospital are proud to announce the launch of our new website.

Our interactive and user friendly website will allow future patients and their doctors to access an online referral system for both our inpatient and outpatient programs, as well as providing all updates on the news and events of Eastern Suburbs Private Hospital. The new website also provides a platform for patients to confidentially provide compliments and complaints.

For more information on our services, to view our brochures, jump online to our new website!

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

### FLU SEASON AHEAD!

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes.

Influenza can also be spread through touching surfaces where infected droplets have landed.

People with influenza can be infectious from the day before their symptoms start. Adults are most infectious in the first 3-5 days of their illness, and people with weakened immune systems may be infectious for longer.

#### How can you prevent the flu?

Get a Flu Shot

Sneeze into your elbow

Clean your hands thoroughly and often!!

Stay at home if you are sick

Anne Crichton

Hospital Director

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Rosemary Neads

Administration Manager

9398 0807

Prativa Baral

Clinical Services Manager

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Vijay Sai

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Welcome to Our New  
**Clinical Services Manager!**



Recently Eastern Suburbs Private Hospital had the pleasure of welcoming our newest member to the Senior Management Team,  
**Prativa Baral.**

Prativa brings a wealth of experience and knowledge to our team. She graduated from the University of Wollongong. Prativa worked as Nurse Unit Manager, Acting Quality Control Coordinator, Team Leader, General RN and Scrub Nurse. And gained experience at rehab, medical, surgical and theatre (scrub) and mental health at The Hills Hospital, Wolper Jewish Hospital and Prince of Wales Public Hospital.

*Further studies: Master of Nursing.*

*Vision: To deliver high quality patient-focused care by skilled workforce.*

**We are excited to welcome Prativa to our team!**

### **PATIENT COMMENTS**

*'A wonderful stay, and the food just put the cherry on top'*

## **NEURO-ACTIVE PROGRAM:**

*Do you have a Parkinsons Disease?  
Do you have Multiple Sclerosis?  
Have you suffered a stroke?*

**Eastern Suburbs Private Hospital have a new Neurological specific Exercise Program designed to meet all your individual needs.**

**Call us today to schedule an assessment with our Neurological Therapists**

**8383 7400**

