For further information

T +61 2 66207570 | E alliedhealth@ucrh.edu.au
W ucrh.edu.au | A 61 Uralba Street, Lismore NSW 2480
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The University Centre for Rural Health respectfully acknowledges the Aboriginal peoples of the Bundjalung, Yaegl and Gumbaynggirr nations – as the traditional custodians and guardians of these lands and waters we now know as the North Coast of New South Wales.

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Acknowledgement of Country

The University Centre for Rural Health respectfully acknowledges the Aboriginal peoples of the Bundjalung, Yaegl and Gumbaynggirr nations – as the traditional custodians and guardians of these lands and waters we now know as the North Coast of New South Wales.

We pay our respects to Elders – past, present and emerging.

As we share our own knowledge, teaching, learning and research practices may we also pay respect and recognise the cultural heritage, beliefs and relationship with the land, which continue to be important to Bundjalung people living today.

Jingi Walla!
Welcome!
Welcome to the UCRH

Regional and rural student placements provide opportunities for both personal and professional development.

We hope that this Student Placement Guide will support students and all others, including supervisors who will be preparing for placement and assisting students on their placement experience. It is the students’ responsibility to know about, and understand the content of this guide, before commencing placement.

We believe our placement offers the chance to experience a regional lifestyle, expands scope of practice, develop valuable relationships, networks and life experiences to support long-term career aspirations. The UCRH supports a range of Health placements including Allied Health, Nursing, Midwifery, Dentistry and Pharmacy in a range of settings including hospitals, private practices and communities.

UCRH placements, in community known as Work-Ready or Service Placements, provide practicum opportunities in regional and rural schools, aged-care facilities and community-based organisations. These placements provide insight into rural and regional health and service provision, and foster greater student confidence and independence. Service Learning Placements prepare students to work as part of a dynamic and innovative team and are structured differently to a standard hospital placement (acute clinical). Service Learning Placements are educationally challenging and well supported, inspiring students to be creative and nurture their ability to work in a multidisciplinary regional and/or rural setting.

The UCRH helps students grow, gain knowledge and confidence by working in a range of environments – in the hope that students enjoy their time here to be inspired to return to a regional community and practice.
Who is the UCRH?

The University Centre for Rural Health is a vibrant academic hub for regional and rural health development. The UCRH is located in the Northern Rivers region of New South Wales, an area characterised by significant disparities in social and economic conditions, a rapidly growing and ageing population, and a high Aboriginal and Torres Strait Islander population. We place over 1300 students each year from all Australian Universities and are one of 16 University Departments of Rural Health across Australia, which have been developed to grow a strong, regional and rural health workforce in response to the Australia-wide rural workforce crisis.

The UCRH’s long term goal is to attract you to return and practice in our region, following your training. Our close links with community and non-government organisations provide extended opportunities to broaden your networks and your understanding of regional and rural health, and the specific clinical challenges of our area.

Campus Locations

**LISMORE CAMPUS** located opposite the Lismore Base Hospital, 61 Uralba St, Lismore for placements in Lismore, Byron Bay, Ballina, Kyogle, Nimbin, Casino, Bonalbo, Evans Head, Coraki or Woodburn. Email allied.health@ucrh.edu.au

**GRAFTON CAMPUS** located at the Grafton Base Hospital, 174 Arthur St, Grafton for placements in the Clarence valley – Grafton, MacLean, Yamba. Email allied.health@ucrh.edu.au

Register your placement

Students undertaking a placement in Northern NSW can register for our services by:

Registering at [https://redcap.sydney.edu.au/surveys/?s=TFCTYCNMFK](https://redcap.sydney.edu.au/surveys/?s=TFCTYCNMFK)

OR

**Email** alliedhealth@ucrh.edu.au

- Your name and mobile phone number
- Your University name, discipline and student number
- Placement dates and site location
- Placement supervisor and contact details
What UCRH offers students?

**STUDENT COORDINATION** - students are supported by a Education Support Office pre-placement and during their stay. Student Coordination staff will support students in areas of health and wellbeing, social connections, accommodation, and linking into additional educational opportunities.

**ACCOMMODATION** - UCRH has a number accommodation options in locations including: Lismore, Casino, Grafton and Maclean. If accommodation isn’t available students may be eligible for a subsidy.

**MULTIDISCIPLINARY EDUCATION PROGRAM** - a weekly program of lectures, workshops and learning opportunities are delivered to enhance the home university education program and to engender a multidisciplinary approach to health care.

**REGIONAL HEALTH ORIENTATION** - students are warmly welcomed by UCRH staff on their first day and are orientated to all aspects of their placement.

**STUDENT STUDY SPACE 24/7 ACCESS** - UCRH campuses have student study spaces equipped with computers, printer, internet access - EduRoam, lockers, lounges and kitchen. The Lismore Campus study space is accessible 24 hours a day, 7 days a week.

**BECONNECTED SOCIAL PROGRAM** - provides network opportunities to future colleagues and to meet and socialise with other students on placement in the region in a range of activities outside of placement hours.

**ABORIGINAL HEALTH EDUCATION** - many students have access to lectures and workshops with UCRH Aboriginal Educators, health promotion and immersion opportunities engaging with local Aboriginal communities, cultural competency programs and placements in Aboriginal services.

**INTER-PROFESSIONAL EDUCATION** - opportunities including accredited courses, student-led case discussions, lectures by visiting academics and health professionals and participation in events like the Health Collaboration Challenge.

**LINK-UP** - with home universities for videoconferencing of lectures and supervision meetings.
Service Learning Placement Model – A New Approach

Domestic Health students undertaking a placement in the Northern Rivers footprint can register their placement with the UCRH to access what is on offer.

Some UCRH students undertake a specific type of placement known as a work ready or service learning placements. They are usually within community settings, providing practicum, opportunities in regional and rural schools, aged-care facilities and community-based organisations.

UCRH offers innovative hybrid models of placement including a mixture of telehealth and face to face placement experiences within small rural communities. These placements provide insight into rural and regional health and service provision, and fosters greater student confidence and independence. Placements prepare students to work as part of a dynamic and innovative team and are structured differently to a standard hospital placement. Placements are educationally challenging and well supported to inspire students to be creative, and to nurture their ability to practice in a multidisciplinary approach in a regional and/or rural setting.
Multidisciplinary Education Program

Wednesdays at the UCRH or via zoom!

UCRH offers students opportunities to engage in regular multidisciplinary education, including the MULTIDISCIPLINARY EDUCATION PROGRAM held on Wednesdays at the UCRH Lismore and Grafton/Maclean campuses and now via zoom. It offers core components to prepare students to work in regional/ rural settings and to understand other disciplines and community services.

Key features of this program include:

• Comprehensive Introduction to Aboriginal Health. Reflection on individual attitudes, behaviours and preconceptions when thinking about Aboriginal people and health.

• Weekly debrief and clinical reasoning session, to share and reflect on your placement experiences, discussing gaps in clinical knowledge, sharing strategies and resources and becoming more aware of each other’s role and how they overlap.

• Lectures and workshops from local non-government organisations shape your learning experience to broadly highlight the role of these organisations in providing an integrated and person-centred patient service outside of the acute care setting.

• Core topics include the inter-professional management of chronic conditions such as diabetes, stroke, pain management and end of life care.

• New emerging health topics such as health pathways and the NDIS and opportunities to listen to patient stories and how patients interact with the healthcare system in a regional and rural area.
Multidisciplinary Education Opportunities

**Student-led Case Discussions** are held on Friday 12.30pm – 1.30pm (March to November) at UCRH Lismore Campus and via zoom. Presented by both Medical and Allied Health students the student lead clinical case discussion topics are varied and are person-centred and multidisciplinary. These discussions are well-attended by both students and clinicians from a range of disciplines and services.

**Goori Book Club** the Goori book club gives UCRH students and staff the opportunity to read, reflect, discuss key themes and share perspectives. We have chosen a mix of books by both Aboriginal and non-Aboriginal authors, that are short and easy to read. We talk about why we chose the book, what themes are important, and how the themes relate and impact on Aboriginal people and their families. We have spare copies of chosen books to loan. Everyone is welcome to join in for a yarn and a cuppa.

**Health Collaboration Challenge** designed by The University of Sydney and organised by the UCRH, this one-day workshop gives students the opportunity to collaborate in multidisciplinary teams to create an evidence-based health care plan for a patient with complex health needs. For more information on multidisciplinary education contact Frances Barraclough, Academic Coordinator Interdisciplinary Education – UCRH Clinical Programs and Multidisciplinary Education - Frances.Barraclough@sydney.edu.au

**Research Seminar Series** a collaboration between the University Centre for Rural Health, NSW Local Health District, Southern Cross University and the North Coast Primary Health Network. Research Seminars are held on the second Thursday of each month and presented by visiting academics, UCRH researchers and leading health clinicians.
BeConnected is a student social program designed to help students connect to other students on placement in the region and their new placement community. Students will receive a monthly newsletter giving them information on the events and opportunities within the North Coast of NSW. We also plan events like pizza and games nights, bushwalks and BBQs, kayaking trips and cultural events.

Interpersonal relationships are a really important part of UCRH placements. Social isolation can be one of the greatest challenges of rural and regional placement, particularly when it involves moving to a new community. Learning to manage and overcome social isolation is a skill that will make your transition into rural and regional placement a lot easier. Everyone feels lonely from time to time and it comes in many forms and for many reasons. It is usually when you have little contact with familiar people or familiar culture and lifestyle. It takes time and energy to replace ‘loneliness’ with ‘involvement’, and ‘isolation’ with a ‘sense of community’. Moving to a new community and workplace can be big and sometimes overwhelming. We understand this at the UCRH and have many ways of helping students feel more connected.

Here are some tips to help you adjust to regional and rural placement:

- Tell someone you trust how you are feeling
- Put aside your fear and take a risk- say ‘yes’
- Be open to meeting new people
- Seek help if you need it
- Don’t forget to help others too
- Maintain long distance relationships

Students are encouraged to contact with us to find out what social events are happening while you are on placement, by emailing alliedhealth@ucrh.edu.au
Accommodation

The UCRH Lismore Campus manages a number of accommodation options across the region to suit student placement needs. **Accommodation is subsidised and guaranteed for domestic students on a UCRH Placement.** If students would like to make their own arrangements or if students have any special accommodation requirements they can contact a UCRH Student Support Officer well in advance to discuss.

UCRH subsidised accommodation is of varying types and standards, and is normally shared student accommodation located within the local health precinct. Student accommodation provides the opportunity to mix with other health professionals and placement students. UCRH owned accommodation typically has shared cooking, bathroom, lounge room and laundry facilities and WIFI plus each bedroom is lockable with a king single bed, aircon and a desk. The quality of accommodation varies throughout the region.

**Placement accommodation is subsidised** at a significant cost to UCRH (for eligible students). In many regional areas, there is an ongoing shortage of accommodation, even for staff, so accommodation, if available, should be considered a privilege.

*Please note the location of student accommodation is assigned by the UCRH facilities team and will be allocated as close to placement locations as possible. However, during periods of high demand, there may still be significant commuting distance. We always recommend bringing your own motor vehicle for this reason.*
UCRH Accommodation Options

LISMORE
Onsite at UCRH Lismore, 61 Uralba Street
Multilevel 30 bedroom complex

This complex has a large kitchen, dining and living area, 2 kitchenettes, 8 bathrooms, large laundry, 2 additional study spaces and outdoor terrace.

Each bedroom is lockable and includes a king single bed, bedside table, wardrobe, study desk with lamp and chair.

LISMORE
9 Dibbs Street – 10 bedroom house

Shared – 3 bathrooms, 2 laundries with washing machine, dryer and ironing equipment in each, 2 living areas, 1 dining area, 1 full kitchen equipped with fridge/freezer, oven, dishwasher, every day appliances including a kettle, toaster, and microwave, crockery, cooking equipment including pots and pans, and 1 additional kitchenette with fridge/freezer, convection microwave oven, kettle, toaster, crockery. There is an outside clothes line at the back of the house.

Your room is air-conditioned, lockable and includes a king single bed, bedside table, study desk with lamp and chair, portable clothes drying rack.
**LISMORE**
20 and 22 Dalziell Street — 4 bedrooms per house

*Each House* has 2 bathrooms, laundry with washing machine, dryer and ironing equipment, living area and kitchen/dining room equipped with fridge/freezer, oven, dishwasher, every day appliances including a kettle, toaster, and microwave, crockery, cooking equipment including pots and pans and an outside clothes line at the back of each house.

*Your room* is air-conditioned, lockable and includes a king single bed, bedside table, study desk with lamp and chair, portable clothes drying rack.

**CASINO**
1/18 Beith St, 2/18 Beith St and 27a Beith St

There are 3 houses in Casino. Each house has a bathroom, laundry with washing machine/dryer and ironing equipment, shared living area, dining area, full kitchen equipped with fridge/freezer, oven, every day appliances (kettle, toaster, microwave), crockery, cooking equipment (pots and pans). There is a rear patio and an outside clothes line at the back of the house.

Each bedroom is air-conditioned, lockable and includes a king single bed, mattress protector, bedside table, study desk with lamp and chair.
**MACLEAN**

4 Ayr St Maclean

This 6 bedroom house has 2 bathrooms a laundry with washing machine, dryer and ironing equipment in each, a shared living area, dining area and a fully equipped kitchen with fridge/freezer, oven, dishwasher, every day appliances (kettle, toaster, microwave), crockery, cooking equipment (pots and pans). There is a front and rear deck and an outside clothes line at the back of the house. Each bedroom is lockable, air-conditioned and includes a king single bed, bedside table, study desk with lamp and chair.

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**BALLINA**

Onsite at Ballina District Hospital – corner of Cherry and Fox Streets.

Units 1 and 3 – 4 bedrooms per unit / Units 2 and 4 – 5 bedrooms per unit

Each unit is air-conditioned and contains shared living, dining, kitchen equipped with fridge/freezer, oven, dishwasher, every day appliances including kettle, toaster, microwave, crockery, cooking equipment including pots and pans, laundry with washing and dryer, additional bathroom and outdoor area.

Each Bedroom is lockable and includes ensuite, a double bed with linen, study desk and chair, portable clothes drying rack.
Not included in Accommodation

Food is not provided however each location is equipped with shared cooking facilities.

Students will be required to purchase their own toilet paper, hand soap for communal sink areas, personal soap and cleaning products for the duration of their stay.

Linen (excluding Ballina) Students are required to bring all their own linen, or alternatively pre order a linen pack (hire - $25 or purchase - $60) supplied by a third party. The pack consists of 2x pillows, 2x sheets, 2x cotton blankets and a towel. Students need to advise the UCRH Facilities Team to hire or purchase a linen pack. All beds include a mattress protector.

Pricing and Subsidy

Eligible domestic students will be charged $70 per week for UCRH owned accommodation - pricing will be confirmed by the Facilities Team upon completion of UCRH Online Registration.

Students electing to source their own accommodation, other than UCRH accommodation, may be eligible to receive a subsidy from the UCRH of up to $70 per week (where funding permits) to help cover the costs of accommodation whilst on placement. To receive a subsidy, students will be required to fill in and submit a Student Accommodation Subsidy Application Form (located on the UCRH website) and receive return confirmation back that the application has been approved.

If staying less than 6 weeks, students are required to pay for the total number of weeks in full at least 3 days prior to the arrival date. If staying more than 6 weeks, students are required to pay for the first 6 weeks of the stay at least 3 days prior to arrival, then fortnightly from week 4 of placement.

* Some Universities pay directly for their students. These students will not receive requests for payment.
* Ballina accommodation fees are paid directly to the Ballina Hospital. An email from the Ballina Hospital facilities manager, Jan Forsyth will be sent to you advising how to pay accommodation fees.
Getting Here and Getting Around

There are many different ways for students to get to their placement, including driving, flying or catching the train/bus. If flying or catching public transport, ask a UCRH Student Support Officer about getting from the airport or train/bus station to the UCRH accommodation. Make sure to get the address and directions to UCRH Campus and accommodation before leaving.

If driving, it is important to be especially careful as country roads are quite different from driving around the city. Find out how long it takes to drive and the best routes to take, avoiding unsealed roads. Make sure to allow plenty of time for travel and always let someone know when leaving and when arriving.

Many towns in the region have limited or no public transport or taxi services. If students are not taking their own transport, this can make getting around placement and the community more difficult, which is why we strongly recommend you bring your own transportation.

Before placement find out about:
• The distance of UCRH accommodation from placement sites and other facilities, such as supermarkets, ATMS, pool/gym
• Let your University know if you don’t have a car

Getting To and From Placement

Students need to consider how to get safely to and from placement sites. Remembering that not all placement schedules are within standard business hours and days. Generally, students are placed in pairs at each placement site and are encouraged to share transport wherever possible
Mobile Phone Reception

STAYING IN TOUCH

While on placement it is really important to stay in touch with family and friends.

In many locations in our region, mobile phone coverage can be non-existent, we advise students to check with their carrier to avoid disappointment. In regional and rural Australia, Telstra has the best coverage – please consider using a Telstra Sim while you are on regional or rural placement.


Internet Coverage

UCRH Campuses Lismore, Maclean, Casino and Grafton are equipped with Wi-Fi facilities. Please note there are limited ‘free’ Wi-Fi spots such as cafes offering free Wi-Fi in the region.
Useful Contacts

The Allied Health Team - Lismore

UCRH Lismore
02 6620 7570

Kate van Dommele
Education Support Officer
02 6624 0356
Kate.Vandommele@sydney.edu.au

Maree Whipps
Education Support Officer
02 6624 0359
Maree.Whipps@sydney.edu.au

Leonie Hayes
Administration Assistant - Education
02 6620 7245
Student.Admin@ucrh.edu.au

Sarah Miles
Team Leader – Clinical Education
0419 842 159
Sarah.e.miles@Sydney.edu.au

Frances Barraclough
Lecturer – Clinical Programs and Multidisciplinary Education
02 6620 7267
Frances.Barraclough@sydney.edu.au

Emma Walke - Aboriginal Health
Academic Lead – Aboriginal Health
02 6624 0352
Emma.Walke@sydney.edu.au

Robyn Fitzroy
Program Director
0413 698 104
Robyn.Fitzroy@sydney.edu.au