YOUR CONFERENCE PROGRAMME

Palliative Care NSW
Biennial State Conference 2016
13–15 October, Broken Hill
It is with great pleasure that we welcome you to Broken Hill and to the Palliative Care NSW Biennial State Conference Transforming our Landscape.

The theme ‘Transforming our Landscape’ plays on the uniqueness of the local landscape, and is designed to challenge delegates to make the journey to Broken Hill and transform what they do; how they do it, and even who they are.

The conference is being planned in such a way that it will enable delegates to immerse themselves in the beautiful landscape of Broken Hill and its culture, whilst learning and exchanging ideas about providing quality Palliative Care to patients and carers. Transforming Palliative Care and End of life care involves assessing and continually improving the way patient and family care is delivered within a range of care settings.

We are looking forward to welcoming you to the desert, and we invite you to take this journey of transformation and be invigorated and enlightened - and maybe stay a while.

Melissa Cumming  
Co-Chair, Conference Organising Committee

Dr Sarah Wenham  
Co-Chair, Conference Organising Committee
## PROGRAMME

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td><strong>Thursday 15 October</strong></td>
<td></td>
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<tr>
<td>6pm - 8pm</td>
<td>Welcome reception</td>
<td>Broken Hill Art Gallery</td>
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<tr>
<td><strong>Friday 16 October</strong></td>
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<tr>
<td>7:00am - 8:00am</td>
<td>Morning walk: Guided historical walk around Broken Hill.</td>
<td>Meet at Council Building</td>
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<tr>
<td>8:00am - 8:45am</td>
<td>Registration opens</td>
<td>Conference Centre</td>
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<tr>
<td>8:45am - 9:15am</td>
<td>Welcome to Country (speaker TBA). Welcome performance presented by Deborah Cheetham, soprano and composer from Short Black Opera and local indigenous children courtesy of Maari Ma Aboriginal Health</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>9:15am - 9:30am</td>
<td>Introduction and Welcome by Dr Sarah Wenham</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>9:30am - 10:30am</td>
<td>Keynote address: Transforming Care Holistically: TBC</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>10:30am - 11:00am</td>
<td>Barbara Leroy Memorial Lecture: Melissa Cumming</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>11:00am - 11:30am</td>
<td>Morning tea</td>
<td>Conference Centre: Upstairs</td>
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<tr>
<td>11:30am - 1:00pm</td>
<td>Workshops/Concurrent Sessions</td>
<td>Break out rooms</td>
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<tr>
<td>1:00pm - 2:00pm</td>
<td>Lunch and posters</td>
<td>Conference Centre: Upstairs</td>
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<tr>
<td>2:00pm - 3:00pm</td>
<td>Keynote address. Transforming Dying: Molly Carlisle</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>3:00pm - 3:30pm</td>
<td>Afternoon tea</td>
<td>Conference Centre: Upstairs</td>
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<tr>
<td>3:30pm - 4:30pm</td>
<td>Workshops/Concurrent Sessions</td>
<td>Break out rooms</td>
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<tr>
<td>4:30pm - 5:00pm</td>
<td>Palliative Care NSW AGM</td>
<td>Break out room 1</td>
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<tr>
<td>6pm</td>
<td>Buses to Mundi Mundi</td>
<td>Pick up from Conference Centre</td>
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<tr>
<td>6.30pm - 7.15pm</td>
<td>Cocktails at sunset</td>
<td>Mundi Mundi</td>
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<tr>
<td>7.15pm</td>
<td>Buses from Mundi Mundi to Silverton Hotel for dinner</td>
<td>Silverton historic hotel</td>
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**Morning session Chair:** Dr Sarah Wenham

**Afternoon session Chair:** Joan Ryan
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<td>7:00am – 8:00am</td>
<td>Morning walk: Guided historical walk around Broken Hill.</td>
<td>Meet at Council Building</td>
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<tr>
<td>7:00am - 8:30am</td>
<td>Clinical Breakfast with A/Professor Richard Chye (invited) and Dr Sarah Wenham: Therapeutic Guidelines</td>
<td>TBA</td>
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<tr>
<td>8:30am – 9:00am</td>
<td>Registration opens</td>
<td>Conference Centre</td>
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<tr>
<td>9:00am – 9:40am</td>
<td>Keynote address: Transforming Clinical Care: A/Prof Richard Chye (invited)</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>9:40am – 10:40am</td>
<td>Workshops/Concurrent Sessions</td>
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<td>10:40am – 11:10am</td>
<td>Morning tea</td>
<td>Conference Centre: Upstairs</td>
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<tr>
<td>11:10am – 11:50am</td>
<td>Keynote address: Transforming our Future: Dr Sarah Wenham</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>11:50am – 1:20pm</td>
<td>Workshops/Concurrent Sessions</td>
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<td>Lunch and posters</td>
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<td>Workshops/Concurrent Sessions</td>
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<tr>
<td>3:20pm – 3:50pm</td>
<td>Keynote address. Transforming us personally: Captain Clyde Thomson</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>3:50pm – 4:30pm</td>
<td>A creative and poignant reflection on Transforming our Landscape</td>
<td>Conference Centre: Plenary</td>
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<tr>
<td>4:30pm</td>
<td>Conference close</td>
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<tr>
<td>6pm</td>
<td>Cheese and wine on the balcony</td>
<td>The Palace Hotel, home of Priscilla</td>
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<td><strong>Sunday 18 October</strong></td>
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<td></td>
<td>Activities for those staying for the weekend include bus to the sculptures, RFDS tour, mine tour and silver city tour. Details to follow.</td>
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**Morning session Chair:** Melissa Cumming

**Afternoon session Chair:** Linda Hansen
Dr Sarah Wenham is the Specialist Palliative Care Physician and Clinical Director of Sub & Non-Acute Care for the Far West LHD, serving the 32,000 people that live rurally and remotely in Far West NSW, a geographical area that covers 195,000km2 and boarders with Queensland, South Australia and Victoria. Sarah moved to Broken Hill directly from the UK in 2012, where she previously worked as a Community Consultant in Palliative Medicine in the Blackpool area, serving a population of 333,000 people.

Sarah is passionate about providing high-quality patient-centred palliative and end of life care in all care settings for the community within which she now lives. She is equally eager to ensure the healthcare needs of rural and remote Australians are represented at State and National level, and she holds current positions on the Agency of Clinical Innovation Palliative Care Executive Committee, Clinical Excellence Commission End of Life Advisory Committee and Therapeutic Guidelines Palliative Care Expert Writing Group.

Sarah is married to John, a General Practitioner with the Royal Flying Doctor Service. Sarah and her family love living in outback Australia; she has learnt to appreciate life from a different perspective, finding unexpected beauty in the rugged harsh landscape and extremes of desert living, which showcase rainbows, storms, sunsets and stars like she’s never seen them before.

Sarah hopes that you too will reflect on what you see and experience in the place she now calls home, and that you don’t leave without being challenged to find exceptional in the everyday.
MELISSA CUMMING

Melissa Cumming is a Registered Nurse with almost 30 years’ experience in Palliative Care, with 27 years of those years working in rural and remote communities of the Far West. Her current role is the Director of Cancer and Palliative Care Services for the FWLHD. Melissa moved to Broken Hill in 1989 after working for two years at Calvary Hospice in Sydney in both the specialist palliative care inpatient and community setting. As there was no palliative care service in Broken Hill, Melissa started the Broken Hill Palliative Care service 6 months after arriving, and later developed Palliative Care services in Dareton and outreach services to the whole of the FWLHD.

Melissa has a Master’s Degree in Palliative Care and is a part time teacher in Palliative Care for Indigenous Populations at Flinders University, Adelaide. ‘How Primary Health Care Nurses feel about providing palliative care’ was the basis of a research project that Melissa went on to publish in 2012.

Melissa’s leadership role and advocacy for equitable and quality palliative and end of life care has seen her awarded with the Broken Hill City Council Australia Day Award 1996; Inaugural Nurse of the Year Broken Hill 1997; one of 10 finalists (from 200 nominations) in the Australian Rural and Outback Awards ‘Health and Community Service Category’ 2009; Inaugural NSW Nursing and Midwifery Excellence Award winner in “Excellence in Leadership” 2013, and Australian of the Year nomination 2016.

Melissa’s work in palliative care is driven by her desire to ensure that a person can receive quality palliative and end of life care regardless of where they live, and to support their choice to die in their preferred place of care.
MOLLY CARLISLE AM
RN, FACN, FAICD, AFCHSM, MAIPC, MACA
Molly Carlile is ‘The Deathtalker®’. Molly has been a passionate advocate for dying people and for building compassionate communities for the bulk of her eclectic career. She is a sought after speaker because she talks about death in plain English, without all the medical jargon with the aim of returning ownership and control to ordinary people. 

A published author, her first book *Jelly Bean’s Secret* has been used widely as a tool for introducing the concept of death and grief to young children and her book, *Sometimes Life Sucks* addresses the complex needs of young adults when experiencing death and loss. She is currently working on an additional three manuscripts for publication in 2016–17. Her website deathtalker.com facilitates death and grief awareness online and explores the broader questions of meaning and life purpose.

Molly has embraced the use of the arts as a vehicle for empowering people to come together and be entertained while also being challenged to think about their fears and anxieties about death. To this end, she collaborated with celebrated Australian author and playwright, Alan Hopgood on the plays, *Four Funerals in One Day* and *The Empty Chair*, exploring multiple issues including end of life, grief, dementia and relationships and both plays continue to tour nationally, recently being performed internationally. She has also appeared in a number of documentaries and short films.

Molly not only speaks about these issues in the community but in the media and in the health and education sectors, appearing regularly on television, including on Network 10’s *The Circle* and *The Project* and on ABC’s *The Weekly with Charlie Pickering*. She is a regular commentator and studio guest on national radio, with multiple interviews on Radio National, ABC Local (NSW, WA, Vic, TAS, NT and Queensland), and commercial and community radio.
BEING TRANSFORMED BY ART: A WORKSHOP FOR ALL THOSE WHO THINK THEY ARE NOT ARTISTIC!

Led by:  
Leonie Zadow

Leonie Zadow is a senior consultant physician working in the Central Adelaide Palliative Service. Her experience spans some 30 years working with people on the edge of their living. Her passion to integrate whole person care, with working on the edge and being a physician, led her to a 4 year program with the Sacred Art of Living and Dying Centre, in the USA. She continues to be drawn by the question: - who and what is transformed when caring for the dying?

BArt and awareness will be explored in a workshop designed to transform your own landscape and to offer you insights into how art might be a part of your therapeutic tool box as you transform the living and dying experience for patients and those connected to them.

TRANSFORMING THE LANDSCAPE OF DYING

Led by:  
Molly Carlisle

Molly Carlile AM is a multi-award winning death and grief specialist, palliative care activist, author and international speaker. Molly has extensive academic qualifications in health, end of life care, counselling and education, and over 20 years of experience in the field. Known as the Deathtalker®, she supports people to become informed about death and grief in order to live life to the full. But death is not all Molly talks about. She actively promotes the idea that if we build communities that are caring and compassionate, we would all feel supported and be better equipped to support others during life challenges and periods of emotional turmoil. Molly believes that by empowering our local communities (be they workplaces, professional, school or residential communities) to explore the concepts of connection and empathy, we can create a groundswell of change that can have wide ranging impacts on our quality of life.
We have reserved a range of room styles at two of Broken Hill’s best motels. There are plenty of accommodation options in Broken Hill in addition to these and a few are also listed here should you choose to make your own arrangements. We have secured good conference rates at the Red Earth and the Ibis Styles and both are within walking distance of the conference venue.

We have reserved rooms from Thursday 13 October until Sunday 16 October. Please contact us if you would like to stay for a longer or a shorter period.

IBIS STYLES

120 Argent Street, Broken Hill

Ibis Styles Broken Hill is a friendly 42 room boutique style hotel perfect for any corporate or leisure traveler. Conveniently located in the CBD of Broken Hill, it is within walking distance to many amenities and attractions such as Broken Hill Entertainment Centre, restaurants, clubs, shopping centers and most of Broken Hill’s exciting sightseeing locations such as the Silver City Mint and Art Centre, Geo Centre which houses the famous Silver Tree, and the Railway and Mineral Train Museum.

Room types | 3 nights
--- | ---
3 bedroom apartment (1 queen & 5 single beds) | $750
Family room (1 queen bed & 3 single beds) | $600
Family room (1 queen bed & 2 single beds) | $540
Superior room (1 queen bed) | $480
Superior room (1 king bed or 2 singles) | $480
2 Queen superior room (2 queen beds) | $540
Standard twin room (1 queen bed & 1 single bed) | $450
Standard room (2 single beds) | $390
Classic room (1 queen bed) | $330
Classic room (1 queen bed & 1 single bed) | $330

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ACCOMMODATION

RED EARTH

469 Argent Street, Broken Hill

Red Earth Motel consists of 11 studio apartments, 2 studio spa apartments, three 2 bedroom self-contained apartments and a 3 bedroom self-contained apartment. The rooms are referred to as apartments due to their large, spacious design and the full kitchen facilities available in each of the self-contained apartments. The 3 bedroom apartment has a washing machine/dryer in room.

Every room is light and spacious, and is completed with the very latest in contemporary fittings and decor. The rooms have reverse cycle air-conditioning in both the living areas and in each of the bedrooms. The rooms also have all the mod cons including wireless internet access and FOXTEL.

The motel itself features an in-ground pool, BBQ area, grassed area for children to play, and a guest laundry. The facilities are immaculate, providing a sense of pure luxury.

Room types | 3 nights
---|---
2 bedroom apartment (2 king beds or 4 singles) | $660
Studio apartment (1 king bed or 2 singles) | $480
Studio accessible apartment | $480
(as above with accessible toilet) |
The Palace Hotel is a heritage Hotel located in the heart of the Silver City of Broken Hill. Built in 1889 the building has a colourful history and it is reflected in its unique and eclectic style. Famous from the film “Priscilla Queen of the Desert” & its grandiose murals which adorn its interiors.

All accommodation is located by stairs on first & second floors. An elevator is available for luggage.

The Palace Hotel offers 48 rooms of accommodation. Ranging from Deluxe ensuites to Pub Style with the Bathrooms in the hallway plus budget Backpacker Dormitories.

If you are ready to stay somewhere with character & history then The Palace Hotel is for you!

Desert Sand Motor Inn stands proud as a quality Broken Hill motel with 32 rooms including family rooms, corporate suites and a luxurious spa suite.

Comfort Inn Crystal is the most centrally located of Broken Hill accommodation. Within 200 metres you will find art galleries, cafes, business facilities and the birth place of BHP. The Comfort Inn Crystal is also a tour departure point for places of interest in and around Broken Hill. The vibrant earthy colours and magical light of this landscape have drawn filmmakers and artists to capture its special quality.

This Broken Hill accommodation offers 36 ensuite double, twin and queen guest rooms rated at 4 and 3.5 stars. All rooms are air-conditioned and include ironing facilities, mini bar, refrigerator and DVD player.

Silver Haven Motor Inn

Whether visiting Broken Hill on holidays or Business the Silver Haven Motor Inn and Haven A-La-Carte Restaurant would like to welcome you, we are located on the main Street of Broken Hill, approximately 600 metres from the Post Office.

Guests can enjoy a meal at our fully licensed a-la-carte restaurant which has a built a strong reputation in the area for fine food and wine.
GETTING THERE

Broken Hill is about 1,200 kms from Sydney. It’s a 13 hour drive, a 13 hour train trip or for the fast way in and out, Regional Express Airlines fly direct every day to and from Adelaide, Sydney and Melbourne (via Mildura). It’s also a short drive from Adelaide.

BY TRAIN FROM SYDNEY
Departing Sydney on a Tuesday and returns on a Monday
Phone: 132232
Web: countrylink.info

We are pleased to announce a partnership with NSW TrainLink with a carriage secured just for us! Watch the landscape transform before your eyes as you travel from the city to the outback with some of your fellow delegates. We guarantee an entertaining trip – think Priscilla, Queen of the Desert!

BY AIR
Broken Hill services all flights through its airport in south Broken Hill; a modern and comfortable place to land.

Regional Express Airlines fly direct everyday from Adelaide, Dubbo and Sydney with flights from Melbourne (via Mildura). Qantas, Jetstar and Virgin Australia connect daily to Mildura.

Remember to book your flights early, flights often book out quickly!

Regional Express Airlines (from Sydney, Adelaide, Melbourne and Mildura)
Phone: 13 17 13
Web: www.rex.com.au (for current timetable)

Qantas (via Mildura)
Web: www.qantas.com.au

Virgin (via Mildura)
Web: www.virginblue.com.au

BY ROAD
There are many rewarding alternative journeys to the direct routes between the Broken Hill region and major Australian cities. Each offers unique sights and experiences.
We are planning on making this the most memorable conference you will ever attend. We have lined up not only some great keynote speakers - but some other people and events to make this one for the grandchildren.

WELCOME PERFORMANCE WITH DEBORAH CHEETHAM

We are extremely fortunate to have secured a welcome performance presented by the one and only Deborah Cheetham, soprano and composer from Short Black Opera and local indigenous children courtesy of Maari Ma Aboriginal Health.

BROKEN HILL ART GALLERY

Broken Hill has a long history with the arts. See it first hand during the Welcome Reception at the Gallery.

MUNDI MUNDI

Take in the curvature of the earth with us when we take you out to the Mundi Mundi plains for cocktails and canapes.

TOUR OF THE ROYAL FLYING DOCTOR SERVICE

Come and see first hand how the RFDS works with one of the doctors.

SILVERTON HOTEL

Dine with us at the historic Silverton Hotel - the home of Mad Max.