

I'm taking part in



Australasian College
for Emergency Medicine

19-25 May

Wellness
Week'24

**Sustaining Our
Emergency Medicine Workforce**

SUNDAY 19TH MAY CRAG WEEK FESTIVAL 2024

1.30pm

Bec's bakes in the tea room

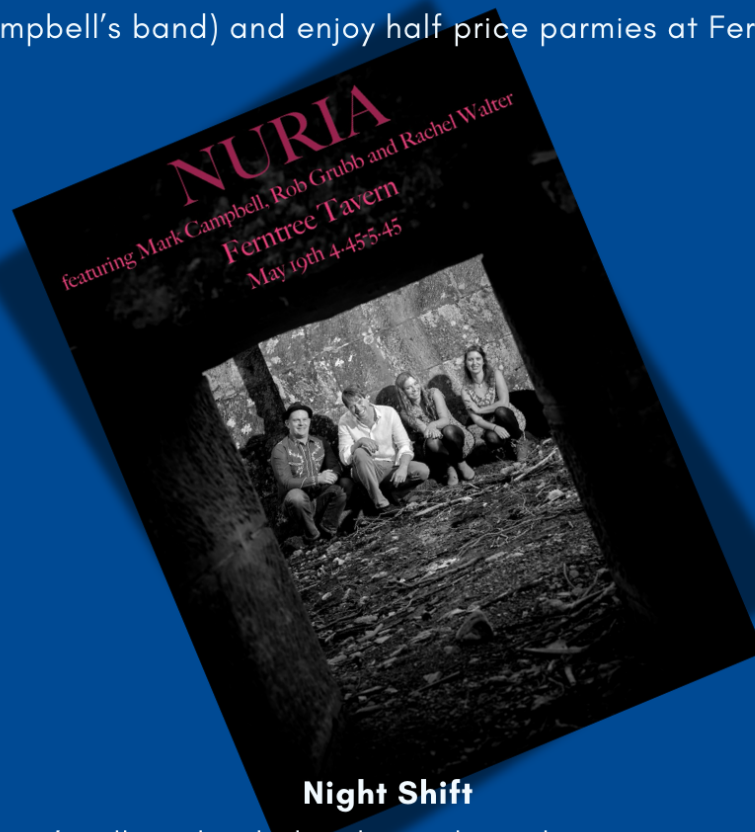
3.00pm

Kicking off CRAG week on Kunanyi!

Mountain magic! Meet at the Ferntree Tavern for a walk, ride or run along the Pipeline track.

4.45 - 5.45pm

Listen to the wonderful Nuria (AKA our very own Dr Anna Maynard and Dr Mark Campbell's band) and enjoy half price parmies at Ferntree Tav.



Night Shift

'CRAG resus' trolley - loaded with snacks and sweet treats to get you through night shift

Secret Raffle
Donated treats and prizes from local businesses - everyone's a winner!
Daily departmental raffle for your pick in the lucky dip!

CRAG: CELEBRATING RESILIENCE AND GRIT

MONDAY 20TH MAY CRAG WEEK FESTIVAL 2024

10 - 12 am

CRAG it up! at 'Rock It' climbing gym, 54 Bathurst St, Hobart. All abilities welcome! Come for a climb, boulder or get lost in the tunnels!

12 - 2pm

Taco lunch (minus the tequila!) provided by our amazing ED nurse educators and coaches



Massages!

10-11am & 12.30-2.30pm

Sign-up station will appear in the tearoom soon! 10-minute sessions of de-tensioning fabulousness – first in, first de-stressed!

2pm

Meditation and Breathwork with Trent. Shamatha and Vipassana. Learn how breath work can control our physical, emotional, and mental states.

3pm

Our ED staff PHOTO – smile!!!!:)

7.30 - 8.00pm

Medising choir...invite your family and friends to watch our award-winning ED/AT choir at RACV Hobart Hotel, 154-156 Collins St, Hobart

Nigh Shift

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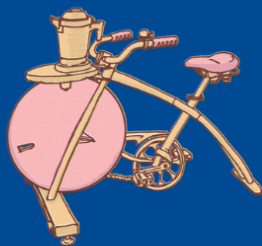
CRAG: CELEBRATING RESILIENCE AND GRIT

TUESDAY 21ST MAY EVENTS

- CRAG WEEK FESTIVAL -

9.30am - 4:30pm Smoothie bike ride in the tearoom

Full of glorious fresh fruit and vegetables, work up a sweat on your break and make yourself a yummy smoothie to get you through that next resus!



10 - 11am and 12.30 - 2.30pm Massages

Sign-up station will appear in the tearoom soon! 10-minute sessions of de-tensioning fabulousness - first in, first de-stressed!

12pm Sushi

Snack time!

1.30pm Bec's Baked Goodies

Full of sugary goodness to get you through an evening shift...

6pm

Join Ben Stewart and his paed's buddies for a **night run**. Meet at the corner of Franklin Wharf and Hunter Street (just outside Frogmore Creek Wine Bar).

Gentle 5km along wharf/Battery Point and back with a wee drink at the Hobart Brewing Company to rehydrate.

Night Shift

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WEDNESDAY 22ND MAY EVENTS - CRAG WEEK FESTIVAL -

8am to late

NYC Bagels in the tearoom. Enjoy some yummy sweet and savoury bagels courtesy of our very own 'Stan the Man!'

8.45 - 9am Run

Meet at Hamlet Café, 40 Molle Street, Hobart. Join Jenny and Lori for a run along the beautiful rivulet track followed by a cuppa at Hamlet.

2pm

Meditation and Breathwork with Trent. Shamatha and Vipassana. Learn how breath work can control our physical, emotional and mental states.

4 - 6pm

Rock it, Derwent Park for some bouldering action



6.30 pm

Brian's special CRAG week journal club. Annapurna restaurant, North Hobart.
RSVPs to Brian for catering purposes

Night Shift

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THURSDAY 23RD MAY EVENTS - CRAG WEEK FESTIVAL -

9.30 am Dogwalk

Meet at Bellerive beach (far end, off Alexandra esplanade) for a 30 minute off lead walkie or 10 am at the Playground if your dog is better on a lead!
Followed by coffee and natter



12 - 2pm Food & Music from Home

Celebrating international food/music and culture of all kinds! Feel free to bring a plate to share and bop to your native tunes in the tearoom!

6 pm Overland Brewers & Distillers

Get ready for good times! This venue is family friendly and pup-friendly. Awesome space for us to hang out, eat good food and have a wee dram!

9 pm Evening Shift

Special Teddy the dog visit to ED

Night Shift

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FRIDAY 24TH MAY EVENTS - CRAG WEEK FESTIVAL -

10am - 12pm MTB

Mountain bike ride at Clarence MTB park. Meet at the carpark for a MTB lap around the Meehan Ranges. All abilities welcome.

10.30 am Winter open water swim

Brave the chilly elements (with bathers on, or not if you want!) and dive into the Derwent! Meet Anna and her friends for a refreshing winter swim followed by a thermos and baked goods.



12pm onwards

SOUP lunch in the tea room – supplied by remarkable Rhys and Ruth! Warm the cockles with their hearty winter soup.

Night Shift

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SATURDY 25TH MAY EVENTS - CRAG WEEK FESTIVAL -

8.45 am Park Run

Queens Domain Parkrun. 2 Upper Domain Road, Queens Domain. This is a free, fun and friendly 5km community event. Register at parkrun.com.au if this is your first time (this provides you a scannable copy of your barcode and a race time).



1 pm CRAG Wrap Up

With a family friendly sausage sizzle at the Train Park, West Hobart (Cnr, Warwick St & Hill St). Bring your kids to this family catch up and have a chill whilst the kids go crazy at the park. Catered and vegetarian options available – just turn up!

Night Shift

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CRAG: CELEBRATING RESILIENCE AND GRIT

**ALL WEEK EVENTS
- CRAG WEEK FESTIVAL -**

Secret Raffle

**Donated treats and prizes from local
businesses – everyone's a winner!**

Daily Lucky Dip!



CRAG: CELEBRATING RESILIENCE AND GRIT

RHH ED PHOTO DAY! - CRAG WEEK FESTIVAL -

**MONDAY 20th MAY
3PM in front of the ED**

The whole of RHH ED group photo will be occurring again this year
on Monday 20th May at 3PM.

This will be a special one because it will *really* be the last one on
the RAMP as the rebuild progresses.

Any questions can be directed to Jen Macqueen



CRAG: CELEBRATING RESILIENCE AND GRIT

Dear Local Business,

We are holding CRAG week at the Royal Hobart Hospital in the Emergency Department from the 19th to 25th of May 2024.

What does CRAG mean... **‘Celebrating Resilience and Grit’**

The Australasian College for Emergency Medicine hosts Wellness Week to encourage all ED staff to find opportunities to connect with each other, nurture and prioritize their wellbeing.

It is the perfect opportunity for us to focus on wellbeing and recognize the hard work of all our emergency health care staff.

To facilitate staff in focusing on their wellbeing, we kindly request any small donations your business may be able to contribute.

These will be entered into a lucky dip drawn daily for our frontline ED workers during CRAG week.

If you can contribute, or have any messages you would like passed on to the ED staff, please send them directly to Jen Macqueen at jennifer.macqueen@ths.tas.gov.au

Sincerely,

RHH ED Team