Will you **Ride** or **Stride** this week?

This week, there are a range of free activities on offer for staff as part of Ride and Stride Week, including Ride2Work Day (additional detail on the next page), e-bike trials, cycling road safety pop-up events, a cyclists breakfast, smoothie bikes and a sausage sizzle.

Across the week, staff are encouraged to leave the car at home for one day and come either by public transport, walking part of the journey or cycling. Check out the Transport for NSW Trip Planner [here](#).

You can also print out the attached participation table for your department – what day will you Ride and Stride?

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<tr>
<th><strong>Monday</strong></th>
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<th><strong>Wednesday</strong></th>
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<tr>
<td>• Specialized™ electronic pedal-assist bicycle free trials: Corner Darcy Road/Hawkesbury Road, 11am—2pm.</td>
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<td>• Ride2Work Day breakfast for cyclists: The Children’s Hospital at Westmead front entrance, 6:30am—9:30am.</td>
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<td>• Parramatta Police Bike Squad pop-up event: The Children’s Hospital at Westmead front entrance, 7:30am—10:30am.</td>
<td>• Parramatta Light Rail/Transport for NSW pop-event information event: Westmead Hospital front entrance, 9:00am—1:00pm.</td>
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<td>• Bicycle maintenance workshop: The Children’s Hospital at Westmead in the Chinese Gardens, 11am—2pm.</td>
<td>• Queens Road Cycleway official opening: Corner Darcy Road/Hawkesbury Road, 11am—1pm.</td>
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<td>• Bicycle NSW ‘Minimum Passing Distance Challenge’: The Children’s Hospital at Westmead Galleria, 11:00am—2:00pm.</td>
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<td>• Coleman-Grieg Challenge: Parramatta Park, 6:30am—9:00am.</td>
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<td>• Parramatta Light Rail/Transport for NSW pop-event information event: The Children’s Hospital at Westmead Galleria,</td>
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Register for Ride2Work Day!

Ride 2Work Day is on Wednesday, 18 October. You can register here.

From 6.30am, a free breakfast for participants will be on offer out the front of The Children’s Hospital at Westmead along with a visit from the NSW Police Bicycle Force Unit.

Learn more about bicycle maintenance in our workshop at The Children’s Hospital at Westmead Chinese Gardens from 11am-2pm.

On the day, there will be two bike buses running, one on the Parramatta Valley Cycle Way and the other from the North-West T-Way. Read on to find out more about how to get involved!

Thinking of riding your bike to work, but think it is unsafe—or are you unsure of the best routes? Bike buses are the solution on Ride2Work Day.

Led by experienced cyclists, the bike buses will stop at ferry wharves and stations, so you can take your bike on public transport and ride all or part of the way to work. Then enjoy a free breakfast at the front of the hospital.

So on Ride2Work Day, Wednesday 18 October, try riding your bike to work. Three bike buses will be running—one using the North-West T-Way (the cycle way from Rouse Hill), and the other two using the Parramatta Valley Cycle Way, one coming from Concord and the other from Meadowbank. All routes follow dedicated cycleways. These are easy, relatively flat rides. You may be surprised to find it is faster and more enjoyable than driving and parking.

The City of Parramatta’s first on-road, separated cycleway is now open in Westmead, providing a safe connection between Parramatta Park and the T-Way Cycleway. This completes one of the key missing links in the T-Way Cycleway that runs almost completely off-road from Windsor to Parramatta and Eastwards along Parramatta River.

Please express your interest by emailing the CHW Bicycle User Group so pick-up times and points can be determined.
As part of improving connectivity and celebrating the Parramatta River, the City of Parramatta is designing a new world-class pedestrian and cyclist bridge over the Parramatta River at Alfred Street, Rosehill.

Staff, patients and visitors from Westmead are invited to provide feedback and comments on the concept design by Saturday, 28 October. Community support for the project will greatly assist the council in finding potential funding partners for its construction. This project will unlock pedestrian and cycling movements in the area, link precincts and reflect the city’s vision to be Sydney’s central city: sustainable, liveable and productive.

The following pop-up consultations are available to provide face-to-face feedback:

- **Sunday, 15 October 2017, 9am to 2pm**
  - Spring Cycle, Cathy Freeman Park, Sydney Olympic Park

- **Saturday, 21 October 2017, 9am to 2pm**
  - Corner of Alfred Street and River Road West, Parramatta

- **Sunday, 22 October 2017, 7am to midday**
  - River Foreshore Path between Pemberton Street and Morton Street, Parramatta.

To find out more information, visit the City of Parramatta cycling webpage at: [https://www.cityofparramatta.nsw.gov.au/cycling](https://www.cityofparramatta.nsw.gov.au/cycling) or check out the video here: [https://www.youtube.com/watch?v=U6gpLeV5xF8](https://www.youtube.com/watch?v=U6gpLeV5xF8). Need a reminder? Follow the link here to the Facebook event to keep up to date with the consultation sessions: [http://bit.ly/2gA7CZ3](http://bit.ly/2gA7CZ3)

**REMINDER: PechaKucha-style exploration**

Staff from across the Westmead precinct are invited to attend an event to hear speakers discussing a range of topics using a PechaKucha presentation style. Topics will be announced soon on our website at: [http://bit.ly/WestmeadArtsCulture](http://bit.ly/WestmeadArtsCulture).

- **Date:** Thursday, 19 October 2017
- **Time:** 6:00pm — 7:30pm
- **Venue:** The huddle, Westmead Education and Conference Centre (WECC) - level 1

For more information and to RSVP, please email us at WSLHD-WestmeadProject@health.nsw.gov.au or call 1800 990 296.
More than 100 Westmead precinct stakeholders and leading international experts in creative urban design came together earlier this month to discuss the development of a master plan for the Westmead precinct.

The contingent attended a two-day master planning workshop in the Westmead Education and Conference Centre (WECC), coming together to share ideas on the urban design and planning of the Westmead health, education and research precinct.

The workshop was an important step in the work already underway by a master planning consortium, led by NSW firm Cox Architecture.

Workshop attendees, including urban planners, architects, members of the education and medical sector and government representatives, were split into work streams, focusing on a range of topics like governance, education, design and sustainability.

Group facilitators encouraged attendees to think about the challenges and opportunities at the precinct and its position as a global health and research leader.

The master plan for the precinct aims to establish Westmead as an innovation district, home to integrated, vibrant communities. The plan will look at infrastructure, transport and housing, as well as opportunities to weave Westmead’s health, research and...
Westmead Hospital’s new-look gastroenterology ward welcomed its first patient last week, following an extensive refurbishment.

The new 16-bed ward is part of the Westmead Redevelopment, the state’s biggest health infrastructure project.

Bella Vista resident Peter Wong was the first patient admitted to the new ward and said it was great to receive treatment in a fresh, modern space.

“It’s beautiful and the room sizes are amazing; it just looks very flash,” he said.

“The staff were quite excited and I can understand their excitement – looking at the reception area and everywhere else, it just doesn’t look like a hospital, it looks very friendly.”

The new ward includes larger treatment and patient rooms, along with a new negative pressure isolation room for immunocompromised and infectious patients.

A new procedure room has also been installed for transnasal endoscopy and FibroScan procedures. Transnasal endoscopies identify upper gastrointestinal bleeding while FibroScans measure liver stiffness for signs of cirrhosis and fatty liver.

Westmead Hospital gastroenterology head Professor Jacob George said the new ward was the first step in a major refurbishment of gastroenterology services at the hospital.

“We’ve really looked at the best way for patients to flow through the ward – from reception to the bedside and bathroom, right through to treatment and discharge areas,” he said.

“The planning process has incorporated extensive feedback from our staff, including the gastroenterology team and staff from general services, infection control, maintenance and orderlies.”

Westmead Hospital general manager Andrew Newton said the refurbishment would enhance the efforts of the hard-working gastroenterology team.

“The new environment is fantastic but the gastro team’s commitment to our patients will make this space truly come alive; I like to think our staff are the mortar for the new bricks,” he said.

“I highly commend our staff for their input in the planning process, as well as their hard work in ensuring today’s relocation ran smoothly.”

The Westmead Redevelopment includes the refurbishment of more than 30 per cent of Westmead Hospital. The project is expected to be completed by 2022.

For more information, visit: www.westmeadproject.health.nsw.gov.au

Carers Week (15-21 October 2017) is a national event celebrating the important role that carers play in our communities.

On Tuesday 17 October between 10:00am and 2:00pm, the Westmead Redevelopment team will join other Western Sydney Local Health District staff in the foyer of Westmead Hospital. An event stand will have information about carer zones in the new central acute services building.

The Westmead Redevelopment team will have artist’s impressions of the carer zones in the central acute services building on display. Consumers have been integral to the planning of these spaces, so come and meet members of the team, who can talk you through what’s planned.

You can also share your experience of being a carer, or cared for, during a My Experience Matters survey. The questions cover important topics, such as involvement in care, kindness and respect. If you have been a patient, carer or family member at Westmead Hospital, we want to know what matters to you.

Precinct Works

- Boom gates at the front of Mons Road are active. Please use your staff pass to swipe in to access staff parking.
- Car parks currently available* for Westmead Hospital staff.
- Areas under construction.
- Traffic condition changes continuing in this location. Please allow extra time coming to and from the precinct.
- Trucks movements occurring in this location for three weeks.
- Stormwater boring works ongoing in this location.
- Disruptions to Labyrinth Way ongoing due to footpath works. Vehicle access will be maintained.
- IPU B6—demolition, floor-grinding and remediation works.
- Extension of Institute Road continuing in this location. Please expect changes.
- WECC level 2 is being refurbished. There will be some disruption and alternative access routes between now and November, 2017.
- Car park P6 is closing each weekend due to works required to complete the multi-storey car park.
- New building access into the Kids Research Institute from October 2017.
- Disruptions to Labrinth Way ongoing due to footpath works. Vehicle access will be maintained.
- Emergency Department.

*Major changes to parking will continue throughout 2017. We will provide information about future changes in the weekly Westmead Redevelopment project update.

URL: www.westmeadproject.health.nsw.gov.au
Contact: 1800 990 296
Email: WSLHD-WestmeadProject@health.nsw.gov.au