Did you **Ride** or **Stride** last week?

A big thank you to those who got involved in last week’s Ride and Stride Week!

There were a lot of exciting activities across the week and we received positive feedback on how we can continue to improve travel links to and from Westmead.

We will have a lot more to say soon about how precinct partners, Roads and Maritime Services, City of Parramatta Council and Transport for NSW are improving infrastructure links to and from Westmead. This includes upgrades to walking and cycling routes, as well as bus and trains networks to the precinct.

Did you get involved last week? If so, we want to hear about your experience of coming to work a different way, including what works well, and what needs improvement. Contact the project office on 1800 990 296 or email us at: WSLHD-WestmeadProject@health.nsw.gov.au

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E-Bikes at Westmead

A special(ized) thanks to the boys from Specialized and Velocipede Parramatta and a ‘worm’ welcome to the folks from Glow Worm who came out last week to offer free electronic pedal-assist bike trials and bike tune-ups!

Staff were excited to try out the new pedal-assist bikes, which provide a comfortable, motor-assisted ride for users.

If you’re considering another option for coming to and from work, why not check out an e-bike? For more information, check out these links:


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The Children’s Hospital at Westmead staff member Megan Shaw tries out the Glow Worm cycle with kids in tow.
Ride2Work Day

A great turn-out from staff last Wednesday for the Ride2Work Day festivities!

There was a strong contingent of cyclists who rode in for the complimentary breakfast at the front of The Children’s Hospital at Westmead, including those who participated in the bike buses led by representatives from The Children’s Hospital Bicycle User Group (BUG).

We’d also like to thank Parramatta Police Local Area Command and Cycling By The River for making the day a huge success!

Photos continue on the next page of bicycle classes.
Bicycle Maintenance Classes

Queens Road Cycleway official opening

Last Thursday, City of Parramatta Council officially opened the new Queens Road Cycleway.

Free snag sandwiches and bike blended smoothies were plentiful for everyone who came by to celebrate the opening, with people excited to blend up their own smoothie ingredients on the bikes.

A bike mechanic was also on-hand to provide free tune-ups and maintenance advice for anyone who came by with their bike.

The 300-metre section of cycleway along Queens Road completes one of the key missing links in the T-Way Cycleway that runs almost completely off-road from Windsor to Parramatta.

The council-funded Queens Road project included road resurfacing and was completed with no loss of street parking for motorists.

If you’d like to find out more about cycleway plans for Parramatta, check out the website here: [http://bit.ly/2yVB3zN](http://bit.ly/2yVB3zN)
Representatives from Parramatta Light Rail and Transport for NSW came out to Westmead during Ride and Stride week to speak to patients, visitors and staff about what’s coming up in 2018.

Parramatta Light Rail’s Environmental Impact Statement (EIS) is now on public exhibition. Check out the website to learn more: www.parramattalightrail.nsw.gov.au/

Transport for NSW promoted the new 2018 bus and train timetable information which will change from Sunday, 26 November. To find out more information and to plan your trip, visit: https://transportnsw.info/moving-forward

IPU B6 Bed Measuring

Last week, a site visit in Westmead Hospital’s IPU B6 took place. Beds were wheeled into the space so that nursing unit managers and the construction team could cross-check floor plans.

Left to right: Ivan Tchernakashnev (Westmead Redevelopment), nursing unit managers Pauline Underwood, Jill Waring and Sharron Eather, and FDC’s Pierre Taouk and Rabbie Morkos.
Year 11 students from Holroyd High School visited Westmead Hospital last week to look into their future work and study options. Students heard an overview of the Westmead Redevelopment from project co-ordinator Caitlin Hazell.

“As a younger member of the Westmead Redevelopment’s project team, I have had an amazing experience on the project and I feel like the group responded to another young person’s insights,” said Caitlin.

“There are many career options to explore in the field of health—from healthcare service planning and clinical roles, to construction and engineering roles, and many more paths.”

We’d like to thank Westmead Hospital’s Desiree Leone, senior multicultural health planning and project officer, who co-ordinates and supports the high school visits.
With input received from staff and students, the design of the new Westmead Hospital Library is set to be finalised in the coming days.

The library is being upgraded by the University of Sydney, in partnership with the Western Sydney Local Health District, as part of the Westmead Redevelopment project.

It will be upgraded to a highly engaging teaching and learning environment, and will offer technology-enhanced individual and group study spaces, purpose-built rooms for student and medical staff examinations, and facilities for education, training and research activities.

In preparation for refurbishment, many pre-loved texts need a new home. Drop by the library on level 2 in the Westmead Education and Conference Centre (WECC) to pick up a book for $1, or fill a bag for $5.

The library will temporarily close its doors from 1pm on Friday, 10 November, 2017. From this date, students and staff participating in education, training and research activities are encouraged to use WECC level 1, which has recently been upgraded to offer contemporary teaching and learning spaces.

If you have any questions, please contact Westmead Hospital library manager Linda Mulheron: Linda.Mulheron@health.nsw.gov.au
The celebrations continue

Westmead Hospital’s new gastroenterology ward, refurbished through the Westmead Redevelopment, welcomed its first gastroenterology day centre patient on 12 October.

Epping resident Chee Sum Wong spoke to us.


A cake-cutting event on 18 October marked the first week since opening and thanked the gastroenterology staff for their hard work during the planning, construction and commissioning process.


Staff from Westmead Hospital’s gastroenterology ward and the Westmead Redevelopment project team

Above (left to right): Andrew Newton (general manager, Westmead Hospital), Professor Jacob George (gastroenterology head), Leena Singh (A/executive director finance executive director, strategic business development & commercial services ).

Right (left to right): Westmead Hospital clinical nurse specialist Anjla Devi with first outpatient Chee Sum Wong, director of nursing Kate Hackett and gastroenterology head Professor Jacob George.
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 park P6 is closing each weekend due to works required to complete the multi-storey car park.

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.

IPU B6—demolition, floor-grinding and remediation works.

Stormwater boring works ongoing in this location.

Trucks movements occurring in this location for two weeks.

Disruptions to Labrinth Way ongoing due to footpath works. Vehicle access will be maintained.

Traffic condition changes continuing in this location. Please allow extra time coming to and from the precinct.

Traffic conditions have changed in this location. Periodic truck movements will take place until 2019.

Disruptions to Labrinth Way ongoing due to footpath works. Vehicle access will be maintained.

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