



Dear Student,

Welcome to the Department of Rural Health Student Placement Program.

To help you find out about your placement area attached is a list of websites you can visit to find out about the township and the people you will be visiting. Should you require more information about your placement area google is another tool you can use.

Also attached is a document "Keeping Safe" which gives you some common sense information to follow whilst on your placement.

For those of you staying in Broken Hill, Menindee or Wilcannia you will find a list with the addresses and phone numbers to your accommodation.

We hope you enjoy your visit to Broken Hill and surrounds and wish you safe travel. Should you need to contact us you can find our contact details below.

Yours sincerely,



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## Keeping Safe

When on a rural placement, it is important to consider your personal safety, just as you would anywhere. Use the tips below as a starting point to consider other issues that may arise.

- ◆ Make an informal risk assessment for yourself, considering issues such as transport, accommodation (including the availability of a phone) and supervision.
- ◆ Don't walk around the town or community by yourself at night in unlit or isolated areas.
- ◆ Ask a local mentor about the places that should be avoided in the community for cultural or safety reasons.
- ◆ Observe local customs in terms of culturally-appropriate dress.
- ◆ Lock up your accommodation at night or when you aren't there during the day.
- ◆ Tell someone where you are going and when you expect to be back, even by an SMS to a friend.
- ◆ Ensure that you have the appropriate driving skills if driving over unsealed roads and tell someone if you do not feel confident.
- ◆ When beginning your placement, ask about safety procedures, personal alarms and location of a safe room or location in the event of an aggressive patient.
- ◆ Do not approach or confront an aggressive patient or community member, but ensure your safety first and follow the advice of your supervisors.
- ◆ Do not get involved or take sides in personal disputes between community members.

## **HEALTH SERVICE AND ACCOMMODATION CONTACT DETAILS**

**Keys to accommodation** – are available from the Health Service:  
Broken Hill Health Service – Thomas St Broken Hill 2880 ph 08 8080 1333  
Menindee Health Service – Perry St Menindee 2879 ph 08 8091 4209  
Wilcannia Health Service – Ross St Wilcannia 2836 ph 08 8083 8777

### **1. BROKEN HILL:**

#### **359 Bromide St Broken Hill NSW 2880**

##### **Bottom House – Units 1-7**

- Ph 08 8087 0183 - Local calls (free) and received calls only
- Paid calls – local and STD via blue phone

##### **Top House – Units 8-11**

- Ph 08 8087 0043 - Local calls (free) and received calls only
- Paid calls – local and STD via blue phone

##### **Side House – Units 11-17**

Phone to be installed

#### **334 Chloride St Broken Hill NSW 2880**

Ph 08 8088 1343

- Local calls (free) and received calls only

#### **Internet access:**

There are computers in rooms in Top House and Side House

Access is obtained using a generic access which will be given to you at Orientation.

USyd Faculty of Medicine students can log in using their USyd log on and password

24hr internet access is available from the UDRH computer lab at Corrindah Court

### **2. MENINDEE:**

#### **11 Candilla St Menindee NSW 2879**

##### **1 x 2 bedroom unit**

Ph 08 8091 14200

- Local calls (free) and received calls only

#### **Internet access:**

There are computers in the accommodation.

No log ons are required. This is a satellite service

### **3. WILCANNIA:**

#### **Ross St**

##### **Unit 1 (road)**

Ph 08 8091 5477

**Unit 2 (river)**

Ph 08 8091 5470

- Both units - local calls (free) and received calls only

**Internet access:**

There are computers in the accommodation.

USyd Faculty of Medicine students can log in using their USyd log on and password.

*All other students require a generic log on. Please ensure this happens prior to leaving for Wilcannia.*

- **PLEASE NOTE THAT AT ALL SITES THERE IS LIMITED DOWNLOAD SO ONLY DOWNLOAD ESSENTIAL MATERIAL**

**CLEANING**

Please make sure your unit is left clean and tidy before you leave. If you are not sure what needs to be done, check with Health Service staff

**Finally – ENJOY YOUR STAY**

## A list of helpful websites for students travelling to Rural & Remote Areas

### **Bourke**

<http://www.outbackonline.net/BourkeTourism.htm>

### **Brewarrina**

<http://www.breshire.com/>

### **Wilcannia**

<http://www.centraldarling.nsw.gov.au/about/1000/1012.html>

### **Cobar**

<http://www.visitnsw.com.au/Destination.aspx?DProductID=9001935&gclid=C Omi8avpql4CFQyBhgodAXdtQw>

### **Dareton**

<http://www.visitnsw.com.au/Destination.aspx?DProductID=9002120>

### **Tibooburra**

<http://www.outbacknsw.com.au/tibooburra.htm>

### **Balranald**

<http://www.visitnsw.com.au/Destination.aspx?DProductID=9001344>

### **Ivanhoe**

<http://www.centraldarling.nsw.gov.au/about/1000/1006.html>