

SASMOA

The South Australian
Salaried Medical Officers Association



MEMBER UPDATE

HAVE A FREE COFFEE (OR TEA) ON US THIS FRIDAY

Issued: Monday 1 June 2020

#CrazySock4Docs Day is this Friday, 5 June.

This year it's really the official start of **#CrazySock4Docs Month** – a month where there will be a whole range of activities, including a series of online videos from doctors and others promoting awareness of doctors' mental health, culminating in a webinar on Friday June 26.

At SASMOA, we know that mental health is more than the absence of mental illness – positive mental health also involves feeling good and functioning well.

Our Members know the factors involved in achieving this range from big things to little things.

SASMOA is committed to achieving working conditions that will enable our Members to have the best chance possible to feel good and function well. To have genuine time away from work to achieve balance, manage stress and do the things you enjoy. To exercise, sleep and eat well. To have a work environment with realistic expectations and where you can enjoy a sense of accomplishment.

We are also committed to improving your facilities at work, and are launching a project to improve the TMO lounges across our major hospitals.

This #CrazySock4Docs Day we also want to bring you a little thing you might enjoy – a coffee, tea or hot chocolate on us.

The cafes listed below will be providing free hot drinks for SASMOA Members, courtesy of SASMOA, this Friday, June 5.

Keep an eye out for the **FREE COFFEE HERE** poster like the one on the next page, show them your crazy socks, and mention the secret password ... which is "SASMOA".

And enjoy a free coffee (or tea or hot chocolate) on us.

PARTICIPATING CAFES WILL INCLUDE:

- RAH – Agency Café
- Queen Elizabeth - Fresh+ Café *and* Little Miss West Café
- Women's & Children's - Good Samaritan in the Cathedral Hotel
- Lyell McEwin - Fresh+ Café
- Modbury - FTM
- FMC - Theo Coffee Lounge *and* Taylor & Holmes Café
- Noarlunga - Theo's Cantina
- Victor Harbor – Boulevard Café on the Lake

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- Mt Gambier Hospital - Mt Gambier Hospital Kiosk
- SA Health – CBD – Caffè L'Incontro (Adelaide Arcade)

As a Principal Partner of #CrazySock4Docs 2020, SASMOA is also assisting the Breakthrough Mental Health Research Foundation with fundraising for some specific mental health research.

You can check that all out here (<https://crazysocks4docs.raisely.com>) – and may want to purchase a pair of official “Crazy Socks”. If not, just wear your own crazy socks on Friday, and take a moment to consider your own mental wellbeing.

And, as always, please approach your SASMOA representative if you have a work issue – we are here to help you and will be at all major hospitals on Friday.

ENDS

#CRAZY SOCKS 4 DOCS
JUNE 2020

Normalising the mental health conversation and raising awareness of mental health of all doctors.

SUPPORTING **BREAK THROUGH**
mental health research foundation

FREE COFFEE HERE
Friday 5 June

For all SASMOA doctors wearing crazy socks & who know the password!

To raise awareness & money for mental health research visit:
crazysocks4docs.raisely.com

SOUTH AUSTRALIAN SALARIED MEDICAL OFFICERS ASSOCIATION (SASMOA)
Principal Partner of #CrazySocks4Docs 2020
Working for doctors' wellbeing