



GOOD NEWS

*To keep Tasmanians out of Hospital
& enjoying a healthy life at home.*

Issue 01 | September, 2025

CELEBRATING OUR NEW HQ: A FRESH CHAPTER

Salveo Healthcare has been busy improving our services and launching new programs to help Tasmanians stay healthy and out of hospital. A big highlight this year was the opening of our new, modern head office in Launceston in April, which also marked our 8th anniversary as a company.

To celebrate, our staff came together to explore the new office, learn about its features and mark our 8th anniversary. Later we had ribbon and cake cutting, and speeches from guests including Bridget Archer MP, Senator Helen Polley, St Lukes CEO Paul Lupo, and our own Chair, Chris Dockray and CEO, Darren Mathewson. Media outlets such as 7 News, WIN News, ABC Radio News, and The Examiner covered the celebration.

This new head office is worth celebrating. It's in the St Lukes' Launceston building, one of the most environmentally friendly office buildings in Tasmania. The structure uses timber, which cuts down carbon pollution and helps clean the air, compared to a traditional structure. It has a 40% lower carbon footprint and removes 7,665 tonnes of carbon from the environment. The ground floor is designed to connect the community and features a wellness hub, a café,



Photo credit: Paul Scambler

and an indoor playground for children. There's an easy walkway through it linking Cimitiere Street to the city centre. The building is also designed to be reused at the end of its life, adding to its sustainability.

Recently, this building won the 2025 Tasmanian Architecture Award for Commercial Architecture and received a special recognition for Sustainable Architecture.

Our new office also includes a treatment room to support Hospital in the Home-like services, making it easier for us to offer preventative healthcare to our community.

To learn more about events and activities at St Lukes' wellness hubs in Launceston and Hobart, visit their website. •

HUMANS OF SALVEO HEALTHCARE



**Tom Bones, 73,
Consumer
Representative**
(Clinical Governance
Committee)

Advanced
Preventative
Care Program client

Tom Bones is a proud Tasmanian and Aussie from the Huon Valley, now enjoying life by the Derwent River. At 73, Tom believes in strong family and friendship ties, giving back to the community, and staying active every day. He manages stress by walking, working on projects, and keeping a positive outlook. Tom values a balanced diet, regular health checks, and loves helping others—he's known for saying, "If I can save you a dollar, I will!"



**Casey,
Nurse Care Manager**

We're proud to feature Casey, a dedicated Advanced Preventative Care Program nurse who has been on our team

for four years. Casey finds deep meaning in building connections with clients and making a positive impact on their lives. Receiving heartfelt feedback from long-term clients has been a highlight of Casey's career.

Outside of work, Casey enjoys exploring new places with family in their caravan. Casey's health tip: make time to laugh and chat with friends—it's nourishing for the soul and supports overall wellbeing.

CEO UPDATE



Spring is here, and we have lots of good news to share. We are working on a new Chronic Disease Management Program to help individuals reset and regain control of their health. Our Advanced Preventative Care Program and St Lukes Private Postnatal Service are still supporting many clients. We have launched the [Falls Prevention Program](#) for people in the North West. This program is free, thanks to funding from the Tasmanian Government - referrals are open now. We will continue to look at new ways to support people to live well, age well and be well.

Behind the scenes, our team is working to get our treatment room licensed as a Day Hospital so we can provide more programs and services across the community. This will let us offer even more care to our clients. Another major focus is our Best Practice Project which supports our commitment to getting better at what we do every day.

We welcome Tom Bones to our Clinical Governance Committee, and thank our new Consumer Advisory Council members.

We're now on Instagram ([@salveo.healthcare](#)) – follow us there and on Facebook for updates.

Darren Mathewson
Chief Executive Office



DID YOU KNOW?

Are you getting enough Vitamin D?

Up to two thirds of Tasmanians may be vitamin D deficient in winter and spring — just 10-30 minutes of sun exposure a few times weekly helps boost mood and bone health.



WORKING TOGETHER TO STOP INFECTIONS

Stopping the spread of germs is something we can all help with. Infection control means doing small things every day to keep ourselves and others safe.

Washing hands, wearing masks, and cleaning surfaces are easy ways to stop germs. These actions help protect our clients, families, and co-workers. When we all do our part, we make a big difference.

At Salveo Healthcare, we believe infection control is about caring. It shows we respect each other and want everyone to stay healthy. It's not just a rule—it's a way to look after each other.

When we follow infection control steps, we see fewer people getting sick. Teams work better, and everyone feels safer. It helps us build trust and stay strong together.

Let's thank the everyday heroes—the ones who clean, remind others to wash hands, and speak up when something isn't right. Their actions help keep everyone well.

Together, we're not just fighting germs. We're building a caring and safe place for all. •

PARTNERING WITH OUR COMMUNITY:

LAUNCHING THE CONSUMER ADVISORY COUNCIL

We advertised for a Clinical Governance Committee Consumer Representative and were impressed to receive many applications. This inspired us to start the Salveo Healthcare Consumer Advisory Council. We want to work closely with our clients to make our services better, and hearing your voices is important to us. Our new Consumer Advisory Council members have just joined, and we are excited to have their help in guiding our projects and programs. By working together, we aim to keep Tasmanians healthy, out of hospital, and make sure our services meet everyone's needs.



Photo credit: Eat Well Tasmania

BRASSICA PESTO

Thanks to Eat Well Tasmania – visit eatwelltas.org.au for more seasonal foods and recipes.

In spring we are blessed with seasonal greens. This recipe from our friends at Eat Well Tasmania helps you get a good serve of greens with some spring freshness and it's quick to make too.

Prep time: 10 mins.

Ingredients

125g small Brussel sprouts, roughly chopped	100g ground almonds
100g kale leaves, roughly chopped	100g toasted pine nuts
4 cloves of garlic	Juice from 2 lemons
1 bunch of coriander (stalks and leaves)	180ml extra virgin olive oil + extra for drizzling
	1 teaspoon of dried chilli flakes
	Salt & pepper to season

Method

Step 1 Add all the ingredients to a food processor or blender, blend to combine everything until smooth.

Step 2 Season with salt and pepper, drizzle with olive oil and extra chilli flakes to serve.

Pair with flat bread or carrot sticks. Store In the fridge for 3 – 4 days.

Have feedback?

Fill in the Feedback Form at salveohealth.com.au, email general@salveohealth.com.au or call 1300 313 375

Proudly accredited with

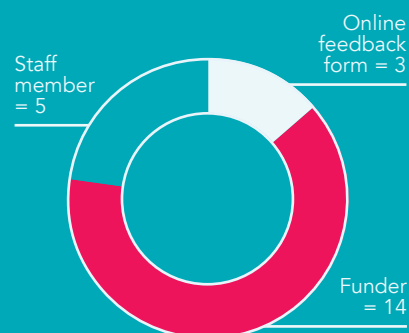


DID YOU KNOW?

Our midwifery team delivers the St Lukes Private Postnatal Service. They've found that popular current baby names include Zoe, Florence, Lily, Henry, Oliver, Darcy, Pippa, Beatrix, and Sophia.

CONSUMER CARE DASHBOARD

Feedback received via



Total = 22
(Time period: April – July 2025)

Advanced Preventative Care Program

98.4%

Clients with better understanding of health condition

9.1/10

Client satisfaction

n=255

