

**Peter Hamilton**

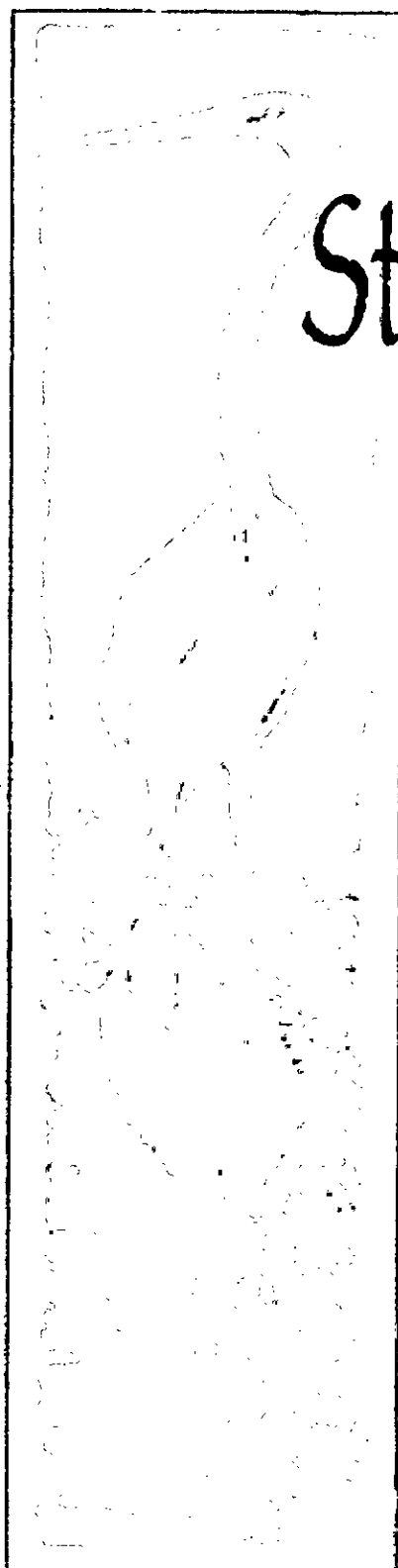
**From:** "Kenneth McLeod" <kmcleod@bigpond.net.au>  
**To:** "Kenneth McLeod" <kmcleod@bigpond.net.au>  
**Sent:** Monday, 31 March 2003 7:42 AM  
**Subject:** Stillness in Action - May 23-28

Dear friend, Attached is an email flyer about the next Stillness in Action retreat, 23-28 May, Ballina NSW.

This information has also been sent to you as a plain text email and is available in a PDF file for printing.

Warmest regards, Ken McLeod

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## Open your heart • Change the world

*A gentle and supportive way to learn how to discover what really matters.*

*Christine Dann, NZ Greens.*

# Stillness in Action

These troubled times call us to a new commitment to our common humanity and to our place in the web of life. They demand calmness, clarity and compassion.

Stillness in Action retreats give both an inner and outer focus to your deepest sense of purpose. You will find your authentic way of being in and for the world.

In silence, wisdom arises. Your mornings will be spent in silent meditation, the ancient path to understanding your essential nature through calm awareness of 'here and now'.

The afternoons of the retreat are rich with image-making, movement, music, claywork and connection. This work expands your awareness of who you are and what you bring to the world.

Over the five days of the retreat we weave together new and ancient teachings from Buddhism, 'new' sciences, the arts, deep ecology, indigenous earth wisdom and social action. Together we discover a strong story of the self and our place in the world. A story with the power to transform.

The three retreat leaders bring a wealth of experience in meditation, creativity, social change and community. Bobbi Allan is a long-time Buddhist practitioner and teacher, Ken McLeod a creative change strategist and facilitator, and Simon Clough a social change activist and community builder.

Accommodation is mainly dormitory style or camping. The option of a private room may be available at additional cost. Please ask. Delicious vegetarian food is served and special dietary needs can be catered for if advised in advance.

Retreat participants set their own fee in the range \$200-\$400, depending on income. This covers accommodation, meals and workshop materials. The facilitators follow the Buddhist tradition of Dana which means the teachings are given freely and the work is supported through the generosity of participants.

**Bookings can be made by calling 02 6687 1789 or by email to: [info@icef.info](mailto:info@icef.info). A \$50 deposit or payment in full is required.**

## May 23-28 • Angels Beach • Ballina NSW

*The five days gave me the skills to stop and reflect on the profound changes occurring in the world and within myself. The workshop sets the stage for a new roadmap to personal and social sustainability and sanity. Highly recommended!*

*Gilbert Rocherousse, public space designer.*

General Comments/Action by

Expected Outcomes

## CRITERION 1.4.1

*The plan is developed in consultation with the patient / consumer and carer and addresses the relevant clinical, social, emotional and spiritual needs of the patient / consumer.*

Evidence of Achievements & Improvements for the Criterion

Rating: MA

Nursing care assessments include clinical, social and emotional components.

Patient/relative accommodation facilitates

DOSA

Discharge planning for patients with transport difficulties.

Clinical pathways are operational for

- AAA Myocardial infarction
- Total joint replacements in patient Renal patients
- Elective surgical patients before or day of admission.
- Vaginal delivery
- Lower segment caesarean section
- Neonates <2500 grams
- Neonates >2500 grams
- Arterial/venous Fistula
- Tenckhoff catheter
- Hysterectomy

• Hysterectomy pathway developed by Women's Care Unit on Australian Centre for Health Innovation (ARCHI) website as a Best Practice model.

• Plan of care for cancer patient's transition to palliative care developed in conjunction with patient and carer(s).

• Birth Plan are developed in the antenatal period in consultation with a Midwife

• The PHCP care plan is developed after completing the disease specific comprehensive assessment tool for each patient. This incorporates their clinical, social, emotional and spiritual needs, and is performed in consultation with the patients and their carers. The patient and their GP signs off on this care plan, and they receive a copy. Quality of Life tools, carer satisfaction, health locus of control, as well as specific clinical assessment tools are

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**From:** "Kenneth McLeod" <kmcleod@bigpond.net.au>  
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**Sent:** Monday, 31 March 2003 7:55 AM  
**Subject:** Plain text - Stillness in Action - May 23-28

# Stillness in Action

Five-day residential retreat

May 23-28 € Angels Beach € Ballina NSW

**Open your heart € Change the world**

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 Christine Dann, NZ Greens*

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Bookings can be made by calling 02 6687 1789 or by email to: [info@icef.info](mailto:info@icef.info). A \$50 deposit or payment in full is required. Please mail to: Stillness in Action, PO Box 119, Bangalow NSW 2479. Cheques made payable to 'InterHelp'.

The next retreat: May 23-28 € Angels Beach € Ballina NSW

Other retreats will be in August and October.

*"The five days gave me the skills to stop and reflect on the profound changes occurring in the world and within myself. The workshop sets the stage for a new roadmap to personal and social sustainability and sanity. Highly recommended!" Gilbert Rochecouste, public space designer.*

Kenneth McLeod

[ken@iCEF.info](mailto:ken@iCEF.info)

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AUSTRALIA