

SHOALHAVEN PROFESSIONAL BUSINESS ASSOCIATION INC

Breakfast Meeting

10 August 2018

Meeting opened 7.30am

1. Welcome and Introductions

Acknowledgement to Country

Dignitaries:

Councillor Nina Cheyne

New members:

Henry Hoskins, Erwin Wray – Cardno Engineers

Guests:

Jake Sherry – referred from GHD

Benz Merchan – referred from GHD

Kathy Heycox – KDH Bookkeeping

Rev Matt Wilson – Uniting Church Nowra

Nicole Moore, CEO Habitat

Ruth Hartman, Speech Pathologist

Tony Dyer, UOW

Sonja Hammond - OLG

2. Apologies

Bohdan Brumerskyj, The Professionals Real Estate

Louise Winkler, Specsavers

Councillor Joanna Gash

Ann Sudmalis MP, Federal Member for Gilmore

Robbie Collins, UOW Shoalhaven

Jaimie McAinsh, The Marketing Clan

Graham Stokes, MI Engineers

Colin Irwin, I Architects

3. Events / projects

3.1 Shoalhaven Young Professionals

SYP are hosting a **bi monthly breakfast** - which is for networking, meeting new people over a delicious breakfast.

Date: Thursday 14 September

At: The Hopper Society Kinghorne Street Nowra

Time: 7.00am-8.15am

Cost: You buy your own breakfast

It is helpful if you book in - to book please email: amber@aej.com.au

3.2 Social Event

Spring into Art - An Art Gathering with SYP and SPBA members

Network among great local artwork; listening to the wonderful sounds of the Shoalhaven Strings and Shoalhaven Youth Orchestra (a quartet) and enjoy very delicious finger food and a refreshing drink.

Date: Thursday 21 September 2017

At: Shoalhaven Regional Gallery

Time: 5.30pm-7.30pm

3.3 *Young Professional Mentor Program*

2017 Program is completed with Graduation for 15 mentorees held 7 July 2017

\$2600 donation made to Shoalhaven Education Fund

New program to be launched in Nov 2017 and will start early 2018

3.4 *Compass and Compass + Executive Leadership Program*

This is an SPBA newly created program which created professional development and is quite challenging. SPBA is lucky to have different professionals share their processes and expertise in different areas (1 guest leader each month)

3.5 *SPBA 2017 Christmas Party*

to be held at UOW Shoalhaven campus on 30 November 2017

3.6 *AGM*

October meeting will be SPBA AGM

4. **General Business**

4.1 *Membership*

Sub-committee of Brad Moore, Graham Stokes and Sue Schofield oversaw changes to membership categories and fees. Members will be invoiced.

- *Full membership*

Large Business > 2 qualified professionals	\$500 per annum
Small Business <2 qualified professionals	\$250 per annum

- *Associate membership*

Large business >2 qualified professionals	\$450 per annum
Small business <2 qualified professionals	\$225

- *Individual Membership* \$75 per annum

4.2 *Shoalhaven Business Awards*

Best wishes to SPBA members who are finalists of the Shoalhaven Business Awards and include:

- Clifton accountants
- NowChem
- RMB Lawyers
- Quest Nowra
- The Marketing Can
- Carter Ferguson Solicitors
- Tim Corbett from Stormtech

4.3 *Other General Business*

Lynette Kearney on behalf of the Shoalhaven education fund thanked SPBA for the kind donations over the years. SEF are having a Nowra Players production fundraiser on 19 August.

5. Business Cameo

Darren Austin, Director, Walsh and Monaghan, Valuers

Leading property valuers on the NSW South Coast and the largest regional valuer in NSW, combining innovation and flexibility with a lifetime of knowledge; use cutting-edge technology alongside long-standing tradition.

Walsh & Monaghan Pty Ltd was first established in 1923 by local residents, Ulrich Walsh and Stan Monaghan. It started as a real estate and property valuing agency, located in Nowra.

The business quickly became a highly regarded in the region's property market, and further afield, with a second office opening in Wollongong during the property boom of the 1980s.

In 1992, the real estate sales and leasing component of Walsh & Monaghan was sold, allowing the company to focus exclusively on property valuations, as well as developing more specialised consultancy roles for government bodies, public organisations and in property-related court proceedings.

Today, Walsh & Monaghan has 14 F/T registered valuers and is the valuer for multinational companies including Integral Energy, Alinta Limited and Stockland — as well as local government organisations in the Shoalhaven, Shellharbour and Kiama. The company also manages large contracts for several public departments, including the Australian Defence Force, Department of Lands, DoCS and the NSW Valuer General.

6. Guest speaker / discussion

Mental health in the workplace

- Introduction and video
- Mind the Gap – initiative of UOW;
- Glenn Williams (Mind the Gap project manager) – Expected completion of building March 2018 and sited on UOW Shoalhaven campus grounds
10 year investment – community driven with outcomes for community – multi-disciplinary approach including UOS Schools of Medicine, Nursing, Psychology and Social work
Small advisory group identified some gaps already and developing plans to bridge these.
Lifeline will have a physical presence in the building – Lifeline research – Noahs
Mind the Gap brings healthcare professionals, researchers and frontline support services together – 4 disciplines in partnership with community
The Shoalhaven was chosen as it has a higher burden of mental health than average for regional, state and national levels; and uptake rates for allied health services is actually lower than other regional areas.
Research focus will be suicide prevention, traumatic stress responses and community resilience – trauma recovery
- Renee McGuinn (Edmiston Jones, Architects) Mind the Gap building is perfectly sited in the bush; positive for mental health and wellbeing
Spaces in and around building dictated by mental health professionals
Front end – public space – waiting room (can sit in the sun; room to be alone)
Created a series of different spaces
Back space – research; different people collaborating; large corridor for people to sit or pass through. A place for people to connect – main retro spaces look out to the trees, glass walls, couches, terraces, opportunities for people to walk and talk in the bush

7. Next meetings

Committee meeting Thurs 21 Sept 2017

Breakfast meeting Thurs 12 Oct 2017

8. Meeting closed 8.30am