

HEALTH+MEDICAL RESEARCH



# REGU/REGIS Newsletter | Issue 17 | 5 October 2023

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## Mental Health Month - October

**Audience:** Everyone

Mental Health Month is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.



In October, activities and ideas are promoted that can have a positive impact on our daily lives and the lives of others. Below are a few links that you may find useful!

[This Way Up](#) - Here you can find online evidence-based programs to help improve the way you feel

[Mental Health Month - Way Ahead Programs](#) - Here you can access stress less resources, support groups and more

## Mental Health Month - Introduction to Mindfulness Meditation

**Audience:** Research Office

Hello all,

My name is Jackie Nie and you may know me as a Policy Officer within the Research Ethics and Governance Unit at the Ministry of Health. And in my other life, I am an MBSR stage 1 teacher (trained with Brown University Mindfulness Centre), qualified to conduct introductory programs to mindfulness and the MBSR 8-week course. So I thought - why not share and offer my experience in mindfulness practice to my colleagues!

We are having a brief introductory session just for the Research Office staff at **12:00pm on Thursday 12 October 2023**. If you are interested in Mindfulness practices such as sitting practice(meditation), movement(yoga), mindful communication and leadership development type of topics please **RSVP** if you can by emailing me: [Jackie.Nie@health.nsw.gov.au](mailto:Jackie.Nie@health.nsw.gov.au), so I know whether it's something of interest to you & how many will show up online.







**Audience:** Research Office

Thank you to those who attended our last Ethics and Governance Roundtable for 2023.

It was great to see the variety of presentations and from feedback received on the day and via the post-roundtable survey, we know that the LHD focused (and RGO collaboration) presentations were a hit! We look forward to seeing more presentations from LHDs in future roundtables.

We have received some great feedback from attendees around their enjoyment of the presentations, topics and activities on the day and would love to hear from you if you have not yet completed the post-roundtable survey.

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***Completing this short survey** will help us better structure future roundtables, address topics of interest and understand what has or has not worked.*

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## REGU Fee Policy Q&A



**Audience:** Research Office

The Research Ethics and Governance Unit (REGU), Office for Health and Medical Research (OHMR) recently held an informative webinar on the recently released fee policy for clinical trial research in NSW Health Organisations. This webinar provided a comprehensive overview of the updated policy, explaining the key changes and their implications for researchers and sponsors.

The schedule of fees for research ethics and governance review was discussed with the REGU team guiding attendees through the application of fees for various scenarios, such as amendments, additional sites, and sub-studies.

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*There was a fantastic turnout with over 130 attendees! There was a lot of interest and questions asked which the REGU team have reviewed and put together a [REGU Fee Policy Q&A that you can access by clicking this link!](#)*

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## Project Officer Business Operations Role: OHMR Finance, Infrastructure and Performance Team

**Audience:** Research Office/Researchers



The Office for Health and Medical Research Finance, Infrastructure and Performance Team have re-advertised for a Temporary Project Officer Business Operations role for up to 2 years full time.

If you are interested, the advert and role description can be found here: [Project Officer Business Operations - NSW Health Careers](#).

**Closing Date: 11:59pm Sunday 08 October 2023**

If you have any questions about the role, please contact Darsh Suthar: Tel (02) 9461 7888 | [Darsh.Suthar@health.nsw.gov.au](mailto:Darsh.Suthar@health.nsw.gov.au)

## Senior Project Officer Role: NSW Health Statewide Biobank

**Audience:** Research Office/Researchers



The NSW Biobank is hiring a Senior Project Officer (HSM3) that will support the virtual registry project we are collaborating on. The position is based at the NSW Health Statewide Biobank at Camperdown.

The position advert and role details can be found here: [Senior Project Officer Role - NSW Health Statewide Biobank](#)

**Applications close at midnight on 15 October 2023.**

For role related queries or questions contact Prof Jennifer Byrne on [jennifer.byrne@health.nsw.gov.au](mailto:jennifer.byrne@health.nsw.gov.au)

## Research Office Contribution

SVHN - Nothing this time, looking forward to hearing from SVHN soon!

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*Up next is JHFMHN! We look forward to your contribution for Issue 18 - 17 October 2023*

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## Researcher/Coordinator Contributions

Are you part of a research team that has created some great resources or worked through an issue or teamed up with your Research Office to streamline a process? We know this newsletter is going out far and wide AND we also know YOUR colleagues would love to hear what you've been doing. Feel free to send in a short blurb about what you're up to and we'll sing your success from the rooftops!

## Upcoming events and dates

**Audience:** Research Office/Researcher



### 2023 Events and Dates

**Researcher Training:** The first cycle of Researcher training will be held in **March** with three more cycles scheduled in **May, July and September**. [Register your interest here.](#)

## Previous Versions of REGU/REGIS Newsletter

**Audience:** Research Office/Researcher

All previous version of the fortnightly email are available from the REGIS website: <https://regis.health.nsw.gov.au/news-and-events/regis-office-webinars/>

*REGU/REGIS Newsletter: Inspiring other units within OHMR and LHDs since February 2021*