COOEE!

THE FUTURE OF RURAL HEALTH!



A WORD FROM THE 2021 NRHSN CHAIR

'We remain committed to providing a voice for students who are passionate about improving health outcomes for rural and remote Australians'



Most people cheered on the 1st of January as they put the tumultuous year of 2020 behind by saying goodbye to drought, bushfires, pandemics and state border closures. However, it was also a great moment to reflect on the year and how those adversities shape our new normal.

At the NRHSN, we saw our face-to-face Council Meetings transition online and developed new events to maintain connections, this included our 'Rural Health Supper Series'. Our Rural Health Clubs went from strength to strength from hosting walking, running and cycling competitions to raise money for Indigenous organisations, to having virtual bake-offs and mindfulness sessions. BREAATHHE at the University of Newcastle won the University Clubs and Societies of the Year Award, congratulations!

With 2021 well underway, the Executive Committee has been busy liaising and assisting our 29 Rural Health Clubs, developing position papers, research projects and resources for our members. Check out our <u>Business Plan</u> for more details.

We have also been attending conferences and stakeholder meetings representing students, often as the only student organisation present. As always, we remain committed to providing a voice for students who are passionate about improving health outcomes for rural and remote Australians.

I look forward to seeing what adventures and achievements our members and Rural Health Clubs have this year.

- Jocelyn Ledger (NRHSN Chair)



COOEE!

TABLE OF CONTENTS

04

Meet the Executive

Meet the team that makes up the NRHSN for 2021!

09

Rural Health Club President's Induction

An inaugural event designed to prepare and support our Rural Health Clubs in 2021

10

NRHSN Council 1

Two days of networking, upskilling and Rural Health Club goal setting

15

Nursing and Midwifery Portfolio

Ella Pham, NRHSN's Nursing and Midwifery Officer explains her goals and plans for 2021

17

Rural Health Club Highlights

Take a look at some of the events that our Rural Health Clubs have already run this year!

25

Student Experiences

Take a read of Jean-Baptiste Philibert's John Flynn Placement Program (JFPP) experience in Yuendumu

27

From our Stakeholders

New programs, conferences, scholarships, competitions and other exciting opportunities!

MEET THE EXECUTIVE

Jocelyn Ledger | Chair

chairenrhsn.org.au

Why did you join NRHSN?

In my first week of Medicine, I learned about my Rural Health Club and couldn't wait to get involved! From being a part of BREAATHHE, learning new skills, and making great friends, I wanted the opportunity to give back to other students.

Fun Fact

I live by the motto of 'enthusiasm breeds enthusiasm'.

Katie Shaw | Vice Chair Internal

vcinternalenrhsn.org.au

Why did you join NRHSN?

I was first exposed to NRHSN in 2018 when I set up Macquarie University Rural Health Club (MURHC), the support and advice they offered me was invaluable and this inspired me to do the same for others.

Fun Fact

I am a total water baby, if there's a water sport I can guarantee you I've tried it!

Vice Chair External: JB

vcexternalenrhsn.org.au

Why did you join NRHSN?

After being involved with my local club for the first 2 years of my degree, I wanted to be involved at a national level! I look forward to get to know like-minded people who are passionate about delivering quality healthcare to all.

Fun Fact

The 5th anniversary of my quitting sugar after watching "That Sugar Film" by Damon Gameau is coming up soon and I will celebrating it by not having sugar!

William Wood | Secretary

secretaryenrhsn.org.au

Why did you join NRHSN?

I first joined Warriahs (CSU's Wagga RHC) in my undergraduate degree to connect with other allied health students as this was difficult when studying online. Through being part of Warriahs I realised the larger role that the NRHSN plays, this inspired me to join.

Fun Fact

I first learnt to speak English in primary school. The teacher that taught me was also my reference for medical school applications.

Debra Lee | Social Media Officer

socialmediaenrhsn.org.au

Why did you join NRHSN?

Working as a pharmacist all over Australia in rural areas, I fell in love with rural health! I wanted to be a part of connecting more people with something I love so much.

Fun Fact

Two life mottos I live by: "Fake it til' you make it" and "There is a real magic in enthusiasm. It spells the difference between mediocrity and areatness"

Baneen Alrubayi | Sponsorship & **Publications Officer**

publications enrhsn.org.au

Why did you join NRHSN?

To network, expand my horizons and develop transferable skills to assist me with using my career to improve healthcare access to people from disadvantaged backgrounds

Fun Fact:

My first name means boys in Arabic...

MEET THE EXECUTIVE

Hayley Johns | Allied Health Officer alliedenrhsn.org.au

Why did you join the NRHSN?

To promote and empower a multidisciplinary network of health students to actively engage in rural health experiences across Australia, and to give back to a community that has significantly enriched my undergraduate university experience through educational and social opportunities.

Fun Fact

As a child I would charge my parents \$2 in return for a foot file and massage from my 'shop' - a homemade puppet theatre in my family's living room - and that is well before I even knew what a Podiatrist was. nevertheless, pursuing this as my career!

Nicola Murphy | Community & Advocacy Officer

advocacyenrhsn.org.au

Why did you join NRHSN?

I enjoyed being the Secretary for ROUNDS (UNDS' RHC) in 2020! I have a keen interest in rural health outcomes and student engagement throughout our education!

Fun Fact

I am the proud owner of a Border Collie puppy, who is named after my favourite drink. Her name is Ginny - try and guess what my favourite drink is!

Skylar Alucia | Indigenous Health Officer indigenousofficerenrhsn.org.au

Why did you join NRSHN?

I joined the NRHSN after being a part of SHARP (UOW's RHC), as I was interested in working with clubs across Australia and meeting individuals who are passionate about improving rural and Indigenous health.

Fun fact

I used to fly light airplanes. When I was first learning I accidentally flipped the plane upside down during stall training. Fortunately, the instructor managed to get us out of that (only after we fell 1000 feet). Apparently, I am not allowed to organise transport at NRHSN events...

Madeleine Brown | Medical Officer

medicalenrhsn.org.au

Why did you join NRHSN?

Through my role as RHINO's (JCU's RHC) President, I learnt more about what the NRHSN offers students wishing to pursue a career in rural health. The opportunity to work in this space with a group of passionate people was too good of an opportunity to turn down!

Fun fact

My favourite quote of all time is "Opportunity only dances with those already on the dance floor"

Angela Pham | Nursing and Midwifery Officer

nursingenrhsn.org.au

Why did you join NRHSN?

I believe that regardless of what profession you are in, you should try and 'see more, do more'. I hope to 'see more and do more' by supporting and advocating for all nursing, midwifery and allied health students, interested in rural health during my time in NRHSN.

Fun Fact

My fun fact is that I (unwillingly) can recite all the songs from Cocomelon. If you are close to any human under the age of 4 you probably could too.



JOCELYN LEDGER CHAIR























RURAL HEALTH CLUB PRESIDENT'S INDUCTION

The Inaugural Rural Health Club (RHC) President's Induction was held on the first of February and was a great start to the events calendar. RHC Presidents from across Australia joined via zoom to learn more about the NRHSN, our role in supporting them, events held throughout the year and activities required for funding. This was a great opportunity for them to meet not only each other but also the NRHSN members that they are allocated to and who will be checking in on them throughout the year.

The purpose of this event was to start the year off on the right foot so all incoming presidents, especially those who were new to the RHC community know what we are about, what we offer and the ways in which we can help. It was aimed to put a friendly face to the sometimes-overwhelming title of National Rural Health Student Network.

In breakout rooms with clubs and NRHSN mentors, incoming presidents were able to ask questions, share concerns and have a general chat to establish roles and share exciting plans throughout the year. This was a success for club presidents and NRHSN members alike as both parties were able to come away with a greater understanding and awareness of the other. It built excitement for the upcoming year ahead and created bonds that will allow collaboration, support and encourage rural health promotion and engagement throughout Australia.

It was a pleasure to organise this event and we all look forward to getting to know the rural health club presidents better throughout the year.

- Katie Shaw, NRHSN Vice Chair Internal



A weekend of Networking, Upskilling and Rural Health Planning

NRHSN held Council 1 as a state-based event on the 27th and 28th of February. The focus of Council 1 was to help Rural Health Clubs plan and execute successful events in 2021!

The NRHSN ran engaging and collaborative sessions on how to; create a social media presence, super charge your Rural High School Visits and host engaging online/virtual Indigenous Community Engagement events. Delegates were also able to hear from the inspiring Jamie Newman - the Chief Executive Officer, Orange Aboriginal Medical Service.

The NRHSN hopes that by the end of the weekend delegates left feeling confident and supported in their roles and the direction of their Rural Health Club for 2021!

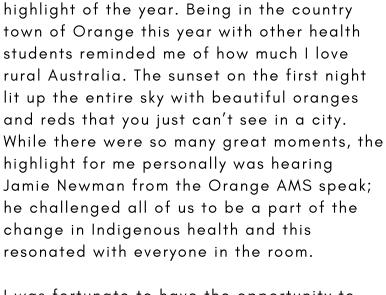
Take a read of some testimonial s from Council One!

'Five states. One weekend. A diverse group of Rural Health Club representatives and NRHSN committee members. NRHSN Council 1 was eventful, informative, and an incredibly gratifying experience! It was so inspirational to network with other like-minded and budding health professionals – the future of rural health! All workshops and group activities encouraged active participation and creativity, whilst also empowering each member to dream big and set goals to achieve our intentions. I am so grateful for this opportunity to represent Allied Health and my area of study, Podiatry... what a toe-tally fantastic weekend!'

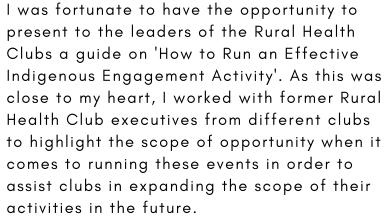
- Hayley Johns, NRHSN Allied Health Officer







'NRHSN Council meetings are always a



There were so many other fantastic experiences at Council; from seeing how my old university's rural health club has grown, to meeting truly inspiring people with character to match. The take home message for me from this Council was how much opportunity you can have to help be a part of empowering rural, remote and Indigenous communities around Australia through your actions with the Rural Health Clubs and the NRHSN, and in healthcare in general.'

- Skylar Alucia, NRHSN Indigenous Officer



'The annual Council 1 meeting is always a highlight of the year for NRHSN committee members and RHC leaders alike. This year, despite the changes to the usual face-to-face format, the event lived up to its expectations and proved to be a highly enjoyable and beneficial experience for all.

Queensland RHC Presidents had the opportunity to meet in the beautiful Gold Coast, and spent the weekend enjoying beautiful weather, delicious food and great conversation about what it means to be a Rural Health Club leader.

As Medical Officer for the NRHSN, I had the opportunity of providing a workshop aimed at making club Presidents feel more confident when it comes to running their club's Rural High School Visit Program. Whilst presenting over Zoom definitely posed it's challenges, the feedback from the leaders within Queensland and other states was that the session was highly informative and enjoyable. The presentation also sparked a great amount of statebased discussion and collaboration, which I look forward to seeing come to fruition throughout the year.'

- Madeleine Brown, NRHSN Medical Officer



'The NRHSN Council 1, which I had the absolute honour and privilege to attend in person, in Orange, was one of those deep-dive, enriching experiences which make "real life" difficult to get back to...

As a Co-Chair, I learnt SO much about the activities, structures and systems which make up our support network, both within and beyond the NRHSN. In addition to learning the roles (and faces!) of the amazing NRHSN committee, the opportunity to bounce ideas back and forth, and learn from the leaders of other Rural Health Clubs, was incredibly inspiring! I felt like I walked away from Council 1 with a much bigger, bolder, more creative toolkit to bring back to my Club. Just as importantly, as a human being, I felt extremely moved and challenged by the strong messages of justice, respect, character, action, and involvement, expressed by the guest speaker Jamie Newman regarding our collective AND personal relationships with Aboriginal and Torres Strait Islander Peoples and health.

Finally, I am thrilled to be able to say that many of the people I met over merely two days, will be sources of lifetime admiration and inspiration. Being able to connect with and befriend like-minded, passionate people was another aspect which elevated this experience to one that has enriched me as a human being just as much as a Rural Health Club member and leader. Thank you NRHSN!'

- Violetta Mucerino, MIRAGE Co-Chair



'NRHSN Council 1 was the perfect opportunity to collaborate with like-minded peers and share our passion for rural health. Meeting the executives from various Rural Health Clubs was an eye-opening experience that showed me creative ways to grow RHUWS (WSU's RHC). A highlight of the Council was the opportunity to listen to Jamie Newman, CEO of Orange Aboriginal Medical Service, talk about leadership and taking on the full potential to effect change as Rural Health Clubs. I look forward to promoting rural health through the awesome events RHUWS have lined up for 2021!'

-Elizabeth Kim, RHUWS Co-President

'Council 1 taught me that collaboration and teamwork are the foundation of any RHC. It is not the role of the President, nor is it expected, that they do everything. The diversity of your team, their unique perspectives, experiences, and ideas are what will make your events, and by extension, your RHC, successful. Promoting openness, discussion, and inclusiveness within your RHC committee and collaborating with other RHCs is the path towards having the greatest impact on the future Rural Healthcare Workforce. As the saying goes, "if you want to go fast, go alone. If you want to go far, go together".

Council 1 has made me more comfortable with delegating tasks to other committee members, shown me how to execute successful RHSVs, and has also inspired me to reach out to other RHCs to collaborate on future events.

The highlight of Council 1 for me was seeing SHARP's idea for a Camping Weekend come to life during a breakout session with the help of other RHC leaders. As a group, we were able to brainstorm the logistics, exciting ideas, and create a feasible plan in a matter of minutes. I am looking forward to executing on everything we discussed later in the year.

I'm grateful to the NRHSN for introducing me to so many interesting and likeminded people. I have been in touch with other attendees since and am looking forward to seeing everyone again at the next Council.'

- Ben Peterson, SHARP President



NURSING AND MIDWIFERY PORTFOLIO

- Angela Pham (NRHSN Nursing and Midwifery Officer)

This year, I have the pleasure of continuing on our former Nursing and Midwifery Officer's (Fiona Fletcher) portfolio – Rural and Remote Midwifery: A Rural Workforce Snapshot 2020. The project was created to provide a point of reference for midwifery students interested in exploring undergraduate and postgraduate rural training opportunities and to have an understanding of the current rural and remote workforce. It will also outline the rural placement and bursaries available for midwifery students that provide experience in rural health Australia.

Here's a look into the aims of this project

- Inspire young rural and remote high school students to pursue midwifery careers
- Highlight areas of rural and remote Australia where midwifery recruitment is of priority
- Inspire metropolitan nursing and midwifery students to pursue areas of maternity and women's health careers in rural and remote Australia
- Share and gain positive and rewarding rural experiences
- Increase midwifery presence in rural and remote Australia
- Support and encourage dual nursing and/or midwifery students interested in rural and remote careers
- Continue to provide a voice for future rural and remote midwifery professionals

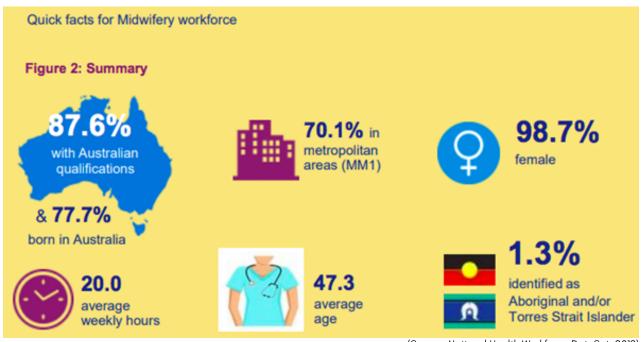


As Fiona did an amazing job in starting and creating this informative project, my plan this year is to continue to uphold the integrity of the work and ensure that the project's aims are conveyed seamlessly. I hope to bring forward the importance of rural and remote midwifery practice to any inspiring and/or current midwives as well as shed light on it for the other allied health professionals.

The project is aimed to be completed by Council 2 which is in June/July this year, allowing me to gather the information on and statistics of what midwifery in Australia 2020 looked like, midwifery study options available in Australia as well as placement and bursary options for midwifery students.

I have been brainstorming my approach and slowly making my way around updating the remaining areas of this portfolio. However, as the academic year has just resumed (and so has placement), I've been a little occupied – catching babies and what not! There's still a lot for me to learn as I navigate the remainder of the project so I am open to any advice or information from anyone so please feel free to send me an email (nursing@nrhsn.org.au), particularly from those who has had experience in rural and/or remote midwifery.

Some quick facts from the Health Workforce Data for Midwifery in 2019, do you think the stats will change for 2020?



(Source: National Health Workforce DataSet, 2019)





Rural Health Club Highlights



SHARP

The Student Health Alliance for Rural Populations **University of Wollongong**

Plastering Workshop-SHARP collaborated with the Wollongong University Medical Students' Society (WUMSS) during their annual "Med Camp" event to assist the commencing 1st-year medical students with their plastering skills.

University professors demonstrated how to plaster and SHARP executives assisted students who needed guidance. Students were highly engaged and enjoyed the plastering workshop!







OUTLOOK

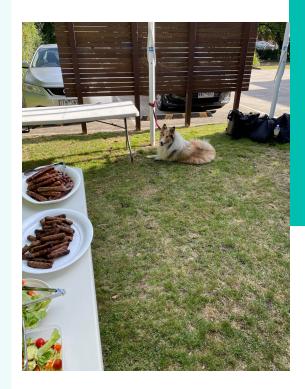
Outlook Rural Health Club University of Melbourne





Barbeque-We

welcomed/welcomed back our Rural Clinical School students with BBQs at our four main sites: Ballarat, Bendigo, Shepparton, and Wangaratta. Students from various year levels got to meet each other, see old friends, and move into their new homes for the year celebrating with a good old BBQ run by our dedicated team! We were also excited to be able to collaborate with WILDFIRE at our Bendigo BBQ.



CROHC

Curtin Rural Outreach Health Club Curtin University

Rural High School Ambassador Program Training Evening -

CROHC and Curtin University in collaboration ran a Rural High School Ambassador Program. This program involved attaching rural medical students to their town/ high school of origin and the students returning to the school to chat about the pathway to studying Medicine at Curtin.

This is a pilot program being run in 2021. This event was a training evening for our 20 volunteers. It consisted of a social, informal dinner to get to know each other followed by a presentation from our Rural Academic Lead in the Medical School. This presentation outlined the expectations of the ambassadors and what the requirements of them would be. The program was founded with the idea being "if they did it then why can't I," aiming to inspire rural students to strive to achieve their full potential. This message was received well by all involved. We are aiming to repeat the session when first years arrive in March.





WAALHIIBE

The student rural health club for allied health students Combined Western Australian Universities

Orientation Days- Our Executive Committee members have been busy attending various O'days! We had stalls at Notre Dame, Murdoch and ECU Joondalup, and did the walking rounds at Curtin.

During our O'days we were able to chat to allied health students and potential students, hand out merch, promote the club and our mission, and educate students about the fantastic opportunities that can arise from going rural! We were also able to promote our first official event of the year – our Allied Health Quiz Night. All days received notable engagement with students, new members, and was all in all a great success!



TROPHIQ

Towards Rural and Outback Health Professionals in Queensland **University of Queensland**

TROHPIQ was glad to meet new and old members at the UQ Medicine expo days and the UQ Market Day! We had a great time chatting with first- and second-year medical students, some of whom have just recently returned from amazing TREES placements across the state. It was great to meet our nursing and allied health members at the UQ Market Day and to showcase our wonderful calendar of events this year! We also held our Welcome Event 'Cocktails in the TROHPIQs', where students were able to party and network to welcome the new year!

The Rural Clinical School networking evening was also a great success, with many questions for our fourth-year members who came along to share their insights and experiences with incoming first year rural background and bonded medical students. The level of enthusiasm for clinical placement and rural experiences was amazing and we can't wait to provide so many opportunities for trips to the UQ Rural Clinical School sites and clinical skills workshops that will put our students in good stead for attending their hands on placements at the end of the year.



BREAATHHE

Bringing Rural Experience and Awareness to Hunter Health Education **University of Newcastle**

In November of last year, the BREAATHHE team actively engaged in the National NAIDOC Week 'Always was, always will be'. We shared our favourite indigenous resources to our members via social media platforms and continue to encourage our involvement with Indigenous health this year, so watch this space!

There was no better way to end 2020 then with a rural high school visit to the Manning Education Centre in Taree, NSW. Twelve of our members presented to students from Wauchope and Taree about the different health degree options available to them and inspired potential future health professionals.

In December, our executive team members Lilly and Lauren met with the Honourable Mark Coulton MP (Minister for Regional Health, Regional Communications and Local Government) on his visit to Callaghan campus, alongside Professor Jennifer May.





BREAATHHE (CONTINUED)

In recognition of our club presence at UON, BREAATHHE was recognised as the 2020 UON Club of the Year for contribution to the University of Newcastle student experience and beyond!

Despite the year's limitations, our club managed to continue to host our annual events, adapting to online methods of student engagement, and still able to run or engage with over 30 different events.

A new year at BREAATHHE welcomes a brand-new team of budding health professionals; Future doctors, nurses, midwives, speech pathologists, physiotherapists and a podiatry student for good measure! We hope that you enjoy following our events and achievements with us this year.

Orientation Week 2021 was a great success; All members worked to promote all the educational and social opportunities we provide to students studied health-related degrees, and to boost our membership numbers past 1100, with over 200 new sign-ups.

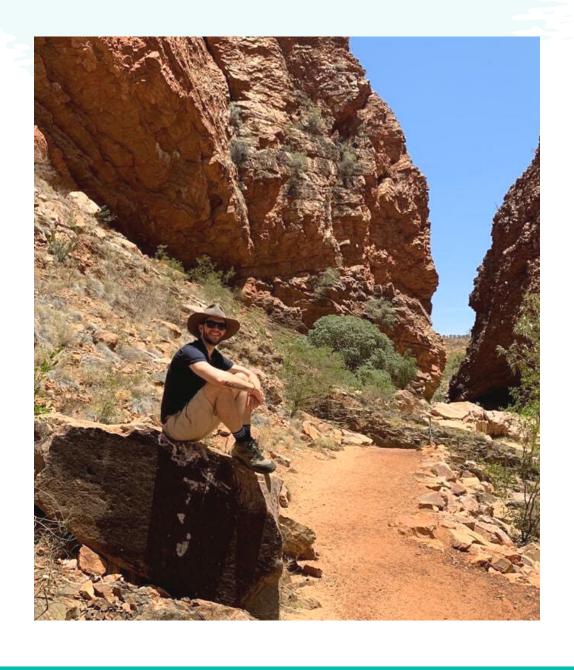




STUDENT EXPERIENCES!



Jean-Baptiste's John Flynn Placement Program (JFPP) Experience in Yuendumu, Northern Territory



JFPP- YUENDUMU

- Jean-Baptiste Philibert

My name is Jean-Baptiste but generally referred to as JB (or BJ, JC, JD, Gin, John, "that med student" by consultants). There was only one place I wanted to go to for my JFPP placement and that was the NT. I was all set to go to Yuendumu, the largest Aboriginal community in the Red Centre but was changed last minute to Tennant Creek in late 2019. Then Covid happened and I thought I was never going to go back and got a phone call in late November for finally a placement in Yuendumu in early December for JFPP2. Welcome to the NT. Here are my commandments if you ever think of going out bush:

- 1. No matter what you read in the comment section of various news stories, the Gap is real.
- 2. Honey Ants are delicious.
- 3. You will drink more water than you have ever drank in your life.
- 4. When the only way to admit a patient in ED is a \$30,000 flight, you learn to be resourceful.
- 5. Never thought I would pay \$14 for a small block of tasty cheese (never thought I would buy tasty cheese actually).
- 6. Medications only get delivered twice a week, so good stock-take is your friend.
- 7. You must experience the Bush Bus once in your life, but only once.
- 8.1 fall in love with the red earth every time and that goes hand in hand with the local art, of which a large painting now hangs proudly on the wall of a country-side house in France.
- 9. The resilience of the community in the face of great adversity is absolutely phenomenal.
- 10. If you want to see a patient for follow-up, drive around and honk in front of their house.

I wrote this because there is no true way to describe my experience in remote Australia. You'll just have to see it for yourself!







New Programs, conferences, scholarships, competitions and other exciting opportunities!

Scholarship and Placement Opportunities

NSW Rural Doctors Network (RDN)

NSW Rural Doctors Network (RDN) has a great range of programs and immersion experiences to help medical, nursing, midwifery, and allied health students explore a career in rural health.

- Bush Bursaries and Country Women's Association Scholarships
 provide medical, nursing, midwifery students with bursaries to assist with
 their study costs. Recipients also spend two weeks on a rural placement in
 country NSW during their university holidays
- Go Rural road trips are an incredible opportunity to visit rural and remote communities and experience first-hand the benefits of working rurally
- <u>Cadetships</u> support medical students interested in a medical career in rural NSW. At least two of these cadetships are for Indigenous medical students
- <u>The John Flynn Placement Program</u> supports medical students to spend eight weeks on a rural community placement

Learn more about these



Free Student Membership

Services for Australian Rural and Remote Allied Health (SARRAH)

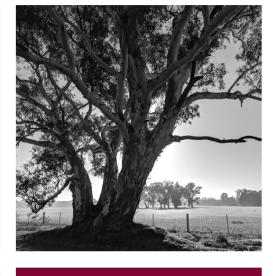
SARRAH

Services for Australian Rural and Remote Allied Health

FREE STUDENT MEMBERSHIP



If you are an allied health student interested in rural practice join now!



Benefits include:

- rural career pathway support
- access to members section of website
- free access to SARRAH webinars
- free subscription to newsletters and publications
- discounted event registration

JOIN NOW!

WWW.SARRAH.ORG.AU/JOIN-TODAY

Scholarship to attend National Allied Health Conference (NAHC)

Services for Australian Rural and Remote Allied Health (SARRAH)

SCHOLARSHIPS OPEN

ROSALIE BOYCE CONSULTING **FUTURE LEADERS** STRATEGY

Three scholarships are available for SARRAH Student Members to attend the 14th National Allied Health Conference 2021 (NAHC 2021 online Conference) scheduled to be held between 9-12 August 2021. Please send your EOI on or before Friday 12 March 2021 to sarrah@sarrah.org.au



Eligible for full-time students only. Please provide in your EOI: full name, allied health discipline, course of study, university, year of study and email address.

New Labour and Birth Care Course

Australian College of Midwives (ACM)



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BRUSH UP TODAY

NEW eLearning Course

LABOUR AND BIRTH CARE

9 CPD hours

\$270

https://learn.midwives.org.au



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Australian College of Nursing



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Undergrad nursing COMPETITION

Download undergrad study tips for a chance to win a \$500 JB Hi-Fi gift card



angle Australian College of Nursing

Back to the Fire Conference Series

Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM)



- Register for your state event here
- View the program <u>here</u>
- Find more info about this years program here
- Find out more about our Inaugural CATSINaM National Conference Series <u>here</u>

LinkedIN

CRANAplus

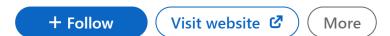


CRANAplus

exists to ensure the delivery of safe, high quality primary healthcare to remote & isolated areas of Australia.

Health, Wellness & Fitness · Cairns, Queensland · 30 followers

See all 4 employees on LinkedIn



CRANAplus has recently become active on LinkedIn, where they are posting a range of scholarships and programs as they become available!

Checkout CRANAplus's LinkedIN page here

