

# Central Coast Connections Expo – All of Us: The Power of Community

The NSW Ministry of Health and Central Coast Local Health District invite you to join them in celebrating **Human Experience Week 2023, All of Us: The Power of Community. Love, Belonging and Healing.**

When: **Wednesday, 3 May 2023**

Time: **9.00am – 2.00pm**

Where: **Mingara Recreation Club, 12 – 14 Mingara Drive, Tumby Umbi 2260**

Registration: <https://redcap.link/CCLHDRegistration>

*Virtual attendance is available via registration or QR Code*

MC – Marney McQueen



9.00 – 10.00am Health and Wellbeing Stalls

10.00 – 10:10am **Welcome to Country** – *Uncle Gavi*

10:10 – 10:25am **Opening of the Human Experience Week 2022**, All of Us: the Power of Community – Love, Belonging, Healing – Chief Executive, CCLHD – *Scott McLachlan*

10:25 – 10:30am **Acknowledgement of Lived Experience** – CCLHD Consumer Representative and Volunteer – *Denise Wingrove*

10:30 – 11:10am **Keynote Speaker:** Humanitarian, Nurse and the “Courageous People Reviver” – *Sarah Morse*

11:10 – 11:25am **Human Experience in action** – Photo Display by Photographer – *Hilda Bezuidenhout*

11:30 – 12:10pm **Keynote Speaker:** CEO Quest for Life on Hope, Healing and Peace – *Petrea King*

12:10 – 12:30pm **Meditation** – *Petrea King*

12:30 – 12:45pm **Entertainment:** *The Glen Dance Group*

12:45 – 1:00pm **Sing Australia** – *Gosford Community Choir*

1:00 – 2:00pm Health and Wellbeing Stalls and refreshments

**Enquiries email:**

[CCLHD-EACCE@health.nsw.gov.au](mailto:CCLHD-EACCE@health.nsw.gov.au)

or Phone: 02 4320 9365



# Spotlight



## MC – Marney McQueen

Marney McQueen has created a name for herself as one of Australia's most versatile performers, having appeared on stage (Priscilla, Hairspray, Dreamlover), screen (Neighbours, Home and Away) and film (The Mule). She has toured the world with her comedy cabaret character, Rosa Waxoffski, Celebrity Bikini Waxer.

Marney is also a marriage celebrant, and lives on the NSW Central Coast with her husband and two young sons where they operate the Royal Hotel Wyong.



## KEYNOTE SPEAKER – Sarah Morse

A former (NSW) Young Australian of the Year, Sarah draws on 20 years as a nurse and humanitarian to bring a uniquely global and deeply human perspective to the way humans think, work and behave.

Specialising in cancer services and palliative care, and having worked with some of the world's poorest people, Sarah is known for her deep commitment to nursing the human spirit. Through her personal experience of burnout, Sarah believes that empowering people to thrive in the workplace is pivotal to a healthy workforce.

Most recently, Sarah worked as a Health Advisor in a safe house in Spain for survivors of human trafficking. As Director of Unchained Solutions, Sarah inspires Australians to make an impact on modern slavery. Sarah inspires audiences with the power of human connection to transform workplace culture.



## KEYNOTE SPEAKER – Petrea King

Petrea King is founder and CEO of the Quest for Life Foundation which focuses on increasing people's resilience and emotional stamina when living in the midst of highly stressful environments or situations.

Petrea is a best-selling author of 9 books and a dozen meditation practices. She is a frequent keynote speaker at medical and other conferences, a facilitator, teacher and trainer and, for the past 15 years, has been a monthly guest on ABC's Midweek Conference with Richard Glover where she discusses the challenges of living a meaningful life in the midst of illness, trauma, difficult circumstances and tragedy.



## Glen Dance Group

The Glen for women dance group is made up of our current residents, former clients and The Glen staff. The dance group celebrates Aboriginal culture, promote reconciliation and help our clients to reconnect with their spirit. We believe that culture must be shared for it to last for generations.