

2019

JMO Guide Getting a Life



Health
Hunter New England
Local Health District



Calvary

Mater Newcastle



Getting Fed

HelloFresh

HelloFresh delivers fresh ingredients with easy to follow recipes to your home each week. Cook fast healthy recipes designed by nutritionists and chefs.

<https://www.hellofresh.com.au/>

MarleySpoon

Original Recipes Weekly, Fresh Ingredients, Free & Convenient Delivery to your front door, Skip any Week and cancel Anytime. Cooking Boxes for 2-4 people, as well as a fruit box. 9-12\$ a meal

<https://marleyspoon.com.au/>

Getting Groceries

Woolworths and Coles both deliver Groceries to Newcastle

Coles online - <https://shop.coles.com.au/a/a-national/everything/browse>

Woolworths online - <https://www.woolworths.com.au/shop/discover/shopping-online>

Also the following options exist for organic & fruit and veg

- <https://www.doorsteporganics.com.au/> (Organic fruit, veg and all groceries)
- <http://www.go-organic.com.au/> Organic fruit and veg
- <https://fruitbrothers.com.au/> Local meat, fruit, veg, dairy and wholesale

Getting Ahead (or out of debt)

Cutcher & Neale WealthStart

\$299 for tax return, financial planning, \$100 off AMA/ASMOF membership, advice of salary and packaging.

<http://www.wealthstart.com.au>

Barefoot Investor

Get a plan for your financial future – get the book, it's a great start for getting a plan on your finances

<https://barefootinvestor.com/>

Business for Doctors

Private Facebook group for Australian Medical professionals on all aspects of working as a Doctor.

<https://www.facebook.com/groups/businessfordoctors/>

Investing for Doctors

Private Facebook group on investing in shares, property, start-ups and how to plan for financial security

<https://www.facebook.com/groups/547880855558479/>

Getting Home Safely – Don't forget you can access **Free Taxi Vouchers** from the After-Hours manager at any Hospital, including an extra voucher to get back to your car.



Getting Away

SkyScanner

A search engine for comparing various airfares. Hotels etc.

<https://www.skyscanner.com.au/>

Wotif

A great source for last minute Hotel deals.

<https://www.wotif.com/>

Frequent Flying Doctors

Private Facebook group on collecting and using frequent flyer points in Australia and overseas

<https://www.facebook.com/groups/ffdoctors/>

Getting Help

Self Help: Mood Gym (CBT for Depression and Anxiety)

moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

<https://moodgym.com.au/>

Relationships Australia NSW Online Counselling

Relationships Australia is a leading provider of relationship support services for individuals, families and communities.

<http://www.relationships.org.au/>

Are you OK?, Health and Wellbeing for Junior Doctors

An initiative of the Doctors Health Advisory Service to help junior doctors negotiate the difficulties of being in the role.

<http://www.jmohealth.org.au/>

Getting Healthy

Doctor's Health Advisory Service NSW

<http://www.dhas.org.au/contact/contact-dhas-in-nsw.html>

Get Healthy

A self-referral site that offers free support for 6 months and up to 13 calls.

<https://www.gethealthynsw.com.au/>

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Getting Rid of the Kids

Need to get out and can't get a family member or a friend to look after the kids? Pay a teenager instead.

- <https://www.babysits.com.au/>
- <https://www.careforkids.com.au/>
- <https://www.findababysitter.com.au/>

Getting a (furry) Friend

- <https://www.dogrescuenewcastle.com.au/> (dogs)
- <https://www.hunteranimalrescue.com.au/> (dogs and cats)
- <https://www.rspca.org.au/> (all pets)

Getting Mindful

Smiling Mind

Free app for Android / iPhone for easy, guided Australian Meditation

<https://www.smilingmind.com.au/>

Headspace

Another free mindfulness app, helping you to understand and work through life's challenges

<https://headspace.org.au/>

Getting Clean

Alcohol and Drug Information Service

Anonymous and free 24/7 drug information phone service. Calls are not recorded. NSW ADIS 1800 250 015

<https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx>

Counselling Online

Free 24/7 online anonymous drug and alcohol counselling, self-assessment and self-help tools

<https://www.counsellingonline.org.au/>

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Getting Fit

Frontline Yoga

Free yoga for frontline health and emergency services workers and their families.

<https://www.frontlineyoga.com.au/>

- Monday 11am - 12pm | Sprout & Bean, Maitland
- Monday 6.30 - 7.30pm | Tomaree Community College, Nelson Bay
- Tuesday 6.30 - 7.30pm | Yoga Body Works, Newcastle

Fitness Passport

Access to over 600 gyms around NSW for 11.95 per week or 20.95 for couples / families for HNE Health employees

<https://www.fitnesspassport.com.au/>

Getting a Deal

Oz Bargain

An awesome site full of bargain hunting nerds who find the best deals on technology, utilities, hopping and more.

<https://www.ozbargain.com.au/>

Catch of the day

A site for cheap deals on pretty much everything, including groceries in bulk.

<https://www.catch.com.au/>

Getting Out

What's on in Newcastle

- <https://newcastlelive.com.au/>
- <https://www.visitnewcastle.com.au/whats-on/events>
- <https://www.theherald.com.au/whats-on/>

HunterHunter

Covers Newcastle and the Hunter Valley. If someone has opened up an artisanal, hand churned ice creamery or a unique pottery shop, they somehow find out about it.

<https://www.hunterhunter.com.au>

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Getting Stuff Done

Get Organised

Get your life in order, find out about the GTD (Getting things done movement) and put it into practice.

- <https://gettingthingsdone.com/> (the website that started it all)
- <https://todoist.com/> (To Do List app)
- <https://culturedcode.com/things/> (To do list app_Apple products)

Admin Support Upwork

Need administrative support for your research, a digital personal assistant. You can hire people through upwork for just about anything.

<https://www.upwork.com/>

Odd Jobs around the House

Need Help moving house? Need someone to paint the fence or cut the lawn.

- <https://www.airtasker.com/> Any job around the house
- <http://directory.app.homeimprovementpages.com.au/> Find a Tradie



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