

Locum Splendour in **Tasmania**

Together we keep communities healthy



Why Locum?

If you're a seasoned locum Doctor you know how exciting and rewarding life in the locum lane can be.

If you are considering locum work, chances are you're either looking to travel, maximise your earning potential or gain experience in different work environments all within a paradigm that offers you flexibility and freedom. The reality is locum work allows you to achieve it all.

The opportunity to share your expertise with healthcare professionals from all walks of life and to help communities in need will also re-invigorate your passion for medicine and people.

As a locum Doctor you can combine your career with adventure.

At Ochre, we believe that Tasmania has to be one of the most exciting examples of a thriving Australian regional centre where you can achieve an enviable balance of work and lifestyle.

With 12 Ochre Medical Centre's and another 20+ small family owned practices, larger corporate centres and correctional facilities relying on Ochre Recruitment to support their workforce of permanent doctors, you will have plenty of variety when it comes to choosing a locum.

'Ochre was formed with the goal of improving the way primary health care is delivered in both rural and urban Australia. I am proud that we are helping to improve the health services in this beautiful state, it feels good to be able to do some great stuff in your own backyard.'

**Dr Ross Lamplugh, Co-founder
& Chairman Ochre Health Group**



Location...



Climate...



Families...



Things to do...



Why Tasmania?

If you're a Rural Generalist you thrive on the extended scope of practice and regularly frequent outback, rural, remote and regional locations across the length and breadth of Australia when locuming.

What makes Tasmania so attractive for our Rural Generalists, is the vast difference between what the rural locations offer and their proximity to other towns, when compared to those on the mainland. You don't need to drive hundreds of kilometres from one town to another – the distance between places is much shorter when comparing to distances between rural towns in QLD, WA & NSW.

It's also fair to say that there's more than just a service station and pub in the more remote towns and the climate is refreshingly temperate. From colourful waterfront villages to secluded islands and serene national parks and lakes, Tasmania really does offer lifestyle benefits from the north to the south that other states can't quite match.

The locations that do require locum GP VMOs also offer an abundance of things to do during your time off. There's endless outdoor activities, shopping, a thriving arts, music and cultural scene plus a myriad of food and wine trails to explore.



Rural Generalists command higher locum rates compared to GPs in metropolitan areas. GP VMOs in Tasmania usually earn between \$1,600 - \$1,800 per day but those often go up at certain times of the year and when we have urgent needs.

Our General Practitioners that locum in the more populated and metropolitan parts of Tasmania, do so again primarily for the location and culture. More doctors bring their families to Tasmania and create a working holiday from their locums than when they are in any of the other states. They generally earn between \$1,100 - \$1,200 per day.

But don't just take our word for it. We caught up with some of our locum doctors and Ochre staff for some local knowledge.



Destination Hobart

Ochre Regional Manager Nicky Pollington lives with her family in Cremorne, a town located on the South Arm Peninsula on the outskirts of Hobart.

"It's a small community focused on the beach and the surf, with lots of small families and some older retirees. My children enjoy a cohort of other kids within the area ranging from two to 17 years-old who create, build and play together," Nicky explains.

"I honestly feel my family and I are safe at all times. And because we're a relatively small suburb we're all connected and look out for each other. It's a nice community feel."

Given it's a small place, we ask if she ever gets bored or feels boxed in?

"Not at all," she laughs. "The outdoors life is incredible with the most amazing sailing, bushwalking, surfing, mountain biking and camping right on our doorstep."

"We have a sailing boat which we keep at Kettering and we love to get away for the weekend whenever we can."

With regular rainfall and a mild climate, Tasmanians also enjoy an abundance of fresh produce, with numerous renowned restaurants, wineries, cheese and chocolate shops in and around Hobart, as well as local markets taking place across the island.

"And don't forget our vibrant arts and music scene including The Festival of Voices in summer, the Mid-Winter Feast in Huonville and the Mona effect, which has brought a steady stream of internationally acclaimed artists to our communities during winter as well," Nicky adds.



The Wild West Coast

Over on Tasmania's West Coast, Dennis Pashen took on a GP VMO and Medical Co-ordinator role in Queenstown in 2015 and has never looked back.

Before making the leap to the Apple Isle, Dennis worked for 43 years in rural and remote Queensland, as a Rural Generalist with emergency medicine, obstetrics, anaesthetics and general practice, as a director of a rural and remote health university department for 13 years, in addition to working as director of medical services overseeing 18 rural hospitals in the Darling Downs in SE Queensland.

"I thought it was time to explore new communities and return to clinical practice full time," he explains. "My wife and I bought a house in a beautiful place on the D'Entrecasteux Channel overlooking Bruny Island near Hobart. But I wanted a place to practice that would accommodate my skills mix and Queenstown was a good fit. The practice staff and patients made it a simple choice."

According to Dennis, the 'West Coasters' as they are fondly known, are an interesting mix of people. "We've got the elderly who were employees of TasWater and Tas Hydro, miners or timber workers and the younger generations. These include a new influx of people migrating from the mainland and elsewhere in Tasmania for cheaper housing, the wildness and the sheer beauty of the place."

With a long and accomplished career behind him, we ask Dennis what he enjoys most about his latest work in Tasmania?

"The thing I enjoy the most about is the people. I am dedicated to meeting their health needs, caring for them in times of health crises, enjoying the stories they share, seeing their resilience and the way they look after and care for each other."

"I am also faced with resolving the complexities of their often chronic and complex co-morbidities, providing acute care when things turn ugly and working with them to try to get their health back on track."

"To appreciate the full life experience of these people has been a joy tinged sometimes with sadness, but a privilege. And this is the beauty of being a rural doctor, one which I have enjoyed in the 47 years I have spent in rural and remote Australia."



The North East

The North East of Tasmania is world-renowned for its charming villages, art galleries, wineries, and flower farms, not to mention its golf courses, mountain bike trails, and walking tracks.

And the small town of Springfield, only an hour north east of Launceston, is where Ochre GP Dr. Natalie Burch calls home. With a property of 50 acres, including a resident platypus and waddling echidnas, WA-born Natalie can't imagine living anywhere else.

"Life in Tasmania is just so laid back and easy. We live in such a beautiful country area with the vibrant city of Launceston close by," she says.

"There's a warm community to be involved in, but it's not too intrusive. And it's a great place to further your career and bring up children. Almost every day for 20 years, I've driven 12 kilometres to work through these rolling hills, and every day I just think it's so pretty."

Natalie fell in love with rural medicine as a rural bonded scholar travelling and working around QLD. "When I finished my fellowship in RACGP, I agreed with my husband that it was his turn to choose where we should live. And he chose Tasmania. I thought, "Oh me and my big mouth" because I hate the cold! But we made the move and honestly haven't looked back."

For Natalie, it's the variety of clinical work in rural Tasmania she loves the most. "Rural GPs talk about this concept of birth to death, and here in Tasmania, we really do birth to death. We deliver babies, and we palliate people, and we do absolutely everything in between. I tried an urban job for about three months and it just was so limited. I couldn't even give someone an iron infusion. So being able to do a bit of everything is what I love," she explains.

"Not only that, in the cities, the doctor-patient relationship can be very formal with an unrealistic expectation of perfection. But country people just get it. If things go wrong and everyone's done their absolute best, they understand," she adds.



Work your way around Tasmania with Ochre

Ochre Health has 12 practices across Tasmania, all with well-supported teams working together to make the most of living in and serving their communities. So, if you'd like to get a taste for a Tassie, you may want to try a locum work in a variety of locations. With metropolitan centres, the wild west, granite and white sand beach of the east, rural farming communities, and the splendour of King and Flinders Islands, there's just so many wonderful places to discover.



Queenstown

Queenstown is a large town characterised by the striking ruggedness of Tasmania's famous West Coast Landscape.

The town accesses Tassie's World Heritage Wilderness Area, and is surrounded by spectacular scenery, including lakes, hills, mountains and ancient pine forests. The community is friendly and loyal to their hometown and its history, and there is a growing creative culture fueled by local artists and craftspeople. History buffs and explorers will be fascinated by the underground mine tour, the heritage walking tour and the local history museum, and nature lovers will be spoilt for choice with plenty of scenic walking tracks, waterfalls, lakes and lookouts in the surrounding wilderness

One of Queenstown's biggest attractions is the West Coast Wilderness Railway, which is a must for anyone visiting the area. The steam train has exclusive access to some of the most breathtaking views of the West Coast, as the railway winds its way through remote areas, passengers of the especially luxurious Wilderness Carriage will find their journey fully catered, with Tasmanian sparkling wines!



Rosebery

Rosebery is a small mining town located on the northern end of the West Coast Range, nestled in a secluded valley beneath Mount Black, amidst dense and beautiful Tasmanian forest.

Visitors in Rosebery can view the local mining history in the old aerial bucket ropeway that hangs over the outskirts of town, and the Rosebery Heritage Centre.

The town is an ideal location for anyone who enjoys bushwalking and hiking, as it accesses several nearby mountains - such as Mount Read, Mount Murchison, and Mount Farrell - all of which offer gorgeous views of the west coast region. Montezuma Falls, are a popular attraction in the area; 5km south of the town, the falls pour spectacularly over a 104m rock face, making them one of Tasmania's highest waterfalls. The falls are accessed via an easy walk (3 hours return) through Tasmania's characteristic ferns and native foliage, which accommodates many varieties of native birds. There's good fishing at the nearby Lake Pieman and Lake Rosebery, where locals and visitors can catch trout, as well as camp and picnic on shore.

Aside from its plentiful environmental attractions, Rosebery also has a selection of shops, cafes and pubs, a swimming pool, and golf course (Australia's steepest course in fact!) - and best of all, a warm and welcoming community.





Strahan

Strahan is a small but popular town on Tasmania's West Coast, well known for its stunning scenery and tranquil atmosphere.

Located on the northern edge of the vast Macquarie Harbour, it was originally a busy port, but today is a well-loved destination for 'Taswegians' and tourists alike.

Visitors come to Strahan to experience the untamed wilderness of the West Coast. The town is the base for hikers looking to explore the breathtaking landscape. It is also a key stopping place for the West Coast Wilderness Railway, which is a hugely popular tourist experience. The scenic railway provides the ideal opportunity visitors to immerse themselves in the raw, rugged beauty of Tasmania's West Coast region, and take in spectacular vistas that are otherwise inaccessible.

Peoples Park and Hogarth Falls are perfect destinations for visitors looking to picnic in and wonder through the beautiful west coast landscape with its cool-climate forests and gardens, and plentiful native wildlife – lucky visitors may even spot a local platypus! In the town centre there are many historic buildings, artisan shops and fresh local produce served up in cosy restaurants and cafes.

Strahan has a grim but fascinating history, which is displayed at the Strahan Wharf Centre; the centre presents information about the Indigenous population, the British pioneers, and the penal history of the region, providing guests with an understanding of the unique personality of this isolated, quiet little town.



Zeehan

Zeehan is another rural town in the West Coast region that is steeped with a rich and fascinating history.

As you walk along the main street take a step back in time as you pass the charming Victorian and art deco architecture that lines the street.

Two historic buildings of particular interest are the Gaiety Theatre and the Grand Hotel; these buildings are adjoined, and in the early 20th century attracted patrons from all over the Australia, who came to see films, plays, vaudeville reviews and musical concerts. Today the theatre often screens silent films, providing an immersive, old-timey experience for visitors. Mount Zeehan is also a popular attraction; there is a 3-hour return walking track which climbs to the mountain's peak, where hikers can take in the stunning views of the West Coast. You can also visit the Miners Museum and nearby Trial Harbour.



Scottsdale

Scottsdale is a large country town in the far North East.

The rich, fertile soil in North East, combined with a climate characterised by warm summers and mild, wet winters, has made the towns and their surrounds perfect for farming and forestry industries. The regions rural landscape is typified by bright, green paddocks occupied by fruit and vegetable crops, dairy cows, and flower fields, all surrounded by blue-grey mountains.

Scottsdale draws in tourists all year around, with Tasmanians, mainlanders and international visitors keen to take long scenic drives through the famously beautiful landscapes of rural northern Tasmania, to see where some of the state's finest agricultural output is produced.



Bridport

Bridport is 20 minutes north of Scottsdale and is very popular amongst holiday-makers.

Well known for its breathtaking ocean views, pristine beaches, fishing, hiking and bushwalking opportunities, it takes its name from Bridport in Dorset, England.

The main industries are tourism, dairy and vegetable farming as well as seasonal scallop processing. Bridport is home to the Barnbougle Dunes, a classic links golf course regarded as one of the best in Australia. The region is also famous for one of the world's largest lavender farms and lavender oil producers, Bridestowe Lavender Estate. The estate comes to life with colour throughout December and January with the 265-acre lavender fields delighting tourists from all over world.



St Helens

St Helens is another easy going, picturesque coastal town in Tasmania's North East which thrives off its tourism, fishing and timber industries and enjoys mild winters and warm summers.

First established as a whaling base in the early 1800s, St Helens is today regarded as the game fishing capital of Tasmania, and as such has a lively atmosphere surrounding its main harbour, with visitors coming and going all year around.

Swimmers, snorkelers, surfers, sailors and sight-seers flock to St Helens to enjoy the area's sparkling blue waters and long, pristine beaches. The town attracts foodies, too, who come to taste the fresh local delicacies, such as oysters, scallops, abalone, and rock lobster.

St Helens is also close to two very popular, globally recognised tourism hotspots: Binalong Bay, and Bay of Fires. The St Helens Mountain Bike Trails are some of the most scenic trails in the world, where you can ride from the Mountains to the Sea, ending in one of the most beautiful beaches in the world, the Bay of Fires. You're never far away from an ideal weekend getaway which locuming in St Helens.



Smithton

Smithton is surrounded by lush green fields and is the gateway to the Tarkine wilderness, Australia's largest cool-climate rainforest.

With a population of less than 5,000, it sits on the Bass Highway, 85km north-west of Burnie.

The town serves as a productive dairy, beef and vegetable farming region. Its industries include dairying (butter and cheese), meat processing, vegetable processing and sawmilling. Aquaculture and commercial fishing are other significant economic activities. Smithton is a "foodies paradise" with cold climate wines, gin and whisky, cheeses, Cape Grim beef and seafood all found and produced locally.

The town offers a laid back "countrified" pace of life where a walk to the shops will take an hour, just because of all the people you stop to talk to along the way. The people are very welcoming, friendly and supportive.



King Island

Welcome to King Island, famous for its incredible cheese, seafood and beef, two stunning world class golf courses and some of the most spectacular beaches and rugged coastlines in Australia. Situated 80 kilometres off the north-west coast of Tasmania, King Island is home to 2,000 locals who all enjoy the beauty and adventure of this unspoilt rural haven.

There are multiple settlements on the island, all furnished with the usual amenities of a small rural township, but with the added luxuries of incredible ocean vistas, delicious fresh local produce served up in all the many eateries, and plenty cosy B&Bs, motels, and self-contained homes. Currie is the largest town, situated on the west coast, it overlooks the vast Southern Ocean; Grassy is located on the east coast, and boasts the Little Penguin Rookery as well as the resident Platypus of Upper Grassy Dam; and Naracoopa, further up the east coast, is well known for its beautiful beach, good fishing, holiday homes, restaurants and cafes.

Anyone looking for arts and culture will enjoy the Arts and Culture Centre at Currie Harbour, or Portside Links Gallery at Grassy Harbour. And history lovers will be fascinated by the King Island Historical Museum, which exhibits the stories of early settlers, and the many shipwrecks off the coast of the island. Diving, horseriding, walking and hiking, golf, and surfing are popular activities on the island. Nature lovers, sight-seers, foodies, and anyone wanting to try out an idyllic island lifestyle will find the perfect getaway destination at King Island.



Flinders Island

Off the north-east coast of Tasmania lies Flinders Island, the largest of the Furneaux Group of 52 islands, and offering a great variety of breathtaking experiences. From pristine coastlines with beautiful beaches, to the rugged pink and grey granite mountain ranges, Flinders Island is a hugely desirable career and lifestyle destination for GPs and locum doctors.

Locals on the island enjoy the tranquillity of the area, as well as a mild climate, and extensive opportunities for bushwalking, bird watching, boating, diving, rock and mountain climbing, fishing, camping, and even fossicking for gems. Flinders Island is a haven for wildlife enthusiasts, as it is home to many of Australia's most treasured native species, including the mutton-bird, and several species of honeyeaters, wallabies, possums, and wombats. There are also many fascinating historic sights, where visitors can learn about the rich history of the area.

Several historic buildings have also been converted into museums and galleries exhibiting the island's history, and handcrafts showing the culture of the island's inhabitants. Flinders Island is the perfect location for anyone looking to experience a secluded scenic lifestyle, as well as sight-seers, history lovers, and nature enthusiasts.





How do I get started?

If you are considering locum work in Tasmania, talk to us about what you are looking for and we'll do our best to help you get there.

For GP VMO locums please contact Phil Dixon or Paul Campbell.

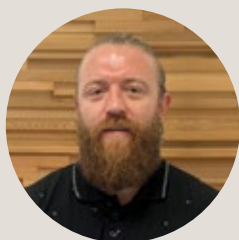
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