

# Nursing team trekkers

*Hollywood Private Hospital nurses take teamwork out of the ward and onto the trail*



Hollywood DSU200 team crossing the finish line and with their awards

Four Hollywood DSU nurses have taken their team focus out of the wards and have hit the remote Western Australian bushland as part of the inaugural Oxfam Perth Trailwalk.

Starting in Kalamunda on October 8, Linda King, Fran Nicholson, Sheena Rooney and Elaine Dawson joined 350 teams and walked 100 kilometres in 32 hours along the Kalamunda Railway Heritage Trail before tackling the northern most section of the iconic Bibbulmun Track.

Team leader, Elaine Dawson, explained the hardest part of the Trailwalk was the 'Eagle walk' - very hilly and rocky terrain

which was made more difficult by the fact they arrived at midnight to tackle it.

"It was both mentally and physically challenging, there were tears and tantrums but we pushed through it. Blisters were the biggest drawback. We had trained hard in the weeks leading up to the walk but this hadn't prepared us for the wear and tear on our feet."

The international event is both physically and mentally challenging, with teamwork being one of the most important skills needed to get competitors to the finish line.

"I feel very honoured to have shared this experience with some very special women. The choice of team members is certainly put to the test on this walk, but we maintained a great sense of 'team' throughout and we are really proud to say that we kept our sense of humour right to the end, a hard task when you're tired, hungry, have great big blisters, and very weary legs," said Ms Dawson.

The Oxfam Trailwalk is a rewarding fundraising challenge, with each team raising funds to support people living in poverty around the world.

"Having witnessed this poverty first hand, albeit from our privileged position as tourists, it makes you realise how lucky we are to live in Australia and that we are in a position to be able to do something to help fight against poverty," said Ms Rooney.

"We raised a total of \$5,500 for Oxfam Australia. This will go towards things such as clean water, livestock, education for sustainability, shelter for orphans and refugees. The areas of need are unfortunately endless, but we are all very proud to have helped make a difference," Ms Dawson said.

"We are still nursing bruises and blisters and trying to hang onto toe nails, but as hard as it was, we have already been discussing what we need to improve on for next year." PH



*"Not only is Oxfam Trailwalk a physical challenge it is also a rewarding fundraising challenge, with each team raising funds to support people living in poverty around the world"*