

# Rural training explorer series

DALBY & SURROUNDS





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# DALBY & SURROUNDS

# WELCOME

# to Baranggum country

Dalby and surrounds, which is part of Queensland's Western Downs region, offers up a number of dynamic rural General Practice training opportunities.

Established local GPs in this region are ready to welcome you into their practices and provide fully-supported on-the-job training and mentorship that will help lay the foundations for an exciting career in General Practice.

Located within easy travelling distance of major centres such as Toowoomba and Brisbane, as well as the Gold and Sunshine coasts, Dalby and surrounds represents connected rural living at its best. The Western Downs region is the perfect setting for the next step on your GP training journey.



#### Supporting Reconciliation

**Acknowledgement of country.** In keeping with the spirit of reconciliation, GPTQ acknowledges the Traditional Owners of the land where we now stand.

We wish to pay respect to their Elders past, present and emerging – and acknowledge the important role Aboriginal and Torres Strait Islander people continue to play within the GPTQ community.







## Dalby

Dalby is the regional hub of the Western Downs—a large and prosperous rural town recognised as an important industrial, manufacturing and agricultural hub for Queensland. It is home to the State's largest grain retrieval centre, produces stud cattle, sheep, pigs and angora goats and shares a thriving local cotton industry that spreads south to Goondiwindi and west to St George. Natural gas, coal and power generation are among the town's many riches. With a population of approximately 13,000 this is a progressive community backed by a strong local economy.

## Chinchilla

Known for its quirky biennial Melon Festival, Chinchilla is a vibrant town positioned in the heart of the Western Downs, just under an hour north west of Dalby. Chinchilla produces 25% of the country's watermelons, rockmelons and honeydew melons earning the title of Australia's Melon Capital. With a population of close to 7,000, in recent years Chinchilla has also prospered from the mining boom, becoming a hub for coal seam gas. The town's pretty tree-lined main street and well-tended shop fronts offer a warm welcome that quickly captures hearts. Chinchilla is also a popular spot for fishing, bushwalking and camping enthusiasts.



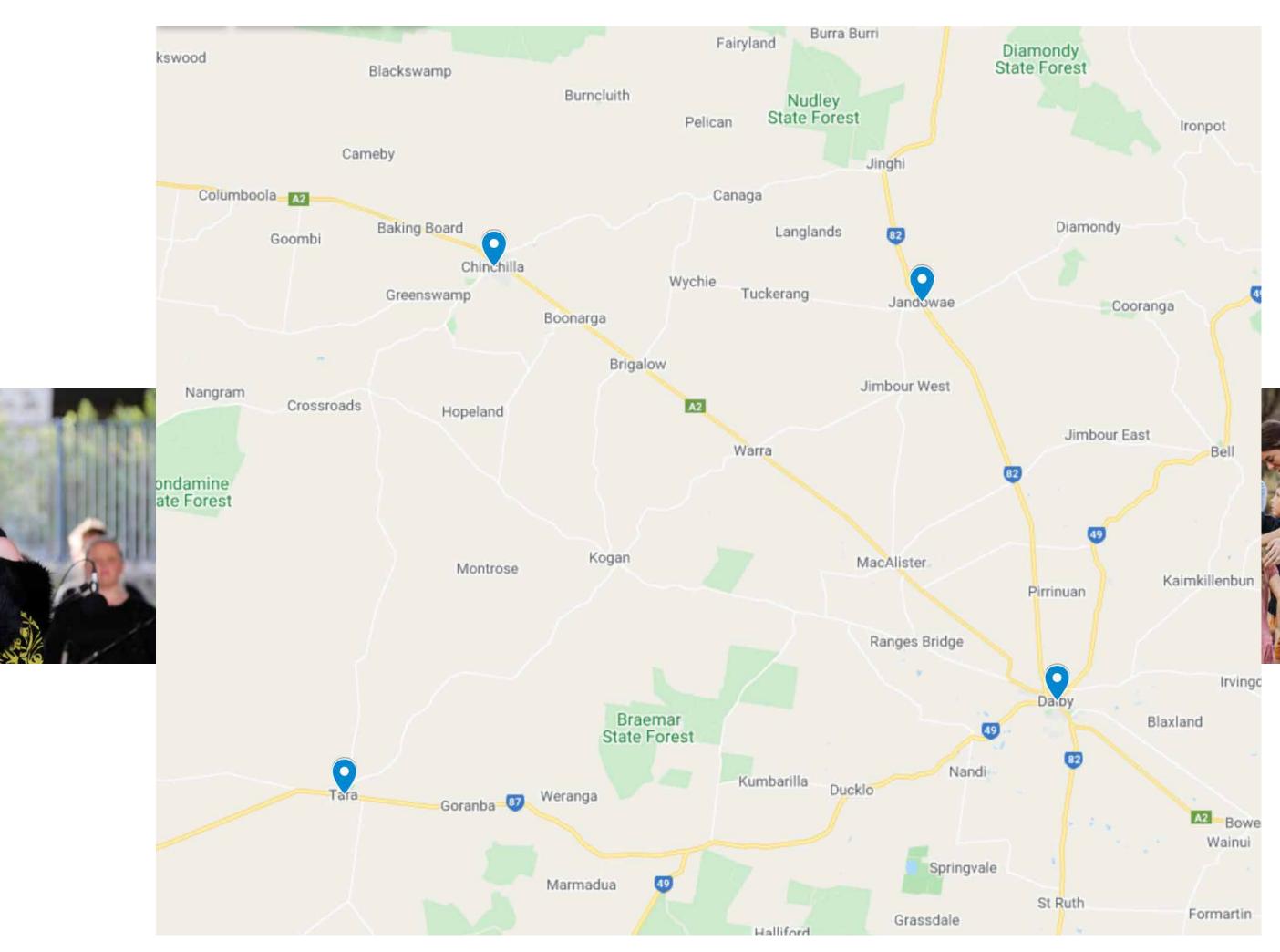


## Jandowae

Home to about 1,100 residents Jandowae is a little town with lots to offer. Located 49km north of Dalby, classic Queensland architecture and heritage shop fronts imbue Jandowae with plenty of old world charm. The town is surrounded by rich alluvial soil perfect for wheat growing, but the area is diverse in its agricultural offerings, also producing crops such as barley, sorghum, oats, millet, panicum, sunflower, safflower and linseed. Beef and dairy cattle are raised here and Jandowae is home to two large sawmills. The local timber industry is celebrated biennially with the Jandowae Timbertown Festival.

## Tara

Like every town in the Western Downs region, Tara has its own distinct personality. Though small in size (a population of 2,300), Tara is big on personality. The town's biennial Festival of Culture and Camel Races celebrates this small community's surprising multicultural mix and draws camels and their jockeys from around the country to race. In 2019 the Festival attracted more than 12,000 visitors to the town. Tara is located an hour west of Dalby and is well known as a cattle and sheep grazing area.



# Location

Click here to view map on google maps

https://www.google.com/maps/d/edit?mid=1RgX2ake9Ts\_1g6nlaCsmBni8nU1O3tNS&usp=sharing

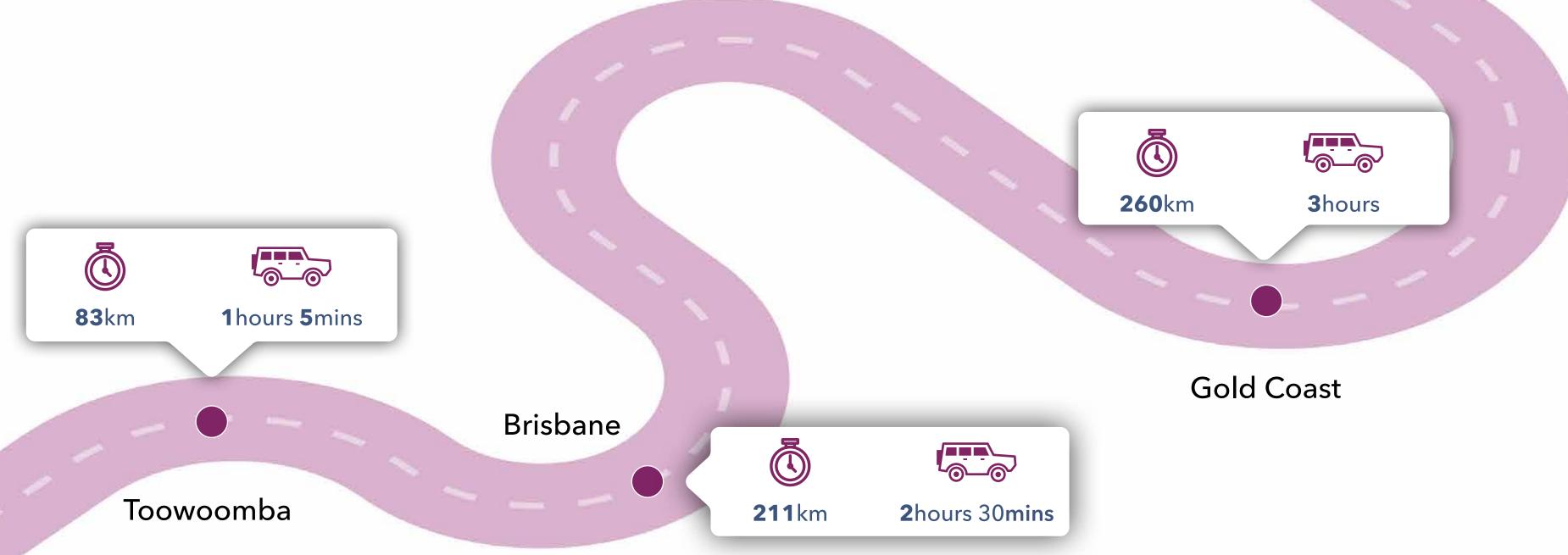




# Travel times

Travel times from Dalby to major centres

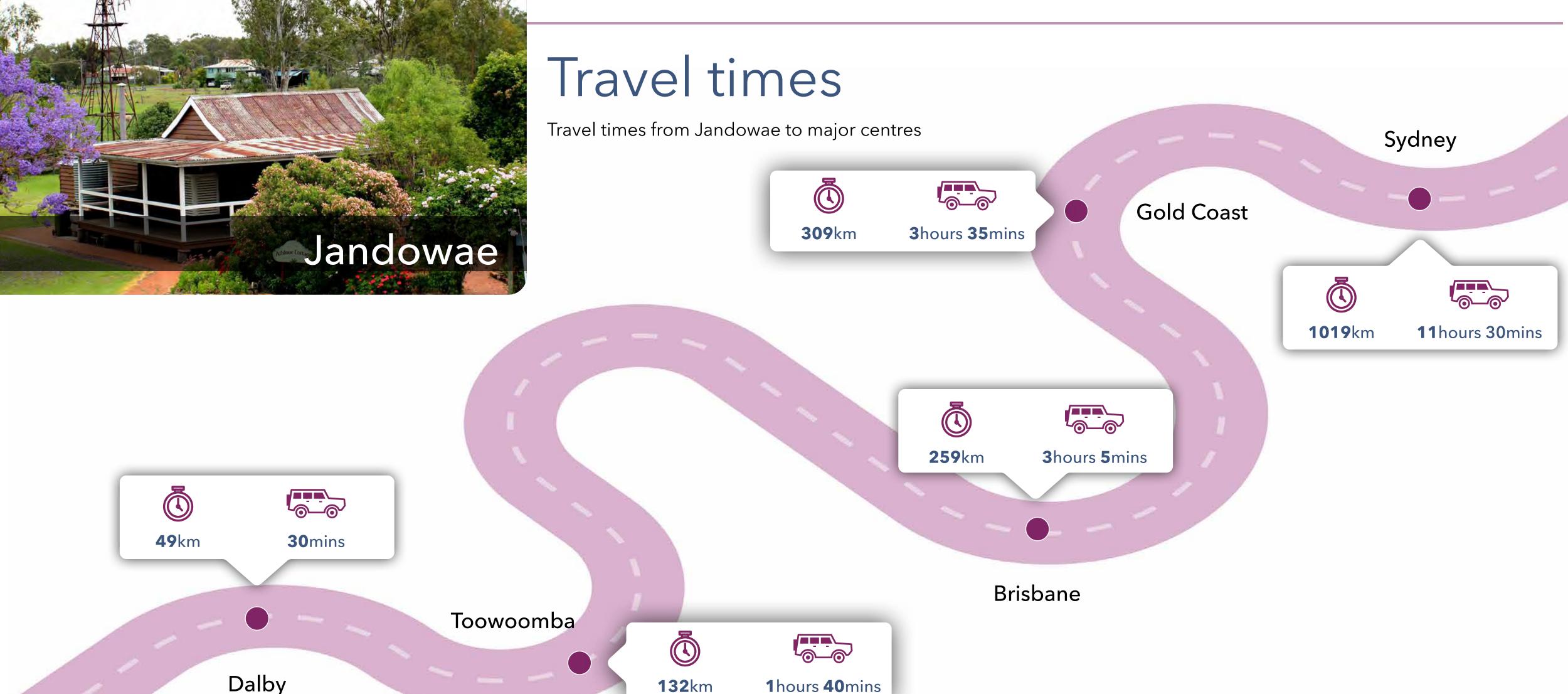








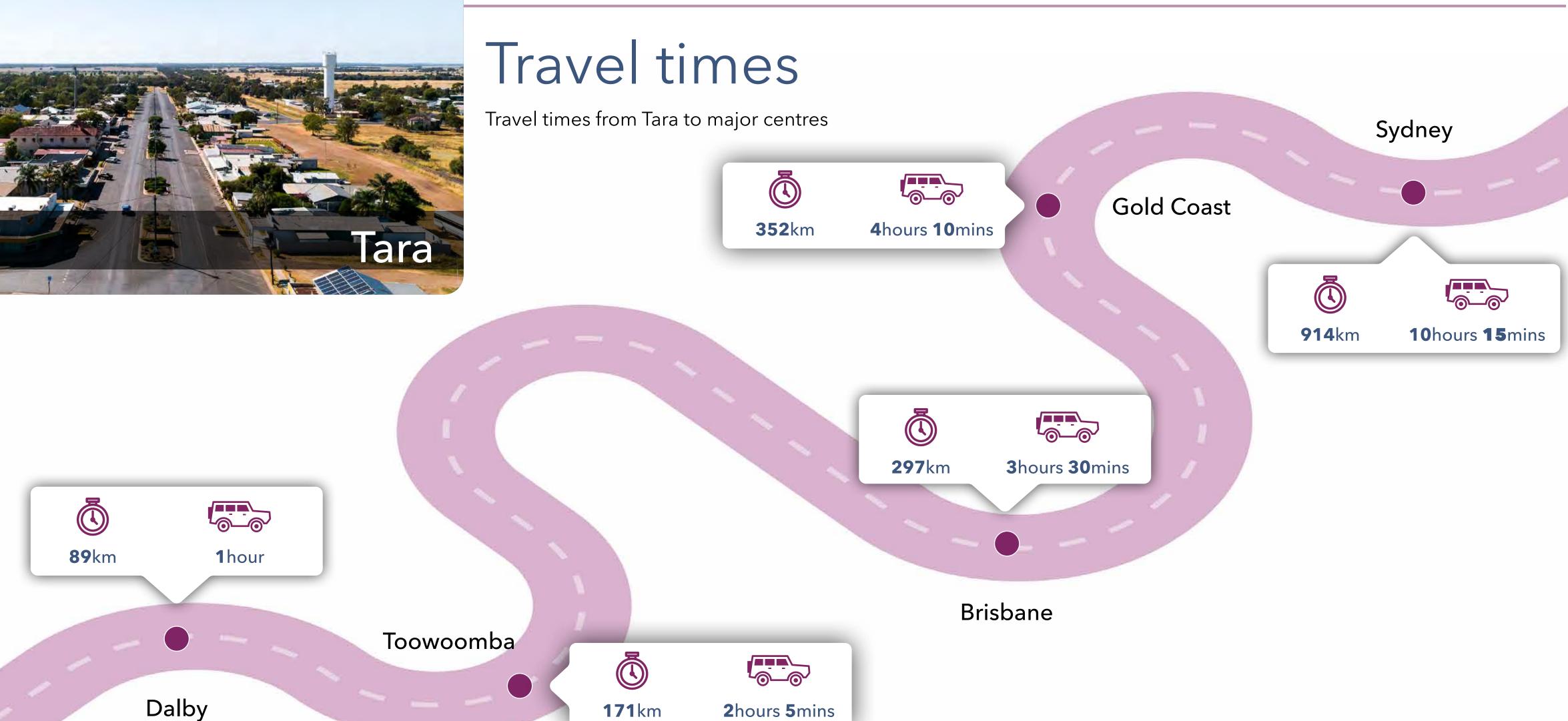




1hours 40mins

**132**km





2hours 5mins

# Climate

Summers in the region are long, hot, and partly cloudy and the winters are short, cold, dry, and mostly clear.



## Summer





Autumn

Low 12.4 High 26.9



Winter

Low 4.7 High 20.6



Spring

Low 12.3 High 28.3



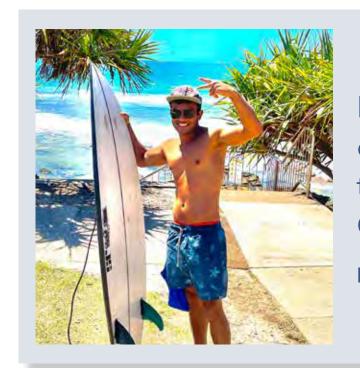
# Training and working in the region

A number of practices in this region are part of GPTQ's extensive network of GP training facilities and placement opportunities cater for registrars at all stages of General Practice training.

Rural GP Registrars often have the option to undertake concurrent training placements thanks to the well established working relationships that exist between general practices and hospital facilities in outback communities.

To discover what a tailored placement in this region could look like for you please contact us.

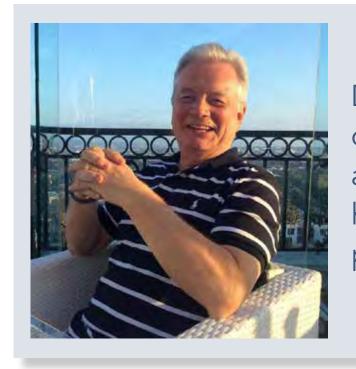
**CONTACT GPTQ** 



From the country's busiest emergency department to life as a GP Registrar in Chinchilla

Dr Evan Jay

Read more



Dr Tim Lloyd-Morgan moved countries to discover life as a rural GP and now shares his wisdom and love for the profession with registrars.

Read more

## My rural training experience



## Evan says outback training offers plenty of allure

If you'd have asked Evan Jay a year-and-a-half ago where he thought GP training would take him, his answer would not have been 'a small town in regional Queensland'.

But that's exactly where he has ended up—in Chinchilla, to be exact—and this seasoned emergency department doctor with a taste for adventure is mighty glad he did.

#### From ED to GP-a career switch at 33

Evan is a New South Wales native (he grew up in Wollongong), who completed a double degree in engineering and physics then worked as an engineer for a year before going back to university to study medicine.

He became interested in General Practice as a medical student, but after graduation submitted to the call of a surgical career and soon found himself training on the emergency medicine pathway.

Six years in, while working as an advanced registrar at Westmead Hospital—in what is arguably the country's busiest emergency

department-Evan had an epiphany.

Yes, he was practising valuable and interesting medicine, but the hours were gruelling and the job was draining. Important aspects of Evan's life—his relationships with family and friends and his mental health were suffering.

He knew he needed to make a change.

"I remember looking out at the full ED waiting room one night and thinking, 'I'm treating category two patients here; trying to keep them alive with emergency medicine, when maybe what I really want to be doing is making an impact earlier," he recalls.

"In that moment I decided General Practice was what I wanted to do."

#### 'Google, where is Chinchilla?'

Evan applied to the Australian General Practice Training (AGPT) Program in mid-2020.

In August he was awarded an RACGP Fellowship place in Advanced

Rural General Practice (FARGP), training in South East Queensland.

Excited to get started on his new medical journey, Evan made fast work of selecting his first year GP placement from the list of options provided by his RTO, General Practice Training Queensland.

"Should I admit this?" he asks, before revealing Google telling him there was both a KFC and a McDonalds in Chinchilla, was all he based his decision on.

"I figured if it had a couple of big food chain outlets the town was pretty well resourced," he says.

"That, and I was ready for an adventure."

In February 2021 (delayed a few months by COVID-enforced travel restrictions), Evan packed his trailer with possessions and loaded his two dogs, Sebastian and Sydney, in the car to begin the nearly 1,000 kilometre drive north from Sydney.

By then, he knew a little more about Chinchilla...it was 300 kilometres west of Brisbane, famous for watermelons and a moth, introduced

## My rural training experience



in the early 1900s to halt a cactus plague, and the town boasted a competitive soccer club.

"I drove into town and instantly thought it had a good vibe," he says.

"It was early in the morning and there was a magic sunrise."

#### **GP** training in a rural setting

"I've worked out that what I want to do with my medical career is try to empower people to live healthier lives and prevent disease," Evan says.

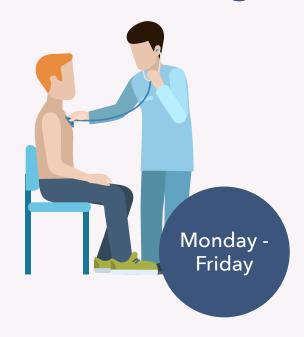
"My first 10 months as a GP registrar in Chinchilla has shown me rural General Practice is a perfect gateway for achieving this."

He says adjusting to delivering a very different type of medicine after years in emergency care has been pure fascination and enjoyment.

"It's super rewarding work."

"I'm surprised and little chuffed to be able to say that my patient books are already full and more people are waiting to get in to see me."

## Evan's working week



Monday to Friday, from 9am-5pm Evan is consulting at Chinchilla Medical Practice



Mondays, Wednesdays and Fridays are the practice's aged care home clinics and Evan is part of the roster to cover these.



Every 5th weekend Evan covers the practice's weekend clinic on a Saturday

Evan describes the training environment at Chinchilla Medical Practice, where practice principals Dr Tom Clarke and Dr Ken Gilmour are his GP Supervisors, as hands-on, but with plenty of support.

"It is a busy, but highly efficient practice and the team are a great bunch of people—they're already a bit like a family to me," he says.

With a range of specialist skills training on offer in the practice, including skin cancer medicine, obstetrics and paediatrics, Evan is making the most of opportunities to build what he describes as his own 'arsenal of GP skills'.

"The practice also provides care for local aged care residents and this is another aspect of primary care I am enjoying learning about," he adds. The broad scope of care delivered in rural General Practice delivers the variety and challenge he thrives on.

"I'm pretty confident with my skills in ED, so I like that we get to manage a lot of complex cases here," Evan says.

Evan has already signed on for a second year of training at Chinchilla Medical Practice and will begin his advanced skills training in anaesthetics in 2023.

He also has plans to fit in study for an advanced diploma in emergency medicine.

## Living like a local



Evan thinks the 'straight-out-welcoming' social aspect of living in a small community is hard to resist.

"This is a really cool town with a pretty eclectic mix of people," he explains.

"There are a lot of young families living here, but with the local solar farms and gas industry there is also a regular injection of overseas workers and fly-in, fly-out workers."

"It makes for an active social scene, with regular events like trivia nights at the pub and live music."

Evan is a sporting enthusiast and happy to have discovered that Chinchilla definitely holds its own in the sporting arena.

"I played football for the Chinchilla Bears this season, which was a bit hard on my body but a whole lot of fun," he says.

"We actually won the Toowoomba Cup, which capped off the season pretty spectacularly."



Chinchilla's close proximity to Brisbane and the coast allows for regular weekend adventures.

"I have a bit of strategy for not becoming stagnant or too stuck in routine," Evan explains.

"And that's to make sure I get away regularly for a city or coastal fix.

"I am trying to learn to surf, so I often pack the board on a Friday and head off to Sunshine Coast.

"I come back rejuvenated and refreshed."

Camping is another activity Evan likes to throw into the mix.

"The Chinchilla Weir is pretty magnificent and great for water sports," he says.

"I hear the fishing is pretty good too."









## A look at local GP training



# Are you looking for adventure? Tim Lloyd-Morgan was...and he found it as a rural GP

pr Tim Lloyd-Morgan is proof-positive that opportunities abound if you go looking for them.

Four decades ago this UK-native was, as he tells it, a 'bored' anaesthetist registrar working in Slough, Berkshire and lamenting the endless grey and constant rain of English life.

When he struck up a friendship with a gang of young Australian registrars who'd crossed the pond for Fellowship training he was instantly enchanted by their stories of long, hot Aussie summer days, pristine beaches, cold beers and snags sizzling on the barbecue.

Then he spied an Aussie job advertisement seeking an 'anaesthetist registrar'-tick- 'who was prepared to also train as a GP'-why not?-in rural New South Wales.

He applied, got the job and six months later was living and working in Inverell, six hours north of Sydney.

There weren't any beaches in this rural locale, but the weather was magic, the Australian countryside beautiful and dipping his toes into the world of General Practice a gamble that quickly paid off.

It resulted in a new and multifaceted career that Tim says has been filling his cup ever since.

Tim spent three-and-a-half years in Inverell, then moved to Brisbane where he established his own general practice and took on the role of Chief Medical Officer for Logan City.

He also began working in drug and alcohol rehabilitation with Drug and Alcohol Queensland (now the Queensland Network of Alcohol and Other Drug Agencies Ltd.)

In 1996 Tim and his wife Jen moved to the regional town of Childers, 50 kilometres south of Bundaberg, where he was Medical Superintendent at Childers Hospital and the practice principal of Childers Medical Centre.

For 15 years the picturesque township, known for being a gateway to the Great Barrier Reef, was the Lloyd-Morgan family's home base (they now had two young daughters) and here Tim fell deeper in thrall with life as a country GP.

He also broadened his reach with a move into education, taking on a role as medical educator with the Remote Vocational Training Scheme.

In 2011 the family moved to Bundaberg when Tim was appointed Director of Rural Medical Services and Education at the Bundaberg Rural Medical School.

Then, in 2015 Tim heard through his rural GP training contacts that the town of Tara, five hours south west of Bundaberg, was in need of a doctor.

The prospect of new adventure once again sparked his interest.

"I said to Jen, I think we've got one more gig left in us, don't you?" Tim explains.

"Jen was supportive, so when I rang to find out more about the job, my only caveat was that they had a golf course in town," he says.

"There must have been some fingers crossed behind backs that day because they said 'sure, we've got a golf course'. I arrived to discover

## A look at local GP training

this was only partly true. Tara Golf Course existed, sure, but it hadn't been operational for five years!"

#### Tara, the outback Queensland melting pot

Tim has now been the primary doctor in Tara for seven years.

He fulfils dual roles—as Tara Medical Centre's principal GP and as Medical Superintendent at Tara Hospital—and says the local population presents one of the most diverse and interesting health profiles he's ever encountered.

"When I arrived they told me the local population was 800. The last Census [2016] lists it at 2,300 and yet on our practice books we have close to 5,000 patients," Tim says.

"This is a diverse community. We have our farmers and there is an interesting mix of cultures and ethnicities. There's also a section of the population that live off the grid to a degree, in caravans and tents," he explains.

"It is a real melting pot, which makes for a very broad medical landscape—one that can be challenging at times, but the work is very rewarding."





#### A rich training ground for GP Registrars

Tim says the complex medicine on offer in this small community makes it a fantastic training ground for registrars, whether they intend to pursue careers in rural General Practice or not.

"Most registrars come to Tara for a 12 month placement and at the end of that time, all marvel at the broad amount of experience they gained here," Tim says.

"I wouldn't describe this as an easy gig, but where is the learning in 'easy'?" he adds.

"The work we get to do here has a special kind of magic about it that you don't get to experience in every primary healthcare setting."

It's a magic that seems to rub off—the last two GP Registrars who completed training placements in Tara found they enjoyed rural General Practice so much they have continued to train rurally.

One is now based in Kingaroy and the other in Oakey.

# You get to create the training experience you want

A fun fact about Tim Lloyd-Morgan is that medicine isn't his only passion.

In his early 20s he was a jazz musician who made a name for himself busking and performing around Berkshire.

He still finds time to jam regularly with his singer/songwriter daughter, strumming away on one of the 14 guitars in his collection and providing backing vocals.

So, it is fitting that he would choose to call on a musical reference to capture the appeal of a GP training placement in Tara.

"To borrow a line from Fleetwood Mac, out here 'you can go your own way'," Tim says.

"By this I mean you can make your training placement exactly what you want it to be," he explains.

"We will provide you with a supportive training environment where you'll have the freedom to explore and develop your own style."



## A look at local GP training

## What your working week could look like in Tara

With more than a decade of GP Supervision under his belt and a passion for helping young doctors find their niche in medicine through healthy training experiences, Tim says the structure of a training placement in Tara is all about flexibility.



#### Option 1 - practice-based training

For GP Registrars keen to focus solely on practice-based primary care there is the option to work a 9am-5pm, 4.5 day week with the team at Tara Medical Centre (the roster is flexible to allow for regular 3 day weekends).

#### Option 2 - practice + hospital training

For GP Registrars keen to gain both rural practice and hospital experience there is the option to work half-time with the team at Tara Medical Centre and half-time at Tara Hospital (as a Medical Registrar with Right of Private Practice). This option attracts a higher wage.

- Morning ward rounds each day
- Consulting at the practice during the day
- On-call roster at hospital\*

\*Tara Hospital is a non-procedural hospital.



# Dr Tim's top tips for registrars considering a placement in Dalby & surrounds

#### 1. Out here, opportunity is yours for the taking.

"You have the dual benefits of one-on-one support from GP Supervisors and greater practice autonomy. Hands-on medicine is what rural and regional healthcare is all about, so take every chance to broaden your skill-set."

### 2. 12 months training in a community like Tara will boost your CV

"Rural medicine may not be your long-term career goal, but training in a rural community like ours will help set you up for success. You don't have to go as far west as towns like Winton or Dirranbandi to gain incredible rural training experience. We have it right here."

#### 3. Welcome the embrace of rural and regional community living.

"My career as a rural GP grew out of the connection I found with people living beyond city limits. They are open, honest and big-hearted. The rural lifestyle is one that makes time for the important stuff, which is family, friends and fun."

# Advanced Skills Training

|                                    | Dalby   | Chinchilla   | Jandowae   | Tara   |
|------------------------------------|---|--|--|--|
| General Practices                  | 3   | 1  | 1  | 1  |
| Hospital bed numbers               | Total: 43 2 ED 6 Obstetrics/Maternity 22 Inpatient unit 4 Short stay unit 2 Theatres 2 Birth suites   | Total: 16 2 ED 4 Obstetrics/Maternity (no birthing) 11 Inpatient unit 1 Theatres                               | Total: 12<br>2 ED<br>10 Inpatient unit   | Total: 12<br>2 ED<br>10 Inpatient unit   |
| Approx. Quarterly ED presentations | 3300  | 2185   | 300  |  |
|                                    | Advanced Skills training opportunities for GP Registrars  Anaesthetics  Obstetrics  Emergency Medicine  Paediatrics  Indigenous Health  Mental Health | Advanced Skills training opportunities for GP Registrars  Emergency Medicine  Indigenous Health  Mental Health | Advanced Skills training opportunities for GP Registrars  Emergency Medicine  Mental Health  Indigenous Health | GP Registrars with skills in<br>Mental Health, Paediatrics,<br>Internal Medicine and<br>Emergency Medicine would<br>have opportunities to further<br>develop these skills in Tara. |

# Local health profile

Undertaking a GP training placement in the region will provide exposure to a broad variety of medicine.















## High demand for advanced skills

Advanced skills are in high demand in regions such as Dalby & surrounds. Undertaking a first or second year training placement here will give you the opportunity to both see and experience advanced skills at work in a rural setting and help you discover the advanced skills option that's right for you.

# Case study Dr Ricky James, Warwick



When ACRRM Registrar Ricky began his first year rural training placement in Warwick in 2019 he was planning to pursue paediatrics for his Advanced Rural Skills Training.

Twelve months in he decided to change his selection to obstetrics.

"I decided I was going to stay in Warwick long-term so I wanted to make sure my advanced skill was something that really aligned with the local community's needs," he explains.

"It made me realise there are a couple of ways to look at Advanced Rural Skills Training. "You can either pick a skill that you love and that you want to have as a feature of your job, or you pick a community that you want to be a part of and you decide on an advanced skill based on what that community needs."

The timing of Advanced Rural Skills Training can also have an impact on a registrar's skill selection, Ricky says.

"Most people elect to do their advanced training first. I left mine until later and I am actually glad I did, because it has given me time to learn more about where I want to be as a rural GP and to weigh up all the options."

# Training placement FAQs

#### How do I organise a training placement in Dalby and surrounds?

To discuss a what a training placement might look like for you in Dalby and surrounds contact us and one of our rural specialist staff will soon be in touch.

## Are there different types of training placements and what periods of time do they last for?

Yes, GP training will look different for each individual GP Registrar. The duration of a training placement can be anywhere from six months through to completion of your GP training. Both colleges (RACGP and ACRRM) have clearly defined rules and requirements regarding training placements. GP Registrars are encouraged to complete a minimum of 12 months in their first training placement as they establish their GP skills and prepare to sit for exams.



# Training placement FAQs

#### Will I be well supported by GPTQ during my placement?

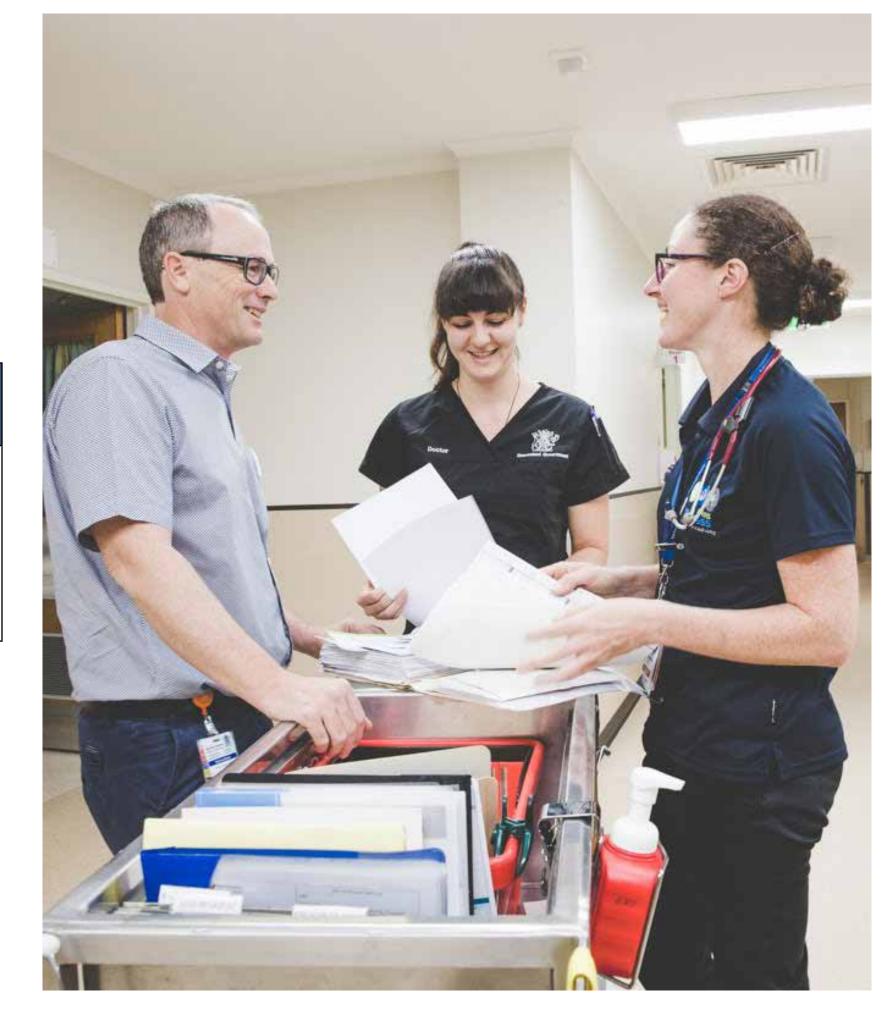
Definitely. Our focus is on providing you with all of the support you will need to study, train and work with success. This includes our specialist GPTQ mentor program, rural administration support, training advice from experienced Rural Generalist medical educators, both online and face-to-face education contextualised to rural GP training, college-specific exam preparation, access to a rural registrar liaison officer (RLO), and financial reimbursement and support.

### What do I do if I have an issue with a GP Supervisor or a training placement practice?

We have a range of feedback and support mechanisms in place. In the first instance you are encouraged to contact your GPTQ training advisor or specialist rural administration officer to share information and/or seek advice.

## How often will I need to attend compulsory teaching?

Compulsory teaching differs for each education hub. Some locations offer video-conferencing for regular education sessions with your GPTQ Medical Educator, while others offer face-to-face sessions. Your rural placement practice will work with closely GPTQ to ensure you have adequate 'compulsory education release' time away from practice-based training commitments in order to fulfil your education session requirements.





# Rural training incentives

The GPTQ Rural Registrar Incentive, Reimbursement and Support Policy provides specific financial support to GP Registrars while they are undertaking placements in a rural General Practice setting within the GPTQ training region.

The policy offers GP Registrars three types of support:

- Rural Registrar reimbursement
- Course cost reimbursement
- Registrar education and expense support

You can find out more about the policy and what support is currently available by contacting the GPTQ team on phone: (07) 3552 8100 or <u>email</u>.

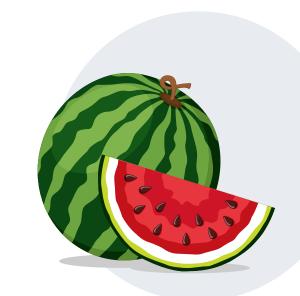
# Living in the region

## Did you know?

## Art and culture



is alive and well in Dalby.
The Dalby Art Gallery
hosts regular exhibitions
to showcase, support
and nurture local creative
talent from across the
Western Downs Region.



# Chinchilla watermelon

farmer Daryl O'Leary says dryland watermelons (grown without irrigation) taste better. And he ought to know, he's been growing watermelons for close to 50 years!



# Enjoy exercising outside?

Tara's Lagoon
Parklands serves
as a unique local
fitness precinct,
complete with
outdoor gym!

## Did you know

Australia (alongside Egypt) produces the highest quality cotton in the world? What's more, almost 40 percent of our national crop is produced in Queensland and Dalby's black soil produces tonnes of the white fluffy stuff.



because the Chinchilla Weir, a popular destination for fishing, camping and an array of water sports, recently received a \$1.9 million upgrade.

## What's in a name?

A lot in the case of Jandowae. The town was originally called Jindowie, from the local Aboriginal word for a waterhole. When a man named John Dowiae established a rest area for travellers called the John Dowiae camp, early settlers then began using the name Jondowiae. By the time the railway had reached town in 1914 the current spelling—Jandowae— had been adopted to avoid confusion with nearby Jondaryan.



# Real estate Dalby



In 2022 the median house price in Dalby is \$266,250



The median rental price for a three bedroom house is \$280 PW



The median unit price is \$220,000



The median rental price for a two bedroom unit is \$230 PW



Based on five years of sales, Dalby has seen a compound growth rate of 0.7% for houses and -5.7% for units



(source: realestate.com.au)

## Real estate Chinchilla



In 2022 the median house price in Chinchilla is \$258,000



The median rental price for a three bedroom house is \$280 PW



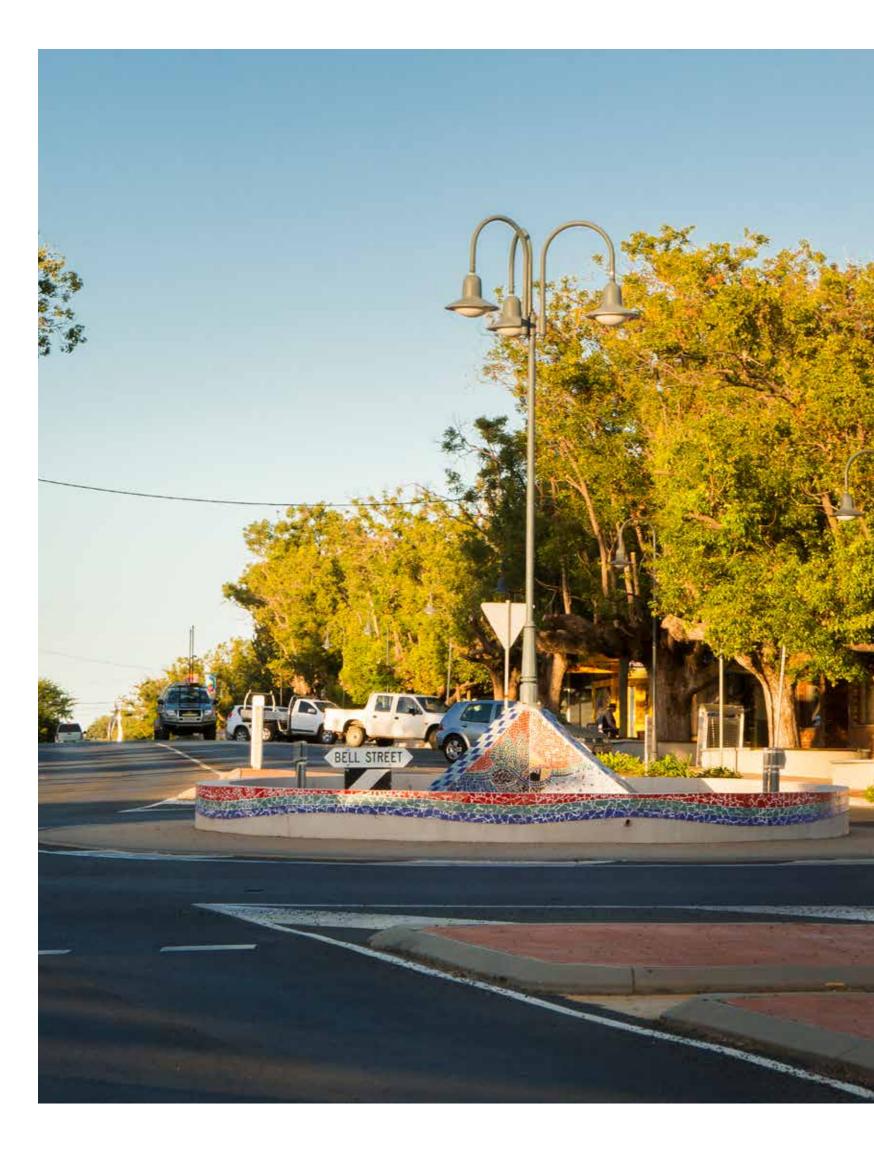
The median unit price is \$165,000



The median rental price for a two bedroom unit is \$250 PW



Based on five years of sales, Chinchilla has seen a compound growth rate of 3.2% for houses and 0.6% for units



(source: realestate.com.au)

# Shopping and amenities



# Education and schooling

## Dalby

#### **Child Care and Early learning facilities**

- Goodstart Early Learning
- Beck Street Kindergarten
- Dalby Day Care & Stuart Street Kindergarten
- Milestones Early Learning
- Kath Dickson Kindergarten

### Chinchilla

- Busy Bees Chinchilla
- NCC Early Learners
- The Chinchilla Community Kindergarten Inc.
- Chinchilla Christian College Playgroup

### Jandowae

Jandowae Kindergarten Association

## Tara

C&K Tara Childcare Centre

#### **Schools**

- Dalby State School P-6
- Dalby South State School P-6
- Dalby Christian College and Early Learning
   Centre P-12
- Dalby State High School 7-12
- Our Lady of the Southern Cross College P-12
- Chinchilla State School P-6
- St Joseph's Catholic Primary School P-6
- Chinchilla State High School 7-12
- Chinchilla Christian College P-12
- Jandowae P-10 State School
- Tara Shire State College P-12
- St Joseph's School P-6

## Boarding schools

There are a number of boarding school options available for students living in the Dalby and surrounds region. For many families, nearby Toowoomba provides easy access with both co-ed and same sex boarding options available. The region's proximity to Brisbane also means the many boarding school options on offer in our state's capital can be considered.





# TIMETO I OFC



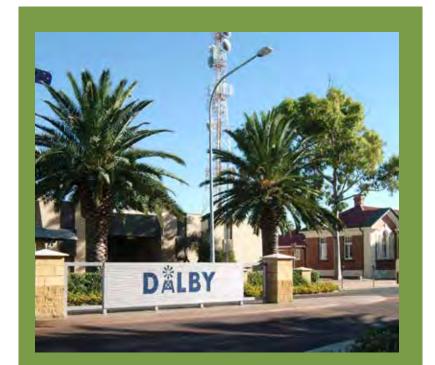
From camel races and living like a lumberjack, to fishing and camping in some of the most serene spots Queensland has to offer, Dalby and surrounds is your outback adventure just waiting to happen. We've sourced the best local information guides to help you explore the region online before you arrive.







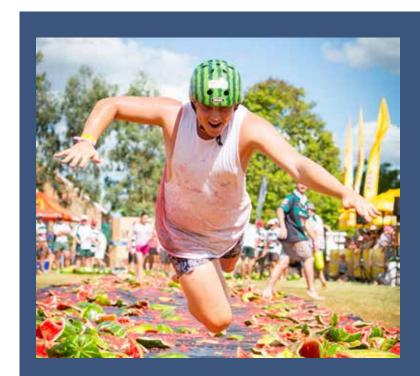
# OK TIME TO LOVE Council's information hub



The Western Downs Regional
Council website is where you will
find information on living and
working in the region, local events,
major projects and more.

Click to explore

## Experience Western Downs



This online tourist guide lets you tour towns, seek out rich and interesting experiences and plan amazing outback adventures in the region.

Click to explore

## Community groups



Here's a handy guide to local community clubs and interest groups.

## Sports and recreation



Here's a list of sport and recreation pursuits on offer in the region.

Click to explore

# Religious groups and places of worship



A guide to churches and religious groups in the region.

Click to explore

#### Arts and culture



A vibrant arts community, inspired by life on the land exists in the region.

Arts & culture in Dalby and surrounds

Arts & culture in Chinchilla

# The next Jes

Your rural training placement starts here.

The simple next step is to visit the GPTQ <u>My Placement</u> portal. Enter Dalby, Chinchilla, Jandowae or Tara into the search bar and view all current rural training placements available in these locations.

Alternatively, if you have questions and would like to speak with one of our rural GP training mentors <u>email us here</u> and we'll be in touch within two business days.

Adventure awaits.

GPTQ



