

Capital Health Network Limited

Election of Directors 2025

Candidate Statement

Candidate name (please print):	Simon Kragh		
Tick the Director Position being nominated for:	E2 <input checked="" type="checkbox"/>	E3 <input type="checkbox"/>	E4 <input type="checkbox"/>

Statement in support of nomination

I am a physiotherapist and Managing Director of Southside Physio Group, nominating for the E2 Director position. My qualifications ensure I meet the eligibility criteria, and my experience leading a large, multidisciplinary allied health organisation has given me a deep understanding of the Canberra health landscape and the needs of our most vulnerable community members.

In 2020, I established Southside Physio Mobile from the ground up. What began as myself working alone has grown into a service of more than 30 allied health professionals, including physiotherapists, occupational therapists, exercise physiologists, a dietitian, massage therapists, and a drama therapist. We deliver care directly to people in their homes, many of whom are elderly, living with disability, or managing chronic and complex conditions. This experience has given me a unique perspective on the real challenges vulnerable Canberrans face in accessing care.

I have demonstrated strategic leadership by growing Southside Physio Mobile during the COVID-19 pandemic, doubling the size of our group in five years by expanding disciplines, investing in technology, and embedding professional development at the core of our culture. Importantly, I also led our successful CHN tender to deliver the Breathlessness ABIS program, which achieved measurable community outcomes.

I currently lead over 70 staff, with a leadership style based on compassion, transparency, and accountability. I have five years' governance experience as a director and am enrolled in the Australian Institute of Company Directors (AICD) course this November to further strengthen my governance expertise.

NOTE: 250 word maximum

Capital Health Network Limited

Election of Directors 2025

Statement addressing the position requirements for Director position E2

Candidate name (please print):	Simon Kragh
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Statement addressing the position requirements

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Strategic Contribution

As a physiotherapist and business leader, I have demonstrated the ability to think strategically and make decisions that shape services for long-term impact. Growing Southside Physio Mobile during the height of the COVID-19 pandemic required foresight, adaptability, and strong governance. I have doubled the size of our group in five years by expanding disciplines, investing in technology, and embedding professional development at the core of our culture. Importantly, I have direct experience working with CHN, having successfully led our tender to deliver the Breathlessness ABIS program, which delivered measurable outcomes for the ACT community. These experiences highlight my ability to contribute meaningfully to strategic discussions at board level.

Leadership, Integrity, and Ethics

I currently lead a team of more than 74 staff and take pride in cultivating a workplace with very low turnover, achieved through values of compassion, transparency, and

accountability. My leadership style is collaborative and grounded in open communication, fairness, and respect for diversity—qualities I will bring to CHN’s Board.

Governance and Qualifications

For the past five years, I have worked closely with my fellow Southside Physio directors in governing our group, overseeing finance, HR, compliance, and risk management. I have built and implemented governance frameworks that support sustainable growth and safe service delivery in the community, where both therapists and participants face unique risks. To further strengthen my governance expertise, I have enrolled to complete the Australian Institute of Company Directors (AICD) course in Canberra this November. This demonstrates my commitment to equipping myself with the skills and knowledge to contribute effectively as a Director of CHN.

Conclusion

As a physiotherapist who has built services from the ground up, I bring lived experience of Canberra’s health challenges and proven ability to deliver solutions. I understand how different allied health disciplines interact and complement one another, and I have a track record of strategic leadership, ethical governance, and collaborative partnerships. I would be honoured to bring these strengths to the CHN Board in the E2 Director role.

NOTE: 500 word maximum

Simon Kragh

Physiotherapist A.P.A.M.

☎ Phone: 0433 362 600 ☎ simon@sspg.com.au

26 Garanya Street Waramanga, ACT, 2611

I am a dedicated and passionate physiotherapist and managing director of Southside Physio group. I am conscientious, highly collaborative and have excellent communication skills. I am driven and thrive in team environments.

Education

Tertiary Education:

2019	Masters of Business Administration (incomplete) Unit: People Management Deakin University
2012-2017	Bachelor of Physiotherapy University of Canberra

Employment History

Southside Physiotherapy Group, Physio and Managing Director April 2020 - Today

- Working with the board of SSPG (my co-directors) driving our organisation forward.
- Providing mobile physiotherapy to NDIS, DVA and private patients in Canberra. I started the mobile arm of Southside Physio.
- Starting/building the mobile team to be 30 practitioners including OT, Physio, EP and dietician
- Managing the 3 businesses involving more than 50 therapists (mostly physios) and 20 non clinical team members.
- Managing and leading a team of more than 70 people

Physiotherapist – Kieser Caulfield: January 2019 to June 2020

- Managing and treating musculoskeletal conditions including post-surgical, sporting & general injuries with a strong focus on active rehab.
- Marketing: Co-ordinating and building relationships with all references, including GP's, surgeons, dentists, sports doctors and community organizations.
- Enhanced professional and therapeutic relationships with patients. Ensured that I established a caring and calm demeanor for those experiencing stress and anxiety due to their health.

Physiotherapist – Symmetry Physiotherapy Port Melbourne: August 2017 to January 2019

- Managing and treating musculoskeletal conditions including post-surgical, sporting & general injuries and developing individualised treatment plans for patients.
- Established relationships with other healthcare professionals including sports physicians, surgeons, exercise physiologists, dentists and general practitioners.
- Participating in regular in-house professional development. Effectively delivered professional development sessions to educate other team members.

Physiotherapist – Williamstown Football Club: January 2018 to December 2018

Intern Physiotherapist – North Melbourne: January 2018 to September 2019

Junior Physiotherapist – Canberra Raiders: November 2016 until August 2017

Athlete – Old Loughtonians Hockey Club, UK: August 2013 until May 2014

Athlete – Bromley and Beckenham Hockey Club, UK: December 2011 until May 2012

Sports Physiotherapy Association Student representative- ACT, August 2016- August 2017

- Organising and convening lectures, including Sports Level 1 ACT

Professional Development and Training

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| ○ Sports Physiotherapy Level 1 | ○ ASCA Level 1 Strength and Conditioning 2018 |
| ○ Sports Physiotherapy Level 2 | ○ High Performance Rehabilitation 2018 |
| ○ Running Synopsis 2018 | ○ GEMT Dry Needling 2017 |
| ○ Spinal Level 1A 2018 | ○ Current First Aid and CPR 2025 |

Additional lectures and trainings attended

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| ○ Sue Mayes Posterior ankle impingement 2017 | ○ Sue Mays on Hip Rehabilitation 2018 |
| ○ APA Christmas Breakfast 2017 | ○ Biomotion lab by Sam Rosengarten 2018 |
| ○ Matt King on biomechanics in FAI 2018 | ○ Justin Crow on Load management 2018 |
| ○ Brady Green and the calf 2018 | ○ The Shoulder and Hip by Simon Blaster and Peter Brukner 2017 |

Referees

Mark Round: Director of Symmetry Physiotherapy, Chair of the APA board of directors

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Brett Long: CEO Kieser

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