

SPRING '22



PeopleBank News

SPRING INTO ACTION...

... AND REDUCE YOUR CANCER RISK

Did you know that making healthy habits can reduce your cancer risk?

According to the Cancer Institute NSW, one in three cancers can be prevented through making healthy lifestyle choices.

Here are six lifestyle choices to reduce your risk of cancer, the Cancer Institute NSW recommend:

1. DRINK LESS ALCOHOL

Alcohol can be hard to give up, but any reduction – no matter how small or large – can reduce your risk of cancer and improve the quality of your health.

>> [Learn more](#)



2. MAINTAIN A HEALTHY WEIGHT

Eating a nutritious diet and doing regular exercise are essential habits to help you keep within a healthy weight range, no matter your age. Being above a healthy weight can increase your risk of more than 15 types of cancer,

>> [Learn more](#)



3. EAT HEALTHY

Your diet—the types and amount of food you eat—affects your cancer risk. In fact, you can lower your risk of more than 10 types of cancer by making vegetables, fruit, wholegrain cereals and wholemeal foods, and legumes and beans a part of your everyday diet.

>> [Learn more](#)



4. BE MORE ACTIVE

The Cancer Institute recommends one hour of moderate activity or 30 minutes of vigorous activity every day to



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WHAT'S NEW



Hornsby
Village Hub

This Spring, the Hornsby Village Hub will launch its new activity schedule.

Whether it's an art class that takes your fancy; being part of a book club; getting started with some gentle exercises; becoming more digitally savvy or simply making new connections at one of the local coffee and chai chats, being a part of the Hornsby Village Hub will offer you something new.

>> [Click here for the new Hub activity schedule](#)

If you live or work in the Hornsby Shire, are aged 55 years or over and are interested in becoming a member of the Hornsby Village Hub please contact the Hub's Community Connections Officer.

M: 0424 960 637

E: villagehub@snhn.org.au

SPRING INTO ACTION... (CONTINUED)

help reduce your cancer risk and live a healthier life. Regardless of how old you are, the more you move, the better it is for you.

>> [Learn more](#)

5. PROTECT YOUR SKIN

Australia has one of the highest rates of skin cancer in the world and it is the most common cancer affecting young Australians. Overexposure to UV radiation causes more than 95% of skin cancers. There are five ways you can protect yourself:



1. Protective clothing
2. Put on a hat
3. Apply sunscreen
4. Seek shade
5. Wear sunglasses

>> [Learn more](#)

6. QUIT SMOKING

Smoking is the largest cause of preventable disease and death in NSW. Quitting is not always easy, but it is one of the most effective things you can do to reduce your cancer risk and live a longer, healthier life – no matter how long you have been smoking.



>> [Learn more](#)

SPEAK TO YOUR GP FIRST

Before undergoing any significant changes to your lifestyle it is a good idea to check-in with your general practitioner (GP) or a health professional. A GP will be able to guide you on what is best suited to your health and lifestyle.

GPs IN SCHOOLS

VALE CAROL KEFFORD

Sydney North Health Network (SNHN) would like to acknowledge the passing of Dr Carol Kefford,

Founder of the GPs in Schools program, and highly regarded local general practitioner (GP) to the Pennant Hills area.

The GPs in Schools program started in 1996. Carol, along with a friend who was a teacher at Pennant Hills High School, realised students needed to connect with their GPs. Carol also carried out a small research study where she interviewed young people to find out what barriers were preventing them from seeing a GP. This research informed the development of the program which has remained largely unchanged, testament to the program's continuing relevancy and success.

General practitioner and GPs in Schools facilitator, Dr Sylvia Guenther, recalls Carol was a passionate advocate for youth health spearheading new initiatives to support young people, "Carol held positions on various committees and presented at and organised multiple conferences for GPs, focusing on adolescent health.

"She was also instrumental in the creation of an adolescent health clinic, which catered for young people in the Hornsby area."

General practitioner and SNHN Board Member Dr Magda Campbell, recalls Carol's energy and positivity, "she had many patients with complex issues and she greeted each and every person with her unwavering positive manner giving them as much time as was needed."

Now in its 26th year, The GPs in Schools program continues to foster awareness amongst young people about the role that GPs play in supporting their health and breaks down the barriers that young people perceive to impact their ability to seek healthcare and health information.

Lynelle Hales, SNHN CEO said "Carol's passion and advocacy for youth health has left an enduring legacy that will continue to positively influence the lives of young people for many years to come, and we are extremely proud to be continuing her work."

(L-R) General Practitioners Paul Humphreys, Magda Campbell, GP unknown, Carol Kefford and Sylvia Guenther



Health Navigators

HELPING YOU FIND THE RIGHT LOCAL HEALTH SERVICE

HEALTH NAVIGATORS HELPLINE: 1800 271 212
11.00 AM - 3.00 PM MONDAY - FRIDAY

The Health Navigators helpline (1800 271 212) is a free helpline service now available to the general public. This service provides direct contact with a local nurse who can help you to find the right local health service in the Sydney north region.

The Health Navigators helpline is run by a team of nurses that use their experience and knowledge of a broad range of local services. From hospital outpatient clinics to allied health services, community services and more, the nurse team will be able to help you locate the right service that suits your need.



The Health Navigators nurse team combine local health service knowledge with care to help you locate the right health service

MEET GRACE

HEALTH NAVIGATORS CASE STUDY

Grace* an 82-year-old lady lived alone in an independent living unit in Sydney's northern suburb of Mosman. Her case manager identified that Grace needed an in-home review by a speech pathologist and dietitian due to poor mobility and being breathless.

After being contacted by Grace's case manager, the Health Navigators service set to work finding three options for an in-home speech pathologist and dietitian that would conduct home visits, and this information was shared with Grace's case manager.

* Name has been changed



SNAPSHOT

SNHN provides access to a range of **mental health, suicide prevention and alcohol and other drug services** offered at no cost to people in the Northern Sydney region.

MENTAL HEALTH SERVICES

Services include:

- 1. Low intensity** - Telephone and online coaching for emotional and mental wellbeing
- 2. Mild to Moderate** - Short-term psychological and group therapy programs

- 3. Severe and complex** - Psychiatry, case management and psychological interventions

>> Find out more

SPOTLIGHT ON:

FREE PSYCHIATRY SERVICES

A medical practice located in Sydney's north is now offering fully subsidised psychiatry services to children, young people and adults with severe and complex mental health conditions who are experiencing financial hardship or other barriers to mental health care.

Brellah Medical Centre in partnership with Sydney North Health Network, received funding through the NSW Government's Pandemic Mental Health Recovery Package to offer eligible patients access to three fully subsidised sessions with a qualified psychiatrist. After a GP review, patients may receive up to three more fully subsidised sessions.

James Britton, Founder and CEO of Brellah said "We're looking forward to working closely with health, community and aged care providers across the region to ensure seamless continuity of care - both where and when people need it most."

GP REFERRAL REQUIRED

For patients that are eligible for the service, referral by their GP to the [Sydney North Health Network Mental Health Triage Team](#) is required.

For more information on the range of mental health services funded through the NSW Pandemic Recovery Access initiative, please visit the Sydney North Health Network website [here](#).

Commenting on the importance of free access to mental health services for our most vulnerable community members, Sydney North Health Network Chief Executive Officer, Lynelle Hales, said 'ensuring mental health support services are more readily available and accessible, is key to safeguarding vulnerable members of our community. We are pleased to be partnering with Brellah, so that even more people in our region can access these vital services.'



L-R: Vincent De Luca Northern Beaches Counsellor, Gillian Wicks SNHN Mental Health Triage Clinical Lead, Melinda Daley SNHN Commissioning General Manager, Dr Esther Han, Belinda Ramirez Brellah Medical Centre, Program and Partnerships Manager, and James Britton, CEO & Co-Founder, Brellah Medical Centres join forces to bring more psychiatry services to the Sydney North region.

LINKS TO USEFUL SERVICES

HEALTH NAVIGATORS | 1800 271 212
The Health Navigators helpline is a free service now available to the general public. This service provides direct contact with a local nurse who can help you to find the right local health service in the Sydney North region.
>> [Click here for more](#)

BOWEL CANCER TESTING
Bowel cancer is the second biggest cancer killer in NSW. But if it's found early it can be successfully treated in more than 90 per cent of cases.
>> [Click here for more](#)

FIND A HEALTH SERVICE
findahealthservice.com.au

Make sure you're seeking the most appropriate care for yourself and your family.

Emergency Departments must see people with life threatening illnesses first. If your injury or illness is serious, but not an emergency, there are a range of alternative services available which can provide faster, more convenient care.
>> [Click here for more](#)

EMAIL A STORY

Do you live in the Northern Sydney region and want to keep up to date with local health and community news or have a question about the PeopleBank newsletter?

Email the SNHN Community team and we'll be in touch.

>> [Email us your story](#)

The Recipe for Self-Care

'Self-Care' helps people, families and communities to stay healthy, prevent disease, and better deal with illness and ongoing chronic conditions. It's also about knowing when and where to get help from a healthcare professional.

OVER ONE THIRD OF ALL DISEASE IN AUSTRALIA CAN BE PREVENTED

There are seven ingredients of 'Self-Care' which can help you take charge of your health and the health of your family.

The Seven Ingredients of Self-Care



These simple ingredients can help you take better care of your health, and the health of your family.

For more information visit chpaustralia.com.au