

2024 | Synergy in Care: The “Better Together” Primary Healthcare Summit

Join us for an evening of engaging and thought-provoking conversations with influential healthcare leaders



Thurs 24th Oct
6:15pm - 9:00pm



The Epping Club
45 Rawson Street, Epping

Our expert panel, facilitated by Sophie Scott (OAM), will discuss what an integrated, place-based & person-centred approach to healthcare can look like including innovative technologies to improve care; the importance of healthcare provider wellbeing; community connections and social prescribing provisions; and the need to focus on prevention and early interventions. We will explore how you can embrace these areas to improve patient outcomes and work towards achieving the quintuple aim.

- **6:15pm** Registration, networking, art exhibition, and trade tables
- **7:00pm** Two course sit down dinner Welcome and overview by MC & Facilitator Sophie Scott
- **7:20pm** SNHN Strategic Plan direction, Kevin Barrow, SNHN CEO
- **7:30pm** Keynote Presentation: Health Integration & Person-centred Care, Dr Ben Bravery
- **8:00pm** Facilitated Q&A panel: Synergy in Care
- **9:00** Close



SYDNEY NORTH
Health Network

THE SPEAKERS

Sophie Scott, OAM
MC



Dr Ben Bravery,
Doctor/Author/Advocate
Keynote speaker



Peter Rophail
A/ Executive Director of
Operations, Northern Sydney
Local Health District



Dr Kathryn Hutt
GP and Medical Director at
Doctors' Health NSW



Ros Knight
Clinical Psychologist



Dr Sophie Scamps
GP and Federal MP for
Mackellar



John Milham
Coach, Mentor, Trainer,
Lived Experience



Target audience: General Practice, Pharmacists, Nurses, Health Professionals, Community Providers

Cost: There is no cost to attend for the target audience and their staff practicing in the SNHN region

Learning outcomes:

- Recognise the importance of an integrated, place-based health system
- Describe person centred care
- Recognise the role of innovation & connected care
- Describe the importance of health provider wellbeing



This is a RACGP-approved CPD activity under the RACGP CPD Program – Activity Number 967305 | Activity Type EA 2 hours

[Click here to register](#)





About the Speakers

MC & Facilitator – Sophie Scott OAM

Sophie Scott is an international speaker, award-winning broadcast journalist, education and TedX speaker. She specialises in using the latest scientific research to help people maximise their human potential, mindset, and mental health. Sophie is an Adjunct Associate Professor in the Notre Dame University Medical School, lecturing in science communication and was recently awarded a Medal (OAM) in the Order of Australia General Division for her service to broadcast media, and to community health.

Dr Ben Bravery | Doctor/Author/Advocate

Originally a zoologist and science communicator, Ben Bravery became a doctor in 2018 after a stage 3 bowel cancer diagnosis and is now undertaking speciality training in psychiatry. Ben volunteers, advocates, writes and speaks about cancer, medicine and medical education, and is committed to advocating for change in Australia's healthcare system.

Dr Sophie Scamps | MP

Dr Sophie Scamps is the Independent Member for the Federal electorate of Mackellar. Sophie made history at the 2022 election by becoming the first Independent to win this Northern Beaches seat since it was formed in 1949. Sophie studied Medicine at the University of Sydney and has a Masters degree with Honours from Oxford University and a Master of Public Health with the University of NSW. Prior to entering politics in 2022, Sophie served her community as a doctor in the Emergency Department of Mona Vale Hospital and practised as a GP in Narrabeen.

Peter Rophail | A/ Executive Director of Operations, Northern Sydney Local Health District

Peter, a physiotherapist by profession, has over 25 years of experience leading public health services in Northern and Greater Western Sydney. His previous roles have included General Manager positions at Bankstown-Lidcombe, Liverpool, and Camden/Campbelltown Hospitals.

Dr Kathryn Hutt | GP

Kathryn is the Medical Director at Doctors' Health NSW, an independent and confidential 24/7 support service for doctors to talk to an experienced GP about personal or professional issues. She is also a part-time general practitioner in Mona Vale, Sydney. In addition, Kathryn provides regular fly-in GP services to remote NSW.

Ros Knight | Clinical Psychologist

Ros Knight is an Endorsed Clinical and Counselling Psychologist with 28 years' experience. She runs a Private Practice in Chatswood focussed on Adults and Adolescents with a broad range of mental health issues and lives within Northern Sydney area. She has over her career provided leadership and sat on many advisory groups within the Psychology Industry and Mental Health sector in particular and has a broad understanding of current issues. She is the immediate Past President of the Australian Psychology Society.

John Milham | Coach, Mentor, Trainer, Consultant, Speaker

John Milham, a widower and father of three, left a successful corporate IT career after experiencing significant personal loss. Through his recovery from grief, depression, and anxiety, he discovered the effectiveness of Lived Experience-based interventions. John now dedicates his time to supporting and empowering others, helping them manage life's transitions. He collaborates with organisations including Kintsugi Heroes, Parents Beyond Breakup, Mentoring Men, Standby Support after Suicide, Lived Experience Aust, Roses in the Ocean, Raise Foundation, Wesley Lifeforce, Northern Beaches Cares and Northern Beaches Men.