

AUTUMN '24



PeopleBank News

CHILDREN'S HEALTH

BUILDING BLOCKS FOR A HEALTHY LIFE

The first 2000 days of a child's life (from conception to age 5) is a critical time for physical, cognitive, social and emotional health. Experiences during these early years have deep and long-lasting effects, predicting outcomes like success at school and in finding employment, lifelong health and risk of substance abuse.

To understand whether a child (0-5) is developmentally on track during these important first days, parents and caregivers can refer to the My personal health record ([the Blue Book](#)). The book provides valuable health information and records your child's health, illnesses, injuries and growth and development milestones. The Blue Book is available in many languages.

The Blue Book also explains when it is time to make an appointment for a child health check with a health practitioner. That appointment could be with your General Practitioner (GP), nurse practitioner, child and family health nurse or nurse immuniser. Take the Blue Book with you to these appointments so your child's growth and development can be recorded during the visit. Many general practices offer childhood health checks and combine it with the [childhood immunisation schedule](#) appointment.

To make an appointment for your child's scheduled health check

- Contact your regular GP
- If you don't have a regular GP, find a GP who provides this service
- Contact your local [Child Youth and Family Health Service](#)

Further reading for parents and carers

[Milestones Matter - Learn the Signs. Act Early.](#)
[Baby Map - A guide for parents with children 0-3](#)
[Raising Children Network](#)
[Save the date to vaccinate App](#)



FREE SPEECH PATHOLOGY WEBINARS

Lunchtime webinars for Parents & Carers

Parents of young children are invited to attend lunchtime learning webinars on topics including, Screen Time and Baby's first words. The sessions will be presented by the Children's Speech Pathology Team from the NSLHD.



Each webinar will include a short 20 minute presentation followed by 20 minutes of parent led discussion. Webinars will be held on MS Teams and run from February till November 2024. Register via [TryBooking](#) or use the QR code.

WHAT'S NEW

HELPING SENIORS STAY HEALTHY



COMMUNITY TRANSPORT EARLY INTERVENTION PILOT PROGRAM REVISED ELIGIBILITY

The Community Transport Early Intervention program funded by SNHN has been designed to assist older Australians with getting to their health appointments and social activities enabling them to stay healthy and independent for longer.

To be eligible for the program a participant must:

- Live in any of the Local Government Areas (LGAs) in the Sydney North region
- Be aged over 65 years of age, or 40 years of age for Aboriginal and Torres Strait Islander Peoples
- Not currently be accessing community transport through My Aged Care

Participants will be entitled to free Community Transport for accessing local health, wellbeing and social programs/events.

Find out more:

- >> Call 1800 035 262
- >> [Visit the website](#)

[VISIT WEBSITE](#)

SPOTLIGHT ON:

COMMUNITY SERVICE AWARDS

Two members of the SNHN Community and Partnership team have received awards from community organisation, Rotary. Mel Gould and Brooke Grimsted were awarded for their outstanding service to the community members they serve through their work here at SNHN.

ROTARY YOUTH LEADERSHIP AWARD

BROOKE GRIMSTED

Earlier this year, Brooke Grimsted was awarded for her work on the social connection program the Hornsby Village Hub with a Rotary Youth Leadership Award (RYLA). This award which is a global initiative organised by Rotary clubs and districts, sees participants of the award enjoy a week long program which aims to hone their leadership skills and potential to lead. This program immerses participants in a variety of activities and experiences from workshops covering communication, teamwork, problem solving, and conflict resolution to team-building challenges and networking opportunities.

Additionally, participants benefit from inspirational talks and presentations by accomplished leaders. Overall, RYLA provides an environment where young people can discover and cultivate their leadership capabilities while learning from some of the most dynamic young leaders in our community.

Brooke's nomination for the award came from Rotarian Mr Dennis Hogan.

“ RYLA provided an intense and transformative week, pushing me outside my comfort zone and prompting a deep journey of self-discovery. Through diverse challenges, I realised that leadership isn't about being the loudest, but about leveraging individual strengths. The program emphasised the importance of authentic leadership, shifting my perspective from outward projection to leading from within. Overall, RYLA was a catalyst for personal growth, reshaping my understanding of leadership and empowering me to make meaningful contributions in my own authentic manner.”

- Brooke Grimsted, 2024 Winner ”



Brooke (front row left) with other recipients of the RYLA

ROTARY HEALTH SERVICES AWARD

MELANIE GOULD

In February at an event in Warrawee, Mel Gould, SNHN Indigenous Health Coordinator was awarded the Rotary Club of Wahroonga's prestigious Health Services Award of 2024. Melanie's award recognises her outstanding contributions and influence in promoting indigenous health initiatives, and it demonstrates her commitment to improving healthcare access and outcomes for local Aboriginal and Torres Strait Islander community.

Rotarians Helen Clarke and Peter Kirkwood were instrumental in Melanie's nomination, demonstrating the collaborative spirit of community members and fostering positive change. Melanie remains committed to advancing healthcare equity and excellence, and this recognition motivates her to continue her transformative work in health services.

“ I am inspired every day by the resilience and strength of our community, and committed to continuing my work with even greater passion and dedication. This award serves as a reminder of the importance of our collective efforts in creating a healthier, more vibrant community.”

- Melanie Gould, 2024 Winner ”



(L to R) Peter Kirkwood, OAM, Mente Knowles, Melanie Gould and Helen Clarke

CHRONIC CONDITIONS IN YOUNG PEOPLE & TRANSITIONING THEIR HEALTH CARE

The Transition Care Network

Many young people with chronic health conditions and disability arising in childhood are now living well into adulthood. However, to manage their health needs as they grow older, a move from paediatric to adult health care is often required. The Agency for Clinical Innovation's [Transition Care Network](#) works with clinicians, young people, families and carers to improve a young person's (14 to 25 years of age) continuity of care as they move from paediatric to adult health services including primary care.

The Transition Care Network have developed seven [key principles](#) to ensure a successful transition. The network also has a range of [factsheets](#) and [templates](#) for both healthcare staff and consumers. Many are available in easy-read and other languages.

To continue improving transition care for young people, the Network is seeking the expertise and experiences of clinicians and consumers. If you're interested in joining the network, contact Rachael Havrlant, Network Manager via [0437 883 941](tel:0437883941) or ACI-TransitionCare@health.nsw.gov.au for more information.

Young people with chronic health conditions in NSW can use the [Transition Care Service](#) for more complex transition support.

The service works with the [Sydney Children's Hospitals Network's Trapeze Service](#).

The service can:

- Support plans for a transition from children's to adult health services.
- Find an adult healthcare service to suit you or your patient's needs.
- Empower people to adjust to new services, attend health appointments and take on more responsibility for their own care.
- Support families helping young people transition.
- Provide updates to health professionals on a young person's progress.
- Provide education sessions to health professionals.

How to apply

After consent is provided by the young person submit a [referral form](#) to Paula Carroll

E: ACI-TransitionCare@health.nsw.gov.au

T: 0436 323 321

Who can apply

Young persons aged 14-25 years with chronic health conditions who:

- who live in NSW/ACT, and
- have a chronic health condition or disability (excluding a primary diagnosis of mental health conditions) that needs complex case coordination to transition to adult specialist health services.



Watch the video to find out more about the Transition Care Network

Attention...
...all carers

ADVANCE CARE PLANNING



If you knew someone who became very unwell and was not able to communicate their preferences to others, would you know their wishes for how they wish their health and personal care to be provided?

Advanced illness or serious injury can sometimes mean that people cannot make their own decisions about health and personal care. This can happen to people of all ages, and especially towards end of life.

Advance care planning helps to ensure that a person's preferences, their beliefs and values about health care are known and respected if they are too unwell to speak for themselves. It can also be a good idea to take some time to plan for your own future medical treatment and care, and to discuss your preferences and values with your family, friends, and health care team.

NSW Health have updated Making an [Advance Care Directive](#), which includes a free template.

Sydney North Palliative Care Needs Assessment



Did you know that SNHN has undertaken a Palliative Care needs assessment in our region with our community and health providers? To learn about the findings read the report.

[READ REPORT](#)

COMMUNITY SHOWCASE: *Digital Health*

Community members are invited to attend a showcase on new and innovative health technologies and models of care that are being developed for Older Australians that live in residential aged care homes.

DATE: Wed 20th March

VENUE: The Auditorium, Level 5,
Kolling Institute Building,
Cnr Westbourne & Reserve Roads,
St Leonards, NSW

>> [Click here to register](#)



LETS TRY THIS
ONE AGAIN!

**SNHN Commissioned
Services Guide**

Community member, John pointed out that in the previous PeopleBank (Summer edition) the link to the SNHN Commissioned Services Guide was broken. So thank you John for letting us

know. The guide provides information on mental health services and other services commissioned by Sydney North Health Network.



READ NOW

COMING SOON:

COMMUNITY EVENTS & HEALTH SCREENS

Receive a free screening for Head and Neck cancer

Did you know that some HPV (Human Papilloma Virus) infections may increase a person's risk of developing Head and Neck Cancer, even if they are young, healthy and do not smoke?

Head and Neck Cancer refers to many types of cancers, including skin, oral, nasal cavities, sinuses, throat, larynx, salivary glands, thyroid or neck. The good news is that screening can help detect early cancers and offer early treatment.

On 11th March 2024, come along to Royal North Shore Hospital to get screened. This will involve the doctor talking to you about your risk factors and any symptoms, followed by a clinical examination.

Details

DATE: Monday 11 March 2024

TIME: 8am till 4pm

VENUE: Royal North Shore Hospital
Outpatient Clinic,
5 Reserve Road, St Leonards NSW 2065

Register your interest for a screening appointment by filling out the [Registration Form](#).

Supported by the Surgical Education Research & Training Institute, and the Northern Sydney Local Health District.

Register
Now



USEFUL LINKS

HEALTHY LIFESTYLE COURSES

Get fit, feel great and have fun!

These courses are low cost, accessible physical activity classes for older adults.

They run during school term in venues across Northern Sydney. Term 1 courses start from Friday 2 February 2024.

Courses include: Gentle exercise, Strength and balance exercise, Aqua exercise, Tai Chi, Yoga.
>> [Click here for more](#)

HEALTHTALK AUSTRALIA

Listen to and watch Australians share their health and illness experiences. Find evidence-based, plain language health information.
>> [Click here for more](#)

FREE HEALTH COACHING

The Get Healthy Service is a free health coaching service aimed at supporting people over 16 years of age living in NSW to make lifestyle changes.
>> [Click here for more](#)
>> [Make a referral](#)

TALK TO US

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 at Community@snhn.org.au and we'll be in touch.