

SPRING '23



PeopleBank News

MEN'S HEALTH EDITION

It is not uncommon for men to assume *all is well*, until it is not. Research has shown that there are simple steps that can be taken prior to the development of any symptoms that significantly improve health outcomes for men. These recommendations vary depending on age, medical history and family history. Any concerning symptoms may warrant seeing a doctor immediately or more regularly than recommended in this information, but the following general advice is assuming that 'all is well'.

For young men under the age of 40 years, seeing your general practitioner once every couple of years is recommended. During these visits, smoking, alcohol consumption, diet and exercise will be discussed. Optimising these areas has been proven to decrease the long-term risk of heart disease, stroke, diabetes and cancer. Examination may include measurement of blood pressure and weight. A sexual health check may also be discussed and arranged if needed. Testicular self-examination for testicular cancer may also be covered.

As men get older, their risk of developing disease also increases. Men (and women) aged between 45 and 49 are highly recommended to undertake a comprehensive health check with their GP. This check is largely about assessing your risks of developing chronic diseases in the future and assessing your current health status. Additional testing may be requested such as cholesterol and blood sugar to directly assess risk factors that may need treatment either through lifestyle changes or, failing this, medication. Screening tests and examinations for heart health, bowel cancer, prostate cancer and skin cancer may also be considered.

The evidence is clear – there is value in seeing your GP, even if you are feeling well. In fact, it is likely that these visits will benefit your long-term health far more than if you only see your GP when you are unwell.

Resources:

- NSW Health
- Health Direct
- Healthy Male
- Health assessment (chronic disease risk)



WHAT'S NEW

FREE TRANSPORT TO LOCAL HEALTH SERVICES

Improving access to health appointments for older Australians to help stay healthy, strong and independent for longer.

A new early intervention pilot program to help older Australians living in the Sydney north region access health appointments and social programs via a community transport service has launched.

The goal of the program is to improve the health, wellbeing and independence of older people throughout their ageing journey.

How can this program help me?

The Community Transport Early Intervention Program will provide free accessible and safe transport from your home to your General Practitioner, allied health appointment or participating program. Providers of the free service include Easylink, Hornsby Ku-ring-gai Community Transport, Stryder, and Community Connect.

How to join the program

- >> Visit our website
- >> Call 1800 035 262

RESIDENTIAL AGED CARE VIRTUAL CARE SERVICE

Spring
into action!

& REDUCE YOUR FALLS RISK

The Residential Aged Care Virtual Care Service (VCS) is a new fully funded and voluntary service facilitated by Sydney North Health Network (SNHN).

It can assist those providing care to aged care residents, offering an additional care-giving method used together with in-person visits. Residents and clinicians retain their choice to take part.

The service is part of the Australian Government's response to the Royal Commission into Aged Care Quality and Safety recommendations, through Primary Health Network (PHN) funded activities.

Aged care homes, their residents and healthcare providers will use the service for secure video consultations and remote vital signs monitoring.

So what are the benefits of the new service to residents living in residential aged care facilities?

- Improved access to healthcare providers and better care coordination.
- Safe and timely health care without leaving the home environment.
- Reduced travel by residents and providers.
- Easier engagement with the residents' care by family members, carers and RACF staff.
- Fewer preventable hospital admissions.
- Supports management of chronic conditions.

@ Email us for more information on:
ageingwell@snhn.org.au

Spring is a great time to encourage everyone, particularly older adults, to get active and take action to prevent a fall.

Did you know... Research has shown doing exercise, of any type, can reduce falls risk in older adults by 23%?

Across Northern Sydney, there are a range of exercise programs to help seniors stay active.

- [Healthy Lifestyle / Healthy & Active for Life / Stepping On \(falls prevention\)](#)
- [Active and Healthy \(Find an Exercise Program\)](#)

COMMISSIONED SERVICES

Stepping On & Healthy Lifestyle Program

Stepping On is a free 7-week evidence based falls prevention program.

SNHN have commissioned NSLHD to meet the increased demand for this program in areas around Manly Vale, North Epping, Mosman and North Ryde. Through a partnership with the NSLHD Healthy Lifestyle program, graduates of these groups are offered two terms of complimentary 'Tone & Balance' classes to continue engaging in regular evidence-based falls prevention exercises.



[Visit the Stepping On website to find out more](#)

SPOTLIGHT ON:

MENTORING MEN

MENTORINGMEN.ORG.AU

Our mission is to support men in their life journey so that no man walks alone.

Mentoring Men is a registered Australian charity providing free long-term one-to-one life mentoring for men who are going through some challenges or changes in their life.

We focus on a proactive approach, engaging with men who need help before they spiral into crisis.

Sometimes just having someone listen, without judgement or agenda, can be the difference between life and death. Our volunteer Mentors provide vital support for men which in turn creates stronger, healthier families and communities.

WHY ONLY MEN?

Men represent 75% of all suicides in Australia and yet most suicide prevention support services are more effective at reaching women.

OUR MISSION: Supporting men in their life journey

OUR VISION: No man walks alone

OUR VALUES: Passion | Inclusion | Integrity | Commitment



COMMUNITY EVENTS

DEMENTIA ACTION WEEK

18 - 24 September

Cinema Screening of 'Live the Life You Please'

Thurs 21 September, Roseville Cinema

In recognition of Dementia Action Week, please join us for a free screening of the award winning documentary *Live the Life You Please*.

Live the Life You Please will change the way you think about palliative care. Told by health and community professionals, patients, families and loved ones, it is an intimate portrait of the end-of-life experience and makes profound observations about life, death and what happens in between. This film will make you smile, laugh, laugh harder and occasionally shed a tear as a diverse range of Australians share the last chapter of life with us.

Q+A Panel

Screening will follow with a Q+A Panel with local health and community professionals

Details

5:30pm: Doors open & light refreshments

6:30pm 'Live the Life You Please' screening

8:00pm Q&A panel

An initiative of *Greater Choice for at Home Palliative Care* at Sydney North Health Network. Email us with any questions at ageingwell@snhn.org.au.

>> [Click here to register for your free tickets](#) 

STREET SIDE MEDICS VACCINATIONS AND HOMELESSNESS WINTER PACKS

Sydney North health Network partners with Street Side Medics and local health services to support people experiencing homelessness in the region with access to medical practitioners and vaccinations against flu and COVID. With the onset of winter, the SNHN Community Engagement team packed and distributed much needed winter warmer packs which were most appreciated.



NAIDOC Week

The Sydney North First Nations Collaborative and Northern Beaches Council organised a NAIDOC Week Community Event at Dee Why PCYC, with the theme 'For Our Elders'. The event featured storytelling and music by Elder Marlene Cummins, a youth rock band called 'Fusion', and engaging discussions about the role of young people in Elder's health.



Mel Gould, SNHN Indigenous Health Coordinator with Community Elders

During NAIDOC Week, Sydney North Health Network (SNHN) invited Wiradjuri artist Kris Khamis to unveil his Aboriginal artwork piece at a gathering held in the Chatswood office. The artwork represents the north Sydney land and the diverse physical and cultural landscapes within the region. Khamis drew inspiration from native Australian plants and animals for the custom commissioned piece which he digitally produced on an iPad.



Wiradjuri artist Kris Khamis with his commissioned artwork piece

Your Side and Sydney North Health Network are delighted to announce a new partnership delivering the Commonwealth Department of Health and Aged Care's new Care Finders program serving Northern Sydney PHN region as part of a national network of Care Finders.

Care Finders will connect people to quality and appropriate aged care. These will be older people who are experiencing homelessness, mental illness, alcohol or drug dependence or who are care givers, people leaving incarceration, and minority groups. Assistance ranges from providing guidance on the necessary paperwork to register with My Aged Care, to discussing with individuals the various options offered by local service providers.

Care Finders can also help find and connect people to other services like mental health support, peer groups, alcohol and other drug programs, homelessness programs, transport services, or social groups.

The community has asked for more localised and face-to-face support to help people to navigate and access aged care.

SNHN purpose is to increase the efficiency and effectiveness of healthcare and other services for the local community, which we achieve through partnerships. You can have the best services in the world, but that means little to people who experience significant barriers in accessing them.

“Care Finders will locate the most vulnerable older people in the Northern Sydney region and connect them to meaningful and life-changing care.”

PACE EARLY INTERVENTION

Are you or a loved one worried about a recent diagnosis? Not sure of the next steps? The PACE Early Intervention Program aims to help you or a loved one who has recently been diagnosed with a chronic condition or are at risk of developing one.

A dedicated 'PACE Partner' will provide ongoing support to help navigate, guide and connect you with various providers or community groups (e.g. home care, physio, emotional and social support) so you can form a partnership to help your journey.

The service is available Mon-Fri 9.00am – 5.00pm and will accept medical, nursing, allied health, and self-referrals within the Sydney north region. Click the link below to register or make a referral and a member of the PACE team will be in contact.

 **SIGN UP**

T: 0484 021 880 /
02 9988 4966

E: pace@knc.org.au

LINKS TO USEFUL SERVICES

24 HOUR SUPPORT

After Hours GP Helpline: 1800 022 222
Child Protection Helpline: 132 111
Domestic Violence Line: 1800 656 463
Kids Helpline: 1800 551 800
Lifeline: 13 11 14
NSW Mental Health Line: 1800 011 511
Parentline: 1300 130 052
Poisons Information Centre: 13 11 26
National Breastfeeding Helpline:
1800 686 268

VARIOUS HOURS

Mothersafe: 1800 647 848
(Mon-Fri 9am-5pm)
Carer Gateway: 1800 422 737
(Mon-Fri 8am-6pm)
Medicines Line: 1300 633 424 or
1300 MEDICINE
(Mon-Fri 9am-5pm)
My Aged Care: 1800 200 422
(Mon-Fri 8am-8pm, Sat 10am-2pm)

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](#)