

WINTER '23



PeopleBank News

BE PROTECTED THIS WINTER

The cold winter weather has arrived and cases of influenza (flu) and COVID-19 are on the increase. It is important you get vaccinated for both to prevent severe illness from both viruses. Both Influenza and COVID-19 are highly contagious respiratory illness' caused by a virus. Severe cases can result in breathing difficulties, pneumonia hospitalisation and even death. Vaccination is the best form of protection against becoming severely ill by these viruses.

FLU SEASON

Each year, people in NSW die from flu-related illness. It is spread by droplets, when people with flu cough or sneeze. It can also be spread by touching a surface or object that virus droplets have landed on from an infected person. People with flu can spread it to others before they are sick as well as while they are sick. Vaccination is your best defence against getting the flu.



FLU SYMPTOMS:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

WHAT TO DO WHEN UNWELL:

- Stay at home if feeling unwell
- Covering coughs and sneezes.
- Washing hands regularly with hand sanitiser or soap and running water for 20 seconds.
- If you do need to leave home when sick, wear a mask and avoid contact with people at higher risk of severe illness.

Most symptoms can be managed by getting plenty of rest, taking regular pain relief and managing fevers as needed and staying hydrated. If you become severely ill seek medical advice.

[Check your eligibility for a free flu vaccination or find out more >>](#)

COVID-19

While life is returning to normal after a few years of lockdowns and restrictions, COVID-19 is still in our community, and lives continue to be lost as a result. So we must remember to remain vigilant and protect ourselves and those around us.



Continued>>

WHAT'S NEW

CARE FINDER PROGRAM

Care Finder is a free service helping vulnerable older people access aged care services and connect with relevant community supports.

Care Finder staff work face to face and can visit clients in the community. They help people learn about, apply for and set up support services. The Care Finder service is not available for everyone. It is specifically for vulnerable older people who have no one else who can support them.

Care Finder can help someone with:

- Talking to My Aged Care and arranging an assessment.
- Attending and providing support at the assessment.
- Finding and short-listing aged care providers in their area.
- Completing forms and understanding aged care service agreements.
- Checking-in once services are up and running.
- Helping arrange reassessments where needed.
- Solving other challenges and connecting to supports in the community.

BOOK OR FIND OUT MORE

W: yourside.org.au/what-is-care-finders/
E: carefinder@yourside.org.au
T: (02) 8405 4484
9am – 5pm Mon-Fri



Care finder is a free service it is fully funded in the Sydney North region by Sydney North Health Network.

CONTINUED

Guarding against COVID-19

1. Staying up to date with recommended COVID-19 vaccinations
2. Staying home if you have cold or flu symptoms and test with a Rapid Antigen test
3. Wearing a mask in crowded indoor places
4. If you are at high risk of severe illness you may be eligible for antiviral medicines.
5. Don't visit people who are at high risk if you have flu or COVID-19 like symptoms

GET TESTED IF YOU HAVE: OTHER SYMPTOMS:

- | | |
|--|----------------------|
| • fever (37.5 °C +) | • fatigue |
| • cough | • acute blocked nose |
| • sore throat | • muscle pain |
| • shortness of breath (difficulty breathing) | • joint pain |
| • runny nose | • headache |
| • loss of taste | • diarrhoea |
| • loss of smell | • nausea/vomiting |
| | • loss of appetite. |

Visit NSW health for more on COVID-19 >>

IF YOU BECOME SEVERELY ILL

Seek medical advice and inform them of your test results. Otherwise manage your symptoms and follow these steps.

1. Stay home until your acute symptoms have gone. If you are at higher risk of severe illness, speak with your doctor as soon as you test positive. You may be eligible for antiviral medicines or other treatments for COVID-19. Antiviral medicines work best when used as soon as symptoms start.
2. Don't visit people who are at high risk.
3. Wear a mask.
4. Avoid large gatherings and indoor crowded places.
5. Talk to your employer about when you should return to the workplace.
6. Tell people that you live with, or spend a lot of time with, that you have COVID-19.
7. Information for people exposed to COVID-19 fact sheet.
8. Register your positive rapid antigen test result with Service NSW.

SPOTLIGHT ON:

THE NEW MY HEALTH APP

PUT YOUR HEALTH IN YOUR HANDS WITH THE NEW MY HEALTH APP

Access My Health Record information on your mobile via the new my health app. **my health**, is an Australian Digital Health Agency owned and managed app, and is the latest digital tool developed by the Agency to help people and their carers manage their health.

my health is now available to download for iOS and Android. Search for: "my health gov".

It provides easy access to health information once it has been uploaded to My Health Record including:

- medicine information history
- pathology results, including COVID-19 tests
- vaccination proof/history, upcoming immunisations
- allergy and reactions info
- hospital discharge summaries
- advance care planning documents



Scan or
click to
download



VIDEOS AND EDUCATION RESOURCES:

- **Overview video (click to view)**
- **How to videos (click to view)**
 - What is in my health app?
 - Finding COVID-19 test results
 - How to set up your my health app
- **eLearning Modules (click to view)**
 - Getting started with my health
 - Exploring the my health home screen
 - Finding test results

Find out more >>

DIGITAL HEALTH LEARNING FOR EVERYONE

The Australian Digital Health Agency is offering webinars to consumers on a range of digital health topics. This includes My Health Record, my health app, electronic prescriptions as well as collaborations with a number of Community Peak and Partner Organisations.

The following upcoming sessions are available to access from an [online learning portal](#).

- Advance Care Planning and My Health Record for Carers
- The new my health app
- My Health Record privacy and security
- What info can I view in My Health Record?
- Medicines information, allergies and adverse reactions in My Health Record

COMMUNITY EVENTS

Healthy, Active & Connected Community Expo

Northern Beaches Dementia Alliance

On Thursday 4 May, the Northern Beaches Dementia Alliance (NBDA) hosted the Healthy, Active and Connected Expo to showcase the services and supports available on the Northern Beaches for people living with dementia and their carers. *"It's ok to ask for help"* was the theme of the day.

Over 160 attendees heard an informative keynote address from Prof Sue Kurrle about healthy ageing and dementia, explored the exhibitor stands, and attended engaging sessions on falls prevention, movement and dance, aged care service changes, and behaviour change support.

The event was made possible thanks to Dee Why RSL (via Club Grants – the Community Support Program) and HESTA, Community Exhibitor Sponsor and Northern Beaches Council (Northern Beaches Council Community Grant.)

The Healthy, Active and Connected Community Expo was organised by members of the Northern Beaches Dementia Alliance including SNHN, CCNB, Just Better Care, Hammond Care and Northern Beaches Council.



The expo showcased services and supports available for people living with dementia and their carers

CELEBRATING RECONCILIATION & NAIDOC WEEK EVENTS

The Sydney North First Nations Collaborative is pleased to embrace this year's Reconciliation week's "Be a voice of Generations" and NAIDOC's, "For our Elders", with two culturally inspired events. Both events will bring together elders, youth and community for yarning, discussion, entertainment, activities, food and more....

For event enquiries, contact:

Melanie Gould

SNHN Indigenous Health Coordinator.

E: mgould@snhn.org.au

M: 040 647 2106



*Reconciliation week event
Hornsby PCYC
Thursday June 1st 3-5pm*



*NAIDOC week event,
Dee Why PCYC,
Tuesday July 4th, 11-1pm*



*Above: Over 160
attendees took
part in the expo*



*Left: Keynote speaker
Prof Sue Kurrle's
keynote address on
health ageing &
dementia*

HEART HEALTH CHECKS

How healthy is your heart?

...Have you had your heart check?

Did you know that your GP can perform a heart health check funded by Medicare, for eligible people, aged 45 years or over, or 30 or over for Aboriginal and Torres Strait Islander people?

What is a Heart Health Check?

A 20-minute assessment of a person's risk of having a heart attack or stroke in the next five years.

Why should someone get a Heart Health Check?

Many people may not be aware of their risk factors for heart attack or stroke. Some risk factors like high blood pressure and high cholesterol can be silent.

A Heart Health Check helps people understand their risk of having a heart attack or stroke. They will be guided by their GP or nurse to take the first steps to lowering their risk.

What is involved?

During a Heart Health Check, your GP or nurse will meet with you and:

- review and update your medical and family history
- check your blood pressure, cholesterol and blood sugar levels
- discuss lifestyle choices such as diet and exercise
- calculate your risk score
- develop a management plan with you to lower your risk, which may include medication and referrals e.g. dietitian or physiotherapy

Where can I find out more about Heart Health Checks?

Information on Heart Health Checks as well as resources on how to maintain heart health can be found on the Heart Foundation website.



FIND OUR MORE 

BREAST CANCER & BREAST SCREENING

1 in 7 women in NSW will develop breast cancer in their lifetime. Key risk factors for developing breast cancer are being female and getting older. 75% of women diagnosed with breast cancer are over 50.

Breast screening with BreastScreen NSW is for women with no symptoms. If you are experiencing symptoms such as a lump, nipple discharge or persistent new breast pain, please see your doctor without delay.

The best way to find breast cancer early in women aged 50 to 74 is to have a breast screen. Also known as a mammogram, this is an x-ray of the breasts. This can detect very small breast cancers before they can be seen or felt. The BreastScreen NSW program is FREE and specifically designed for women aged 50 to 74. Women are recommended to have a breast screen every two years. Women aged 40 to 49 and over 75 are also eligible to attend. However, speak to your doctor first to see if screening is a priority for you.

All BreastScreen NSW radiographers are female, and use state-of-the-art equipment which ensures the highest quality mammograms with minimal radiation. A doctor's referral is not needed, however, you are encouraged to bring your doctor's details to your appointment.

[Read more about Breast Screen NSW >>](#)



LINKS TO USEFUL SERVICES

REDUCE YOUR CANCER RISK

How can you prevent cancer? Learn about healthy living changes you can make to reduce your cancer risk

[>> Click here to find out more](#)

FIND LOCAL SERVICE PROVIDERS AND HEALTH PROFESSIONALS

HeadStart is an online directory that connects the community with service providers and information specifically to their need. It provides a list of Mental Health and Alcohol & Other Drugs services that are available in our region and outside. These are free or low cost and can be contacted by phone or in person.

[>> Click here to find out more](#)

BRELLAH PSYCHIATRY

In partnership with SNHN, Brellah is providing fully funded psychiatry services for people in our region experiencing severe, complex mental health challenges and financial hardship.

[>> Click here to find out more](#)

ENDING LONELINESS DIRECTORY

Australia's first national online directory enabling people who experience loneliness and their support networks to easily find and connect with groups, organisations, and services providing opportunities for connection.

[>> Click here to find out more](#)



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.

