

SPRING '19



# PeopleBank News

## WELCOME

Donna Pettigrew, **Community & Partnerships Manager**

“ SPRING FOCUS: Child, adolescent and family health ”



As the weather starts to warm up, we welcome the Spring PeopleBank News. This edition focuses on improving the health of children in the Northern Sydney community.

The PHN Needs assessment 2019-22 identified the health and well-being of children and young people as one of the four top major health priority areas in the region. A key concern identified through the consultation process, is that when a child is struggling emotionally, over 39% of parents and carers may not know where or how they could seek help. There are a variety of services for children in Northern Sydney. These include services commissioned by SNHN. Your General Practitioner or Family Doctor is the best place to seek support and for your child to be assessed and referred for the most appropriate help.

The Needs Assessment also identified that childhood immunisation rates are slightly lower in our region than the national aspirational target of 95%. Areas of concern include Lane Cove, Mosman, Ryde and North Sydney council regions. One of the reasons for the lower rates is simple human forgetfulness, which is where the SAVE The DATE to Vaccinate APP can be a gentle reminder for busy parents. See the link on page 4.

In Whats New, the importance of a child's development (from conception to school) is outlined. The NEW Blue Book provides parents and carers with tools to help their child meet the many milestones that happen in this first 2000 days.

The Spotlight article discusses the effects of Foetal Alcohol Spectrum, and why avoiding alcohol during pregnancy is vital to ensure every child has the opportunity of reaching their full potential.

Improved nutrition for the whole population is a target for our region, specifically increasing fruit and vegetable consumption. Some excellent resources to improve you and your family's health through good nutrition are seen on the useful links on page 4.

As Spring is often a difficult season for children and adults with asthma, it might be a good time to check in with your GP and make sure you have a plan to manage any symptoms that may impact your lifestyle.

Hope you enjoy our Spring 2019 PeopleBank News.

## WHAT'S NEW

THE FIRST  
**2000**  
DAYS  
CONCEPTION TO AGE 5

There are only 2000 days between a baby's conception and when they start school. This period of development is when brain architecture is forming, is a critical time for a child's short and long term physical, cognitive, social and emotional health and provides a unique opportunity to shape a healthier future.

NSW Health has recently launched their new policy '*The First 2000 Days Framework: Conception to Age 5 Framework*'. The policy outlines the importance of the first 2000 days in a child's life and what action people within the NSW health system and wider community need to take to ensure that all children have the best possible start to life.

Early life experiences are strongly related to:

- Learning in primary school
- Adolescent school performance, pregnancy & involvement with the criminal justice system
- Risk of drug & alcohol misuse, antisocial or violent behaviour
- Obesity, elevated blood pressure & depression in 20-40 year olds
- Coronary heart disease and diabetes in 40-60 year olds
- Premature ageing and memory loss in older age groups

Evidence shows that interventions in early years can make a significant improvement to a person's health.

(Continued on page 2)

## THE FIRST 2000 DAYS (CONT) CONCEPTION TO AGE 5

These interventions include:

- Access to comprehensive antenatal care
- Regular health and development check-ups
- Sustained nurse home visiting for target populations
- Breastfeeding support
- Supporting women to complete education to Year 12
- Immunisation
- Oral health services
- Population parenting programs
- Attending 600 hours of early childhood education in the year before children start school
- Specialised cultural programs

During the first 2000 days, there is an opportunity to give all children the best possible start in life physically, developmentally, socially and emotionally.

[>> Click here for more](#)

## THE FIRST 2000 DAYS YOUR PARTNER FROM CONCEPTION TO AGE 5



A free local service supporting your child's health and brain development from birth to 5 years.

Registered Nurses specialising in child health offer parents and carers:

- First 'Blue Book' health check in your home
- Assistance with breastfeeding
- Support for new parents' and carers' wellbeing
- Child 'Blue Book' health & brain development checks
- Supporting families with sleep & behavioural concerns
- Child nutrition and advice about first foods
- Parenting groups e.g. New Parents & Cultural Groups
- Referral to Physiotherapy, Community Paediatrician, Speech Therapy, Occupational Therapy & counselling

[>> Click here for more](#)

# WHAT'S BEEN HAPPENING IN SYDNEY NORTH

## June

- 5: Aboriginal Women's Health Check Day St Leonards
- 6: Indigenous Youth Group, Hornsby
- 6: Mindfulness Artarmon
- 6: Mindfulness Gladesville
- 14: Health Systems for New Arrivals St Leonards
- 17: Refugee Week, Meadowbank TAFE
- 18: Food & Your Mood Workshop Chatswood
- 20: Food & Your Mood Workshop, Manly Vale
- 22: Cancer screening Ryde
- 25: Food & Your Mood, Social Housing Artarmon
- 26: Food and Your Mood Avalon



Advance care planning session  
(Northern Beaches Hospital)



Retiring members of  
Community Council

## July

- 2: Homeless Connect Sydney
- 4: Mindfulness Workshop, Manly Vale
- 6: Healthy Minds Ryde
- 10: NAIDOC, Royal North Shore Hospital
- 11: Ryde Aboriginal Women's Group, Ryde
- 11: Mindfulness Manly Vale
- 25: Three Workshops for Aboriginal women, Ryde
- 25: Exercise is medicine, Manly Vale
- 25: 3x Aboriginal Health Education workshops Ryde
- 30: Food & Your Mood Workshop, Hornsby



NAIDOC  
celebrations  
at RNS  
hospital



## August

- 7: Exercise is medicine, Hornsby
- 8: Dying to know day, Northern Beaches Hospital
- 8: Religious Leaders Domestic Violence Expo, Dee Why
- 13: Health Systems for Seniors Hornsby
- 13: Mindfulness Chatswood
- 14: Food and Your Mood Avalon
- 19: Mindfulness Chatswood
- 21: Exercise is Medicine Avalon
- 27: Health Systems for New Arrivals Meadowbank
- 28: Mindfulness Chatswood
- 28: Food and Your Mood Lane Cove
- 29: Health Systems for New Arrivals Ryde
- 30: Exercise is Medicine Crows Nest



Mindfulness workshop

## GPs N SCHOOLS

- 5 JUN: Loreto Normanhurst
- 19 JUN: North Sydney Girls
- 20 JUN: Barrenjoey High
- 27 JUN: Barker College

- 2 JUL: Narrabeen Sports
- 24 JUL: Killarney Heights
- 13 AUG: Cherrybrook Tech
- 15 AUG: Pittwater High
- 27 AUG: Pennant Hills High

# SUPPORT SERVICES

## FAMILY REFERRAL SERVICES (FRS)



FRS assist children, young people, and families who do not meet the statutory threshold for child protection intervention but would benefit from accessing specific services to address current problems, prevent escalation, and foster a protective and nurturing environment. FRS are intended to link vulnerable children, young people in need of assistance, and their families, with the most appropriate available support services in their local areas.

**W:** [familyreferralservice.com.au](http://familyreferralservice.com.au)

## THE NORTHERN CENTRE



This organisation supports individuals and families with a range of services. The centre can help build the confidence and skills needed to address new or difficult family issues. They employ approaches including personalised case management, counselling, parenting programs and supported playgroups. The type/duration of support is tailored to individual circumstances and depends on the complexity of the issues.

Contact the **Intake Coordinator:**

**T:** 02 9334 0111

**E:** [connect@thenortherncentre.org.au](mailto:connect@thenortherncentre.org.au)

**W:** [thenortherncentre.org.au](http://thenortherncentre.org.au)

>> [Click here for more](#)

## PANDA



Perinatal Anxiety & Depression Australia (PANDA) supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. PANDA operates Australia's only National Helpline for individuals and their families to recover from perinatal anxiety and depression, a serious illness that affects up to one in five expecting or new mums and one in ten expecting or new dads.

**T:** 1300 726 306

**W:** [panda.org.au](http://panda.org.au)

## BEING MUMS



A group for mothers with babies (up to 1 year old) who feel stressed at times and find it hard to cope.

**W:** [lifelineh2h.org.au/get-help/groups/being-mums/](http://lifelineh2h.org.au/get-help/groups/being-mums/)

## AVALON YOUTH HUB



The Avalon Youth Hub aims to be a pathway to key Youth and Family services in the Pittwater region.

The youth hub is passionate about supporting the community and bringing services to their local area. Services you can access at the hub include:

- Mission Australia
- The Burdekin Association
- KYDS
- Streetwork
- Community Care Northern
- Beaches
- Catholic Care
- headspace Brookvale
- KALOF

**T:** 0487 936 875

**W:** [avalonyouthhub.org.au](http://avalonyouthhub.org.au)

## HEADSPACE



headspace provides providing tailored and holistic mental health support to 12 - 25 year olds.

With a focus on early intervention, headspace works with young people to provide support at a crucial time in their lives and help strengthen their ability to manage their mental health. They offer access to:

- General Practitioners
- Drug & Alcohol Councillors
- Work & Study Support
- Psychologists & Social Workers

**W:** [headspace.org.au](http://headspace.org.au)

## NORTHERN SYDNEY INTELLECTUAL DISABILITY HEALTH TEAM



A multidisciplinary health service for school aged children, adolescents & adults diagnosed with intellectual disability & complex health needs. It provides medical & health consultations, advice & referrals.

The service works in conjunction with the person's General Practitioner and/or Paediatrician, other health services and disability service providers to ensure coordinated, high quality health care.

**T:** 02 8968 3400

>> [Click here for more](#)

# Local Services

## Families & Young People

### SEASONS FOR GROWTH



An evidence-based program that centres on change, loss & grief education. It supports students experiencing significant change, loss and grief in their lives whether from a family separation, bereavement, illness or other significant change.

Seasons for Growth is a small educational group program combines psychology and education with peer support, within a person centred learning approach. It uses the metaphor of the seasons to explore the cyclical nature of grief.

**T:** 02 8912 2700

**W:** [goodgrief.org.au/seasons-growth-adult-program](http://goodgrief.org.au/seasons-growth-adult-program)

>> [Click here for more](#)

>> [Invitation to participate](#)

### EARLY CHILDHOOD INTERVENTION SERVICES



Cerebral Palsy Alliance is the NDIS Partner in the Community that works with families in the Northern Sydney region who are concerned about the development of their child. This free service is the first step for families who are wanting to access the NDIS or connect with relevant early childhood services in their local community. CPA has strong connections across a range of disability and mainstream community organisations in the Northern Sydney district and will help families identify and access suitable supports in their local area.

**T:** 1300 888 378

**W:** [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

>> [Click here for more](#)

## SPOTLIGHT ON:

# FETAL ALCOHOL SPECTRUM DISORDER (FASD)

**Do you know there is no guaranteed safe level of alcohol in pregnancy?**

Because the baby is not developed enough to process alcohol as effectively as the mother, they may have more alcohol in their body and for longer. The baby's brain continues to develop throughout pregnancy and drinking alcohol at any time can cause damage. Not drinking alcohol during pregnancy is the safest option.

Many women will be unaware of their pregnancy when drinking alcohol. Other factors which can impact on alcohol use include a lack of knowledge about the effect of alcohol, stress, domestic violence, loneliness, pressure from partners, mental health issues, and difficulties abstaining from alcohol use due to an alcohol use disorder. The [Substance Use in Pregnancy and Parenting Service \(SUPPS\)](#) provide support and treatment for women who are using, or have used, alcohol and other drugs during their pregnancy.

FASD is caused by alcohol exposure before birth resulting in brain damage. Although the word 'fetal' may imply that it only relates to babies, FASD has lifelong consequences and can be diagnosed in children, young people and adults. Some people will have distinctive facial features, but most do not.

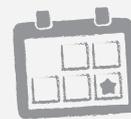
Parents can track their child's development using [The Blue Book](#) 'Learn the signs. Act Early' tool and should speak to a Child and Family Health Nurse located in [Child and Family Health Centre's](#) or a doctor if they have concerns about how their child is growing, developing or behaving. Adults concerned they may have FASD can call the National [nofasd](#) helpline on 1800 860 613 or email [enquiries@nofasdaustralia.com](mailto:enquiries@nofasdaustralia.com) for information or referral options.

Family and friends can help pregnant mums by supporting them in avoiding alcohol. Take a [Pregnant Pause](#) and pledge to avoid alcohol together, suggest alcohol-free social activities, find recipes for delicious non-alcoholic drinks or mocktails to drink together and offer to be the designated driver - tired pregnant women or those dealing with all-day morning sickness will really appreciate this gesture!

## HEALTH RESOURCES

VACCINATE WITHOUT DELAY  
TO HELP KEEP DISEASE AT BAY

SAVE THE DATE  
TO VACCINATE



DOWNLOAD  
APP FOR...



## LINKS TO USEFUL SERVICES

**EAT FOR HEALTH**  
[eatforhealth.gov.au](http://eatforhealth.gov.au)

**T:** 13 000 NHMRC (13 000 64672)  
[>> Information for Children](#)  
[>> Information for Adults](#)

**THE BLUE BOOK**  
[health.nsw.gov.au/kidsfamilies/  
MCFhealth/Pages/child-blue-book.aspx](http://health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/child-blue-book.aspx)

**L:** North Ryde BC NSW 2113  
**T:** (02) 9887 5450  
**E:** [nsldh-bhc@health.nsw.gov.au](mailto:nsldh-bhc@health.nsw.gov.au)  
[>> Click here for more](#)

**HEALTHDIRECT**  
[healthdirect.gov.au](http://healthdirect.gov.au)

Free 24 hour health advice from a registered nurse.  
[>> Click here for more](#)

**CHILD & FAMILY HEALTH**  
Frequently Asked Questions  
[>> Click here for more](#)

**CHILD & FAMILY HEALTH  
NURSING SERVICES**  
Contact details vary by location  
[>> Click here for more](#)

## EMAIL A STORY

Do you have a health story or event to share?

Email your story and you could be featured in our next Newsletter. (Story limit: 300 words).

[>> Email us your story](#)