

MEDIA RELEASE

10 June 2020

Concern Northern Sydney's community are missing regular health checks due to COVID-19

Sydney North Health Network initiates new "We're still here for you" health professionals' campaign to address this problem

Sydney North Health Network (SNHN) has begun a campaign to help make Northern Sydney's community members aware their local primary health carers are still open and safe to visit, as well as being available for consultation.

The "We're still here for you" campaign is using video, and social media to help raise awareness within the region's 900,000-plus residents that keeping up with their regular health checks is critical to maintaining their good health. It's safe to visit their local health care professionals and that keeping well is one of the best health defences for people.

"It's important to ensure you are still taking care of your health during this unprecedented time. Our local GPs and Allied Health Practitioners are here for you during COVID-19. Practices are taking extra measures to ensure patient welfare. It's still safe to visit your GP, or Allied Health Professional such as your Physiotherapist, your Podiatrist, your Dietician or your Psychologist. They're open and here for you now," says Lynelle Hales, CEO of Sydney North Health Network.

Hales continued, "This is especially important if you have a chronic disease, or you are concerned about a change to your health, no matter how small. A health professional visit and assessment may help you avoid a health emergency. Don't let a little health matter become a big health crisis during this time."

To help get the message out, Sydney North Health Network has produced five videos for the "We're here for you" campaign. These messages consist of one combined health care practitioner video - <https://youtu.be/WWzk9jyfdHg> - and four individual messages, each presented by some of the northern region's leading health care professionals giving their perspective on their area of care:

- Professor Sue Kurre – Geriatrician; working for the Northern Sydney Local Health District (NSLHD), located at our region's Hornsby Hospital and expert star of the ABC TV series "*Old People's Home for 4 Year Olds*" : <https://youtu.be/yO64vOD7sJQ>

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- Ros Knight – Clinical and Counselling Psychologist and SNHN Board member:
https://youtu.be/nP1Qh_O9xs4
- Professor Simon Willcock – GP, Director of Primary Care Services at Macquarie University Hospital and Faculty of Health Sciences, and Deputy Chair of the SNHN Board: <https://youtu.be/zYDzS4d9mFA>
- Dr Harry Nespolon – GP and President of the Royal Australian College of General Practitioners: <https://youtu.be/1RysGR5adHk>

Dr Nespolon is also responsible for setting up and running the Dee Why Respiratory Clinic for the Australian Government Department of Health.

Northern Sydney community members on social media – Facebook, Twitter, and Instagram - can also help to get this vital message out by sharing and posting these critical videos within their social networks.

Also, the Sydney North Health Network team are calling on every Northern Sydney community member to help on a personal level, by reminding and encouraging their family members and friends to keep up with their regular health checks. Keeping well is one of our best defences during this time.

END

MEDIA ENQUIRIES

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Background

Sydney North Health Network, a not-for-profit organisation, operates the Northern Sydney Primary Health Network. It is one of 31 Primary Health Networks (PHNs) established by the Australian Government to increase the efficiency and effectiveness of medical services for the local community. Our focus is on patients who are at risk of poor health outcomes. We work to improve the co-ordination of their care, so they receive the right care, in the right place, at the right time.

<https://sydneynorthhealthnetwork.org.au/>

<https://twitter.com/SNHNetwork>

<https://www.facebook.com/SNHNetwork/>

https://www.instagram.com/sydney_north_health_network/

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