

WINTER '21



# PeopleBank News

## WELCOME

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“ FOCUS: 2021 Gai-mariagal  
Festival theme, RENEWAL ”



At the heart of Reconciliation is the relationship between the wider Australian community and the Original Peoples of this land. In order for all of us to build positive relationships we must first be grounded in the truth.

This year the Gai-mariagal Festivals theme of RENEWAL, invites us to commemorate and celebrate together, converse and walk side by side towards “renewing” our future. There are many events planned, workshops, performances, bush walks and art activities. You are invited to come along.

Formally Guringai Festival, the Gai-mariagal Festival is centered around significant dates:

- Sorry Day 27th May,
- National Reconciliation Week 27 May- 3 June, and
- NAIDOC Week 4-11 July.

The festival was launched on Monday 24th May at Taronga Zoo. SNHN is proud to support the festival, along with the many local contributors, including: Northern Beaches Council, Crows Nest Centre, Lane Cove Council, Mosman Youth, North Sydney Council, North Sydney Community Centre, Willoughby City Council, Municipality of Hunters Hill, City of Ryde, Mosman Council, Jews for Social Action, Ku-ring-gai Council, Mosman Art Gallery, Manly Art Gallery and Museum, Maruku Arts, Avalon Community Library, LC Gallery- Lane Cove, Reconciliation NSW, North Sydney Arts and Culture, Monte Sant Angelo College, Frenches Forest Catholic Parish, Taronga Zoo.

To find out what events are happening locally visit the website:  
[gai-mariagal-festival.com.au](http://gai-mariagal-festival.com.au).

If you are planning an event and would like it included in the festival, please complete this enquiry form:  
[gai-mariagal-festival.com.au/submit-your-event-activity](http://gai-mariagal-festival.com.au/submit-your-event-activity).

## WHAT'S NEW

### HEALTHY MINDS

Meet your **FREE** digital coach for anxiety & depression

Created by mental health professionals, Eva from Healthy Minds, will guide you through a program tailored to help you make changes to improve how you feel.

Healthy Minds is a self-paced program that runs over a number of weeks. Conversations with Eva are simple to access, personalised and completely confidential.

Eva can help you improve your feelings of mild depression and/or anxiety, by providing low intensity Cognitive Behavioural Therapy.

#### Eligibility

All people who live, work, or go to school in the Northern Sydney region can access this service. It is recommended for people who do not require more intensive psychological services and who may benefit from guided self help and support.

#### Healthy Minds

Individuals can use their smartphone, tablet or laptop to access the Healthy Minds platform.

>> [Click here](#) for more information on Healthy Minds.



The Healthy Minds platform is free and always will be.

Dementia is not a specific disease. It is an overall term that describes a wide range of symptoms associated with a decline in memory, intellectual function, personality, and behaviour reducing a person's ability to perform everyday activities. There are many types of dementia, each with different causes - Alzheimer's disease is the most common.

Dementia can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also have dementia.

Early diagnosis is important. It can help you and the person:

- Understand what is happening and why.
- Make timely decisions about planning for the future, such as participate in decisions about care, living options, financial and legal matters.
- Access and benefit from care and support services, making it easier for you and your family to manage in the future.

If you are concerned about yourself or someone you know experiencing symptoms of memory loss or confusion it is important to have a conversation with your GP about your concerns.

A range of tests will be conducted, which can include a thorough medical history, and blood tests to rule out other causes to determine whether dementia is a possible cause.

## USEFUL RESOURCES

### Dementia Resources for people in the Northern Sydney Region

Sydney Community Services  
[www.sydneycs.org/8856-2/](http://www.sydneycs.org/8856-2/)

CCNB  
[ccnb.com.au/dementia-advisory-service](http://ccnb.com.au/dementia-advisory-service)

Memory Problems Booklet NSLHD  
[www.nslhd.health.nsw.gov.au/carer/Documents/Memory%20Problems\\_Booklet.pdf](http://www.nslhd.health.nsw.gov.au/carer/Documents/Memory%20Problems_Booklet.pdf)

Dementia Australia  
[www.dementia.org.au](http://www.dementia.org.au)

### Carer support and café groups in Northern Sydney

Dementia Australia  
[www.dementiafriendly.org.au/communities-in-action/dementia-friendly-cafe-sydneys-north-shore](http://www.dementiafriendly.org.au/communities-in-action/dementia-friendly-cafe-sydneys-north-shore)

NSLHD Carer support Café Groups  
[www.nslhd.health.nsw.gov.au/carer/Documents/CARER%20SUPPORT%20GROUPS.pdf](http://www.nslhd.health.nsw.gov.au/carer/Documents/CARER%20SUPPORT%20GROUPS.pdf)

## GAI-MARIAGAL FESTIVAL 2021

Welcome to another year of celebrating First Nations Peoples culture and heritage in the Northern Sydney region.



# COVID-19 VACCINE ROLL OUT

## ALL COVID-19 VACCINES ARE FREE

### WHEN AND WHERE WILL I GET THE COVID-19 VACCINE?

Visit the [Vaccine Eligibility Checker](#) and answer some questions to check if you can get a COVID-19 vaccination now, and find out where and book an appointment. You can do this for yourself or another person.



QR link to Vaccine Eligibility Checker

### TYPES OF VACCINE

Brand	Vaccinate
Astra Zeneca	2 doses - 12 weeks apart
Pfizer	2 doses - 3 weeks apart

Note: The Flu Vaccine can be given 14 days before or after a COVID-19 Vaccine.

### COMMON SIDE EFFECTS

- Injection site pain
- Injection site tenderness
- Fatigue
- Headache
- Muscle Pain
- Fever

Please report side effects back to GP so they can keep track for reporting. If you have any other symptoms, please contact your doctor or vaccine clinic.

### NORTHERN SYDNEY LOCAL VACCINE HUBS

There are local vaccine hubs in Ryde, Roseville, Dee Why, Mona Vale and Hornsby. Please see page 4 of the newsletter for details.

### NOT ELIGIBLE FOR MEDICARE?

#### COVID-19 Vaccine is still FREE

- Temporary Visa OR Working holiday visa OR Student visa - Private health insurance will cover the cost of the vaccine.
- Tourist Visa - So your vaccination is recorded, you will need to register for an Individual Health Identifier ([www.servicesaustralia.gov.au/individuals/forms/ms003](http://www.servicesaustralia.gov.au/individuals/forms/ms003)).

### PROOF OF VACCINATION

For Medicare card holders, your vaccination will be recorded on the Australian Immunisation Register. You can access this through your MyGov account or via the Medicare App.

Others should ask for a vaccination certificate, when they receive the vaccine.

### EXCEPTIONS

Do NOT attend a COVID-19 vaccination appointment if you:

- Are unwell with fever, cough, runny nose or other symptoms that could be from COVID-19
- Are awaiting COVID-19 test results
- Have tested positive for COVID and are in isolation
- Are a close contact of someone with COVID-19 (i.e. Hot Spots)



SNHN CALD carers community vaccination information session

# CALD COVID-19 RESOURCES

### TRUSTED SOURCES OF INFORMATION



Whilst media coverage of COVID-19 can help you feel informed, it can also trigger anxiety and agitation.

To stay up to date with accurate, factual information you can access:

- NSW Government webpage: [www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)
- Service NSW App (available in the [Apple App Store](#) or [Google Play](#))
- Australian Government Department of Health Coronavirus Australia App (available in the [Apple App Store](#) or [Google Play](#))
- Australian Government's official [What'sApp channel](#) on [iOS](#) or [Android](#)
- Australian Government Department of Health website: [health.gov.au](http://health.gov.au)

Sometimes the information provided by the NSW Ministry of Health and Australian Government Department of Health may differ. This is because the NSW Government provides information specifically for NSW. The Australian Government provides information which is relevant for the whole of Australia - as a result, their messages may not be identical.

### MULTILINGUAL RESOURCES

- [NSW Health Translated resources](#)
- [Multicultural Health Communication Service in-language resources](#)
- [Translated resources for health workers and communities](#)
- [Australian Government in-language information](#)

## SPOTLIGHT ON: STAYING SAFE

Gather outdoors, where possible. If indoors, choose large, well-ventilated areas

Keep gatherings with friends and family small (check how many visitors are allowed.)

Stay 1.5 metres away from anyone you don't live with.

Don't share utensils or food with people who are not from the same household as you.

Wash your hands regularly with soap and water. Take hand sanitiser with you if heading out.

If you have a fever, sore throat, runny nose, shortness of breath or loss of taste or smell, get tested immediately and stay home.



## VACCINE SNAPSHOT



# 7,806,975

Total vaccine doses administered as at 30 June



# 851,400

Vaccine doses administered in NSW clinics as at 30 June



# 4,491,226

Commonwealth vaccine doses administered as at 30 June

Source: Australian Immunisation Register and self reported data.

## VACCINE HUBS

NSW Health vaccination clinics are open for COVID-19 vaccinations. If you are eligible you can book an appointment now by calling or book online at [hotdoc.com.au](https://hotdoc.com.au).

Clinic	Contact Details	COVID-19 Vaccines	COVID-19 Testing
<a href="#">Dee Why Respiratory Clinic</a>	5 Mooramba Rd, Dee Why NSW 2099 T: 8416 5005	N	Y
<a href="#">Hornsby Hospital</a>	Palmerston Rd, Hornsby NSW 2077 T: 1800 571 155 (or book online)	Y	Y
<a href="#">Mona Vale Hospital</a>	18 Coronation St, Mona Vale NSW 2103 T: 1800 571 155 (or book online)	Y	Y
<a href="#">Roseville Respiratory Clinic</a>	132 Pacific Hwy, Roseville NSW 2069 T: 0458 604 096	Y	Y
<a href="#">Ryde Respiratory Clinic</a>	39 Delhi Rd, North Ryde NSW 2113 T: 9216 7676 (Behind Trinity Business Park)	Y	Y

## LINKS TO USEFUL SERVICES

### [DOMESTIC VIOLENCE](#)

#### [DOMESTIC VIOLENCE. THE BASICS FOR COMMUNITY WORKERS](#)

This booklet is a quick access guide for workers new to the area of DV. It provides a quick reference tool for services offering DV support. [>> Click here to download](#)

#### [SUICIDE SUPPORT, NORTHERN SYDNEY](#)

#### [SNHN SUICIDE PREVENTION SERVICES](#)

A guide to community-based suicide prevention services in the Northern Sydney Region. [>> Click here to download](#)

### ["THE WAY BACK"](#)

A support service for people who have attempted suicide or experienced a suicidal crisis to assist in the critical period immediately afterwards. [>> Click here to find out more](#)

#### [NSW HEALTH SUICIDE PREVENTION SERVICES](#)

Links to services and programs that can provide support if you, or someone you know, is thinking about suicide or experiencing a personal crisis or distress. [>> Click here to find out more](#)



## EMAIL A STORY

Want to become more involved in the health of your community and stay up to date with the latest health information?

Email us to join our PeopleBank and help to develop a healthier Sydney North.

[>> Email us your story](#)

