



PeopleBank News

WELCOME

Sherryn Moltzen,
**SNHN Community
Engagement Coordinator**

“ SPRING PEOPLEBANK:
Street Side Medics ”



Street Side Medics strives to improve access to primary healthcare for people experiencing homelessness in our community.

Founder, Dr. Daniel Nour, and his fellow directors share a vision of providing an exceptional standard of healthcare to the homeless community. By taking healthcare services into communities, Daniel and his team are able to connect with individuals and explore and address the barriers them away from healthcare services. This service operates from a mobile van which ensures that they are able to reach the homeless community.

Sydney North Health Network has partnered with Street Side Medics to extend care for our local homeless Community members. The staff have donated and made Winter Warmer packs during winter for our homeless.

We have also partnered with Ryde Respiratory Clinic to deliver COVID-19 vaccination for these very vulnerable people in both Manly and Brookvale.

See Street Side Medics in action on Page 2



The Street Side Medics service operates from a mobile medical van which ensures that they are able to reach the homeless community across multiple locations.

WHAT'S NEW

WHERE TO GO WHEN YOU CAN'T GO ANYWHERE!

A staying at home guide for young families

Are you juggling life in lock down with being a parent, home schooling, or working from home? If yes, you may find some helpful links and ideas in this where to guide.

It contains a list of resources, groups, and activities that you can participate in both online and offline from your home or in your neighbourhood. Hopefully they bring inspiration and a bit of fun to you and your family.

>> [Click here to take a look](#)



Staying at home isolation pack

This 'staying at home isolation pack' provides a number of activities to help keep you and your family active and creative through this current crisis.

>> [Click here to take a look](#)

SNHN INTRODUCES HEAD TO HEALTH

LOOKING AFTER YOUR MENTAL HEALTH DURING CORONAVIRUS (COVID-19) RESTRICTIONS

What is Head to Health Pop Up?

Head to Health Pop Up services have been developed to support the mental health of people in NSW, of all ages, struggling during extended lock down. If your mental health is suffering because of the current pandemic, now is the time to reach out, even if you've never felt like this or asked for help before.

Call 1800 595 212

Take the first steps towards finding mental health and wellbeing support that is best for you. The sooner you talk about your mental health, the sooner you'll get the help and support you need, to help you move forward and feel stronger.

Head to Health has been designed to provide mental health support to those in need during the extended lock down in NSW. A trained mental health professional will take your call, give you advice, and if you need it connect you to the best support or service for you.

Support for yourself

Head to Health Pop Up services have been designed to provide mental health support to those in NSW struggling during the extended lock down. If you're not feeling OK, **1800 595 212** can help direct you to the appropriate support networks.

When you call **1800 595 212** a trained mental health professional will talk to you and help direct you to an appropriate service. This may be to an existing mental health service in your area or if appropriate, to receive care at one of 10 Head to Health Pop Up mental health hubs, either through COVID-safe appointments onsite, or through telehealth.

In the Northern Sydney region, the Intake Assessment and Referral line (**1800 595 212**) and mental health hub (located in Thornleigh) are operated by PCCS.

Support for others

You may have recognised a change in behaviour in someone around you, or you are aware of someone who has a clinically diagnosed mental health condition.

Head to Health Pop Up services can help you, and the people you care about, find the right health services. You can arrange support for someone with their consent by calling **1800 595 212**.

Is Head to Health Pop Up a telehealth service only or can I meet with someone face-to-face?

Yes you can. Head to Health Pop Up comprises the central 1800 595 212 intake, advice and referral number as well as 10 mental health hubs across NSW in established community health care settings.

How do I contact Head to Health?

Anyone can contact Head to Health Pop Up services. This includes referrals from GPs and other mental health providers, friends or family members. You can call **1800 595 212 Monday to Friday, 8.30am to 5pm** (except public holidays).

This is not a crisis service. If you need immediate help or are at risk of harm to yourself or others call 000 now.

QUESTIONS?

H2H FAQs

STREET SIDE MEDICS (CONTINUED)



Our Winter Warmer Packs

Street Side Medics in action



COVID-19 & SELF-CARE PLANNING

THE IMPORTANCE OF SELF-CARE PLANNING DURING CORONAVIRUS

Self-care is often the first thing that gets sacrificed when life is busy and stressful, and people start to think that taking time for themselves seems indulgent. But looking after your own wellbeing will support you to get through this challenging time and help you to better care for others.

Amidst the confusion and constant stream of information about COVID-19, a self-care plan can help you focus, make decisions, and stay healthy.

“Please put on your own oxygen mask first before helping others!” Many of us have heard this important rule on flight safety recordings but it’s a useful phrase to remind us about the importance of self-care – if you don’t look after yourself first, you won’t be able to help yourself or others.

CREATE YOUR OWN SELF-CARE PLAN

STEP 1

Evaluate your coping skills.

STEP 2

Identify your daily self care needs.

WHAT IS SELF-CARE?

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Self-care helps to prevent stress and anxiety.

By incorporating self-care activities into your regular routine, like going for a walk or socializing with friends, you give your body and mind time to rest, reset, and rejuvenate, so you can avoid or reduce the symptoms of stress and anxiety.

SELF-CARE MAKES YOU MORE EFFECTIVE.

When you take time for yourself and give your body the food, rest, and activity it needs, you will actually have more energy to meet the demands of daily life – however unusual they might be. Bringing more balance to your daily routine will help you be more productive and more resilient to stressors.

Resources

Supporting Self Care

SELF-CARE FACT SHEET & TEMPLATE



A resource from Black Dog outlining how to create a self-care plan and providing personal planning templates.

[>> Click here](#)

SELF CARE FOR YOUNG PEOPLE & FAMILIES



With a focus on both mental and physical health, Orygen has compiled a list of self-care activities you can do from home to help you feel a bit better and give you a sense of control.

[Click here>>](#)

STAYING AT HOME SELF ISOLATION PACK



Adapted from the Mental Health Foundation, this is a pack of tips and activities to keep you occupied (and sane) during isolation.

[Click here >>](#)

NPS MEDICINEWISE GP ADVICE



Dr Anna Samecki, GP, talks about the priorities for staying healthy during the COVID-19 pandemic.

[Click here>>](#)

NEIGHBOURHOOD NETWORK PROGRAM



The Neighbourhood Network Program has free resources for the community to download to encourage that vital link of ‘neighbours helping neighbours’. These are especially relevant for helping seniors.

[Click here>>](#)

SPOTLIGHT ON:

LIVE LIFE GET ACTIVE

Live Life Get Active is **FREE online program** being offered to people who live or work in the Northern Sydney Region.

What Live Life Get Active offers:

- Online exercise sessions (prerecorded and live) for fun workouts in your home
- Insight into lifestyle behaviour and nutrition habits
- Nutrition plans and recipes
- Regular happiness coaching
- Professional, caring trainers to support positive change
- Sessions addressing anxiety due to the pandemic

For more details

[>> Visit the Live Life Get Active website.](#)

Register now!

[>> Click here to register](#)



VACCINE ROLL OUT

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.

Vaccines are available at most General Practices across the Northern Sydney Region, some pharmacies, Respiratory Clinics (Ryde and Roseville), and NSW Health Vaccine Hubs at local hospitals.

TYPES OF VACCINE

Name	Made by	Doses	Time between doses
Vaxzevria	Astra Zeneca	2	4-12 weeks
Comirnaty	Pfizer	2	At least 21 days
Spikevax	Moderna	2	4-6 weeks

COMMON SIDE EFFECTS

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



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

PROOF OF VACCINATION

For Medicare card holders, your vaccination will be recorded on the Australian Immunisation Register.

VACCINE SNAPSHOT



28,769,273

COVID vaccine doses administered as at 3 Oct



59.2%

of people aged 16 and over have had their second dose



67.5%

of people aged 16 and over have had their second dose

Source: Australian Immunisation Register and self reported data.

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

REMEMBER: ALL COVID-19 VACCINES ARE FREE

LINKS TO USEFUL SERVICES

COPING WITH STRESS DURING COVID-19

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

[>> Click here for more](#)

LOOKING AFTER YOUR MENTAL HEALTH DURING CORONAVIRUS

A support guide put together by the Australian Government.

[>> Click here for more](#)

EXEMPTION FROM AMBULANCE FEES

Any patient who receives an invoice from NSW Ambulance and their reason for treatment and/or transport is related to COVID-19, will be exempt from paying the invoice.

The same applies for patients who have had an adverse reaction to a COVID-19 vaccine.

[>> 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](#)