

SUMMER '22



PeopleBank News

CELEBRATING KINDNESS

Local Doctor with the biggest heart named **Young Australian of the Year**

Emergency hospital doctor and SNHN Board Member Dr Daniel Nour has been recognised for his community leadership work with the distinguished title of Young Australian of the Year 2022.



When Dr Nour is not attending to a patient in the emergency ward of Royal North Shore Hospital, you might catch him driving his mobile medical van and stopping to administer medical treatment to some of our most vulnerable community members.

Street Side Medics, a not-for-profit organisation was set up by the then 25-year-old doctor in August 2020, to provide GP-led mobile medical service for people experiencing homelessness.

Today, Dr Nour leads a team of 250 volunteers, who have supported hundreds of patients experiencing homelessness across four clinic sites including in Brookvale, Manly, and Parramatta. The doctors and nurses seeing patients have treated many communicable and non-communicable illnesses, dealt with neglected medical needs, and detected conditions such as diabetes, hepatitis, and cancer, that would otherwise have gone unnoticed.

It is this work assisting our vulnerable that led to Dr Nour being named Young Australian of the Year 2022 by Prime Minister Scott Morrison.

Shortly after the announcement, Dr Nour took to social media, demonstrating his unwavering commitment to homeless communities, even if it's through kindness alone and tweeted: "Please consider joining our team, supporting us, donating or helping us advocate for the patients we serve. If nothing more - when you see someone experiencing homelessness, take a few minutes and approach them. Learn their story and show them that you can see, hear and love them."

CEO of Sydney North Health Network, Lynelle Hales congratulated SNHN Board Member, Dr Nour for being named Young Australian of the Year.

"Our board directors play a key role in helping us accomplish our vision: Achieving together - better health, better care for our Northern Sydney communities," Ms Hales said.

"We are very proud of the work Dr Nour has performed in providing medical care to some of the most vulnerable people in our Northern Sydney community. We know that Daniel will use the Young Australian of the Year platform to help raise greater awareness of people experiencing homelessness and their need for improved medical care. Sydney North Health Network will continue to support Dr Nour and the Street Side Medics team in that endeavour."

To learn more about the contribution of Street Side Medics to our local community visit: <https://www.streetsidemedics.com.au>

WHAT'S NEW

COVID-19 BOOSTERS ARE AVAILABLE NOW

A COVID-19 booster is now recommended by the Australian Technical Advisory Group on Immunisation (ATAGI) to everyone 18 years and over who have had their second COVID-19 vaccination at least 3 months ago.

The Comirnaty (Pfizer) vaccine is the recommended COVID-19 booster dose irrespective of which vaccine you had for your first two doses.

NEW COVID-19 VACCINE NOVAVAX ARRIVES

A new COVID vaccine Novavax will be available from GPs, Pharmacies and state hubs from 21 February for anyone over the age of 18 who has not previously had a COVID-19 vaccination.

The Therapeutic Goods Administration (TGA) has approved Novavax and recommends a first and second dose treatment spaced 21 days apart. It is currently not approved as a booster.

To book your booster vaccine, visit the [COVID-19 Clinic Finder](#) or call NSW Health Vaccination Support Line **1800 95 55 66**.

HORNSBY VILLAGE HUB

We are excited to announce a Hornsby Village Hub is coming to the Hornsby Shire community in 2022.

The new Hub aims to tackle social isolation and loneliness experienced by older Australians (55+ years and 50+ years for Aboriginal people) living in the region by connecting them with other community members and introducing them to a range of activities and services that promotes active ageing across the shire.

If you are part of a local Hornsby community group and would welcome new participants please contact the Hornsby Village Hub Community Connections Officer to register your group's interest.

For further information about the Hornsby Village Hub or to become a Member please contact Brooke Grimsted, Community Connections Officer at E: villagehub@snhn.org.au or call (02) 9432 8250.



INDIGENOUS NEWS

The Ryde Aboriginal Women's Group

The Ryde Aboriginal Women's group has now resumed its gatherings following the COVID-19 lockdown. The women look forward to and enjoy the sessions as they are able to reconnect, yarn and enjoy a meal with one another which raises their spirits and assists in their wellbeing.

Connected Mobs Youth Group

The Connected Mobs Northern Beaches Youth Group is now calling for young people to join the group and get ready to have some fun while exploring Aboriginal culture in a safe and inclusive way.

Connected Mobs is a community run, not-for-profit group, that works to highlight and celebrate Aboriginal and Torres Strait Islander cultures on the Northern Beaches of Sydney.

[>> Click here for more on Connected Mobs](#)

Want to find out more?

For further queries regarding the Ryde Aboriginal Women's group or Connected Mobs Youth group at Narrabeen please contact Melanie Gould, SNHN Indigenous Health Coordinator, Email: mgould@snhn.org.au or call 0406 472 106.

GP'S IN SCHOOLS

BACK FOR TERM ONE

The GPs in Schools program will resume in term 1 2022 with twenty three high schools introducing their year eleven students to a team of General Practitioners who share with them up to date health information in a fun and informal setting.

Each GPs in Schools session is filled with practical information, such as how to get a medicare card, what bulk-billing is, the importance of privacy and consent and, no question raised by the students is off limits.

Students leave the sessions with a greater understanding of their health rights and an awareness that a general practitioner can play an important role in their health and development particularly as they navigate the final years of their schooling and transition to adulthood.

The GPs in Schools program is made possible with funding from the Australian Government as well as through partnership arrangements. Consumer Health Products Australia (CHP) is a program supporter of GPs in Schools in 2022.



MENTAL HEALTH SUPPORT

With Covid-19 vaccination rates now high and lockdown restrictions eased, it may seem like the worst of the pandemic is behind us. But for many people, changes to their lives as a result of job loss, separation from family and friends, the death of a loved one or feelings of uncertainty, may affect their mental wellbeing now and into the future.

Australian health data reflects this need for mental health support. In the four weeks leading up to 27 June 2021, over 1.1 million mental health-related services were processed under the Medicare Benefits Schedule, a substantial increase of 13.9 per cent from the same period in 2019, and 4.1 per cent higher than 2020.

Mental health services such as **Head to Health** have been set up to support people and their wellbeing as a result of the Covid-19 Pandemic.

Head to Health

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 lockdown. 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.

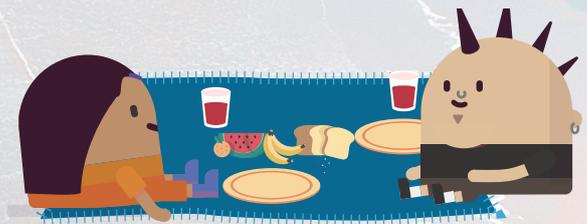
Head to Health has been designed to provide mental health support to those in need during the extended lockdown in NSW. A trained mental health professional will take your call, give you advice, and if you need it connect you to the best support or service for you.

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 lockdown. 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.

To learn more visit: www.headtohealth.gov.au



SNHN COMMISSIONED SERVICES

SNHN has partnered with the following providers to deliver Mental Health, Drug and Alcohol Services. Take a look at our [Guide to Commissioned Services](#) for more information



SPOTLIGHT ON:

HEARTKID

“There is something wrong with your baby’s heart’ are not words you imagine you’ll hear at your 20-week scan”, shares Julia Carroll, mother of now 1 year old Aurora. “This was the day our lives changed forever”. Aurora was born with a rare heart condition called Double Outlet Right Ventricle, a malformation of the pulmonary artery and aorta. Julia explains, “At 6 weeks old, Aurora underwent lifesaving open-heart surgery. Her recovery was complicated, but she overcame these enormous challenges with the help of her incredible medical team”.

“We are grateful that Australia’s medical system is amazing but often we would love to have more information about the services and care pathways that are available if we need them in the future. Having a better understanding of care that we will receive in the Standards of Care document will make this journey so much easier. We can then also feel confident that wherever she lives in the future she will have the same care available,” said Julia.

About the Australian National Standards of Care for Childhood-onset heart disease

The CoHD Standards will guide the best practice for quality care and sustainable services for consumers, healthcare

providers and health service planners with regard to the structure and delivery of services now and in the future. The CoHD Standards have been developed to provide clarity and certainty about the ongoing delivery of highest quality contemporary care and the structure of services for patients and their family members and carers.

The first round of Stakeholder input and public consultation has closed, however the second draft of the CoHD Standards will be available for public consultation in April 2022. To create the most collaborative, effective and complete document, we encourage feedback from all who might be interested including health professionals from all domains and patients and families of diverse cultural backgrounds and geographical locations.



SUMMERTIME SKIN PROTECTION

Throughout summer, whenever the UV index is greater than 3, use the five forms of sun protection and **#OwnYourTone** by:



SLIP ON sun-protective clothing



SLAP ON a broad-brimmed hat



SEEK shade



SLOP ON SPF30 (or higher) broad-spectrum, water-resistant sunscreen



SLIDE ON sunglasses

A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your skin cancer risk. **Remember to see your GP or skin specialist for regular check-ups.**

USEFUL LINKS

DIGITAL MENTAL HEALTH COACHING

Eve is a personal digital health coach who can help improve a person’s feelings of mild depression or anxiety with low intensity Cognitive Behaviour Therapy.

[>> Click here for more](#)

HEALTHDIRECT

Trusted health advice including a symptom checker, directory and health information all in one place

[>> Click here for more](#)

NSW HEALTH COVID-19 - FREQUENTLY ASKED QUESTIONS

NSW Health information answering FAQs regarding the virus in Australia.

[>> Click here for more](#)

FIND A HEALTH SERVICE

findahealthservice.com.au

If your injury or illness is serious, but not an emergency, there are services available to provide faster, more convenient care.

[>> Click here for 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?

Simply email the SNHN Community team at Community@snhn.org.au with your request and we will be in touch.

