

WINTER '22



PeopleBank News



FLU SEASON IS HERE

Prof. Simon Willcock Deputy Chair,
Professor and General Practitioner

“ Make winter about YOU
not about the flu ”

**KEEP YOURSELF AND YOUR FAMILY WELL THIS WINTER
SO YOU CAN CONTINUE DOING THE THINGS YOU ENJOY**

The cold winter weather has arrived and with it the flu season.

Sydney North Health Network is working with General Practitioners in urging the community to take simple yet important steps over winter to stay well, as cases of influenza (flu) rise, along with COVID-19.

Flu is back in 2022. We are all more vulnerable to flu this winter due to reduced exposure to the virus over recent years, increased social interaction, and the reopening of international borders.

Professor Simon Willcock, General Practitioner and Sydney North Health Network Deputy Chair said, “Flu is a highly contagious respiratory illness caused by influenza viruses and anyone of any age, can get it, even healthy people,” Prof Willcock said.

“Flu is different from the common cold and COVID-19, although symptoms may be similar. It is possible to get the flu and COVID-19 at the same time.

“The good news is there are simple, yet important steps, you and your family can take during winter to build physical and mental resilience and to stay well and avoid serious illness.

“This is particularly important for people at high risk of illness, including adults aged over 65 years, children under five years, people with chronic medical conditions, Aboriginal and Torres Strait Islander people, and pregnant women.”

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WHAT'S NEW

RESPIRATORY CLINICS HERE TO HELP

If you have cold or flu symptoms and are having difficulty getting an appointment with your GP, you can attend one of the three General Practice Respiratory Clinics in the local region.

- **RYDE -**
39 Delhi Rd North Ryde
- **ROSEVILLE -**
132A Pacific Hwy, Roseville
- **DEE WHY -**
5 Mooramba Rd, Dee Why



**MAKE AN
APPOINTMENT**

These clinics are for people needing non-urgent care for cold or flu or other respiratory conditions and there is no charge for patients to attend these clinics and no charge for people who do not have a Medicare card.

All three clinics are appointment-based, bookings can be made via HotDocs.

CONTINUED

A [Winter Resilience Checklist](#) has been developed by SNHN with steps for you and your family this winter.

"Vaccination is a key way to help you avoid serious illness from flu and COVID-19," Prof Willcock said.

[A free flu shot is now available to everyone over the age of six months, living in NSW, across the month of June \(1 - 30 June\).](#)

"If you haven't already had yours, I encourage you and your family to book in for a free flu shot and stay up-to-date with COVID-19 boosters," Prof Willcock said. "I also encourage everyone to help protect others by staying home if you're unwell, practising good personal hygiene, and speaking with your doctor early - don't wait until symptoms worsen before consulting your doctor."

"By taking simple steps to protect yourself and your family during winter, you'll have the best chance to stay well, avoid serious illness and ensure you can get on with doing the things you enjoy."

BOOK YOUR FREE FLU SHOT TODAY

Influenza (also known as 'flu') is a highly contagious illness caused by the influenza virus. Both flu and COVID-19 are circulating in the community. It is important to protect yourself and your community by getting vaccinated.

Speak to your General Practitioner (GP) or pharmacist about getting your flu vaccine as soon as possible.

Free flu vaccines will be available to NSW residents aged 6+ months from 1 June to boost immunity for the winter season.

The free flu shots will be available at GPs and pharmacies from 1 June until 30 June 2022. Take this opportunity to protect yourself against serious illness.

The flu vaccine is already free for those considered to be at higher risk of severe illness from the flu. This includes:

- Aboriginal & Torres Strait Islander people aged 6+ months
- Children from six months to five years of age
- People with serious health conditions (including severe asthma, diabetes, cancer, immune disorders, obesity, kidney, heart, lung or liver disease)
- Pregnant women
- People aged 65+

Pharmacists can now administer flu vaccines to children aged 5+. Parents with children aged under 5 should see their GP.

Make an appointment and get vaccinated this winter.

FIRST NATIONS

BUSH TUCKER EVENTS

Curious to learn more about bush tucker, the traditional food of our First Nation's people? Sydney North Health Network is sponsoring two bush tucker events during NAIDOC Week and the Gai-mariagal Festival and you are invited.

RYDE

Bush Tucker event for Women in Ryde The Ryde (Aboriginal) Women's group, and the City of Ryde will host a bush tucker talk and demonstration by Indigiearth for women in the community on Thursday June 23rd, 10:30-2pm, 2022 at Shepherds Bay Community Centre, Meadowbank. Registration is essential
[>> Click here to register](#)

HORNSBY

In celebration of NAIDOC week, SNHN and Hornsby Council are providing a Bush Tucker community event where Koori Kulcha will provide bush tucker food, while Indigiearth will present a bush food talk and demonstration. Join us on Tuesday, July 5th from 10:30 a.m. to 2 p.m. at Storey Park in Hornsby. Registration is essential.
[>> Click here to register](#)

SUPPORTING OUR FIRST NATION'S PEOPLE

First Nations peoples' holistic social wellbeing model includes social groups and collectiveness. SNHN supports social connectedness groups in our community as a means of providing primary health care and does this through facilitating events and groups including the Hornsby PCYC Indigenous Youth group, the Northern Beaches Connected Mobs Youth group, and the Ryde (Aboriginal) Women's Group. These groups provide peer support and greatly reduce social isolation while forging cultural connection and friendships.

Melanie Gould, Indigenous Health Coordinator, mgould@snhn.org.au, m: **0406 472 106**, can be contacted for more information on events or Indigenous community groups.



The Northern Sydney Local Health District Diabetic Education team met with the Ryde Women's Group recently.

HORNSBY HUB UPDATE

COFFEE AND CHAI CHATS

Last month the Hornsby Village Hub committee hosted coffee & chai chats in café's across the Hornsby Shire. New members of the Hub came along to connect with each other for the first time, swap information about existing local groups and activities in their area as well as share ideas for this new community-led initiative.

Members told us that they want to do regular coffee mornings rotating around the Shire, a beginner's table tennis and bridge group, seniors Zumba, cultural dinners, and many more incredible ideas that we will work with the community to bring to life.

Do you live or work in the Hornsby Shire, are aged 55 years or over and are interested in becoming a member of the Hornsby Village Hub?

Please contact the Hub's Community Connections Officer via:

Mobile: 0424 960 637

Email: villagehub@snhn.org.au



Coffee & Chai Chats, Hornsby Village Hub

GPs IN SCHOOLS

JAN - JUN 2022



*GPs in Schools Presentation
Riverside Girls High School*

GPs in Schools started 2022 with a bang! Only halfway through the year it has already on-boarded 17 new facilitators and presented to over 5,000 students at 27 schools.

The program is a fully funded workshop for students in Northern Sydney high schools. It employs an evidence based approach, with presentations delivered by local Doctors and Nurses that work to build student's confidence and health literacy.



>5,000
STUDENTS



27
SCHOOLS



17 NEW
FACILITATORS

CARERS CONNECTED NORTHERN BEACHES

ARE YOU A CARER
SUPPORTING A FAMILY
MEMBER OR FRIEND?



Connect with other senior carers in the Northern Beaches community through our free monthly wellbeing program

Carers Connected Northern Beaches is a new program designed by Sydney North Health Network to support healthy ageing and social connection in older carers. The program is proudly sponsored by the NSW Government.

The program invites participants aged 65+ (or 50+ Aboriginal and Torres Strait Islander), to meet monthly for free activities and events designed for your wellbeing at Dee Why RSL.

Events run monthly throughout 2022, download the flyer for dates and details.



>> Download flyer

REGISTER YOUR INTEREST

To register for your free place please fill-in the **online registration form** or email **community@snhn.org.au** with your full name and contact details or call SNHN on (02) 9432 8250.

SAFE T PILOT PROGRAM

On average an abused woman may leave her partner up to seven or eight times before she breaks away for good.



If someone who has been suffering from domestic and family violence is going to be able to make a permanent separation, they will need ongoing and consistent support. SafeT will provide the support to break the cycle of returning.

Who is SafeT for?

Women with or without dependents who live in the Ryde LGA, Epping, Lane Cove or Chatswood, who have left domestic family violence, are in private or social housing or in the family home and the perpetrator has left the home, requiring support to navigate their way to a life free of violence.

>> [Click here to find out more](#)

VACCINATION UPDATE

SNHN has supported our community by delivering more than 591 COVID vaccinations to the Sydney North Vulnerable communities members.

We have held COVID talks to 2,327 members of our community to help them make the best decisions for them and their families.



591 COVID
VACCINATIONS



2,327 MEMBERS
OF THE COMMUNITY

SPOTLIGHT ON: HEARING HEALTH

“Hearing loss can significantly reduce the quality of life and quality of healthcare that people receive.”

- Deafness Foundation VP Professor Colette McKay

Research shows it takes on average ten years for people to access help for their hearing loss.

To try and address this, Soundfair and the Deafness Foundation have collaborated to launch an online suite of hearing health information.

The resources were developed in consultation with GPs and co-designed by people with hearing loss. They cover 14 key topics from the signs of hearing loss to tips for choosing a hearing healthcare clinician.

>> [Click here to access these free resources](#)



LINKS TO USEFUL SERVICES

HEAD TO HEALTH

Head to Health services have been developed to support the mental health of people in NSW, of all ages, struggling during the pandemic.

If your mental health is suffering, now is the time to reach out, even if you've never felt like this or asked for help before.

>> [Click here to find out more](#)

WEATHER EVENT AND YOUR HEALTH

Australians are no strangers to extreme weather events, and a changing climate has made those events more frequent. It's important to look out for your health and safety before, during and after these events.

>> [Click here to find out more](#)

HEALTH AND MEDICAL SERVICE AFTER HOURS

Make sure you are seeking the most appropriate care for you and your family.

Emergency Departments must see people with life threatening illnesses first. This means if you are ill or injured the Emergency Department may not be the best option for you.

If your injury or illness is serious, but not an emergency, there are a range of alternative services available which can provide you and your family with faster, more convenient medical care.

>> [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](#)

