

MEDIA RELEASE

SYDNEY NORTH HEALTH NETWORK CONFIRMS CONSUMER HEALTHCARE PRODUCTS AUSTRALIA AS RETURNING PARTNER TO ‘GPs IN SCHOOLS’ PROGRAM

Sydney North Health Network has today confirmed the return of Consumer Healthcare Products Australia as a partner on its ‘GPs in Schools’ program - a highly successful, evidence-based primary health care program.

Renewing for the 2022/2023 financial year, Consumer Healthcare Products Australia first became a partner of the program in 2021, demonstrating the shared passion both Sydney North Health Network and Consumer Healthcare Products Australia have for empowering young Australians to improve their health knowledge and care, and enhance their well-being.

The ‘GPs in Schools’ program prepares young Australian people for life as they transition to adulthood. This preparation includes their physical, mental, and emotional health needs while ensuring students are aware of the range of health services available to them.

The ‘GPs in Schools’ program is delivered to Year 11 high school students at their high schools through 3-hour intensive workshops equipping 16–17-year aged students with a range of skills to better navigate their health needs. Topics covered in the program’s workshops include access to healthcare services, confidentiality, mental health inclusive of stress, anxiety, and depression, physical health, alcohol and drugs, sleep, nutrition, physical activity, relationships, and self-care.

The ‘GPs in Schools’ is unique to Sydney North Health Network’s working region, covering Northern Beaches, Ryde, Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Mosman, North Sydney and Willoughby Local Government Areas.

“Sydney North Health Network is delighted to confirm that Consumer Healthcare Products Australia is continuing to partner with us in our unique GPs in Schools program for 2022/23. This partnership is a real example of putting our vision into action, achieving together – better health and better care for the youth of our area. Partnerships enable us to reach more young people across our region with our program, helping make them aware of the support available for their physical and mental health whilst giving students the confidence to seek appropriate healthcare services when needed. Improving the health literacy of our region’s senior high school students is one of our goals. Effective partnerships such as this help us achieve this,” commented Lynelle Hales, CEO Sydney North Health Network.

Address: Level 5, Tower 2, 475 Victoria Ave, Chatswood NSW 2067
Mail: PO Box 1083, Chatswood NSW 2057
Phone: (02) 9432 8250
Fax: (02) 8088 4770
Email: info@snhn.org.au
www.snhn.org.au

Dr Deon Schoombie, CEO Consumer Healthcare Products Australia added, “We are delighted to be a returning partner to the Sydney North Health Network’s ‘GPs in Schools program’. It is an innovative and educational program that provides young people in school with the right information they need to look after their health and wellbeing. One-third of all disease in Australia can be prevented. Therefore, it’s especially important for school students to understand the simple health steps (also known as ‘self-care’) you can follow to take better care of your health. When young people think ‘self-care’ it’s often all about meditating or putting aside a bit of ‘me time’ but self-care actually goes a lot further. Good self-care helps us to stay healthy, prevent disease, and better deal with illness and ongoing chronic conditions. It’s also important for school students to know when and where to get help from a health care professional,”.

‘GPs in Schools’ is managed directly by Sydney North Health Network’s Community Team. Over 100 trained GPs and Nurse facilitators will deliver the program to 50 high schools, representing approximately 8,000 young people aged 16 – 17 years in 2022-23. There are 93 high schools in the SNHN area and Sydney North Health Network is seeking additional corporate partnerships to help expand the program and meet the growing demand for this successful program.

To find out more on becoming a corporate partner or to make a donation go to <https://sydneynorthhealthnetwork.org.au/snphn-in-the-community/gps-in-schools-fundraising/>

A recent study of 2000 Australians by Consumer Healthcare Products Australia - ‘The Self-Care Opportunity Report’, highlights that Australians not only want to be more engaged in their health but also need more knowledge and skills to build their health literacy - a key foundation for responsible self-care. They also think more needs to be done to build health literacy in children and youth. We look forward to continuing this partnership that helps address this.”

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About Sydney North Health Network <https://sydneynorthhealthnetwork.org.au/>

The Northern Sydney PHN, operated by the Sydney North Health Network, is one of 31 Primary Health Networks (PHNs) established by the Australian Government to increase the efficiency and effectiveness of health and medical services for the local community. Their focus is on patients who are at risk of poor health outcomes, and we work to improve the coordination of their care, so they receive the right care, in the right place at the right time.

Sydney North Health Network can achieve better health outcomes for community members by working together in partnership with a network of local health professionals including general practitioners, practice nurses, allied health providers, the Northern Sydney Local Health District and other related health services.

About Consumer Healthcare Products <https://www.chpastralia.com.au/Home>

Consumer Healthcare Products (CHP) Australia is the peak body representing manufacturers and distributors of consumer healthcare products, which includes non-prescription medicines. CHP also represents businesses that support the industry.

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Fax: (02) 8088 4770
Email: info@snhn.org.au
www.snhn.org.au

CHP Australia's mission is to advance consumer health through responsible self-care.

MEDIA ENQUIRIES

Contact: Damien Long 02 9432 8231 or a/h 0403 821 307 E: dlong@snhn.org.au



**Consumer Healthcare
Products Australia**
Advancing Responsible Self-Care

Address: Level 5, Tower 2, 475 Victoria Ave, Chatswood NSW 2067
Mail: PO Box 1083, Chatswood NSW 2057
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