



PeopleBank News

MAKING EVERY STEP COUNT FOR CHARITY

The World's largest Fun Run - The City2Surf - was the backdrop to SNHN's fundraising efforts for national suicide prevention charity, R U OK?

A Sydney North Health Network team including staff, SNHN Board Chair Ros Knight and two local General Practitioners took part in this year's iconic 14km course from Sydney CBD to Bondi Beach on 11 August.

SNHN CEO Kevin Barrow and SNHN GM Commissioning Eugene McGarrell led the charge pounding the pavement all the way up HeartBreak Hill in the name of supporting R U OK?

R U OK? focuses on building motivation, confidence and skills of the help-giver - the person who can have a meaningful conversation with someone who is struggling with life.

The charity and health promotion, contributes to suicide prevention efforts by encouraging people to invest more time in their personal relationships and building the capacity of informal support networks - friends, family and colleagues - to be alert to those around them, have a conversation if they identify signs of distress or difficulty and connect someone to appropriate support, long before they're in crisis.

Fundraising Coordinator for R U OK? Will Stewart, joined SNHN at a recent staff meeting, and graciously accepted a cheque for \$2754, and thanked all that had participated in the fun run and for sponsoring the event.

Reflecting on the City2Surf journey SNHN CEO Kevin Barrow said, "It is great to be able to run with organisations we are proud of and support an organisation that does wonderful work in the community. We will be back next year."

[R U OK? Day will be celebrated this September 12](#)

Check in on your neighbours, friends, family and colleagues this R U OK? Day and start a conversation.

To learn more visit:
ruok.org.au/r-u-ok-day



SNHN CEO Kevin Barrow at the City2Surf starting line.

WHATS NEW

HEALTHY HEARTS THROUGH CLINICAL RESEARCH

Living with excess weight or obesity can increase your risk of certain cardiovascular diseases that can cause heart attacks and stroke. A new research program to help people improve their metabolic and cardiovascular health is now open at Northern Beaches Clinical Research, Brookvale.

The goal of the research program is to give eligible patients access to potential new treatments.

If you are interested in learning more about the program and current trials, you can visit the Northern Beaches Clinical Research website or call **1300 55 96 76**.

SPOTLIGHT ON:

Empowering Parents In Crisis (EPIC)

EPIC provides peer support to parents and carers of young people in crisis. EPIC recognises parents as first responders to their children and supports them by creating a safe, non judgemental community that empowers parents with the knowledge, skills and confidence to enable them to best support their young person, their family and themselves.

Empowering parents and carers of young people through peer support

EPIC provides connection, knowledge, skills, hindsight and confidence to parents and carers of young people. EPIC collaborates with schools, police, hospitals, family support organisations and the community to demystify pathways to support and create awareness regarding youth mental health.

In the past year, EPIC has connected with 1112 parents via peer phone support, walk/coffee events, forums, meetings, parent programs and training sessions. We have provided 480 phone support calls, hosted 24 walk/coffee events and 45 meetings/forums/trainings.

EPIC OUTCOMES FY23-24

 **1,065**
Parent/carer connections

 **709**
Peer support phone calls

 **24**
EPIC walk/coffee events

 **29**
EPIC workshops/forums



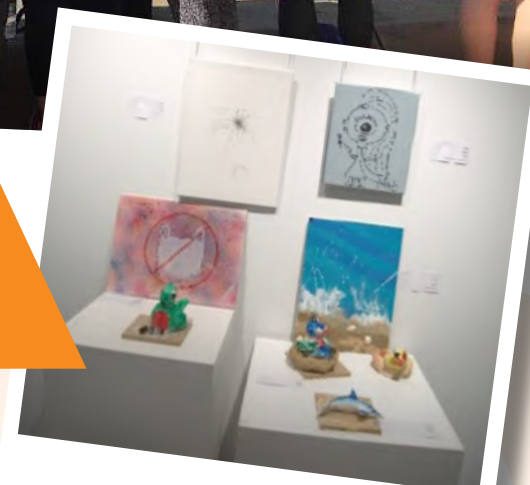
A show of support, EPIC organises peer-supported walks for parents

ART THERAPY THE COLOUR OF CHANGE FOR THE WELLBEING OF CHILDREN IN THE NORTHERN BEACHES

Over 30 local children recently had their artworks displayed in a unique art exhibition at Manly's Gallery 109 as part of Good Planet Studio's fully funded 10-week art therapy program focusing on supporting children around climate anxiety.

Made possible by funding from Extreme Weather Connected Communities Grant, administered by Sydney North Health Network and Be Centre, a children's mental health charity specialising in early intervention for young people, the program provided the opportunity for children on the Northern Beaches to express their unique perspectives on climate change through various artistic mediums.

The exhibition which was on display from 25th-28th July invited parents, guardians, family and friends, as well as Northern Beaches



Young Artists' artwork

“ Exposure to acute trauma during childhood can have a significant impact on development ”

CONTINUED

Mayor, Sue Heins, to experience the young artists' unique perspectives on climate change through a diverse range of mediums.

Designed for children who may struggle with anxiety, social challenges, or difficulties in self-regulation, the program is led by experienced therapists Emily Legg and Jane Leckie, and co-designed and co-facilitated by Thea Devaris. The program facilitated four groups of eight children meeting weekly to express themselves through art.

"Exposure to acute trauma during childhood can have a significant impact on development," says Christina Rooney, Fundraising and Marketing Lead at Be Centre.

"We had children present to us who were significantly impacted by the effects of extreme weather and had experienced things like trees falling on a neighbour's car, or garages being submerged under water. Some children reported feeling scared of the sound of the wind. This trauma combined with parental separation, bullying, or abuse has a negative impact on child's mental health. Administering art as a form of early intervention therapy has helped these children to understand and regulate their emotions and equip them with coping mechanisms they can use in adolescence. After the program participants have reported feeling an overall improved sense of well-being and connection to self and others."

Sydney North Health Network CEO, Kevin Barrow said, "Flooding during 2022 created a particularly tumultuous time for the Northern Beaches community. This, combined with the Covid-19 pandemic and lockdown, had a cumulative effect on the mental health of younger



(L-R) CEO Be Centre: Tania Taylor, Robert McCall SNHN Emergency Preparedness Coordinator, Founder/ Philanthropist: Deb Killelea, Deb Pallavicini SNHN General Manager - Primary Healthcare Engagement & Coordination with Sue Heins Mayor of NB Council

people. We are pleased to see how successful this early intervention project has been."

Recent studies show that art therapy is a valuable tool for reducing symptoms of depression and anxiety in children and is particularly helpful for those that struggle to express themselves verbally.

Emily Legg, explained, "This is not an art class and finished pieces were not the goal. The works are a snapshot of the therapeutic process. All our (young) artists are affected by the repercussions of climate change, this group was a space to explore what our natural world means to us, and we used creativity to access this connection to our lands."

A parent of one of the children enrolled in the program, Sarah, remarked, "The program was so great for building confidence, social connection and encouraging creativity. The therapists were so warm and lovely with all the kids. I cannot thank Be Centre and Sydney North Health Network enough for providing this opportunity for our kids. We are very grateful and hope it can be offered to other children and families"

PEOPLEBANK - OUR LAST EDITION!

The first edition of PeopleBank newsletter arrived during the pandemic as one way for the community to learn more about what was happening locally at a time of much change to our social habits and health needs.

Since then, the quarterly newsletter has run stories on a variety of health matters from the importance of cancer screening to people news - we were chuffed to share the news that SNHN Board Member, Dr. Daniel Nour was named Young Australian of the Year for his StreetSide Medics program in the Summer 2022 edition.

This edition of PeopleBank marks its last. In its place will be a new, more frequent community newsletter, so that you can keep up to date with the latest community and health news.

If you have an idea for the newsletter name please drop us a line, we would love to hear your ideas at community@snhn.org.au.

Thank you to all our readers for your support. And stay tuned for a new look community newsletter coming to your inbox soon.

SNHN Community Team



COMMUNITY EVENTS



Hornsby Village Hub Multicultural Dinner, Storey Park



Street Side Medics Winter Warmer Packs for the Homeless



Dying to Know Day at Narrabeen Surf Club



Aspire Social Prescribing conference



Ebbs House Open Day by Mission Australia

SERVICES AVAILABLE TO OUR COMMUNITY

NSLHD Spring into Action 2024

Being active can reduce falls risk

Spring into Action - Healthy Lifestyle - Northern Sydney Local Health District (nsw.gov.au)

www.activeandhealthy.nsw.gov.au

One Meal - FREE Food Support for those in Need

One Meal Northern Beaches provides food relief through referrals and free community dinners at several locations, a mobile food service for rough sleepers and a mobile pantry at two locations

onemeal.org.au/northern-beaches/

After Hours Medical Services

Health Direct - Make sure you are seeking the most appropriate care for yourself and your family.

Hospital 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.

Find a Health Service - Sydney North Health Network

LINKS TO USEFUL SERVICES

24 HOUR SUPPORT

After Hours GP Helpline:	1800 022 222
Child Protection Helpline:	132 111
Domestic Violence Line:	1800 656 463
Kids Helpline:	1800 551 800
Lifeline:	13 11 14
NSW Mental Health Line:	1800 011 511
Parentline:	1300 130 052
Poisons Information Centre:	13 11 26
National Breastfeeding Helpline:	1800 686 268

