



WNSW PHN Welcomes New Staff

Western NSW Primary Health Network welcomes two new staff members to their Service Development and Performance Team.

Jim Herbert – Mental Health Manager

Jim comes to WNSW PHN having recently taken some time out from the health industry, building his own house! He has previously held roles with NSW Health Infrastructure, commissioning mental health and general hospital facilities and with the WNSWLHD at Bloomfield, as the Mental Health & Drug and Alcohol Commissioning Manager/Strategic Planner. Jim, who also spent several years working in rural and remote areas of South Australia, hopes to improve the integration and coordination of mental health service delivery in the primary health sector, in the WNSW PHN region.



Kim Whiteley – Aboriginal Health Manager

Kim, a Wiradjuri woman from Wellington, comes to the WNSW PHN from a teaching role at Dubbo College Senior Campus. Her background includes roles in health and related wellbeing areas as a specialist, a caseworker and as a manager linked to sexual assault (with the former NSW Department of Health), Child Protection (Department of Community Services) and Juvenile Justice (Department of Corrections). A hardworking mother of three boys and an advocate for positive change, Kim is dedicated to improving outcomes for Aboriginal people and communities, especially through health and education.



Immunise
Australia
Program

Aboriginal and Torres Strait Islander Kids' Immunisation Rates Topping the Nation

The [Australian Immunisation Register](#) quarterly data shows childhood immunisation rates for Aboriginal and Torres Strait Islander children has gone up across the board, and five-year-old Aboriginal and Torres Strait Islander children have higher immunisation coverage in the country than non-Indigenous five-year-olds.

“These results are impressive and show important progress...” said Assistant Minister for Health and Ageing, Ken Wyatt AM MP. “Immunisation is one of the most important public health interventions in the last 200 years. It protects the lives of the vulnerable in our community – in particular, our precious children. By working closely with our communities, we are finding innovative ways to reach out and increase awareness about the importance of immunisation, improve access to immunisation services and increase coverage. These new results show our approach is working.”

The Implementation Plan for the Aboriginal and Torres Strait Islander Health Plan 2013-2023 is the key to Closing the Gap in health. Developed in partnership with the Indigenous health sector, the plan identifies five key areas for significant action. Immunisation forms an important part of this, as does childhood health and development.

[Find out more >>](#)



LUNG FOUNDATION

AUSTRALIA

"When you can't breathe... nothing else matters"™

Lung Health Awareness Month - November 2016
www.lungfoundation.com.au

Books on Prescription - A Tool in the Stepped Care Mental Health Tool Kit

Self-care and supported self-care are important early steps in the treatment of mild to moderate mental health conditions. There is strong evidence that self-help reading can assist people with common mental health conditions.

The Books on Prescription scheme supports these treatment steps and is now available in public libraries across Central and Far Western NSW, in partnership with the University of Newcastle's Centre for Rural and Remote Mental Health. Books included in the scheme are clinically verified, based on cognitive behavioural therapy and cover a range of mild to moderate mental health conditions, including anxiety and depression.

The scheme encourages the participation of GPs and other health professionals.

To find out how the Books on Prescription scheme works and for more information on resources, visit booksonprescription.com.au or download this [flyer](#).

[Find out more >>](#)



POSITIONS VACANT: WNSW PHN is Recruiting

Western NSW Primary Health Network currently has the following positions available:

General Practice Liaison Officer (GPLO) Dubbo

Fixed term contract until 22 December 2017 – up to 22.5 hours per week
Applications close on 11 November 2016

General Practice Liaison Officer (GPLO) Mudgee, Cowra, Parkes or Forbes

Fixed term contract until 22 December 2017 – 1 day per week
Applications close on 11 November 2016

Primary Care Systems Improvement Project Manager - Dubbo or Bathurst

Full time or Part-time Fixed term contract until 30 April 2018
Applications close on 20 November 2016

For an outline of responsibilities, selection criteria and information on how to apply for these roles, please refer to the [Employment](#) section of the "About Us" page of the [WNSW PHN website](#).



Free Translation Service to Help with Overseas Vaccinations

A free translation service has been set-up by the [Department of Social Services](#) for new residents to Australia, to provide translation on certain topics, including immunisation.

For those new residents who have children that received vaccinations overseas, evidence of the child's overseas vaccinations must be taken to an Australian vaccination provider, who'll update the Immunisation Register.

If new residents require translation services of the child's immunisation evidence, the [Free Translating Service](#) is available on the Department of Social Services website.

The service is available for people settling permanently in Australia. Applications for the Free Translating Service are made at Adult Migrant English Program (AMEP) learning centres around Australia. To find your nearest AMEP service provider, visit the Department of Education and Training's [website](#).

[Find out more >>](#)

SURVEY: WNSW PHN CPD IN 2017

The Western NSW PHN recognises the importance of access to quality local CPD opportunities for primary health care professionals across our region including GPs, Registrars, Nurses, Pharmacists, Allied Health Professionals, Aboriginal Health Practitioners/Workers, Practice Managers and Practice Staff. As a primary health care provider in our area, your feedback is fundamental in providing direction and focus for next year's CPD events and in ensuring these activities remain responsive to local learning needs.



It would be greatly appreciated if you could take 5-10 minutes to complete an [online survey](#). It would also be appreciated if you could assist in distributing the online link to relevant staff and to local health professional communication networks to ensure the feedback we receive is as comprehensive as possible.

The survey will remain open until 9am on 14 November 2016.

This is your chance to provide feedback and direction on local Western NSW PHN CPD opportunities in 2017. Please have your say by simply clicking the [online survey link](#):

The CPD team would like to take this opportunity to thank you in advance for your time and contribution to this important planning process, your time and feedback is greatly appreciated.

Marathon Health: Chronic Disease Team

Do your clients avoid physical activity due to arthritis or chronic pain?



People of all ages who experience chronic pain may avoid exercise where possible, and the more intense the exercise the less they enjoy it. Chronic pain resulting from Osteo or Rheumatoid Arthritis, autoimmune diseases (Multiple Sclerosis, Motor Neurone Disease, Parkinson's etc) or musculoskeletal injuries can all improve with gentle exercise.

Exercise starts quite simply with stretches and movement of joints, and may progress to short walks or non-weight bearing exercises, such as a stationary bike or hydrotherapy. The benefits of exercise not only greatly outweigh the effort required to complete it but also the cost of the medication and treatment such as, physio or

chiropractors, to manage it.

To read the full article or to learn more about Marathon Health and the services it provides, visit www.marathonhealth.com.au

[Find out more >>](#)

Advance Project Launched!

Advance is an exciting new training package and set of resources, with a focus on initiating palliative care and advance care planning. It's specifically for all nurses working in general practice.

Key things you need to know about Advance!

1. Advance promotes earlier advance care planning and attention to palliative care in general practice
2. Advance is a practical toolkit of screening & assessment tools and a training package
3. Advance is funded by the Australian Government Department of Health and endorsed by the Australian Primary Care Nurses Association (APNA)
4. It's free!

Discover the benefits of Advance and spread the word about Advance with your colleagues in general practice.

For more information or feedback, contact advanceproject@hammond.com.au

[Find out more >>](#)



Health
Western NSW
Local Health District

Cobar Health Service Redevelopment Plans To Go On Display

The Cobar community is invited to view the design plans for the new co-located Health Service at the upcoming community consultation meetings.

The meetings will be held at the Cobar Memorial Services Cub on Thursday 1st December commencing at 6pm and Friday the 2nd December commencing at 9.30am.

The project team have been undertaking significant planning to address the complexities of the plan. The 'work-in-progress' designs for the building are now ready for public inspection, and the community are encouraged to come along to the meetings to see the plans and see what the redevelopment will look like.

Project team staff from Health Infrastructure and the Western NSW Local Health District will be at the community meetings and available to answer questions about the redevelopment project.

[Find out more >>](#)

Events and Training

Upcoming events organised or supported by WNSW PHN include:

- [Managing Persistent Pain in Primary Healthcare](#) - 14 November, WEBINAR
- [Hepatitis C Masterclass](#) - 17 November, Forbes
- [HCV Treatment](#) - 17 November, Dubbo
- [Overactive Bladder \(Diagnosis, Management & Treatment\)](#) - 24 November, Dubbo
- [Optimising Osteoporosis Therapies](#) - 30 November, Dubbo
- [Optimising Osteoporosis Therapies](#) - 1 December, Coonamble
- [Breast Cancer Update](#) - 1 December, Bathurst
- [Diabetes Management - The Practical Principles](#) - 9 February, Dubbo
- [Diabetes Update for Primary Healthcare Nurses](#) - 23 February, Dubbo
- [Diabetes Update for Primary Healthcare Nurses](#) - 6 April, Orange
- [Diabetes Update for Primary Healthcare Nurses](#) - 18 May, Gulgong

Visit our [website](#) for a full list of events in your area

Contact Western NSW PHN

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www.wnswphn.org.au

While the Australian Government helped fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use of or reliance on the information provide herein.

We acknowledge that we work on the traditional lands of many Aboriginal clans, tribes and nations. We commit to working in collaboration with our region's Aboriginal communities and peoples to improve their health, emotional and social wellbeing in the spirit of partnership.



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