

PARTNERSHIPS:

Primary Health Care

in Western Sydney

WentWest, the Western Sydney Primary Health Network (WSPHN), is proud to share their interactive [Annual Review 2023-2024: Partnerships](#). This Review showcases the amazing work of health professionals and community members in Western Sydney.

What is a Primary Health Network?

Primary Health Networks (PHNs) are independent organisations that assess the needs of their community and commission health services to ensure people can get coordinated health care when they need it. PHNs work closely with local hospital networks, GPs, allied health providers, nurses, Aboriginal Medical Services and aged care providers to better coordinate health services.

Health Services for the Community

In the 2023-2024 financial year, WSPHN commissioned 537 contracts across a range of priority areas including mental health, aged care, Aboriginal health, and child and family health.

Highlights from the year include:

- ✓ The launch of the [Healthy Western Sydney service directory](#), offering information on aged care, dementia and palliative care services.
- ✓ 15,105 patients with non-life threatening conditions, receiving essential care at a Western Sydney Urgent Care Services, easing pressure on local emergency departments.
- ✓ Opening of two Medicare Urgent Care Clinics.
- ✓ \$61 million in commissioned contracts and grants to enhance health care services.
- ✓ Success of two Citizens' Juries to find out what matters to community members.



Spotlight on Local Services Commissioned by WSPHN

WentWest, the Western Sydney Primary Health Network, is proud to serve community in the Blacktown, Cumberland, Parramatta and The Hills Shire LGAs.

Still Standing

The Still Standing program is a free group exercise and education program run by Accredited Exercise Physiologists to reduce the risk of falling and the chance of a hospital stay. Western Sydney residents who are 65 years and over, or Aboriginal and Torres Strait Islanders 50 years and over, can attend the program at one of seven locations.

[Find out more.](#)

Western Sydney Diabetes

Western Sydney is a known diabetes hotspot with rates far higher than the NSW average. Did you know that losing 2kg can reduce your chance of developing type 2 diabetes by 30%?

Taking the 2kg challenge can lower your risk of diabetes, improve your physical and mental health and social wellbeing.

[Find out more about
the 2kg challenge.](#)



[Read the full Annual Review 2023-2024](#)

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