

## Supporting new parents to nurture strong families

Pregnancy and the arrival of a new baby can bring physical, emotional and social changes that can be difficult for parents to manage. Up to one in five women, and one in ten men, experience perinatal anxiety and depression.

Perinatal Anxiety & Depression Awareness (PANDA) Week was established by PANDA in 2005 to increase awareness and reduce stigma. Running from 11 to 17 November this year's PANDA Week campaign is 'I wish I knew', because many expecting and new parents are surprised and shocked by how challenging this transition can be.

St John of God Raphael Services offers mental health assessments, psychiatric consultations, individual and group therapy, and support programs, aimed at treating mental health concerns and enhancing parental relationships to promote competent, confident, parent-child interactions.

Their services are staffed by a team of mental health clinicians to provide treatment and support for families experiencing anxiety, depression and other mental health issues, from conception up until their child is four years old.

Clients can access their services with a GP referral and mental health care plan, free of charge.

For more information visit the [St John of God Raphael Services website](#).



## Events

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### Advanced Diabetes Education for Practice Nurses

Tuesday 13th November 2018

8:00am - 4:00pm

### Working together: The Journey Toward Cultural Competence with Aboriginal and Torres Strait Islander Peoples

Monday 19th November 2018

9:00am - 5:00pm

### Small group learning - My Health Record: Best Practice training

Tuesday 20th November 2018

6:30pm - 9:00pm

### Slow the Clock on Kidney Disease

Tuesday 27th November 2018

5:30pm - 8:00pm

## Other News

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### National Cervical Cancer Awareness Week

This year National Cervical Cancer Awareness Week will be held from 12 to 18 November and the Australian Cervical Cancer Foundation (ACCF) is asking women 'Are YOU up-to-date?' with almost 45% of Australian women not up-to-date with their cervical screening. ACCF encourages GPs to engage in the conversation about cervical health.

Visit the ACCF website to find out more.

### GP Needs Survey

Western Sydney Primary Health Network (WSPHN) works towards creating a vision of healthier communities, empowered individuals, sustainable health care workforces and systems. We need to create more integrated and coordinated health care services in western Sydney communities. This survey helps us guide our service planning and design – it is completely de-identified unless you choose otherwise.

All contributors go into a draw to win one of five Fitbit Charge 2 wireless activity and sleep tracking wristbands.

The survey closes on Friday 30th November.

## Seniors Information Sessions

Cumberland Council and the Health Promotion Service for Older People will be holding four information sessions for seniors in the Cumberland area. These sessions are free and give seniors the opportunity to learn and ask questions about topics relevant to them.

☒ Healthy Brain Ageing - Your Brain Matters, Monday 12th November ☒ Falls Injury Prevention, Monday 14th January 2019 ☒ Diabetes Awareness and Healthy Eating, Wednesday 13th March 2019 ☒ Healthy Brain Ageing - Your Brain Matters, Wednesday 15th May 2019 Please register by contacting Nadine on 8757 9577 or via email at [nadine.el-hassan@cumberland.nsw.gov.au](mailto:nadine.el-hassan@cumberland.nsw.gov.au).

## GP Association meetings

The below GP Association meetings are coming up in western Sydney:

Blacktown: Investigations and management of common knee conditions, Wednesday 21st November.

Mount Druitt: Initiatives for improving health for youth in our community, Friday 30th November.

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