

## Strength and balance programs for seniors

Western Sydney Primary Health Network (WSPHN) has commissioned New Edge Performance to run the Still Standing program to address the burden of fall-related injuries for seniors in western Sydney. Daniel Parker, an accredited Exercise Physiologist from New Edge Performance has been delivering these strength and balance programs across Blacktown.

Recently the program received an overwhelmingly positive response and support from members of the Doonside Seniors Citizen Centre, with leaders, Josephine Lee and Martha Lynch praising the successful partnership. With the Centre providing transport via bus and offering venue hire for free, this has helped to keep the program free for seniors.

The centre has also seen increases in membership and participation in other activities since this partnership commenced. Throughout the course of the program participants have seen improvements in their function and mobility, and have enjoyed seeing an increase in their scores as part of the assessments.

The program has also worked closely with Blacktown Hospital's Falls Clinic, providing options for patients on outpatient waiting lists and those who need a follow up program from Stepping On, a falls prevention program provided by the Western Sydney Local Health District (WSLHD).

Further falls prevention resources can be accessed via HealthPathways using the following login details:

Username: health Password: w3stern



Still Standing participants from Doonside

## Events

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### Slow the Clock on Kidney Disease

Tuesday 27th November 2018

5:30pm - 8:00pm

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### Mental Health Professional Network Event

Thursday 29th November 2018

6:00pm - 8:30pm

### Small Group Learning: My Health Record Medical Director Training

Thursday 29th November 2018

6:30pm - 9:00pm

## Other News

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### My Health Record update

The Minister for Health has announced that the My Health Record opt out period has been extended until Thursday 31 January 2019. The My Health Record pathway has been updated with the latest information for GPs in HealthPathways and can be accessed using the following login details:

Username: health Password: w3stern

### GP Synergy Awards night

The GP Synergy's Seasonal Celebration and Awards Night in Castle Hill in early November recognised the outstanding excellence and ongoing commitment western Sydney GP registrars, GP supervisors and practice managers provide to quality general practice education and training.

Congratulations to Denise Whitehead from Riverstone Family Medical Practice for receiving GP Synergy Practice Manager of the Year Award and Dr. Snehal Patel from Knightsbridge Medical Centre for receiving GP Synergy GP Trainer of the Year Award.

Photographs and detailed information about the winners from the event are available on the GP Synergy website.

### Sydney Child Health Program

The Sydney Child Health Program is a continuing professional development program in paediatrics from the

Sydney Children's Hospitals Network (SCHN). Enrolments for 2019 are currently taking place and interested participants are encouraged to enrol online.

For more information or to enrol in this program, call 9933 8600 or email [service@magga.org.au](mailto:service@magga.org.au)

## GP Association meeting

The below GP Association meeting is coming up in western Sydney:

Hills: No Hep C in the Hills, Wednesday 5th December.

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