

## Easter and ANZAC Day Local Health Services

The Easter long weekend is one of the busiest times of year with extended waiting times at western Sydney hospital emergency departments (ED). Access to the right care at this time of year is often restricted, with many general practices and allied health professionals closed on public holidays.

Over the past couple of years as part of the avoidable ED attendance strategy, we have surveyed general practices regarding their opening hours during these periods. A full list of general practices open is accessible online and a list of 24-hour helplines can also be found on our After Hours webpage. Other available services during this time include:

Healthdirect provides a health service via the telephone on 1800 022 222. The after hours GP helpline can also be uploaded to a shared health summary via My Health Record.

After hours health care options are also available on the Healthy Western Sydney portal. The portal is designed for public use and contains local health information recommended by health professionals.

For anyone with mental health concerns Connections Western Sydney Helpline provides a free counselling service. A counsellor can be contacted at any time on 1300 096 273. Search [mindguide.org.au](http://mindguide.org.au) for more online information about this.

WentWest would like to wish everyone a happy and restful Easter and ANZAC Day break. We will be back in the office on Tuesday 23rd April.



## Events

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### Doonside Thrive@Five Healthy Minds Network Meeting

Wednesday 1st May 2019

2:00pm - 4:00pm

### Medico-Legal Workshop: Privacy, Confidentiality and Data Breaches

Wednesday 8th May 2019

6:30pm - 9:30pm

### Aboriginal Cultural Awareness Training

Tuesday 14th May 2019

6:00pm - 9:30pm

### Mental Health Professional Network Event

Tuesday 21st May 2019

6:00pm - 8:30pm

## Other News

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### Measles Update

Following our Measles article from last week, infants can now receive MMR vaccine from six months of age if travelling or exposed to measles. The full measles update can be found on our website.

### My Health Record

The Australian Digital Health Agency has recently provided more information to general practices about health care provider packs that will be dispatched to General Practices towards the end of this month. More information about My Health Record is available online.

### Join our Consumer Advisory Council

WentWest believes health care consumers – patients, carers and their families – are essential partners in creating better health care. We value the knowledge and experience consumers can bring to our work as the WSPHN and our Consumer Advisory Council provides advice to the WentWest Board on matters and issues affecting primary health care consumers. The Consumer Advisory Council is comprised of members of the western Sydney community and local organisations that represent a range of health consumers in the region. This includes representing those with a particular health condition such as diabetes or mental illness or representing a demographic group such as migrants and refugees or young people. We are currently seeking expressions of interest for our Consumer Advisory Council. For more information and to apply, visit our website.

## GP Association meetings

The following GP Association meetings are coming up in western Sydney: Mount Druitt: Imaging of the Knee, Friday 26th April.

Hills: Opioids, Addiction and Chronic Pain, Wednesday 1st May.

Blacktown: A Path to Better Outcomes in COPD and Asthma, Wednesday 15th May.

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