

Active Ageing - Exercise Right Week

Exercise Right Week is an annual campaign run by Exercise and Sports Science Australia (ESSA). This year's theme is "Active Ageing", and they're encouraging everyone to "Move More, Age Better".

In a bid to provide accessible exercise to the western Sydney community, the Western Sydney Primary Health Network (WentWest) support various age groups and cultures to maintain health, well-being and quality of life. The following are programs that we support:

☒ Live Life Get Active - A free fitness camp in Rouse Hill, Lidcombe and Mount Druitt for local residents. These fitness sessions run for 45-minutes and are available for yoga, boxing or cross training at 6.00pm, Monday to Friday.

☒ Story and Rhyme Time & Mini Tots Soccer - An opportunity to meet the needs of local children and families. Both programs are an extension of the Thrive@5 initiative. During Story and Rhyme Time, children listen to stories and rhymes which introduces them to reading. It also highlights to parents the importance of reading to their children. Mini Tots Soccer creates a fun environment for children to improve their social and motor skills and a platform for parental social interaction.

☒ NSW Aboriginal Knockout Health Challenge - WSPHN is supporting Aboriginal and Torres Strait Islander peoples in improving health outcomes and making lifestyle changes for both themselves and their family. Western Sydney participants of the challenge have together lost more than 200 kilograms in their first five weeks as a team. The state-wide weight-loss challenge focuses on creating a healthier lifestyles through exercise and nutrition within a supportive group environment. For advice about Lifestyle and Prevention Care HealthPathways use the following login details: Username:healthPassword:w3stern

We encourage all health professionals to include a physical activity or exercise assessment as part of your interaction with every patient on each visit. For more information and resources visit the Exercise Right website.



Events

Improving the Connectedness of Australian Healthcare

Thursday 30th May 2019

6:30pm - 9:00pm

General Practice Quality Improvement Series: Accreditation & Data Driven Improvement

Thursday 6th June 2019

6:00pm - 9:00pm

Fundamentals of Immunisation

Wednesday 12th June 2019

6:00pm - 8:30pm

Aboriginal Cultural Awareness Training

Tuesday 18th June 2019

6:00pm - 9:30pm

Other News

EOI: Mental Health First Aid Education Program

If you are a member of the Pacific Communities who is interested in being trained as a Mental Health First Aid Educator to deliver Mental Health First Aid education programs in Western, South Western and Nepean/Blue Mountains regions, visit the CommunityHQ website to express your interest in this program. Applications close Tuesday 28th May.

GP Synergy - General Practice Feedback Survey

GP Synergy is undergoing a planned review as part of their accreditation process to deliver the RACGP vocational training program. The assessment team undertaking the review on behalf of the RACGP is seeking your valuable feedback to contribute to this process. The survey can be accessed by using the following link: [RTO Accreditation Feedback Survey](#).

The survey will remain open for your response until Tuesday 28th May. If you would like to provide detailed feedback beyond this survey to the RACGP, please email EducationAccreditation@racgp.org.au or call 1800 472 247. Any additional feedback you provide will be treated in strictest confidence.

National Palliative Care Week

National Palliative Care Week is an annual awareness raising week organised by Palliative Care Australia running from 19-25 May 2019. This year's theme is 'What matters most?' and addresses the need to plan for end-of-life

care and discuss it with loved ones and health professionals. The following resources are available – Dying to Talk Discussion Starter and Dying to Talk Card Game – to help work out what matters most.

Organisations such as Silver Chain work to provide health and aged care in the home and community, so Australians have choice in how they live their lives.

A Last Days of Life Toolkit Pilot Program is also available on the Clinical Excellence Commission website.

A range of Paediatric Palliative Care pathways are available on HealthPathways using the following login details:

Username:healthPassword: w3stern

BreastScreen Trailer Location

The BreastScreen trailer is at Bunnings Warehouse, Marsden Park until Thursday 30th May, offering screening for all women aged 40 years and over. Appointments can be made by calling BreastScreen NSW on 13 20 50 or booking online. Download the practices poster and display in your waiting room, to support awareness of breast screening.

GP Association meeting

The following GP Association meetings is coming up in western Sydney: Mount Druitt: Valvular Heart Disease, Friday 31st May.

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