

## New Live Life Get Active Fitness Camp Locations Announced

According to HealthStats in 2017 it was estimated that a total of 45% of people aged 16 and over had insufficient physical activity levels in our region. To provide accessible exercise to the Western Sydney community and address low levels of physical activity and high rates of obesity, we partnered with Live Life Get Active (LLGA) to fund a free fitness camp in Rouse Hill in 2017. Sessions are available for yoga, boxing or cross training, and each run for 45 minutes.

Due to the success of the Rouse Hill camp, Western Sydney Primary Health Network proudly announced the launch of two new LLGA fitness camps in Mount Druitt and Lidcombe in June last year. With a total of 795 members and an average weight loss of 1.8kgs across the three camps it was evident that our Western Sydney community were benefiting from the fitness camps.

This great achievement allowed us to expand to a total of 12 LLGA camps across Western Sydney this year. This expansion also includes the piloting of two new concepts, the first being a parent/guardian child session and the second involving collaboration with a GP practice, enabling tracking of outcomes resulting from prescribing physical activity to high risk cohorts.

Fitness camps are available in the following locations:

Auburn Castle Hill Kellyville Lidcombe Marayong: Parent/guardian and child trial Merrylands Mount Druitt Parramatta Rouse Hill South Granville Telopea: Closing the prescribing loop with doctors trial Toongabbie Health care professionals are encouraged to let their patients know about the activities available. Community members can find out more on LLGA, including registering for a session at [livelifegetactive.com](http://livelifegetactive.com)



## Events

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### Mental Health Professional Network Event - Aboriginal Cultural Awareness Training

Wednesday 21st August 2019

6:00pm - 9:30pm

### Paediatric Refugee Health Conference

Friday 23rd August 2019

8:15am - 6:15pm

### Musculoskeletal Network – Acute Low Back Pain Peer Mentoring Workshop

Thursday 5th September 2019

8:30am - 4:30pm

### Diabetes Update Day Conference

Saturday 28th September 2019

8:00am - 4:00pm

## Other News

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### Encourage People to Screen for Bowel Cancer

Bowel cancer is our second biggest cancer killer. More than 100 Australians die each week from bowel cancer, but if found early, more than 90% of cases could be treated successfully. Currently only 4 in 10 eligible Australians complete the National Bowel Cancer Screening Program test kit when it is sent to them in the mail. This year Cancer Council Australia have launched a media campaign to increase participation in the National Bowel Cancer Screening Program.

As part of the campaign, Cancer Council has launched an online toolkit to make it easier for health care professionals to support their patients to screen. The toolkit can be accessed on the Cancer Council website. Further information about the program call 1800 118 868.

### eviQ Cancer Treatment Fact Sheets

eviQ is an Australian Government, free online resource of cancer treatment protocols developed by cancer specialists. eviQ provides evidence-based information to support health professionals in the delivery of cancer treatments. GP fact sheets have been added and include four new topics to support patients during cancer treatment.

### Pilot Study: Home Medicines Review

Researchers in the School of Public Health at Sydney University are studying polypharmacy in the older

population with the aim to develop strategies to increase patient involvement in decision making about their medicines. They have developed the Medicine Conversation Guide to be used by a pharmacist as part of their Home Medicines Review (HMR). The researchers are seeking GPs who would be willing to refer patients for HMR including the Guide.

For more information or to get involved contact Isabelle Baker at [isabelle.baker@sydney.edu.au](mailto:isabelle.baker@sydney.edu.au) or (02) 8627 7644.

## GP Association Meeting

The following GP Association Meeting is coming up in Western Sydney:

Westmead: Headache Symposium, Wednesday 28th August.

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