

## Women's Health. Powerful Stuff

The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. Women's Health Week (2-6 September) encourages all women to put themselves first and start making positive changes that can last a lifetime. This year's theme is Women's health. Powerful stuff. Health professionals can improve the health and wellbeing of their patients by directing them to the right services and encourage cervical and cancer screening when appropriate.

Western Sydney Primary Health Network (WSPHN) is committed to supporting various activities to contribute to the health of women in the community, some of these include:

- ☑Funding 12 Live Life Get Active (LLGA) fitness camps in Western Sydney to provide free access to a variety of exercise sessions. Patients can find out more and register for free sessions on the LLGA website.
- ☑Commissioning St John of God Raphael Services to provide free, specialist services to women who suffer from anxiety, depression and other mental health issues before, during and after pregnancy.
- ☑Launching Healthy and Nutritional Cooking Workshops for Mums of Aboriginal and Torres Strait Islander children. Contact our Aboriginal Health team on [aboriginalhealth@wentwest.com.au](mailto:aboriginalhealth@wentwest.com.au) for more information.
- ☑Supporting GPs with Cervical Screening with a range of Primary Care Quality Improvement activities. Once again, we are inspiring our own staff to put their health first and this week we combined Women's Health Week with Steptember to encourage staff to become more mindful of the importance of healthy eating and exercise. We have sponsored 44 staff members, encouraging them to aim for 10,000 steps a day for 28 days and to take some time out of their busy schedules for a casual 30-minute lunch time walk as a group. Fresh, nutritious fruit baskets have been delivered and helpful resources on women's health have been shared within the office.



Some of our staff members heading out for a lunch time walk.

## Events

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### Aboriginal Cultural Awareness Training

Tuesday 17th September 2019

6:00pm - 9:30pm

### Toongabbie Community Diabetes Forum

Thursday 19th September 2019

5:30pm - 8:30pm

### General Practice Quality Improvement Series: Accreditation, Data Driven Improvement and PIP QI

Thursday 19th September 2019

6:00pm - 9:00pm

### Getting your Head around Diabetes and Mental Health

Tuesday 22nd October 2019

12:30pm - 3:00pm

## Other News

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### International Symposium on SBS/AHT in Sydney

The National Center on Shaken Baby Syndrome, in partnership with the Sydney Children's Hospital Network, is pleased to bring the International Symposium on Shaken Baby Syndrome/Abusive Head Trauma (SBS/AHT) back to Australia on 16th and 17th September.

The two-day symposium will feature presentations on the latest medical diagnosis and treatment of SBS/AHT cases, multidisciplinary approaches, prevention efforts from around the world and investigative procedures.

View the program or register to attend online.

### RACGP My Health Record videos

The Royal Australian College of General Practitioners (RACGP) released a new suite of videos on My Health Record. These videos discuss topics, such as:

☑consent ☑security ☑medico-legal concerns ☑practice responsibilities ☑benefits These videos are designed to assist GPs and practice teams to better understand My Health Record, including the roles and obligations for anybody participating in the system.

## EOI: GoShare Homelessness Toolkit Resources

We are seeking expressions of interest from general practices and medical centres, who welcome people experiencing homelessness to have their practice/centre listed as a resource on the Homelessness Toolkits in GoShare Healthcare.

If you are interested in this opportunity, please complete the EOI form and email to [rowena.tagaloa@wentwest.com](mailto:rowena.tagaloa@wentwest.com)

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