

## Encouraging Men to Value their Health

November marks the start of Movember, an annual event involving the growing of moustaches during the month to raise awareness of men's health issues, such as anxiety, prostate cancer, testicular cancer and suicide. International Men's Day also takes place this month, on Tuesday 19th November. The day celebrates the positive value men bring to the world, their families and communities. Overall, November is an opportunity for men to take some time to check in with their health.

Health professionals can improve the health and wellbeing of their male patients by directing them to appropriate services, encouraging prostate cancer treatment options and introducing them to a mental health and suicide prevention plan where appropriate.

Western Sydney Primary Health Network (WSPHN) is committed to supporting various activities to contribute to the health of men in the community, such as:

- ☒ 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 men who suffer from anxiety, depression and other mental health issues before and after becoming a dad. ☒ We are a proud supporter of The Shed (formerly Men's Shed) at Mount Druitt – a partnership between Western Sydney University and The Men's Health Information & Resource Centre (MHIRC) to connect disadvantaged men and women to local support services. Additional resources and help is available on the Beyond Blue website, providing information on depression and anxiety including accessing immediate support services.



Some of our male staff members getting together to support men's health

## Events

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### An Introduction to Quality Improvement for PIP QI

Wednesday 20th November 2019

6:00pm - 8:30pm

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### Antenatal Shared Care Education

Saturday 23rd November 2019

9:45am - 2:30pm

### Aboriginal Cultural Awareness Training

Tuesday 3rd December 2019

6:00pm - 9:30pm

## Other News

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### Needs Research Survey – Now Open

As we work towards our vision of healthier communities, empowered individuals, sustainable health care workforces and systems; we need to create more integrated and co-ordinated health care services in western Sydney communities. You're invited to have your say in the annual Needs Survey by completing one of two surveys:

☑ Survey for GPs, practice nurses and practice managers ☑ Survey for allied health providers These important surveys help guide our service planning and design – it is completely de-identified unless you choose otherwise. All contributors will go into the draw to win one of five Fitbit Charge 3 wireless activity and sleep tracking wristbands.

### Parent-Child Exercise Camps: Participants are Required

LLGA offers free outdoor fitness classes and are now launching a parent and child program. Commencing on Tuesday 19th November at Melrose Park in Quakers Hill, the program will run five days a week, Tuesday to Saturday and encourages parents and children to work out together.

LLGA are seeking local family members that could benefit or would enjoy these classes please. For more information contact the Program Coordinator, Alex King at [alex.king@livelifegetactive.com](mailto:alex.king@livelifegetactive.com)

### Campaign Puts Focus on Family

This year's World Diabetes Day is on Thursday 14th November and focuses on "protecting your family". The

campaign aims to raise awareness of the impact that diabetes has on families and to promote the role of family members in the management, care, prevention and education of diabetes.

Visit the International Diabetes Federation website for resources and information on how to get involved.

## GP Association Meetings

The following GP Association Meetings are coming up in western Sydney:

Blacktown: Management of Incidental Pulmonary and Thyroid Nodules, Wednesday 20th November.

Hills: Respiratory and Sleep Medicine Q&A Session, Tuesday 26th November.

Mount Druitt: Professional Development – A Case Study, Friday 29th November.

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Level 1, 85 Flushcombe Rd, Blacktown NSW 2148

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