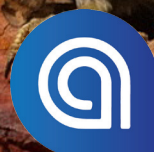


NCAHA NEWS

Your monthly communication from the
North Coast Allied Health Association



Message from the Board

**Professor Susan Nancarrow,
Chair, NCAHA Board**

What a hoot!

Last Thursday in Lismore, I was privileged to be part of a very exciting evening. There was fun, celebration and inspiration at the 'Inspiring Women in Health' event held at the University Centre for Rural Health (UCRH) during the Lismore Women's Festival. Being inspirational can be hard work, but add a dash of fun and socialising and it can be a formula for success.

Women came together on the night and celebrated their achievements. I was joined in conversation with Emma Walke (Bundjalung women, academic lead at UCRH, artist, community leader and organiser) and Kylie Everman (Exercise Physiologist – cardiac rehab and acute inpatient, NSW EP Advisory activist, carer and rugby league referee). Host Alex Grantham guided our discussion with aplomb and sophistication. Questions we were asked included how to sustain yourself, who inspires you and what are the techniques to keep you going.

What did I take away as the key messages? Remember to support each other, be respectful and compassionate, and to have fun.



Students involved in international Allied Health projects

Southern Cross University students have made a lasting impact with their work at The Friendship Village in Hanoi, Vietnam, and at Tianjin University of Sport in China.

A team of 20 occupational therapy and speech pathology students spent three weeks at the facility, which provides medical care, physical therapy and education to Vietnamese children, young adults and veterans affected by Agent Orange.

Meanwhile, 11 sport and exercise science and podiatry students embarked on an educational four-week course in Tianjin, China. Both groups were funded through the Australian Government's New Colombo Plan.

Occupational therapy course coordinator Beth Mozolic-Staunton said students worked in teams of three to provide on-the-ground therapy support and health projects in Vietnam for 120 children and rotating groups of 25 veterans.

Students delivered training workshops for teachers and physios at the village on strategies for working with children with autism, demonstrated rehabilitation programs at the medical centre, fundraised for two water filters, and made a presentation to the directors of The Friendship Village about an ongoing Southern Cross University partnership.

"The students also worked with local non-profit Think Playgrounds to design and commission the construction of a playground made out of recycled materials and local labour," Ms Mozolic-Staunton said.

"The students raised more than \$5,000 and construction on the playground has now started.

"Every project these students have been involved in will have a lasting impact, and we have heard from the Australian Government our impact will be even greater in years to come."

Southern Cross University has since received funding for an additional eight student mobility projects in the Indo-Pacific through the New Colombo Plan.

Sport and Exercise Science course coordinator Jak Carroll led a team of nine of his students and two podiatry students on a four-week educational trip to Tianjin University of Sport.

The trip gave students an understanding of Chinese philosophy and practice in improving health and wellbeing, which equals one elective unit.

The students took classes at Tianjin University of Sport in traditional Chinese sport and exercise, massage and rehabilitation, tai chi boxing, had an introduction to Chinese Mandarin, connected with local gymnasiums, taught English and visited tourist spots including the Great Wall.

"The students came to understand you don't have to be big and lift heavy weights in order to be strong – they learnt the importance of flexibility, flow, breathing and strength of mind," Mr Carroll said.

"They taught English classes and fielded questions about kangaroos, football, politics and breakfast. The cross-cultural and cross-discipline learning our students received will help them throughout their future careers."



Occupational Therapy student Bianca Craig works with a Vietnamese child at The Friendship Village. Photo by Guy Roberts.

Free Healthy Information & Phone Coaching Service

Often health professionals may not feel they have the time or expertise to counsel patients on diet, alcohol and exercise, but there is a free phone coaching service which can help your patients to achieve results.

The Get Healthy Information and Coaching Service is a free service provided by NSW Health to residents aged 16 and over. The university-qualified health coaches support participants to make lifestyle changes regarding:

- Healthy eating
- Physical activity
- Alcohol reduction
- Achieving and maintaining a healthy weight

Participants work with their own personal coach and can access 10 coaching phone calls with support to make lifestyle changes over a period of six months. An information booklet helps participants achieve their goals.

Four tailored programs are also offered:

- Type 2 Diabetes prevention
- Aboriginal program
- Pregnancy
- Alcohol reduction

Learn more at www.gethealthynsw.com.au.

Wanted: Allied Health Professionals

Allied Health Professional sought for planning of the Primary Health Care Excellence Awards 2017

North Coast Primary Health Network (NCPHN) held the inaugural Primary Health Care Excellence Awards in September 2016. This event will continue to be held annually, and the 2017 Awards are tentatively scheduled for September.

The purpose of the Excellence Awards is to honour the partnerships, teams and individuals who are working tirelessly and finding new ways to keep the people in our communities healthy and out of hospital.

NCPHN is urgently seeking an Allied Health Professional to participate in the planning and implementation of the 2017 Primary Health Care Excellence Awards. The successful candidate would be expected to:

- Participate until the completion of the project (December 2017)
- Participate in the NCPHN project circle meetings of 1-2 hours, approximately eight times in the year
- Attend the Excellence Awards ceremony
- Bring an Allied Health perspective to the project
- Have an understanding of processes, systems and quality improvement in the health sector
- Bring a perspective which is external to NCPHN
- Champion the Excellence Awards
- Be likely to submit an Excellence Award application

This position will be remunerated in line with the NCPHN Stakeholder Engagement Remuneration Policy.

Register your interest by forwarding your resume and reasons for involvement to excellence@ncphn.org.au.

Judges required for Primary Health Care Excellence Awards 2017

NCPHN is seeking the participation of health professionals to judge applications for the 2017 Primary Health Care Excellence Awards.

Judges would be expected to:

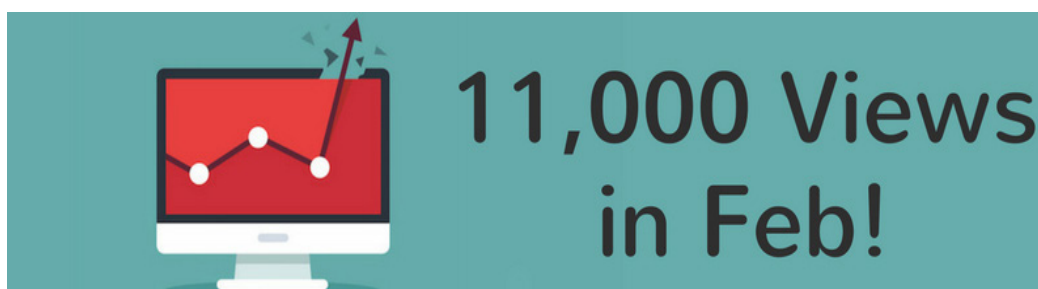
- Be available during July 2017 to assess applications and meet with judging panel via teleconference
- Contribute approximately 4-5 hours of assessment
- Receive the judging pack, including applications, early July 2017
- Meet within following fortnight with judging panel to determine the finalists
- Have an understanding of processes, systems and quality improvement in the health sector
- Be professional and maintain confidentiality of applications

This is an opportunity to review exciting and innovative local health projects whilst contributing towards improving excellence and quality in health care.

To register your interest, please forward your resume and/or reasons for involvement to excellence@ncphn.org.au.

For more information on the Primary Health Care Excellence Awards, please contact NCPHN's Shay Ataii on 02 6618 5400.

Further Information about the Excellence Awards can be found at www.ncphn.org.au/excellence.



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Networking – fun, informative, speedy and useful

Luisa Eckhardt,
Director NCAHA

The much planned and anticipated Coffs Harbour Speed Networking event for health practitioners was held at Novotel Pacific Bay Resort on 16 February 2017. NCAHA has been advocating for such networking events across the North Coast since our earliest breakfast meetings in 2015. By bringing practitioners together, we aim to integrate Allied Health services with medical practitioners.

The night was full of energy as passionate clinicians from a range of health backgrounds came together to explore professional relationships – all with the best patient outcomes as the driving factor. There were 13 GPs and specialists in attendance, and over 60 Allied Health clinicians representing occupational therapy, physiotherapy, psychology, dietetics, social work, and counselling – just to name a few. I noticed many new faces that I haven't had the pleasure of meeting before, both GPs and Allied Health

Professionals. The theme I came away with is that we all want the best care for our patients, but sometimes we just don't know where to send them.

The range of services, the confidence in patient outcomes and the will to work together was evident in the communication between clinicians, as information and resources were freely exchanged. There was a strong commitment to work together, with aspirations of catching up again soon.

With this in mind, a regular social network meeting among clinicians is proposed for the Coffs Harbour area at a pub or restaurant, maybe monthly, to build relationships and trust where support and advice is sustained. All the while, keeping the patient as the motivating factor driving us to work together, feel part of a team and look after ourselves to provide the best services possible. If you are interested, please contact the NCAHA and we can start arranging a regular catch up.

Upcoming Events

16 March

[Social Connections Breakfast – Lismore](#)

16 March

[GP & Allied Health Speed Networking – Tweed Heads](#)

24 March

[Supporting people with dementia through advance care planning – Gold Coast](#)

25-26 March

[Introductory Vestibular Course – Port Macquarie](#)

26 March

[Chronic Obstructive Pulmonary Disease Day – Ballina](#)

28 March

[Webinar: Managing Mechanical Neck Pain – Are we thinking about decreasing recurrence?](#)

29-30 March

[National Aboriginal Wellbeing Conference 2017 – Ballina](#)

30 March

[Speed Networking for GPs and Allied Health – Port Macquarie](#)

4-5 April

[Behaviour Intervention Training – Grafton](#)

7 April

[Cultural Awareness Training – Goonellabah](#)

9-10 April

[Dialectical Behaviour Therapy Intensive Training – Coolangatta](#)

26-28 April

[Experiencing Compassion-focused ACT from the Inside Out – Byron Bay](#)

11-12 May

[Applied Suicide Intervention Skills Training – Grafton](#)

16-17 May

[Family Based Therapy for Eating Disorders – Macksville](#)

More Events

Visit www.ncphn.org.au/events to view the North Coast Primary Health Network Events Calendar.

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