



MESSAGE FROM THE CHAIRMAN



GP down south continues to operate in a challenging and changing environment. Following the publication of Professor John Horvath's Review of Medicare Locals and the Federal Budget, the South West Health Alliance Board made the decision not to proceed towards direct service provision and the South West WA Medicare Local will continue with a commissioning model. **This decision has been positive for GP down south, enabling us to maintain our existing programs and creating new opportunities in the South West region.**

In 2014/15 we shall continue to provide Aboriginal Health and Mental Health

programs in the South West region, with our service provision expanding to cover the Greater Bunbury area and, for mental health, the Great Southern region.

Our Child Health Program, delivered in partnership with WA Country Health Services, continues to develop with new clinics at Busselton and Cowaramup Primary Schools giving increased choice for parents and additional appointments for child health and developmental checks (see p2). **Further, we expect our Child Health service provision to expand to the Greater Bunbury area in the near future.**

I am pleased to announce that from 1 July 14, GP down south have been contracted by WAGPET (WA GP Education and Training) to provide support to GP registrars in the South West. This builds on similar work we have done for many years with the Peel Regional Advisory Committee (see p4).

In Peel we continue to provide Nidjalla Waangan Mia Aboriginal Health and Wellbeing Service, the Peel Youth Medical Service, the Peel Mobile Health Service and the WAGPET program. **We have received a small grant from the Ministerial Council for Suicide Prevention to commence the Peel Youth Mental Health Program in partnership with Heath Black former Fremantle Docker (see p3). We continue to seek ongoing funding for this worthwhile and innovative program.**

I thank you for your ongoing support and interest in the activities of GP down south.

Dr Mostyn Hamdorf
Chairman, GP down south



Yoka Yaanginy Healthy Activity Program

Noelene Councillor, Aboriginal Outreach Worker with GP down south based in the Busselton office participated in the first Yoka Yaanginy Healthy Activity program which was run by the South West Women's Health and Information Centre with support from the Department of Sport and Recreation.

Noelene is pictured with some of the ladies that were registered for the first program which ran throughout February and March. Three more ladies registered for the May to June eight week program.

The program runs each Thursday starting at 10am with a weigh in followed by everyone joining in to prepare a healthy lunch with some yarning and then onto a physical activity. Activities have included zumba, swimming, boxing, Nordic walking and yoga and after lunch there is a yarning session with the invited guest speaker for the day.

Noelene has been providing transport to support those attending while also attending and finding the program to be of great personal benefit. She commented 'we have all been losing weight and finding that we have more energy through not only our healthy lunch meals but also our exercise, the positive educational activities from guest speakers and the yarning support from all ladies involved in the program. All in all it is a wonderful and positive healthy, friendly program that I would highly recommend to others. The participants are very supportive of each other and have formed a closeness which is continuing after the program has been completed'



COMMUNITY CHILD HEALTH



Naturaliste Community Child Health Program

We welcome our latest Child Health Nurse to the team - Jill Hibben, an experienced nurse who recently moved from Perth to Busselton. Jill has taken our program diversity in her stride and has been seeing children and their families at general practices, childcare facilities, primary schools and local clinics. The next stop is Busselton Primary School where from the 28th June 2014 Jill will be conducting Child Health Nurse sessions every Wednesday morning for the local community.

Partnerships with local schools have been embraced by the schools we are working with as families find the school environment familiar and convenient to access and welcome the additional service.

Denise Hine, who completed her Child and Adolescent Health Nurse Certificate in December 2013, has recently been informed by Curtin University she is the recipient of the Beth Kinsley Memorial Award. This is awarded to a postgraduate student who has been outstanding in Community Health and we offer our congratulations to Denise!

Our online booking system has now been linked to the GP down south website and appointments at one of our Child Health Clinics can be booked on line for maximum ease and convenience. General practice staff are able to make bookings for clients if they become aware of issues that the Child Health Nurse can assist parents with or if a child is due for a health check.

Go to the website and have a look: www.gpdownsouth.com.au

YOUTH MENTAL HEALTH PROGRAM



The Importance of Physical and Mental Wellbeing - 30 April 2014

GP down south hosted The Importance of Physical and Mental Wellbeing event, which saw 450 Year 11 Peel students from 7 secondary schools listen to an inspiring speech by former Fremantle Docker, Heath Black on 30th April. This presentation was made possible by a grant from the One Life Suicide Prevention program.



Heath has personally experienced mental illness and during his speech addressed issues such as physical and mental wellbeing, overcoming life's obstacles, peer pressure, drugs and alcohol along with how to ask for help and the importance of leadership and teamwork. The Q & A session at the end of the presentation was very moving and raw, with students willingly asking very personal and honest questions of Heath. It was evident that Heath's presentation was very real and opened up issues and feelings that students had not expressed before.

This presentation forms Tier One of a proposed Three Tier Youth Mental Health Program developed by GP down south in partnership with Heath. Tier Two provides school based workshops on mental health and wellbeing

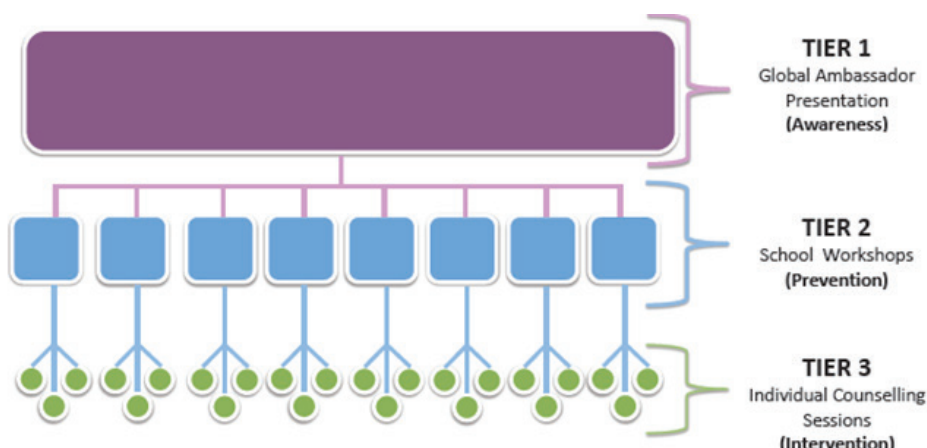
topics, while Tier Three provides individual access to counselling/mental health treatment options accessible through the Peel Youth Medical Service, Peel Mobile Health Service and schools.

Feedback From The Event

98% of Students stated they had a better understanding of mental health issues

96% of Students stated they have a better understanding of how to care for their mental health

92% of Students said that today's session would encourage them to seek help if they needed to



Quotes From Students, Teacher and Guests

"Thank you for coming down and speaking to us on how to cope, I appreciate it heaps."

"Brilliant! Inspiring and hopefully saved a life today."

"What you're doing is good, all students should be here to see this."

"Get to as many schools as possible with this message."

"Brilliant presentation. Run more of them."

"Mandurah is very fortunate to have PYMS and GP down south."

"Well done, the emphasis that 'you are not alone' is well emphasised."

"A great cause worth more government funding."

"It's really changed my views on alcohol and talking to people about how I feel, so thank you."

"A wonderful presentation last year and again – so glad I tell everyone I can Heath's story."

"Thank you for covering issues I didn't understand how to get through. I have ADHD and this speech helped me."

"Wonderful presentation. Got some awesome notes to help not only myself but those around me, really got me thinking."

"Outstanding session, as a parent of teenage children, I fully commend Heath on his bravery to put this out there in the public eye."

"Thank you for inviting me to attend, so important that Community Leaders see Heath's presentation."

I found the session very interesting and so important, it was great to see Heath appear in front of our schools. The most important community initiative I have attended in the 13 years I have been a Member of Parliament. Congratulations and thank you.

David Templeman MLA, Mandurah



Every year, the Peel Regional Advisory Committee (pictured top right) undertake projects to benefit the region in attracting and retaining doctors in training and training positions.

GP registrars considering training in the region were given the opportunity to visit Peel and enjoy a cruise on the Mandurah Estuary with current registrars, training practice supervisors and dolphins too!

The afternoon was a success with 30 participants and a fine autumn day. Registrars heard from other registrars on their experiences with training in Peel and our local practices took the opportunity to talk about what their practice has to offer doctors in training.

Feedback from the event was positive and registrars seeking placement in the region valued the opportunity to make connection with practices and gain contacts and information to benefit their training journey.



PEEL YOUTH MEDICAL SERVICE (PYMS)

PYMS gets a makeover

Earlier this year our Youth Reference Group told us PYMS needed to be more comfortable and colourful and health information and free resources need to be more discreet for them to take (to avoid embarrassment!).

We also knew we needed more seating in the waiting room as clinic times were getting busier. So PYMS has been given a makeover with a new modern colour, funky chairs and cushions, a coffee table for our resources and wall art to brighten up the place! PYMS would like to thank the City of Mandurah's Community Association Fund, Red Hatters Society and SJOG - Bunbury for helping us to make this happen.

SOUTHERN FORESTS HEALTH (SFH)

We welcome Dr Mildred to the SFH team



Welcome to the newest addition to the Southern Forests Health team – Dr Mildred Chiwara. Mildred has relocated from the United Kingdom with her family and is working full time at Southern Forests Health in Manjimup.

Southern Forests Health is able to offer the services of two full time general practitioners to the Manjimup community. Dr Kushdev Singh is now fully credentialed with admitting rights to the local hospital and he is also participating in the GP on call roster for Accident and Emergency. The team also includes Carolyn, the Practice Manager; Dalene, the Practice Nurse and Vicki on reception.

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