

# Central and Eastern Sydney PHN

## Services Guide

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**Geraldine Georgeou**  
Clinical Dietician  
Designer Diets

What is your role at Designer Diets?



**Dr Rick Varma**  
Sexual Health Physician  
Sydney Sexual Health Centre

What is your role at  
Sydney Sexual Health centre?



**Richard Walsh**  
Pharmacist  
Walsh's Pharmacy



**Dominique McCabe RN**  
Dokotela  
Outreach and Partnerships Manager



**Hend Saab**  
Psychologist  
Multicultural Health Service SESLHD



**Claire Vernon**  
CEO  
JewishCare NSW



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Program Engagement Officer  
Think, Eat and Move (TEAM)

What is the TEAM program?



**Amandeep Hansra**  
Telehealth expert & GP



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Newtown Neighbourhood  
Centre  
CEO



**Kym Pottinger**  
Paediatric Physiotherapist  
Metropolitan Physiotherapy



**Leone Smith**  
Practice Manager  
St George's GP After Hours



**Leigh Birchley**  
Podiatrist  
Pod Podiatry



**Mark Spinks**  
Chairman  
Babana Aboriginal Men's Group

What's your story?



**Lisa Forbes**  
Speech Pathologist  
Lisa Forbes Speech Pathology



**Dr Jamal Rifi**  
Belmore Respiratory Clinic

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3. Hyperlinks are used throughout this document which will direct you to the relevant parts of the CESP HN website



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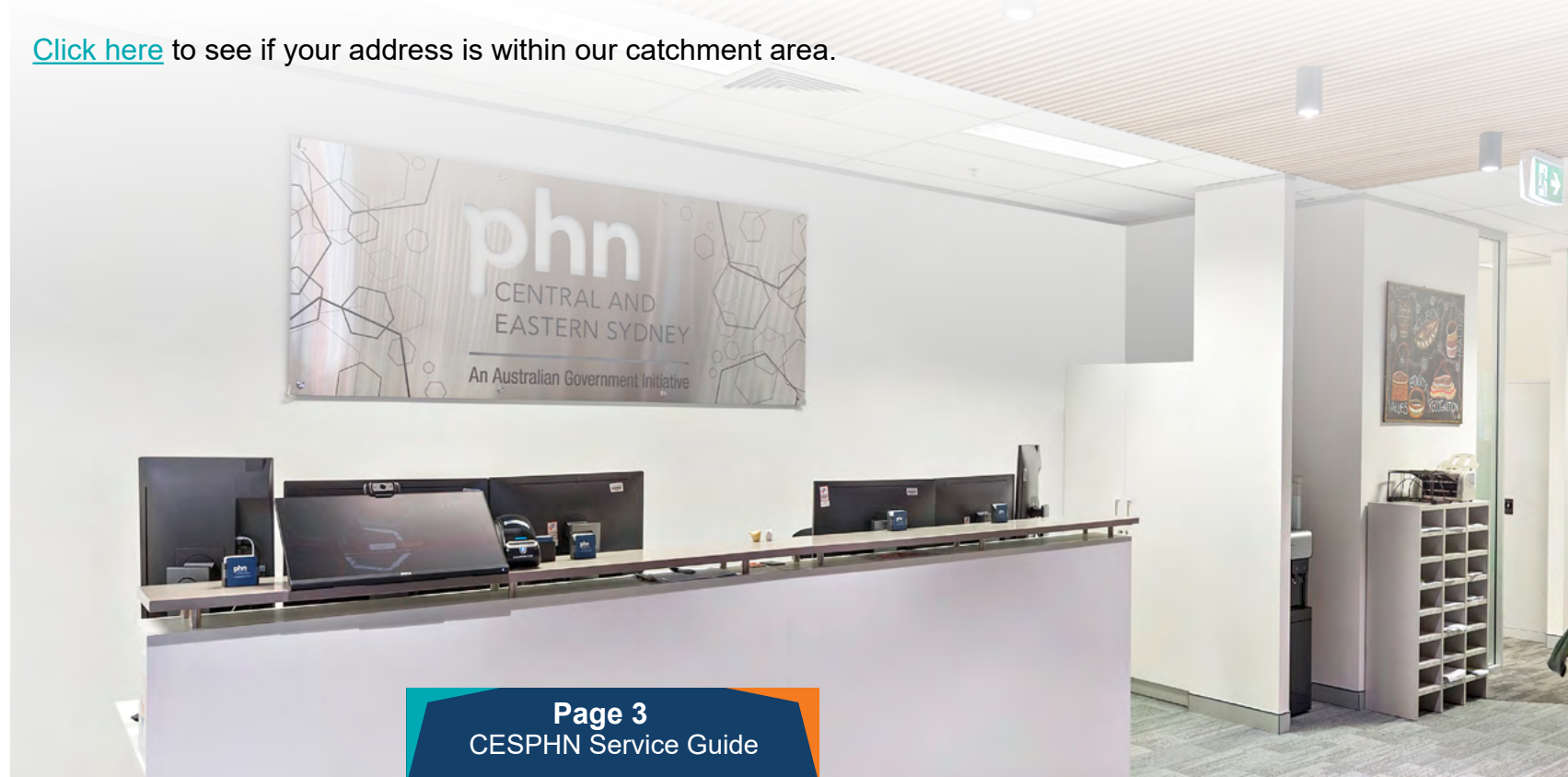
# About Central and Eastern Sydney PHN

Central and Eastern Sydney PHN is a regionally-based organisation working to improve and transform care for better health and wellbeing. Our goals are to:

- Support quality improvement and build capacity across local primary health services
- Work together with others to deliver seamless, person-centred healthcare
- Fund additional services in the community to address local needs and fill local gaps.

The central and eastern Sydney catchment spans 626 square kilometres. Our region stretches from Strathfield to Sutherland, as far east as Bondi, and also includes Lord Howe Island and Norfolk Island. We are the second largest of the 31 primary health networks across Australia by population, with over 1.6 million individuals residing in our region. Our catchment population is characterised by cultural diversity, with forty per cent of our community born outside Australia, and high population growth. Our boundaries align with those of South Eastern Sydney Local Health District and Sydney Local Health District.

[Click here](#) to see if your address is within our catchment area.



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# Services for health professionals

CESPHN provides workforce development, practice support and clinical support services for health professionals in the central and eastern sydney area. Keep up to date with the latest news via our weekly enewsletter, [Sydney Health Weekly](#).

## Workforce development

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## Workforce development

### Continuing Professional Development

CESPHN offers a comprehensive education program for GPs, practice nurses, practice staff and allied health professionals.

Our CPD events are advertised on our website as well as through our weekly CPD blast email.

To register to attend a CPD event follow the links on our website. If you are a member of a GP or allied health network you are eligible to attend our CPD events free of charge. You can also view previous webinars and events via our [YouTube channel](#).

### Aged care education

We fund Dementia Australia to deliver a virtual classroom supporting residential aged care facility staff to better understand the emotional and mental health issues, mental illness, trauma, cognitive impairment, dementia, delirium and depression their residents may be experiencing and provide them with strategies to support their residents. Dementia Australia - 9805 0100

### Aboriginal and Torres Strait Islander cultural awareness training

We provide regular [Cultural Awareness Training](#) CPD events for general practitioners, practice nurses, practice staff and allied health professionals. Please view our events page for a list of upcoming training sessions.

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## Workforce development

### Peer Group Learning

Peer Group Learning involves a group of up to twelve GPs or allied health professionals meeting on a regular basis for a self-directed education program where they invite speakers such as local specialists to discuss topics of interest to them. These self-directed sessions offer the opportunity to network with other local health professionals. We provide support in establishing groups and reporting this activity to the RACGP. To register your interest in Peer Group Learning please email [events@cesphn.com.au](mailto:events@cesphn.com.au).

### Clinical Leaders Network

Our Clinical Leaders Network is comprised of GPs, allied health professionals and nurses interested in leading system change in primary care. Chaired by Caringbah GP, Dr Martina Gleeson, the group provides networking and professional development opportunities for its members to support their work as primary care advocates. The group meets quarterly. For more information please contact Hanna Pak - [h.pak@cesphn.com.au](mailto:h.pak@cesphn.com.au)

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# Practice support

## We support primary health practices by offering:

- [Practice management support](#) – accreditation, MBS item numbers, Health Professionals Online Services (HPOS)
- [Infection prevention and control guidance](#)
- [Immunisation support](#)
- [Workforce support](#)
- [Telehealth/ehealth support](#)
- [Practice Incentive Program support\(PIP\)](#)
- [Access to interpreting services](#)

To book a face-to-face consultation or to discuss your practice needs, contact the Practice Support and Development team on:

**PH:** 1300 986 991 | [practicesupport@cesphn.com.au](mailto:practicesupport@cesphn.com.au)

### **Your Practice Support and Development officers:**

Jan Sadler, Fleur Niven, Sarah Arja, Aya Almajzoub, Michaela Fenech, Sara Martin, Evelina Kozok and Juliani Cardoso.



## Practice support

### Practice management

Practice Management can cover a range of areas, but it is the glue that keeps a business together.

CESPHN provides support on key areas of practice management including:

- Accreditation support
- Quality improvement
- MBS items
- Health Professional Online Services (HPOS)
- Human resources
- Business planning and marketing
- Information management – including Data extraction tools and reports; MHR support
- Risk management
- Business and clinical operations
- Workforce - Recruitment, retention and training strategies including advertising vacancies via our website
- Education opportunities.

For support on Practice Management, contact the Practice Support and Development Team on 1300 986 991 (select Practice Support) or email at [practicesupport@cesphn.com.au](mailto:practicesupport@cesphn.com.au)



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## Practice support

### General practice accreditation

**Central and Eastern Sydney PHN offers support for general practices undergoing the accreditation process including by:**

- Providing advice and support on meeting and understanding the RACGP accreditation standards
- Provision of resources and templates
- Advising on key aspects of accreditation including infection control, sterilisation and cold chain management
- Delivering mock accreditation visits prior to a practice's survey visit
- Facilitating education opportunities.

#### **Top tip: ALLOW TIME**

Start planning your accreditation at least 12-18 months ahead of the current accreditation expiry date.

For support on accreditation, contact the Practice Support and Development Team on 1300 986 991 (select Practice Support) or email at [practicesupport@cesphn.com.au](mailto:practicesupport@cesphn.com.au).



## Infection prevention and control guidance

Effective infection prevention and control is vital to providing high quality health care and a safe working environment for those that work in any healthcare setting.

We support practices by providing guidance documentation.

[RACGP Infection Prevention and Control 5th Edition Standards](#) are intended as a guide to assist health professional and other staff implementing infection prevention and control procedures.

- [managing pandemics in general practice](#)
- [COVID-19 Infection Control Principles and Application of PPE during COVID-19](#)
- [COVID-19 Infection Control Principles](#)
- [COVID-19 hotspots via NSW Health](#)
- [COVID-19 - video on 'How to fit and remove PPE'](#)
- [Guidance on COVID-19 testing procedures](#)
- [PPE mask request form](#) for general practice and allied health - a triage system of PPE distribution according to need during COVID-19.

For support on infection prevention and control, contact the Practice Support and Development Team on 1300 986 991 (select Practice Support) or email at [practicesupport@cesphn.com.au](mailto:practicesupport@cesphn.com.au).



## Immunisation support

Our Immunisation team provide both remote support and practice visits.

Immunisation Program Officers can assist with:

- Supporting immunisation providers with information and resources
- Supporting practices to review lists of children overdue for immunisation
- Providing training regarding AIR online access
- Advice and support in the event of a cold chain breach
- Power outage advice and support
- Data logger support and demonstrations.

To contact our Immunisation team email [immunisation@cesphn.com.au](mailto:immunisation@cesphn.com.au) or call 1300 986 991 and select option 3 for Immunisation. You can also subscribe to our bi-monthly immunisation eNewsletter.

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## Practice support

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#### **Nursing in general practice**

CESPHN offers support to nurses working in general practice on a range of topics including: Orientation; quality improvement; immunisation; chronic disease management; accreditation; infection control; workforce support and education opportunities.

#### **GP Registrar support**

If you are a GP Registrar or have a GP Registrar in your practice, we offer an orientation visit, familiarising you with your PHN, programs and local health services.

#### **Becoming an accredited training practice:**

To become an accredited training facility, practices are required to meet specific requirements as set out by the Royal Australian College of General Practitioners (RACGP) and/or the Australian College of Rural and Remote Medicine (the latter is only available as an option for rural practices).

For more info or support to become a training practice, please go to GP Synergy or contact the Practice Support and Development Team on 1300 986 991 (select Practice Support) or email at [practicesupport@cesphn.com.au](mailto:practicesupport@cesphn.com.au).



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## Practice support

### Medical and Allied Health Student Placements:

Have you thought about having a student placement in your practice?

We can support you through this process. We have an information kit for general practices that outlines the following:

- PIP Teaching Incentive
- University placement programs in the CESP HN area
- Documentation to support you and your medical students when placed in a general practice including learning opportunities, orientation, checklist, student planner.

### Advertising practice vacancies

If you would like to list a position on our website or in our weekly e-newsletter and you're a financial member of the Central Sydney GP Network, GP Crew, General Practice Eastern Sydney, St George Division of General Practice, Sutherland Division of General Practice or Central and Eastern Sydney Allied Health Network please complete the [online form](#).



## Telehealth/ehealth

Our Digital Health team is here to help GPs and allied health professionals in our area with:

- Setting up telehealth including guidance and one-on-one information sessions to encourage all health professionals to feel confident in their ability to use video telehealth. Health professionals wanting to be set up for telehealth can complete the new clinic [application form](#) and send it to [telehealth@cesphn.com.au](mailto:telehealth@cesphn.com.au).
- Assistance and guidance with clinical information systems so patient records can be managed and transferred electronically.
- Assistance with registration and set up of My Health Record to assist in the streamlining of patient care
- Support with e-prescribing, e-ordering of pathology and radiology and e-referrals



## Practice incentive program support

The Practice Incentive Program (PIP) provides financial incentives to general practices. It aims to encourage improvements in quality of care, access and outcomes for people accessing services. Practices must either be accredited or become accredited within 12 months to be eligible for the PIP.

### **The eight PIP incentives include:**

- eHealth Incentive
- After Hours incentive
- Teaching payment
- Indigenous Health Incentive
- Procedural general practitioner payment
- Rural Loading Incentive
- General Practitioner Aged Care Access Incentive
- Quality Improvement Incentive

### **To participate in PIP Quality Improvement, practices must:**

- Be an accredited practice
- Have a data extraction tool installed in the practice (CESPHN supports Pen CAT & POLAR)
- Share de-identified data with CESPHN (for PEN this includes a scheduler)
- Sign applicable Data Management Agreements (DMAs) ( [pdfPen CAT \(429 KB\)](#) / [documentPOLAR \(65 KB\)](#) ) and have the appropriate posters ( [pdfPen CAT \(599 KB\)](#) / [pdfPOLAR \(2.74 MB\)](#) ) visible in the practice
- Register via [PRODA and HPOS](#)



## Practice support

- Complete an annual confirmation statement each year
- Notify CESP HN you have applied for the PIP Quality Improvement incentive and provide your PIP Identifier Number (PIPIN) – this is so we can assist the Department in processing payments
- Submit the PIP Eligible Data set to CESP HN on a quarterly basis (CESP HN will extract submission data on a monthly basis)
- Work in partnership with CESP HN on practice relevant Quality Improvement activities (QIAs)
- Retain evidence (for 6 years) of the QI activities you have undertaken in the practice

### We can assist you with:

- Strategies to embed quality improvement in your practice
- How to analyse your practices own data to identify areas for quality improvement
- Goal setting and activities
- Measuring quality improvement in your practice
- Progress reports and feedback

For further information please contact our Digital Health & Quality Improvement Program Officers on 1300 986 991, press 2 or email [digitalhealth@cesphn.com.au](mailto:digitalhealth@cesphn.com.au).





## Practice support

### Access to interpreting services

GPs in private practice are able to access a free phone interpreting service by calling TIS National on 1300 131 450 when providing services that are claimable under Medicare. For information on how to register see [here](#).

Pharmacies can use a free interpreting service by calling TIS National on 1300 131 450. Register for your unique pharmacy client code [here](#).

We offer an Access to Interpreting Services program for allied health professionals.

The program enables registered allied health professionals to receive access to interpreting services from TIS National:

- Immediate phone interpreting
- Pre-booked phone interpreting
- On-site interpreting

As the Access to Interpreting Service program is a capped program, allied health professionals are encouraged to consider phone interpreting as the first point of interpreting, particularly for all mild to moderate interpreting needs.

Please [click here](#) to register.

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## Clinical support

**We offer a range of programs to support delivery of high quality clinical care including:**

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- [Psychiatry Support Line](#)
- [Mental health shared care](#)
- [Alcohol and other drugs support - GLAD](#)
- [Cancer care – GP CanShare](#)
- [Antenatal Shared Care program](#)
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## Clinical support

### [HealthPathways](#)

HealthPathways is an online local health information portal to support GPs and health professionals. It provides clinical decision support frameworks on how to assess and manage medical conditions, and how to appropriately refer patients to local services and specialists in the most efficient way.

HealthPathways is based on a highly successful model of collaboration developed in New Zealand. It has resulted in significant improvements in the way that hospitals and general practices share the care and clinical management of patients. It has reduced costs and improved the quality of patient care.

The name HealthPathways reflects the referral lines, or ‘pathways’, which link patients to the most appropriate treatment, local service or specialist. While HealthPathways is aimed at general practitioners, it can also be used by hospital specialists, practice nurses, Residential Aged Care Facility staff and allied health providers.

Our region has two HealthPathways sites – South East Sydney and Sydney HealthPathways.

Health professionals can request access from their respective HealthPathways site by following these links:

[South Eastern Sydney: Community Health Pathways](#)

[Sydney: Community Health Pathways](#)



## Clinical support

### Psychiatry Support Line

A Psychiatry Support Line is available free to GPs to help manage the care of people experiencing mental health concerns. The support line provides advice on diagnosis, investigation, medication and safety plans. The aim of the service is to keep consumers whose conditions are able to be treated within primary care under the care of their GP.

The service is available Monday to Friday, 9.00 am - 5.00 pm. You can use it as many times as you wish. The service will respond to your enquiry within 24 hours.

#### **How to access the service?**

To access this service, you will first need to register. To complete the registration, make sure you have your AHPRA Registration Number, and practice details. There are options to use secure messaging once you are registered.

GPs can register for the service by visiting [gpsupport.org.au](http://gpsupport.org.au) or by calling 1800 16 17 18.

This service is delivered by ProCare Mental Health Services.

**For more information, please contact ProCare Mental Health Services on:**

1800 16 17 18 - (02) 49 675 203 [admin@gpsupport.org.au](mailto:admin@gpsupport.org.au).



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## Clinical support

### **[Mental health Shared Care](#)**

The Mental health shared program provides support to the path of recovery and physical health of a consumer whose care is shared by a GP and the Local Health Networks. Shared Care clearly specifies which service will be responsible for identified aspects of their physical health care.

People experiencing enduring mental illness attend the GP more often but are screened less frequently for common conditions than the general population. As a result, this population have a reduced life expectancy of up to 25 years, with most death due to physical causes.

CESPHN has funded three Local Health Networks in the region to deliver Mental Health Shared Care:

Sydney Local Health District (SLHD)

Laura Garcelon

Tel (02) 9378 1100

E: [Laura.Garcelon@health.nsw.gov.au](mailto:Laura.Garcelon@health.nsw.gov.au)

South Eastern Sydney Local Health District (SESLHD)

Carrod Li

Ph: 95532500

E: [carrod.li@health.nsw.gov.au](mailto:carrod.li@health.nsw.gov.au)

St Vincent's Health Network

Jonathan Meisner

Ph: 0458 227 568

E: [Jonathan.Meisner@svha.org.au](mailto:Jonathan.Meisner@svha.org.au)

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## Clinical support

### Alcohol and other drugs support - GLAD

The General Practice Liaison in Alcohol and other drugs project (known as GLAD) is delivered by drug and alcohol nurses and staff specialists and offers phone advice, assessments and treatment plans, referral pathways, practice visits and education.

#### Contact and referrals

- Sydney Local Health District (SLHD)  
Monday to Thursday, 8.00am to 4.30pm  
Zara Bernardi, Clinical Nurse Consultant (CNC)  
Phone: 02 9378 1300  
Mobile: 0436 691 533  
Email: [SLHD-GLAD@health.nsw.gov.au](mailto:SLHD-GLAD@health.nsw.gov.au)
- South Eastern Sydney Local Health District (SESLHD)  
GP Hotline: 1300 980 422  
Drug and Alcohol Specialist Advisory Service: 02 9361 8006 or 1800 023 687 - 24 hours, 7 days per week  
Referrals may be sent to: [SESLHD-DAIntake@health.nsw.gov.au](mailto:SESLHD-DAIntake@health.nsw.gov.au)
- St Vincent's Health Network  
St Vincent's Centralised Intake Line: 02 8382 8080  
Referrals may be sent to:  
Email: [svhs.adsintake@svha.org.au](mailto:svhs.adsintake@svha.org.au)  
Fax: 02 8382 3111  
Tara Kenny, Clinical Nurse Consultant  
Phone: 02 8382 1136  
Mobile: 0436 607 480

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## Clinical support

### [Cancer care - GP CanShare](#)

Adult cancer care in the CESP HN region is provided across two local health districts – Sydney Local Health District (SLHD), South Eastern Sydney Local Health District (SESLHD) – and one health network – St Vincent’s Hospital Sydney (SVHS) – encompassing nine cancer centres supported by 73 multi-disciplinary teams and community palliative care services.

**GPCanShare** specialist nursing and allied health teams are now firmly embedded across the CESP HN region. These teams facilitate seamless coordination of care for patients and liaise between the patient’s cancer specialist team and their GP. They are doing this by:

- Providing GPs regular, timely updates on all aspects of their patient’s clinical and supportive care, via their preferred communication method
- Offering specialist cancer expertise and service navigation by providing primary care professionals a direct contact line to the patient’s treating team.

GPs can access cancer information for their patient care around:

- Service Navigation & Referral pathways

Treatments, symptom management & psychological care

- Palliative care & Survivorship care

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## Clinical support

### Cancer care - GP CanShare

#### Contact and referrals

- St Vincent's Hospital - Kinghorn Cancer Centre  
Monday to Thursday, 8.00am to 4.30pm  
Email: [gpcanshare@svha.org.au](mailto:gpcanshare@svha.org.au)
- Concord Repatriation General Hospital  
Royal Prince Alfred Hospital  
CNC team – 02 9767 6675  
Shannyn, GPCanShare Palliative Care  
Social Worker - 0476 906 112  
E: [SLHD-GPCanShare@health.nsw.gov.au](mailto:SLHD-GPCanShare@health.nsw.gov.au)
- St George and Sutherland Hospitals  
Contact:  
Jeremy – 0408 577 841  
Yianna – 0418 428 563  
Zahra – 0438 636 310  
Email: [SESLHD-StGeorgeSutherland-GPCanShare@health.nsw.gov.au](mailto:SESLHD-StGeorgeSutherland-GPCanShare@health.nsw.gov.au)



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## Clinical support

### Antenatal Shared Care Program (ANSC)

This program is offered to women with low risk pregnancies and provides collaborative multidisciplinary care to improve the outcomes for pregnant women and their babies. The program promotes continuity of care through sharing antenatal care between a general practitioner and the hospital. There are three GP ANSC programs in the Central and Eastern Sydney region: RPA Women and Babies and Canterbury Hospital; Royal Hospital for Women; and St George Hospital and Sutherland Hospital.

There are over 950 GPs engaged in at least one of the three GP ANSC programs. CESPHN supports the program by working collaboratively with each maternity facility to foster integrated care models between primary care and hospital settings, facilitate program orientation, assist with resource development, and deliver high-quality education events. We also produce a quarterly ANSC e-newsletter.

GPs wishing to actively participate in antenatal shared care need to register with the program. There is an expectation that GPs wishing to register with the program have previous obstetric experience and assumed knowledge in caring for pregnant women. For GPs with no or minimal obstetric experience, the GP ANSC program does not provide formal obstetric training.

For further information email [ansc@cesphn.com.au](mailto:ansc@cesphn.com.au) or visit [CESPHN website](https://www.cesphn.com.au).



## Clinical support

### Sexual Health

The CESP HN region has the highest rates of STIs in the state. The prevalence of chronic hepatitis C and chronic hepatitis B is also above the national average. Our Sexual Health and Viral Hepatitis Program aims to support general practice to increase patient participation in STI, HIV and viral hepatitis screening. You will find a range of helpful resources for health professionals and to give to consumers on our [website](#).

For more information contact the Viral Hepatitis and Sexual Health Program Officer at [sexualhealth@cesphn.com.au](mailto:sexualhealth@cesphn.com.au)

### Disability

We support primary health professionals to enable them to provide more effective care to people with a disability. This includes a comprehensive education program. You can view recordings of previous education sessions on NDIS and supporting people with an intellectual disability [here](#).

We also facilitate the CESP HN Disability Network, a group of diverse stakeholders including primary and tertiary clinicians, researchers, disability and community organisations, and individuals with lived experience of disability, that meets bi-monthly. For more information contact the Disability team at [disability@cesphn.com.au](mailto:disability@cesphn.com.au)

### Diabetes support

We can assist your practice in setting up programs and resources to help prevent people from developing type 2 diabetes. We also work closely with the Local Health Districts and Networks to ensure a coordinated approach to diabetes across the region. An example is the Diabetes Healthy Feet program to prevent foot complications, unnecessary hospital admissions and amputation. For more information [see here](#).

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## Clinical support

### Domestic violence

Domestic and family violence (DFV) is an issue affecting many Australians, killing one woman a week and one child every two weeks. Primary care providers have an important role to play as they are often the first to receive a disclosure of violence and abuse and are often a trusted person in their patients' lives. Research tells us that a full-time GP will unknowingly see five female patients a week who are experiencing abuse and patients are twice as likely to disclosure if asked about it. DFV Assist offers a suite of free services for primary care providers to help support patients experiencing DFV.

#### **Training**

DFV Assist offers CPD sessions for practitioners and customised in-house training for practices on recognising, responding and referring patients.

#### **Referral support**

DFV Assist team can provide expertise, guidance and support on matters relating to domestic and family violence for health practitioners with patients and/or staff experiencing DFV to enhance knowledge and appropriate and safe responses.

Support can be provided over the telephone, email or during practice visits. Support includes information on appropriate referrals and confidential advice on supporting patients affected by DFV.

#### **Contact**

Phone: 1800 719 801

Email: [dfvassist@cesphn.com.au](mailto:dfvassist@cesphn.com.au)

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## Mental health support

Looking after your mental health is important and here are some services that can help.

### [TFN - The Essential Network for Health Professionals](#)

This e-health hub was designed by health professionals to help healthcare workers find resources and support to manage burnout and maintain good mental health. It offers mental health screening, resources and person-to person support. Resources can be accessed anonymously.

### [DRS4DRS](#)

DRS4DRS promotes the health and wellbeing of doctors and medical students across Australia. Online resources, referral services, help finding a GP and a confidential telehealth service. For crisis support call 1300 374 377 - 24/7 advice Ph: 9347 6552.

### [DHAS](#)

The Doctors' Health Advisory Service (DHAS) operates a phone Help Line in NSW and ACT offering personal advice to medical practitioners and students facing difficulties. Medical practitioners concerned about their own health, the health of a colleague or family member who is a doctor or medical student can call the DHAS for advice. In New South Wales, this service also extends to veterinarians, dentists and students of those professions.

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## Mental health support

### Medical Benevolent Association of NSW

Operating since 1896, the Medical Benevolent Association of NSW (MBANSW) is Registered Charity that provides counselling and financial assistance during crises, illness, impairment and grief in support of:

- medical practitioners and their families
- retired doctors and their families
- families of deceased medical practitioners
- others as determined by the [Council](#).

### The GP Support Program

The GP Support Program is a free service offered by the RACGP in line with the college's commitment to foster a culture of self care amongst general practitioners. It is available to all RACGP members regardless of where they live or work. Members can access professional advice to help cope with life's stressors which may include personal and work related issues that can impact on their wellbeing, work performance, safety, workplace morale and psychological health.

### eMHPrac

The eMHPrac (e-Mental Health in Practice) Project is funded by the Australian Government and aims to raise health practitioner awareness and knowledge of Digital Mental Health. eMHPrac provide free training and support in its use to GP's and allied health professionals.

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## Mental health support

### [Head to Health](#)

Head to Health can help you find digital mental health services from some of Australia’s most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.



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# Services we fund

We fund health and wellbeing services to address local gaps and needs.

## CESPHN Priorities

Population health

Regional priority populations

Access, coordination and integration of care (including after hours and digital health)

Aboriginal and Torres Strait Islander health

Mental health

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Older Australians

Alcohol and other drugs

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## Mental Health

Service	Description	Contact
<b><u>Mindfulness Program-Workforce Capacity Building</u></b>	To promote well-being for multicultural communities, the SESLHD Multicultural Health Team has been providing mindfulness programs in a variety of languages to people living, working and studying in our region. To increase the number of trained practitioners who can deliver this program, we are providing health professionals free access to a full day of training and access to follow-up supervision to enable the integration of the mindfulness program into everyday practice.	Multicultural Health Team, South Eastern Sydney LHD  Hend Saab, Bilingual Senior Psychologist Ph: 9382 8670 E: Hend.Saab@health.nsw.gov.au
<b><u>Headspace</u></b>	Headspace provides face-to-face information, support and services to young people aged 12 to 25 years and their families and friends. Headspace centres can support with: 1.General health: each centre has a GP available to assist with physical health including sexual and mental health concerns. 2. Mental health: for young people who may be experiencing changes in thoughts, feelings, behaviour or perception impacting their wellbeing. 3. Alcohol and other drugs: by providing support for alcohol or drug use issues. 4. Work, school and study: by providing or linking to assistance for study and employment.	Contact one of the five centres in our region: Ashfield - 02 9193 8000 Bondi Junction - 02 9366 8800 Camperdown - 02 9114 4100 Hurstville - 02 8048 3350 Miranda - 02 9575 1500
<b><u>Holistic Early Intervention Team (HEIT)</u></b>	This youth enhanced service supports the two headspace centres in the SLHD region. The service provides multidisciplinary services to young people who have more complex needs than headspace centres could normally support, and whose needs cannot be supported by the local public health service.	Contact the relevant headspace centres: Ashfield - 02 9193 8000 Camperdown - 02 9114 4100

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Service	Description	Contact
<b>CASPAR</b>	This youth enhance service supports the three headspace centres in the SESLHD region. They provide multidisciplinary services to young people who have more complex needs than headspace centres could normally support, and whose needs cannot be supported by the local public health service.	Contact the relevant headspace centres: Bondi Junction - 02 9366 8800 Hurstville - 02 8048 3350 Miranda - 02 95751500
<b><u>Psychological Support Services (PSS)</u></b>	Psychological Support Services (PSS) provides free, short term, face-to-face psychological therapy for people with mild to moderate mental health concerns, living in the CESP HN region. It covers those experiencing financial hardship and those who may not be able to access support through Medicare subsidised psychological services.	CESP HN Mental Health Intake - 1300 170 554
<b><u>Psychological Support Services (PSS) for Aboriginal and Torres Strait Islander Peoples</u></b>	A specialty service for people who identify as Aboriginal or Torres Strait Islander who are experiencing mental health concerns. Participants can access individual face-to-face psychological therapy with an experienced mental health professional.	CESP HN Mental Health Intake - 1300 170 554
<b><u>Cognitive Behaviour Therapy (CBT) - group therapy program and support for autism</u></b>	This Cognitive Behaviour Therapy (CBT) program aims to reduce anxiety and improve social skill in social situations for people 16+ with Autism Spectrum Disorder (ASD) symptoms. The program involves eight weekly group sessions facilitated by psychologists.	Brain and Mind Centre, Sydney University Ph: 02 9114 4104
<b><u>Primary Integrated Care Supports (PICS) Program</u></b>	PICS is for adults (aged 18-65) who are experiencing severe mental illness. Clinical care coordination and peer support is provided by mental health nurses and peer workers.	One Door Mental Health Phone: 02 7227 6700

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Service	Description	Contact
<b><u>Emotional Wellbeing for Older Persons (EWOP)</u></b>	A program for residents of aged care facilities who are at risk or who may be experiencing mild to moderate mental illness. The program also supports RACF staff to support emotional wellbeing within their facility.	Anglicare - 1300 111 278
<b><u>Connect and Thrive</u></b>	Connect and Thrive provides psychosocial support services to assist people with severe mental illness and reduced psychosocial functional capacity who are not currently accessing supports through the National Disability Insurance Scheme (NDIS). Connect and Thrive also offers support with applying for and accessing the NDIS.	Flourish Australia Ph: 1300 779 270
<b><u>Telehealth Psychiatry Service</u></b>	<p>The Telehealth Psychiatry Service provides free* psychiatric consultations to people aged over 18 years who are living with severe and complex mental illness and who, due to socio-economic barriers, would not otherwise be able to access psychiatry. Psychiatric consultations are offered via secure video conferencing. Referrals can be made directly by GPs and by support workers if accompanied by a GP letter.</p> <p>*Individuals seeking treatment for ADHD or suspected ADHD must also hold a current Centrelink issued HealthCare Card, Family HealthCare Card or Pension Concession Card to be able to access this service for free.</p>	Dokotela Ph: 02 8003 7668 E: <a href="mailto:cesphn@dokotela.com.au">cesphn@dokotela.com.au</a>

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Service	Description	Contact
<b><u>Service Navigation</u></b>	Service Navigation is for people within the CESP HN community with severe mental illness who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS). It is accessible to consumers, family and health professionals and provides a central point for information about accessing psychosocial services. It also provides information and offers referral pathways to mental health services and supports that will best suit a person's needs. Service Navigation is NOT a crisis service.	CESPHN Service Navigation Ph: 1800 317 526 <a href="mailto:servicenavigation@cesphn.com.au">servicenavigation@cesphn.com.au</a>
<b><u>Keeping the Body in Mind</u></b>	Keeping the Body in Mind is a physical health severe for individuals experiencing severe mental illness. An Exercise Physiologist will be located on campus at the UNSW Lifestyle Clinic in Randwick to support individuals experiencing severe mental illness.  Individuals engaging in this service will have access to six to eight sessions with the mental health exercise physiologist at no cost.	Hamish Fibbins Ph: 9366 8610
<b><u>Head to Health</u></b>	Head to Health centres are a safe and welcoming space to talk to someone if you, or someone you care about, are in distress, or need help finding the right mental health support to meet your needs. Support through Head to Health centres is free and no appointment or GP referral is required. Telehealth, as well as face to face services are available. Further information on Head to Health can be found <a href="#">here</a> .	Call <b>1800 595 212</b> to access mental health advice and support between 8.30am and 5pm weekdays (except public holidays).  You can also drop into Canterbury Head to Health at Level 1, Suite 10, 1205 Canterbury Rd Roselands 2195.

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Service	Description	Contact
<b><u>Project GROW</u></b>	<p>People with intellectual disability are 4.5 times more likely to be hospitalised for conditions that could be effectively treated in primary care settings and have a life expectancy 27 years less than the general population. GROW is a CESPHN service that aims to enhance the role of primary care providers to meet the complex health needs of people with intellectual disability and deliver preventative health care interventions</p> <p>GROW provides:</p> <ul style="list-style-type: none"><li>• Online and face-to-face CPD events.</li><li>• In-practice training for clinicians and practice staff. This service can be customised to meet the needs of your practice and can include support with NDIS, digital health tools, quality improvement activities, communication skills and reasonable adjustments.</li><li>• Annual Health Assessment training tailored to practice nurses.</li><li>• Access to Intellectual Disability Service Navigations who can assist with referral pathways and advice about relevant resources for providing care for people with intellectual disability</li></ul>	<p>GROW Service Navigators:</p> <p>Jennifer Brennen (9304 8613) or Clare Woods (9304 8637)</p> <p>W: <a href="https://cesphn.org.au/general-practice/help-my-patients-with/intellectual-disability">https://cesphn.org.au/general-practice/help-my-patients-with/intellectual-disability</a></p> <p><a href="mailto:intellectualdisability@cesphn.com.au">intellectualdisability@cesphn.com.au</a></p>



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## Mental Health

Service	Description	Contact
<b><u>Headstart</u></b>	Find local mental health and alcohol and other drug supports relevant to your clients and patients with the headstart service navigation website. Use the "not sure where to begin" feature to find the most relevant services by answering questions about the person seeking support.	W: <a href="https://headstart.org.au/">https://headstart.org.au/</a>
<b><u>YourCoachPlus</u></b>	<p>Your Coach Plus is a free confidential coaching service to assist you with life challenges such as:</p> <ul style="list-style-type: none"> <li>• Change in living arrangements.</li> <li>• Change in relationships.</li> <li>• New parent worries.</li> <li>• Family problems.</li> <li>• Health concerns or uncertainty.</li> <li>• Long-term isolation or loneliness.</li> <li>• Financial worries or instability.</li> <li>• Work or study stress or uncertainty.</li> </ul> <p>Your Coach Plus coaches will work with you over seven sessions to develop goals and formulate an action plan to get your life back on track.</p> <p>To be eligible to access this service you must be aged 16 years old and live, work or study in the <a href="#">CESPHN region</a>.</p>	<p>Contact PCCS:</p> <p>W: <a href="http://www.pccs.org.au/your-coach-plus">www.pccs.org.au/your-coach-plus</a></p> <p>P: (02) 9477 8700</p> <p>E: <a href="mailto:enquiries@pccs.org.au">enquiries@pccs.org.au</a></p>

For more Mental Health tools and resources, go to [CESPHN's website](#).

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# Suicide Prevention

Service	Description	Contact
<b><u>The Way Back Support Service</u></b>	<p>The Way Back Support Service is short-term suicide prevention service for people aged over 16 who have attempted suicide or experienced a suicidal crisis and have been discharged from the emergency department or following admission to St George, Sutherland, Concord, Canterbury hospitals RPA, POW and St Vincent's hospitals.</p> <p>Note: This is not a crisis service, in an emergency please call triple zero (000). To be put in touch with your local mental health service, call the NSW Mental Health Access Line on 1800 011 511.</p>	<p>Referrals by hospital staff upon discharge from Royal Prince Alfred, Prince of Wales and St Vincent's Hospitals. Neami National Ph: 02 9570 5933</p>

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# Aboriginal health

Service	Description	Contact
<b><u>ITC (Integrated Team Care) care coordination and outreach support</u></b>	Care coordination is currently a well-established and utilised component of the ITC program in the CESP HN region. Clients enrolled in the ITC program are provided with an outreach model of care by clinically trained and qualified care coordinators. They are seen either in their own home environment, at medical appointments or at an alternative nominated ‘safe place’. By providing outreach services some of the transport difficulties experienced by clients across the PHN region can be overcome and additional safety, confidentiality and comfort can be offered. Care coordinators delivering ITC services are required to have had prior experience working with Aboriginal and or Torres Strait Islander clients and be able to demonstrate cultural awareness and sensitivity to assist clients with self- management skills.	South Eastern Sydney LHD Ph: 9540 8181 E: <a href="mailto:seslhd-seahc@health.nsw.gov.au">seslhd-seahc@health.nsw.gov.au</a> Sydney LHD Ph: 1300 722 276 Email: <a href="mailto:SLHD-ACTCallCentre@health.nsw.gov.au">SLHD-ACTCallCentre@health.nsw.gov.au</a> Sydney Children’s Hospitals Network Phone: 9382 1055 Email: <a href="mailto:SCHN-SCH-CARPAHeads@health.nsw.gov.au">SCHN-SCH-CARPAHeads@health.nsw.gov.au</a>
<b><u>IUIH Deadly Choices</u></b>	A formal partnership arrangement with Cronulla Sharks and the Institute of Urban Indigenous Health (Deadly Choices) program to promote access to locally based culturally appropriate mainstream GPs for MBS 715 and follow up care.	Ph: (07) 3828 3600 W: <a href="https://www.iuih.org.au/contact-us/">https://www.iuih.org.au/contact-us/</a>
<b><u>Youth Health and Wellbeing - Inner City Sydney</u></b>	Tribal Warrior Aboriginal Corporation has two Health and Wellbeing Coordinators to engage with and support young people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.	Tribal Warrior Ph: 02 9699 3491
<b><u>Youth Health and Wellbeing Program La Perouse</u></b>	La Perouse Local Aboriginal Land Council has two Health and Wellbeing Coordinators to engage with and support young Aboriginal and Torres Strait Islander people aged 12-25 years. Coordinators help young people access culturally appropriate mainstream services to address their health and wellbeing needs.	La Perouse Local Aboriginal Land Council Ph: 9311 4282
<b><u>Early Intervention Speech Pathology</u></b>	Community Speech Pathologists deliver speech screening checkups to provide in family friendly locations. Screenings are completed by qualified speech pathologists and are offered to children aged 0-6 years of age.	There are three separate programs administered by SLHD, SESLHD and SCH speech pathology services.

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# Aboriginal health

Service	Description	Contact
<u>headspace</u>	<p>headspace provides face-to-face information, support &amp; services to young people aged 12 to 25 years and their families &amp; friends. Camperdown, Bondi Junction and Ashfield headspace centres provide outreach support and link Aboriginal and/or Torres Strait Islander young peoples to local and culturally appropriate services and programs. headspace centres can support with:</p> <ol style="list-style-type: none"> <li>1. General health: each centre has a GP available to assist with physical health including sexual and mental health concerns.</li> <li>2. Mental health: for young people who may be experiencing changes in thoughts, feelings, behaviour or perception impacting their wellbeing.</li> <li>3. Alcohol and other drugs: by providing support for alcohol or drug use issues.</li> <li>4. Work, school and study: by providing or linking to assistance for study and employment.</li> </ol>	<p>Ashfield Ph: (02) 9193 8000 Bondi Junction Ph: (02) 9366 8800 Camperdown Ph: (02) 9114 4100</p>
<u>Redfern Aboriginal Medical Service - Drug and Alcohol Treatment Program</u>	The Aboriginal Medical Service (AMS) Drug and Alcohol Treatment Program provides culturally appropriate non-residential treatment programmes, pharmacotherapies, counselling (one on one/outreach), referral services and aftercare. Located in Redfern.	<p>Ph: (02) 93195823 W: <a href="https://amsredfern.org.au/">https://amsredfern.org.au/</a></p>
<u>We Help Ourselves (WHOS) - Aboriginal and Torres Strait Islander Engagement Officer</u>	CESPHN funds an identified Aboriginal and Torres Strait Islander Engagement Officer position situated at the WHOS Lilyfield site. They work across the residential and day programs to provide culturally appropriate support.	<p>Ph: (02) 8572 7444 E: <a href="mailto:info@whos.com.au">info@whos.com.au</a> W: <a href="https://whos.com.au/">https://whos.com.au/</a></p>
<u>Connector Service</u>	Provides support and connection to and within local Aboriginal communities throughout the CESPHN region in a culturally safe way, focused on suicide prevention and postvention best practice. Delivered by Babana Aboriginal.	<p>Babana Aboriginal Mark, Ph: 0412 050 621 Jeremy, Ph: 0412 050 204 E: <a href="mailto:success@babana.org.au">success@babana.org.au</a> or <a href="mailto:info@babana.org.au">info@babana.org.au</a></p>

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## Aboriginal health

Service	Description	Contact
<b><u>Community Restorative Centre (CRC): Alcohol and other Drug Transition Program</u></b>	Holistic outreach-based rehabilitation to assist with community reintegration for people exiting custody. Support includes pre-release engagement and AOD counselling. Accessible via a Service and Programs Officer (SAPO), parole officer or case manager. The team includes identified Aboriginal and Torres Strait Islander AOD workers.	Ph: 02 9288 8700 E: <a href="mailto:info@crcnsw.org.au">info@crcnsw.org.au</a> W: <a href="https://www.crcnsw.org.au/">https://www.crcnsw.org.au/</a>
<b><u>Connector Service</u></b>	Provides support and connection to and within local Aboriginal communities throughout the CESP HN region in a culturally safe way, focused on suicide prevention and postvention best practice. Delivered by Babana Aboriginal.	Babana Aboriginal Mark, Ph: 0412 050 621 Jeremy, Ph: 0412 050 204 E: <a href="mailto:success@babana.org.au">success@babana.org.au</a> or <a href="mailto:info@babana.org.au">info@babana.org.au</a>



## Alcohol and other drugs (AOD)

Service	Description	Contact
<b><u>Community Restorative Centre - Alcohol and Other Drug Transition Project</u></b>	Holistic outreach-based rehabilitation to assist with community reintegration for people exiting custody. Support includes pre-release engagement and AOD counselling. Accessible via a Service and Programs Officer (SAPO), parole officer or case manager. The team includes identified Aboriginal and Torres Strait Islander AOD workers.	Ph: 02 9288 8700 E: <a href="mailto:info@crcnsw.org.au">info@crcnsw.org.au</a> W: <a href="https://www.crcnsw.org.au/">https://www.crcnsw.org.au/</a>
<b><u>Odyssey House Community Services: Alcohol and other Drugs Counselling</u></b>	Individual and group AOD counselling, SMART Recovery, care coordination and aftercare. Groups delivered in a range of locations.	Ph: 1800 397 739 E: <a href="mailto:referral@odysseyhouse.com.au">referral@odysseyhouse.com.au</a> W: <a href="https://www.odysseyhouse.com.au/">https://www.odysseyhouse.com.au/</a>
<b><u>ACON - Substance Support Program</u></b>	ACON provides counselling for people of diverse sexuality and gender, their partners, friends and family in relation to their drug and alcohol use. Counsellors assist clients to reach their goals to manage use, reduce or quit. Clients are supported to develop skills and strategies for relapse prevention, harm minimisation and self-care. Clients can be linked in with a range of ACON programs including care coordination and sexual health testing. Support available via telephone, online or face to face in in Surry Hills.	Ph: 02 9206 2000 Free call: 1800 063 060 E: <a href="mailto:acon@acon.org.au">acon@acon.org.au</a> W: <a href="https://www.acon.org.au/">https://www.acon.org.au/</a>
<b><u>The Haymarket Foundation - Drug and Alcohol Psychology Service</u></b>	Drug and alcohol counselling, care coordination, referral and waiting list support for people who experience disadvantage and are at risk of homelessness and seek drug and alcohol treatment.  Depending a person's needs, support can include individual and group psychotherapy, harm minimisation, relapse prevention, psycho education, crisis intervention, family and couples psychotherapy. Counselling provided via telehealth or face to face in Woolloomooloo.	140 Cathedral St, Woolloomooloo Ph: 02 9197 9740 Free call: 1300 029 202 E: <a href="mailto:aodcounselling@haymarket.org.au">aodcounselling@haymarket.org.au</a> W: <a href="https://www.haymarket.org.au/">https://www.haymarket.org.au/</a>





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Service	Description	Contact
<b><u>The Haymarket Foundation - The Haymarket AOD Support Service.</u></b>	Information about available drug and alcohol interventions, as well as ongoing support for people who are waiting to access services. Services include individual and group psychotherapy, care coordination, service navigation support, information and referral and advocacy. Delivered via telehealth or face to face in Woolloomooloo.	Ph: (02) 9197 9731 Free call: 1300 029 202 E: <a href="mailto:wls@haymarket.org.au">wls@haymarket.org.au</a> W: <a href="https://www.haymarket.org.au/">https://www.haymarket.org.au/</a>
<b><u>Uniting - Mental Health Nurse Coordinator</u></b>	The Mental Health Nurse Coordinator works as a team member at the Medically Supervised Injecting Centre (MSIC) in Kings Cross, a non-judgmental, harm reduction drop-in service for people who inject drugs. This role provides mental health support depending on a client's needs, including brief intervention, assertive follow-up, referral and navigation to access services such as primary health and mental health services.	66 Darlinghurst Rd, Kings Cross Ph: (02) 9360 1191 E: <a href="mailto:ask@uniting.org">ask@uniting.org</a> W: <a href="http://www.uniting.org/msic">www.uniting.org/msic</a>
<b><u>The Salvation Army - Foundations Maroubra</u></b>	A non-residential program providing individual drug and alcohol support, care coordination, referral and therapeutic group work. Self-referrals accepted. Available via telehealth and face-to-face in Maroubra Junction.	Foundations Maroubra Ph: 0408 798 172 or 0427 394 155 E: <a href="mailto:pathwaysmaroubra@salvationarmy.org.au">pathwaysmaroubra@salvationarmy.org.au</a> W: <a href="https://www.salvationarmy.org.au/">https://www.salvationarmy.org.au/</a>
<b><u>The Salvation Army - Foundations Miranda</u></b>	A non-residential program providing individual drug and alcohol support, care coordination, referral and therapeutic group work. Self-referrals accepted. Available via telehealth and face-to-face in Miranda.	Foundations Miranda Ph: 95404460 E: <a href="mailto:pathwaysmiranda@salvationarmy.org.au">pathwaysmiranda@salvationarmy.org.au</a> W: <a href="https://www.salvationarmy.org.au/">https://www.salvationarmy.org.au/</a>
<b><u>The Salvation Army - Choices; Trauma Informed Care Oasis</u></b>	A non-residential drug and alcohol program for homeless and disadvantaged youth aged 16-25. Choices supports young people to develop a range of skills to enable a stable, balanced lifestyle through a range of supports.	365 Crown Street Surry Hills Ph: (02) 9331 2266 F: (02) 9331 2200 E: <a href="mailto:Dimitri.Poulos@salvationarmy.org.au">Dimitri.Poulos@salvationarmy.org.au</a> W: <a href="https://www.salvationarmy.org.au/oasis/">https://www.salvationarmy.org.au/oasis/</a>
<b><u>The Station - Drug and Alcohol Service</u></b>	A drop-in and support service for people experiencing homelessness, providing drug and alcohol counselling, care coordination, advocacy and referral. Located in Sydney CBD.	Ph: (02) 9299 2252 F: (02) 9299 4716 E: <a href="mailto:dropin@thestationltd.org">dropin@thestationltd.org</a> W: <a href="http://thestationltd.org/">http://thestationltd.org/</a>

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Service	Description	Contact
<b><u>Weave - Speak Out Dual Diagnosis Program</u></b>	Care coordination, counselling, information, referral support and group activities for young people (aged 12-28) experiencing mental health and drug and alcohol support needs. Drop-in centre.	Corner Elizabeth & Allen Streets, Waterloo Ph: (02) 9318 0539 W: <a href="https://www.weave.org.au/programs/speak-out-dual-diagnosis-program/">https://www.weave.org.au/programs/speak-out-dual-diagnosis-program/</a>
<b><u>Redfern Aboriginal Medical Service - Drug and Alcohol Treatment Program</u></b>	The Aboriginal Medical Service (AMS) Drug and Alcohol Treatment Program provides culturally appropriate non-residential treatment programmes, pharmacotherapies, counselling (one on one/outreach), referral services and aftercare. Located in Redfern.	Ph: (02) 93195823 W: <a href="https://amsredfern.org.au/">https://amsredfern.org.au/</a>
<b><u>We Help Ourselves (WHOS): Withdrawal Management Program</u></b>	A low to moderate withdrawal service for people on entry to WHOS residential programs. WHOS is a therapeutic community in Lilyfield with a focus on abstinence, opioid substitution treatment, reduction or stabilisation.	Ph: (02) 8572 7444 E: <a href="mailto:info@whos.com.au">info@whos.com.au</a> W: <a href="https://whos.com.au/">https://whos.com.au/</a>
<b><u>We Help Ourselves (WHOS) Hub - Lilyfield Day Program</u></b>	WHOS Hub is a day program providing psychosocial interventions through structured individual or group work. The Hub assists clients seeking admission to the residential program, maintaining treatment momentum while awaiting entry and provides a drop-in point and a program for those who have left WHOS residential programs.	Ph: (02) 8572 7444 E: <a href="mailto:info@whos.com.au">info@whos.com.au</a> W: <a href="https://whos.com.au/">https://whos.com.au/</a>
<b><u>We Help Ourselves (WHOS) - Aboriginal and Torres Strait Islander Engagement Officer</u></b>	CESPHN funds an identified Aboriginal and Torres Strait Islander Engagement Officer position situated at the WHOS Lilyfield site. They work across the residential and day programs to provide culturally appropriate support.	Ph: (02) 8572 7444 E: <a href="mailto:info@whos.com.au">info@whos.com.au</a> W: <a href="https://whos.com.au/">https://whos.com.au/</a>
<b><u>GP Liaison in Alcohol and Other Drugs (GLAD) Project</u></b>	The General Practice Liaison in Alcohol and Other Drugs project (known as GLAD) is delivered by AOD nurses and staff specialists and offers phone advice, assessments and treatment plans, referral pathways, practice visits and education. This project funds Clinical Nurse Consultants working in Sydney Local Health District, South Eastern Sydney Local Health District, and St Vincent's Health.	Sydney Local Health District: P:0436 691 533 E: <a href="mailto:SLHD-GLAD@health.nsw.gov.au">SLHD-GLAD@health.nsw.gov.au</a>  South Eastern Sydney Local Health District: P: 1300 980 422 E: <a href="mailto:SESLHD-DAIntake@health.nsw.gov.au">SESLHD-DAIntake@health.nsw.gov.au</a>  St Vincent's Health: P: 02 8382 8080 E: <a href="mailto:svhs.adsintake@svha.org.au">svhs.adsintake@svha.org.au</a>

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Service	Description	Contact
<b><u>Kirketon Road Centre (KRC) Outreach Service</u></b>	KRC Outreach Service operates a mobile outreach team with an equipped van to regular locations in central Sydney for people experiencing or at risk of homelessness. The service provides outreach based primary care, care coordination and links to health services.	Darlinghurst Rd, Darlinghurst NSW 2010 Ph: 9360 2766
<b><u>After Hours Primary Care and Care Coordination to Vulnerable Populations</u></b>	After-hours primary care including outreach clinics, telehealth clinics, consultations, mobile outreach, health coaching, care navigation and case management to complement existing services by the Homeless Health Service.	St Vincent's Hospital Network Ph: 1800 602 417 W: <a href="https://www.svhs.org.au/our-services/list-of-services/homeless-health-service">https://www.svhs.org.au/our-services/list-of-services/homeless-health-service</a>
<b><u>Geriatric Outreach Services</u></b>	<p>This program extends Geriatric Outreach Services in the CESP HN region into the after hours time period. Services provides assessment, triage, intervention and care coordination to residents in Residential Aged Care Facilities aiming to prevent hospitalisation where appropriate.</p> <p>This program also extends care coordination support for RACF residents transitioning from hospital back to RACFs.</p>	<p>Prince of Wales Hospital Geriatric Outreach Service (SESLHD) Services Sydney's Eastern Suburbs Ph: (02) 9382 2470</p> <p>War Memorial Hospital Geriatric Flying Squad (SESLHD) Referral from GP required Ph: (02) 9369 0400</p> <p>Southcare Geriatric Flying Squad (SESLHD) Referral from GP required</p> <p>SLHD RACF Outreach Service referral from GP required Ph: 1300 722 276</p> <p>St George Geriatric Flying Squad (SESLHD) Ph: (02) 0477 320211</p>



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Service	Description	Contact
<b><u>Southcare Community Outreach</u></b>	Provides a multidisciplinary team rapid response to older people living in the Sutherland Shire region. Provides short term acute and sub-acute interventions to the community for up to six weeks.	Southcare Community Outreach, Sutherland hospital (SESLHD) Ph: (02) 9540 7963
<b><u>St George After Hours GP Service</u></b>	This is an after hours only GP practice located on the grounds of St George Private Hospital. It is open Monday - Friday, 7.00 pm to 10.00 pm and Saturday/Sunday/ Public Holidays, 1.00 pm - 5.00 pm	1 South St Kogarah NSW 2217 Ph: 02 9553 0795
<b><u>Maroubra Urgent Care Clinic (UCC)</u></b>	The Maroubra Medicare UCC will make it easier for the community to get the urgent treatment they need while taking pressure off hospitals. The clinic will be open extended hours 8am – 8pm, seven days a week, easing pressure on Prince of Wales and Sydney Children’s Hospital, Randwick. Highly trained doctors and nurses will provide care, with no need for an appointment and there is plenty of parking. The clinic will support the care needs of adults and children who need urgent but not life-threatening care.	806 Anzac Parade, Maroubra NSW 2035  W: <a href="http://www.maroubramedicalanddental.com.au/urgent-care-clinic/">www.maroubramedicalanddental.com.au/urgent-care-clinic/</a>  Ph: (02) 9349 9001

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Service	Description	Contact
<b><u>Think, Eat and Move (TEAM)</u></b>	An evidence based, eight-week online healthy lifestyle and coaching program for adolescents aged 13-17 years. The program is free and aims to support young people and their families to learn how to live healthier lifestyles.	W: <a href="http://www.thinkeatandmove.org">www.thinkeatandmove.org</a> E: <a href="mailto:info@betterhealthcompany.org">info@betterhealthcompany.org</a>
<b><u>Community diabetes education programs</u></b>	Group diabetes education programs for people at high risk of Type 2 Diabetes Mellitus or newly diagnosed Type 2 Diabetes Mellitus. Programs specifically target people from multicultural backgrounds.	<b>Diabetes Australia - NSW &amp; ACT</b> Ph: 1300 342 238
<b><u>Diabetes education in pregnancy migrant communities</u></b>	Community-based education program to promote awareness and knowledge of risk factors associated with diabetes in pregnancy. Target population is women of child-bearing age from specific multicultural backgrounds.	<b>Diabetes Australia - NSW &amp; ACT</b> Ph: 1300 342 238
<b><u>Healthy Feet - Diabetes program</u></b>	An initiative that looks to increase integrative care for diabetic foot disease in Sydney Local Health District.	<b>Royal Prince Alfred Hospital Diabetes Centre High Risk Foot Service</b> Ph: 9515 5888 E: SLHD Concord Hospital High Risk Foot Service Referrals are received via the podiatry central intake: Ph: (02) 9767 7395
<b><u>Early Intervention Speech Pathology</u></b>	Community speech pathologists deliver speech screening checkups in family-friendly locations. Screenings are completed by qualified speech pathologists and are offered to children aged 0-6 years of age.	There are three separate programs administered by SLHD, SESLHD and SCH speech pathology services. SLHD - The best number for clients to make enquiries re Speech Pathology services is the CHIL (Child Health Information Link) number, which is 9562 5400. SCHN – Ph: 9382 1021 SESLHD - Ph: 9113 1360.

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Service	Description	Contact
<b>Domestic and Family Violence (DFV) Assist</b>	DFV Assist offers CPD events for practitioners and customised in-house training for practices on recognising domestic and family violence, responding appropriately and referring patients. DFV Assist offers a referral support service exclusively for primary care providers. Support can be provided over the telephone, email or during practice visits. Support includes information on appropriate referrals and confidential advice on supporting patients affected by DFV.	Ph: 1800 719 801 E: dfvassist@cesphn.com.au
<b>South Eastern Sydney Schools Collaborative</b>	The program aims to collaboratively develop and implement a co-designed place-based program to improve school and life outcomes for children and families experiencing developmental vulnerability and/or living with adversity.	E: e.king@cesphn.com.au