WELCOME

Welcome to the 2018 September Local Health Advisory Committee (LHAC) Forum.

The bi-annual LHAC forums have become a highlight of our calendar and we are proud once again to co-sponsor this event. The forums represent the strong partnership that has emerged between Murrumbidgee Local Health District (MLHD), Murrumbidgee Primary Health Network (MPHN) and the community to support wellness.

The theme for this forum “Murrumbidgee Men - An Adventure into Men’s Health”, stems from the launch of the NSW Men’s Health Framework which focuses on the following areas:

• Mental health and wellbeing
• Cancer
• Healthy living and chronic diseases
• Sexually Transmissible Infections

An exciting line-up of speakers and expert panels as well as fantastic opportunities for networking are in store. We hope you enjoy the forum as a way to learn more about services available, explore opportunities and share your experiences with other LHAC members. We welcome your ideas, questions and concerns!

To all of our LHAC members, please accept our most sincere thanks and applause for the great work you do as advocates in your local community.

We make special mention of the Wagga Wagga LHAC who are hosting this forum. We thank you for your support in organising such an important event on the LHAC calendar.

Please enjoy this forum and we look forward to your active participation and ideas.

Gayle Murphy
Chair, MLHD Board

Sue McAlpin
Chair, MPHN Board
BOARD CHAIRS

GAYLE MURPHY
BOARD CHAIR,
MURRUMBIDGEE LOCAL HEALTH DISTRICT

Gayle is a passionate advocate for high quality health care for our communities. With a mantra of ‘Patient Safety First’, Gayle recognises that each and every positive connection with the health service is the result of team effort and commitment of clinicians, support staff and volunteers.

Gayle’s interest in health extends beyond the borders of the Murrumbidgee district. She is a representative on a number of State committees, and is strongly committed to continuing to improve the quality of rural health services and community engagement.

“Murrumbidgee Local Health District is very fortunate to have such wonderful communities who are willing to work with us to improve health care for all.”

ASSOCIATE PROFESSOR SUE McALPIN, PHD
BOARD CHAIR,
MURRUMBIDGEE PRIMARY HEALTH NETWORK

Dr McAlpin has an allied health and management background and is a former program leader of the Bachelor of Health Science (Nutrition and Dietetics) at Charles Sturt University, Wagga Wagga. Sue has had a career in rural practice, in primary health care and senior levels of health management. Sue is a Fellow of the Australasian College of Health Management.

During her career, Sue has been involved on the boards of professional bodies and peak state and national organisations, and was a chair of the National Rural Health Alliance from 2004 to 2006.

At a local level, Sue has been on the board of the Riverina Division of General Practice, the Murrumbidgee Medicare Local and currently the Murrumbidgee Primary Health Network (MPHN). In October 2016 Sue was elected Chair of the MPHN.

Throughout her professional life, Sue has been committed to the enhancement of the health outcomes for rural people and rural communities.
## DAY 1 Agenda
### Thursday 6 September 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>12.00 noon</td>
<td>A <strong>light lunch</strong> will be serviced from 12.00 noon</td>
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<tr>
<td>1.00 pm</td>
<td><strong>Welcome</strong></td>
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<td></td>
<td>Kerry Geale &amp; Donna Goodwin</td>
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<td>Wagga Wagga Local Health Advisory Committee</td>
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<tr>
<td>1.15 pm</td>
<td><strong>MENgaging in Health</strong></td>
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<td>Jill Ludford</td>
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<td>Chief Executive</td>
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<td>Murrumbidgee Local Health District</td>
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<td>2.00 pm</td>
<td><strong>Chief Executive Update and Review</strong></td>
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<td>Melissa Neal</td>
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<td>Chief Executive Officer</td>
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<td>Murrumbidgee Primary Health Network</td>
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<td>2.45 pm</td>
<td><strong>Open Mic Session</strong></td>
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<td>LHAC members invited to provide update on achievements/projects</td>
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<tr>
<td>3.15 pm</td>
<td><strong>Afternoon Tea &amp; Networking</strong></td>
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<td>3.45 pm</td>
<td><strong>Panel: Accident &amp; Suicide Prevention</strong></td>
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<td>Inspector Adrian Telfer, NSW Police</td>
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<td>Superintendent Stewart Alexander, NSW Fire &amp; Rescue</td>
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<td>Barry Griffiths, NSW State Emergency Service</td>
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<td>Eamonn Purcell, NSW Ambulance Service</td>
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<td>Alicia Smith, Principal Inspector, Safework NSW</td>
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<td>Denise Garner, Disaster Manager, Murrumbidgee Local Health District</td>
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<td>4.45 pm</td>
<td><strong>Open Mic Session</strong></td>
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<td>5.00 pm</td>
<td><strong>Networking &amp; Tours</strong></td>
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<td>6.30 pm</td>
<td>Entertainment by <strong>Left of Country</strong></td>
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<td>6.30 pm</td>
<td><strong>Keynote Address &amp; Dinner</strong></td>
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<td></td>
<td>“Who’s looking after you?”</td>
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<td>Graeme Innes AM</td>
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<td>Human Rights Advocate</td>
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| 8.30 am | Welcome & Recap                                                        | Kerry Geale & Donna Goodwin  
Wagga Wagga Local Health Advisory Committee |
| 8.45 am | Open Mic Session                                                       | LHAC members invited to provide update on achievements/projects  
(3 minutes each) |
| 9.00 am | Cancer: Prostate Cancer & Oncology                                      | Christine Britton  
Prostate Cancer Nurse, Murrumbidgee Local Health District |
| 9.30 am | Bowel Screening                                                        | Andrew Heap, Senior Manager Primary Care Engagement  
Kate Warren, Parkinson’s Support Nurse  
Murrumbidgee Primary Health Network |
| 10.00 am | Keynote: Consumer Health Advocacy                                       | Anthony Brown  
Executive Director, Health Consumers NSW |
| 10.30 am | Morning Tea & Networking                                                | -                                                           |
| 11.00 am | Open Mic Session                                                       | LHAC members invited to provide update on achievements/projects  
(3 minutes each) |
| 11.15 am | Panel: Health Recruitment & Retention Strategies                       | Madeleine Scully, Wagga Wagga City Council  
Fran Trench, Executive Officer, Riverina Rural Training Hub  
Sam Fraser, Recruitment Marketing Manager, Murrumbidgee Local Health District  
Dr Nick Stephenson, Chair, Recruitment & Retention Committee  
Anthony Brown, Executive Director, Health Consumers NSW |
| 12.15 pm | Open Mic Session                                                       | LHAC members invited to provide update on achievements/projects  
(3 minutes each) |
| 12.30 pm | Lunch                                                                  | -                                                           |
| 1.30 pm | Spanner in the Works?                                                   | Stuart Torrance  
Men's Health Project Officer, Australian Men's Shed |
| 2.00 pm | Childhood Obesity – prevention strategies and programs                 | Brendan Pearson  
Health Promotion Coordinator, Murrumbidgee Local Health District |
| 2.30 pm | Chronic Disease & Obesity: MPHN Weight Management Program              | Narelle Mills  
Murrumbidgee Primary Health Network |
| 3.00 pm | Sexually Transmissible Infections                                       | Sally-Anne Brennan  
Sexual Health Nurse, Murrumbidgee & Southern Local Health District |
| 3.30 pm | Wrap Up                                                                | Gayle Murphy  
Board Chair, Murrumbidgee Local Health District |
MASTERS OF CEREMONIES

KERRY GEALE
CHAIR, WAGGA WAGGA LOCAL HEALTH ADVISORY COMMITTEE

A relentless prostate cancer awareness advocate and knowledgeable gardener, Kerry now leads the Wagga Wagga Local Health Advisory Committee. Kerry is passionate about men’s health issues, advocating through his role on the Murrumbidge Primary Health Network’s Community Advisory Committee and the NSW Ministerial Advisory Committee for Rural Health.

Kerry was awarded Wagga Wagga Citizen of the Year in 2015.

DONNA GOODWIN
MEMBER, WAGGA WAGGA LOCAL HEALTH ADVISORY COMMITTEE

Donna was born in Leeton, moving to Wagga Wagga to start working as a nurse in 1975 and has since lived in the city. She is married with three children and two grandchildren, with two of her children also working in the health field.

Donna has worked as a clinical nurse in surgical, medical, intensive care and emergency care areas. Later she has also worked in nurse education and management roles, retiring 2017.

Donna was involved for a number of years as the Change Manager for the Wagga Wagga Base Hospital redevelopment.

Donna became a member of LHAC earlier in 2018.

Donna is also involved in music including performing with the band ‘Left Of Country’ at many music festival and enjoys entertaining at various nursing homes.
JILL LUDFORD
CHIEF EXECUTIVE
MURRUMBIDGEE LOCAL HEALTH DISTRICT

Passionate about rural health, Jill leads healthcare delivery in over 44 health facilities and more than 3,500 staff across 125,500 square kilometres. Jill has recognised the potential of technology to improve access to timely assessment and care in rural and remote communities, leading to improved health outcomes. Jill is a strong advocate for NSW Health’s integrated electronic clinical programs, including the electronic medical record (eMR) system. She has worked with her team to overcome challenges such as establishing clinical grade wi-fi for every clinician, supported by State funding towards a faster, more secure network. As part of her commitment, Jill is the Chair of the Rural eHealth Governance Group and is a member of the NSW eHealth Executive Council.

Linked to this innovation, Jill has sponsored new models of patient-centred care and worked with clinicians on the redesign of hospital functions, all aimed at improving the patient experience. Another of Jill’s passions is staff engagement, working to create a flexible and dynamic working environment so Murrumbidgee Local Health District (MLHD) is an employer of choice. Under her leadership, MLHD has introduced staff wellbeing programs and recognition awards and implemented strategies to recruit and retain medical and nursing workforces.

Jill has strong links with her regional community and fostered partnerships with a wide range of stakeholders, including government and non-government organisations, Aboriginal services and tertiary institutions, and is an Adjunct Lecturer at Charles Sturt University.

MELISSA NEAL
CHIEF EXECUTIVE OFFICER
MURRUMBIDGEE PRIMARY HEALTH NETWORK

Melissa has held a number of senior roles in the not-for-profit sector over the last 17 years, and possesses a strong commitment to working in organisations that benefit local communities. She has served on the board of a disability services organisation on the south coast of NSW and provided consultancy services in the areas of strategic management, human resources and industrial relations to general practice and social service organisations.

Melissa is a professional member of the Australian Human Resources Institute holding a Master of Human Resources. She is currently undertaking a Master of Business Administration. Melissa is committed to understanding the needs of our communities and improving health outcomes for those who are most in need.
ASK THE EXPERTS: PANEL

ALICIA SMITH
PRINCIPAL INSPECTOR, RIVERINA MURRAY SECTOR, SAFEWORK NSW

Alicia graduated from the University of Wollongong in 2007 with Bachelor in Exercise Science and Rehabilitation & Graduate Certificate in Occupational Health and Safety. Alicia has been working in the Workers Compensation field in NSW for the past 10 years, and has experience in corporate health and wellbeing, rehabilitation, workers compensation, claims management, work health and safety and investigations.

Alicia has had both professional and personal experience in relation to how workplace injuries can impact not only a business, but also workers and the community at large, having lost her brother to a quad bike accident on her family farm. Wanting to do more, Alicia joined SafeWork NSW as an Inspector in 2014, to provide businesses and workers the advice and assistance needed to improve workplace practices and create safer communities. Interests include the agricultural sector, health and wellbeing, rehabilitation and return to work.

DENISE GARNER
DISASTER MANAGER, MURRUMBIDGEE LOCAL HEALTH DISTRICT

Denise has been employed as the Disaster Manager for the past 10 years and spent many years prior to that as a Registered Nurse in the Emergency Department of Wagga Wagga Base Hospital. Denise has an internationally recognised qualification in Major Incident Medical Management and Support and is a Senior Instructor in the hospital disaster exercise tool known as the EmergoTrain System.

Denise supports health services in preparing for and responding to major incidents including traffic accidents, natural disasters and any other event with potential to overwhelm local resources. Earlier this year Denise led the deployment of a team of mental health staff to support the community impacted by the Tathra bush fires.

SUPERINTENDENT STEWART ALEXANDER
ZONE COMMANDER FIRE & RESCUE NSE REGIONAL SOUTH 3 ZONE

Stewart has a long and distinguished history since joining NSW Fire Brigades in 1992 as a retained firefighter in Wagga Wagga. For over 25 years he was widely involved in operational, training and logistics management roles throughout his career.

Stewart was progressively promoted and in 2012 as Station Commander in Sydney he managed the Fire and Rescue NSW hazardous materials logistics centre.

As Zone Commander of the Fire and Rescue NSW Regional South 3 Zone, Stewart oversees 19 stations from Tumbarumba in the east to Barham in the west with around 300 firefighters providing fire and other emergency prevention and response activity over a large area. Stewart’s role is to ensure safe and effective emergency responses, proactive fire prevention programs, post incident recovery support and to manage operational and administrative activities. This is achieved through regular and positive engagement with firefighters, emergency service partners, support agencies and communities.

Firefighter safety and welfare is a priority for Stewart to ensure firefighters are positively supported and their capabilities are maintained and developed. This aligns with an immediate priority of Fire and Rescue NSW, Safety + Wellbeing, reducing firefighter’s exposure to carcinogens and building mental health and resilience in all staff so they are all better prepared for any challenge.

Stewart is mindful of the need to identify development and improvement opportunities for both himself and firefighters and is committed to safety, further training and education.
INSPECTOR ADRIAN TELFER
NSW POLICE

Adrian is the NSW Police subject matter expert on mental health and suicide prevention. He is also extremely experienced in the field of crime prevention and public safety.

Adrian joined the NSW Police Force in September 2000 beginning his career in Redfern. He joined the Terrorism Investigations Squad in 2005, and completed his Detective training in 2007. Just two years later he was promoted to rank of Sergeant and returned to Redfern.

Adrian took 12 months leave to join Queensland Crime and Corruption Commission as Advisor, returning to the NSW Police Force in 2013 as Supervisor at Tweed Heads. In 2016, Adrian was promoted to Inspector and arrived in Wagga Wagga.

BARRY GRIFFITHS
REGION CONTROLLER MURRUMBIDGEE
NSW STATE EMERGENCY SERVICES

Barry Griffiths is the Acting NSW State Emergency Service (SES) Region Controller for the Murrumbidgee and Lachlan Region based in Wagga Wagga. He is responsible for 500 volunteers, managing NSWSES and community flood and storm preparedness, managing NSWSES response to flooding and storm related operations and maintaining NSWSES accredited rescue units based within the region.

Prior to transferring to the NSWSES, Barry served for 20 years in the Australian Defence Force (ADF) as an Explosive Ordnance Disposal Technician, conducting one operational tour of East Timor and three operational tours of Afghanistan with the Special Operations Task Group.

In his three years in the NSWSES and 20 years in the ADF, he has managed volunteers and service personnel affected by critical incident stress, and worked in a series of mental health and post-traumatic stress disorder programs aimed at preventing and treating NSWSES and ADF service personnel.

EAMONN PURCELL
DISTRICT MANAGER, MURRUMBIDGEE NSW AMBULANCE

Eamonn is the District Manager for NSW Ambulance for the Riverina District which encompasses the townships of Tumut, Gundagai, Junee, Wagga Wagga, Coolamon, Lockhart, Cootamundra, Temora, Ardlethan, West Wyalong and Young. Eamonn has been with NSW Ambulance for 22 years and in Wagga Wagga for 20 years. His past work history was as an Agricultural Scientist with the University of New South Wales.

Eamonn is part of the Ambulance Special Operations team detachment at Wagga Wagga and has been deployed to bushfires within NSW, Victoria and South Australia. In 2011 he was deployed as the Medical Team Leader as part of the Urban Search and Rescue Task Force sent to the Japanese Tsunami and recently took part in the initial Ambulance deployment to the Papua New Guinea Earthquake earlier this year.

In relation to his work and mental health, his main focus is on early recognition, intervention and support. The role of all managers in NSW Ambulance is that the horrific nature of their work sometimes doesn’t unduly affect the work force and where it does that steps are taken to support and recognise what is needed to look after the Paramedics.
DINNER MENU
The International Hotel

Bread rolls with butter

MAIN

Char-grilled chicken supreme
with beetroot hummus, glazed carrots with Harden’s House of Honey and crumbled fetta

or

Scotch fillet and creamy mashed potato
with green vegetables, jus, garlic butter disc and crispy fried leeks

DESSERT

Sharing Platter
featuring Junee Licorice factory products

Tea & Coffee
Graeme was Australia’s Disability Discrimination Commissioner from December 2005 to July 2014. During that time he has also served as Australia’s Human Rights Commissioner for three and a half years and as Race Discrimination Commissioner for two years.

Graeme is a lawyer, mediator and company director. He has been a human rights practitioner for 30 years in NSW, WA and nationally.

As Commissioner, Graeme has led or contributed to the success of a number of initiatives. These have included the Same Sex: Same Entitlements inquiry, which resulted in removal of discrimination across Federal law, the drafting of the United Nations Convention on the Rights of Persons with Disabilities, and its ratification by Australia.

Graeme was also crucial to the development of the National Disability Strategy and the Disability (Access to Premises – buildings) Standards 2010 as well as the establishment of Liveable Housing Australia.

Graeme has also been an active high profile advocate for the implementation of cinema captioning and audio descriptions and, as Human Rights Commissioner, undertook three annual inspections of Australia’s immigration detention facilities.

Graeme has been a member of the NSW Administrative Decisions Tribunal, the NSW Consumer, Trader and Tenancy Tribunal and the Social Security Appeals Tribunal. He has also been a Hearing Commissioner with the Human Rights and Equal Opportunity Commission.

Graeme was Chair of the Disability Advisory Council of Australia and the first Chair of Australia’s national blindness agency, Vision Australia.

In 1995 Graeme was made a Member of the Order of Australia (AM). In 2003, he was a finalist for Australian of the Year.

Graeme is married with an adult son and a daughter in high school. He enjoys cricket (as a spectator) and sailing (as a participant), and relaxes by drinking fine Australian white wine.
CHRISTINE BRITTON
PROSTATE CANCER SPECIALIST NURSE
MURRUMBIDGEE LOCAL HEALTH DISTRICT

As a Prostate Cancer Specialist Nurse in a regional area, Christine understands the unique challenges a prostate cancer diagnosis can bring – especially for men living in rural Australia.

Christine supports men at all stages of their prostate cancer journey — from diagnosis, to treatment, through to aftercare. This includes explaining treatment options and side effects, coordinating care and providing emotional support including how to deal with fear, distress and depression.

In the country, distance to health services is a huge issue. For Christine, sometimes this means working with local community support services to arrange transport for patients. Isolation and service issues are extremely common — many men in the country aren’t online and rely on more traditional ways of communicating, such as phone calls and visits in person.

Specialist nurses like Christine play a valuable role in coordinating patients’ care each and every day. This is all part of a life-changing service that bolsters the wellbeing of men on their cancer journey, making sure they get the best possible outcomes.

ANDREW HEAP
SENIOR MANAGER PRIMARY CARE ENGAGEMENT
MURRUMBIDGEE PRIMARY HEALTH NETWORK

Andrew is the Senior Manager, Primary Care Engagement at the Murrumbidgee Primary Health Network. Andrew has spent the last nine years providing support to General Practices and has particular interest in Digital Health and Continuous Quality Improvement. Andrew holds qualifications in medical science (Pathology) and music and also spent a couple of years as the Practice Manager of a large General Practice.
ANTHONY BROWN
EXECUTIVE DIRECTOR
HEALTH CONSUMERS NSW

Anthony is the Executive Director of Health Consumers NSW. Anthony grew up in Canowindra where most of his family still lives (he visits regularly, although not as much as his Mum would like). He has worked with community and consumer organisations, in either a paid or volunteer capacity, for almost 30 years. During that time he has worked with a variety of people and groups including: men and boys, older people, homeless youth and people living with HIV/AIDS.

Anthony worked at the Men’s Health Information and Resource Centre at the University of Western Sydney for 14 years and was part of the research team that investigated men’s access to health and aged care services, older men’s perception of health and wellbeing and how retired men stay healthy and contribute to their communities. He is passionate about the participation of consumers and community members in the design, delivery and evaluation of their health services.

KATE WARREN
CANCER SCREENING PROJECT OFFICER
MURRUMBIDGEE PRIMARY HEALTH NETWORK

Kate is a Registered Nurse with 20 years’ nursing experience. She has a Graduate Certificate in Renal Nursing.

Kate is currently the project officer at the Murrumbidgee Primary Health Network (MPHN) for Cancer Screening and My Health Record. She has worked on a number of projects that have been delivered by the MPHN.

Kate is also the Parkinson’s support nurse for the Murrumbidgee Local Health District.
ASK OUR EXPERTS: PANEL

DR NICK STEPHENSON
CHAIR, RECRUITMENT & RETENTION COMMITTEE

Nick Stephenson is a radiologist in Wagga Wagga, where he has lived for the last 23 years. He grew up in Bathurst, including attending a local high school. He gained his medical degree from Sydney University. After working as a junior medical officer for St Vincent’s Hospital (including terms at Griffith, Wagga Wagga, Penrith and Liverpool), he trained in radiology at Canberra and Melbourne, after which he gained overseas experience at Cardiff, Vancouver and Palo Alto.

Nick has been active in professional organisations (Royal Australian and New Zealand College of Radiologists and the Australasian Society for Ultrasound in Medicine) and gives back to his community by improving the numbers of radiologists and other medical specialists in the Riverina and elsewhere in non-metropolitan Australia: setting up and providing the radiology program for the University of New South Wales Rural Clinical School Wagga Wagga campus, chairing the Riverina Medical Specialist Recruitment and Retention Committee, chairing the Rural Medical School Implementation Committee (Wagga Wagga), changing RANZCR policy and action to correct the radiologist rural maldistribution, starting Radiology Trainee and Radiology RMO positions in Wagga Wagga (the Trainee position being funded privately).

FRAN TRENCH
EXECUTIVE OFFICER
RIVERINA RURAL TRAINING HUB - UNIVERSITY OF NOTRE DAME

Fran Trench has been Executive Officer of the Riverina Rural Training Hub since its inception in July 2018, bringing experience in the disability sector and general practice medical education and training to that role.

Moving to Wagga Wagga with her family at the age of four, Fran is a passionate advocate for the city and region and not only in health. She was the first female President of the Wagga Wagga Chamber of Commerce and Industry, foundation President of Wagga Wagga Women in Business and Vice President of the Arts Council of NSW.
SAM FRASER  
RECRUITMENT MARKETING MANAGER  
MURRUMBIDGEE LOCAL HEALTH DISTRICT

With nearly 20 years’ experience within Human Resources, Organisational Development and Recruitment, Sam has worked in a variety of industries including health, financial services, manufacturing, not-for-profit and local government.

Driven to help our communities attract suitably skilled and experienced health professionals, Sam understands the specific set of challenges that exist for talent acquisition within a regional context. As the Recruitment Marketing Manager, Sam is committed to exploring the most appropriate recruitment strategies and pipelines to attract great people to Murrumbidgee Local Health District (MLHD), to ensure optimal health services are available within our regional communities.

Sam has a keen interest in optimising social media platforms to both build MLHD’s employment brand and create extensive reach for recruitment advertising.

MADELEINE SCULLY  
MANAGER COMMUNITY SERVICES, WAGGA WAGGA CITY COUNCIL

Madeleine is the Manager Community Services at Wagga Wagga City Council. She has worked in local government for 20 years with a specific experience and background within the arts, community and cultural development service areas.

Madeleine’s skills and knowledge relate to working with multi-disciplined teams including Museum, Art Gallery, Library, Theatre, Social and Cultural Planning, Visitor Economy, Events and Family Day Care service delivery.
SPEAKERS

STUART TORRANCE
MEN'S HEALTH PROJECT OFFICER,
AUSTRALIAN MEN'S SHED ASSOCIATION

Stuart started his working life as a motor mechanic, a position far removed from his life today in social services with a focus on men’s health.

Working on a Men’s Shed program in the Hunter Valley over 10 years ago, the social engagement, wellbeing and health attributes of this Australian innovation engaged his imagination.

Alzheimer’s Australia NSW were seeking to connect men impacted by dementia with some form of social engagement and began talks with Stuart about making this happen inside the Sheds of the Hunter Valley.

Over the next eight years the ‘Every Bloke Needs A Shed’ program did just that. A resource was developed for the rest of the Sheds across Australia called ‘Your Shed and Dementia….a manual’ to help them open up, welcome and engage men. Stuart also wrote and ran a pilot program called ‘Recharge Your Batteries’ for male managers of someone with dementia (Language Matters).

Stuart has travelled NSW speaking in Sheds and doing community awareness presentations about dementia with a particular focus on men.

Funding and focus has brought Stuart full circle back to the Australian Men’s Shed Association where he now has a national focus as the AMSA Men’s Health Project Officer.

He looks forward to sharing the Spanner in the Works? Program with you as well as some anecdotes of working with men.

BRENDAN PEARSON
HEALTH PROMOTION OFFICER
MURRUMBIDGEE LOCAL HEALTH DISTRICT

Brendan is the Healthy Eating Active Living (HEAL) Health Promotion Coordinator. He oversees the Healthy Children’s Initiative programs, Live Life Well at School and Munch and Move, in schools and early education and care services, is the secretariat for the Healthy Choices in Health Facilities strategy and the Chair of the Healthy Built Environment Consortium.

Brendan has been working in health promotion for over 10 years, has a dietetic and exercise science background and interests in health promotion and public health policy and practice which focus on healthy eating, active travel, physical activity, social inclusion, employment and education.
NARELLE MILLS
SENIOR MANAGER COMMISSIONING AND PROCUREMENT
MURRUMBIDGEE PRIMARY HEALTH NETWORK

Narelle has an Honours Degree in Applied Science and Graduate Certificate in Public Sector Management with over 20 years’ experience in primary health program development, implementation and evaluation.

Narelle has worked for Divisions of General Practice, Medicare Local and now Murrumbidgee Primary Health Network (MPHN) in areas including chronic care, self-management, integration of care, aged care and quality improvement. Narelle is currently managing the commissioning and procurement of programs and services at MPHN and is overseeing the implementation of activities as part of the at home palliative care initiative.

SALLY-ANNE BRENNAN
CLINICAL NURSE SPECIALIST SEXUAL HEALTH
MURRUMBIDGEE & SOUTHERN LOCAL HEALTH DISTRICTS

A Clinical Nurse specialising in sexual health for more than 20 years, Sally-Anne’s primary focus is on Sexually Transmissible Infections (STI) and blood-borne viruses such as HIV.

Sally-Anne facilitates nurse-led clinics providing a range of services from screening, treatments and management of STIs and blood-borne viruses.

She is currently acting as Clinical Nurse Consultant for Murrumbidgee and Southern Local Health Districts.
2018-2019 CALENDAR DATES

Women's Health Week
Monday 3 - Friday 7 September 2018

National Stroke Week
Monday 3 - Sunday 9 September 2018

Garden Party & Open Day
Saturday 15 September 2018 (10am - 1pm)
Finley Hospital, Dawe Street

2018 NSW Excellence in Nursing & Midwifery Awards
Thursday 27 September 2018
State Parliament House, Sydney

World Mental Health Day
Wednesday 10 October 2018

United Hospital Auxiliaries (UHA) State Conference
Wednesday 24 - Thursday 25 October

2018 NSW Health Awards
Monday 5 November 2018
Sydney

NSW Premier’s Awards for Public Service
Wednesday 7 November 2018
Sydney

MLHD Annual Public Meeting
Tuesday 27 November 2018 (1pm-4pm)
Corowa RSL

Primary School Resilience Day
Culcairn Sports Ground
Friday 9 November 2018 hosted by Culcairn/Henty/Holbrook LHACs

Temora Disability Services Expo
Friday 29th March 2019 (10am - 3pm)
Temora Ex-Services Club
hosted by Temora LHAC

2019 May LHAC Forum
(open to LHAC members only)
Thursday 2 - Friday 3 May 2019
proudly hosted by Griffith LHAC

LHAC CHAIRS

Adelong-Batlow
Judith Wilford

Barham
Cheryl Hollard

Boorowa
Angus Mitchell

Berrigan
Tony Taylor

Coolamon-Ganmain
Clare Munro

Cootamundra
Rachel Marion

Culcairn
David Gilmore

Corowa
Peter Wortman

Deniliquin
Pam Ellerman

Finley
Syd Dudley

Gundagai
Keith Wood

Griffith
Margaret King

Harden-Murrumburrah
Hilton Doberer

Hay
John Perry

Henty
Mick Broughan

Hillston
Sally Redpath

Holbrook
Judy Wettenhall

Jerilderie
Ruth McCrae

Junee
Amy Murphy

Lake Cargelligo
Kay Chatterton

Leeton
Leonie Napier

Lockhart
Larraine Hoffman

Moulamein
Peg Watts

Narrandera
Gayle Murphy

Temora
Dianne Scott

Tooleybuc
Yvonne Foley

Tocumwal
Ruth Silvester

Tumbarumba
Brent Livermore

Tumut
Hansie Armour

Urania
Kim Pawson

West Wyalong
Michael Brown

Wagga Wagga
Kerry Geale

Young
Heather Ritchie
OVERALL EVALUATION OF THE FORUM: (please circle)

<table>
<thead>
<tr>
<th></th>
<th>Excellent</th>
<th>Good</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organisation</td>
<td>10 9 8</td>
<td>7 6 5</td>
<td>4 3 2</td>
</tr>
<tr>
<td>Content</td>
<td>10 9 8</td>
<td>7 6 5</td>
<td>4 3 2</td>
</tr>
<tr>
<td>Planning</td>
<td>10 9 8</td>
<td>7 6 5</td>
<td>4 3 2</td>
</tr>
</tbody>
</table>

What was good about your involvement in this Forum?

How could this Forum be improved?

Do you think the Forum objectives (listed below) were achieved?

<table>
<thead>
<tr>
<th>Objective</th>
<th>YES</th>
<th>NO</th>
<th>UNSURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. gained a better understanding of the operational status of MLHD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. gained a better understanding of the operational status of MPHN</td>
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<tr>
<td>3. feel informed about changes in health services</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4. was able to network with other LHAC members/health service managers</td>
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<td></td>
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<tr>
<td>5. gained an insight into projects/activities that other LHACs are working on</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>6. feel confident in sharing what I have learned with my community</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. feel confident to work on a project/activity with my own LHAC</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

List three things from the Forum you are going to put into practice:

1
2
3

What other area/s would you like to see covered in future Forums?

Other comments:
With thanks to

Our hosts:

Wagga Wagga Local Health Advisory Committee:

Kerry Geale (Chair)
Donna Goodwin
Noelene Hogan
Saba Nabi (Communications Officer)
Harris Omar (Vice Chair)
Jay Morris
Sue Ryan
Jenny Rolfe
Francine Braddon (Staff representative)

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