

Mid Week Memo

Wednesday: 23 September 2009

Issue: 35/09

Visiting MSOAP Psychiatrist

Dr Matthew Jones, Psychiatrist, visits Tamworth under the Medical Specialist Outreach Assistance Program and practices from Peel Health Care 1 day per month. Dr Jones is a specialist in the field of forensics, but while in Tamworth he sees all adult patients aged 18 years and over. His next visit is scheduled for 22nd October, 2009, and appointments can be made via Peel Health Care on 6766 8288.

Access to Life Solutions North West Services

Life Solutions North West has undergone recent staff changes which have resulted in an increase in waiting time to access services. We have contracted a limited number of referrals out to a private provider for brief psychological intervention. Referring GPs and patients have been contacted in regard to the change in service providers and this will not attract a cost to the patient. Life Solutions North West will continue to receive referrals for low income patients with Mental Health Treatment Plans.

Arrangements while Dr Stephen O'Mara is on leave

Dr Stephen O'Mara is currently on sick leave and the Division has been advised that the hospital is trying to source a locum. In the meantime, patients may be referred to Dr Michael Seldon in Newcastle. Referrals should be faxed, together with their blood results, to (02) 4960 2136 where they will be triaged and referred on to a doctor within the Haematology Unit with first available appointment. The referring GP and the patient will then be contacted with details of the appointment. The telephone number for the haematology clinic in Newcastle is (02) 4921 1220.

SBS TV to air 3 Rural Health Education Programs

SBS One will air 3 programs, which all highlight successful community initiatives for promoting good health and have a strong Indigenous focus. These programs will air at 5.30 pm on Monday 28th September 28th, on Monday 5th October and Monday 12th October. For further information please visit www.rhef.com.au or contact the Foundation directly on (02) 6232 5480.

Mental Health Week, Stress Less Walk

As part of Mental Health Week Activities, Tamworth Mental Health Interagency group have organised a Stress Less Festival for the 7th October 2009. The theme for mental health week is Sign up! Link in! Get involved! The day will commence with an early morning walk starting from Tamworth Community Centre at 7:00 am and finishing back at the Centre at 7:30 am, when a light breakfast will be served. Everyone is invited to come along.

Perinatal Depression Working Group seeking mothers who have experienced PND

The ATAPS Perinatal Depression Working Group will be running brainstorming workshops in Tamworth, Quirindi and Walcha for mothers who have experienced and recovered from PND. The objective is to identify what services and help women could benefit from, and then strive towards developing support systems and referrals for women with PND. If you are aware of any mothers who would be happy to participate, please ask them to contact Erica or Joy at Life Solutions North West on 6766 2822.

HNEH Diabetes Stream Leadership Group – Division GP Representative

The Area Health Service is looking for a GP to represent General Practice on their Area-wide peak Diabetes Committee. The 4 major themes for the group are to improve clinical services, integrate the delivery of diabetes care, advise on planning and service delivery and facilitate service relationships. For more information and to express interest, please contact Graeme Kershaw at the Division. Nominations close 9th October.