

The Gold Coast Primary Care Partnership Council met at the GCPHN offices on 25 July 2024.

Presenters:

- Samantha Hughes, Active and Healthy Program Lead, City of Gold Coast
- Chris Ash, Program Manager (Special Projects) GCPHN
- James Bailey, Senior Project Officer (Mental Health, AOD and Special Projects) GCPHN

Attendees:

- Dennis Bothma, Kalwun Development Corporation
- Nicole McClure, Diabetes Australia
- Julie Jomeen, Southern Cross University
- Kate Macleod, City of Gold Coast
- Kylie Hayes, Cancer Council Australia
- Susan Gardiner, Runaway Bay Doctors Surgery
- Tenille Griffiths, Dementia Australia
- Renata Jones, Multicultural Families Organisation Inc.
- Toni Eachus, GoldBridge Rehabilitation
- Leonie Clancy, Nerang Neighbourhood Centre
- Sian Daniel, Bond University
- Rob Libeau, The Noledge House
- Athira Varghese, Cancer Council Australia
- Ben O'Rourke, Relationships Australia
- Anja Piggott (PCPC Chair), Bolton Clarke
- Amy Petrocy, Gold Coast Health
- Jessica McAdam, Multicultural Communities Council Gold Coast
- Tracey Mackie, Momentum Collective
- Peta Patterson, City of Gold Coast

Apologies

- Malcolm McCann, Gold Coast Health
- Nicole Langsford, General Practice Gold Coast
- Shane Klintworth, Multicultural Communities Council Gold Coast
- Ryan Tattnell, Bluecare

EARLY INTERVENTIONS TO SUPPORT HEALTHY AGEING

9,287
potentially
preventable
hospitalisations for
people aged
65+

GCPHN Health Needs Assessment 2023

In 2024, GCPHN established three early intervention services and launched the "I am not Frail" campaign to:

- raise awareness within the Gold Coast community and health professionals about healthy ageing
- improve knowledge on how to turn the concept of frailty around
- educate on how to connect to services on the Gold Coast
- consider a more aspirational and optimistic tone
- drive enrolments in pilot programs

GCPHN Healthy Ageing Programs are:

- Frailty Care in the Community in-home, individual, or group therapies. Participants receive six sessions with an allied health professional, with potential support available for up to six months.
- Mungulli Yarn and Walk is led by a First Nations health worker, and offers a weekly self-paced walk followed by a yarning circle to explore various health and cultural topics.
- BUnyAH Interprofessional Healthy Lifestyle Program - A 12-week intensive active lifestyle program run by Bond University academics and students, that includes a free gym membership.

Active and Healthy Program

City of Gold Coast

62.1%

of participants find the social connections the most valuable & rewarding part of participating in the Active & Healthy program

Together
we can **BE**
ACTIVE
& **HEALTHY**

The Active and Healthy Program offers over 350 affordable weekly activities in parks and community centres across the Gold Coast, delivered by a team of qualified, supportive instructors and allied health professionals.

The Active and Healthy program caters for all backgrounds, ages and stages of life, with a focus on:

- improving fitness, balance and strength
- increasing energy levels
- enhancing mental and social wellbeing
- preventing or managing health concerns

A variety of activities are modified to suit various levels of ability and can assist to support chronic disease and mobility concerns. Some instructors have additional training in mental health first aid and provide a supportive environment for individuals experiencing mental health challenges. Activities that provide support for mental health and modified activities are clearly identified in the Active and Healthy Lifestyle guide.

CHALLENGES

Increasing awareness of the Active and Healthy Program amongst health professionals such as general practitioners and allied health professionals.

Encouraging health professionals to confidently refer patients to community-based wellness activities such as water therapy, lower back health, active memory and balance, walk and talk for wellness, sit and stretch and men's health.

Health care providers prefer to refer patients to services that they are aware of or are known to them.

Providing an easily accessible and comprehensive Active and Healthy Program guide to health professionals. Hard copy guides are available to order, and a digital calendar is available on the City of Gold Coast website

OPPORTUNITIES AND RECOMMENDATIONS

GCPHN will seek out opportunities to promote the Active and Healthy program to health professionals including general practice and allied health, aligning with healthy ageing and mental wellness activities.

NEXT STEPS

GCPHN will share information about the City of Gold Coast's Active and Healthy Program with health care providers through established channels such as GP and Practice News, PM and nurse email networks and networking events.

Social Prescribing



[Social prescribing in Queensland - UQ Report](#)

Social prescribing is defined as a non-clinical, patient directed and sustainable approach to people's health and wellbeing by connecting people to community activities, groups and supports. It is known to encourage social engagement, develop peer networks, foster companionship and emotional support, promote skill development, education and healthy living as well boost self-esteem and confidence.

CHALLENGES

Patients engaging with a new group of people in an unfamiliar setting can be difficult. A warm introduction by a friend or care provider can assist the patient to engage in the community-based activities.

Limited care provider awareness of the services and activities available and where the information can be found may reduce the opportunities for patients to participate in community-based activities.

Health care providers are unsure of how to refer a patient to a community based social activity.

Care providers or Link workers require a broad knowledge of community-based services and activities and how patients can access them.

OPPORTUNITIES AND RECOMMENDATIONS

A care provider or link worker to assist clinicians in connecting patients to community services and activities.

Additional research about models of social prescribing to prepare for future funding opportunities.

NEXT STEPS

PCPC members have requested further discussion on the existing models of social prescribing and how they can be supported for patient centred outcomes.

GCPHN will seek funding opportunities to support social prescribing initiatives and existing models of care.

PCPC Memorandum of Understanding

The Primary Care Partnership Council (PCPC) Memorandum of Understanding (MOU) has been updated include a more diverse range of organisations and subject matter to nurture a collaborative group with an interest in improving the health care of the Gold Coast region.

Purpose:

The purpose of the PCPC is to bring the sector communities together to network, educate, share knowledge and discuss existing and emerging issues relevant to the sector with the intent of improving positive health outcomes for the Gold Coast Community.

Next Steps:

The MOU will be presented to the GCPHN Board for endorsement before being distributed to members.