

Tips and advice for parents on local website

A newly established website provides tips and advice to new parents.

Set up by the division, which runs the Northern Rivers Family Care Centre, the website is an easy to access resource for parents who need a little bit of extra help with the early months of their new baby's life.

Resources available

Resources such as the division's parenting newsletters can be downloaded or simply read on the screen. The five newsletters cover age appropriate issues and common problems a new parent may face when their baby is a newborn, and at three, six, nine and 12 months of age.

The website also carries more detailed resources produced by the Community 4 Kids (YWCA project). There are detailed parenting tips fact sheets on specific issues such as toilet training, sleep patterns, bonding and attachment, dehydration, and selecting a childcare centre. The series also includes fact sheets on issues parents might face with older children such as when a child is ready for school, bullying in school, and healthy eating tips.

New parenting groups

Parents based in Lismore and Alstonville will find information on the website about the pilot parenting groups the division is running. The groups are led by a GP and early childhood nurse and are a way for new parents to get answers with some of their questions, meet other par-

www.parenting.nrdgp.org.au



Ballina dad Michael Fellner with his son Neil, when Neil was about nine months old. Neil is one of the gorgeous babies who feature in the parenting newsletters.

ents and also to have a bit of fun. A light meal is provided.

The parenting groups are held in the evening to give working parents an opportunity to attend too.

For more information on these groups, ask your GP or contact Lee McDonald or Tori

Park-Caesar at the division on lmcdonald@nrdgp.org.au or phone 6622 4453.

Bookmark www.parenting.nrdgp.org.au.

Spike helps donate vax book to local libraries



Lismore's head librarian Lucy Kinsley takes delivery of the vaccination books for the region's libraries. She is pictured with (l-r) NRDGP immunisation project officer Rachelle Deaker, Spike and public health nurse, Marianne Trent.

A worldwide hunt on the web recently turned up four copies of a highly thought of, but out of print book, which will now be available to people in the region.

The division recently donated the books to the Richmond-Tweed and Richmond Upper Clarence libraries. *Vaccination: the facts, the fears, the future*, by Gordon Ada and David Isaacs, explains the nature of infectious diseases and the immune system, and how vaccinations work.

"This is an excellent and informative book on vaccination, which is unfortunately out of print," says immunisation project officer Rachelle Deaker.

"Because it is so clear and thoughtful on immunisation issues, we have been trying to get copies of the book for a long time so that we could make this donation to the library."

In *Vaccination*, immunologist Gordon Ada and paediatrician David Isaacs trace the history of immunisation and analyse the effectiveness and safety of those vaccines currently available. The authors also discuss in detail the associated risks of vaccination and the concerns of the anti-vaccination lobbyists.

The book can now be borrowed from any library in the Richmond, Tweed and Upper Clarence valleys.



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For parents with children from newborn to around one year of age who are having difficulties, or require further support with: feeding (breast, weaning, bottle, solids); unsettled behaviour and related sleeping patterns; adjustment to parenthood issues for the family; postnatal distress; or parentcraft issues.

ASK YOUR GP FOR A REFERRAL.



Massages all round for young women in breast cancer support group

A local support group for young women with breast cancer was established in May by the division and the North Coast Area Health Service. Meetings are held on the first Wednesday of each month.

There will be no talk this month, just a chance for the young women to catch up with each other and enjoy soothing arm and foot massages provided by students from Southern Cross University's School of Naturopathy

SEPTEMBER Meeting: Wednesday 7 September
Time: 10.00am to 12.00pm
Location: Lismore Community Health, Level 3, 29 Molesworth St, Lismore.

Guest speaker: Students from Southern Cross University's School of Naturopathy will do arm and foot massages for each member of the group.

All young women with or recovering from breast cancer are welcome to attend the meetings. To register or have your name put on the mailing list, phone Sara Hurren at the division on 6622 4453.

This project was made possible with a Polo Ralph Lauren seeding grant from the National Breast Cancer Centre awarded to the Northern Rivers Division of General Practice.

GPs hear how to do it better

About 115 doctors, practice nurses and practice staff converged on Byron Bay on a wet and windy weekend in early August to hear how to do it better.

Organised by the division, the Whole of Practice Professional Activities conference (WOPPA) aimed to develop the skills of the entire general practice team.

Many aspects of primary care are better handled by practice managers and practice nurses, according to chair of the division, Dr Tony Lembke.

"A better organised practice team enables the GP do what they do best, which is to see their patients, instead of being caught up with practice management issues," Dr Lembke said.

"Having more time to focus on primary health care issues and the needs of the community may go some way towards easing the burden we are currently feeling from doctor shortages in our communities."

A clinical training segment, held in collaboration with North Coast GP Training, also provided opportunities for GPs to upskill in emergency management.



Broadcaster Dr Norman Swan (r) chats to chair of the division Dr Tony Lembke at the two day seminar held recently in Byron Bay. Dr Swan was invited to facilitate a hypothetical on the future of general practice at the division's WOPPA weekend, attended by about 115 GPs, practice nurses and practice staff.

Broadcaster and award winning journalist Dr Norman Swan facilitated a hypothetical during the weekend about the future of general practice,

which was well received.

The weekend was a big success with the delegates, despite the unseasonably wet and windy conditions.



SPIKE SAYS

"Vax'em!"

www.vaccination.org.au

FEEDBACK: We value your feedback. If you would like to make the division aware of any ideas for possible health projects, or if you have comments on any of our current projects, please call us on 6622 4453, or email media@nrdgp.org.au. Thank you.