

# Allied Health Conference #WeCareTogether

2022 NEWCASTLE, CENTRAL COAST, TAMWORTH & ONLINE

## PROGRAM

Tuesday 24th May 2022, 8.30am - 4pm

This Conference is a hybrid event, meaning presenters will deliver from various hub locations in either Newcastle, Tamworth, or the Central Coast. Presentations will be live streamed from the in-person audience hub location to the virtual online attendees and to the two non-presenting hub locations.

## AGENDA

**Tuesday 24th May 2022, 8.30am - 4pm**

TIME	LOCATION	TOPIC	DESCRIPTION	WHO
8.30 am	All	Arrival and conference registration		
8.55 am	Newcastle	Conference Open		Luke Escombe, MC
	All	Welcome to Country	Awabakal land (Newcastle), Kamilaroi/Gomeroi land (Tamworth) and Darkinjung land (Central Coast) will be Welcomed onto Country by a local Elder with online attendees to be live streamed to Awabakal Welcome to Country.	
9.25 am	Newcastle	CEO Welcome		Richard Nankervis, CEO of The PHN
9.30 am	Central Coast	How the PHN supports Allied Health	An overview of how The PHN supports Allied Health in the region.	Elizabeth Ward, Director of Coastal Physio Group, Physiotherapist & PHN Board Member
10.00 am	Newcastle	In-House Technology Development - Enables a small business to compete at big-business scale	The importance of bringing multiple perspectives together to identify the best service models, from which optimal technology can be adapted.	Dr Trent Watson, CEO of Ethos Health, Dietitian & PHN Board Member
10.20 am		You Can't Ask That	Based on ABC series "You Can't Ask That", we have asked some controversial questions to break down myths and explore the scope of practice of medical professionals in order to work better together.	
10.25 am	Morning Tea			
10.55 am		You Can't Ask That		
11.00 am	Newcastle	Keynote Speaker - Luke Escombe - Patient Story	Luke brings a unique perspective to life's challenges and triumphs including dealing with chronic illness.	Luke Escombe, MC/ Keynote
11.15 am	Tamworth	Improving Access to Healthcare and Enhancing Well-Being of Women in the Postnatal Period	Insight into early postnatal access to services required for well-being and recovery.	Emma Shaw, PhysioSpec Pelvic Health and Rehabilitation, Continence & Women's Health Physiotherapist
11.30 am	Tamworth	Collaborative Community Care in an Allied Health Setting	First of its kind program in Australia, where a Nurse is based in a purely allied health community setting to deliver frontline care.	Jo Lavelle, Rural Fit, Movement Disorder Nurse
11.50 am	Central Coast	Moving Beyond Medicare - to increase impact, influence and to build a sustainable business model	How to pivot, grow and stabilise throughout turbulent times and remain a viable business model through diversification and specialisation of internal teams.	Jodie Sheraton, Director of Optimum Intake Dietitians, Dietitian

12.05 pm	Central Coast	Health on the Streets - Driving Outcomes for Vulnerable Communities	Driving outcomes for vulnerable communities with early intervention and with ongoing support individuals are able to 'take control' of their own health needs.	Aaron Cannon, Coast and Country Primary Care, Primary Health & Community Executive Manager
12.20 pm		You Can't Ask That		
12.30 pm	Lunch			
1.30 pm		You Can't Ask That		
1.35 pm	Newcastle	Best Practice Management of Cervicogenic Headache and Migraine	The key learning gained from research and years of exclusively treating neck and head pain.	Damien Cummins, The Physio Joint, Physiotherapist
1.45 pm	Central Coast	CONNECT online	How the CONNECT program provides early intervention whole of family model case management for addressing mental health issues.	Amy Messer, Interrelate, Practice Lead
1.50 pm	Central Coast	Saving Voice in Parkinson's	Gain insight to programs including SPEAK OUT! and LOUD Crowd for Parkinson's voice problems.	Vanessa Sciacca, Adult Speech Pathology, Speech Pathologist
1.55 pm	Newcastle	Teamwork Makes Dreamwork	How a multidisciplinary practice encourages clinicians to view clients holistically to achieve optimal health outcomes.	Aimee Prosser, Recovery Station, Clinical Manager, Occupational Therapist, Mental Health Occupational Therapist
2.10 pm	Newcastle	LGBTQ INCLUSION - Understanding barriers to care and health disparities for the LGBTQ community	Introduction to some of the barriers and health disparities experienced by LGBTQ people, and how services can be more inclusive.	Claire Allen (She/her), Pride in Health & Wellbeing, National Program Manager
2.25 pm		You Can't Ask That		
2.35 pm	Afternoon Tea			
2.50 pm		You Can't Ask That		
2.55 pm	Newcastle	Streamline Information Gathering with Online Forms	Benefits of effective online data collection for both the clinicians and patients.	Damian Gough, Umina Podiatry, Podiatrist & Co-Chair The PHN Allied Health Reference Group
3.10 pm	Newcastle	Preventing Chronicity in Musculoskeletal Pain - an Integrated Approach in Primary Care	How to prevent people with pain not accessing appropriate care and end up with persisting pain, and a higher burden of disability.	David Renfrew, Newcastle Performance Physio, Physiotherapist
3.25 pm	Newcastle	Boss Brain - access, education, and the strategy of playfulness	Boss Brain provides an attainable, engaging and connection-focused alternative to traditional room-based therapy.	Lynn Jenkins, Director of Life Matters Psychologists, Clinical Psychologist
3.45 pm		You Can't Ask That		
3.50 pm		Conference Close		

\*Speaker start times are indicative and subject to change

## SPEAKER BIOS



### **LUKE ESCOMBE – SONGWRITER/ SPEAKER AND HEALTH ADVOCATE**

Luke Escombe, our Master of Ceremonies is an acclaimed speaker, health advocate, songwriter and comedian who has turned 20 years of living with a chronic illness into inspiration for his art. Luke has an inspiring personality and is a great storyteller. He will share his personal story about living with Crohn's disease with a unique perspective and humour. Luke is an ambassador for Crohn's and Colitis Australia and a Champion of Australian Pain Management. Luke is sure to inspire our thinking about the realities of living with a chronic illness.

---



### **RICHARD NANKERVIS – CEO OF THE PHN**

Richard commenced as Chief Executive position of HNECC PHN on 1 July 2015. Additionally, Richard is a founding Director on the Governing Board of the NSW Regional Health Partners (NSWRHP) Centre for Innovation in Regional Health and sits on the Aboriginal Health Committee of the Hunter New England Local Health District Board.

Richard's university training includes a Bachelor of Science at the University of Sydney, a Bachelor of Applied Science (Physiotherapy) at the University of Sydney, and a Master of Health Administration at the University of New South Wales. He is also a Graduate of the Company Directors Course at the Australian Institute of Company Directors.

Richard initially trained and worked as a Physiotherapist and worked in public and private settings. He was appointed the Area Physiotherapy Manager for CCLHD in 2002, and subsequently covered a range of roles including Director of Allied Health, Director of Corporate Services, and Divisional Manager for Surgery, Anaesthetics and ICU. Richard is currently a member of the newly formed Commonwealth Allied Health Industry Group.

---



### **ELIZABETH WARD – DIRECTOR OF COASTAL PHYSIO GROUP - PHYSIOTHERAPIST & PHN BOARD MEMBER**

Elizabeth Ward is a Physiotherapist and AHTA Accredited Hand Therapist and Director of Coastal Physio Group Pty Ltd and of Core Health Pty Ltd and President of the NSW Physiotherapy Council (HPCA). Elizabeth is a PHN Board member, part of The PHN Allied Health Reference Group and holds positions on various other PHN committees and memberships. Elizabeth has completed a Bachelor of Science (UNSW), Post Graduate Diploma of Physiotherapy (USyd), Master of Public Health (USyd) majoring in health care management and health promotion, Master of Health Science (Physiotherapy) (USyd), and is a Graduate of the Australian Institute of Company Directors.

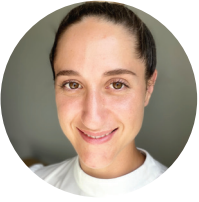
---



### **DR TRENT WATSON CEO ETHOS HEALTH – DIETITIAN & PHN BOARD MEMBER**

Dr Trent Watson is CEO of Ethos Health, a multidisciplinary health and safety business based in Newcastle and Hunter region. Trent combines this work with the The PHN Board appointments, along with a number of other appointments including Conjoint Senior Lecturer in the School of Health Sciences University of Newcastle, Chair of the NSW Mineral Council Obesity subcommittee and media spokesperson with the Dietitians Association of Australia. Trent completed his undergraduate studies and PhD in nutrition and dietetics at the University of Newcastle, and has continued his research interests in workplace health, with a special interest in obesity, obesity-related lifestyle disease, and fatigue.

---



**EMMA SHAW - PHYSIOSPEC PELVIC HEALTH AND REHABILITATION - CONTINENCE & WOMEN'S HEALTH PHYSIOTHERAPIST**

Emma works for herself as an APA titled Continence and Women's Health Physiotherapist. She is passionate about improving the awareness of Health Physiotherapy during the early postnatal period to ensure full recovery which can impact women's quality of life, family dynamics, future prospective births and ultimately the future of our community.

---



**JO LAVELLE - RURAL FIT - MOVEMENT DISORDER NURSE**

Jo has been a Registered Nurse in rural NSW for over 20 years. Jo has worked at the front of community care programs and has specialised in the delivery of diabetes clinics in recent years before taking on the new challenge of Movements Disorders. She has a deep appreciation and understanding of the pivotal role Allied Health Professionals play in supporting chronic disease.

---



**JODIE SHERATON - DIRECTOR OF OPTIMUM INTAKE DIETITIANS - DIETITIAN**

Jodie is the Director at Optimum Intake Dietitians and Myrtle Oak Clinic. She is an Accredited Dietitian and Accredited Nutritionist. Jodie has created a company to inspire health and wellbeing through enjoyment, satisfaction, and the simplicity of food. Her team of dietitians and psychologists help their clients to achieve a sustainable balance between mental, physical and nutritional health. Working in both the public health and private practice settings Jodie has experience working with clients seeking help for emotional eating, weight concerns, clinical eating disorders, sub-clinical eating disorders, fussy eating and child/family nutrition. Jodie is committed to on-going professional development and provides supervision to other Dietitians wanting to further their skills within the private practice setting.

---



**AARON CANNON - COAST AND COUNTRY PRIMARY CARE - PRIMARY HEALTH & COMMUNITY EXECUTIVE MANAGER**

Aaron will represent the Health on the Streets (HoTS) team which consists of a multidisciplinary team of registered Nurses, Midwives, GP's, Outreach workers and links with allied health professionals in multiple locations. Outreach workers have expertise, passion and Lived Experience in caring for and managing Alcohol & Other Drugs (AOD), suicide, homelessness and mental health. They are passionate about driving health outcomes for those less fortunate across the Central Coast.

---



**DAMIEN CUMMINS - THE PHYSIO JOINT - PHYSIOTHERAPIST**

Damien is a practicing physiotherapist and headache specialist with a Master's degree in research for cervicogenic headache and the best ways to identify these using manual testing. Damien practices in the heart of Newcastle, inside the Ironworkers building in Mayfield.

---



**AMY MESSER - INTERRELATE - PRACTICE LEAD**

Amy has worked in government and non-government organisations for over 17 years in Sydney and on the Central Coast, in case management programs that focus on families with children 0-18 years old. She is passionate about training staff to work from best practice models and to provide innovative service delivery to meet the goals and needs of children, youth and their families in the mental health sector.

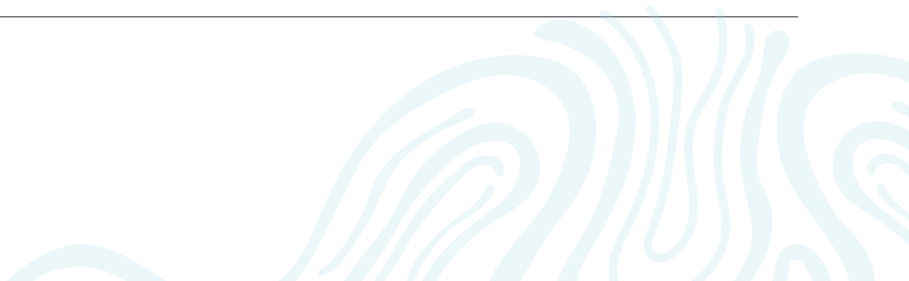
---



**VANESSA SCIACCA - ADULT SPEECH PATHOLOGY - SPEECH PATHOLOGIST & BUSINESS OWNER**

Vanessa is the owner of Adult Speech Pathology with mobile services across the Central Coast and a clinic based in Central Coast Neurosciences. She has built the business over 10 years ago through a strong referral base. Vanessa is committed to making a difference to the lives of her clients.

---





**AIMEE PROSSER - RECOVERY STATION – CLINICAL MANAGER,  
OCCUPATIONAL THERAPIST, MENTAL HEALTH OCCUPATIONAL THERAPIST**

Aimee currently works for a large multidisciplinary private practice, Recovery Station providing clinical leadership for Occupational Therapists, Mental Health Social Workers, Physiotherapists, Exercise Physiologists, Speech Pathologists, Dieticians and Allied Health Assistance staff across the Hunter, Central Coast, and Sydney. As an Occupational Therapist over the last 20 years Aimee has worked in acute care, rehabilitation, community, aged care, and primary care sectors and now enjoys working primarily with NDIS clients. Aimee is a member of the OT Australia NDIS National Reference Group, and is passionate about achieving the best quality of life for her clients, and advocating for the role of allied health in disability and community care.

---



**CLAIRE ALLEN (SHE/HER) - ACON - PRIDE IN HEALTH &  
WELLBEING – NATIONAL PROGRAM MANAGER**

Claire Allen (she/her) is the National Program Manager of ACON's Pride in Health + Wellbeing Program. In this role she works with member organisations across Australia in LGBTQ-inclusive care. She has previously worked in the aged care sector and human services sector. She spent several years as LGBTI Project officer and lead her organisation through rainbow tick accreditation, achieving inaugural Health + Wellbeing Equality Index (HWEI) Service Provider of the Year. Claire has worked throughout the Not-For-Profit, faith-based and education sectors in a variety of roles and brings with her wealth of experience in LGBTQ inclusion, change management, project management and organisational enablement.

---



**DAMIAN GOUGH - UMINA PODIATRY – PODIATRIST & CO-  
CHAIR OF THE PHN ALLIED HEALTH REFERENCE GROUP**

Damian started his podiatry career before the internet existed. With over 30 years of broad experience spanning NHS High Risk Foot clinic in London to business ownership on the Central Coast he has always embraced innovation. From digital photography to 3D scanning and printing, using emerging technologies and being an "early adopter" helped Umina Podiatry to grow and stand out.

---



**DAVID RENFREW - NEWCASTLE PERFORMANCE PHYSIO  
– PHYSIOTHERAPIST & BUSINESS OWNER**

David is committed to helping people manage chronic pain and has a broad range of experience in Australia and the United Kingdom public health system, as well as in private practice being a clinic owner in Newcastle.

---



**LYNN JENKINS – DIRECTOR OF LIFE MATTERS  
PSYCHOLOGISTS – CLINICAL PSYCHOLOGIST**

Lynn Jenkins is a Clinical Psychologist, Author, Educator and Co-Director of Life Matters Psychologists. She is fascinated by the mechanics of the nervous system and rules of the mind and believes that understanding the nuts and bolts of these systems is vital to guiding how we think, feel, behave and connect. For over 20 years she has specialised in early intervention, brain education and the parent-child connection. She is passionate about kids and parents learning early, learning well and learning together about how emotional systems work – so working with them becomes second nature.

---