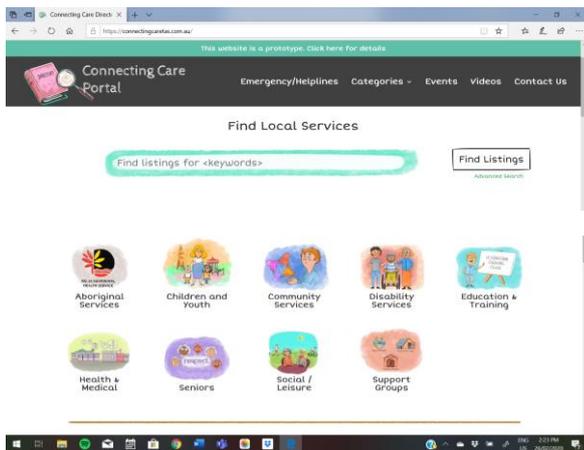


Connecting Care Action Groups undertaken so far:

Connecting Care On-line Directory *

<https://connectingcasetas.com.au/>



Prototype at the moment but almost ready to go live.

Hoping more services/clubs/ organisations will enter their details to build a comprehensive, inclusive list of what is available in the Central Coast area.

This is an ongoing project, needing to be continually monitored and updated.

Collaboration with the Salvation Army

“Step-Up Program”

Worked with the Drug & Alcohol Rehabilitation 8 day Program

Trained facilitators in using the Web Directory to use in the program to ensure participants knew what services are available in the Central Coast community and how to access these services: local health, social care and community services and recreational/ sporting activities.

Festival in the Park Info Hub



We manned a stall at the Health and Wellbeing Street at the Festival informing public about the Directory and the health and social services available to them.

We worked collaboratively with local council, LGAT, service clubs, UTAS Rural Clinical School, health providers and local businesses to offer free health checks and information at the festival. This was offered as a “Pit Stop” for your body, focusing on a relaxed and friendly health checks.



Over 100 people accessed the stalls with 367 conversations occurring with health professionals and 42 adults engaging specifically with the Connecting Care information.

Connecting Care Corner @ the USC Clock Tower *

Trialed 3 days open access at the Clock venue for locals to “Drop in” and ask questions and seek information regarding health services available to them, and how to access them. This aims to provide a relaxed, informal but professional environment to encourage people to access low level health information and alleviate stress on GP clinics and Pharmacy staff. This stems from the research showing that many rural males 40 years plus do not access medical information or visit GPs readily. It does not give out medical diagnoses or advice, but gives information about the services available and how these can be accessed.

Focus is ‘fitting out’ this area to give a relaxed, comfortable and inviting atmosphere, and promoting it within the community.

Connecting Care Facebook Page *

<https://www.facebook.com/connectingcasetas/>



Videos *

Three of Five videos have been made and released featuring local identities sending healthy life messages. They can be viewed on the Connecting Care FaceBook page.

The focus messages are:

- **Staying Social**

<https://www.facebook.com/watch/?v=433228734290823>



- **Life Lessons**

<https://www.facebook.com/connectingcasetas/videos/673818493144688/>



- **Staying Active**

<https://www.facebook.com/connectingcasetas/videos/526585244564076/>



The next two videos are on **Healthy Eating** and **Mental Health and Wellbeing**.

Health Literacy training

We ran two health literacy training sessions in the local community. The aim was to recruit identified front-line staff and volunteers to pilot community health literacy training which enabled them to better connect community members to the local support they need when they need it.

In feedback received following the training the 25 participants said feel more confident providing direction and guidance to community members seeking help, no matter what help they might need.

We wish to repeat this to increase the number of front-line staff trained to deliver this information.

Posters & Postcards *

A selection of posters and postcards were designed and printed based on the hand-drawn category images representing the Central Coast area.

The posters are used to promote Connecting Care at events, pop-up hubs, etc.

The postcards are to be distributed within the community directing people to the on-line directory.



*We are keen for local businesses, organisations etc to promote these on their screens, or advertise them through their staff and customer communication channels.

Please let us know if you can do this within your organisation.