



REAL STORIES



REAL LIVES REAL PEOPLE REAL STORIES 2021

Grand Pacific Health is a not-for-profit, primary health care organisation - providing locally-tailored, high quality services.

We focus on physical health, mental health, youth health, Aboriginal health & chronic disease management.

Our vision is for equitable health care - where access to affordable, quality and culturally appropriate health services, does not depend on where you live, or your background.

This book contains a collection of stories from some of our consumers, across various programs.

We hope it helps others understand what services are available and inspires them to pursue their own recovery journey.

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“IT WAS LIKE WE WERE PUTTING A BAND AID OVER THE RASH THAT HAD APPEARED ON THE SURFACE OF THE SKIN AS A RESULT OF THE INFECTION UNDERNEATH.”

“DEIRDRE HELPED ME SEE THAT I’VE BEEN BATTLING WITH UNDIAGNOSED PTSD AS A RESULT OF A SEXUAL ASSAULT THAT TOOK PLACE 30 YEARS AGO.”



JO'S STORY

Pictured: 'Warrior Jo' - a photo of one of Jo's recent artworks depicting the creative, fierce, mysterious and multi faceted sides of herself that she is rediscovering

When Jo was suffering from chest pains and severe heart palpitations, she thought she was having a heart attack. After multiple tests came back normal, she learned it was debilitating anxiety that was having this effect on her.

It made sense, she was travelling to all sorts of places on her own and testing her limits in the world of recreational fishing where she was quickly becoming a high-profile figure. She recounts a time where she arrived at a location only to second guess her choice of lure and make a last-minute decision to dash to the nearest town, which was 70 kilometres away. She ran out of fuel on the journey and discovered she didn't have her wallet with her. While she can see the humour in these misadventures now, at the time these impossible situations she was getting herself into were causing her anxiety to spin out of control.

The final straw came when the online bullying and vitriol towards her started. The barrage of offensive comments and defamatory articles were almost too much to bear. She shut down, crawled into bed and cried for three days. When she made the decision to rise, she knew she needed help.

Jo organised a Mental Health Care Plan and booked in with Deirdre – a Mental Health Social Worker at Grand Pacific Health Moruya. Together they worked through issues around managing reactions and applying (CBT) Cognitive Behavioural Therapy techniques. It wasn't long before they realised they had to go back to where it all started said Jo:

"It was like we were putting a band aid over the rash that had appeared on the surface of the skin as a result of the infection underneath."

"Deirdre helped me see that I've been battling with undiagnosed PTSD as a result of a sexual assault that took place 30 years ago."

"The same abandonment I felt then at the time of the rape, when I called for help, was being triggered when the online attacks started and people would simply ignore them – not wanting to be drawn in," she added.

The clarity this realisation brought was freeing for Jo. She could see how she had punished her confident and creative side for walking down that alley alone that night and how subdued Jo had taken the wheel. She began to own her story and the more she stuck at treatment, the more her understanding of and respect for self, grew.

Jo is now 'getting her personal power back'. She is exploring her creative side and has cut out alcohol as she became uncomfortable with the way she would turn to it when feeling stressed. She is proud of what she has survived and believes anyone on their own trauma journey should be applauded. While she still has sessions with Deirdre to continue her progress, these days she laughs more than cries.

Deirdre describes supporting Jo as one of the highlights of her clinical career:

"Jo is bright, reflective, brave and utterly motivated for change. She puts in the work."

"Jo very quickly created her own momentum for recovery that was unstoppable. It wasn't long before I became superfluous, only providing her with confirmation of her hard work, directing her to theory and evidence, assisting her to make sense of what she was learning about herself. It truly has been a privilege; she has taught me a great deal and her story should be celebrated and shared."

AMELIA'S STORY



“SOMETIMES YOU FEEL LIKE YOU NEED TO PROTECT YOUR FEELINGS. THERE ARE PEOPLE OUT THERE TO HELP YOU. I HAVE TRIED TO REACH OUT AND GOTTEN POSITIVE RESULTS FROM IT. REACHING OUT IS HELPFUL, HARD AND BRAVE. IT TAKES COURAGE TO PUT YOUR HAND UP AND SAY I NEED HELP.”

Amelia was going into Year 11 and didn't feel great:

"I was at my lowest point just before the second lockdown hit. I didn't know what was going to happen and I really needed to talk to someone," she said.

"I knew my mental health was not good and I was really worried if I didn't get help it would get worse," she added.

Amelia completed an intake assessment with a headspace intake clinician and was referred into "Your Direction" – headspace Wollongong's Brief Intervention Stream. (This is a new treatment stream that offers young people the ability to choose topics they would like to focus with a Mental Health Clinician over 6 weeks, from nine modules in the Youth Mental Health Toolkit developed by Orygen.)

"The program was really quick to get into and it helped me more than I thought it would," said Amelia.

"I got to pick which topics I wanted to focus on. Ashlea would integrate the modules into our conversations so it never felt like I was being told what to do."

"When I was talking to Ashlea I found I could be honest and open. I felt comfortable. We would celebrate the small wins and she helped me take small steps forward."

"I still have my down days but I know what to do to move forward," she added.

Amelia has just finished Year 11 and is going into Year 12. She is excited for the future and is implementing the strategies she has learnt to stay well. She also encourages other young people to reach out if they are having a tough time:

"Sometimes you feel like you need to protect your feelings. There are people out there to help you. I have tried to reach out and gotten positive results from it. Reaching out is helpful, hard and brave. It takes courage to put your hand up and say I need help."

Ashlea, Amelia's Psychologist at headspace Wollongong says she is proud of how far Amelia has come:

"It was such a pleasure working with Amelia. When we first started working together things were tricky for her. She reported feeling down and had a lot of worries. Throughout our sessions I would see that Amelia had been working hard to implement the skills and strategies we had discussed. Slowly, it was apparent Amelia was starting to feel better. One session Amelia told me she had applied for a new job and was the successful candidate. I was so excited for her and proud of how far she had come. I know that as Amelia continues on with Year 12 there will be tricky times but she has the skills to be able to manage and to reach out for support again in the future if needed," said Ashlea.

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Bek stopped work in mid-2017 following a battle with her mental health. She moved in with her parents and was in what she describes as 'a dark place' before spending some time in the sub-acute unit at Shoalhaven Hospital. From there she was connected to local services like HASI (Housing and Accommodation Support Initiative).

HASI Nowra Support Worker Carrie came to Bek's house, helped her establish a routine, helped her declutter and connected with her over coffee. They even looked up some easy to cook recipes for Bek to try cooking for herself and take care of her physical wellbeing.

One of the goals they decided to work on was social activities. Bek was anxious about being involved but at the same time felt isolated. Ironically COVID presented a great opportunity to ease into a group setting. Bek was able to participate in a few online group sessions where she could sit behind the safety of her computer screen and turn off the camera, or take a break when she needed to. She started with the Bushfire Preparedness Workshop and then tried something more creative - the 'Diamond Dots' art workshop run by the HASI Ulladulla team. This kept her hands and mind busy while she got used to interaction and seeing everybody's faces.

When I met Bek, she was participating in the 'Good Fire' workshop run by local Indigenous Leader and Entrepreneur Ashleigh McGuire – owner of 'Ripe Mentoring.' Ash facilitated conversations around building on strengths and overcoming fear. Bek enjoyed being in nature at Greenfields beach in Vincentia at these sessions, where the roaring of the ocean waves in the background and the enormous trees somehow make problems feel smaller. She also enjoyed learning about Ash's culture and hearing different ideas on living.

Now that Bek is comfortable doing many things she couldn't do before and has come such a long way, her next goal is being able to live independently again.


"HASI has made a big difference, the staff always focus on my goals and what I want to achieve," said Bek.

"HASI HAS MADE A BIG DIFFERENCE, THE STAFF ALWAYS FOCUS ON MY GOALS AND WHAT I WANT TO ACHIEVE,"

BEK'S STORY

Pictured: Bek





“I CAN’T BELIEVE
HOW FAR I HAVE
COME IN 6 MONTHS,
I ALMOST WISH THERE
WAS A BEFORE AND
AFTER PHOTO.”

EMMA’S STORY

Trigger warning – this consumer story discusses suicidal feelings

Emma wanted to end her life. She told her GP it was all she could think about, from there a series of referrals were made and Emma was linked with GPH’s Next Steps program.

Emma had suffered emotional and verbal abuse from an expartner and when the relationship ended instead of feeling free, she felt a greater sense of loss. She spoke with Mental Health Clinician Alex and Peer Worker Veronica, to start developing new goals for her life and create a plan for achieving them.

Veronica would call her each week to help her put things in motion. While phone calls replaced in-person meetings throughout the worst of COVID, Emma found this helpful in the early days when she struggled to leave the house and was feeling at her lowest.

She describes feeling like a sponge soaking up all the encouragement and motivation Veronica would offer each week. Emma loved having space to talk about issues without feeling like she was a burden to

anybody. She describes how talking out loud and hearing the answers come out from deep inside helped her retrain her brain.

Emma knew music had to be part of her recovery and made pursuing her passion a goal. She enrolled in a TAFE course to study music, found a vocal coach and sang in front of people for the first time when she recorded a song in a studio. She was overwhelmed when applause erupted afterwards.

A contact she made on the day invited her to sing at a gig at Sydney Uni’s Orientation Week. When I spoke to Emma she was driving home from this gig feeling elated by the opportunity and blown away by how choosing to step out had led to an experience she couldn’t have even dreamed up.

“I can’t believe how far I have come in 6 months, I almost wish there was a before and after photo.”

“I went from being underweight and not wanting to live, to eating for wellbeing and believing that doors can open when you trust your passion and take action,” added Emma.

Bradley (not his real name) was having difficulty accessing medical specialists due to his financial position and inability to move around.

His GP referred him to the Integrated Team Care (ITC) Program at Grand Pacific Health. The ITC Program Care Coordinator, Jess, (who is a Registered Nurse) and Darcy, the Aboriginal Outreach Worker, met with Bradley to discuss how they may be able to help.

Bradley was unable to clean his own home or do any yard work; his wheelchair was broken, and he had no family or connections within the community.

Jess immediately referred Bradley to 'My Aged Care' who were able to provide him with yard maintenance and a cleaner the following fortnight.

Darcy discussed community connection with Bradley after learning that he had only recently discovered his Aboriginal heritage and was desperate to understand where he had come from.

"I never felt that I've truly belonged." Bradley said.

Over the following weeks Jess and Darcy assisted Bradley to attend medical specialist appointments by providing taxi vouchers and funding the appointment costs.

Jess also organised a new wheelchair for Bradley and some grocery vouchers after discussing appropriate nutrition, to assist with reducing his blood sugar levels.

Within a few months, Bradley's pain was well managed, his Diabetes was under control and he was involved in local community groups.

"I haven't felt this good in years and I finally have the ability to start looking into my heritage" Bradley said with a smile.

Darcy and Jess continue to assist Bradley through the ITC program and recently caught up with him to see how he was going:

"I NEVER FELT THAT I'VE TRULY BELONGED."

"I HAVEN'T FELT THIS GOOD IN YEARS AND I FINALLY HAVE THE ABILITY TO START LOOKING INTO MY HERITAGE"

"YUP, THIS IS WHY WE LOVE OUR JOB AND KEEP DOING WHAT WE DO."



BRADLEY'S STORY

"I can't thank you enough... Honestly, you helping me gave me the confidence to find my mob. I found out that I was a part of the stolen generation. I have been for a few trips to my Country and I've finally found where I belong. I found home". He said.

"We are just so happy to have been able to help." Said Jess.

"Yup, this is why we love our job and keep doing what we do." Said Darcy

Bradley is in the process of organising the move to his Country.



When Cassie came to GPH she described herself as being in a dark, deep depression.

While Cassie had struggled with her mental health and addictions in the past, the bushfires of 2020 were the start of a new spiral. The stress of the fires, the impact on her hours at work and a violent partner at home, all began to take their toll.

Throughout the COVID pandemic her partner, (now expartner), was at home drinking all day. She threw herself into work, taking on a second job to avoid being at home and this only made matters worse with issues in the workplace and long, tiring days.

Eventually Cassie says she reached a breaking point, she felt suicidal and was admitted to hospital after overdosing on pills. It was then that she was referred to GPH. Cassie began working with Glenn – a Mental Health Peer Worker based in Bega. She liked that they didn't need to sit in an office to chat and they would instead take her dog for a walk along the beach. It was different to the 'teacher/student' situation she was used to, there was no pressure to talk and she felt at ease knowing Glenn could relate to what she had been through:

"To me it felt more human, less medical, which made it easier to open up. I felt like I wasn't just a tick in someones box," said Cassie.



“FROM MY POINT OF VIEW, IT’S WORKING WITH PEOPLE LIKE CASSIE THAT MAKE THE WHOLE PROGRAM RING TRUE. IT WAS A PRIVILEGE TO SEE THIS CONFIDENT WOMAN AT THE END OF THE PROGRAM AS OPPOSED TO THE FRAGILE INDIVIDUAL THAT JOINED US AT THE START,”

CASSIE’S STORY

“We would talk about anything from the antics of our pets to preparing emotionally for Court with my ex,” added Cassie.

Cassie now has a new puppy, a new job that she enjoys, is drug and alcohol free and is back to enjoying life says Glenn:

“Cassie came to us in late 2020 in a very vulnerable state, we have spent many sessions together and its been great to see her come through it to a point where she is now able to get back to work and feel good again.”

“From my point of view, it’s working with people like Cassie that make the whole program ring true. It was a privilege to see this confident woman at the end of the program as opposed to the fragile individual that joined us at the start,” added Glenn.

Cassie still checks in with Glenn on a weekly basis and notes that a lot has changed – including Glenn’s fitness levels.

“He struggled to keep up with me on our first walk,” joked Cassie. Glenn doesn’t deny it:

“She’s a machine when walking on the beach, I was pushing to keep up!”

Finishing high school was not a time filled with relief and excitement for Dylan, as he, or any other young person might hope for. The fork in the road and its possibilities did not represent a path to new adventures but instead an unpaved and unclear journey that was difficult to face.

Making the transition from the predictability and stability of life as a child at school, to an independent adult – who is free to make decisions and take chances, can be a stressful time for many young people. Particularly, if they struggle with anxiety.

While Dylan didn't know it at the time, he looks back now and realises that unhelpful thinking, behaviours and habits were the result of anxiety and he could not overcome them alone.

After years of increasing frustration and isolation, Dylan reached out for help.

He first sought advice from his GP who recommended psychotherapy. After finding the psychologists he was referred to were not suitable, or were not practicing, his Dad recommended trying headspace - as his brother had been receiving support there.

"I am very thankful to have ended up at headspace, as the more holistic nature of the support feels to me, much more constructive than a single professional," said Dylan.

"headspace has supported me with counselling, peer support and IPS. Counselling has helped me understand the causes of issues in my past and structure strategies to deal with my anxiety and change the behaviours warped by it, peer support has helped me understand and appreciate the potential for real, significant change and helped me engage those practical strategies to push at my anxiety, and IPS has specifically helped with seeking employment and given me confidence in engaging myself professionally - a domain I had felt enormous insecurity with and intensely avoided,"* added Dylan.

Today Dylan is focussed on the future. He describes feeling relieved at how far he has come and is encouraged by his progress - with a greater sense of who he is and what he has to offer.

Feelings of being overwhelmed and frustrated have been replaced by hope for the future and that excitement that he had previously missed out on, is flooding in.

Dylan reports feeling a sense of security to not just try new experiences but create them!

* Individual Placement Support (IPS) – is a Department of Social Services program delivered by headspace. It connects young people looking for assistance to find work or engage in education with vocational specialists - who help them achieve their vocation/education goals and support their mental health recovery journey.





DYLAN'S STORY

“I AM VERY THANKFUL TO HAVE ENDED UP AT HEADSPACE, AS THE MORE HOLISTIC NATURE OF THE SUPPORT FEELS TO ME, MUCH MORE CONSTRUCTIVE THAN A SINGLE PROFESSIONAL,”



Pictured: Glenn (front row centre)

GLENN'S STORY

Glenn was living with Schizophrenia but had very little support when he came to GPH's HASI program (Housing and accommodation Support Initiative) in 2017.

"I didn't have any help and I wanted to achieve something with my life," said Glenn.

Glenn worked with several of the Support Workers, who took him to places he'd never been before looking for things that he might enjoy. Along the way he met new friends, discovered some new favourite places and improved his social skills.

Glenn etched out a routine that involved going for a walk each morning and getting coffee near his favourite beach.

"He has gotten to know the locals as he goes about his daily routine now and they all say hello, it has been amazing to watch Glenn grow into the man he is today." Said HASI Support Worker Gordon.

Glenn's Support Workers helped him apply for an NDIS package to ensure he will receive the ongoing support that he needs to maintain his best life.

Glenn now plans and prepares his own meals and keeps busy with social outings.

"I WANT TO THANK THE STAFF FOR THEIR SUPPORT ESPECIALLY IN TOUGH TIMES, I WAS IN A BAD PLACE BEFORE HASI CAME INTO MY LIFE."

The HASI team held a farewell BBQ for him for 'graduating' the program in June this year.

Gordon says Glenn's sense of humour will be missed:

"Its been such a pleasure working with him, there have been plenty of funny moments with Glenn's quick wit."

"I've enjoyed watching him connect with staff and other participants throughout his journey." Added Gordon.

"I want to thank the staff for their support especially in tough times, I was in a bad place before HASI came into my life." Said Glenn.

SHAYNE'S STORY

The prognosis for Shayne's toe was not good when he was referred to the Integrated Team Care (ITC) program at Grand Pacific Health.

Two specialists had advised him it would need to be amputated due to the severity of the ulcer.

MS Michelle Fallone, a Podiatrist in Sanctuary Point, believed it could be saved with the right care.

While 5 referrals are available as part of a patient with a chronic condition's Health Care Plan and 5 additional visits through an Aboriginal Health Assessment, Shayne needed many more appointments than this over an extended period.

His GPH Care Coordinators made the arrangements, paid for the additional consultations and supported him with some transport.

"After the best part of 2021, I'm pleased to say that Shayne's toe is not only saved, his mobility is much better." Said GPH Care Coordinator Winsome.

"This has had positive effects on his mental health as well, as he is able to move around on his own and not simply sit to keep his foot elevated."

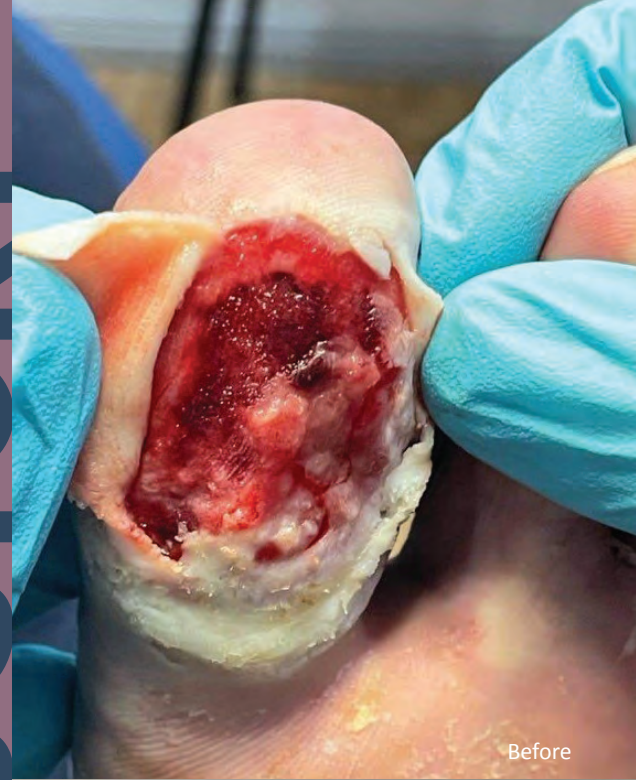
"When Shayne came to us, he had just been released from prison and had several health concerns including proliferative retinopathy, peripheral neurotherapy, hepatic cirrhosis, hepatitis and uncontrolled diabetes."

"I feel like we've been a helping hand in enabling him to manage his own health, he's put in the work and has done so well," added Winsome.

Shayne is clear of hepatitis after treatment, has inner soles to take the pressure off his toes - preventing further ulcers and is even endeavoring to drive again with his diabetes now under control.

His daily life and future look very different now.

"I wouldn't have a toe if it wasn't for this program," said Shayne.



Before



After

"AFTER THE BEST PART OF 2021, I'M PLEASED TO SAY THAT SHAYNE'S TOE IS NOT ONLY SAVED, HIS MOBILITY IS MUCH BETTER."

SALTWATER REVIVAL



Jack, Lisa and Murray are just 3 HASI (Housing & Accommodation Support Initiative) participants who took part in an 8-week group session run in partnership with Ulladulla Surf School 'Walking on Water'.

The group met at Narrawallee beach every Friday with their HASI support workers, surf instructors, equipment and lifesavers to ride the waves and regain some balance on more than just a board.

Jack had enjoyed bodyboarding when he was a kid and as he got older, after being hospitalised for his mental health, he was looking for ways to stabilise his mood again. He says reconnecting with the ocean and nature were a big part of his wellness goals and link in with his desire to achieve a healthier lifestyle.

For Murray, surfing was an old passion of his too. Having support and peers to get back out there has helped him come out of his shell over the past couple of months: *"He has gone from being someone who would barely look up to say hello, to someone who comes out of the surf with a smile from ear to ear and a few stories to tell,"* said Head Coach Simon. Murray fondly remembers traveling to Bali to surf and describes sitting on his board while riding around on a scooter, surfing seems to reconnect him to that person and has helped him find joy again.

While Lisa hadn't been a surfer in the past, she has embraced the activity as a chance to try something new, get outside of her comfort zone and grow confidence in the outdoors. Like the others, she enjoys the time spent together afterwards talking and sharing a meal.

Each week they discuss a new topic inspired by the ocean, sometimes its about the relentless waves of life that seem to keep coming and can feel overwhelming but when you get through each set you can feel proud that you made it and comforted with the knowledge that you can do it again next time. Other times they reflect on the fresh air, breathing and the motion of the ocean - where the old makes way for the new.

HASI Support Worker Allen says it's been a rewarding experience:

"There is something special about being together with people who understand what you are going through, helping each other grow and gaining a fresh outlook on life."

“THERE IS SOMETHING SPECIAL ABOUT BEING TOGETHER WITH PEOPLE WHO UNDERSTAND WHAT YOU ARE GOING THROUGH, HELPING EACH OTHER GROW AND GAINING A FRESH OUTLOOK ON LIFE.”



Pictured: Aunty Tracey

“THE TEAM ARE WELCOMING, PRIVATE, BUT AT THE SAME TIME, SUPPORTIVE AND ARE ABLE TO GIVE GOOD INFORMATION IN A WAY THAT IS UNDERSTANDABLE AND ACHIEVABLE,”

AUNTY TRACEY'S STORY

Aunty Tracey had multiple admissions to hospital for uncontrolled diabetes when she first engaged with the program now known as Integrated Team Care (ITC). The program is specifically for Aboriginal and Torres Strait Islander People living with Chronic Disease who would benefit from extra support.

“I had little knowledge about my Diabetes,” said Aunty Tracey.

“I thought if I can't change it what can they do?”

Her Grand Pacific Health (GPH) Care Coordinators in Moruya made appointments with specialists and organised transport to Canberra to help Aunty Tracey understand her diabetes and get regular Health Checks.

“The team also facilitated Diabetes Outreach Clinics, where I could see a Podiatrist, and get dietary advice/ diabetes care in one place on the same day,” said Aunty Tracey.

“This gave the community time to come together and yarn over a cup of tea and a sandwich and have a few laughs,” added Aunty Tracey.

Aunty Tracey has since lost over 20 kgs of weight and attends water aerobics weekly as well as the Gym.

She has also gone from needing injections of insulin daily to having her diabetes controlled by one injection weekly in conjunction with diet and exercise.

Aunty Tracey's Rheumatoid Arthritis is now also being reviewed on a regular basis and she describes living a much happier and healthier life.

When asked about why she has chosen to engage with GPH, Aunty Tracey told Care Coordinators its because she knows her personal details are always kept private and she values having choice in where she accesses health care.

“If it wasn't for GPH I would not have been able to attend my medical appointments, as I would not be able to afford the payments or travel to them - I cannot ask my family all the time.”

“The team are welcoming, private, but at the same time, supportive and are able to give good information in a way that is understandable and achievable,” said Aunty Tracey.

XAVIER'S STORY

Xavier's Psychologist at headspace Nowra referred him to the Individual Placement Services Program (IPS) in 2019. He had just finished his HSC and was keen for some assistance to access work and study options that suited him.

Xavier was experiencing low self-esteem, depressive episodes and anxiety attacks. He was also impacted by the bushfires during this time and was able to access risk de-escalation, Bushfire Clinician Support.

Vocational Specialist Courtney, met with Xavier, who expressed interest in a construction course and work experience within this field. His Psychologist offered to collaborate with Courtney to connect Xavier with appropriate supports for succeeding in the workplace and classroom while struggling with depression, anxiety and dyslexia.

With close collaboration, Courtney and Xavier's Mental Health clinicians, were able to bring together supports and services that would give Xavier a platform to shine and succeed. Xavier was given access to diversity and inclusion services at TAFE for reasonable adjustments to accommodate his learning style and mental health challenges. He successfully completed a Certificate II Construction before attending a construction bootcamp where Xavier was highly commended for his outstanding reliability and dedication with 100% attendance!

Furthermore, Xavier made some great connections and thoroughly enjoyed the program. He has now accessed his first ever paid job locally and is excited to be saving up to buy a ute.

"I've grown as a person", said Xavier.

"The team helped me get well on my way to achieving my long-term goals," he added.

Courtney supported Xavier throughout his journey by attending GP appointments with him, attending Centrelink with him and advocating on his behalf. She was also able to connect him with an employment service provider, transport him to activities and appointments, connect him with learning supports and more.

Courtney says watching Xavier achieve his goals has been inspirational:

"My time working with Xavier has really highlighted the importance of what we do and I've felt privileged to have been a part of his journey."



Pictured: Xavier

“MY TIME WORKING WITH XAVIER HAS REALLY HIGHLIGHTED THE IMPORTANCE OF WHAT WE DO AND I’VE FELT PRIVILEGED TO HAVE BEEN A PART OF HIS JOURNEY.”

GPH services are supported by funding from COORDINARE – SE NSW Primary Health Network (PHN), Murrumbidgee PHN and Capital Health Network - ACT PHN, through the Australian Governments PHN Program, the NSW Ministry of Health and the Australian Government Department of Health and Department of Social Services.

 www.gph.org.au



At Grand Pacific Health we acknowledge, recognise and respect the Traditional Custodians of the land upon which our places of work are located, and value and embrace the cultural diversity of Aboriginal and Torres Strait Islander culture. Our vision for Reconciliation is to improve the health status of the Aboriginal and Torres Strait Islander population by improving access and equity to all health services - shared vision, shared journey - same opportunities, same life expectancy.



GPH is committed to embracing diversity and eliminating discrimination in the provision of care and the workforce. GPH welcomes all people irrespective of age, ethnicity, faith, sexual orientation, gender identity and socioeconomic status. Proudly GPH is a registered 'Welcoming Place' through ACONs 'Welcome Here Project'.