

## Aunty Jean's Program Benefits for you include:

- Regular Health Checks
- Exercise Plan
- Physical health assessments
- Education on chronic health problems
- Support to access other services
- Yarning with friends and making new friends

## Who can I contact for further information?

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## How can I find out more or provide feedback?

For more information on this program please contact us on 4365 2294 or go to [www.ccpc.com.au](http://www.ccpc.com.au).

You can also complete the online feedback form at [www.ccpc.com.au](http://www.ccpc.com.au), go to **Contact Us** and click on **Complaints & Feedback**.

## About Central Coast Primary Care (CCPC)


CCPC provides effective health care solutions that support the delivery of Primary Care on the Central Coast, for the betterment of the Central Coast community.

For more information about CCPC and its programs, go to [www.ccpc.com.au](http://www.ccpc.com.au)

*Central Coast Primary Care acknowledges funding from the Commonwealth Government of Australia and Rural Doctors Network.*

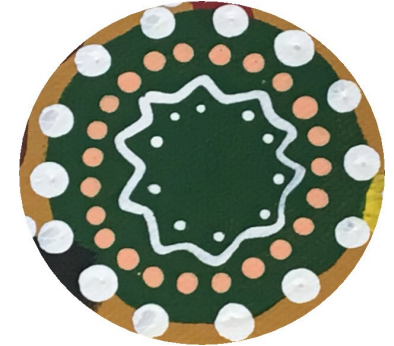
[www.ccpc.com.au](http://www.ccpc.com.au)

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# Aunty Jean Chronic Disease Outreach Program



## Information for Clients

**Central Coast Primary Care is a  
Registered NDIS Provider.  
Provider # 4050003930**



Central Coast  
**PRIMARYCARE**  
*Better Health ~ Better Life*





## What happens at Aunty Jean's program?

The Aunty Jean's program is a weekly meeting of Aboriginal people who are interested in improving their health and wellbeing. Everyone gets a personal health check and plan and every week people get:

### To check their:

Blood Pressure  
Blood sugar level  
Weight

### To exercise:

Individual and group exercise programs including walking programs  
Physical assessments  
Culturally appropriate information sharing and goal setting.

### To receive information:

Group and individual relaxation information and training on health conditions and healthy lifestyles

All of our Aboriginal Health services are **FREE** for eligible clients.

## Purpose of Aunty Jean's Program

The Aunty Jean's Program provides health promotion and education on how to manage health conditions. The program will also help participants understand healthy lifestyles and behaviours.

**When:** Every Monday and Wednesday

**Time:** 10am to 2pm . Lunch is provided

### Venue:

**Mondays** MINGALETTA Aboriginal and Torres Strait Islander Corporation, Umina Beach,  
**Wednesdays** Hamlyn Terrace Community Centre, Hamlyn Terrace

***Transport may be available***

## Who can Join?

Aboriginal and Torres Strait Islander people who have  
Heart problems, Diabetes, High Blood Pressure, Kidney Disease, Chronic Obstructive Pulmonary Disease and / or other chronic conditions.

## Expected outcomes for participants

- Improvement in managing own health conditions and supporting others
- Information provided is culturally sensitive and includes personalised physical activity and support focusing on individual goal setting
- Increased understanding of different chronic conditions and how a change in lifestyle can improve health
- Increased ability to know what services are available and who to talk to for support

**The Aunty Jean's Program is also able to provide services to people with an NDIS package.**