



EQUALLYWELL 2022 Symposium

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GUARDIAN
exercise rehabilitation



Coast & Country
PRIMARYCARE

#EquallyWellAu22



EQUALLY WELL

2022

GYM & SWIM



COMMUNITY,
CARDIO-
METABOLIC
HEALTH &
CONFIDENCE



ACKNOWLEDGEMENT OF COUNTRY

THE FUTURE OF MENTAL
HEALTH JUSTICE IS
ROOTED IN
DECOLONISATION



The 'Block' on Gadigal Country where SLHD is located

JINGERI ! - HELLO !



BRIEF INTRODUCTION

KATIE THORBURN

Peer Support Worker
Sydney Local Health District
Lived Experience Researcher
- mostly in Trauma Informed
Care & LGBTQIA+ service
user experiences
CO-facilitator of Gym and Swim

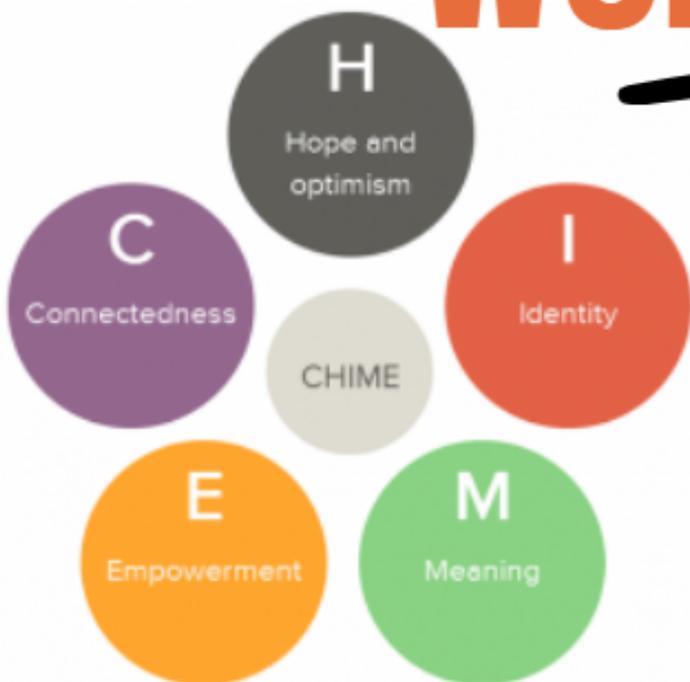


SARAH LUDOWICI & GEORGIA FRYDMAN, REBECCA LANCASTER



Living Well, Living Longer team
EPs and dietician

WHAT IS A PEER SUPPORT WORKER



- USES LIVED EXPERIENCE EXPERTISE*
- WALKS ALONGSIDE*
- FOCUS ON PERSONAL RECOVERY*
- CONNECTION, HOPE, IDENTITY, MEANING, EMPOWERMENT*
- MUTUAL RELATIONSHIP FOCUSED ON COMMON EXPERIENCES NOT ONE OF BEING AN EXPERT*

GYM & SWIM

WHAT IS ???

- GYM AND AQUA-AEROBICS SESSIONS
- GYM IS PERSONALISED PROGRAM MADE WITH EP
- GROUP AQUA-AEROBICS
- TWICE WEEKLY
- CO-FACILITATED BY EPS AND PEER SUPPORT WORKERS
- OPEN TO ALL CARE COORDINATED CONSUMERS IN SLHD
- RUN OUT OF ANNETTE KELLERMAN AQUATIC CENTRE
- \$4.70 PER VISIT, ACCESS TO BOTH GYM AND POOL



ANNETTE KELLER MAN AQUATIC CENTRE



The Pool

Where we do Aqua-aerobics
- Ramp for water access



Outside

Where folks wait for one another



The Gym

Personalised routine designed by
EP, completed in social
environment



COMPONENTS OF GYM AND SWIM



PHYSICAL HEALTH →

- Hour personalised gym session followed by almost hour aqua-aerobics twice weekly.
- Options to transition to affordable gym memberships

01

MENTAL HEALTH →

- Aware that mental health can be improved through physical exercise
- counteract side effects of mental health medications

02

SOCIAL HEALTH →

- A community has developed through regular gym attendance
- Friendships have been maintained outside the gym
- Combats loneliness

03

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**CASE
STUDY** →



"The God Father"

- Won six week AKAC Challenge!
- Inspired to start studying to become a Peer Support Worker!
- Just got a job as a Peer Support Worker!

"THE STRONGER I WAS GETTING, THE MORE CONTROL I HAD ON MY MENTAL HEALTH, REDUCING MY ANXIETY AND HELPING ME MOVE FORWARD AND RECOVER FROM MY ILLNESS".

HOW TO GYM&SWIM

→ In your own
setting



COLLABORATE

Get your team together:

**EXERCISE
PHYSIOLOGISTS AND
LIVED EXPERIENCE
WORKERS**

PARTNER

Approach a community gym for:

**COMMUNITY
SETTING**

PROMOTE

**GATHER
PARTICIPANTS**

GYM AND SWIM

POSTER



WHY RELATIONSHIPS AND COMMUNITY ARE AS IMPORTANT FOR HEALTH

Harvard's 80 year study

**RELATIONSHIPS AND COMMUNITY
INVOLVEMENT AT AGE 50 ARE BETTER
INDICATORS OF HEALTH AT AGE 80
THAN CHOLESTEROL**

QUESTIONS

