

Helping Children

thrive

We all want the best possible start for our children, and evidence shows that support in the early years can have a positive and long-lasting effect on a child's life. Access to support services can help families build their parenting skills, gain knowledge and create experiences for children.

WentWest, as the Western Sydney Primary Health Network, works with local providers to deliver child and family support services across Western Sydney. You can read more about child and family services available in our region at wentwest.com.au/child-and-family

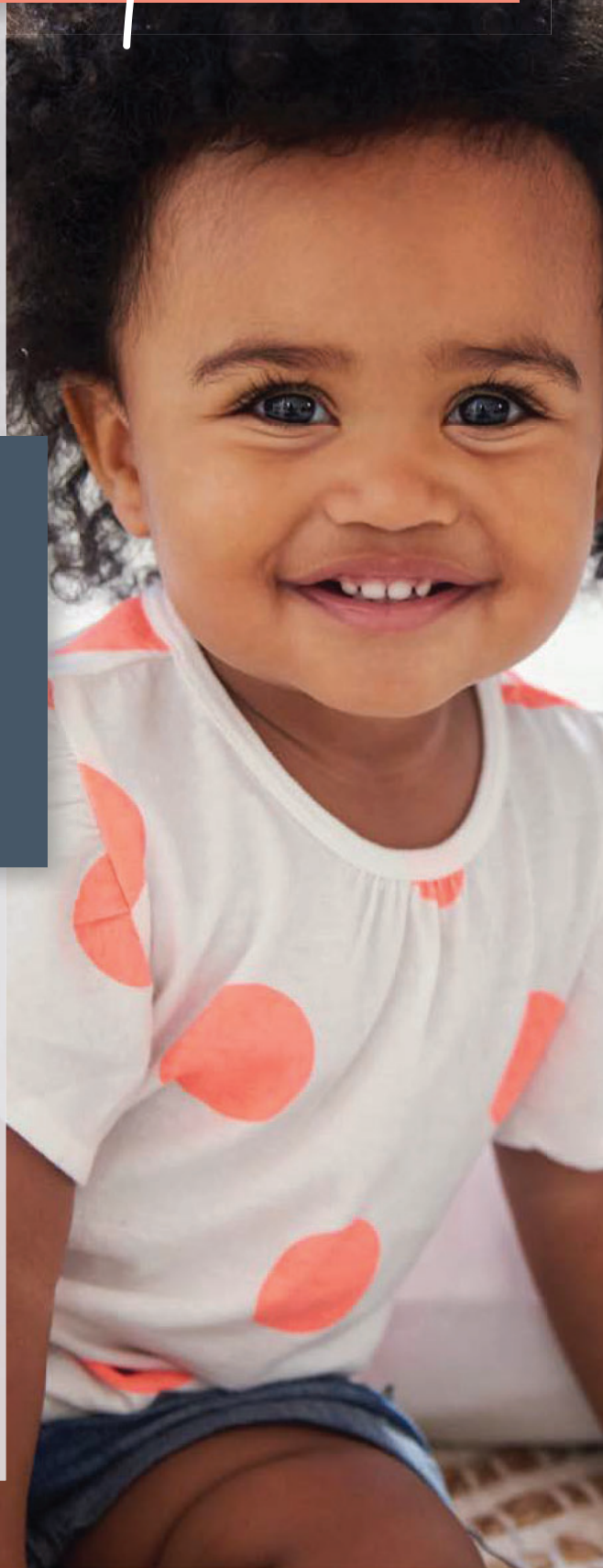
- ✓ One in four children aged five and under in Western Sydney will develop poor health outcomes
- ✓ Western Sydney has a young population compared to other parts of NSW, with 0-25-year-olds representing one-third of the region's population
- ✓ One in five women and one in 10 men experience perinatal anxiety or depression

Thrive@5 in Doonside

Our Thrive@5 in Doonside initiative focuses on a child's first 2000 days and provides place-based early intervention programs aimed at improving the health, wellbeing and developmental outcomes of children aged 0-5 years. Programs include speech pathology, play therapy and mentoring services for children who have experienced trauma.

Little Possums

Little Possums provide culturally sensitive support through Aboriginal mentoring, advocacy and play therapy. A qualified play therapist and an Aboriginal mentor empower families by offering play therapy sessions for children who have experienced trauma. Families receive face-to-face and phone support to address challenges, build on their strengths and develop a sense of community and belonging.



Kids Early Years Network

Offering a revolutionary new approach, the Kids Early Years (KEYS) Network is designed to deliver a cohesive, coordinated experience for families. KEYS works with children aged 0-5 years by connecting them and their families to tailored, specialist services, including health, educational, social and wellbeing support. Learn more about KEYS at wskeys.com.au

Students as Lifestyle Activists (SALSA)

SALSA is a peer education and leadership program designed to motivate high school students in Western Sydney to maintain a healthy lifestyle and increase their physical activity. The award-winning project trains university students as SALSA educators, and they, in turn, coach high school students to be peer leaders for younger students. The program is run in partnership between the University of Sydney, Western Sydney Primary Health Network, Western Sydney Local Health District, medical practitioners and high schools in Western Sydney.

Around 50,000 students have benefitted from the SALSA program.

CASE STUDY

Rooty Hill High School successfully updated their school gym as part of its SALSA Youth Voices' School Action Plan to increase physical activity or improve diet. The students used learnings from the SALSA program to identify that a decreased number of girls were physically active, developed a solution, and implemented their plan.

They successfully asked for funding from their principal, ordered the equipment and renovated the space. The new gym has gender-neutral gym equipment and targeted female-only gym classes.

The gym has provided students, particularly females, an extra opportunity to be physically active before school and during lunchtime gym classes.

“ In a school where 25% of the students live in homes of considerable poverty and 200 of the 1125 students have health plans for chronic poor health, a health strategy of this kind is a powerful opportunity to change health and life outcomes for those students. ”

– Principal, Rooty Hill High School

Contact **Kym Rizzo Liu** if your school is interested in participating in the SALSA program: kim.rizzoliu@health.nsw.gov.au