

## **Central Community Advisory Council (CAC)**

### **Ms. Lynda (Lyn) Whiteway - Chairperson**

Lyn is an experienced consumer advocate and peer educator. Lyn is a member of the State-wide Chronic Pain Steering Committee and the Transforming Health Peak Community and Consumer Engagement Committee. With lived experience of chronic pain, Lyn is interested in addressing issues in the transfer of care between hospital and primary health care.

### **Ms. Mary Wing - Membership Advisory Council Representative**

Mary has lived experience of chronic pain and is passionate about helping people live full lives, despite chronic disease and associated pain. Mary facilitates chronic condition self-management courses both in the community and online and is currently a member of the State-wide Pain Strategy Steering Committee.

### **Mr Cameron Carroll**

Cameron is passionate about the de-stigmatisation of mental health and alcohol and other drug issues, – particularly for men in his generation. He is well networked with the local sporting sector and would like to utilise these networks for this. Through his role as a Support Worker Coordinator, he is also keen to see more support and community knowledge around the NDIS.

### **Mr. John Casey**

John has lived-experience utilising primary health care services for himself and his family in three states, including rural Australia. John is an advocate for digital connectivity with the community, via health promotion & awareness raising on social media.

### **Mr Grant Dolejs**

Grant is a retired school principal who has recent experience in navigating elderly family members through the aged care and health sectors. He is a strong advocate for connecting GPs with broader health, social and educational services, to ensure a more holistic, person centred approach. In particular advocating for the health and wellbeing of young people and frail older people.

### **Ms Sue Gilbey**

After a series of accidents and surgery Sue was left with mobility issues and chronic pain. She has written a book about women with disabilities, based on her own experience. Sue is very community minded, and a passionate blogger about local social justice issues. She is a volunteer host for a social justice radio program. Sue would like to see more capacity building for primary health care services to be inclusive and affordable for people living with disability.

### **Ms Kate McKinlay**

Kate is an honours student and works 2 days a week while studying. Kate has experienced many interactions with both general practice and specialists, dealing with chronic pain. She has also had experience in accessing mental health services.

### **Ms Rachel Rodda**

Rachel has experienced the primary health care sector as a mother of 4 young children and carer of elderly parents. Currently she is a consumer representative on the WCHN – Parent and Family Centred Care Committee. Rachel has an understanding of the need to empower consumers to make informed decisions about primary health care through health promotion/prevention.

**Dr Tony Sangster**

Tony is a retired GP who is focusing on giving back via consumer roles in his retirement. He draws on his lived experience to do this, which includes living with diabetes for 51 years, depression and sleep apnoea. Other lived experience includes caring for his daughter with downs syndrome. Tony is passionate about health literacy and health promotion.

**Ms Holley Skene**

Holley's experience is very much focussed on mental health, disability and sexual health for young people. She has a vast network of health service providers through her work with ShineSA, connected to healthcare providers in the Western region caring for her parents and many informal networks with the LGBTIQ communities in Adelaide.

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