

## Central Community Advisory Council (CAC)

### **Mr. Tom Symonds – Deputy Chairperson, Acting Chair**

Tom is keen to contribute to the improvement of primary health care services for his family, including his children. Tom has had experience as a service user of both Australian and UK primary health care systems and brings this valuable perspective to the group.

### **Ms. Fiona Raschella – Membership Advisory Council Representative**

Fiona has lived experience of chronic conditions from a young age, and understands the importance of maintaining independence in chronic disease management. Fiona would like to use her experience to advocate for more connected care and improving communication between patients and medical professionals.

### **Ms. Mary Wing**

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.

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

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.

### **Dr (PhD) Kathryn Powell**

Kathryn is passionate about carers. Kathryn believes there is an increasing burden on middle aged and older carers, causing more ill health and mental health burden within the carer population. Kathryn is an anthropologist who believes we can benefit from looking at system changes and how we build values into better coordinated primary health care.

### **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.

### **Central CAC Contact:**

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