

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

### **Ms Jenny Bennett – Chairperson**

Jenny believes in consumer directed, patient-centred care, and empowering community members to better self-manage health issues. Jenny has lived experience of chronic disease. As a self-employed chronic disease self-management educator, Jenny has strong connections to community groups.

### **Ms Julie Davis – Membership Advisory Council (MAC) Representative**

Julie has experience as user in the areas of aged care, mental health and children's health services. Julie has a vision of a 'health care service library', a one-stop-shop for community to obtain links/connections/details on available health services.

### **Ms Nicole Bowering**

Nicole is a self-identified recovering drug addict. She completed the Matrix program at PsychMed in Salisbury and is now employed with them to provide peer support and programs to clients in the program. She is passionate about increasing the capacity for all health services to address alcohol and other drug addiction problems without stigmatisation or judgement.

### **Ms Leanne Galpin**

Leanne cares for her daughter who is on the autism spectrum. She volunteers with the community support group Asperlutely Autsome. She is also well networked with the Bowden Brompton school community. She is passionate about integration in mental health services and has participated in several consumer reference strategies including the WCHN – CAMHS service redesign.

### **Mr David Jones**

David has significant experience as a consumer and carer of the primary health care system. He is a strong advocate in empowering community members to better self-manage health issues. David is also a strong advocate for peer education.

### **Mr Elias Kabura**

Elias is a Burundian man in his 40s who settled in Adelaide 10 years ago after living in a refugee camp as a refugee. Elias is well connected with the Burundian community in northern Adelaide. He is passionate about the health of CALD and newly arrived populations, men's health and youth mental health. He currently works for CASSA 2 days a week and Baptist care 2 days a week in peer support roles.

### **Ms Sonia Mangelson**

Sonia is passionate about the mental health of carers, particularly those caring for people with a disability. Sonia also has a keen interest in digital health, and a strong advocate for My Health Record, along with empowering consumers to increase health literacy, having the skills and education to manage their own health.

### **Ms Penelope McMillan**

Penelope has experience with chronic illness and is a carer for two family members. Penelope is passionate about improving primary health care services to better meet the needs of patients, especially those with complex, long-term or challenging health needs.

### **Ms Chloe Seager**

Chloe is in her first year of University, studying social work. She is passionate about youth mental health, having had her own lived experience navigating the system, including accessing a local headspace centre. She is also a passionate advocate for more to be done in the north around homelessness and drug and alcohol treatment services.

**Ms Lynn Charlesworth**

Lynn is a well networked school counsellor who has worked in the northern and north eastern suburbs for the past 17 years. Lynn lives in the inner north east and is a carer for her partner who has a mental illness. Lynn is passionate about the health and education sectors working together and is also a beyond blue volunteer providing community education on mental health.

**Contact: Community Collaborations****Ph: 8219 5900****Email: [community@adelaidephn.com.au](mailto:community@adelaidephn.com.au)**