

Julie Davis

How did you start your advocacy journey?

I started my consumer advocacy journey by attending a community feedback & survey event held in Hewett for the Northern Adelaide Local Medicare (NAML). I believe that the feedback from the day was used in a tender process, which was successful & was also a contributing factor to the birth of the Adelaide Primary Health Network.

How has advocacy enriched your life?

Largely by the feeling I get in giving back to our communities and society. Allowing me to feel like my experience within the health care system is being listened to, also that I feel like our government actually really cares about how people are finding the current health care system and what is good and what is not so good.

Why is advocacy important to you?

Health advocacy is definitely important to me because I care about my health, my children's health, my family's health & the health of our communities and society. Also, I want to assist people by improving the co-ordination of health care & make navigating the current health care system easier. I believe I can achieve this through sharing my experiences and current knowledge of the services and advocating for improvements through health service community advisory councils or networking groups.

What has your involvement with HCA looked like?

It has looked like a country road leading to blue skies and green mountains! It so far has been very informative. I have attended an introductory training session for consumer advocates & representatives held at the HCA's head office in Pirie St, Adelaide. The session was a great day and Kathy & Lindsey were great hosts. I have also attended one community advocate networking meetings held in the same location.

How long have you been involved with HCA?

I am a new comer to the Health Consumer Alliance I think if my memory serves me right approximately 6 months.



What is your current role?

I am currently the deputy chair of the Adelaide Primary Health Network's - Northern Community Advisory Council. I am also the representative for this council who sits on the Memberships Advisory Council. I am a member with the Northern Disability Network, Northern Carers Network and the HCA's Community representatives & advocates network. Also, I am currently a Community Partnership Program with Drug and Alcohol Services South Australia. I also sit on the Public Information Review Panel.

What sort of advocacy work have you been involved in?

I have recently participated in many meetings with the Adelaide Primary Health Network. My most heart-warming was presenting & sharing my story with previous lived experience of over 20 years of drug & alcohol addictions and mental illness at a Community Ice Forum. I have attended consultations meetings and workshops. I have been featured in community bulletins and newsletters on a couple of occasions too! Coming up in August I will be presenting at a Carers Group held by the Mental Illness Fellowship of South Australia as a community representative for Drugs and Alcohol Services South Australia (DASSA)

How do you think your advocacy work has made a difference?

By sharing my personal experiences & sharing my personal story I believe that others have been able to gain some insight of what it is like to be a consumer of the current health care system and what it is really like to live with drug & alcohol addictions & mental illnesses. I believe that by sharing my personal story that others will share theirs too and in doing so we will together raise awareness and create a safe platform to start conversations about our community's health, mental illness and drug and alcohol concerns.

