

Wellington Primary Care Partnership



October 2010 Issue 146

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Meetings for 2010 - commencing at 10:30am

Date	Meeting	Location
25 October	Business Meeting	Lecture Hall, CGHS
22 November	Executive Meeting	e-health room, CGHS
13 December	Business Meeting	Lecture Hall CGHS

Health Promotion Meetings

9.30am – 11am
Conference Room - CGHS

Date

19 October – Using technology to enhance communication
21 December

Chronic Disease Mgmt Meetings

2pm – 4:30pm
Conference Room - CGHS

Date

5 October
7 December

Newsletter Publication Dates

Deadline for submitting articles	Publication Date	Deadline for submitting articles	Publication Date
29 October	5 November	26 November	3 December

Newsletter and Attachments

Newsletter and attachments can be downloaded from our website:

<http://www.wellingtonpcp.com.au/resource-unit>

Service Coordination

Jo Cockwill
EO Wellington PCP

The Wellington PCP has just sent off reporting documentation covering the first year of the 2009 – 2010 strategic and operational plans to the Department of Health. As we put together the paperwork it was satisfying to see how much we have achieved in the past year. The need to review the WPCP operational plan was also clearly highlighted. The process for this is of course in place and will involve input from all the usual suspects.

The documentation mainly consisted of case studies covering Integrated Health Promotion and Integrated Chronic Disease Management work completed. These will be available on our website in the next week.

There is a current status report, updated monthly, which gives a clear report against plan deliverables on the Wellington PCP website www.wellingtonpcp.com.au. The Report Against Deliverables is clearly marked and will provide a “status” link which will show the WPCP work to date in all key areas.

The next year is likely to bring many changes - the National Health Reform Agenda being a key issue, especially with Gippsland planning to submit an expression of interest to be part of the first Medicare Local development.

I have provided a link below to the DH factsheets which clearly outline some basic information for agencies about the proposed reforms.

Finally, can I thank agencies for participating in the recent VicHealth Partnership analysis survey. I will prepare a report on the findings for the next Business meeting. The information will also be used to inform the review of the WPCP operational plan.

Kind regards

Jo

Information about the National Health and Hospitals Network (NHHN) Agreement

The NHHN Agreement contains important reforms to primary care services and coordination of these services. The Dept of Health has produced 4 factsheets covering different aspects of the reform Agenda. These can be found at:

<http://www.health.vic.gov.au/healthreform/factsheets.htm>

In particular the Primary Care Services and Medicare Locals fact sheet includes important messages relevant to member organisations.

Population Health Conference

The VHA will be holding its annual conference, Creating a Healthier Future: Population Health Approaches to Planning on 14 and 15 October 2010. For details, see the VHA website for more information:

<http://www.vha.org.au/event2/web/event/show/id/14XXXxxx>

Report on Gambling Vulnerability

A report titled “Problem gambling vulnerability: The interaction between access, individual cognitions and group beliefs/preferences”, prepared for the Victorian Government, Office of Gaming and Racing, Department of Justice has recently been

made public. The research aimed to address gaps in knowledge of self-regulation strategies employed by gamblers, which is still not well understood, despite the fact that most gamblers, including those experiencing problems, prefer to manage their gambling by themselves.

Key findings include that people are attracted to gaming venues which are in geographically accessible areas such as home, work and community hubs, which could also encourage impulsive gambling and make avoidance difficult. Venues provided an accessible retreat from problems for problem gamblers - both a physical retreat from issues such as loneliness, as well as a cognitive retreat from problems. Continued reliance on this accessible entertainment (both socially and geographically), combined with venues being a retreat from problems, can lead to excessive and problematic gambling.

Other findings in regard to self-regulation strategies include non problem gamblers using set limits to control spending, maintaining awareness of the reality of gambling by expecting to lose, maintaining awareness of risks posed by gambling and retaining gambling as a social rather than functional experience. Problem gamblers were more likely to control excessive gambling by abstinence and replacing gambling with other hobbies, seeking help from friends, family, mutual help groups and self-exclusion options and externally imposed options such as financial and family commitments and restrictions placed by others (e.g. family).

A full copy of the report can be found at

http://www.justice.vic.gov.au/wps/wcm/connect/01a13c8043df8588be82fee640f93f6b/Problem_Gambling_Vulnerability.pdf?MOD=AJPERES

Health Promotion

Rachael Dooley

Reporting

The annual report has been completed for the Wellington Health Promotion Catchment Plan and the following case studies were completed for each of the priority areas.

Physical Activity: Upskilling communities to lead physical activities, WSC Physical Activity Strategy, & DSE 'Go for your Life' Projects

Access to Healthy and Affordable Food: Kids – 'Go for your Life & Smiles 4 Miles Policy Development

Mental Health and Wellbeing: Festival for Healthy Living & YDHS Women's Forum

Wellington Health Promotion Network Meeting

Tuesday 19th October 9.30am – 11am in the Conference Room, CGHS

Topic - 'Using technology to enhance communication'

Presentations include:

Gippsland Women's Health Service Face Book Page - Michelle Hoare, GWHS

Technology Mythbusters - Clare Heath, School Focused Youth Service

Delivering Online Information Sessions using Elluminate – David Roberts, GippSport

Gippsland Health Promotion Task Group Workshop

A workshop will be held on Tuesday 12 October from 10am – 3pm to develop the next three year plan for the task group. The workshop will be facilitated by Anita Thomas.



GHPTG Planning Workshop

GHPTG Research & Practice Forum – Men's Sheds

Thursday 11 November 10am – 12noon at the Department of Health in Traralgon. To register please contact Vicki Bradley - hp@southcoastpcp.org.au

2011 Victorian Primary Health Care Research Evaluation and Development (PHCRED) Fellowships

Applications for the 2011 Victorian Primary Health Care Research Evaluation and Development (PHCRED) Fellowships are now open. Funding for these fellowships comes from the Department of Health and Ageing under the Researcher Development Program (RDP). The primary objective of RDP is to increase the number and range of people with knowledge and skills in primary health care evaluation and research.

The Fellowships will enable primary health care professionals to gain 'hands on' experience of the research process by undertaking a research project and attending an 'Introduction to Research' workshop program.

Closing date for applications is 25 October 2010.



PHCRED Flyer

Gippsland Women's Health Service Wig Bank

A Wig Bank is now available at GWHS. Please visit the website for further information - <http://www.gwhealth.asn.au/WigBank.htm>

Gippsland Family Violence Webpage updated - click [here](#) to view the webpage

The screenshot shows the website for Gippsland Women's Health Service. The main heading is "Gippsland Integrated Family Violence Reform Strategy". Below this, there are links for "Gippsland reform process", "Statewide integrated service reform", "Statewide development", "Links", "Codes of practice, standards, guidelines", "Gippsland Reform Process", "District committee documentation", "Facilitator Associate", "Resources", "District Data", "Evaluation Panels", "Calendar of events", "Timeline", and "Contact Us". A "New" section highlights a Department of Justice release regarding a "Defensive Homicide Discussion Paper (July 2008)". A "Key Documents" section features several document thumbnails with titles such as "A Guide to Research, Action Plan 2008", "A Guide to Action Plan 2008", "A Guide to Action Plan 2008", "National Community Attitudes Towards Violence Against Women", "Strong, Successful, Safe Women: A National Framework for Preventing Violence Against Women", "Family Violence Risk Assessment: A Framework for Understanding and Addressing Men's Behaviour", and "Enhancing access to justice: A framework for understanding and addressing men's behaviour".



Abstract Submission Key Dates

Abstract submissions open:
Monday 23 August 2010
Abstract submissions close:
Friday 29 October 2010
Acceptances notified by:
Early December 2010

Parliamentary Inquiry Report Released

Wellington PCP made a submission to the parliamentary inquiry into the potential for developing opportunities for schools to become a focus for promoting healthy community living. The report has been released and is available in PDF format on the following website <http://www.parliament.vic.gov.au/etc/article/266>

Assessing Cost-Effectiveness in Prevention Report

An ageing population, population growth, technological advances and increasing expectations of the health system will continue to sharpen our focus on a system that delivers value for money.

Pressure to deliver more with Australian health budgets will continue to grow.

Ensuring our scarce health resources are directed to where they can be most effective in improving the health and quality of life of all Australians particularly for those with the poorest health outcomes is a crucial task for those managing our health systems.

This groundbreaking major five-year study, funded by the National Health and Medical Research Council (NHMRC), and run under the auspices of the Centre for Burden of Disease and Cost-Effectiveness at the University of Queensland and Deakin Health Economics at Deakin University, must be a foundation for a more effective system for health.

Expertly led by Professor Theo Vos of the University of Queensland, in association with Professor Rob Carter from Deakin University, this research underpins a comprehensive analysis of the value of many health advancement strategies to address the burden of preventable death and disease in Australia.

Importantly, the findings demonstrate how to achieve not only a more efficient system of health, but also a fairer system. The report's focus on deeply entrenched health inequalities facing Indigenous Australians paints a striking picture - we simply must do more to improve the physical and mental health of those experiencing social, economic or geographical disadvantage.

This report has evaluated the cost-effectiveness of 150 preventive health interventions, addressing areas such as mental health, diabetes, tobacco use, alcohol use, nutrition, body weight, physical activity, blood pressure, blood cholesterol and bone mineral density.

It challenges us to learn more from intervention experiences in tobacco control and sun safety, which have demonstrated enormous benefit in the past from well-targeted and sustained activity.

Similar success is possible in areas such as alcohol use and obesity, which have received low levels of investment in past decades. Additional investment, however, should not be at the expense of continuing effort in the areas in which we are making inroads.

As the community and decision-makers become more aware of the need to allocate more resources to and take some tough decisions about prevention, it is vital that action be based on the best available evidence, not on speculation or anecdotal evidence. The importance of this landmark volume is that it shows the possibilities of evidence-based decision-making on prevention. It also clearly shows where more research is needed.

In addition to identifying what we must do more of, the report suggests what we should do less of, to achieve a healthier community and a health system that delivers better value for money. This report is the largest and most rigorous evaluation of preventive strategies undertaken anywhere in the world, and challenges us to think more deeply about the value of health to society and the strategies to achieve a healthier and fairer society.

We invite you to use the learnings in this landmark report to guide your contribution to the debate on how we may design a system for health that values effectiveness, equity and efficiency, and how we can promote preventive action on the basis of the best available evidence. The full report can be downloaded from the University of Queensland website: <http://www.sph.uq.edu.au/bodce-ace-prevention>

Lap the Lakes

The 'Go for your life' 'Lap the Lakes' is on again! It's time to start lobbying work colleagues, family members and school mates to organise your team to take part in this year's event. 'Lap the Lakes' 2010 will be held on **Wednesday October 20** at the Sale Botanic Gardens. Entries close on Wednesday 13 October. Flyer and registration form can be accessed at <http://www.wellingtonpcp.com.au/resource-unit>

Promoting Fruit and Vegetables in Schools Workshop

Linde Coggan

This workshop is for principals, school council members, teachers, staff and local health professionals. With a focus on fruits and vegetables, this workshop will provide attendees with FREE resources and practical strategies for promoting healthy eating within school curriculum, policies and the school community.

The workshop aims to increase attendees' knowledge, skills and resources to confidently implement the Kids – 'Go for your life' program, which encourages healthy eating and physical activity in children. You will also have the opportunity to liaise with your local Kids – 'Go for your life' Co-ordinator about the final steps towards being awarded.

When: Monday 18 October 2010, Registration 4 pm, Workshop 4.30 – 6.30 pm

Where: Conference Room, Central Gippsland Health Service, Palmerston Street Sale

Cost: Free

Light refreshments provided

Please RSVP to Linde Coggan on 5143 8803 or email linde.coggan@cghs.com.au by Monday 11 October 2010.

Help your workplace 'find its feet'

The Walktober Workplace Challenge runs from Monday 25 to Friday 29 October 2010 and is a great way to get active as part of a work routine. Be inspired by the spring sunshine, step out and set the pace for a healthier heart, body and mind!

Your Challenge is simply to add as many walks as you can into your working schedule for one week. They don't need to be long, even 15 minutes counts, so include a walk in your journey to and from work, walk at lunchtime, walk to a meeting or even schedule a walking meeting!

Most people think that walking to commute is too hard, but often it's really easy and takes a lot less time than you think. You could save a car journey and walk to the station, or get off the train or tram a few stops earlier. Every single one of these walks earns you points. Bigger walks earn you even more points, and it all quickly makes a difference to your waistline and your wellbeing.

The Walktober Workplace Challenge provides an easy, user friendly system. No counting steps, no complicated rules or calculations. The Challenge requires one coordinator for every workplace just to let people know what the challenge is about. Register yourself online and log your own walks daily or as often as you like. You will see how your colleagues are going, and how you are measuring up against other organisations.

Walktober suggests you set up several workplace teams to challenge each other, or challenge another organisation. It's all great fun! At the end of the event, walking in Walktober will have improved your workforce's health and motivation and helped the environment along the way.

The Walktober Workplace Challenge is a free program supported by the Victorian Government and available to any organisation in Australia, so take the first step, get in touch and get started!

Call Robyn Alexander at Walktober on 03 8320 0102 or email [The Walktober Team \(walktober@kinectaustralia.org.au\)](mailto:walktober@kinectaustralia.org.au)

Walktober Neighbourhood House Challenge 2010

The Wellington Walktober Neighbourhood House Challenge is on again from October 20 until November 5, 2010.

On Wednesday 20 October the Neighbourhood House Challenge will be launched at 1pm at the Lap the lakes Event in Sale. Each neighbourhood House is eligible to receive one free team entry into this event and we will have a specific mystery time for Neighbourhood House teams on the day.

Neighbourhood House Challenge participants will then record all steps taken during each day, as recorded by their pedometer, and fill out their log sheet until Friday November 5.

Winners will be announced on Tuesday November 16:

Winner – Highest Average Steps
Honorary mention – Most Participants

If you have any queries or questions, please feel free to contact us

David Roberts GippSport (03) 5142 3483 david@gippsport.com.au	Renee Heath Central Gippsland Health Service & Wellington PCP (03) 5143 8833 renee.heath@cghs.com.au
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'Get Healthy' Bike Ride

Yarram & District Health Service, together with The Woodside Gift, is holding a 'Get Healthy' Bike Ride on Saturday, 18th December. The ride commences at Yarram (Registration 7.30am for 8am start) and travels to Woodside Oval (approx 19km bike ride).

More information is available from 'Get Healthy' Bike Ride, YDHS reception Devon St Entrance, by phone on 5182 0222 or email ydhs@ydhs.com.au. The registration form is attached to the WPCP Upcoming Events file.

Beyond 'That's So Gay'

Daniel Witthaus has been in touch about his Beyond 'That's So Gay' national challenging homophobia tour which is arriving in Gippsland in the week starting 11 October. Daniel would like to interview local lesbian, gay, bisexual and transgender people (and those that work with them) with a focus on people's experiences, challenges and needs to improve quality of support. He is also available to do booking readings, forums or workshops for teachers/health professionals about challenging homophobia.

If anyone is interested, you can contact Daniel via:

Daniel Witthaus, Beyond 'That's So Gay'
A National Challenging Homophobia Tour
web: www.thatssogay.com.au
phone: +61 (0) 431 157 957
Email: daniel@thatssogay.com.au

DPCD National Youth Week Grants 2011

National Youth Week is an annual week long series of activities that recognise and celebrate the contribution of young people throughout Australia. Events are organised for and by young people. Youth Week is a joint Federal and State government initiative.

The National Youth Week theme in 2011 is "Own It". National Youth Week will be held between 1 and 10 April 2011. National Youth Week grants aim to support events and activities that focus on issues of interest for young people or support a particular group of young people over Youth Week.

There are two types of grants of up to \$2000 each:

- \$2000 for young people working with an organisation to deliver a local community based project OR...
- \$2000 to deliver an event that raises awareness of depression and anxiety (supported by Youthbeyondblue)

Applicants must be either incorporated organisations or auspiced by an incorporated organisation. All events must be alcohol, tobacco and drug-free and accessible to a

range of young people between 12 and 25 years of age in their local community. All projects must be covered by appropriate insurance including public liability for a minimum of \$5 million.

Applications close at **5.00pm on Friday, 15 October 2010**. Please note that on line lodgement is the preferred method however a word application is available on request from the contacts below for those without internet access.

Contact:

Nkatha Mutiga - DPCD Gippsland	(03) 5174 7308
Rebecca Morecroft - Office for Youth	(03) 9208 3209
Grants Information Line	300 366 356

<http://www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/AllDocs/10340AAC4B210E5DCA257180002B2F30>

Newsletters

GippSport

GippSport has redeveloped their Getting Gippsland Active eNewsletter with the aim of linking people directly to what's on in their community.

The PDF eNewsletter will now provide greater focus on upcoming programs and events that directly promote physical activity and are easily to access and get involved.

The eNewsletter will be circulated prior to the start of each school term with a special edition out in December to focus on the School holidays.

If you would like to be included in the next Wellington edition, please email david@gippsport.com.au

Visit this link to download the current PDF version -

http://gippsland.sportslink.org.au/Files/GGA/GGA_Wellington_T4_2010_.pdf

To subscribe to future editions visit -

<http://gippsland.sportslink.org.au/eNewsletter/subscribe.asp>

South Coast PCP Newsletter -

<http://www.southcoastpcp.org.au/index.php/news/148-scpcp-update-sep-2010>

East Gippsland PCP Newsletter



East Gippsland PCP
Newsletter

deafaccess Newsletter



DeafAccess

Elder Abuse Prevention Strategy – Project Update

Community Information Sessions – Sessions have been delivered by Senior Rights Victoria in Warragul, Inverloch, Leongatha, & Sale. The sessions scheduled for Cowes, Traralgon and Yarram had to be cancelled due to insufficient numbers. Due to the poor response to the general community sessions the approach has been modified to link in with existing groups. If you are involved with a group which involves older adults and would be interested in having a guest speaker from Senior Rights Victoria please contact rachael.dooley@cghs.com.au

World Café Forums – A successful world café forum was hosted by the Sale U3A with 25 people participating. The group found the café thought provoking and interesting. The next café will be hosted by the Latrobe City Council Planned Activity Group. If you are involved with a group which involves older adults and would be interested in hosting a world café please contact rachael.dooley@cghs.com.au



Interagency Protocols – A workshop will be held for EAPS Project Workers in October to develop a state wide referral pathway. Regional and local platforms are currently being scoped along with existing elder abuse policies and protocols.

Meetings for 2011

Business Meetings for 2011 to be held in the CGHS Lecture Hall from 10:30am till 1:00 pm		Executive Meetings for 2011 to be held in the CGHS e-health room from 10:30am till 12:00pm	
31 January	28 March	28 February	18 April
23 May	25 July	27 June	22 August
26 September	28 November	24 October	12 December

Health Promotion Meetings 9.30am – 11am Conference Room - CGHS		Chronic Disease Mgmt Meetings 2pm – 4:30pm Conference Room - CGHS	
21 December 2010	15 February 2011	7 December 2010	1 February 2011
19 April	21 June	5 April	7 June
16 August	18 October	2 August	4 October
20 December		6 December	

Websites

www.activecitizenship.org.au

Department of Planning & Community Development - www.dpcd.vic.gov.au (previously Dept. of Victorian Communities)

BHCiG CDM Resource Kit now online

http://www.health.vic.gov.au/communityhealth/cdm/res_bhig.htm

Infoxchange Australia

Infoxchange Australia is a non-profit company dedicated to providing a quality up-to-date information service and the latest on-line newsletter can be found @ <http://www.communitynews.infoxchange.net.au/infocast/>

Primary Health Weekly Bulletin
Department of Human Services
http://www.dhs.vic.gov.au/rrhacs/p_h_bulletin/nocache?src=email&id=090409

Victoria Walks website:
http://www.victoriawalks.org.au/Love_living_local/

Social Research in Transport (SORT) Clearing House is a repository of research reports, research abstracts and links to research findings
<http://www.sortclearinghouse.info/>

WPCP Contact Details

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