

# Wellington Primary Care Partnership



February 2012 Issue 160

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## General PCP Business

### New Acting Chair

The Wellington PCP is very appreciative of Central Gippsland Health Service's support of PCP work and thanks Ruth Churchill for agreeing to be Acting WPCP Chair, until May 2012 when the PCP Executive membership is reviewed. Ruth is replacing Steve Elvy from Yarram District Health Service, who has been chair for the last 18 months and has now moved interstate.

### Conference/PD Support for Agencies

Wellington PCP has provided support for agencies wishing to send staff to professional development activities or conferences which will build agency capacity to improve service delivery, the management of clients with chronic or complex disease or to develop and implement health promotion strategies.

The PCP has developed a form for agencies to use to facilitate the support application process. This can be accessed on the website [www.wellingtonpcp.com.au/resource-unit](http://www.wellingtonpcp.com.au/resource-unit)

### WPCP Business Meeting - January 30th 2012

The first Business Meeting for 2012 was on Monday 30<sup>th</sup> with a number of issues raised. The minutes can be accessed on our website. Please feel free to contact staff with comments or questions.

## Service Coordination

### Gippsland E-Health Forum - March 20, 2012 – at Monash University Churchill

This regional forum aims to:

- raise awareness of existing E-Health initiatives in the region
- increase partner agencies understanding of E-health policy direction
- raise awareness of future E-health initiatives

Topics covered on the day:

- E- Care Planning Project
- Telehealth (including E-consulting)
- Human services directory (HSD)
- Personally Controlled Electronic Health records (PCEHR)
- E-Referral/S2S/Argus
- SCTT/VSRF 2012 Updates
- Our current-health environment and where we should be going.

**Put the date in your diary**

### **Elders Abuse Project**

Wellington PCP has been the lead Gippsland PCP in this project which will be completed by June this year. The project has developed a partnership with Seniors Rights Victoria to roll out an education program across Gippsland, raising awareness of elders' abuse issues and resources.

A feature of the Gippsland project has been to support agencies to develop new or to re visit established policy to ensure that agency staff can identify and work with clients who are victims of this form of abuse.

A full evaluation report will be available in the coming months as the project nears completion.

### **CDM Worker Update**

Kelly Day

The first of the 2012 CDM network meetings is happening on the 14 February.

'Supporting organisational change to implement self management' is the topic for the meeting. Guest speakers include Vicki Georgaklis and Joanne Grigg from Darebin Health. The meeting will include a presentation about their experiences, challenges and successes and provide a forum for questions followed by an opportunity to network with the group.

Please note that a venue has now been confirmed and the meeting will take place at the Gippsland Regional Sporting Complex 116 Cobains Road, Sale at 1.30pm.

We hope to see you all there.

If you would like more information please contact Kelly Day on 5152 0022 or via email-  
[kellyd@glch.org.au](mailto:kellyd@glch.org.au)

## Health Promotion

Tara Smark

### Health Promoting Schools and Early Childhood Services

The Department of Health and Department of Education and Early Childhood Development have co-chaired the Health Communities Healthy Children steering group to develop the Victorian Prevention and Health Promotion Achievement Program (VPHAP). The program recognises and supports schools, early childhood education and care services, local communities and health services to provide safe, healthy and friendly environments for learning, working and living. The program focuses on a whole setting approach to promote health address eight health priorities:

- Healthy Eating and Oral Health
- Mental Health and Wellbeing
- Safe Environments
- Alcohol and Other Drug Use
- Physical Activity
- Skin Cancer Prevention
- Sexual Health and Wellbeing
- Tobacco Control

The program's healthy eating/oral health and physical activity components will be rolled out in February with the four remaining domains to be rolled out progressively during the year.

Kids – Go for your Life (KGFYL) awarded five Wellington Primary schools for their promotion of physical activity and nutrition in December last year. These primary schools were Wurruk, Seaspray, St Mary's Maffra, St Mary's Sale and Cobains. These schools will receive advanced standing under the VPHAP's recognition award scheme.

CGHS also supported six kindergartens to receive Smiles 4 Miles awards in recognition of their excellent oral health and healthy eating promotion practices. These kindergartens were Queen Street, Longford, Hyland Community, Gwenfa Hampton, Glassford Street and Sale North.

### Partnership support of community physical activity programs

More communities across Wellington Shire are able to access physical activity programs through the Up skilling Communities program which supports community members to become qualified fitness trainers. Daniel Miller, the facilities manager at Aqua Energy is a great supporter of this and other community physical activity programs. He has supplied surplus equipment which will be distributed to Wellington neighbourhood houses and swim passes to Ramahyuck to encourage the indigenous community to increase their physical activity. Daniel and his team have also been supportive of community members who are studying to become fitness instructors by supplying a venue for their workshops and equipment for students' practical assessments.

### Breastfeeding Friendly Workplaces

Sue Gray, CGHS's Breastfeeding Support Service has, with the assistance of the Australian Breastfeeding Association, developed a short power point presentation on how to become an accredited Breastfeeding Friendly Workplace. If anyone would like to access a copy of the presentation then please contact Julie Fitt, UnitingCare Gippsland's Best Start Facilitator at [Julie.Fitt@ucgipps.org.au](mailto:Julie.Fitt@ucgipps.org.au).

## **Wellington Health Promotion Network**

Barb Radley

The last Wellington Health Promotion Network meeting for 2011 was held during December and involved an interactive presentation by Leah Galvin, who is a public health nutritionist and community food resilience consultant. An invitation was extended to all interested agencies in the region. Leah's presentation was attended by 24 individuals from across four Gippsland local government areas and included questions and discussions relevant to working within the local context.

The presentation stimulated thought around frameworks for a sustainable and healthy food system, which will inform future strategies and help to build food resilient communities. If you would like to receive a PDF copy of the presentation, please email [barb.radley@cghs.com.au](mailto:barb.radley@cghs.com.au)

More information on Leah's presentation and the minutes from the October Health Promotion Network meeting can be found at <http://www.wellingtonpcp.com.au/health-promotion>

The next Wellington Health Promotion Network meeting will be held on 21 February.

## **Gippsland Sexual and Reproductive Health Strategy**

Dr Jennifer Walker from Melbourne University is undertaking a review/redesign of the TestMe service that is run via the Melbourne Sexual Health Centre. Feedback from the Gippsland region is being sought regarding whether the service has been utilised, what barriers/enablers have been encountered in accessing the service and how could it be improved. General feedback or comments are welcome and can be directed to Jodie Pullman, Gippsland Women's Health Service [hpo@gwhealth.asn.au](mailto:hpo@gwhealth.asn.au) or directly to Dr. Jennifer Walker, Ph. 9341 6243 or [JWalker@mshc.org.au](mailto:JWalker@mshc.org.au)

## **Transport Connections Program Update:**

### **Virtual Visiting Proposal**

During December an application was submitted to the Dept. Planning and Community Development's Transport Connections Program Innovations Fund. Up to \$85,000 is available per project which involves a partnership between two or more regional Transport Connections Programs. The Virtual Visiting proposal is an inter-regional partnership involving the Wellington, East Gippsland and Baw Baw Shires and is supported by Primary Care Partnerships in each of the three local government areas.

The Virtual Visiting project seeks to enable aged care facilities utilise Broadband for Seniors kiosks more effectively. The proposal involves up-skilling volunteers and staff who will support residents at risk of social isolation to communicate through the use of Skype and other forms of social networking. Local secondary school VCAL students will assist the project by providing guidance for residents in using online puzzle-solving and card games which may potentially reduce the risk or delay the onset of age-related dementia. Training will be developed and facilitated by AdvanceTAFE.

The initiative will allow for partnerships between educational settings, regional aged care facilities, job network providers, volunteer agencies, Transport Connections Programs and Primary Care Partnerships.

The outcome of the application should be known in early February.

### **Let's GET Connected**

Transport Connections (Wellington) – Let's GET Connected is looking for project ideas that have the potential to enhance or compliment Wellington Shire Council's Walking and Cycling Strategy.

A total of \$37,500 is available to fund suitable projects.

If you have an idea for a project please contact Sheryl McHugh, Transport Project Coordinator, Wellington Shire Council, phone 5142 3478 or email: [sheryl.mchugh@wellington.vic.gov.au](mailto:sheryl.mchugh@wellington.vic.gov.au)

### **Gippsland Regional Car Pooling Project**

The Gippsland Transport Connections Network was successful in a recent submission for funds to support a carpooling scheme, which aims to address young people's travel needs in relation to accessing training and employment in the Gippsland region.

The Gippsland Regional Car Pooling project aims to establish an affordable, alternative shared private transport option, for the reduction of single occupant vehicle trips in Gippsland. The initiative will focus on improving access to employment and education options, as well as improved access to services and socialisation opportunities. The project will develop, implement and promote a region-wide internet based carpooling scheme, which will provide new transport opportunities and initiate travel culture change.

The submission was developed over a two year period in collaboration with a number of partners from the Gippsland region and includes the local government areas of Wellington, East Gippsland, Bass Coast, Baw Baw, Latrobe and South Gippsland. The project has been endorsed by the Transport Connections Network as a solution to boosting education and trainee student numbers, while also tackling climate change, rural access and social isolation.

### **Community Kitchens**

Maffra Community House is currently looking at starting a Community Kitchen, with a suitable venue being sought in an accessible location. For more information regarding Community Kitchens in Wellington, please contact Barb Radley, Health Promotion Coordinator, ph. 5143 8868.

Information regarding Rosedale and Sale Neighbourhood House Community Kitchens are available on our website [www.wellingtonpcp.com.au/other-joint-initiatives](http://www.wellingtonpcp.com.au/other-joint-initiatives)

## Population Health Congress 2012

The 2012 Population Health Congress is expected to be the largest public health event of the year and will take place at the Adelaide Convention Centre between 10-12 September. 'Population Health in a Changing World' is the theme of the conference, which is being organised and sponsored jointly between four of Australasia's leading health professional organisations. Well-known keynote speakers will address five sub-themes, which include:

- Global health, climate and economics: what is the impact of change?
- Changing demographics in Australia and New Zealand – the social and health impacts
- Complex systems thinking – changing contexts for advocacy and action on population health
- How are translational research and knowledge transfer shaping the future of population health?
- Inequalities and social determinants – how are these being addressed and with what effect?

For further information on the conference, visit:

<http://www.conferenceco.com.au/pophealth/Index.html>

## Course in Consumer Leadership

The WPCP, through the Health Issues Centre, conducted a Course in Consumer Leadership during 2011. The aim of the course was to build the capacity of the community to provide quality feedback and have input to the work of local health services. The three day course was well attended by both community members and agency staff with the feedback being extremely positive.



Participants attending the Course in Consumer Leadership

## News from Partner Organisations

### Wellington Shire Council

The Wellington Shire Community Programs grant guidelines are now available. You can apply for up to \$5000 and applications close on 1 March 2012. The purpose of the grants is to provide assistance to community groups for a broad range of community development programs and activities. Please contact the Shire's Grants Officer on 5142 3630 if you need help as he is available to assist you. Guidelines can be accessed on the Community Page of the WSC website [www.wellington.vic.gov.au](http://www.wellington.vic.gov.au)

### Partners in Depression

Do you know, love or care for someone experiencing depression? Did you know those who love, care for or support people with depression can experience significant stress and are themselves at greater risk of developing mental health problems?

Are you interested in finding out more about a program shown to be effective in supporting the partners, family members and friends of people with depression?

### About the Program

'Partners in Depression' is a free 12 hour group program (3 hour sessions over 4 weeks) that aims to address the information and support needs of those who live with or love someone experiencing depression.

The program covers a range of topics including:

- What is depression
- Treatments for depression
- Suicidality and self harm
- How do you best support someone with depression
- Communication strategies
- Importance of self care

The program is run by health professionals and provides a forum in which to receive information and ask questions about depression and your support role, with others with similar experiences.

### Upcoming Course Information for Sale and district

Course Date: 4 x 3 hour weekly sessions commencing Thursday 8th March  
Time: 6pm – 9pm  
Venue: Sale - CGCS, Conference Room.  
Facilitators: Linda Curtis, Susanne Lampitt & Nicole Teijken  
Cost: Nil

Register your interest: Contact Linda Curtis 5143 8976 or email [lc Curtis2@lrh.com.au](mailto:lc Curtis2@lrh.com.au)

### Graduate Certificate in Assessment and Case Management

The Department of Health has just released further funded places in CHCCM702A - Implement goal-directed care planning. This is a core /compulsory unit in the Graduate Certificate in

Assessment and Case Management. Information about these places is available on the Victorian PCP website <http://www.health.vic.gov.au/pcps/>

Applications are being taken on line until March 2012. The application process is on-line directly to the Department of Health.

### **RuralAccess**

RuralAccess Wellington Shire is keen to support women, especially young women, to be involved in the development of the DVD "Healthy Services, Healthy Women: making health care relevant to women with disabilities".

The project plans to engage young women with disabilities to explore creative methods of educating health professionals, challenge stereotypes about women with disabilities, and encourage practitioners to view the concept of disability within a social rather than a medical context. They aim to create a DVD that will assist in training health professionals. The DVD will be accessible to both women with disabilities and health workers with disabilities – with features such as audio description and closed captioning. In this way, they will model accessibility standards for health practitioners.

Please contact Leanne Wishart, RuralAccess Project Coordinator Wellington Shire if you are interested or know of someone who might be interested by phone: 5142 3464, sms: 0429 588 818 or email: [leanne.wishart@wellington.vic.gov.au](mailto:leanne.wishart@wellington.vic.gov.au).

### **Mental Health Information**

*Susanne Lampitt  
Mental Health Promotion Officer  
Latrobe Valley Community Mental Health Service, Latrobe Regional Hospital*

Article on the economic burden of poor mental health  
<http://brainblogger.com/2011/12/31/economic-burden-of-poor-mental-health/>

Article on happiness  
<http://www.smh.com.au/lifestyle/life/thirty-simple-steps-to-happiness-20111230-1pex0.html>

Short film about teenagers navigating identity, technology & relationships  
[http://www.whealth.com.au/publications\\_itsreal\\_films.html](http://www.whealth.com.au/publications_itsreal_films.html)

Website with links to resources  
<http://www.whealth.com.au/>

Febfast.....it is an annual event where an individual or team raises funds for a number of Alcohol and other Drug organisations who work specifically with young people. It offers the participants the opportunity to not only 'send grog on a holiday, but also give their liver a holiday' while raising funds to support further research and awareness relating to the misuse of alcohol. A local team from YSAS are hoping to raise \$1000  
[http://www.febfastfundraising.com.au/ysas\\_fab\\_febfasters](http://www.febfastfundraising.com.au/ysas_fab_febfasters)

Read about how Sacramento County is launching a countywide mental health promotion and stigma and discrimination reduction project  
<http://www.dhhs.saccounty.net/Pages/GI-Sacramento-County-Mental-Health-Project-Aims-to-Stop-Stigma.aspx>

Australasian Conference of Child Trauma – Gold Coast

<http://www.cvent.com/events/australasian-conference-of-child-trauma/event-summary-75797459ca3943c3a896a7870ec92cc1.aspx>

Just launched - headspace School Support is a new initiative funded by the Federal Government, Department of Health and ageing that provides support to secondary schools affected by the suicide of a student.

<http://www.headspace.org.au/what-works/school-support>

State of Victorias Children 2010 Report released

<http://www.education.vic.gov.au/about/directions/children/vcams/vcamsreports.htm>

First meeting of the Australian Mental health Commission

<http://www.abc.net.au/radionational/programs/breakfast/2012-01-24/3789528> Listen to Prof Ian Hickey discussing the commission

Information on the commission & members

<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr11-mb-mb223.htm>

### **Mental Health Advice Line**

A decision has been made to close the Mental Health Advice Line at the end of the current contract, effective from 20 March 2012. The decision is based on a government commitment to consolidate investment in the front end of the mental health service system. An important part of this transition is ensuring that Mental Health Advice Line resources (leaflets, posters, wallet cards, etc) are no longer in circulation. Please ensure that these materials are no longer on display after 19 March 2012.

<http://www.health.vic.gov.au/mhal/>

## Meetings for 2012

| Business Meetings 2012<br>CGHS Lecture Hall<br>10:30am till 1:00 pm  |                  | Executive Meetings 2012<br>First floor, CGHS Community Services<br>Room 137 - 10:30am till 12:00pm |                                |
|--|------------------|--|--------------------------------|
| 30 January   | 26 March         | 27 February  | 23 April                       |
| 28 May   | 23 July          | 25 June  | 27 August                      |
| 24 September   | 26 November      | 22 October   |                                |
| Health Promotion Meetings<br>9.30am – 11am<br>Conference Room - CGHS |                  | Chronic Disease Management Meetings<br>1:30 – 3pm  |                                |
| 21 February 2012   | 17 April 2012    | 14 February<br>Gippsland Regional Sports<br>Complex (1 <sup>st</sup> meeting only)                 | 29 May<br>Conference Room CGHS |
| 19 June 2012   | 21 August 2012   |  |                                |
| 16 October 2012  | 18 December 2012 | 28 August  | 27 November                    |
| Newsletter Publication Dates   |                  |  |                                |
| Deadline for submitting<br>articles                                  | Publication Date | Deadline for submitting<br>articles  | Publication Date               |
| 27 January   | 3 February       | 24 February  | 2 March                        |
| 30 March   | 6 April          | 27 April   | 4 May                          |
| 25 May   | 1 June           | 29 June  | 6 July                         |
| 27 July  | 3 August         | 31 August  | 7 September                    |
| 28 September   | 5 October        | 26 October   | 2 November                     |
| 30 November  | 7 December       |  |                                |

## WPCP Contact Details

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| Barb Radley, Health<br>Promotion Coordinator | CGHS | Palmerston Street,<br>Sale     | 5143 8868<br>0409 355 043 | 5143 8890 | <a href="mailto:barb.radley@cghs.com.au">barb.radley@cghs.com.au</a>       |
| Tara Smark, Project<br>Officer               | CGHS | Palmerston Street,<br>Sale     | 5143 8843                 | 5143 8890 | <a href="mailto:tara.smark@cghs.com.au">tara.smark@cghs.com.au</a>         |
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