

Welcome to our Summer edition of the Wellington Primary Care Partnership newsletter...

Prevention and Integrated Health Promotion Report 2013/14

The Healthy Wellington report to the Department of Health provides a detailed outline of partnership, planning and program activity relating to Prevention and Integrated Health Promotion (IHP) activities undertaken within the Shire of Wellington during the period 2013/14.

The Wellington Shire Council and Wellington Primary Care Partnership through the Healthy Wellington Action Group (HWAG) developed the Wellington Shire Municipal Public Health and Wellbeing Plan - referred to as Healthy Wellington 2013 – 2017. The plan has identified four priority health and wellbeing issues that impact significantly on the population residing in Wellington Shire. The priority issues identified are:

- healthy eating;
- physical activity;
- social connection and inclusion and;
- prevention of violence against women and children.

Based on the four priority areas identified, a number of objectives and interventions were chosen and developed into The Healthy Wellington Action Plan (HWAP).

One Physical Activity Priority Area is the Heart Foundation Walking (HFW). This is a free national program which has been implemented in the our Shire. There are currently four groups with six regular walks held in the Shire and a total of 16 regular walkers.

More details at <http://www.wellingtonpcp.com.au/strategic-plan>



Loch Sport Walking Group

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Farewell Barb Radley

We recently farewelled Barb Radley our Health Promotion Coordinator, after 4 years of loyal service to the WPCP. Barb's attention to detail and knowledge of all things health promotion in Wellington will be sorely missed.

We have a few issues to consider and will be conducting a review of the skill requirements for the position for the future before advertising around March (possibly). In the meantime I and the rest of the WPCP team will be doing our best to maintain the momentum in the health promotion arena particularly in relation to supporting the Physical Activity and Healthy Eating Working Groups within the Healthy Wellington Action Group.

Please don't hesitate to contact me on any matters that would normally have been referred to Barb and I will keep you all updated on developments around the vacant IHP position as they unfold.

Mark Longmuir, Executive Officer

Elder Abuse Training Package

This project has been a long time in the development stage but is now completed. It is envisaged that it will be 'signed off' by Regional PCP EO's and the WPCP Partnership early this year and ready for piloting after that.

The package is aimed to provide a basic induction for new staff on how to identify and manage situations where they feel elder abuse may be a presenting factor in the life of a client they are working with.

Tackle the Issue: Ice, alcohol and other drug forums

The Australian Drug Foundation's Good Sports program is holding a series of forums around Victoria to help you and your members learn how your sports club can support their members, families and the community to prevent and tackle drug use.

These forums will be hosted by experts in drug prevention and treatment who will help you understand practical ways that can reduce drug problems and help people live happy and healthy lives.

Who should attend?

- Sports club administrators, players and members
- People involved in education, local government, health, community development and youth services
- Concerned community members

Why should I attend?

- Get the facts about alcohol, ice and other drugs from the people that know. Experts from the Australian Drug Foundation and Youth Support and Advocacy Service (YSAS) will lead prominent members of your community in a panel discussion.
- Lead by example. Find out how you and your sports clubs can help tackle ice, alcohol and other drugs in the community.
- How to develop and implement an alcohol and other drug policy for your sporting club. Good Sports representatives will talk you through developing a drugs policy that you can implement at your sporting club.

Forum Details: Monday 2 March, 6.00pm – 8.30pm
Sale Baptist Church, LOT 1 Princes Hwy, Sale VIC 3850

Refreshments will be provided.

For more information or to register go to [GoodSports.com.au/tackletheissue/forums](http://www.goodsports.com.au/tackletheissue/forums)

The Australian Drug Foundation acknowledges the support of the Victorian Government.



Sourcing Statistical Data

In November 2014, the Healthy Wellington Action Group hosted a presentation by Vinay Parankusham, Public Health Officer with Department of Health Gippsland. Vinay provided an overview of the suite of data resources, some of which are interactive and have the ability to navigate and interpret the data presented.

Whether you are seeking to develop a snapshot of local burden of disease statistics, or make comparisons with how Gippsland fares to other areas of Victoria in general health terms, the resources will assist in drawing this information together. The resources are available on the WPCP website <http://www.wellingtonpcp.com.au/resource-unit/sourcing-statistical-data>

Bridges Out of Poverty Evaluation Report

Consultant Linda McCrorey recently completed a Bridges Out of Poverty evaluation report of behalf of Wellington PCP. The research was undertaken over the past 18 months and sought to measure how the framework has influenced change when working with clients from socially and financially disadvantaged backgrounds as a result of attending a 2-day workshop facilitated by Wellington PCP in March 2013. The report can be accessed at <http://www.wellingtonpcp.com.au/>



Gippsland Health Literacy Resource

Gippsland Regional PCP's have finalised the Gippsland Guide to Becoming a Health Literate Organisation. The resource package was recently endorsed by the Gippsland Health Services Partnership at its December meeting.

The Guide provides a template for a consistent approach for health organisations across the region in their understanding of best practice in relation to health literacy.

The guide will now undergo a pilot phase in a number of health organisations across Gippsland which will inform the 'fine tuning' process to ensure its usability across different organisational contexts.

Regional PCP's have also developed a comprehensive monitoring and evaluation framework to further inform and establish the efficacy and value of the Guide.

It is envisaged that the guide will be publicly available later in the year. Stay tuned!



Eating Disorders in Primary Health

A free workshop for General Practitioners, Nurses and Allied Health Professionals.

HeadSpace, together with Eating Disorders Victoria, is presenting a comprehensive education session delivered by experts in the field. This workshop will provide you with training to:

- Recognise the signs and symptoms of the different types of eating disorders
- Understand how to diagnose eating disorders
- Assess and manage physical risk in eating disorders

- Recommend suitable treatment and referral options for eating disorder patients

Speakers:

- Dr Beth Shelton, Eating Disorders Senior Clinician (Southern Region) Victorian Centre of Excellence in Eating Disorders
- Dr Annette Connelly, Paediatrician, La Trobe Regional Hospital

The workshop will be held on Thursday February 12, 2015 from 6:30pm for registration and nibbles with speakers from 7:00pm til 9:00pm. The venue is Headspace Central West Gippsland, 99 Buckley St, Morwell.

To register online, please go to www.gml.org.au/events

Mental Health Courses

Latrobe Regional Health conduct a number of Youth and Standard Mental Health First Aid Courses plus the free four week Partners in Depression course.

The two day Mental Health First Aid Courses run throughout the year in Bairnsdale, Traralgon, Sale, Warragul and Orbost. Cost is \$160pp (\$50pp for not for profit community groups/ individuals) plus GST - BYO lunch & snacks. All courses will run from 8.30am – 5pm. You will be required to attend the full 14 hours in order to obtain a certificate of completion.

Partners in Depression is a FREE four (4) week group program 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

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. A course is scheduled in Bairnsdale for 2, 10, 16 and 23 February, from 6pm til 9pm.

For more information on these courses contact Jacquie Hollingsworth on phone 5142 1970 or email jhollingsworth@lrh.com.au

Wellington Municipal Heatwave Plan



Local councils in Victoria have been asked to prepare heatwave plans to support their local communities to adapt and minimise the health impact of heatwaves. The Wellington Municipal Heatwave Plan was endorsed by the Municipal Emergency Management Planning Committee on Thursday 27 November 2014.

High temperatures can seriously impact on the health and wellbeing of people in our shire particularly among vulnerable population groups such as babies and young children, older people, people with a pre-existing medical condition and people with a disability.

Now is the time to:

- Review heat health protocols for workplace supervisors, staff and clients
- Prepare and plan for distribution of heat health messages to your clients and vulnerable groups
- Gather supplies of Heat Health posters and resources for distribution to staff and clients

The plan is available on the Wellington Council website: www.wellington.vic.gov.au/heatwave.

New look for Gippsland Women's Health



In late 2014 Gippsland Women's Health Service name was simplified to Gippsland Women's Health (GWH). The name and new logo were launched at their Annual General Meeting held at the Tinamba Hotel on 13 November 2014.

Whilst the name and look has changed, the team of professional and dedicated women remain the same. The new look reflects a fresh focus on the future as they work towards promoting and enhancing the wellbeing of women in the Gippsland region.



Gippsland Women's Health Annual report is available from their website <http://www.gwhealth.asn.au/pages/annual-reports.html>.

Calling all Gippsland Allied Health Leaders (GAHL) members

3rd Gippsland Allied Health Symposium - 2016: Call for Symposium Planning Committee Members.

As discussed at the recent GAHL meeting, here is the call for planning committee members for the 2016 Symposium.

Are you looking for an opportunity to network with colleagues in the region? Would you like to increase your professional profile? Perhaps gain some new skills in event planning?Then you should consider joining our Symposium Planning Committee....

You could be involved in:

- Choosing a Symposium Theme
- Assisting to choose speakers and develop the program
- Helping with show bags and trade displays
- Assisting on the day of the conference
- Attending bi-monthly meetings initially, with monthly meeting (video/teleconference available) with the potential for some follow-up work required

Help make our symposium exciting and a showcase of the innovation in our region.

Expressions of Interest to be a Symposium Planning Committee Member are due by Friday 9 January 2015

Please indicate your interest via email to desiree.glaubitz@health.vic.gov.au

Volunteers needed

Become a community volunteer.

As a community visitor volunteer you will be matched to an elderly person who has a similar social and cultural background, to provide friendship and company.

What do community visitors do?

- Visit someone who is socially or culturally isolated
- Visit them in an aged care home, or in their home
- Meet your new friend at least once a fortnight
- Spend your visits doing things you both enjoy
- Go for a walk, or visit a local attraction.

By sharing your time and interests with each other, it is hoped your elderly friend will feel better about themselves and less lonely. Latrobe Community Health Service operates this program throughout Gippsland. They will support you to adapt to your role as a community visitor. The community visitors scheme is funded by the Australian Government.

For further information or if you know someone who might appreciate a community visitor please call 1800 242 696 or visit www.lchs.com.au



Vic Health Award

Maffra Gymnastics, *Gymnastics for All* program, with support from GippSport were chosen at the recent Vic Health Promotion Awards, to receive the award - Building health through sport. *Gymnastics for All* offers people with disabilities in Maffra a fun way to participate in gymnastics and increase their strength, balance and mobility while further developing their confidence. The Award is wonderful recognition for the great work this local gymnastics program has done to support people with a mobility disability to access physical activity.

GippSport is one of the lead agencies for Healthy Wellington, and it's great to see our colleagues work being recognized!

WPCP Contact Details

Postal address: 155 Guthridge Parade, Sale

Name:	Phone:	Email:	Business Meetings for 2015 CGHS Lecture Hall, 10am-12pm	
Karen McLennan Chair	5142 3335 0409 179706	karen.mclennan@cghs.com.au	2 February	23 March
Mark Longmuir Executive Officer	5143 8845 0437 353956	mark.longmuir@cghs.com.au	25 May	27 July
			28 September	23 November
Angie Collins Project Officer	5143 8843	angie.collins@cghs.com.au	Healthy Wellington Meetings 2015, WSC, 70 Foster Street, SALE	
Claire Haines Administration	5143 8831	claire.haines@cghs.com.au	10 February	12 May
			11 August	10 November