



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

New Staff

The Wellington Primary Care Partnership is delighted to welcome Megan Barnes and Kylie O'Neill to the WPCP Team.

Megan comes to us fresh out of University having studied Public Health and Health Promotion at Deakin University, Burwood. Megan will work alongside Catherine Vassiliou on two of the four priority areas in the Healthy Wellington Action Plan. Catherine's focus is Social Access and Inclusion and Prevention of Violence against Women and Children and Megan will focus on Healthy Eating and Physical Activity priorities. Megan is bright and bubbly and will be a tremendous asset to our team.

Megan works Monday to Friday and can be contacted on megan.barnes@cghs.com.au or 5143 8843.

Kylie O'Neill is looking forward to the new challenges associated with her role of Partnerships Coordinator. Kylie has worked as a Manager in Home Nursing and Care Coordination at Central Gippsland Health Service and has a passion for Health Promotion, Chronic Disease Management and Service Coordination. Kylie's enthusiasm and experience in the health arena has already proven to be an asset in the development of a planning process for the WPCP. A key role that Kylie will be involved in will be to assist member agencies to conduct the biannual Service Coordination Survey. This is a requirement of the Department of Health and Human Services.

Kylie also works full time and can be contacted on: kylie.o'neill@cghs.com.au or 5143 8868

Health Literacy

The Gippsland Regional Primary Care Partnerships are thrilled to release the Gippsland Guide to becoming a Health Literate Organisation. This guide has been developed collectively by the Gippsland Primary Care Partnerships, (Central West Gippsland PCP, East Gippsland PCP, South Coast PCP and The Wellington PCP). It has been developed specifically to align with the accreditation standards of health services across the Gippsland Region.

The Guide covers an introduction to what is Health Literacy, A Model Policy, 10 Attributes to a Health Literate Organisation, Accreditation Standards Mapped against the 10 Attributes of a Health Literate Organisation and a series of relevant resources.

Why is it important to be a health literate organisation?

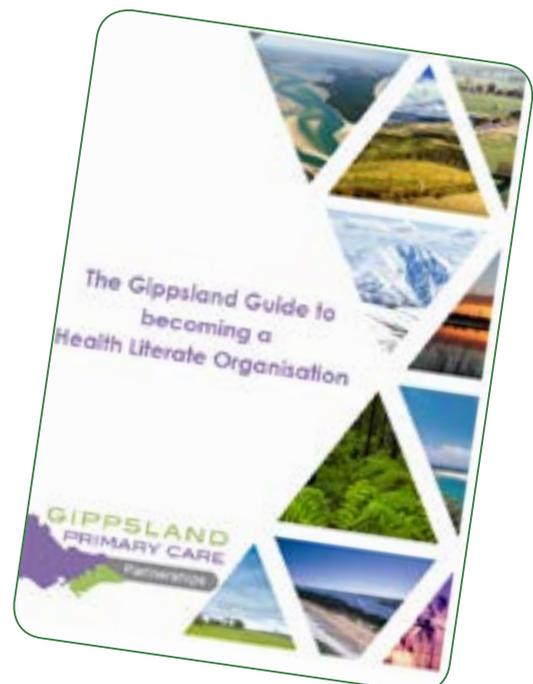
- To support consumers to manage their own health effectively

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- To support safe and effective use of primary health resources
- Organisational health literacy will result in improved health outcomes for clients

If you or your organisation want to know more about the Guide and how to help your organisation to become more Health Literate [click here](#) for more information or contact any member of our PCP Team.



Healthy Wellington

The WPCP along with four other workplaces, 14 Primary Schools and 8 Early Childhood Services, have all signed up to the Achievement Program to create healthier settings where we live, work and play. Briagolong Primary School is leading the way amongst the school settings and Yarram and District Health Service is working towards the Healthy Eating and Smoking benchmarks within the Achievement Program. The Central Gippsland Health Service Health Promotion Worker and The Yarram and District Health Service Health Promotion Worker can be contacted for more information regarding the Achievement Program in the School and Early Childhood settings.

The WPCP's focus for the Healthy Wellington Achievement Program is around assisting workplaces to register and work their way through the benchmarks of the program. Healthy Wellington is using the Healthy Together Victoria funding from the Department of Health to support businesses to create healthier workplaces.

The Healthy Together Achievement Program is a sustainable, cyclical framework, providing a step by step guide, tools and resources to employers and employees to be healthier. Locally, we want to help businesses focus on healthy eating and physical activity in the workplace, and have been working on designing competitions and resources to help businesses get started. This includes "Think on Your Feet", "Tuckerbox" and "Healthy Lunchbox Challenge" to get momentum flowing in the workplace.

We are ready to begin supporting all businesses, not-for-profit organisations, schools, early childhood services and other workplaces across Wellington to achieve the benefits of a healthier workplace. We look forward to working with all businesses in Wellington Shire- whether large, medium or small.

If you are interested in learning more about the Achievement Program, visit www.achievementprogram.healthytogether.vic.gov.au or contact Wellington PCP Team Member on 5143 8845.



Healthy Together Victoria is bringing communities together in a united effort for better health. By delivering multiple strategies, policies and initiatives across the state and within local communities; it is improving people's health where they live, learn, work and play.

Across governments
Operating at all levels across state and local governments.

Healthy environments
Creating healthier environments where people spend their time - in schools, workplaces, sports clubs and more.

At scale
Designing and delivering multiple initiatives at a scale to impact the health of entire populations.

Complex systems
Applying a complex systems approach to prevention to improve the health of all Victorians.

Collective impact
Working in partnership across sectors to have a collective impact on health.

Leadership for change
Building a critical mass of leadership to create healthy change.

www.healthytogether.vic.gov.au
Healthy Together Victoria, funded by the Victorian Government, is improving the health of our community.



2015 Population Health Congress

Megan Barnes and Kylie O'Neill have recently returned from a four day 2015 Population Health Congress in Hobart. Nine hundred people attended workshops, exhibitions and addresses from key note speakers, which centred around the congress theme "One Vision, Many Voices". Many national and international guest speakers addressed common issues such as putting the "public" back in public health, creating healthy cities and sustainable spaces and working together as a united front in facing the international health challenges of an aging population. In total 342 sessions were held over the four days with topics ranging from political influence of health management to health program delivery in a variety of settings.

For Wellington PCP staff, the opportunity to learn and understand the breadth and complexity that surrounds population health and the ability to gain a wide range of key contacts has been invaluable. For the majority of projects that were presented, the issues or barriers were always similar – limited resources and time. All identified the success of a project centred around client and community participation and decision making, the need to focus any health initiatives at all levels – client, community, health organisations and government and the need for time to see the impact of better health choices and behavioural change in populations.

Quote from Dr Alessandro Dimaio – "If you want to go fast, go alone. If you want to go far, go together."

Health Program Evaluation: Scoping the Evaluation

At the beginning of September WPCP ran a Health Program Evaluation course, facilitated by Helen Jordan. Helen comes from the Melbourne School of Population and Global Health and specialises in evaluating community health programs.

Helen facilitated this two day course in Sale at Central Gippsland Health Service. This course is designed to build the skills and confidence of attendees to conduct effective and valuable evaluations of their own programs, which in turn we hope will build the knowledge and evidence we have of the existing work that is occurring in Wellington.

This course had representatives from a range of organisations, including WPCP, Central Gippsland Health Service, Wellington Shire Council, Ramahyuck, UnitingCare Gippsland, Yarram and District Health and Latrobe Community Health Service.

Overall the reception to the course was positive, with all participants reporting that they will use skills gained in future work.



Helen Jordan, Melbourne School of Population and Global Health



Connecting Women Across Gippsland

Connecting Women Across Gippsland is a women's conference created to connect women across Gippsland on November 25, 2015. Designed to inspire, empower, include, educate, nourish, give and laugh.

There will be presentations by Sarah Corbell of the Gippsland Preventing Men's Violence Against Women strategy and Assistant Commissioner Lucinda Nolan who heads up the new Vic Pol family violence command. Additionally there is a conference pillar – Nourish – which addresses Healthy Eating. There will be opportunity for 470 to attend during the day and 400 for the dinner. It will be held at Lardner Park, Warragul and tickets will go on sale from 7 September. Buses are expected to run from East Gippsland and will have a stop in Sale. Stay tuned for more information and keep on eye on their facebook page <https://www.facebook.com/ConnectingWomenAcrossGippsland?ref=ts>

Other speakers include Tracey Spicer and Gretel Killeen.



A name recognisable to most, Gretel Killeen has hosted Logie Award winning TV, written more than twenty books (including several best sellers!) and won a Mo Award for her TV writing. The Connecting Women Across Gippsland conference is pleased to bring Gretel to Lardner Park on November 25, 2015.



Tracey Spicer is the keynote speaker and MC at the Connecting Women Across Gippsland conference.

WPCP Contact Details

Postal address: 155 Guthridge Parade, Sale

Name:	Phone:	Email:	Business Meetings for 2015 CGHS Lecture Hall, 10am-12pm	
Frances Ford, Chair	5142 3372	frances.ford@wellington.vic.gov.au	28 September	23 November
Angie Collins Executive Officer	5143 8845 0437 353956	angie.collins@cghs.com.au		
Megan Barnes HP Officer	5143 8843	megan.barnes@cghs.com.au		
Kylie O'Neill Partnerships Coord	5143 8868	kylie.o'neill@cghs.com.au		
Claire Haines	5143 8845	claire.haines@cghs.com.au		
			Healthy Wellington Meetings 2015, WSC, 70 Foster Street, SALE	
			10 November	