



Grampians Pyrenees
Primary Care
Partnership is
located at 60 High St
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Grampians Pyrenees PCP Newsletter

Issue 15, August 26th 2011

SCTT 2012 Revision

The current SCTT tool (2009) is under review for 2012. Part of the review process has seen the SCTT revised into a single page, multi item screening tool to be used by consumers or practitioners. Agencies have been identified by the Department to pilot the tool over a two week period commencing from the 19th of September 2011.

Each pilot agency is required to test the revised tool with adult consumers as part of regular initial needs identification processes. During conversation with the consumer both parties are required to complete the tool separately so that a comparison between practitioner and consumer understanding of the tool can be obtained. In addition to this practitioners will be asked to complete a feedback sheet and provide comments about the tool and its questions in terms of appropriateness, usefulness and effectiveness. Participating agencies in the pilot will received some financial reimbursement for their contribution.

HDG Consulting Group has been contracted by the Victorian Department of Health to conduct the project. HDG will take the collected data and analyze it for reliability, validity and usability. The results will be presented in to the Steering Committee for consideration who will then make the final recommendations regarding use of the tool. It is envisaged that this revised tool will streamline the use of the SCTT and support good practice as part of initial needs identification processes.

For more information please click on the link below.

<http://www.health.vic.gov.au/pcps/sctt2012revisionproject.htm>

Upcoming Dates

Calendar of Events in this issue!

August

Integrated Chronic Disease Management Forum		
August 29	Melbourne	page 5
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MBS billed services in community health workshop		
August 31	Stawell	page 3

September

Bus Access Forum	Docklands	page 6
September 1		
Do we know what our patients want? Education Session		
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Health Privacy Act Sharing Information Presentation		
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Links Collective Day		page 3
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Boccia—Come and Try Day		page 7
September 7	Wendouree	
Health Coaching Training Part 2		page 2
September 12th	Stawell	
Preventing Violence against Women		page 8
September 14 & 15	Carlton	
Introducing Divisions of Gen Practice & Medicare Locals		
September 21	Carlton	page 7
VHA Annual Conference		page 3
September 22 & 23	Melbourne	

October

Walking Area Coordinator Training		page 3
September 12	Horsham	
Community of Practice "The Art of Health Conversations"		
October 19	Stawell	page 2
Diabetes: Annual Cycle of Care		page 4
October 26 & 27	Warrnambool	

GPPCP Executive Committee Meeting

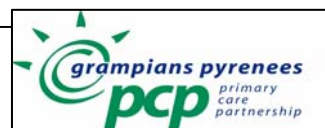
Thursday September 15th 2011
10.30 am—12.30 pm EGHS Ararat
Video Conferencing Available
RSVP — Chantal Thomas

Integrated Health Promotion Working Group Meeting

Tuesday 20th September 2011
Ararat, 10.30am—12.30 pm
RSVP Meagan Ward

Better Access to Services Meeting

Wednesday 21st September 2011
10am – 12noon
Chair: Stawell Regional Health
RSVP: Chris O'Brien



Invites you to:

Applying the HCA Model in Practice One-day Workshop for Health Practitioners (Core Training Part 2)

Presented by:



Date Monday 12th September 2011
Time Registration: 8.00am

Workshop: 8.30am -5.00pm

Location Diamond Room, Stawell
Health & Community Centre (SH&CC) 8 -
22 Patrick Street, Stawell

Pre-requisites to attend this workshop are: You **must** have previously attended the Health Coaching for Health Professionals: The HCA Model workshop (Core Training Part I) You have the option to complete review questions from your Core Training Part I workshop, which you will receive in an email from your workshop organiser. Please note this is **not** for assessment purposes but to assist your learning and for reference during the workshop.

RSVP by 15th August to Chris on 5352 2533 or email
chris.o@grampianscommunityhealth.org.au

Announcing the first Grampians Integrated Chronic Disease Management Community of Practice "The Art of Health Conversations"

October 19 2011, 11:00 – 15:30
At Stawell Health & Community Centre

Further information and registration details to follow.

Contact: Chris O'Brien

at Grampians Pyrenees Primary Care Partnership on
chris.o@grampianscommunityhealth.org.au or 5352 6225



Heart Foundation
Walking

Area Coordinator Training

Are you a professional interested in administering walking groups in your area? Or would you like some additional support to make your existing groups more sustainable and less time intensive? We can help you to set up and maintain walking groups in your local community.

Heart Foundation Walking is Australia's largest network of free community-based walking groups and is looking to partner with local governments, health services and workplaces to expand this network.

- An easy, effective and cost-efficient way to implement walking groups in your community
- An active role in increasing regular physical activity in Australia to prevent potential health problems
- A step-by-step guide to implement a quality, sustainable and proven program – 80% retention rate of walkers
- A wide range of resources to establish and maintain walking groups in your community

Area Coordinator Training

DATE: Monday 12th September 2011

TIME: 10.00am – 2.00pm (Light Lunch provided)

VENUE: The Banksia Room
 Department of Primary Industries
 Natimuk rd, Horsham VIC

RSVP: Wed 7th September 2011

To register for Area Coordinator Training or for more information, please contact:

Tara Henderson
 Walking Project Officer
 Heart Foundation (Victoria)
 Level 12, 500 Collins St
 Melbourne 3000
 Tel: (03) 9321 1515
 Fax: (03) 9321 1574
 Email: tara.henderson@heartfoundation.org.au




LINKS Collective Day

You are invited to attend the LINKS (Early Intervention in Chronic Disease) Collective Day on **Tuesday 6th September** at East Grampians Health Service board room from 10:00 am to 2:00 pm.
 (Refreshments and lunch provided)

The day is relevant to **all** colleagues involved in Early Intervention in Chronic Disease management programs.

Please R.S.V.P. to Chris O'Brien at Grampians Pyrenees PCP by Monday 15th August.
 Ph: (03) 5352 6225 Mob: 0400 344 264
 Email: chris.o@grampianscommunityhealth.org.au

VHA Annual Conference

The Victorian Healthcare Association's annual conference will be held on Thursday 22nd and Friday 23rd September 2011, at the Melbourne Convention and Exhibition Centre.

The theme of this two day conference is Collaboration: The Key to Better Health, exploring the need for improved co-operation across the sector.

For more information, or to register please visit <http://www.vha.org.au/>



Invitation

Presenter - Beth Wilson

Victorian Health Services Commissioner

HEALTH PRIVACY ACT SHARING INFORMATION

Monday September 5th 2011 Commencing at 2:00 pm

Diamond Room Ground floor

Stawell Health and Community Centre

8 - 22 Patrick St Stawell 3380 Telephone: (03) 5358 7400

Facsimile: (03) 5358 4113 email: gch@grampianscommunityhealth.org.au

Health Service Providers who wish to know more about the sharing of information are invited to attend.

Beth will clarify how information can be shared within the parameters of the Health Privacy Act with a view to improving the quality of health services for everybody.

South West
Healthcare



Enquiries:

Diabetes Education
South West Healthcare
Maree Boyle CDE
Phone: 03 55644104

Proudfoots on the River
2 Simpson Street
Warrnambool 3280

Registration Fees

\$100 for single day
\$60 for single day (SWH Staff)

\$170 for both days
\$100 for both days (SWH Staff)

Register by: 14th Oct 2011



**DIABETES:
ANNUAL CYCLE OF CARE
A SNAPSHOT
26TH & 27TH OCT 2011**

OBJECTIVES

- To understand diabetes management around the
- Annual Cycle of Care
- Understand the role of Allied Health in diabetes management
- Develop an holistic approach to diabetes care for clients
- Understand self management Principles
- Update knowledge of insulin pump therapy
- Update assessment skills
- Review of complications associated with diabetes
- Understand diabetes emergencies

Cultural Responsiveness Training 2011

Does your agency need to work more effectively with clients from culturally and linguistically diverse (CALD) backgrounds?

UPCOMING WORKSHOPS

Managing chronic disease with CALD clients
Wednesday 21st September 2011 9am – 2pm

Sustained engagement with CALD communities
Wednesday 12th October 2011 9am – 2pm

Culturally competent health assessment
Wednesday 19th October 2011 9am – 2pm

Writing for cross-cultural communication
Wednesday 16th November 2011 9am – 2pm

Cost: \$150 per workshop (includes catering and course material)

Venue: Centre for Culture, Ethnicity and Health 81 – 85 Barry St. Carlton

Contact: (03) 9342 9700 or visit www.ceh.org.au/training for more information or to receive

Department of Health Integrated Chronic Disease Management forum:

Evidence into Action – designing a delivery system that is evidence-based, client centered and works.

Monday 29th August, 50 Lonsdale St.

Dr Jason Cheah, CEO, Agency for Integrated Care Singapore Super Clinics, and Professor Bert Vrijhoef, Professor of Care for the Chronically Ill, Netherlands, will be the key note speakers. A number of best practice sector presentations will also be provided.

The speakers will address their experience in tailoring the health system to accommodate a chronic care model.

On line registration is now open and can be accessed on the Primary & Community Health website (Quick-links) at the following address.

<http://www.health.vic.gov.au/pch/index.htm>

Redesign Demonstration Project - Mental Health Liaison Leader – Position Vacant

Ballarat Health Services Child and Youth Mental Health Service (CYMHS)

Fixed Term- Full time or Part time (negotiable) Extension of tenure is subject to ongoing funding.

The central role of the Mental Health Liaison Leader is to engage, develop and maintain collaborative partnerships with a broad range of professionals, sectors and agencies across the Grampians region.

This position will lead the development of an integrated inter-sector service coordination model initially in Stawell with future expansion throughout the region. The aim of this model is to enhance collaborative mental health service delivery for children, youth and their families across the region. Contact Michelle Harper on 5320 3060 or email michellehar@bhs.org.au for a copy of the position description. Applications close Wednesday 31st August

Bus Access Forum

How Accessible are our Buses.

Etihad Stadium Endeavour Room

(enter Gate 4) 740 Bourke St, Docklands

Thursday, 1 September 2011 11AM – 2PM (Registration from 10AM)

COTA and VCOSS are working with the Department of Transport to seek the community's views on buses and bus services.

In recent years, there have been significant investments in bus services. The Department of Transport is interested in better understanding the impact of these changes, particularly for senior Victorians, people with a disability, and those travelling with small children.

The following topics will be explored:

The design of buses, Bus stops, Bus routes, and How buses do or don't work for you.

Strictly Limited Places: Early Registration Essential
To register online, visit <http://busforum.eventbrite.com>

If you have difficulties registering online, e-mail michelle.lane@vcoss.org.au or call (03) 9654 5050

PAL-ED



knowledge



learn



develop



Grampians Regional
PALLIATIVE CARE TEAM

Grampians Regional Palliative Care Team presents a
Twilight Education Session

**"Do we know what our patients want
and do we respect it?"**

The Team from Austin Health will discuss the Respecting Patient
Choices Program and Advance Care Planning.

Video link is available via regional hospitals (\$10.00 pp)

Contact: B Matthews, GRPCT, 5320 3553 Fax: 5320 6493 bernadette@bhs.org.au

Monday 5th September 2011

6.30 pm – 8.30 pm

Drinks & nibbles provided

Education Resource Centre, BBH, Ballarat Health Services

Drummond Street Nth, Ballarat

Cost: \$15.00

RSVP 31.08.11



*Notice of forthcoming seminar:
"Introducing Divisions of General
Practice & Medicare Locals"*

**Wed, 21st September 2011
10.00am to 1.00pm
General Practice Victoria
Level 4, 458 Swanston Street,
Carlton 3053**

There is no cost for attending and a light lunch will be provided at the close of the seminar. A detailed agenda and a registration are available from [GPV website](http://www.gpv.org.au).

New items have been added to the [Primary Health Bulletin](#) for 19th August 2011.

- SCTT 2012 Revision: single page, multi-item screening tool-Invitation to pilot
- MBS-billed services in community health: Grampians region workshop
- RCNA Community and Primary Health Care Nursing Conference 2011-registrations now open
- Call for papers-men's health Increasing Staff understanding and knowledge of food security

<http://www.health.vic.gov.au/pch/bulletin/index.htm>

Introduction to Writing Winning Grants Applications

Cost: \$145 per person

<https://www.ourcommunity.com.au/winninggrants>



Boccia – Come and Try Day

Boccia is a skilful, exciting and strategic sport that was developed specifically to cater to people with varying levels of physical impairment. Possessing pathways right through to Paralympic competition, boccia is a truly inclusive sport that can be enjoyed by all!

When: Wednesday 7th September, 2011

Where: Ballarat Badminton Stadium – Dowling Street, Wendouree

Time: 12:30pm – 3:30pm (lunch provided)

What to bring: Comfortable clothes and a drink bottle

Please advise of your attendance by contacting Lachlan Smith on 5331 6966 or via email lachlan.smith@chsa.org.au by no later than Tuesday 6th September 2011.

The aim of this session is to introduce you to the sport of boccia and provide a brief and accurate explanation as to how the sport is played.

We are interested in working with organisations in this region to develop a sustainable boccia program and provide ongoing opportunities for participation.

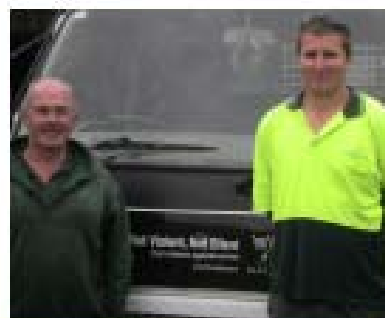
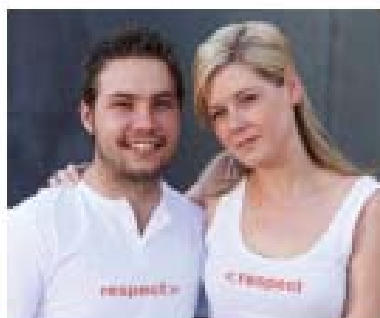
GET INVOLVED!



boccia aus
Participation Program

Short course for preventing violence against women

Addressing the social and economic determinants of mental and physical health



Building environments that are respectful and equitable

Course details

Date

Wed 14 & Thur 15 September 2011

Time

9.30am to 4.30pm
(Registration starts at 9.15am on Day 1)

Venue

Seminar Rooms 1 & 2
Ground Floor
13-31 Pelham Street
Carlton

Cost

\$300

Application process

Please complete the attached application form and return no later than **Monday 8 August** via email or fax
E: shortcourse@vichealth.vic.gov.au
F: 03 9667 1375

Further information

Contact Karlee Field
kfield@vichealth.vic.gov.au
(Email preferred) or 9667 1300

Please note that spaces are limited. This course is expected to fill so please apply early. You will need to be available for the FULL TWO DAY course.

Purpose

This two-day short course will provide practical knowledge and build skills among participants in how to stop violence against women before it starts.

Focus

This course will equip participants to build environments within organisations and across communities that foster and maintain safe, equal and respectful gender relations.

The short course also provides the opportunity to strengthen and develop partnerships between organisations and across sectors to support the planning and implementation of activity to prevent violence against women.

Who should attend?

The short course has been designed for people coming from diverse occupational areas, sectors and settings, including: social policy, health, community, education, workplaces, local government, arts and sports.

What will I learn?

The course will introduce participants to:

- The nature and impact of violence against women on individuals and communities;
- The underlying causes and factors that contribute to high rates of violence against women ;
- The case for prevention and for developing strategies that can stop violence against women before it occurs;
- A framework for understanding how to address violence against women and to create environments that are safe, inclusive and supportive of women;
- Promising practice examples, tools and resources in 'doing prevention' across sectors and settings;
- Approaches to project planning and evaluating what works in preventing violence against women.

"As a male, it has given me a much better understanding of gender and inequity and what prevention means in practice... I think it is of great value for both men and women.
Bushland Management Officer, City of Darebin

"The Sat'day Arvo Club"

Swingin' 60's

WHERE: McCallum Industries Function Room,
Cnr. Learmonth and Leopold Streets
BALLARAT VIC 3350

WHEN: Saturday 27th August 2011
1.30pm to 3.15pm

Cost: \$6.00 per person, NO CHARGE FOR CARERS / STAFF ©

By Request ... Swinging 60's Day.

It was the time of the Beatles, Carnaby Street, Mary Quant, the rise of Flower Power ... Use the net to see what people wore, 'cause if you remember the 60's, you weren't really there!! ©

Dance to the classic rock and rock of the 60's with songs made famous by Dusty Springfield, Herman's Hermits, Petula Clark, Cliff Richard, the Merseybeat Bands plus many others, all played live by Noel and Tracy, and the fantastic Band ... "The Rascals"

SATURDAY ARVO, 27th August
..... **BE THERE!!!**



"The Sat'day Arvo Club"

Spring Fever

WHERE: McCALLUM FUNCTION ROOMS,
McCALLUM COMMUNITY CENTRE
Cnr. Learmonth & Leopold Sts
BALLARAT VIC 3350

WHEN: Saturday 10th September, 2011
1.30pm to 3.15pm

Cost: \$6.00 per person, NO CHARGE FOR CARERS / STAFF ©

Spring Is Sprung.

*Spring is sprung, de grass is rizz,
I wonder where da boldies is
Da Bold is on da wing, alnt dat absoid
I always taught da wing was on da bold!!*

Well, it certainly is Spring Madness ... Footy Finals have started, there are blossoms on the trees and the occasional water-logged bee hovering around ☺. Soooo, our special Spring Day is happening next Saturday Arvo Club.

Dress as a flower, or a bumblebee or something to do with the Springle Season. Come as a tissue if you like ... Spring Fever time ... yuk!!!

SATURDAY ARVO, 10th September BE THERE!!!

Musical Memories



NOEL & TRACY CRAVEN

Ladies in evening gowns and tiaras, gentlemen in bow ties ... other clothes optional! ... LOL

"An Evening At The Palais"

Musical Memories of the Dancing Years

ARARAT RSL CLUB

Tuesday 30th August, 2011

© 10.30 am ©

"The Saturday Arvo Club"

UP THERE CAZAY!!!

FABULOUS FOOTY FINAL DAY

WHERE: McCALLUM COMMUNITY CENTRE,
Cnr. Learmonth & Leopold Streets
BALLARAT VIC 3350

WHEN: Saturday 24th September 2011
1.30pm to 3.15pm

Cost: \$6.00 per person ... SOFT DRINKS INCLUDED
... NO CHARGE FOR CARERS / STAFF

HANDBALL COMPETITIONS AND PRIZES!!

WHO'S GOING TO WIN? Geelong, Essendon, maybe Collingwood or Carlton? ... **SUPPORT YOUR TEAM OR THE VICTORIAN TEAMS BY WEARING YOUR TEAM'S COLOURS, SCARVES, JUMPERS AND BEANIES. RASCALS BAND WILL BE THERE AS ALWAYS TO SUPPLY THE MUSIC TO YOUR FAVOURITE DANCE SONGS.**



SATURDAY ARVO, 24th SEPTEMBER, 1.30pm
..... **BE THERE!!!**

Grampians Pyrenees
Primary Care
Partnership is located
at 60 High St
Ararat, Vic. 3377

We're on the WEB,
www.grampianspyreneespcp.org.au



Asian Noodles with Ginger, Garlic and Avocado

Ingredients

560g asian noodle (pre-soaked/
cooked as per pack instructions)
2 tsp sesame oil
2 tbsp vegetable oil
2 tbsp ginger (peeled and cut into
thin strips)
4 garlic (cloves) sliced
2 tbsp light soy
2 tbsp oyster sauce
2 spring onions (sliced)
2 avocado
½ sprig coriander leaves



Serves: 4 Prep Time: 10 minutes
Cook Time: 5 minutes

Preparation Method

- Heat sesame oil and vegetable oil in a wok or fry pan.
- Add ginger and garlic, fry gently then add noodles and stir fry.
- Cut avocado in half, remove seed and skin, cut flesh into chunks.
- Add onion, avocado, soy and oyster sauce to the noodles and stir fry for a further minute or until all ingredients are combined and hot.
- Serve and garnish with coriander leaves.

Variations: Try with chicken or prawns.

Source: www.avocado.org.au

Health Benefits of Avocado

Avocados are a wonderful fruit containing a mass of vital nutrients needed for a healthy body. Avocados are low in sugar, contain fibre, and are salt free. They contain per 100g- 11% of the RDI of vitamin A, 11% of Thiamin, 19% of Riboflavin, 21% of niacin, 42% of vitamin C and 13% of magnesium, to name a few.

Avocados contain Vitamin C, which is an amazing antioxidant, anti-viral and anti-bacterial. It is also brilliant for your skin, helping with assisting collagen and elastin pathway, which keeps your skin looking radiant. 100g of avocado contains 10mg of vitamin C which is 42% of your RDI.

Avocados are also a great source of dietary fibre. Eating 100g of avocado will give you 6.7g of dietary fibre, which is 42% of your RDI. Fibre plays a vital role in maintaining good health. It can be divided into two classes, each with a different role in health: soluble fibre and insoluble fibre. Fibre also helps to halt constipation and lower cholesterol levels. Fibre can help diabetics by controlling the rate at which carbohydrates are absorbed into the bloodstream, reducing insulin spikes.

Eating 190grams of avocados gives you 3.09mg of Vitamin E and the recommended daily allowance for an adult is 30mg so avocados contain 39% of your RDI of Vitamin E ⁵. Not only is it a fantastic antioxidant and brilliant for your skin, Vitamin E when consumed prior to or during alcohol, inhibits the ability of alcohol to cause fatty liver. So next time you're having a glass of wine try eating home-made avocado dip with veggie sticks.