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MESSAGE FROM OUR EXECUTIVE OFFICER

The Minister for Youth Affairs, Mr. James Merlino, visited the GPPCP catchment this week to make two announcements about PCP related activity. The first announcement was about a media campaign focusing on positive body image which is a partnership between Grampians Produce, the LLEN and GPPCP. Liz Casey will have responsibility for this, Minister Merlino was most impressed with the quality of local food and produce (which of course we served to him and his staff). Thank you to the young people who volunteers to meet with the minister during their school holidays and to Mayor Faye Hull who attended at such short notice. Look in the Ararat and Stawell papers for flattering photos!

The second announcement was about the establishment of a RYAN in the centre of the region. The lobbying done jointly by the Central Grampians LLEN and GPPCP has finally paid off. This "GRYAN" will be the platform for strategic planning around youth. **Remember to keep 12th August free for a major planning activity around young people.**

From mid August we will have a new staff member—Trish Stannus. A very big welcome to Trish- see the Service Coordination for more about the role Trish will play. Trish comes with a wealth of experience in partnership development.

There are two new CEOs in the Region for those who have not caught up. Marianne Hubbard has been appointed the CEO of PINARC Support Services (a member agency) and Joanne Gell the new CEO of Ballarat and District Nursing (soon to be a member agency??). Congratulations to both of those local appointees. We were sorry to lose Jo from DHS because of her wonderful support for the BATS Committee.

Further congratulations to Avoca Primary School parents who every Friday have taken the initiative to provide hot healthy lunches for students at the school. As an ex teacher I remember how much better children seemed to respond and how much more quickly they seemed to learn after a warm mug of soup for lunch on a cold day.

On another food note, the Healthy Eating Working Group have published their long awaited booklet on cheap eats across the GPPCP catchment suitable of people with Diabetes Type 2. The "Food for Thought" brochure is available FREE at the HACC Expo on next week in Ararat (see page 6).

We have finally received confirmation about the Strength Training Development Grants. These grants were provided to the PCP for work across the catchment in developing or reorienting community based exercise groups. Particular work will be done in smaller rural communities, but the planning for this has not yet started. PASC (the Physical Activity Subcommittee) will provide advice about how this should be rolled out and report this to the Exec . If you want to be part of the planning, then come along to the next PASC meeting!!!

Lastly, please find attached with this newsletter a report from Janine Perry (Women and Climate Change position one day a week with GPPCP). Thanks for that report Janine. We also look forward to a report from Chantal Thomas and Liz Casey who attended the Public Health Conference this week in Brisbane. They have returned with brain overload, but very enthusiastic. It probably didn't snow while they were up north!!!

Cheerio for now,

Kate

PCP MEETING DATES FOR YOUR DIARY

Service Coordination and Chronic Disease Management Group (BATS) Meeting

Date: Wednesday 16th July, 2008
Time: 10.30am - 12.00pm
Venue: Stawell Regional Health
RSVP: Kate Serrurier

GPPCP Executive Meeting

Date: Thursday 17th July, 2008
Time: 9.30am—11.30am
Venue: Browse and Brew
High Street, Ararat
RSVP: Michele Corcoran

Healthy Eating Working Group Meeting

Date: Monday 4th August, 2008
Time: 10.00am (Extended session to develop a strategic direction for HEWG)
Venue: Stawell Regional Health
RSVP: Chantal Thomas

Active Recreation Steering Committee (ARSC) Meeting

Date: Tuesday 5th August, 2008
Time: 12:30pm – 2:30pm (lunch provided)
Venue: Ararat Tourist Information Centre
RSVP: Laura Waters

Physical Activity Sub Committee

Date: Wednesday 13th August, 2008
Time: 10.00am
Venue: Grampians Community Health Centre
Ararat
RSVP: Chantal Thomas

*** All staff contact details are listed at the top of this newsletter ***

CELEBRATION OF SEASONAL PRODUCE

Green Bean Salad

Beans are really yummy (and cheap) at the moment. They are delicious added to pasta dishes as well.

Ingredients:

500g Thin Green Beans (Topped But Not Tailed)
60ml Extra Virgin Olive Oil
20ml Red Wine Vinegar
1 Vine-Ripened Tomato
1 small Red Onion
handful Flat-Leaf Parsley (Leaves)



Method:

1. Blanch the beans in boiling water for 1-2 minutes until just tender. (They should stay bright green).
2. Drain and refresh under cold water.
3. Set aside.
4. Place the oil and vinegar in a salad bowl, whisk to combine and season .
5. To prepare the tomato, cut it into small pieces
6. To serve, add the beans, tomato, red onion and parsley leaves to the dressing and gently toss to combine.
7. Arrange on a platter and serve straight away.
8. Don't dress the salad until you are ready to serve or the beans will lose their bright colour and the salad will go watery

Why Beans Are Good To Eat

- Unlike fruits, that become sweeter the longer they stay on the tree or bush, we are sweetest when young. If you leave us until we're really old, we wither and our more starchy seed can be dried and used as a legume. But we're best eaten fresh, young and green when our carbohydrate is present in the form of sugar
- We're a good source of fibre
- We're rich in vitamin C
- We're an excellent source beta carotene which your body turns into vitamin A. Vitamin A helps you see in the dark and makes your bones strong and healthy
- We're a good source of folate (vitamin B) which keeps your blood healthy and helps you grow well.
- 100g of us has as much iron as a pork chop.



GOOD WORK IN INTERGRATING
HEALTH PROMOTION &
PROFESSIONAL DEVELOPMENT
OPPORTUNITIES IN HP

Hanging out in a shed? Talking about health
and fitness?

IT'S A BLOKE THING

A locally run event for local blokes

Join the men in your area to see the play **Six Degrees of Diabetes**, a comedy about three middle-aged men, who meet in a pub and get talking about life.

A panel of health professionals will take questions from the audience after the performance.

Hang around for a BBQ and free health checks afterwards.

This event is brought to you by Grampians Community Health Centre and Diabetes Australia - Vic
Fabulous door Prizes

When: Tuesday 22 July 2008
Where: David O Jones Mitre 10 Timber shed,
Western Highway, Stawell.
Time: 6.30pm
Cost: The evening is FREE to attend.
RSVP: Tuesday 15 July
Contact: Grampians Community Health Centre
Phone: 5358 7400



CASA Training / Workshop Responding to Sexual Assault - Level 1

Research indicates that 1 in 3 women and 1 in 6 men experience sexual assault at some time in their lives. Therefore, it is likely that anyone working in health or human services will at some time work with people affected by sexual assault.

This workshop will cover:
Impact of childhood and adult sexual assault
Commonly held societal beliefs about sexual assault
Responding to disclosure of sexual assault
How to effectively support and advocate for a victim / survivor
A brief introduction to understanding and working with trauma response

This training aims to meet a range of educational needs in the area of sexual assault and trauma and is highly relevant to workers from a variety of fields. It is also relevant to experienced counsellors who wish to develop specific sexual assault counselling expertise.

When: Thursday 24th July 2008
Where: BHS Queen Elizabeth Centre (QEC)
Education Resource Centre (ERC)
Seminar Room 2
Time: 9:30am - 1:00pm
Cost: \$40.00 (Morning tea provided)
Enquiries: Ballarat CASA Ph: 03 5320 3933





Free & Confidential Tax Help Available

Tax Help Volunteer's are available to assist you to complete your tax returns. This service is free and confidential to those who earn less than \$35,000 per year or up to \$42,000 a year for those with dependent children. This service is not available to those who run a business or other commercial interest.

Tax Help will be available this year at the following venues:

Stawell:

Grampians Community Health Centre
Phone 5358 7400

On Tuesdays and Thursdays (E-Tax is available on Thursdays.)

Ararat:

Neighbourhood House Phone 5352 1551

St Arnaud:

Neighbourhood House Phone 5495 3300

Horsham:

Community House Phone 5382 5352
Salvation Army Phone 5382 1770
Citizens Advice Phone 5381 2233



Central Highlands Sports Assembly Sports Café



The **FREE** CHSA 'Sports Café' is based on the 'World Café' concept, a flexible and innovative process that will provide a relaxed and interactive forum to discuss key issues faced by clubs in our region and look at possible solutions.

When: Monday 21 July, 2008

Where: Ararat City Lawn Tennis Club
Lowe St, Ararat

Time: 7.00pm to 9.00pm

Places Limited. Please contact the CHSA by phone on (03) 5331 6966 or e-mail info@chsa.org.au to register.

A light supper will be provided.



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• **Primary Health Weekly Bulletin - 10 July** •
• 2008 Department of Human Services •

• The latest edition of the Primary Health •
• Weekly Bulletin is now available at: •
• www.dhs.vic.gov.au/rrhacs/ph_bulletin •



Women's Advocacy Skill Development workshop

When: Tuesday 7 October, 2008

Where: Shire Hall
Barkly Street, Ararat

Time: 9.30am - 4.30pm

Cost: FREE ~ 30 places

Lunch: Provided by Womens Health
Grampians

Bookings: Kate Staley on 5322 4100



Watch this Space

If you see someone pedaling a unicycle along the highway when you are out and about, it may be Mark Lavis. 20-year-old Mark wanted to do something fun and raise money for an Afghan mobile mini circus for children (AMMCC) at the same time.

Mr Lavis began the 2000 kilometre journey from the Afghani embassy in Canberra to Adelaide last week. AMMCC runs a primary school in Kabul for 350 students and uses the medium of circus arts and theatre to teach children about health and safety and tolerance as part of its sports curriculum.

Unicycling is important as it teaches the children that with practice and persistence they can conquer the impossible.





The Australian Family Friendly Workplace Seminar
8th & 9th September
Melbourne Town Hall

The Workplace Training Advisory of Australia (WTAA) has recently made available a number of subsidised registrations to the Australian Family Friendly Workplace Seminar for regionally based organisations.

The Family Friendly Workplace Seminar is a national two-day event that will address issues around family friendly workplace practice with an exceptional line-up of speakers including Tim Costello, Elizabeth Broderick and AFP Assistant Commissioner Mark Ney. Australian organisations at the forefront of family-friendly practices will detail the design and implementation of their own proven strategies.

For the Regional Access Grant registration details, [click here](#) or contact WTAA on 1300 138 037.

The WTAA is honored to be hosting the inaugural Australian Family Friendly Workplace Seminar 2008



Official Australia Day Celebration 2009

Pyrenees shire is inviting communities who wish to hold the official Australia Day celebration on the 26th January, 2009

To submit Expressions of Interest to Council outlining the activities that would be planned for the event.

Expressions of Interest should be addressed to: Expressions of Interest, Australia Day Celebration, Pyrenees Shire 5 Lawrence St, Beaufort and be received by 5.00pm on Friday 29th August, 2008

A decision will be made by council at the 2008 September meeting of Council and the successful community will be notified immediately.



Invitation to nominate for the VCOSS Advocacy Training Program

VCOSS has developed an Advocacy Training Program to build the capacity of the Victorian community sector to engage in effective and strategic advocacy.

It includes several workshops covering the following topics

- Going from worthy to worthwhile: Communication Strategy Development,
- Advocacy Essentials
- How ideas get communicated
- Understanding the political parties
- How caucus works - lobbying back benchers
- How departments work
- How treasury works - the budget process
- Beginners guide to Parliamentary processes
- Submission writing for legislative change / law reform

The course will run on the second Wednesday of the month over nine months, September 2008 - May 2009, with a break in January. Eight days in total.

Graduates from the training will form a cross sector advocacy network with the purpose increasing the advocacy capacity of the sector more broadly.

Costs for participants are dependent on annual organisational income Under \$500,000 - Fully subsidised \$500,000 - \$1M - \$350 (less than \$50 per day) \$1M plus - \$750 (less than \$100 per day)

Places in the program are limited and by application only. This is an invitation for your organisation to nominate a member of staff to participate in this training.

To nominate please reply to Kate Johnson outlining

- the impacts the training would have on your organisation
- any barriers that would prevent your organisation from accessing this type of training elsewhere (including distance, cost and relevance)
- your organisations annual income

Phone Ph. (03) 9654 5050

Applications close 18 July 2008



Diabetes Self Management Program

The program is available for newly diagnosed Type 2 Diabetes. The Diabetes Educator is Phil Ralph and is

Program Covers:

- Medications and complications of diabetes
- Monitoring blood glucose
- Health eating for diabetes
- Physical activity and weight loss
- Goal setting, motivation and stress management

When: Commencing 16th July (For 5 weeks)

Where: EGHS Community Centre (Girdlestone St)

Time: 2.00—3.30pm

For further information on the program and general diabetes management phone 5352 9387.



SERVICE COORDINATION PROGRESS AND TRAINING

We are pleased to welcome Trish Stannus on board in the next few weeks to do some work in Service Coordination in the Chronic Disease management context and in supporting the roll out of some strategies to strengthen emergency relief networks. Trish comes to us with a background in counselling, public housing services and service coordination with another PCP. Welcome Trish!!

There will be two forums organised by Vic Relief in the Grampians Region—one in Ballarat on July 22nd and another in Horsham on 23rd July. This is another chance for partnership development with sectors already closely linked with health and welfare services, but not formally members of the PCP. Special thanks to Trevor Barker of Vic Relief who has been strategic, proactive and forward thinking in offering PCPs a chance to do some of this work. Ring Kate S if you would like to attend the forum.

PCPs will also be doing some work with Gamblers Help. Every PCP across the state has been funded to do this work. Chantal Thomas will take on this responsibility because it fits well with some of the strategic work which needs to be done in the Mental Health partnership development context.



PROFESSIONAL DEVELOPMENT



HACC HEALTH & WELLBEING EXPO

The Expo will provide HACC funded agencies in the Grampians Pyrenees catchment an opportunity to promote their services and provide information to assist residents of the area to continue to live independently in their community.

Thursday 17th July 10.30am-3.00pm
Ararat Performing Arts centre (Town Hall)
Cnr Vincent and Barkly Streets Ararat
FREE ENTRY
GUEST SPEAKERS
LIGHT REFRESHMENTS AVAILABLE
Further enquiries phone Jill on 53378932



Beaufort Community House & Learning Centre

AGVET Chemical Users Course

This course is for all personnel involved in the storage, transport, handling and use of agricultural chemicals. On completion of this course, participants can apply for the Agricultural Chemical Users Permit (A.C.U.P) from the DPI.

When: Monday 21 & Tuesday 22 July, 2008

Where: Beaufort Resource Centre

Time: 8.30am—4.30pm

Cost: Total cost \$170.00

Concession \$55.00 + \$40.00 Amenities

For further enquiries & enrolment phone 5349 1184.



FUNDING OPPORTUNITIES

The Commonwealth have announced 2 initiatives that may interest community health.

1. Rural Health Support Education and Training (RHSET) Program

The RHSET Program aims to contribute towards recruitment and retention of health workers in rural and remote areas through local initiatives that provide them with appropriate support, education and training. Organisations can request funding for projects that can have a budget of up to \$200,000 and that will be finalised within 12 months. Application packs for the 2008-09 funding round can be downloaded from <http://www.health.gov.au/tenders> Contact for mental health nurse incentive program is "Medicare Australia Incentive Programs Line" - 1800 222 032.

2. Mental Health Nurse Incentive Program

The Mental Health Nurse Incentive Program (MHNIP) funds community based general practices, private psychiatric practices and other organisations to engage mental health nurses to assist in the provision of coordinated clinical care for people with severe mental health disorders. Funding may include an establishment payment of between \$5,000 and \$10,000 plus \$240 per session of mental health nursing. <http://www.medicareaustralia.gov.au/provider/incentives/mental-health.jsp>

THINGS TO DO TO GET ACTIVE

Get involved with the ride

Pyrenees Shire council is urging community groups in the Beaufort district to become actively involved in the visit by thousands of cyclists in December. The Great Victorian Bike Ride will stop over in Beaufort on December 6th with around 5,000 people expected to stay the night. The Beaufort Community Resource Centre has suggestions on how community groups can contribute and capitalise on the influx of visitors. For further information

Contact: Norman or Tammy

Phone: 5349 1180 by Monday 21st July 2008



A Friends of Ballarat District Nursing & Healthcare Fundraiser

Please join us for a special screening of

'Mamma Mia the Movie'

Friday 11th July at 6.30pm

Regent Cinema.

\$15.00 per ticket

(one lucky ticket will win a mystery raffle prize).

Phone Barbara 5339 4649 or Leanne 5334 1500

or email

execsupport@bdnh.com.au

for tickets.



Next market.....

July 27th, 2008

Ararat & District Toy
Library Auxiliary
Invite You & Your Friends
To Lunch & The Movie

MAMMA MIA!

Midland Cinema – Ararat

Tuesday, July 15th at 12 noon

\$20 per person

(Includes Afternoon Tea)

Tickets available NOW from:

Heather Fleming Tel: 5354 1348

Meg Bell Tel: 5352 5449

fleminghb@bigpond.com

For catering purposes all bookings need to be made by Friday 12th July

(Rug up as the movie will be in the big downstairs cinema)





Electric Light Ball

COMMEMORATING 70 YEARS
OF ELECTRICITY IN LAKE BOLAC

Saturday August 2, 2008,
7.30 pm to 12.30 pm, Lake Bolac Hall

Join us for social gathering and ball in a fashion similar to August 1938 when Lake Bolac celebrated the connection of electricity.

- Dress:** After 5 wear, Debutante or from the era
Drinks: Bar open 7.30pm. No BYO.
Supper: Ladies please bring a plate
Entertainment: Eureka Rebels (Ballarat) 'til 12.30pm
Tickets: \$25 per Adult, Children free (must be accompanied by parent)
Bookings: Lake Bolac Information & Business Centre,
2110 Glenelg Hwy, Lake Bolac
Phone: 5350 2204
Email: lbibc@bigpond.com



Historical Society AGM

The Historical Society actively works towards the preservation of local history around the old Ripon Shire. Members of the public are encouraged to attend the AGM.

- When:** Sunday 27th July 2008
Where: Courthouse, Livigstone Street
Time: 11.00am

Those attending are asked to bring a sandwich for lunch and a plate to share for afternoon tea.



It is important to us to receive feedback from you on this newsletter. Please email feedback, suggestions and items for inclusion in the next newsletter to Michele Corcoran michele.c@gchc.org.au by **Wednesday 23rd July**.

Don't forget to pass on this information on to others and stick it in your staff room!!

Postage
Paid

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