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**Active Recreation Steering Committee Meeting**

Date: Tuesday 10<sup>th</sup> June, 2008

Time: 12:30 - 2:30 (lunch provided)

Venue: Ararat Visitor Information Centre

RSVP: Laura Waters

**Physical Activity Sub Committee Meeting (PASC)**

Date: Monday 16<sup>th</sup> June, 2008

Time: 10:00am

Venue: Grampians Community Health Centre  
Ararat

RSVP: Chantal Thomas

**Service Coordination and Chronic Disease Management Group (BATS) Meeting**

Date: Wednesday 18<sup>th</sup> June, 2008

Time: 10.30am - 12.30pm

Venue: East Wimmera Health Services  
St Arnaud

RSVP: Katrina Toomey

**GPPCP Executive Meeting**

Date: Thursday 19<sup>th</sup> June, 2008

Time: 9.30am - 11.30am

Venue: Ararat Visitor Information Centre

RSVP: Michele Corcoran

**Healthy Eating Working Group Meeting**

Date: Monday 23<sup>rd</sup> June, 2008

Time: 10.30am - 11.30am

Venue: East Grampians Health Service

RSVP: Chantal Thomas

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

**CELEBRATION OF SEASONAL PRODUCE**

**Curry - potato, pea and cauliflower**

**Ingredients:**

1 tablespoon olive oil  
1 onion, chopped  
2 cloves garlic, peeled and crushed  
2 teaspoons curry powder  
1 teaspoon ground turmeric  
1 teaspoon chilli paste  
1 teaspoon ground coriander  
1 green apple, cored and chopped  
500 g potatoes, peeled and diced  
1 cup shelled peas, fresh  
100 ml coconut milk  
350 ml chicken stock, (1 cup)  
1/2 head cauliflower, chopped into small florets  
Pepper and salt, to taste



**Method:**

1. Heat the oil in a saucepan over a medium heat and cook onion, garlic, curry powder, turmeric, chilli paste, and coriander together until onion is soft and the mixture is fragrant - about 2 minutes.
2. Add the apple, potato, peas, coconut milk and stock.
3. Reduce heat and simmer for 10 minutes.
4. Add the cauliflower and simmer for a further 5 minutes until sauce has reduced.

**Notes:** Season to taste, sprinkle with chopped fresh coriander and serve with cooked rice.

**GOOD WORK IN INTERGRATED  
HEALTH PROMOTION &  
PROFESSIONAL DEVELOPMENT  
OPPORTUNITIES IN HP**

**Primary Health Bulletin 29 May 2008**

The latest edition of the Primary Health Weekly Bulletin is now available at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/index](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/index)

**Community Indicators Victoria Website**

Community Indicators Victoria website has a selection of community statistics for each LGA in Victoria (released March 2008).

Topics include self-reported health, social support, volunteering, food security, work-life balance, education qualifications etc. Very useful background information for reports, funding submissions etc.

<http://www.communityindicators.net.au/>



**Promoting Physical Activity  
for All Abilities**

Wednesday 11th June 2008  
9am—1pm

Treasury Theatre, 1 MacArthur St. East Melbourne

Facilitated by Kinect Australia, this is part of a series of state-wide physical activity promotion forums delivered through the 'Go for your life' information centre.

This forum will examine the evidence of need & benefit to promoting physical activity for people with disabilities. Program includes:

- Evidence of how sport, recreation & fitness can better engage people of all abilities
- Program examples from across settings
- Information & resources from organisations involved in sport, recreation, fitness and health for all abilities.

There is no cost to attend this forum.

For information contact  
Theresa Whalen, Kinect Australia  
Ph (03) 8320 0127



**Grampians SAAP Children's Resource  
Program hosts:**



**St Luke's**

**Travelling Toolshed**

**Russell Deal** conducts this interactive two day workshop showcasing a range of Innovative Resources' seriously optimistic materials; card packs, books, stickers and other resources that have grown out of St Luke's strengths-based services to individuals, families, schools and communities. The skills gained from the workshop can be used in various settings with clients, teams, supervision and with organisations.

Please follow link for **further training details:**

[St Lukes Traveling Toolshed](http://StLukesTravelingToolshed)

**When:** Thursday 19th & Friday 20th June, 2008

**Where:** Department of Primary Industries  
Barkly St, Ararat  
(Old Shire Hall Offices)

**Time:** 9.30am - 4.30pm

**Cost:** HAS \$100, Other services \$220

**RSVP:** Leanne Nicholson on 53372726

[lnicholson@unitingcareballarat.com.au](mailto:lnicholson@unitingcareballarat.com.au)





**Making a Difference:  
Child Oral Health  
in the Wimmera**

**We want to hear YOUR ideas about how to  
improve the oral health of children!**

In 2006, a forum was held to identify ideas and strategies to improve oral health in the Wimmera. The Helen Macpherson Smith trust subsequently provided funding to develop an understanding of the context, systems and experiences within which we need to work to improve child oral health in rural Victoria. We would like to share the findings of this work with you and identify initiatives and options for a way forward for rural Victoria.

**Facilitators:**

Prof Elizabeth Waters

The McCaughey Centre:

VicHealth Centre for the Promotion of Mental Health  
and Community Wellbeing  
Murdoch Children's Research Institute

Ms Carolyn Russell

Wimmera Primary Care Partnership

Assoc Prof Mark Gussy

Latrobe University

Murdoch Children's research Institute

**When:** Tuesday 24th June, 2008

**Where:** Grains Innovation Park  
Natimuk Rd, Horsham

**Time:** 2.30pm arrival, 3pm-5pm

**RSVP:** Elisha Riggs

**Email:** [eriggs@unimelb.edu.au](mailto:eriggs@unimelb.edu.au)

**Phone:** 03 8344 0911

**Local Contact:** Carolyn Russell

**Email:** [Carolyn.r@gchc.org.au](mailto:Carolyn.r@gchc.org.au)

**Phone:** 03 5362 1224



**Better Health through Physical Activity:  
Engaging Hard to Reach Groups**

Presented by: The East Gippsland Physical Activity Consortium

The forum will present the evidence related to promoting physical activity for health to a wide variety of groups. Speakers will address local models and provide information about learnings and resources. The information presented will be relevant to organisational and catchment level planning processes across the broad range of stakeholders involved in promoting physical activity and health.

**When:** Wednesday 25th June, 2008

**Where:** Italian Australian Social & Sporting Club  
117 The Great Alpine Rd, Bairnsdale

**Time:** 9.45 am—3.30 pm

**Cost:** Free

**Close:** Registration closes 18th June, 2008

**For further information:**

**Contact:** Theresa Whalen  
Senior Health Promotion Officer, Kinect Aust

**Phone:** 03 8320 0127

**Email:** [twhalen@kinectaustralia.org.au](mailto:twhalen@kinectaustralia.org.au)

Or

**Contact:** Rebecca Tivendale  
Health Promotion Worker East Gippsland  
Primary Care Partnership

**Phone:** 03 5152 0023

**Email:** [RccaT@glch.org.au](mailto:RccaT@glch.org.au)





Come along , bring a friend and check out the  
**Home & Community Care (HACC)**  
**EXPO**  
 at the Ararat Performing Arts Centre  
 Barkly Street , Ararat (Town Hall)

17th July 2008  
 Between 10.30am and 3pm  
 Keep this date free

Light Refreshments available at no cost  
 Entertainment  
 Great Company  
 Transport available from most of the great places  
 in the Ararat Rural City, Northern Grampians,  
 & Pyrenees municipalities

Are you concerned about someone in the  
 community, who may need some support to  
 continue to live independently in their own home  
 This Expo can help you with the right information.

Some of the display stands will be:-  
 Mobility aids, Vision aids, aids for  
 hearing, clothing, shoes.  
 Support services. Security  
 Personal Security options.  
 Home Care, Personal Care,  
 Respite, Home Maintenance  
 Meals on Wheels  
 Planned Activity Group  
 Social Support, Volunteer visiting.



Pick up  
 points  
 St Arnaud,  
 Stawell  
 Halls gap  
 Avoca  
 Moonambel,  
 Landsborough  
 Pomonal  
 Great Western  
 Willaura  
 Lake Bolac  
 Beaufort  
 Lexton  
 Moyston  
 Navarre  
 Glenorchy  
 Marnoo

Transport to the EXPO is to be booked by Friday  
 4th July 2008  
 To Book your transport please ring your local Shire  
 Council Aged Care Department -  
 Northern Grampians Shire Council 5358 8788  
 Ararat Rural City Council 53 550200  
 Pyrenees Shire Council 53 491100  
 Alternatively call Jill at Centacare 03 3378932



## Social Inclusion Down Under Symposium

Social Inclusion is the new banner for social reform in  
 Australia. But what is it? What are its implications  
 for future economic and social policy?

**When:** Thursday 26 June 2008  
**Where:** University of Melbourne, Parkville  
**Time:** 9.00am—4.00pm  
**Cost:** Full registration \$150.00  
 Student registration \$115.00

Visit the symposium website for further details and  
 to register: [www.mcmconferences.com/brotherhood](http://www.mcmconferences.com/brotherhood)



## Because Mental Health Matters

The State Government has recently released a con-  
 sultation paper on Mental Health Services in Victoria  
 with consultation to follow later in the year.  
 Written submissions are taken until July 31st.  
 The following is the web link where the docu-  
 ment can be downloaded.

[http://www.health.vic.gov.au/mentalhealth/  
 reformstrategy/mhmmatters.pdf](http://www.health.vic.gov.au/mentalhealth/reformstrategy/mhmmatters.pdf)



## Winning Grants Workshop

Learn the tricks behind a winning grants submission  
 at a free workshop presented by 'grants guru' Patrick  
 Moriarty. This is a great opportunity for sporting  
 clubs, community groups, kinders, schools or any  
 other community-based organisation to hear from an  
 acclaimed expert in sourcing and applying for grants.

**When:** Wednesday 25th June, 2008  
**Where:** Gum San Chinese Heritage Centre,  
 Ararat  
**Time:** 9.00am—2.00pm  
 (morning tea & lunch provided)  
**Cost:** FREE  
**RSVP:** By 20th June 2008  
**Phone:** 5355 0273  
**Email:** [mburbidge@ararat.vic.gov.au](mailto:mburbidge@ararat.vic.gov.au)



## WHAT'S HAPPENING IN CHRONIC DISEASE MANAGEMENT



### BATS" EXTENDED SESSION

This session was open to anyone interested in Chronic Disease Management, and was attended by over 30 people. We heard presentations from PCP member agencies outlining the good work agencies are currently doing in Chronic Disease Management.

Presentations from DHS staff and group work highlighted the importance of the 'I' in ICDM. How Integrating Chronic Disease management between services can support better practice and outcomes for people with a chronic illness.

The information gathered by working groups on the day will be the basis in writing a catchment based plan for Integrated Chronic Disease Management and DHS deliverable of ICDM in the 2009 GPPCP Community Health Plan.

Don't forget the group meets on the third Wednesday of each month at rotating locations. The next meeting will be at East Wimmera Health Services in St Arnaud on Wednesday 18<sup>th</sup> of June at 10.30am to 12.30pm. Phone and/or video link up will be available. If you would like to participate in the next meeting, please RSVP to [katrina.t@gchc.org.au](mailto:katrina.t@gchc.org.au). New faces are welcome!



**PAL-ED**

knowledge learn develop



The Grampians Regional Palliative Care Team

Present a

Palliative Care Workshop

Part funded by Post PEPA

*Aged Care / Palliative Care*

Topics include:

- The Role of PEGs in Advanced Dementia
- Bringing Life to Death
- Pain & Symptom Management
- Panel Discussion

**When:** Monday June 30, 2008

**Where:** Grains Innovation Park  
Natimuk Road, Horsham

**Time:** 9.00 am—4.00 pm (Light lunch provided)

**Cost:** Grampians Region \$40.00  
Non Grampians Region \$80.00

**Close:** Registrations close 25.06.2008

For further information

**Contact:** Bernadette Matthews

**Phone:** 5320 3553

**Email:** [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

### FUNDING OPPORTUNITIES

#### 'Go for your life' Bike Shed Seeding Grants

Following on the successful 'Go for your life' Bike Shed Seeding Grants in 2007, the second round in 2008 will fund 40 Victorian Government and non-Government primary and secondary schools \$5,000 each to construct or improve bike storage facilities.

All Victorian Government and non-Government primary and secondary schools are eligible to apply for the grants. Disadvantaged schools will be given priority.

The 'Go for your life' Bike Shed Seeding Grants are part of the State Government 'Go for your life' campaign which encourages all Victorians to increase physical activity and healthy eating.

To find out more about the grants:

**Web:** [www.grants.dpccd.vic.gov.au](http://www.grants.dpccd.vic.gov.au)

**Contact:** Department of Planning and Community

**Phone:** 1300 366 356 on weekdays between  
8.30am and 10.00pm

**Closes:** Friday 27 June 2008.

## SERVICE COORDINATION



[www.connectingcare.com.au](http://www.connectingcare.com.au)

### E - Referral

Connecting Care is a health service directory which can be used to search for more information about the services in both the GPPCP catchment and the rest of Victoria. It is also a vessel for secure client referrals.

A one page document has been produced by the Grampians Pyrenees PCP to include in induction packs or assist new workers in the basics of using Connecting Care for E-Referrals.

If you would like a copy of this document or the more extensive instructions titled 'How - to - guide to e-referral' 2007 please contact me on the details at the beginning of this newsletter.

Katrina Toomey.

## TRAINING OPPORTUNITIES

### ARARAT NEIGHBOURHOOD HOUSE

#### Work Skills Vouchers



Are you aged 25 years or older and don't have Year 12 certificate (or level II or higher certificate) qualification? If so, you may be eligible for assistance in paying for the Certificate in General Education for Adults course.

Work Skills Vouchers (a government initiative) applicants can be from the following groups:

- Unskilled workers wanting to gain qualifications
- Centrelink payment recipients
- Unemployed job seekers
- People not employed who wish to gain work after achieving a qualification

We can assist you to check if you are eligible for a Work Skills Voucher at:

[www.skillsvouchers.dest.gov.au](http://www.skillsvouchers.dest.gov.au)

There is also a hotline operated by the Department of Education, Science and Training (13 38 73) that



## JOBS IN THE REGION



STAWELL  
REGIONAL HEALTH

### Primary Health Care Nurse - Health Promotion Grade 3B, Full Time

Stawell Regional Health is offering a new and exciting role to a Registered Division 1 Nurse with a strong commitment to health promotion and primary care nursing. This varied full time role will provide you with the opportunity to work both independently and within the supportive environment of a dynamic allied health team.

This position will allow you to practice as a primary health care nurse in both Stawell and the surrounding small rural communities, and to take a leadership role in a broad range of health promotion initiatives internally and externally.

You will have Post Graduate Qualifications in Primary Care, Community Health, Rural Nursing or Health Promotion. Demonstrated experience in the development and delivery of preventative health promotion initiatives to rural communities will be highly regarded.

For further information, or to receive a position Description:

**Contact:** Liz McCourt  
**Phone:** 5358 8506  
**Email:** [lmccourt@srh.org.au](mailto:lmccourt@srh.org.au)

Comprehensive applications are to be forwarded to Claire Letts, Director of Clinical Services. By post: Stawell Regional Health, Sloane Street, Stawell, Victoria 3380, or email [cletts@srh.org.au](mailto:cletts@srh.org.au)  
Applications close Friday 13th June 2008.



## THINGS TO DO TO GET ACTIVE

### Pomonal Art Show

Come and enjoy viewing art work in the warm cozy atmosphere of a log fire at the Pomonal Art Show. This years show will display work from guest artists Wayne Dickinson, Lynette Cox-Hayward and Judith Burke.

**When:** Saturday 7, Sunday 8 & Monday 9 June

**Where:** Pomonal Hall, Pomonal

**Time:** 9.00am—5.00pm Saturday & Sunday  
9.00am—3.00pm Monday  
Light refreshments available

**Cost:** Gold coin donation

**Contact:** Pomonal Primary School

**Phone:** 5356 6382

All proceeds of this event will go to Pomonal Primary School.



### Halls Gap Art & Craft Market

This market is for local art and craft and cottage industries, all home grown or home made goods. Barbeque and tea/coffee available. Wheelchair access.

**When:** Sunday 8 June 2008

**Where:** Halls Gap Primary School

**Time:** 9:00am - 2:00pm



Next market.....

June 14<sup>th</sup>, 2008



### Ararat Seasonal Farmers' Market

Farmers Markets are designed to offer a suitable environment for farmers and food producers to sell farm-origin and associated value-added processed food products directly to customers.

If you have any products or produce that are suitable for sale or wish to value-add or cross promote we invite you to exhibit at the seasonal market.

The Ararat Seasonal Farmers Markets are held each quarter in the Alexandra Lakeside Gardens on the following dates in 2008:

Sunday June 8th

Sunday September 14th

Sunday December 14th

For further information contact:

**Contact:** Kate Kirkpatrick  
Tourism & Events Officer

**Email:** [kkirkpatrick@ararat.vic.gov.au](mailto:kkirkpatrick@ararat.vic.gov.au)

**Phone:** 5355 0239

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](mailto:michele.c@gchc.org.au) by **Wednesday 11th June**.

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