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MESSAGE FROM OUR EXECUTIVE OFFICER

Thanks to all those people who were able to come to our strategic planning day last week. We realize that there was a lot else on (Bush Nursing presenting in Melbourne, DoN's meetings....), so thanks to member agencies which made sure someone came to represent the agency and make decisions on their behalf.

Andrew is a high energy presenter, and the tone and level of intellectual " fizz" remained very high during the day. And we actually got to setting priorities....!!!

On page two of this newsletter is a summary of what came out of the day. Clearly the focus of all member agencies is on chronic disease prevention and management . This of course includes our work together in integrating health promotion, coordination of services and integrated management of chronic disease. The health promotion priorities of encouraging healthy eating and good nutrition; and supporting people to increase their levels of physical activity- are both integral to chronic disease management. Interestingly, addressing issues of social inclusion (which is a more meaningful way of expressing our other HP priority of " increasing social connectedness") were also high on the agenda. The two new priorities for our work together are around addressing mental health (again this will be integration of prevention and management) and the changes associated with living in a rural community. "Rural adjustment" doesn't just mean addressing the demographic changes of an ageing population, it also means being proactive in our response to climate change and the implication for health status. We are currently planning a forum in this catchment to look at ways forward in addressing issues for the health sector associated with climate change in this catchment. Ring Chantal if this is one of your passions. All ideas welcome.

Lots of member agencies attended round table consultations and various announcements at the Community Cabinet last week in Stawell. Congratulations to the partnership between Intertwine Services and Stawell Neighbourhood House on the announcements regarding redevelopment of the Powerhouse site. I was privileged to be able to discuss the new action plan for Non For Profit and Community based organisations in a round table with Minister Batchelor. Worth Googling.

It looks as if we will be successful with our catchment-based bid for development of a whole of catchment approach to strength training. We very much welcomed the chance to discuss our ideas with DPCD (the funders) and described to Minister Batchelor how much better this approach to developing submissions is. The conversation is all important.

We have also been approached on several fronts to look at catchment based plans for healthy ageing and early childhood. The catchment based youth plan will be launched by the Minister later in the year. Lots to think about for our next Community Health plan—due early next year. Cheers Kate

On April the 18th 2008 we together agreed on:

SHARED VISION: A healthy and well
community (our aspiration)

CORE BUSINESS: Coordination through
partnerships (what we do)

FUNCTIONS: Integration, Capacity Building,
Advocacy and growing local opportunities
(how we will do it)

VALUES: Supportive, Collaborative and Empow-
ering (the way we do it)

We believe



We put time, \$ and effort
into our agreed functions



To further our agreed
priorities

STRATEGIC PRIORITIES

Both for improving the health of individuals and the functioning of the system as a whole
(All the priorities are underpinned by the use of evidence and ongoing evaluation)

Priority 1 - Integrating management and prevention of Chronic Disease

What does this mean?

- ◆ Preventable Chronic Disease is on the increase (evidence)
- ◆ People with Chronic Disease often have complex needs (evidence)
- ◆ Partnerships support better management of Chronic Disease (evidence)
- ◆ There are a number of funded initiatives in Chronic Disease management and prevention (evidence)

What we want to do together:

- ◆ Promote healthy lifestyles (emphasis on **healthy eating** and **physical activity**)
- ◆ Support early detection of risk
- ◆ Encourage self-management
- ◆ Improve communication and coordination between services

Priority 2 - Coordinating Mental Health strategies

What does this mean?

- ◆ Good Mental Health and Wellbeing facilitate both prevention and better management of Chronic Disease (evidence)
- ◆ Natural disasters and extreme weather events can cause added stress (evidence)
- ◆ Poorer people tend to have poorer Mental Health (evidence)
- ◆ Good Mental Health prevents the onset of Chronic Mental Illness (evidence)

What we want to do together:

- ◆ Empower health professionals and the community at large to understand the Mental Health continuum
- ◆ Reduce the risk of high prevalence disorders becoming serious mental illness
- ◆ Coordinate initiatives to address the mental health issues associated with ongoing drought

Priority 3 - Responding to Rural Adjustment issues

What does this mean?

- ◆ The demographics of rural communities are changing (evidence)
- ◆ On the whole our rural communities are aging (evidence)
- ◆ Changes in climate will significantly affect the way in which rural communities will need to operate (evidence)
- ◆ There are huge opportunities associated with climate change in rural opportunities (evidence)

What we want to do together:

- ◆ Develop and support the opportunities associated with climate change
- ◆ Empower health professionals and communities to understand what the opportunities might be
- ◆ Work towards addressing the issues raised by an aging population

Priority 4 - Promoting Social Inclusion

What does this mean?

- ◆ People who feel part of their communities generally maintain better health (evidence)
- ◆ People with disabilities need to be offered the same opportunities and choices as everybody else (policy)
- ◆ Social isolation is a huge health risk (evidence)
- ◆ Well planned community infrastructure promotes a more socially inclusive environment (evidence)

What we want to do together:

- ◆ Empower health professionals and the community at large to understand the importance of social inclusion
- ◆ Increase the opportunities for socially isolated people to be included
- ◆ Promote inclusion of minority groups in planning and service system design

The client is at the centre of all service delivery

PCP MEETING DATES FOR YOUR DIARY

GPPCP Executive Meeting

Date: Thursday 15th May, 2008
Time: 9.30am - 11.30am
Venue: Ararat Visitor Information Centre
RSVP: Michele Corcoran

Service Coordination and Chronic Disease Management Group (BATS) Meeting

Date: Wednesday 21st May, 2008
Time: 9.30am - 1.00pm (includes lunch)
Venue: Department of Primary Industry,
Barkly Street, Ararat
(Next to the Town Hall)
RSVP: Katrina Toomey

Healthy Eating Working Group Meeting

Date: Monday 19th May, 2008
Time: 10.30am – 11.30am
Venue: Stawell Regional Health
RSVP: Chantal Price

Active Recreation Steering Committee (ARSC) Meeting

Date: Tuesday 6th May
Time: 12:30 – 2:30 (lunch provided)
Venue: Tourist Information Centre
RSVP: Laura Waters

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

CELEBRATION OF SEASONAL PRODUCE

Risotto with Leek and Pumpkin

Ingredients

3 tablespoons olive oil
400 g rice (arborio)
2 small leeks, well rinsed and finely chopped
200 g pumpkin, very finely cubed
2 litres vegetable or chicken stock, very hot
5 tablespoons grated parmesan cheese
salt and pepper, to taste

Method:

1. Heat the oil in a large saucepan
2. Fry the leeks for about 5 minutes until soft but not coloured
3. Add the pumpkin and fry gently, stirring for about 5 minutes
4. Add the rice and stir to coat
5. Add the stock, gradually stirring for about 20 minutes, until the grains are swollen and soft
6. Take the risotto off the heat and stir in the cheese
7. Cover and stand for 2 minutes
8. Transfer to a warm serving platter and serve



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

Volunteer at the Stawell Regional Health

Are you interested in contributing to the community, helping others, learning new skills, or meeting new people?

Stawell Regional Health is seeking committed and enthusiastic volunteers who are willing to contribute their time, skills or knowledge at the Bennett Centre for Community Activities.

Training and orientation is provided to all volunteers. All potential volunteers should be aware that they are required by law to undergo a police check.

To register your interest in becoming a volunteer, please contact Lyn MacKenzie on Ph. 5358 8587. Alternatively, you can come along to the Bennett Centre Open Day on Thursday 15th May anytime from 11.30am - 3.00pm to meet with the staff and learn more about volunteering.



Breast Health for Rural Women:

An information evening will be held to become better informed about Breast Health, everything a woman should know.

Guest speakers from Breast Screen and lingerie specialist from Hidden Secrets Ararat will give presentations and answer all your questions.

The evening will conclude with a delicious supper and health information showbags given out to all those who attend.

When: Tuesday 27th May
Where: Streatham Fireworld
Time: 7:30pm



The Working With Children (WWC) Check is being phased-in in sport from 1 JULY 2008.

The Working with Children Check Regional Information Session consists of a presentation with the opportunity to ask questions relevant to your situation. The Regional information sessions will be conducted by the Department of Justice.

The presentation will cover:

- What is the WWC Check
- Who needs to apply
- How to apply
- How to obtain more information

The Information Sessions will be taking place in a variety of locations. As there are limited numbers at each venue, please email your preferred location, date and time to workingwithchildren@justice.vic.gov.au

For regional dates and locations visit:

<http://www.justice.vic.gov.au/wps/wcm/connect/Working+With+Children/Home/About+the+Check/WWC+--+Regional+Information+Sessions>



Communities, Accessibility and the Arts

Responding to and embracing difference in arts and cultural context

How can we enrich our communities by increasing opportunities for people with disabilities to participate in arts and culture?

This stimulating program will explore the challenges and opportunities of inclusive arts. Presentations, discussions, workshops, performances and an art display will inform and energise participants.

When: Wednesday May 7 2008
Where: Ballarat Fine Art Gallery
40 Lydiard Street, North Ballarat
Time: 9.30am-5.00pm
Cost: Free (Places are limited)
RSVP: Deb Whitcross 03 5320 5500
TTY 03 5320 5890
DebWhitcross@BALLARAT.vic.gov.au





The Jean Hailes Foundation for Women's Health presents:

Osteoporosis Women's Health Update For Health Professional

Attend in person at the RACP or attend via videoconference!

Presenters:

Professor Peter Ebeling, Endocrinologist
Department of Medicine (RMH/WH) Western Hospital, University of Melbourne

Assoc Professor Robin Daly, Principal Scientist
Department of Medicine, Western Hospital, University Melbourne

Topics include:

- Osteoporosis: underdiagnosed & undertreated public health problem
- Management options
- Preventative measures
- Interactive case study

When: Tuesday 20 May 2008

Where: RACV Building
2/417 St Kilda Rd, Melbourne

Time: Video conference 6.15pm (connection time)
To 8.30pm Refreshments from 6.00pm

Cost: Individual registrations—Free
Videoconference sites: \$250 +GST

RSVP: RACP Melbourne—03 9927 7777

Email: events@telehealth.com.au

Online: www.telehealth.com.au

In partnership with:



- **Primary Health Bulletin 1 May 2008**
- The latest edition of the Primary Health Weekly Bulletin is now available at www.dhs.vic.gov.au/rrhacs/ph_bulletin/index



Indigenous Issues

Indigenous persons are significantly over represented in the homelessness population. In addition to the disadvantages borne by all groups with lower than average income levels, indigenous people must deal with an array of specific problems that range from poor health to racism and discrimination than the broader community. This workshop will assist participants to develop an awareness of issues affecting indigenous people within their services and look at ways of more appropriately meeting the needs of indigenous clients.

When: Tuesday 6 May 2008

Where: Horsham

Time: 9.30am-4.30pm

Cost: \$27.50

RSVP: Yvonne Wells

Phone: 5434 1665

Email: hacsadmin@britafe.vic.edu.au



PROFESSIONAL DEVELOPMENT

Secrets of Successful Boards

A healthy committee of management or board is integral to the success of any community organisation. This full-day course will help you to understand your legal and practical as a committee/board member, and how you can create a more harmonious, more productive and more effective working group.

You will learn:

- Board Basics
- Board Building
- Better Boards
- Troubleshooting
- Using the Boards, Committees & Government

When: Monday 2 June 2008

Where: William Angliss Conference Centre
Building A, Level 5, 555 Latrobe St Melb

Time: 10am-3pm

Cost: \$195

Register: Phone: 03 9320 6818

Email: service@ourcommunity.com.au

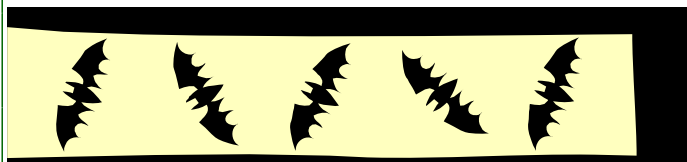
Or visit:

www.ourcommunity.com.au/boardseminars



WHAT'S HAPPENING IN CHRONIC DISEASE MANAGEMENT

SERVICE COORDINATION PROGRESS AND TRAINING



Go to www.connectingcare.com
click on the Login link and enter your name &
password

BATS" EXTENDED SESSION

What: Grampians Pyrenees PCP
Better Access to Services (BATS)
Committee 'Show and Tell'
When: Wednesday 21st May
Time: 9.30am – 1.00pm (includes lunch)
Where: Department of Primary Industry,
Barkly Street, Ararat
(Next to the Town Hall)
RSVP: Katrina Toomey (03) 5352 6224
katrina.t@gchc.org.au

This session is open to anyone interested in Chronic Disease Management. You will hear presentations made by PCP member agencies outlining the services they provide for Chronic Disease Management. All agencies are asked to consider making a brief 5 minute presentation on including a short written summary of the services your agency currently provides in Chronic Disease Management. Practitioners and managers are particularly interested in:

- initial contact – who does this, how and where it occurs
- referral methods and tools
- eligibility criteria for service
- waiting lists and demand
- costs or fees involved
- operating hours & days
- geographical area serviced

Please contact Kate Astbury for more information of presentations, 03)53526205
Or katea@grampianspyreneespcp.org.au



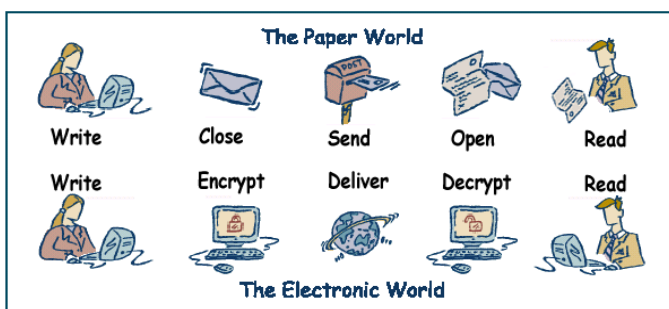
Role of the Service Directory Officer

- To regularly maintain and update information contained on the Connectingcare Service Directory.
- Provide information and training to new and existing staff members on e-referral and user registrations.

Electronic Referral

- Accessed via Connecting Care Service Directory
- Email model - Referrals are sent to agencies via encrypted email using Secure Socket Layer (SSL)
- Any worker can send referrals to an agency registered for e-referral but only agencies who are registered and have PKI registration can receive e-referrals
- Public Key Infrastructure (PKI) used for email encryption
- Referral is not stored on the Connecting Care system
- Service Coordination Tool Templates are embedded

Referral Comparison



If your organisation requires any assistance with the updating of your Connecting Care Site, or training in E-Referral, please contact Katrina Toomey on the details below to express your interest.

Katrina Toomey
Phone: 03)53526224
or 0409 790 587
Email: katrina.t@gchc.org.au



FUNDING OPPORTUNITIES

Victorian Volunteers Small Grants

The purpose of this grant is to encourage local community organizations to attract new volunteers from diverse backgrounds and create new volunteering opportunities.

The focus of these grants is to increase diversity among Victoria's Volunteer organisations. Small community organizations can also apply for funding of projects which improve their capacity to manage, develop and maintain existing volunteer programs.

Provider: Department of Planning and Community Development

Funding: Max per grant \$5,000

Closes: Ongoing

Who can apply: Community not-for-profit organisations in Victoria that involve volunteers at a local level will be considered.

For further information visit:

www.1.grants.dvc.vic.gov.au/mygrants/login.do



Football & Netball Funding Opportunities

Funding is available to assist country football and netball clubs to develop facilities in particular areas of need including: football, netball and umpire facilities, shared community, club and social facilities, multi-use facilities or lighting. Football and netball clubs in rural, regional and outer metropolitan Victoria can submit an expression of interest through their local council.

Funding Available:

Up to \$60,000. This program is open for applications on an ongoing basis.

For more information and to apply online visit: www.grants.dvc.vic.gov.au



JOBS IN THE REGION



Manager Carer Respite Services Full Time Based in Stawell

GCHC has an opportunity for an experienced, innovative & dynamic manager to join their Carer Support Services Team. This position provides supervision and support to the four carer support programs within the team., and is responsible for quality reporting, planning and promotion to ensure program sustainability.

Position Description and further information available from GCHC

Phone: 5358 7400

Web: www.gchc.org.au

Email: gchc@gchc.org.au



CHIEF PHYSIOTHERAPIST Grade One

We are offering an exciting and varied management position for a suitably qualified and experienced physiotherapist with demonstrated leadership skills. The successful applicant will manage a small but busy department of Grade 1 and Grade 2 physiotherapists, and an allied health assistant. The Physiotherapy Department is part of an enthusiastic and professional multi-disciplinary team.

For further information, or to receive a position description, please contact Liz McCourt on 5358 8506 or lmccourt@srh.org.au

Comprehensive applications are to be forwarded to Claire Letts, Director of Clinical Services, Stawell Regional Health, Sloane Street, Stawell, Victoria 3380 or email cletts@srh.org.au, by **May 16th 2008**.



THINGS TO DO TO GET ACTIVE

ARARAT NEIGHBOURHOOD HOUSE INC
56 Campbell Street Ararat
Ph: 5352 1551



OIL PAINTING CLASSES

Would you like to study art in a practical, relaxed manner?

Fred Kinniburgh will show you how to use oil paints to create artworks using a broad range of skills.

All required materials are supplied, keeping the costs to our students to a minimum.



When: Mondays 1 pm—3 pm
Where: Ararat Neighbourhood House
56 Campbell Street Ararat
Cost: An Amenities fee applies depending on materials required

Call Caroline to book in or seek further information on 5352 1551



Biggest Morning Tea

When: Tuesday May 22 2008
Where: Lake Bolac Bush Nursing Centre
Time: 10:30am
All welcome to join us for a chat and a cuppa all for a good cause in supporting ongoing cancer research



Ararat Sing Australia Choir

As part of a VicHealth funded "Bums Off Seats" project, the Ararat Sing Australia Choir have been incorporating movement into their songs. The choir have been learning a range of new movements and completing them with great enthusiasm and skill! It is a fantastic and welcoming group to be a part of. For more information on the choir, please contact Kristine Hughes on: 5352 3794.



Ararat Red Cross Advanced Screening of "Unfinished Sky"

When: Thursday, 8th May 2008
Where: Astor Cinema - Ararat
Time: 7pm
Cost: \$18 per person
Pre Movie Drinks & Nibbles (Movie Starts 8pm)
Tickets available from:
Wendy Heard 53525059, Pauline Weeks 0410524878
or any other Ararat Red Cross Member

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 14th May**.

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