



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

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# Grampians Pyrenees PCP Newsletter

Issue 17, September 23rd 2011

## An Introduction to Mental Health, Mental Health Promotion, Prevention of Mental Ill-health and Early Intervention



Grampians Pyrenees Primary Care Partnership invites you to attend the following  
workshop

### **Understanding Mental Health and Wellbeing.** *An introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention.*

**Date:** Tuesday October 11<sup>th</sup> 2011

**Time:** 10.00am to 3.30pm (with lunch provided)

**Venue:** Stawell Health and Community Centre (SHaCC) – Diamond Room  
Patrick St, Stawell.

**Facilitator:** Anne Watson

This introductory training module has been developed to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings.

**The workshop will cover:**

- Concepts of positive mental health
- Influences on mental health (including social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Status of the evidence
- Overview of mental health promotion, prevention of ill-health and early intervention
- Applications to clinical and community settings
- Examples of evidence-based interventions.

This workshop is suitable for people working across a range of ages in government and non government organisations that have a focus on mental health, and is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for mental health. This workshop is being supported and delivered on behalf of the Child and Youth Mental Health Services Redesign and Demonstration project and will be particularly appropriate for those working with the 0-25yr old age group.

**For further information contact:** Meagan Ward (53526227) or

**To register your attendance at the workshop please contact:**

**Kelly Morgan**

**Email:** [kelly.m@grampianscommunityhealth.org.au](mailto:kelly.m@grampianscommunityhealth.org.au)

**Tel:** 5352 6226

**Closing date for registrations:** Friday October 7<sup>th</sup> 2011



## Upcoming Dates

### Calendar of Events in this issue!

#### October

Project Management Training (Grampians Region)		
October 4 & 5	Ballarat	page 5
Borderline Personality Disorder Conference		
October 5	Preston	page 3
GRIT—Original Story Piece		page 5
October 7-8	Ballarat	
An Introduction to Mental Health Workshop		
October 11	Stawell	page 1
Ararat Open Our Minds (Art Display)		page 8
October 10—14	Ararat	
Oral Health & Healthy Eating Forum		page 6
October 13	Hamilton	
Community of Practice "The Art of Health Conversations"		
October 19	Stawell	page 2
Ballarat Community Safety Conference		page 4
October 19	Ballarat	
Crisis and Opportunity Symposium		page 3
October 19-21	Diamond Creek	
Mentoring Celebration Dinner		page 7
October 25		
Diabetes : Annual Cycle of Care, A snapshot		
October 26-27	Warrnambool	page 5

#### November

Social Leadership—"Conversations that matter"		
November 3	Yarra Valley	page 3
Board Builder Conference		page 7
November 18	Moonee Ponds	
Kids go for your life professional Forum		page 8
November 22	Melbourne	
Tai Chi for Diabetes workshop		
November 24—25	Melbourne	page 4

#### February

Health Coaching Training Part 2		page 2
February 8th	Stawell	

### GPPCP Executive Committee Meeting

Thursday October 20th 2011  
10.30 am—12.30 pm EGHS Ararat  
Video Conferencing Available  
RSVP — Chantal Thomas

### Integrated Health Promotion Working Group Meeting

Tuesday 25th October 2011  
Stawell, 10.30am—12.30 pm  
RSVP Meagan Ward



Invites you to:

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

Presented by:



**Date** Wednesday 8<sup>th</sup> February, 2012

**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 to Kelly by Friday 9th of December on  
Kelly.m@grampianscommunityhealth.org.au

### Announcing the first Grampians Integrated Chronic Disease Management Community of Practice

### "The Art of Health Conversations"

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



ENVIRONMENTAL HEALTH AUSTRALIA (VIC) INC.

2ND ANNUAL PROFESSIONAL DEVELOPMENT SYMPOSIUM

## CRISIS AND OPPORTUNITY

THE CHANGING FACE OF ENVIRONMENTAL HEALTH

19-21 OCTOBER 2011

Comfort Inn Country Plaza, Halls Gap



### Contact

Bernadet Ferraro, Executive Officer Environmental Health Australia (Vic) Inc. PO Box 378, Diamond Creek VIC 3089  
 Phone: 03 9438 5960 Mobile: 0448 660 080 Email: vic@eh.org.au

### Social Leadership - Through the Art of Hosting and Harvesting Conversations that Matter

Conversation is indispensable for the successful accomplishment of almost all activities between people, especially the coordination of work, the formation of collaborative relationships and for learning.

Over three days we will work with, demonstrate, practice and explore how participatory methodologies can be used as a foundation for Leadership and learning in groups, teams, communities and organisations.

Thursday 3<sup>rd</sup> November – Saturday 5<sup>th</sup> November, Green Gables, Gable Lane, Warburton, Yarra Valley.

Cost Not for Profit Rate \$1850 (+ GST)  
 Corporate/Government Rate \$2600 (+ GST) Includes workshop materials, all meals and accommodation.

To register visit <https://www.eiseverywhere.com/ereg/index.php?eventid=28620>

### Borderline Personality Disorder Conference

The purpose of this conference is to get the support and assistance in transforming the negative culture surrounding Borderline Personality Disorder to one of hope and optimism, the prognosis for people with a diagnosis of Borderline Personality Disorder is positive if appropriate treatment is accessed.

This conference aims to make a start towards replacing the current silence and shame experienced by many individuals and families impacted by Borderline Personality Disorder with respectful conversation and recognition of the challenges and distress they experience.

Excellent international and local speakers are presenting in this conference.

Wednesday 5<sup>th</sup> October, Darebin Arts & Entertainment Centre, cnr Bell Street & St George Road, Preston.

Registration is free - to register call 8803 5555.

**CITY OF  
BALLARAT**



Sustaining growth. Strengthening communities.

For more information and to register online visit

[www.ballarat.vic.gov.au](http://www.ballarat.vic.gov.au)

Registrations close Friday 14 October

Please direct queries to:

Sandra Kennedy

P: 5320 5746

E: [sandrakennedy@ballarat.vic.gov.au](mailto:sandrakennedy@ballarat.vic.gov.au)

City of Ballarat

Community Development



Creating a platform for action on  
rural & regional  
**safety**  
CONFERENCE 2011

**Ballarat Community Safety Conference**

Wednesday 19 October 2011

10am-4pm

Registration from 9.30am

Art Gallery of Ballarat

40 Lydiard Street North, Ballarat

- Alcohol Related Harm
- Driver/Cyclist Interaction
- Women's Violence Prevention
- Urban Design

## Tai Chi for Diabetes workshop

One successful completion of this two-day intensive workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. Tai Chi for Diabetes is a program specially designed by Dr. Paul Lam in conjunction with a team of medical specialists and tai chi experts. Based on the Sun and Yang style Tai Chi, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to prevent and improve the control of diabetes. The program will improve health and wellness.

### At the conclusion of the workshop

- Learn how to teach this program safely and effectively
- Gain knowledge of what is Tai Chi and how it helps people with diabetes
- Be able to perform the Tai Chi for Diabetes set

### Who is eligible to attend this training?

Suitable participants include: Diabetes Educators, Occupational Therapists, Physiotherapist, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, Health professionals (eg doctors), Accredited Exercise Instructors, Certified Allied Health Assistants

**Your trainer** Rani Hughes is an occupational therapist and master trainer in the Tai Chi for Arthritis, Tai Chi for Diabetes and Tai Chi for Kids programs. She has Certificate IV in Workplace Assessment and Training. Rani enjoys teaching and has trained hundreds of Tai Chi for Health leaders. She has taught tai chi for over ten years to a range of people including people with arthritis, diabetes and kids.

## Information

**Date:** Thursday 24 & Friday 25 November 9.00 am-5.00 pm

**Venue:** St Peter's Church Hall, Corner Bignell Rd & Centre Rd Bentleigh East, Melbourne Victoria

**Cost:** \$380 per person. Includes Tai Chi for Diabetes DVD, handbook and course notes. Registration deadline is 14 November 2011.

## Enquiries

Rani Hughes Ph 0409 164 396 [ranihughes@gmail.com](mailto:ranihughes@gmail.com)

## Grampians Region 2011 Project Management Training

health

### Ballarat and Horsham

Building on the successful 2010 Project Management Training, the Primary Health and the HACC and Assessment Unit of the Department are jointly funding two training workshops in the Grampians Region in 2011. The maximum number of participants in each workshop is 18.

Dates:	Venues:
Ballarat - 4 and 5 Oct 2011 Horsham - 5 and 6 Dec 2011	Ballarat - Yuille Park Community College, Violet Grove, Wendouree
Time: 9am to 4pm both days	Horsham - Banksia Room, Grains Innovation Park, 110 Natimuk Road

#### Target groups:

- Staff of community health services delivering community health and/or HARP programs.
- Staff of HACC funded agencies, particularly those with a project role in implementing the Active Service Model or Assessment Framework initiatives.
- PCP staff
- PASAs and other regional office staff

#### Eligibility:

Applicants will be selected on the basis that they:

- Have some experience working on or about to be given responsibility for project(s) in their agency.
- Understand how their project(s) relate to strategic goals of their agency and current health policy.
- Are familiar with basic terminology within project management.
- Are committed to on-going learning and use of project management methodology. Are willing to support colleagues in agency to use project management elements.
- Are committed to completing the 2-day training workshop.
- Will give maximum prior notice to Regional Office Contact, if unable to attend workshop, so that place can be allocated to others on waiting list.
- Are supported and nominated by their agency.

#### Application Process:

- Submission of completed application form to [john.koopmans@health.vic.gov.au](mailto:john.koopmans@health.vic.gov.au) at least 10 working days prior to the workshop you wish to attend.

### GRIT – Original Story Piece

GRIT is a theatre residency project with Platform Youth Theatre (PYT) from Melbourne & MAYTE youth theatre (Ballarat), working with young single mothers from Link-Up (Wendouree West Neighbourhood House). MAYTE and the participants from the Link Up Program have created an original piece telling their stories. Performances will be held on Friday 7<sup>th</sup> October - 7pm  
Saturday 8<sup>th</sup> October - 2pm  
Saturday 8<sup>th</sup> October – 7pm  
At Frank Collishaw Theatre, Ballarat Secondary College, corner Forest St and Giot Drive.  
Tickets available via <http://www.trybooking.com/WKQ>  
\$5 Concession \$10 Full

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Excellent international and local speakers are presenting in this conference.

Wednesday 5<sup>th</sup> October, Darebin Arts & Entertainment Centre, cnr Bell Street & St George Road, Preston. Registration is free - to register call 8803 5555.

### Diabetes: Annual Cycle of Care A Snapshot

Southwest Health Care presents Diabetes: Annual Cycle of Care.

#### Objectives:

- Develop an holistic approach to diabetes care for clients
  - Understand self management principles
  - Update knowledge of insulin pump therapy
  - Review of complications associated with diabetes
  - Understand diabetes emergencies and their treatment

Wednesday 26<sup>th</sup> & Thursday 27<sup>th</sup> October 2011, Proudfoots on the River, 2 Simpson Street, Warrnambool.

Cost \$60 for single day or \$170 for both days.

For enquiries and

registration contact Maree Boyle on 5564 4104.

## Healthy Smiles for Healthy Lives

### Oral Health & Healthy Eating Forum

Thursday 13 October 2011 10.00 am - 3.00pm



#### Are you involved in health & wellbeing programs, or food and nutrition?

- Hear the latest evidence on Oral Health Promotion and get an update on Healthy Eating
- Discuss ways we can together improve the health of our community
- Keynote speaker: Dr John Rogers, Principal Dental Advisor, Department of Health

**Where:** RMIT Conference Room, 200 Ballarat Road, Hamilton VIC

**When:** Thursday 13 October, 10:00 - 3:00pm

**Cost:** Free - light lunch provided

**For registration or more information:** [jenny.williams@wdhs.net](mailto:jenny.williams@wdhs.net)

03 55518561 or 0458 005 874

Registration is essential



## 25 New Grants to Support Men's Sheds

The Australian Government is funding new grants for 25 men's sheds across the country to purchase tools, conduct building and maintenance and employ shed coordinators.

A number of the sheds will be funded to employ a shed coordinator to assist with tasks such as overseeing and supporting projects to engage males in the shed environment or to facilitate discussions with relevant and interested groups. All Men's Sheds throughout Australia are eligible to apply for up to \$10,000 in Government assistance. Round Three of funding will open in late August 2011 and interested Sheds should monitor the Men's Shed website <http://www.mensshed.org> for updates.

## Australian National Preventive Health Agency Strategic Plan 2011-2015

This Plan sets out ANPHA's vision, its mission, and the values and strategies that will underpin its work. To achieve its vision and mission ANPHA will collaborate with governments and with research, industry, media, non-government and community partners. ANPHA will work to enhance the exchange of knowledge, advice and support for prevention and health promotion efforts throughout Australia. See: <http://www.anpha.gov.au/internet/anpha/publishing.nsf/Content/strategic-plan>

A number of Strategic Documents and reports have been recently released in the health and health promotion area.

The **Australian National Preventive Health Agency (ANPHA)** which is available at <http://www.anpha.gov.au/internet/anpha/publishing.nsf/Content/strategic-plan>

**Victorian Government – Dept of Health: Public Health and Wellbeing Plan for Victoria -**

The plan is available at [http://www.health.vic.gov.au/localgov/downloads/enviro\\_public\\_health.pdf](http://www.health.vic.gov.au/localgov/downloads/enviro_public_health.pdf)

**Health promotion and sustainability: transitioning toward healthy and sustainable futures – Final Report** [http://](http://www.resourcesmart.vic.gov.au/documents/ENV054_Health_Promotion_Report_Final_Report_110622_sq.pdf)

[www.resourcesmart.vic.gov.au/documents/ENV054\\_Health\\_Promotion\\_Report\\_Final\\_Report\\_110622\\_sq.pdf](http://www.resourcesmart.vic.gov.au/documents/ENV054_Health_Promotion_Report_Final_Report_110622_sq.pdf)

**Board Builder  
Conference  
(Spring 2011)**  
Spring clean your  
board!

**Price: \$295**  
**(Book before  
September 23 and  
receive 10% off!)**  
Group Bookings: Send  
5 people and  
save 20% off full price  
call Alan Matic on  
03 9320 6805

Friday 18 Nov 2011  
Moonee Valley Racing Club  
Members Gate 1,  
McPherson Street  
Moonee Ponds,  
Melbourne VIC

Register online at:  
[https://  
www.ourcommunity.com.  
au/secure/event/  
event\\_sign\\_up.form?  
conferen-  
celd=185&area=managem  
ent](https://www.ourcommunity.com.au/secure/event/event_sign_up.form?conferenceId=185&area=management)

# Mentoring Week

## 2011

### Lead On Ballarat & The Grampians Regional Mentoring Network

invite you to attend a  
**Mentoring Celebration Dinner**  
With Guest Speaker

## Glenn Manton

For many, Glenn is best known for his time as a senior AFL footballer for both Carlton and Essendon. Towards the end of his 12 year career he co-founded Whitelion, a not for profit organisation aiding youth in crisis in the juvenile justice system. Glenn's diverse youth work has allowed him to gain a unique understanding of youth and 'their' world.

Tuesday, 25<sup>th</sup> October  
6:00 - 10.00pm  
The Grand Ballroom  
[Craig's Royal Hotel](#)  
\$25 per ticket

Purchase your tickets from Vicki at [vickic@leadon.com.au](mailto:vickic@leadon.com.au) (0409 023 373).  
No ticket sales at the door. Tickets are limited.



*Mentoring helps young people achieve their potential*

### **NATIONALLY ACCREDITED QUALIFICATIONS IN HEALTH CONSUMER LEADERSHIP AND ENGAGEMENT**

Health Issues Centre in partnership with the Victorian Quality Council will be offering these training programs once again for consumer leaders and health service staff in October and November 2011.

**The Course in Consumer Leadership** (22095VIC) provides consumers with the foundation skills to engage and promote consumer engagement in health services.

**The Vocational Graduate Certificate in Consumer Engagement** (220929VIC) provides experienced consumer leaders and health service staff with the advanced skills and knowledge to develop and implement strategic consumer engagement in health services and government and non-government bodies.

Places in both courses are limited. **CLOSING DATE FOR REGISTRATION: 16 September 2011**

For further information, including training program details, outline of courses and to download a Registration Form please visit [www.healthissuescentre.org.au](http://www.healthissuescentre.org.au)

## CLOSING THE GAP ABORIGINAL HEALTH WORKFORCE 2011-12 TRAINING GRANTS PROGRAM

Please find below the details for the 2011-12 Closing the Gap Training Grant Program to assist health services to increase their capacity to support and provide training opportunities for their Aboriginal workforce.

Training grants for 2011-12 are available for:

- **Management and leadership training** - up to \$20,000 per organisation
- **Nursing training** - up to \$15,000 per trainee
- **Allied Health Assistance** - up to \$15,000 per trainee
- **Dental Assistance** - up to \$15,000 per trainee

Submissions will be assessed at three times throughout the year and the closing dates for these rounds are as follows:

- Round one - 30 September 2011
- Round two - 13 January 2012
- Round three - 30 March 2012

Expressions of interest may be submitted by contacting Sue Davey on:

Email: [sue.davey@health.vic.gov.au](mailto:sue.davey@health.vic.gov.au) or Tel: 03 9096 7869

### MENTAL HEALTH WEEK

9th-15th October

Art Display

‘ARARAT OPEN OUR MINDS’

10th-14th October

OFFICIAL OPENING

MON 10TH OCT 5PM-6PM

ARARAT PERFORMING ARTS CENTRE FOYER

### Women and Suicide

Women's Health Victoria has published a new gender impact assessment (GIA) on women and suicide. This paper unpacks the complex interaction between gender and other social determinants. It explores how current patterns of suicide and suicidal ideation in women are influenced by factors such as bullying, social isolation, violence, discrimination and other mental health considerations.

The GIA also examines the current suicide prevention policies and strategies and recommends a series of gender sensitive approaches to suicide prevention. These recommendations also consider other factors besides gender that significantly increase suicide risk for women in Australia.

To view visit [http://whv.org.au/static/files/assets/141b28e2/Women and suicide GIA.pdf](http://whv.org.au/static/files/assets/141b28e2/Women_and_suicide_GIA.pdf)

### Postgraduate Study Information Evening

The School of Public Health and Human Biosciences, La Trobe University will be holding a Postgraduate Study Information Evening for Masters in coursework, PhDs and Professional Doctorates.

The Postgraduate Study Information Evening is an opportunity for prospective students to find out about our postgraduate courses, including our new Master courses and double Master courses and meet our academic staff.

Details of the evening are as follows:

Wednesday 12th October, commencing  
6.00 - 8.00pm at Jasper Hotel, 1st Floor,  
489 Elizabeth St, Melbourne.

Attendance can be registered at the following website: [www.latrobe.edu.au/postgrad/events/human-biosciences-public-health-info-evening](http://www.latrobe.edu.au/postgrad/events/human-biosciences-public-health-info-evening)

### Kids ‘Go for your life’ Health Professionals Forum

It's the final Kids – Go for your life health professionals forum. Tuesday 22nd November, 9.30am – 4.30pm at ZINC, Federation Square, Melbourne. The forum will also provide information regarding the new health promoting schools and early childhood services initiatives for Victoria.

Please lodge and expression of interest to attend by emailing [admin@kidsgoforyourlife.org.au](mailto:admin@kidsgoforyourlife.org.au)

# "The Saturday Arvo Club"

## UP THERE CAZAY!!!

### FABULOUS FOOTY FINAL DAY



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

**WHEN:** Saturday 24<sup>th</sup> 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, 24<sup>th</sup> SEPTEMBER, 1.30pm  
..... BE THERE!!!**

# "The Sat'day Arvo Club"

## Absolutely Nothing Day



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



**WHEN:** Saturday 8th October 2011  
1.30pm to 3.15pm

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

We are celebrating "Nothing Day" by having an Absolutely Nothing Saturday Arvo Club. Noel and Tracy will be there and playing as usual, but for the first time, there is no theme, just come as you are and have fun!



Don't forget the Club Day on the 22nd October is our Halloween Day. Halloween Day is always such a big hit. Dress to Kill or Thrill!

**SAT'DAY ARVO, 8th October, 1.30pm  
..... BE THERE!!!**

# MUSICAL MEMORIES



## TRACY and NOEL DOWN MEMORY LANE



☺ **Down Memory Lane** ☺

From Grandfather's Clock to Yesterday and Those Were The Days

### ARARAT RSL CLUB

**Tuesday 27<sup>th</sup> September, 2011**

☺ 10.30 am ☺

# "The Sat'day Arvo Club"

## MONSTER MASH



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

**WHEN:** Saturday 22nd October 2011  
1.30pm to 3.15pm



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

Hey, it's nearly Halloween. Join Dr Crypt and Devilla (It's really Noel and Tracy) for some rocky - horror dancing. Wear your capes, witch's gear, ghost or monster stuff and bring along your favourite vampire bat or black cat and celebrate with us. Shrunken heads on sale.

Don't miss out on the Monster Mash... lots of activities for your clients in the preceding days, mask and costume making or buying, bats and brooms etc.. all the gear for a spooky Halloween. Be in it and have fun!

**Dress to kill or thrill!!!**

**SAT'DAY ARVO, 22nd October, 1.30pm**

**..... BE THERE!!!**



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

## Ginger Chicken Stir Fry

### Ingredients

- 1 tablespoon olive oil
- 500g chicken breasts, trimmed, sliced
- 5cm piece fresh ginger, peeled, thinly sliced
- 2 garlic cloves, sliced
- 300g broccoli florets
- 6 green onions, sliced diagonally
- 1 red capsicum, sliced
- 250g packet hokkien noodles
- 1/4 cup fish sauce
- 2 tablespoons lime juice
- 1 to 2 birdseye chillies, de-seeded, sliced
- 1 tablespoon reduced-salt soy sauce



### Preparation Method

1. Heat a wok over high heat until hot. Add 1 teaspoon of oil and half the chicken. Stir-fry for 1 minute, or until golden. Remove to a plate. Repeat with oil and remaining chicken. Cover and keep warm.
2. Add remaining oil, ginger, garlic, broccoli, onions and capsicum to hot wok. Stir-fry for 3 minutes, or until broccoli and capsicum are tender. Add noodles and stir-fry for 1 minute.
3. Combine fish sauce, lime juice, chillies and soy sauce in a jug. Add to wok with chicken. Stir-fry for 1 to 2 minutes, or until heated through and well combined. Divide stir-fry between serving bowls. Top with coriander. Serve.

Source [www.taste.com.au](http://www.taste.com.au)

### Health Benefits of Ginger

Ginger has carminative properties (anti spasmic) and can be used to calm an upset stomach, providing relief of bloating and gas.

The intake of ginger helps stimulate the secretion of mucus, quieting your cough and soothing any scratchiness in your throat.

Ginger has been proven (in multiple studies) to treat feelings of nausea, particularly in the form of seasickness, morning sickness, motion sickness and as a side effect of chemotherapy.

Ginger contains anti viral, anti toxic, and anti fungal properties, and is used for the prevention of and treatment against the common cold.

Ginger acts as an antihistamine and aids in the treatment of allergies.

Ginger displays anti inflammatory properties and can be used to treat rheumatoid arthritis, osteoarthritis, and various other muscular disorders. The chemical components of the root are instrumental in inhibiting the biosynthesis of prostaglandins which are responsible for causing inflammation. Thus the root has proven to be a highly effective form of treatment, in some cases, even more so than the NSAID's that are traditionally prescribed.

Ginger contains special enzymes responsible for catalyzing the proteins in your food, thus aiding in digestion and the prevention of cramps. The ancient Greeks used to eat ginger after a large meal in order to ease the digestion process.

Due to its promotion of mucus secretion, ginger protects against the development of ulcers, unwanted holes in the lining of your stomach.

Ginger has proven to help lower your cholesterol levels and prevent the formation of blood clots.

We're on the WEB,  
[www.grampianspyreneespcp.org.au](http://www.grampianspyreneespcp.org.au)