



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

Issue 23, December 16th 2011

Welcome to the final edition of the Grampians Pyrenees PCP newsletter for 2011. GPPCP has undertaken a significant amount of work as part of the 2009—2012 Strategic Plan and the New Year will see monitoring and evaluation as a key component across all PCP activity; Partnership Development, Integrated Health Promotion, Integrated Chronic Disease Management and Service Coordination. PCPs have also been notified that the state wide planning timelines have been altered to coincide with Municipal Public Health & Wellbeing Plans—a 12 month PCP plan is due to Department of Health mid 2012.

An up coming opportunity for member agencies, and partner organizations, to participate in the development of the Integrated Chronic Disease Management and Service Coordination Operational Plan is on **Wednesday 22nd February 2012** at a facilitated workshop. This is open to any agencies that deliver services within the GPPCP catchment and have an interest in integrated practice. The afternoon session will be a workshop on Plan, Do, Study, Act (PDSA) monitoring and evaluation technique. I encourage anyone who is interested to please contact Jayne Stinton at GPPCP—detailed information on this workshop will be available in the New Year.

I would also like to acknowledge all member agencies, organizations, departments and partners that have contributed and supported the GPPCP work throughout the past year. Partnership work can be time consuming, frustrating and slow at times but the outcomes for the human service system, organizations and most importantly our local communities is immeasurable—I'll admit my bias, but I think people in rural areas are experts at working collaboratively.

Thank you to the GPPCP Executive for your participation and contribution to leading the partnership over the past 12 months and especially to the Chairperson Trevor Adem and Deputy Chairperson Tim Adam. Trevor and Tim have also been elected by the GPPCP Executive to remain in their respective positions on the Executive for a further 12 months until November 2012—congratulations. To the participants on the GPPCP subcommittees; Integrated Health Promotion (IHP) and Better Access to Services (BATS), it is ultimately clinical practice and your knowledge at the coal face that determines where change needs to happen for improved client and community outcomes—so thank you for your generosity in sharing your skills and expertise and shaping the priorities for the GPPCP catchment. To the GPPCP team (past and present) of 2011: Stacey Dempsey, Loki McIntyre, Chris O'Brien, Meagan Ward, Jayne Stinton, Karen Armstrong and Kelly Morgan thank you for the enthusiasm and motivation you bring to the GPPCP team, along with the good humor and occasional treats at morning tea.

The first newsletter for 2012 will be in February—please contact Kelly Morgan at GPPCP if there are items you would like included in the first edition.

Whilst this is the final newsletter for 2011 it is also my last newsletter as I'll begin maternity leave at the end of January 2012. So thank you again to all the member agencies and staff and best wishes for an enjoyable festive season and happy New Year!

Please take the time to fill in the newsletter survey (page 2) so that we can create the best newsletter for our readers.

GPPCP Office will be closed from Friday 23rd December 2011 - Monday 9th January 2012.

Kind regards, Chantal.

Tell us What You Think!

Evaluation is an integral part of research, and in fact everyday life. We evaluate in the supermarket picking which apples to buy, and you are currently evaluating this newsletter; is it worthy of your time or not?

By definition, evaluation is: "the process by which we judge the value or worth of something"
(Hawe et al, 1990, cited by Talbot & Verrinder 2009, p.166).

Evaluation is about learning. Learning what worked well, and what didn't work so well. So, we would like to finish the year with an evaluation of our newsletter. We would like to know what you think works well, and what doesn't work well, so that in 2012 we can come back with a fresh look and ensure we are meeting your needs. After all, our newsletter is put together for you.

We have a short survey, which will take only a few minutes, we would like you to complete so that we can serve you better. Please only complete this evaluation if you receive this newsletter via email from GPPCP Administration. If you receive this newsletter from someone else, please do not complete the survey. Your opinion is still valued and if you are not completing the survey but have any suggestions please feel free to contact myself or Kelly to discuss them. We are doing this to ensure a correct calculation of response rate.

You can click on this link to complete the survey.
<http://www.surveymonkey.com/s/65YCSCH>

(If this doesn't work try cutting and pasting the URL).

If you have any trouble please feel free to contact myself or Kelly Morgan on 53526200.
We are hoping to have your response by the 23rd of December.
We look forward to hearing your thoughts.

Merry Christmas.
Karen

GPPCP Executive Committee Meeting

Thursday February 16th 2012
10.30 am—12.30 pm EGHS Ararat
Video Conferencing Available
RSVP — Kelly Morgan

Integrated Health Promotion Working Group Meeting

Tuesday February 14th 2011
Stawell, SHACC 10.00am—12.00 pm
RSVP Meagan Ward

DATE CLAIMER: Grampians Pyrenees PCP Integrated Chronic Disease Management & Service Coordination Workshop

Wednesday 22nd February 2012,
9.30am – 4.30pm

Detailed agenda will be forwarded at a later date

Afternoon session: Facilitated PDSA (Plan, Do, Study, Act) Workshop

The GPPCP Better Access to Services (BATS) committee has recently reviewed its priorities and key action areas for 2012. This is informing the development of the 2012 Integrated Chronic Disease Management/Service Coordination Operational Plan for the GPPCP catchment.

Who should attend: Health service clinicians, managers, primary care staff, local government personnel, HACC staff, allied health, HARP staff, disability services, neighbourhood houses and anyone with an interest in chronic disease.

Contact: Jayne Stinton, Chronic Disease Coordinator jayne.s@grampianscommunityhealth.org.au or 5352 6225 for information or to be included on the distribution list for further updates.

Workshop: Everyone's Business: Developing workplace programs for the primary prevention of violence against women

This WHV workshop will inform the practice of primary prevention of domestic violence within the context of private business and the workplace. The workshop will provide participants with the necessary theoretical base and practical skills to start planning and implementing a workplace program aimed at the primary prevention of violence against women and is recommended for local government, community and women's health organisations.

When: 9:30am-1pm, 31 January 2012

Where: Women's Health Victoria, Level 8/255 Bourke Street, Melbourne

Cost: \$66 (incl. GST) standard rate or \$33 (incl. GST) self funded rate

More info: Visit [the Women's Health Victoria website](#)

POSITIVE SCHOOLS 2012

Mental Health & Wellbeing Conference

EYES WIDE OPEN WA QLD VIC

www.positiveschools.com.au



Report: Australia's Welfare 2011

The Australian Institute of Health and Welfare (AIHW) has released the 10th biennial report on Australia's welfare.

The report is a comprehensive and authoritative source of national information on welfare services in Australia.

Topics include: children and young people; disability and disability services; ageing and aged care; informal carers; homelessness; housing assistance; community services workforce; welfare expenditure; indicators of Australia's welfare.

Heart Foundation Discussion Paper Good for Busine\$\$: The benefits of making streets more walking and cycling friendly

Director of Walk21 and UK expert on walking for active transport, Dr Rodney Tolley, was commissioned by the Heart Foundation to write a discussion paper which asserts that a well designed street that promotes walking and cycling is good for the local economy.

More info: Download the Discussion Paper from the [Heart Foundation website](#)

Women's Health Victoria's next *Advocacy in Health Promotion* workshop will be held on Wednesday 8th February 2012.

The workshop will cover:

- What is advocacy and how does it fit into health promotion practice?
- Where should advocacy be targeted for the best results?
- Developing an advocacy campaign
- Techniques for advocacy – what to expect, practical tips.

Date: 8 February 2012

Time: 9.30am – 1pm

Location: Women's Health Victoria
Level 8/ 255 Bourke St. Melbourne

Cost: \$ 66 (incl. GST) standard rate or
\$33 (incl. GST) self funded rate

Registration: Visit <http://whv.org.au/what-we-do/workshops/advocacy-in-health-promotion> and complete a registration form by Monday 30th January 2012.

Central Goldfields Shire is pleased to announce that we have recently had confirmation of our booking for a

Bridges Out of Poverty course

for communities and professionals workshop

The Healthy Communities Initiative will be fully funding this two day course for those who work or live in the Central Goldfields or Pyrenees Shires. While participants are able to choose to participate only in the first day, we will give preference to those who are able to commit to attending on both days of the workshop.

This workshop is appropriate for all those working and participating in communities across the Central Goldfields Shires including health professionals, Councilors, council staff, service groups, sports clubs, community organisations, police, education and employment agencies as well as many others. The workshop will give new skills and strategies in order to better engage and communicate with everyone in our community.

When: 15th & 16th March 16th 2012

Where: Waubra Community Hub (at the Recreation Reserve)

For more information or to register please contact: **Breanna Doody**
Healthy Communities Initiative Coordinator Central Goldfields Shire Council

Phone: (03) 5461 2689 Mob: 0408 158 143

breannad@cgoldshire.vic.gov.au

7th & 8th February, 2012 Navarre Sustainable Farming Families Program

Venue: Navarre Football Club

A health, well-being and safety program for farm men and women that involves interactive workshops. Workshops cover topics such as cardiovascular disease, cancer, diabetes, stress, farm safety, depression, anxiety, nutrition and exercise. Participants of the SFF program receive full health assessments, have the opportunity to understand their own health risks, how to manage them and how to integrate them into farming life.

The program is an initiative of Western District Health Service delivered in partnership with the Department of Primary Industries (DPI) and collaboration with Stawell Regional Health.

The program is offered free of charge to participating farming families.

Contact: Katrina Toomey,
Stawell Regional Health Ph: (03) 5358 8611
Contact: Gary Hannett, Navarre Football Club

NETBALL PATHWAYS PROGRAM for people with disabilities

Netball Pathways is on again in 2012! Come along and learn about Netball in a welcoming environment. Make new friends, get fit, learn new skills and become part of a team!



Netball Pathways is a program for males and females, aged 8-50 years.

When: Fridays, 5-6pm, February 10 - March 30 2012

Where: Ballarat Netball Association - Llanberris
201 Barkly Street, Golden Point

Cost: Free

To find out more information and to register call Jess at Sports Central on (03) 5331 6966 or email jess.watts@chsa.org.au

Nominations for the 2012 Victorian Honour Roll of Women close on Wed 21 Dec 2011.

Do you know an inspirational woman? A leader or pioneer in her field?

Each year, the Victorian Women's Honour Roll provides the opportunity to acknowledge Victorian women, who through their vision, leadership, commitment and hard work, have made an exceptional contribution in their communities or in their areas of expertise.

Women can be nominated for their contributions in a diverse range of fields such as health, science, law, IT, social justice, environment, sports, arts, media and education, as well as their involvement in rural, ethnic and Aboriginal and Torres Strait Islander affairs.

Minister Wooldridge will announce the new inductees as part of International Women's Day celebrations in March 2012.

You will find the nomination form and more information at:

<http://www.dhs.vic.gov.au/for-business-and-community/community-involvement/women-in-the-community/women-as-leaders/victorian-womens-honour-roll>

Queries and requests for further information should be directed to Ms Brenna Murphy on 9918 7343 or via email to brenna.murphy@dhs.vic.gov.au.



Social Boccia Competition

Social Boccia is a program for EVERYONE - people of all abilities, ages and backgrounds. Boccia was designed to cater for people with high levels of physical impairment - but this competition is for everyone to enjoy!

Program Details:

Venue: Ken Kay Badminton Stadium, Dowling Street, Wendouree

Dates: Monday February 13th - March 26th 2012

Time: 3.30 - 4.30pm

Cost: \$3 per person

For more information or to register your interest in participating in Boccia, please contact Jess at Sports Central on 53316966 or email jess.watts@chsa.org.au



Women's Health Victoria

'knowledge into action'

Everyone's Business workshop

Developing workplace programs for the primary prevention of violence against women

This half-day workshop will inform the practice of primary prevention of domestic violence within the context of private business and the workplace. Based on WHV's experience with its *Take a Stand Against Domestic Violence*® program, the workshop will provide participants with the necessary theoretical base and practical skills to start planning and implementing a workplace program aimed at the primary prevention of violence against women. The workshop is recommended for local government, community and women's health organisations wishing to engage with businesses to deliver such a program.

The workshop will cover:

- The rationale for the primary prevention of domestic violence using the workplace as a setting
- Considerations for designing, planning, implementing and evaluating your program
- Ways of maximising engagement and sustaining relationships with business
- Handling resistance to change

Participants will receive an *Everyone's Business* workplace program guide and membership of a newly established *Everyone's Business* community of practice for ongoing support.

Date: **31 January 2012**

Time: **9.30am – 1pm**

Location: **Women's Health Victoria, Level 8/ 255 Bourke St. Melbourne**

Cost: **\$66 (incl. GST) standard rate or \$33 (incl. GST) self funded rate**

Morning tea provided

Please **register** by completing and submitting an Event Registration Request via the WHV website: <http://whv.org.au/contact-us/event-registration-request>



Level 0 Accreditation - An introduction to Boccia

To ensure the newly formed Boccia programs are sustainable and successful, volunteers are required. Without volunteers the program will not go ahead. Sports Central and Boccia Australia are excited to offer this training.

When: 10AM - 3PM 27th January (lunch provided)

Where: Ken Kay Badminton Stadium, Dowling St, Wendouree

What to bring: Comfortable clothes

For more information or to register your interest in participating in the Level 0 accreditation training, please contact Jess at Sports Central on 53316966 or email jess.watts@chsa.org.au



Boccia Skill Development

Boccia is a skilful, exciting and strategic sport that was developed specifically to cater to people with high levels of physical impairment. Possessing pathways right through to Paralympic competition, this program will allow you to learn about Boccia and compete as a player.

Program Details:

Venue: Ken Kay Badminton Stadium, Dowling Street, Wendouree

Dates: Monday February 13th - March 26th 2012

Time: **4.30 - 5.30pm**

Cost: \$5 per person per session

For more information or to register your interest in participating in Boccia, please contact Jess at Sports Central on 53316966 or email jess.watts@chsa.org.au



RAINBOW CONNECT

The Rainbow Connect Group welcomes all GLBTI people from the Grampians and Wimmera regions, advocating change and providing safe and confidential social connections.

Present



Wanda

"Queen of the 'little' Desert."

One of the x stars from the World Famous Les Girls All Male Revue.

Rainbow Connect Christmas Party is on Sunday the 18th December, at Horsham Sports & Community Club at 12:00 Midday. Tickets \$20 Adults & Kids \$13 includes show and a Christmas meal. Please Rsvp Jules Walker 03 53587466 Or Daniel Hounsell on 0419389014 by Friday 16th December.

www.rainbowconnect.com.au

Budja Budja Neighbourhood House
Community Kitchen Group
Will have a break over Christmas and New
Year and re-commence on Tues 31st January
and Wed 1st February

Grampians Road, Halls Gap

Come along and join the group where you will learn to plan, prepare and share a meal for under \$3 per person. Participants will learn about cooking, budgeting and food safety and the same time get together with others for a bit of fun.

Where: Budja Budja Neighbourhood House at the rear of the Budja Budja Medical Centre

Time: 10.30am to 1.00pm

Cost: \$3.00 per person (payment required on the day)

Contact: Bev Bachelor on 5356 4751 for more information

Email: bevbudja@bigpond.com



**Wheelchair Accessible
& Group
Transportation
Taxi available 24/7**



WHEELCHAIR ACCESSIBLE TAXI

This vehicle has a maximum capacity of

2 Wheelchairs &

6 Standard Passengers

or can seat a total of

10 standard passengers.

Phone: 5352 7777

Note: Priority will be given to disabled clients. Regular

Bookings will be accepted please ring 5352 7775 to arrange in ADVANCE

"The Saturday Arvo Club"

Aussie, Aussie, Aussie!

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



WHEN: Saturday 28th January 2012
AUSTRALIA 1.30pm to 3.15pm



Cost: \$7.00 per person, NO CHARGE FOR CARERS / STAFF



TOP AUSSIE ROCK AND ROLL TO DANCE TO ... WEAR ALL YOUR AUSSIE / OCKER GEAR AND CELEBRATE AUSTRALIA DAY EARLY. WE EXPECT TO SEE FLOPPY HATS, THONGS, SUNSCREEN, SHORTS AND STEVE IRWIN SHIRTS (with all due respect to a great bloke). PRIZES FOR THE MOST ORIGINAL COSTUME.

We're back for Club Day 125 and the start of 2012. During the McCallum renovations we'll be in a different room ... please enter from the front.

SORRY ABOUT THE PRICE INCREASE, BUT THE LAST ONE WAS THREE YEARS AGO AND, SADLY, COSTS DON'T STAY STILL ☹



SAT'DAY ARVO, 28th January, 1.30pm

BE THERE!!! ... AUSSIE - OCKER DAY

"The Sat'day Arvo Club"

Merry Christmas

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



WHEN: Saturday 17th December
1.30pm to 3.15pm



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

Our Last Club Day for 2011

Last one for the year ... wear your tinsel, come as a Christmas Tree, Christmas Card, Christmas Pudding, Santa Claus or one of his helpers. Come as a camel, a sheep, a star, a wise man ... er, woman ... er, wise-person, an angel or a shepherd. However you see Christmas, come celebrate it at the final Saturday Arvo Club for 2010. The Rascals will supply the music as usual and there'll be plenty of "Chrissie Tree - Green" cordial.

BE THERE OR BE SQUARE!!!



CHRISTMAS MELODIES



NOEL & TRACY

Final show for 2010

Aussie Day show ... 25th January 2011

All your favourite Chrissie Songs
Song Books Provided

ARARAT RSL CLUB

Tuesday 20th December, 2011

☺ 10.30 am ☺ \$2.50 / members free ☺

Ballads and Bulldust



TRACY and NOEL CRAVEN



AUSTRALIA

Song Books Provided



All your favourite Aussie Songs for Australia Day

Ballarat Leagues Club

TUESDAY 17TH JANUARY 2012

\$7.00 includes morning tea

☺ 10.30 am ☺

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

Orange glazed ham



Ingredients

- 1 1/2 cups (375ml) fresh orange juice
- 1/2 cup (125ml) fresh lime juice
- 1 cup (220g) caster sugar
- 1 cinnamon stick
- 1 tsp finely grated fresh ginger
- 11 star anise
- 2 tsp soy sauce
- 5.5kg-6kg easy carve smoked shoulder or leg ham
- 4 oranges, peeled, cut into 5mm slices
- Whole cloves

Method

Stir the juices and sugar in a saucepan over a medium-low heat for 2 minutes. Add the cinnamon stick, ginger and 3 star anise. Simmer for 30 minutes. Cool in fridge for 1-2 hours. Remove the cinnamon stick and star anise. Stir the soy sauce.

Use a small sharp knife to cut around the ham shank in a zig-zag pattern about 10cm from the end. Run your fingers between the rind and fat to remove. Trim the fat to 1cm thick.

Put the oven shelf in the lowest position. Preheat to 180°C. Place a wire rack in a roasting pan. Place ham on the rack. Wrap shank in foil. Add a little water to pan. Brush 1/4 cup of glaze over the ham.

Arrange the orange slices, overlapping, on top. Secure each slice with a clove. Brush half the glaze over the top. Place the star anise on top of oranges. Secure the points of the star. Bake for 1 hour and 20 minutes. Brush occasionally with remaining glaze. Serve hot or cold.

Source: www.taste.com.au

Health Benefits of Oranges :

Oranges are rich in [calcium](#), associated with a healthy bone structure and teeth.

[Antioxidants](#) in oranges protect the [skin](#) from cell damage and free radicals, having [anti-aging](#) actions. Besides the fibre intake, oranges also help in reducing cholesterol through synephrine, an alkaloid found in orange's peel. Antioxidants also contribute to the reduction of cholesterol.

One orange provides about 10% of the necessary daily folate intake. Folic acid is helpful in [skin health](#) and [brain](#) development. Vitamin C stimulates the production of white cells in our body, thus improving the [immune system](#).

Regular consumption of oranges significantly can significantly reduce the risk of developing kidney stones. Vitamin C is efficient in preventing stomach ulcer.

Mostly due to the abundance of the flavonoid polyphenols, oranges protects against viral infections. So, try to eat as much oranges in the [flu season](#) !

Oranges are helpful in preventing several other diseases, like: arthritis, asthma, bronchitis, tuberculosis, pneumonia, rheumatism and diabetes.