



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

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Grampians Pyrenees PCP Newsletter

Issue 22, December 2nd 2011

A message from our Research Officer!

Hi all, as many of you know I have rejoined the GPPCP team. I am now in the newly developed role of research officer and will be working with all member agencies across our catchment; as well as across the streams of Integrated Health Promotion and Integrated Chronic Disease Management.

My clinical background is as a physiotherapist, and recently I completed my Graduate Certificate in Health Promotion, and have practiced in both of these areas.

As part of my new role, I hope to contribute to each edition of this newsletter to give practical tips on all areas of research and evidence based practice. Some upcoming topics will include: levels of evidence, researching topics, referencing and evaluation types and processes.

My role is also to support you, the clinicians, in finding, analysing, implementing and evaluating evidence and how it applies to practice. I also hope to have some more resources posted on the GPPCP website next year. I am happy to help out in any way I can, and also hope to help you develop these skills in your own workplace. Of course, some of you already have refined skills in these areas, so I am sure along the way I will be learning from you also.

Currently my days of work are Mondays and Tuesdays, but please feel free to contact me anytime and I will get back to you on one of these days.

I look forward to meeting and working with you in the future,

Karen Armstrong

Upcoming Dates

Calendar of Events in this issue!

December

Sat'day Arvo Club Ballarat page 7
December 3

What is Art Therapy (palliative Care Team)
December 5 Ballarat page 5

Tai Chi Classes Stawell page 6
December 6th (every Tuesday)

Stawell Retravision Pacing Cup page 6
December 11 Stawell

Musical Melodies (Christmas Melodies)
December 13 Ballarat page 7

Budja Budja Neighbourhood House Community
Kitchen Group Halls Gap page 5
December 14

Sat'day Arvo Club Ballarat page 7
December 17

Musical Melodies (Christmas Melodies)
December 20 Ararat page 7

February

Navarre Sustainable Farming Families page 4
February 7 –8 Navarre

Health Coaching Training Part 2 page 3
February 8th Stawell

Advocacy in Health Promotion page 4
February 8 Melbourne

Grampians Texture Grampians page 6
February 25—March 1

March

Bridges out of Poverty page 5
March 15 & 16 Waubra

GPPCP Executive Committee Meeting

Thursday December 15th 2011
10.30 am—12.30 pm EGHS Ararat
Video Conferencing Available
RSVP — Kelly Morgan

Integrated Health Promotion Working Group Meeting

Tuesday 13th December 2011
Ararat, 10.30am—12.30 pm
RSVP Meagan Ward



EXECUTIVE OFFICER

(Maternity leave position)

12 month tenure beginning Feb 2012

Re-advertised

(previous applications will be considered)

Executive level remuneration with generous salary
packaging and full private use of a car.

This is a key leadership position based in Ararat managing both the Grampians Pyrenees Primary Care Partnership team and the implementation of the Strategic Plan for Grampians Pyrenees Primary Care Partnership.

The Primary Care Partnership is an alliance of over 30 agencies in the Grampians Pyrenees catchment working together to improve coordination of services, the integration of health promotion and chronic disease management strategies through partnerships in service planning and delivery.

Ideally someone with tertiary qualifications and significant demonstrated experience in the health, welfare, community development or public health areas, you will have an understanding of reforms taking place in the Primary Care system in Victoria and the needs of rural health services and local communities.

You will demonstrate a commitment to collaborative partnerships across the three levels of government, between agencies and government and between community service organizations.

The position requires travel throughout the catchment area.

A position description can be obtained by phoning 0407 548 553 or emailing as below. All applications should address the Key Selection Criteria, cite three current referees, and be received by 5.00pm on Wednesday 14th December 2011.

chantal.t@grampianscommunityhealth.org.au

or

Chantal Thomas Executive Officer
Grampians Pyrenees Primary Care Partnership,
60 High Street, Ararat 3377

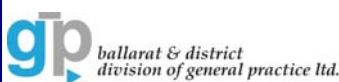
CYMHS Youth “Be Heard” Survey

The Child and Youth Mental Health Services Redesign Project are working towards achieving systemic change in Mental Health for Children and Youth across the Grampians Region. The project aims to focus on early intervention that will progress a range of reforms in line with the “Because Mental Health Matters 2009-2011”.

This survey will enable Children and Youth up to 25 years to have their say about their experiences accessing Mental Health Services and this information will then form the basis of a Regional Youth Participation Plan. This plan will be used to implement an Engagement program that will roll out across the Grampians Region in 2012.

Please contact Lisa Bow P: 5320 3039 or E: lisabo@bhs.org.au for any further information.

To view the CYMHS Youth “Be Heard” Survey click <http://www.bchc.org.au/limesurvey/admin/admin.php?sid=78391>



Grampians Medicare Local Announcement

Ballarat and District and West Vic Division of General Practice have received formal notification that their application to form the Grampians Medicare Local was successful. Funding to transition their organisations to the Grampians Medicare Local will be available from 1 July 2012.

In preparation for transition, both Divisions will continue to develop an organisational structure for the Grampians Medicare Local to meet the Commonwealth’s expectations that the skills and corporate knowledge of Division staff are transitioned seamlessly and ensure continuity of services to General Practice.

The Department of Health and Ageing will begin contract negotiations in February 2012. In the interim, work will continue to appoint the inaugural Board of Directors prior to Christmas and then register the Grampians Medicare Local as a Company Limited by Guarantee with the Australian Securities and Investment Commission.

A link to the list of [38 Medicare Locals announced on](#) Friday 4th November via the Federal Minister for Health and Ageing, Nicola Roxon’s website.



Invites you to:

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

Presented by:



Wednesday 8th February, 2012

Registration: 8.00am

Workshop: 8.30am -5.00pm

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

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.

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

Integrated Health Promotion

New Publication

A new publication which sets out the achievements of the Primary Care Partnerships (PCPs) strategy in delivering Integrated Health Promotion in Victoria has been released.

The summary of the achievements and the case studies provide a rich insight into just some of the excellent work done by the sector.

The document was coordinated and written by Helen Dickson. This is excellent work and I encourage you all to read it.

It will be on the PCP web site shortly at:
<http://www.health.vic.gov.au/pcps/>

Federal Initiatives

The [COAG National Partnership Agreement on Preventive Health](#) (NPAPH) includes significant financial resources for prevention initiatives in Victoria. The NPAPH has a focus on preventing obesity by encouraging healthy eating and regular physical activity in locations such as schools, workplaces and communities. It also includes strategies to reduce smoking.

Related NPAPH initiatives:

[Health promotion opportunities in metro and regional Victoria](#)

[Promoting health at the community level](#)

[Promoting children's health](#)

Promoting a healthy workplace

Victorian Prevention and Health Promotion Achievement Program

A new Victorian Prevention and Health Promotion Achievement Program is being developed that will recognise and support schools and early childhood education and care services, workplaces and workforces, local environments and communities to provide safe, healthy and friendly environments for learning, working and living.

The consultation paper can be accessed at the following link:

<http://www.health.vic.gov.au/prevention/achievementprogram.htm>

PAL-ED



knowledge



learn



develop

Grampians Regional
PALLIATIVE CARE TEAM

The Grampians Regional Palliative Care Team presents a
Twilight Education Session

What is Art Therapy?

Sam Leenstra, Art Therapist and Denise Longmire,
Art Therapist at Gandarra Palliative Care Unit will present on
the advantages of art therapy in palliative care

Video link is available via regional hospitals (\$10.00 pp)

Monday 5th December 2011

6.30 pm - 8.30 pm Drinks & nibbles provided

Education Resource Centre, BBH, Ballarat Health Services

Drummond Street Nth, Ballarat

Cost: \$15.00 RSVP 30.11.11

For more information or to register please contact: B Matthews, GRPCT, PO Box 199, Ballarat 3353

Ph: 5320 3553 Fax: 5320 6493 bernadette@bhs.org.au

14th December

**Budja Budja Neighbourhood
House Community
Kitchen Group**

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.

Held each 2nd and 4th

Wednesday of each month.

At: 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

Email: bevbudja@bigpond.com

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

grampians texture

25 Feb – 1 March 2012

Workshops for fibre artists at Halls Gap, on the edge of the spectacular Grampians National Park.

2 and 4 day workshops for textile artists with Australian and international tutors. Workshops cover felting, fibre dyeing, contemporary baskets, quilt design and making, jewellery, printing, paper, stitching by hand and machine, knitting, fabric and fibre

Tutors are: Keith Lo Bue, Bonny Francis, SooMee Kim, Ailie Snow, Celia Player Jan Irvine-Nealie, Martien van Zuilen, Colleen Weste, Prudence Mapstone, Liz Powell, Yvonne Twining, Phyllis Hoffman, Jeanette DeNicolis Meyer

Book the style and level of accommodation you desire. You have the option to cater for yourself or join other students and tutors for evening meals and activities. Book early as many workshops are booking fast.

More information grampianstexture@gmail.com
or 0428 825971

Sunday 11th December

Stawell Retravisoin Stawell Pacing Cup

Stawell Harness Club, Patrick Street, Stawell

Free entry - Gates open 4.30. Meals available from 5pm.

Ipod touch to win for the kids

Become an honorary horse owner and you could win \$500.

Entries taken for Gold Coast family holiday for 4 for five nights plus theme park vouchers. Entries also taken at Wimmera Mail Times Horsham Pacing Cup on 8th January and Matthews Petroleum Hamilton Pacing Cup on 15th January. Winner drawn at Hamilton on 15th January at 8pm.

Minor prize of \$200 fuel vouchers drawn at the Stawell Retravisoin Stawell Pacing Cup.

Children can enjoy Jumping Castle, face painting and movie and play-station corner.

Lions Club providing BBQ, Potato Van

Bistro bookings essential - Dinning Packages available from \$25.00 per person for a 2 course Christmas meal. Pony Trots

8 Exciting Races including the Stawell Retravisoin Stawell Pacing Cup.

For further details Contact:

Lisa McIlivride Ph: (03) 5358 1237



**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****

6th Dec

Tai Chi Classes

Senior Citizens Hall

Victoria Street, Stawell

Gail Kneller will be conducting

Tai Chi classes for the

neighbourhood house for all ages
every Tuesday.

Bookings: 5358 3500

Time: 8.15 am - 10.45 am

CHRISTMAS MELODIES



NOEL & TRACY

Final show for 2011

Aussie Day show ... 17th January 2012

All your favourite Chrissie Songs
Song Books Provided

BALLARAT LEAGUES CLUB

Cnr Mair and Humffray Streets

Tuesday 13th December 2010 ...at 10.30am

\$7.00 includes morning tea

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 ☺

"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!!



"The Sat'day Arvo Club"

Welcome to Summer



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

WHEN: Saturday 3rd December, 2011
1.30pm to 3.15pm

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



With all the fine weather we've been having, this show has the theme of "BIG BEACH PARTY and WELCOME TO SUMMER!!". Bathers, towels, beachwear, hats and lots of zinc cream in bright colours are suggested wearing. Noel and Tracy will be wearing their bikinis (maybe!) and the special dance will be the Surfers' Stomp ... we'll teach all those who can't remember it from last year!

**REMINDER ... CHRISTMAS PARTY/Last Club Day
17th DECEMBER**

**SAT'DAY ARVO
3rd December 1.30pm
BE THERE!!!**



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

Christmas Berry Trifle



Ingredients (serves 10)

- 200g (about 16) savoiardi (sponge finger biscuits)
- 2 x 9g pkts Aeroplane JellyLite raspberry-flavoured low-joule jelly crystals
- 1 tsp rosewater essence
- 80g unsalted pistachio kernels
- 4 x 150g ctns Fruche Vanilla Creme 99 per cent fat-free fromage frais
- 500g fresh or thawed frozen mixed summer fruit (such as strawberries, raspberries, blueberries or cherries)
- 2 tsp icing sugar mixture

Method

1. Break the biscuits into large pieces. Arrange over the base of a 2L (8-cup) capacity serving dish.
2. Prepare the jelly following packet directions. Stir in the rosewater essence. Carefully pour the jelly mixture over the biscuits. Cover with plastic wrap and place in the fridge for 4 hours or until the jelly is set.
 1. Meanwhile, place the pistachios in a frying pan over medium heat. Cook, stirring, for 3-5 minutes or until lightly toasted. Set aside to cool slightly. Coarsely chop.
 2. Spoon the fromage frais over the jelly. Top with the mixed summer fruit.
 3. Sprinkle with pistachios and dust with icing sugar to serve.

Source: www.taste.com.au

Time plan tip: Prepare to the end of step 3 up to 1 day ahead. Place the pistachios in an airtight container. Continue to the end of step 4 up to 4 hours ahead. Cover and place in the fridge. Continue from step 5, just before serving. Tip: Rosewater essence, which is used extensively in Middle Eastern and Indian desserts, is available from the baking section of Woolworths - you'll find it near the vanilla essence.

Health Benefits of Berries :

They're loaded with fiber, which helps you feel full (and eat less). And they top the charts in antioxidant power, protecting your body against inflammation and free radicals, molecules that can damage cells and organs. We become more susceptible to the damaging effects of free radicals and inflammation as we age. Berries help prevent those effects by turning off the inflammation signals triggered by cytokines and COX-2s, he says, making them an ideal part of your diet.

To get the optimal health benefits of berries, eat two to three types of fresh, frozen or dehydrated berries each day. Incorporate the benefits of berries into your daily diet.

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