



Grampians Pyrenees PCP Newsletter

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

Issue 21, November 18th 2011



WANT TO HELP
the mental health of your community?

The 2nd edition Mental Health First Aid Course IS NOW AVAILABLE

When: Tuesday 6th & Wednesday 7th Dec 2011
Where: Beaufort Community Bank Complex
Park Road, Beaufort. (at football oval)
Time: 9am – 4pm
Cost: Free to organisations operating in the
Grampians Pyrenees catchment

Instructors:

Anne Watson – Workforce Development Coordinator for the Child and Youth Mental Health Service Redesign and Demonstration Project.

Marian Corbett & Kerry Brumby – Psychiatric Services Officers currently working at Balgarnie in the Psychiatric Disability Support and Rehabilitation sector.

This program is ideal for those who work with teenagers & young adults. This 12 hour Mental Health First Aid course teaches first aid skills for helping people experiencing a mental health crisis, mental health problems or the early stages of a mental illness. There will be particular emphasis on depression, anxiety, psychosis, substance misuse, suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks & aggression.

Register Your Place Now:

Kelly Morgan at Grampians Pyrenees Primary Care
Partnership Phone: 53526226
Email: kelly.m@grampianscommunityhealth.org.au

RSVP by Friday 2nd December 2011

**Get your registration in early
as places are limited**

This training course is provided by Grampians Pyrenees Primary Care Partnership
as part of their mental health work.

Executive Officer
-Chantal Thomas
Ph: (03) 5352 6206
chantal.t@grampianscommunity-health.org.au

**Health Promotion
Coordinator**
-Meagan Ward
Ph:(03) 5352 6227
meagan.w@grampianscommunity-health.org.au

**Administrative
Assistant**
-Kelly Morgan
Ph:(03) 5352 6226
kelly.m@grampianscommunityhealth.org.au

Research Officer
Karen Armstrong
Ph: (03) 5352 6224
karen.a@grampianscommunityhealth.org.au

Upcoming Dates

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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

New GPPCP Staff Members

This fortnight we are very excited to welcome two new staff members to the GPPCP team.

Karen Armstrong joins us 2 days a week as Research Officer. Karen has a background in Primary Health Care (physiotherapy) and Health Promotion.

Karen can be contacted on: 53526224 or at karen.a@grampianscommunityhealth.org.au

Jayne Stinton also joins us full time as the Chronic Disease Coordinator. Jayne has extensive experience in service coordination, management and integrated practice.

Jayne can be contacted on: 53526225 or at jayne.s@grampianscommunityhealth.org.au

Better Access to Services (BATS) Committee Review

A review of the BATS committee is being undertaken on

Wednesday 30th November 2011

12noon – 2pm

**Grampians Community Health, Ararat
(Video Conferencing available)**

This will be an informal meeting to review the past role, function and achievements of BATS Committee and develop priority areas for the GPPCP catchment in 2012.

Who should attend?

Primary Care Managers, HACC Managers, clinicians, HARP personnel, Early Intervention in Chronic Disease workers, "Links" Coordinators and anyone with an interest in integrated approaches to chronic disease management in the GPPCP catchment.

If you would like to be included on the mailing list for this group or to RSVP please contact:

chantal.t@grampianscommunityhealth.org.au
Ph (03) 5352 6206

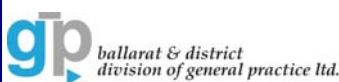
CYMHS Youth “Be Heard” Survey

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

Community Care Case Managers 2011 CONFERENCE

Thursday 24th & Friday 25th November

BALLARAT MECHANICS' INSTITUTE

117 Sturt Street Ballarat

BALLARAT LEARNING EXCHANGE

36 Camp Street Ballarat

"Beyond the Crisis:

**BUILDING
RESILIENCE**

for the Client
& Community
Care Case Manager"

An annual initiative of the Victorian Linkages Programs Network



Further Information: Conference Secretariat
2011 Community Care Case Managers Conference
PO Box 102, Mitcham Vic. 3132
Phone: (03) 9884 8355, Email: ccmconference@netspace.net.au

Planning For Emergencies - Working with Vulnerable People

The Black Saturday bushfires and the 2011 floods tested Victorian communities and emergency services beyond all reasonable limits of imagination and endurance. Lessons that can be learned only by experiencing extreme events must inform future

planning to ensure that responses are realistic and workable. This is particularly the case when considering the needs of vulnerable people in emergencies.

Vulnerability may involve compromises to health, age, ability, language, culture and/or experience.

This seminar aims to explore the context of working with vulnerable people to assist in the community's preparation and planning for emergencies and approach to possible solutions.

Thursday 17th November, Bendigo Exhibition Centre, Prince of Wales Showground, Holmes Road, Bendigo.

RSVP to Barbara Minuzzo by COB 14th November 2011
vscn.vscn@rch.org.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
Phone (03) 5357 4221

"Changing Eating Behaviours:

Useful Tips for Clinicians and Clients"

Engaging clients to change their eating behaviours and related thought processes can be a tricky process. This workshop provides a 10 step framework that psychologists, dietitians, nurses and other health practitioners can use to improve the effectiveness and efficiency of applying their current knowledge and skill sets when dealing with these issues.

Workshop presented by Janette Gale (psychologist) and Rebecca McPhee (dietitian).

Date & Time: Wed, 16 Nov (8.30am - 5pm)

Venue: Treacy Centre, 126 The Avenue, Parkville VIC

Registration: <http://www.psychology.org.au/Events/EventView.aspx?EventID=8742>

Expressions of interest to present at the upcoming Victorian conference
Aboriginal health: everyone's responsibility have now opened.

The conference will be held on 24-25 May 2012 at the Melbourne Cricket Ground.

The conference will showcase work that is helping to close the health gap
between Aboriginal and non-Aboriginal Victorians.

There are two ways you can participate. You can either give an **oral presentation** or prepare a **poster**.

Your presentation or poster can be about:

- research
- a successful program or service system change
- a story of an individual who or a community that has benefited from your work.

Information about how to submit an expression of interest is in the attached document. It is **very important** you read this information before you submit your Expression of interest on-line.

Online submission of your Expression of interest is encouraged. However you can also submit your Expression of interest by filling out the attached form.

The deadline is Monday 12 December 2011.

To help make it simple Expression of interest submissions must be no more than **500** words.

We encourage you to submit an Expression of interest even if you have not presented at a conference.

Please note there are limited presentation and poster spots available. This means we will have to choose work that fits with our conference aims and objectives.

The Expression of interest form is available at: <http://www.health.vic.gov.au/aboriginalhealth/conference/index.htm>

For more information please contact:

Robyn Smith 03 9096 7938 or robyn.smith@health.vic.gov.au.

**All GCH Members, Honoured Colleagues, Friends and interested community members are invited to the 2011 Annual General Meeting - Tuesday 29th November at 5.30pm
Nexus 14-16 Pynsent Street Horsham**

Guest Speaker: Sam Biondo Executive Officer of Victorian Drug and Alcohol Association (VAADA)
"Victorian Drug and Alcohol Services in transition - implications for the Grampians."



**How might this look for us in rural Victoria?
What are the potential implications for clients of our services?**

The Victorian government is talking reform of drug and alcohol, as well as other health and community sectors. Sam Biondo will share his knowledge of the issues to assist our engagement in this process of change.

Phone reception on 5358 7400
Or email gch@grampianscommunityhealth.org.au
For further information please contact Jules Walker



A Trail Rider wheelchair is now available at the Grampians National Park for visitors with significant physical disabilities to explore the great outdoors.

As part of Social Inclusion Week, the Grampians Advocacy and Access Network and Parks Victoria invites you to the launch of the Trail Rider wheelchair in Halls Gap. You will have the opportunity to trial the all-terrain wheelchair suited for semi rough tracks, making it easier to access the many stunning trails in the Grampians. With the help of 2 to 4 operators, you can experience Victoria's parks like never before.

Please supply your own bike helmet.

Date: 21 November 2011 Launch Time: 11am.

Trial after lunch.

Venue: Brambuk the National Park and Cultural

Centre, Grampians Tourist Road, Halls Gap

RSVP: Grampians disAbility Advocacy

Association Phone Toll Free: 1800 552 272

SMS: 0419 356 976 Fax: (03) 5352 2733

Email: jess.watts@chsa.org.au

Lunch will be provided. Please advise of any dietary requirements

New Website for People Bereaved by Suicide

Support After Suicide are pleased to announce the launch of a new online service for people who are bereaved by suicide. People living in Australia who are bereaved by suicide can meet, interact and support one another in a safe and confidential online environment.

On the site there are:

- forums for discussion on relevant and helpful topics
- an area to set up a member profile, and tell your story
- a calendar to list dates such as the anniversary, birthday or other significant times
- and a News and Events section.

The site is private and is moderated by the caring and professional team at Support After Suicide and also bereaved volunteers.

www.supportaftersuicide.org.au

**24th November
Budja Budja Women's
& Children's Group**

**Budja Budja Aboriginal Co-Operative
20 –22 Grampians Rd, Halls Gap**

This group is held once per month to cover Areas of health, maternal health and healing for women and children who come from Aboriginal background.

Its purpose is to eliminate isolation and increase connectedness and education on various health issues for women and children in the community.

Time: 10.30am

Contact: Suzie Hamilton

Phone: 5356 4751

VHIA Training: Working Effectively with your WorkCover Insurer in Stawell

Do you want to know how to work effectively with your WorkCover insurer?

Do you want to know what issues impact on your premiums?

Do you want to know what the obligations of an employee, employer, stakeholder or insurer are?

If you answered yes to the above then our session 'Working Effectively with your WorkCover Insurer' will answer these questions and more.

To be held in Stawell on 28th November 2011, 10.00am-1.00pm at the Comfort Inn Goldfields

\$190 Members; \$240 Others

Bookings can be made by clicking on the course title below or visiting

www.vhia.com.au

<<http://www.vhia.net/vhia.nsf/>

[EventDetail-](#)

[sEn/6BA25F92E279D781CA25791F00003F](#)

[C7>](#)

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

23rd November & 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

27th November

Stawell Farm & Craft Market

Stawell Show grounds, Patrick St, Stawell

Gourmet foods, organic produce, farm

Fresh produce, livestock, quality crafts,
garden needs and more.

Held last Sunday each month.

Commences: 9am Ph: (03) 5356 6306

Mobile: 0404 165150 or 0427 501415

27th November

Halls Gap Primary

School Craft Market

School Road, Halls Gap

Commences at 9.00am

Homemade and home grown produce,

goodies, clothes, art and craft items.

Bacon and egg rolls from 9.00am with

sausage sizzle from 11.00am.

All proceeds go to the Halls Gap Primary

School Stall enquiries

email: HGcraftmarket@gmail.com

BALLARAT GOLDEN VOICES

Annual Concert

SUNDAY 20TH NOVEMBER, 2011.

**Ballarat Senior Citizens' Club,
Little Bridge Street,
Ballarat
At 2.30pm**

© Tickets at the door: \$7.00 everyone including afternoon tea. ©

**GREAT AFTERNOON'S ENTERTAINMENT
WITH BALLARAT'S SENIORS' CHOIR AND
SPECIAL GUESTS (TBA).**

INCLUDES MONSTER RAFFLE WITH LOTS OF PRIZES

INCLUDING:

**MULTIPLE HAMPERS,
GEORGE FOREMAN SLOW COOKER,
CROFTON PROFESSIONAL GRIDDLE FRYPAN,
PICNIC SETS
AND LOTS AND LOTS OF OTHER STUFF.**

RAFFLE TICKETS AVAILABLE AT THE DOOR: 3 FOR \$1.00

Sunday 11th December

Stawell Retravision 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 Retravision 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 Retravision Stawell Pacing Cup.

For further details Contact:

Lisa McIlvrive Ph: (03) 5358 1237

Intervention Mapping: How to design and implement sustainable interventions to improve health and well-being

The Parenting Research Centre and Monash University's International Public Health Unit (IPHU) are pleased to be co-hosting Professor Guy Parcel from the School of Public Health, University of Texas, who will be presenting his Intervention Mapping Short Course.

This practical, theory-driven approach to interventions is relevant for the promotion of health and wellbeing across a variety of sectors and settings, including communities, health care and schools. The principles and methods are applicable to anyone wanting to design and implement robust and sustainable interventions.

Monday 21st – Wed 23rd November, Alfred Centre, 99 Commercial Rd, Melbourne (Alfred Hospital Site). Cost \$795.

For registration and enquiries:

Email: iphuad-min.depm@monash.edu

22nd, 29th Nov & 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

21st & 28th November Stawell Senior Citizens

Singing Group

Senior Citizens Hall
Victoria St, Stawell

All Welcome

Commences: 1.30pm every Monday

Contact: Glenys

Phone: 5358 2565

Haggis and Hand Grenades



TRACY AND NOEL CRAVEN

FOR REMEMBRANCE DAY

A Salute to the great songs of Scotland
and
Remembering the Diggers

BALLARAT LEAGUES CLUB

Cnr Mair and Humffray Streets

Tuesday 15th November 2011 ...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"

YeeHaaaa!!!

Cowboys and Indians Day

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

WHEN: Saturday 19th November,

1.30pm to 3.15pm

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

"THE RASCALS" (Noel, Tracy and guests) WILL PERFORM LIVE, ALL THE COUNTRY CLASSICS. ENCOURAGE YOUR CLIENTS TO WEAR COUNTRY GEAR AND BRING THEIR HORSES, GUITARS AND HIGH-STEPPIN' BOOTS

SAT'DAY ARVO, 19th November, 1.30pm
..... 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

Green Bean Salad



Ingredients

- 500g thin green beans tops removed
- 60ml Extra Virgin Olive Oil
- 20ml Red Wine Vinegar
- 1 Vine-Ripened Tomato
- 1 Small Red Onion
- Flat leaf parsley leaves

Method

1. Blanch the beans in boiling water for 1-2 minutes until just tender. (They should be bright green).
2. Drain and refresh under cold water.
3. Set aside.
4. Place the oil and vinegar in a salad bowl, whisk to combine and season with salt and pepper.
5. To prepare the tomato, cut it into quarters through the core and then slice away the seedy centre with a sharp knife.
6. Cut the remaining flesh lengthways into thin, arc shaped slices.
7. To serve, add the beans, tomato, red onion and parsley leaves to the dressing and gently toss to combine.
8. Arrange on a platter and serve straight away.
9. Don't dress the salad until you are ready to serve or the beans will lose their bright colour and the salad will go watery.

Source: www.lifestylefood.com.au

Health Benefits of Beans :

The major health benefit of common beans is their ability to lower cholesterol due to their rich source of fiber. Studies have shown that the high fiber contained in beans prevents blood sugar levels from rising too rapidly after a meal.

This makes beans an especially good choice for individuals with diabetes, insulin resistance, or hypoglycemia.

Common beans promote heart health due to their fiber, antioxidants, folic acid, vitamin B6, and magnesium. Folic acid and vitamin B6 help to lower levels of homocysteine, which is an amino acid that is an intermediate product in an important metabolic process called the methylation cycle.

Elevated blood levels of homocysteine are an independent risk factor for heart attack, stroke, and peripheral vascular disease.

These elevated blood levels are found in 20 to 40 percent of patients with heart disease. Research has indicated that beans are also protective against cancer.

Studies conducted by the U.S. Department of Agriculture, revealed that richly colored dried beans offer a high degree of antioxidant protection. Small red kidney beans are rated the highest, just ahead of blueberries.

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