



## Integrated Health Promotion Working Group (IHPWG) MINUTES

**10.30am – 12.30pm 28<sup>th</sup> June 2011 at Grampians Community Health Ararat**

**Chair/Minutes** – Meagan Ward (GPPCP)

**Attendees** – Ebony Kumnick (DH), Julia Ogdin (EGHS), Thea Hinchliffe (EGHS), Julie Kendall (Beaufort Church), Robyn Hemley (Transport Connections), Nicole Petrass (BaSHS), Jules Walker (GCH), Helen Giles (GCH), Chris O'Brien (GPPCP), Rebecca Griffen (EWHS), Naomi Caulfield (EWHS), Emma Mahony (WHG), Katrina Toomey (SRH)

**Apologies** – Kate Astbury (GCH), Tara Cramer (MDHS), Kirsty Coote (SRH), Michael Flynn (Sports Central), Bree Doody (HCI), Gillian Tattersall (ARC)

<b>Discussion &amp; Actions</b>		
Topic	Discussion	Who & When
<b>1. Welcome &amp; Introductions</b>		No action required
<b>2. Previous Meetings Minutes</b>	- Moved: Julie Kendall                      Seconded: Julia Ogdin	
<u><a href="#">3. Business Arising from previous meeting</a></u>  <b>3.1 Food Security Mapping (food and transport)</b>	<ul style="list-style-type: none"> <li>- Robyn Hemley (Transport Connections) has been working with NGS and ARC and has begun the process of mapping food premises and transport routes in the townships of Ararat, Stawell and St Arnaud. She presented to the group what has been achieved thus far.</li> <li>- The aim is to have this information as well as distances that have to be travelled from outlying towns to access healthy and nutritious food</li> <li>- It was suggested from the group that foodbanks and community gardens also be included as well as looking at where food is sourced and the distances it comes from.</li> </ul>	<b>Action: Robyn will continue to work with the LGAs to progress the mapping further.</b>

<p><b><u>5. Guest Speaker</u></b></p> <p><b>Jenny Wilkins (Grampians Region Oral Health Network)</b></p>	<ul style="list-style-type: none"> <li>- GROHN was established as a result of a consultant report around oral health</li> <li>- There is a focus on a family approach to dental health and integration into community services. It is a whole of population approach.</li> <li>- Area covered is from Melton to Edenhope.</li> <li>- The Oral Health Network is about pulling together public dental health services and an integrated oral health model of care.</li> <li>- There are three Working Groups as part of the network: Health Promotion, Workforce and Models of Care. Those with an interest are welcome to join a group.</li> <li>- The following link may be useful in accessing oral health resources</li> <li>- <a href="http://www.dhsv.org.au/oral-health-resources/oral-health-promotion-programs/useful-links/">http://www.dhsv.org.au/oral-health-resources/oral-health-promotion-programs/useful-links/</a></li> </ul>	<p><b>Action: Meagan to attach Jenny's power point presentation with minutes.</b></p>
<p><b><u>4. General Business</u></b></p> <p><b>4.1 Victorian Food Basket</b></p>	<ul style="list-style-type: none"> <li>- A brief explanation was given around how to conduct the Victorian Food Basket Survey</li> <li>- The survey will be completed as the next step in 'building the picture' around food security</li> <li>- A courtesy letter will be sent to Supermarkets</li> <li>- Surveys to be completed after the school holidays (between July 18<sup>th</sup> and before next meeting on 9<sup>th</sup> Aug)</li> <li>- Instructions and templates will be distributed to the appropriate people</li> <li>- The following people/agencies will be responsible for completing the surveys:</li> </ul> <p><u>Ararat:</u> Safeway – Julia (EGHS) IGA – Jules (GCH) Aldi – Meagan (GPPCP)</p> <p><u>Stawell:</u> Safeway – Katrina &amp; Kirsty (SRH) IGA – Katrina &amp; Kirsty (SRH)</p> <p><u>St Arnaud:</u> IGA – Naomi &amp; Rebecca (EWHS)</p> <p><u>Halls Gap:</u> IGA – Helen (GCH)</p> <p><u>Beaufort:</u> IGA – Julie (Beaufort Church)</p> <p><u>Lake Bolac &amp; Willaura:</u> Meagan (GPPCP)</p>	<p><b>Action:</b></p> <ul style="list-style-type: none"> <li>- Meagan to send courtesy letter to Supermarkets.</li> <li>- Meagan to attach survey guidelines and templates with the minutes.</li> <li>- Surveys to be completed after July 18<sup>th</sup> and forwarded to Meagan by 9<sup>th</sup> August</li> </ul>
<p><b>4.2 Terms of Agreement</b></p>	<ul style="list-style-type: none"> <li>- Group was reminded that Terms of Agreement need to be completed and returned to Meagan</li> </ul>	

<b>4.3 Physical Activity – what tools will we use/where will we start?</b>	<ul style="list-style-type: none"> <li>- Discussion and agreement around focusing on the ‘built environment’ with regards to physical activity</li> <li>- Discussion around ‘healthy urban planning’ documents/strategies etc and the benefit of looking at some of these</li> <li>- Need to get LGAs on board with discussions around built environments and look at what LGAs have in place in terms of documents around ‘recreation’ and ‘open space’.</li> <li>- Nicole is involved in work around this with Corangamite Shire and will forward their recreation and Open Space Strategy</li> <li>- Was decided that the first step is meeting with the 3 LGAs to discuss what the IHPWG is planning and what input the LGAs will be able to have with the aim of getting LGA representation at our next IHPWG meeting.</li> </ul>	<b>Action: Meagan to organise and meet with the LGA’s to discuss this work Community Development Planning and Recreation ??</b>
<b>4.4 Smiles 4 Miles</b>	<ul style="list-style-type: none"> <li>- 8 settings involved in 2011 and all are progressing well</li> <li>- At this stage all settings look like being awarded at the end of the year</li> </ul>	
<b><u>6. Funding Opportunities</u></b>	<ul style="list-style-type: none"> <li>- Funding for Flood Recovery Relief at Crowlands. There will be a series of workshops.</li> <li>- SRH have Flood Funding and will be running ‘Sustaining Farming Families’ at Navarre.</li> </ul>	
<b><u>7. Training &amp; Professional Development</u></b>	<ul style="list-style-type: none"> <li>- Understanding Mental health and Wellbeing (Ararat 28<sup>th</sup> July and Stawell 11<sup>th</sup> October)</li> <li>- Mental Health First Aid (Beaufort 6<sup>th</sup> and 7<sup>th</sup> December)</li> <li>- Health Coaching (Stawell 4<sup>th</sup> &amp; 5<sup>th</sup> August)</li> <li>- Department of Health - Evidence-based oral health promotion resource <a href="http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral-health-promotion-resource-(2011)">http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral-health-promotion-resource-(2011)</a></li> </ul>	<b>Action: Meagan to attach appropriate flyers with minutes</b>
<b><u>8. Roundtable</u></b>	<ul style="list-style-type: none"> <li>- <b>Julia:</b> Lifestyle and Life! Programs have had good attendance.</li> <li>- <b>Julie:</b> Meals on Wheels has improved in Beaufort. Recent survey shows ¾ of people at Beaufort and Community Church have had access to emergency food relief.</li> <li>- New kitchen facilities at church are ready for action.</li> <li>- <b>Naomi:</b> EWHS have recruited Rebecca Griffen to the Health Promotion role and she doing quite a bit of work with KGFYL. Welcome Rebecca!</li> </ul>	

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|  | <ul style="list-style-type: none"> <li>- Life! Is starting again shortly in a few communities.</li> <li>- MHFA to run in St Arnaud in August.</li> <li>- Schools taking control of Community Kitchens</li> <li>- Funding received for Community Gardens</li> <li>- <b>Katrina:</b> Info session about Community Kitchens to be held at Budja Budja towards the end of July</li> <li>- Taking Charge is having a break with focus on Sustainable Farming Families</li> <li>- <b>Emma:</b> WHG pulling together regional data with a 'gender' lens</li> <li>- <b>Nicole:</b> Lifestyle program starting in Snake Valley 5<sup>th</sup> October</li> <li>- Diabetes program starting 28<sup>th</sup> July. Facilitated by Nicole and Diabetes Educator</li> <li>- <b>Helen &amp; Jules:</b> Regional Drug and Alcohol Plan refunded</li> <li>- Community Garden now has toilet</li> <li>- EliCD project has recruited a Lifestyle Coordinator – Julieanne Burwood. Julieanne will be added to the IHPWG distribution list and invited to our meetings.</li> </ul> |  |
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**Next meeting: Tuesday 9<sup>th</sup> August 10.30am – 12.30pm SH@CC**