



Grampians Pyrenees
Primary Care
Partnership is
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Grampians Pyrenees PCP Newsletter

Issue 13, July 29th 2011

Understanding Mental Health and Wellbeing

During the week, the Grampians Pyrenees PCP ran an 'Understanding Mental Health and Wellbeing' workshop facilitated by Anne Watson.

Key Messages

- Mental health is more than the absence of mental illness.
- Treatment alone is insufficient to reduce the burden of mental illness.
- Prevention of mental ill-health is a public health priority.
- Mental health is influenced by multiple determinants in the settings of everyday life.
- Promotion and prevention interventions can be undertaken at the individual, family, community and societal level.
- Effective promotion and prevention interventions can reduce the risk of mental disorders.
- Effective promotion, prevention and early intervention requires inter-sectoral linkages and collaboration.

Implementation should be guided by available evidence.

Often we don't recognize that the work we do around mental health and mental-ill health, is actually promotion, prevention and early intervention. By taking a determinants of health approach to mental health and addressing the risk and protective factors, we will continue to make good progress in this area.

Key Health Promotion Frameworks

1978: Declaration of Alma Ata for Primary Health Care

1986: Ottawa Charter Framework for Health Promotion

1997: Jakarta Declaration on Health Promotion

2005: Bangkok Charter

2009 The Melbourne Charter

Upcoming Dates

Calendar of Events in this issue!

August

St Arnaud Senior Citizens August 1 & 5	St Arnaud	page 5
Stawell Mens Shed August 2 & 3	Stawell	page 8
St Arnaud Men's Shed August 2 & 4	St Arnaud	page 8
Pain Management Session August 1	Ballarat	page 3
Applied Suicide Intervention Skills Training August 18 & 19	Ballarat	page 4
Laurie Evans—A Tribute Exhibition August	Stawell	page 5

September

NoFalls Train the Trainer Course September 2	Melbourne	page 7
Hacc Conference September 6 & 7	Halls Gap	page 3
Working Together Conference September 9	Adelaide	page 6
Family Inclusion, Innovation and Integration September 13	Melbourne	page 8

Obesity Prevention Intensive Short Course September 15	Melbourne	page 6
Applied Suicide Intervention Skills Training August 18 & 19	Ballarat	page 4

October

Community of Practice "The Art of Health Conversations" October 19	Stawell	page 2
CO-OPS 2011 National Workshop October 13 & 14	Brisbane	page 6
Applied Suicide Intervention Skills Training October 18 & 19	Ballarat	page 4

Announcing the first Grampians
Integrated Chronic Disease Management
Community of Practice
"The Art of Health Conversations"

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

Further information and registration details to follow.

Contact: Chris O'Brien

at Grampians Pyrenees Primary Care Partnership on
chris.o@grampianscommunityhealth.org.au or 5352 6225

GPPCP Executive Committee Meeting

Thursday August 18th 2011
10.30 am—12.30 pm EGHS Ararat
Video Conferencing Available
RSVP — Chantal Thomas

Integrated Health Promotion Working Group Meeting

Tuesday 9th August 2011
Stawell SHACC, 10.30am—12.30 pm
RSVP Meagan Ward

Better Access to Services Meeting

Wednesday 21st September 2011
10am – 12noon
Chair: Stawell Regional Health
RSVP: Chris O'Brien

Optus Community Grants

Minimum \$1000. Max per grant \$5000.

Closes: 5pm Friday 12th August.

Purpose: To assist not-for-profit groups develop programs which build social inclusion for disadvantaged people, connect disengaged communities and support disengaged youth in life, education and knowledge. For further information go to:
<https://communitygrants.optus.com.au/>

The R E Ross Trust Grants:

Max \$ per grant: under \$30,000 to be used over 12 months.

Purpose: To provide funding for projects that will have a positive impact on people's lives.

Further Information: <http://www.rosstrust.org.au/>

Guidelines: http://www.rosstrust.org.au/docs/Ross_Trust_Granting_Guidelines.doc

Appl. Form: http://www.rosstrust.org.au/docs/Ross_Trust_Application_Form.doc

**The Grampians Regional Palliative Care Team
presents a Twilight Education Session**

Pain Management

Dr Greg Mewett, Palliative Care Physician

This session will provide participants with an update in the modern approach to pain management with particular emphasis on the correct use of the various opioid and non-opioid analgesics now commonly used in palliative care. This will include the factors to be considered when selecting an appropriate analgesic for a particular patient's pain problems. An interactive Q & A session will be included so participants are asked to bring questions or anonymous case examples that highlight the difficulties they encounter in their clinical practice.

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

Monday 1st August 2011, 6.30 pm—8.30 pm

Drinks and nibbles provided

Education Resource Centre, BBH, Ballarat Health Services

Drummond St North, Ballarat. Cost: \$15.00

RSVP. 27.07.11 Ph: 5320 3553 Fax: 5320 6493 bernadette@bhs.org.au

2011 HACC Conference - "Working Better Together"

The Facilitator and Keynote Speaker for the 2011 Conference is Beth Wilson, Health Services Commissioner (Vic). Beth advocates for work-life balance and the importance of humour, story telling and music in providing inspiration and education and in health promotion. Enjoy presentations on:

- Better Practice
- Right Relationships
- Vision and falls
- Managing Aggression
- Accompanying clients outside the home
- Memory Books
- Recognising pressure areas
- Tai Chi
- The roles of Allied Health

This conference is for Grampians HACC Region home care staff, personal carers, respite carers, activity workers, volunteers/volunteer coordinators, social support workers, home maintenance staff and food services workers.

Full registration \$110 (2 days including accommodation and meals)

Day 1 Attendance only \$50

Day 1 Attendance plus dinner \$75

Day 2 Attendance only \$50

Where: Country Plaza, Halls Gap

When: Tuesday 6th and Wednesday 7th September

To register: Visit www.bdnh.com.au for registration forms- click on HACC training, then 2011 Conference Registration.

Applied Suicide Intervention Skills Training

18th & 19th August 2011

9 am— 5 pm, Ballarat

Attendance at full two days is essential.

Closing Date: Friday 29th of July 2011

For further information contact Anne Watson

Ph: 5320 3054 or Email: anew@bhs.org.au

Register early as there are only twenty places available.

Applied Suicide Intervention Skills Training

18th & 19th October 2011

9 am— 5 pm, Ballarat

Attendance at full two days is essential.

Closing Date: Friday 29th of July 2011

For further information contact Anne Watson

Ph: 5320 3054 or Email: anew@bhs.org.au

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Child & Youth Mental Health Service Redesign Demonstration Project Grampians Region

A key component of the Child and Youth Mental Health Service (CYMHS) Redesign Demonstration Project is to build a more responsive and capable mental health service system. In order to achieve this goal, the CYMHS Project is funding training and education opportunities across the region for service providers working with the 0-25 year cohort. Below is listed the training planned for the region for the rest of 2011.

Month	Time	Topic	Facilitator/s	Location	Contact
July 28 th	10.30am - 3.30pm	Understanding Mental Health Promotion Prevention and Early Intervention	A. Watson	Ararat	K. Morgan at GPPCP Phone: 5352 6226 e: kelly.m@grampianscommunityhealth.org.au
August 10 th and 11 th	9am to 5pm	Youth Mental Health First Aid	A. Watson and M. Jarecki	Horsham	Melissa at WPCP Phone: 5362 1222 pcpadmin@grampianscommunityhealth.org.au
August 18 th and 19 th	9am to 5pm	Applied Suicide Intervention Skills Training (ASIST)	A. Watson and S. Mirabelli	Ballarat	Anne at CYMHS Dem. Project Phone: 5320 3054 anew@bhs.org.au
August 24 th and 25 th	9am to 5pm	Youth Mental Health First Aid	A. Watson and M. Jarecki	Ballarat	Sharna at CH PCP Phone: 5338 4771 e: support@chpcp.org
September 7 th and 8 th	9am to 5pm	Applied Suicide Intervention Skills Training (ASIST)	A. Watson and L. Muller	Horsham	Melissa at WPCP Phone: 5362 1222 pcpadmin@grampianscommunityhealth.org.au
September 14 th and 15 th	9am to 5pm	Mental Health First Aid	A. Watson & M. Jarecki	Ballarat	Sharna at CH PCP Phone: 5338 4771 e: support@chpcp.org
October 11 th	10.30am - 3.30pm	Understanding Mental Health Promotion Prevention and Early Intervention	A. Watson	Stawell	K. Morgan at GPPCP Phone: 5352 6226 e: kelly.m@grampianscommunityhealth.org.au
October 18 th and 19 th	9am to 5pm	Applied Suicide Intervention Skills Training (ASIST)	A. Watson & S. Mirabelli	Ballarat	Anne at CYMHS Dem. Project Phone: 5320 3054 anew@bhs.org.au
October to December	6 x 2 hour sessions	Partners in Depression (for carers)	A. Watson & D. Veale	Ballarat	Anne at CYMHS Dem. Project Phone: 5320 3054 anew@bhs.org.au
December 6 th & 7 th	9am to 4pm	Mental Health First Aid	A. Watson & GP Trainers	Beaufort	K. Morgan at GPPCP Phone: 5352 6226 e: kelly.m@grampianscommunityhealth.org.au

Key: CHPCP—Central Highlands Primary Care Partnership; GPPCP—Grampians Pyrenees Primary Care Partnership; WPCP—Wimmera Primary Care Partnership;

Veteran Best Practice

Working well with older
veterans, war widows & DVA

Ballarat 16th August 0900-1230

Sebastopol Bowls Club

The seminar is suitable for community
& residential aged care providers,
discharge planners, allied health professionals, community nurses, practice and health
managers & social workers.

The program will include:

- Introducing older veterans & their health issues*
- Working with the Veterans' Affairs Network*
- Allied Health Services*
- Rehabilitation Appliances Program*
- Respite services*
- Convalescent Care*
- Pharmaceutical entitlements of veterans*
- Working with Ex-Service Organisations*
- Commemoration & Grants*
- Community Nursing*
- Veterans' Home Care*
- HomeFront falls prevention program*
- Repatriation Transport Scheme*
- Veterans' Special Needs status*

Bookings are essential no later than *one week* prior to the seminar.

You *cannot* register on the day.

*Previous seminars have booked out, and we will establish
a waiting list for later seminars if full.*

To register click on or enter the link below.

<https://reg.eventarc.com/event/view/3235/aged-veteran-best-practice-ballarat>

1st & 5th August

St Arnaud Senior Citizens

Senior Citizens Club Rooms

Cnr Golden & Market Sts, St Arnaud

Monday & Friday cards, bingo, billiards and indoor
bowls.

\$5 membership

\$1 most activities

Contact Barb: Ph 5495 1959

1st August & 6th September

Senior Citizens Monthly Concert

Senior Citizens Hall

St Arnaud

Come along and enjoy concert items the first
Monday of each month.

Join if for a cuppa and a chat. Time: 1.30pm

Contact Barb: Ph: 5495 1959

5th, 6th, 7th, 12th,
13th & 14th August

Laurie Evans

- A Tribute Exhibition

Stawell Station Railway Gallery

One of the last opportunities to obtain
the work of this great artist.

All paintings are for sale.

Out of hours viewing by appointment

Ph: Bill Miller - 5358 3263

Leo Crawford - 5358 2344

Gold coin entry

Deakin WHO Collaborating Centre - Obesity Prevention Intensive 4 Day Short Course

Deakin University is again running its Obesity Prevention Short Course

Using the latest evidence this years course will provide you with...

- Frameworks to understand the determinants of obesity
- An enhanced understanding of the obesity epidemic and associated burden of disease
- Best Practice Principles for community-based obesity prevention
 - Tools for building obesity prevention initiatives
 - Skills to collect, synthesise and understand evidence
 - Examples of group work and learning techniques

Details:

When: Monday 12 – Thursday 15 September 2011

Where: Deakin University

Melbourne City Centre

Level 3, 550 Bourke St

Melbourne Victoria 3000 Australia

Cost: \$1450 early bird close 18 July 2011 or \$1600 full registration

For more information and the online registration [Click here](#)

CO-OPS 2011 [National Workshop](#)

The annual two day CO-OPS (Collaboration of Community-based Obesity Prevention Sites) National Workshop is now on the training calendar of many Health professionals around Australia especially after the 2010 National Workshop in Sydney booked out over two months in advance. We already have over 250 health professionals on an expressions of interest list for 2011. CO-OPS team and workshop participants learnt a lot and had a great time at previous National Workshops and the evaluations said that you enjoyed yourselves so much that we would like to have another National

Workshop this year. In last years evaluations someone wrote that for them the CO-OPS Workshop was

So what happens at a CO-OPS National Workshop?..... well at the [2010 CO-OPS National Workshop](#) participants enjoyed more than 50 sessions on community-based obesity prevention issues such as ethics, monitoring and evaluation, working with local government, and working with Culturally and Linguistically Diverse (CALD), Low Socio-Economic Status (SES) and indigenous communities. More than 95 per cent of participants polled rated the quality of presentations as good or very good.

2011 CO-OPS National Workshop details:

Cost: TBA (approx \$200)

Duration: 2 days

When: 13-14 October

Where: Mercure Hotel Brisbane

Can you present: Absolutely! Almost every presentation comes from practitioners, simply complete the abstract [submission form](#)

To register your interest: (for those who haven't already) Please contact Emma at admin@co-ops.net.au

Working Together Conference

Implementing Chronic Condition Self Management in Practice

The conference program will feature key note presentations by Professors Kate Lorig (USA), Malcolm Battersby (Australia), Dr Patrick McGowan (Canada) and Susan Reid (New Zealand).

The conference will offer service providers, researchers and consumer representatives the opportunity to hear about advances in the different approaches to chronic condition management (including the Stanford and Flinders Programs), health literacy, evidence based practice in action and men's health.

Friday 9th September 2011

Edwardstown Conference Centre, Adelaide, South Australia.

Cost: \$220 per person

More information and registration: <http://selfmanagement2.com.au/2011-conference.html>

NoFalls Train the Trainer Course

Melbourne

Friday, 2 September 2011

Knox Community Health Service and the Outer East Falls Prevention Initiative will be hosting a NoFalls Train the Trainer Course.

WHEN: Friday 2 September 2011
TIME: 9.15am - 5.00pm
VENUE: Knox Community Health Service
 1063 Burwood Highway
 Ferntree Gully Vic 3156
PHONE: (03) 9757 6200

COURSE OUTLINE:

9.15am	Registration
9.30am-12.45pm	Course content
12.45-1.45pm	Lunch and optional walk
1.45-4.45pm	Course content
5.00pm	Conclusion

This is a great opportunity to increase the number of Victorian falls prevention professionals who are approved to teach the NoFalls Leaders Training Course. Graduates will be able to train staff in their region to run NoFalls Exercise Groups.

The NoFalls Train the Trainer Course is usually held in Adelaide, and was last delivered in Victoria approximately eight years ago. A master trainer from Active Ageing Australia (South Australia) will present this course.

Until 2 August 2011, priority will be given to Victorian applicants who have experience with the NoFalls Program and are currently working in the area of falls prevention. Other Victorian and interstate applicants are welcome to apply for the remaining course vacancies. Limited places available!

Applicants need to have a relevant qualification, for example physiotherapist, exercise physiologist or equivalent, and should ideally have experience in falls prevention and leading exercise groups. It is also preferable (but not compulsory) that they have completed the NoFalls Leaders Training Course and are experienced with running NoFalls Exercise Groups.

The cost of this course is \$1,050 per participant if there are five or six attendees. This price reduces if there are seven or more participants. Any fee reduction will be refunded once numbers are finalised. Lunch, morning tea, afternoon tea and study manual will be provided.

Applications should be made on the attached form, and full payment will be required by 4 2011. A tax invoice for payment will be forwarded once the application has been accepted, with details for making payment.



Further enquiries can be directed to Annette Biviano
 (Falls Prevention Physiotherapist / Project Officer) at
annette.biviano@kchs.org.au or phone (03) 9757 6270

Making a Difference: Family Inclusion, Innovation and Integration

The Bouverie Centre is pleased to announce the upcoming Beacon Strategy conference.
Tuesday September 13th 2011, Jasper Hotel – Melbourne

Cost: FREE Registrations: [Click here](#)

Call for submission of abstracts

The Bouverie Centre is calling for submission of abstracts that address topics such as;

- Application of family work with individual clients
- Innovative approaches to family work
- Examples of cross sector collaboration in clinical practice or project work
- Case presentations of family inclusion
- Consumer experiences of family involvement
- Supervision of family work
- Manager's perspectives on supporting practice change
- Use of single session work

Mentoring and support is available for presenters

Limited funded accommodation places available for rural and regional participants

To submit your 200 word abstract, [click here](#)

2nd & 3rd August

Stawell Men's Shed

Shed 8, 11 Smith Street, Stawell
(located at rear of Dunn's Furniture shop)
Come and join us to share your skills and knowledge with attendees or just drop in and enjoy a cuppa and a chat in the air-conditioned shed.
Bring a carpentry, metal, craft or hobby project to work on for yourself.

Help tackle Community and Shed projects.

Do what men do in a Shed!

Commences: 9am - 4pm

Each Tuesday, Wednesday & Thursday

WOMEN - Come and join us each THURSDAY

Contact: Phil Bennett Phone: (03) 5358 1921

Shed Phone: (03) 5358 2384

2nd & 4th August

St Arnaud Community Men's Shed

Neighbourhood House
34 Alma Street, St Arnaud
Activities include wood working etc.

Time: 9.30am - 12 noon

1.30pm - 5pm

Each Tuesday and Thursday

Contact: Lindsay Burke

Phone: (03) 5495 1726 / 5495 3300

4th & 11th August

Line Dancing Classes

Senior Citizens Hall
Victoria Street, Stawell
Every Thursday

Beginners: 9am - 10am

Intermediate: 10am - 11am

Also on Thursday evenings

Time: 7pm - 8pm

Contact Jeanette: 0428 300348

All Welcome

2nd, 9th & 16th August

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

"The Sat'day Arvo Club" YeeHaaaa!!!

Country & Western Day

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

WHEN: Saturday 30th July, 2011

1.30pm to 3.15pm

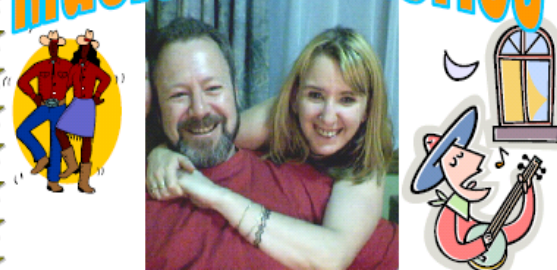
Cost: \$6.00 per person, NO CHARGE FOR CARERS / STAFF

"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, 30th July, 1.30pm

..... BE THERE OR BE SQUARE!!!

Musical Memories



NOEL & TRACY CRAVEN

Brand new songs plus the best of the oldies!!! In our new songbook!

Yee - Hatt!!! -

Country Bumpkins are back

BALLARAT LEAGUES CLUB

Cnr Mair and Humffray Streets

Tuesday 19th July, 2011 ...at 10.30am

\$7.00 includes morning tea

"The Sat'day Arvo Club" Mad Hatter Party

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

WHEN: Saturday 13th August, 2011
1.30pm to 3.15pm

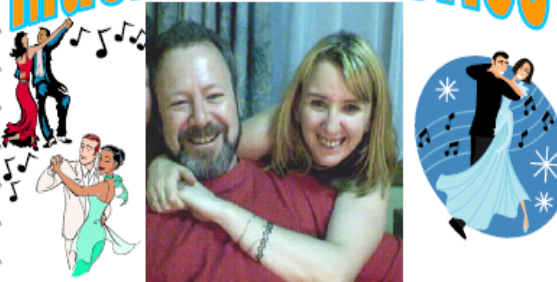
Cost: \$6.00 per person, NO CHARGE FOR CARERS / STAFF

Find or Fashion a Fantastic Hat

The Mad Hatter's Tea Party is a great opportunity to make some outrageous headgear or dig around the garage or attic or wardrobe to find Easter Bonnets, top hats, floral offerings or just some of Mum or Dad's leftovers from the Ballarat Cup. Most original and silliest will win prizes. The Rascals and Friends will be playing as always.

SATURDAY ARVO, 13th August BE THERE!!!

Musical Memories



NOEL & TRACY CRAVEN

Ladies in evening gowns and tiaras, gentlemen in bow ties ... other clothes optional ... LOL

"An Evening At The Palais"

Musical Memories of the Dancing Years

BALLARAT LEAGUES CLUB

Cnr Mair and Humffray Streets

Tuesday 16th August, 2011 ...at 10.30am

\$7.00 ... Bookings essential - 5331 5830

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

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

Garlic Chicken

Ingredients

- 15 grams Butter
- 1 tbsp Olive Oil
- 1 Onion, finely chopped
- 2 Cloves Garlic, crushed
- 2 Chicken Breasts
- 280mls Chicken Stock
- Salt and Pepper
- Handful fresh parsley, chopped
- 2 tbsp Natural Yoghurt



Serves 2

Preparation method

1. Trim the chicken and cut into bite sized pieces.
2. Melt the butter in a pan, add olive oil. Add the chopped onions and cook gently until soft and golden. Add the garlic and cook for another minute or so.
3. Add the chicken pieces to the onion and garlic mixture and brown on all sides.
4. Add the chicken stock, season with salt and pepper to taste and add the chopped parsley. Bring to the boil then turn the heat down to minimum and leave gently cooking—uncovered—for about 20 minutes.
5. Serve the garlic chicken with mashed potato, your favourite veggies and the garlicky sauce.

Source: <http://www.garlic-central.com/garlic-chicken.html>

Health Benefits of Garlic

Modern science has shown that garlic is a powerful natural antibiotic, albeit broad spectrum rather than targeted. The bacteria in the body do not appear to evolve resistance to the garlic as they do to many modern pharmaceutical antibiotics. This means that its positive health benefits can continue over time rather than helping breed antibiotic resistance superbugs.

Studies have also shown that garlic—especially aged garlic—can have a powerful antioxidant effect. Antioxidants can help to protect the body against damaging free radicals.