



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

**Executive Officer  
-Chantal Thomas**

Ph: (03) 5352 6206

[chantal.t@](mailto:chantal.t@grampianscommunity-health.org.au)

[grampianscommunity-  
health.org.au](http://grampianscommunity-health.org.au)

**Health Promotion  
Coordinator**

**-Meagan Ward**

Ph:(03) 5352 6227

[meagan.w@](mailto:meagan.w@grampianscommunity-health.org.au)

[grampianscommunity-  
health.org.au](http://grampianscommunity-health.org.au)

**Health Promotion  
Officer**

**-Loki McIntyre**

Ph:(03) 5352 6224

[loki.m@grampianscom-  
munityhealth.org.au](mailto:loki.m@grampianscommunityhealth.org.au)

**Administrative  
Assistant**

**-Kelly Morgan**

Ph:(03) 5352 6226

[kelly.m@grampiansco-  
mmunityhealth.org.au](mailto:kelly.m@grampianscommunityhealth.org.au)

# Grampians Pyrenees PCP Newsletter

Issue 8, May 20th 2011

## AHPA Conference –

### Health Promotion and the Determinants of Health

The 20th National AHPA Conference was held at the Cairns Convention Centre from the 10th - 13th April 2011. The conference focused on the determinants of health and solutions to strengthen action in redressing them.

The current evidence in Health Promotion shows that:

- Innovative work is being accomplished in the Health Promotion field.
- Amongst health professionals there is a greater understanding of the Health Promotion model and the workforce is increasing as health promotion and public health has a greater presence in university curriculum.
- Work will continue across all areas along the continuum of health. Health (acute and primary care), community and family services will continue to have a role in the mid-downstream interventions; health promotion interventions need to maintain an upstream approach. Evidence supports a strong focus on early childhood settings for health promotion. This work further upstream also needs to broaden and include all sectors. (*The Australian Early Development index* -- *Raising Children Network* -- *Catch 'em Young: Investing in our Young People*)
- With rigorous evidence and data emerging supporting Public Health interventions the sector is advocating for government commitment to develop Health Promotion policy [http://www.who.int/social\\_determinants/hiap\\_statement\\_who\\_sa\\_final.pdf](http://www.who.int/social_determinants/hiap_statement_who_sa_final.pdf)
- There are stronger links between health issues/inequalities and the economic impact that can be felt by governments and business. Evidence is coming out that is able to show a dollar amount on both positive and negative health outcomes on society. (*Closing the Gap in a Generation* WHO - *ACE Prevention* Assessing Cost Effectiveness in Prevention - *The Town with No Poverty* - *Adelaide Statement on Health in All Policies*)

\* Presentations from the conference will be made available in the coming weeks on the AHPA website: [www.healthpromotion.org.au](http://www.healthpromotion.org.au)

A clear message from the conference is that while population health interventions are being supported as effective Health Promotion practice, and contributing to behaviour change, the sector needs to continue to develop efficiencies in planning, coordinated implementation, effective monitoring/evaluation and dissemination of results to enhance the work of the sector and add to the body of evidence. For Grampians Pyrenees PCP this will be a strong focus for the Integrated Health Promotion Working Group and developing local evidence to support best practice will inform the 2012—2015 Integrated Health Promotion Plan.

## Upcoming Dates

### *Calendar of Events in this issue!*

#### May

Sat'day Arvo Club May 21	page 9 Ballarat
ASIST 2 day Workshop 23 & 24 May	page 4 Ballarat
SCTT 2012 Workshop May 24th	page Melbourne
Biggest Palliative Care Breakfast May 25	page 4
Mobile Tool Library Launch May 25 & 26 Avoca, Landsborough, Beaufort	page 5
What are the chances (David Schwarz) May 26	page 3
Breast Health May 27	page 5 Carlton
Reconciliation Week Launch May 27	page 8 Ballarat
Communities in Control Conference May 30 & 31 Moonee Ponds	page 7
Caring for Carers May 31	page 9 Ararat

#### June

Mind Matters in Palliative Care June 6	page 4 Ballarat
World Elder Abuse Awareness Day June 15	page 7 Bendigo
Sports Borders Conference June 27	page 5 Moonee Ponds

### GPPCP Executive Committee Meeting

Thursday June 16th 2011  
10am—12 noon GCH Ararat  
Video Conferencing Available  
RSVP — Chantal Thomas

### Integrated Health Promotion Working Group Meeting

Tuesday 28th June 2011  
GCH Ararat 10.30am—12.30 pm  
RSVP Meagan Ward

### Better Access to Services Meeting

Wednesday 15<sup>th</sup> June 2011  
10am – 12noon  
Chair: Stawell Regional Health  
RSVP: Chantal Thomas  
Video Conferencing Available

### Call for Applications Victorian Cancer Survivorship Program: Pilot Projects

Up to five pilot projects will be funded to develop and trial sustainable models of cancer survivorship care. The models are required to coordinate and link specialist cancer treatment teams with primary care providers and / or non—government organizations to develop patient—centered approaches to survivorship care. Projects will involve formal partnerships with primary/community care.

Closing Date: Friday 2pm 27th of June 2011  
A Q & A session will be held at 11am on Friday,  
27th May 2011 at the Department of Health.

### Grampians Pyrenees PCP sponsorship

### Mental Health First Aid Instructor's Course

Grampians Pyrenees PCP is calling for Expressions of Interest from member agency staff to become Mental Health First Aid Instructors. GPPCP sponsorship will cover the cost of the 5 day training course being held in **Melbourne from 4<sup>th</sup> – 8<sup>th</sup> July 2011.**

#### Requirements:

- Management approval
- Deliver a minimum number of MHFA courses across the GPPCP catchment
- Interest in mental health and group facilitation skills

**Expressions of interest close: Friday 20<sup>th</sup> May 2011.**

To lodge an EOI and for terms and conditions please contact

Chantal Thomas [chantal.t@grampianscommunityhealth.org.au](mailto:chantal.t@grampianscommunityhealth.org.au) or 5352 6206

## CALL FOR ABSTRACTS The Future of Food lies in Your Hands!

PHAA's **2nd National Food Futures Conference** will take place from 22 to 23 November 2011 in Hobart, Tasmania.

You are invited to submit your abstract by **19 June 2011** latest.

The Call for Abstracts can be found here: <http://www.phaa.net.au/documents/2ndFoodCallForAbstracts.pdf>

To submit your abstract, please go here: <https://www4.eventsinteractive.com/pha/getdemo.ei?id=407012&s=63O0SSOBY>

More information on the conference will be published soon on <http://www.phaa.net.au/2ndFoodConference.php>

If you have questions, please contact Janine Turnbull or Julie Woollacott at PHAA National Office Email: [events@phaa.net.au](mailto:events@phaa.net.au) and [conference@phaa.net.au](mailto:conference@phaa.net.au)

Phone: (02) 6285 2373 Fax: (02) 6282 5438 Website: <http://www.phaa.net.au>



### 'Social Participation: Knowledge, Policy and Practice' Conference - Call for Abstracts

On behalf of the La Trobe University Institute for Social Participation (ISP) we invite you to submit an abstract at our upcoming conference „Social Participation: Knowledge, Policy and Practice“ to be held at La Trobe University on the 28th & 29th November 2011.

### Local Community Campaigns Grant Funding

Local Community Campaigns are grass roots campaigns delivering healthy lifestyle messages to tackle chronic disease.

This funding is for communities to develop their own Local Community Campaign project to promote and reinforce messages about healthy lifestyle choices within their community.

Take a look at the [Grant Guidelines](#) and start thinking about a Local Community Campaign project for your community. For more information on Local Community Campaign funding, contact Cox Inall Ridgeway on 1800 661 961 or email: [livelonger@coxinallridgeway.com.au](mailto:livelonger@coxinallridgeway.com.au)

### What are the Chances?

#### Forum and Panel Discussion

Hear the David Schwarz story, listen to the experts and find out “what are the chances?”

As part of Responsible Gambling Awareness Week the BRGC are pleased to bring David Schwarz, elite sportsman, informed sports commentator and highly regarded public speaker to Ballarat.

9.15 am—11.30 am Thursday 26th of May 2011

Cinema 1 Regent Cinemas, Lydiard St North, Ballarat.

**Book Your Spot Today!**

RSVP to Sandra Kennedy, City of Ballarat Ph: 5320 5746 [sandrakennedy@ballarat.vic.gov.au](mailto:sandrakennedy@ballarat.vic.gov.au)

**Applied Suicide Intervention  
Skills Training (ASIST)  
2 day ASIST**

**Course Schedule**

Upcoming Course Dates:  
23<sup>rd</sup> & 24<sup>th</sup> May 2011  
18<sup>th</sup> & 19<sup>th</sup> August 2011  
18<sup>th</sup> & 19<sup>th</sup> October 2011  
Limited places available.

Cost: \$220

Location: Ballarat

Contact: Anne Watson  
5320 3030

[annew@bhs.org.au](mailto:annew@bhs.org.au)

**Release of the  
2011 Victorian Population Bulletin**

The 2011 Victorian Population Bulletin has been produced by Spatial Analysis and Research and is now available online on the Urban and Regional Research website. This bulletin provides a valuable snapshot of information on population change and the basic drivers behind that change, as recorded by the Australian Bureau of Statistics (ABS).

The bulletin also compares growth rates between the States and between the Local Government Areas (LGAs) of Victoria.

Please follow the link below to connect to the 2011 Victorian Population Bulletin.

[http://www.dpcd.vic.gov.au/\\_data/assets/pdf\\_file/0019/61831/VicPopBulletin11-web.pdf](http://www.dpcd.vic.gov.au/_data/assets/pdf_file/0019/61831/VicPopBulletin11-web.pdf)

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

**"Mind Matters  
in Palliative Care"**

Dr Di Clifton is a psychiatrist and Medical Director of the Department of Psychosocial Cancer Care at St Vincent's Hospital Melbourne. She has been involved in oncology and palliative care for 20 years and is responsible for educational and training programmes in psycho-oncology which attract participants from across Victoria and interstate. Dr Clifton has a clinical role in both public and private cancer care and sees patients at all stages of the cancer experience.

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

Monday 6th June 2011

6.30 pm – 8.30 pm

Drinks & nibbles provided

Education Resource Centre, BBH, Ballarat Health Services

Drummond Street Nth, Ballarat

Cost: \$15.00

For more information: Ph: 5320 3553 Fax: 5320 6493

[bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

RSVP 31.05.11



**The Healthy Communities Initiative team would like to invite you to the launch of the Pyrenees MOBILE TOOL LIBRARY**

The Mobile Tool Trailer Library launches will be held in 3 locations across the Pyrenees Shire and we welcome you to attend any of these launches.

At each launch there will be a free barbeque, information about hiring, and an opportunity for people to see the wide range of tools that are available to be borrowed.

**Avoca** Wednesday the 25<sup>th</sup> of May from 12.00pm - 12.30pm, High St Gazebo, Opposite the Information Centre.

**Landsborough** Wednesday the 25<sup>th</sup> of May from 5.30pm - 6.00pm, Landsborough Recreation Reserve.

**Beaufort** Thursday the 26<sup>th</sup> of May from 12:00pm – 12.30pm, In park near Band Rotunda, Neill Street.

The Mobile Tool Trailer Library project aims to provide community members with access to low cost hiring of a wide range of gardening and home maintenance equipment.

The trailers are also available for community groups and clubs to hire for working bees.

For more information please call Breanna, Healthy Communities Coordinator on 54612689.



**UPCOMING LOOP WORKSHOPS!**

June 7th: Photoshop with Wayne Hines, creator of VIRTUAL BEAN

July: Cartooing creations workshop coming soon

August: short story building

**Watch this space for more events**

**COME AND JOIN THE FUN!!!**

Contact: Tegan on 5332 3896 or e-mail [beaufortloop@gmail.com](mailto:beaufortloop@gmail.com)



**Sports Borders Conference – Participation and Inclusion**

Sport is a major tool for promoting social inclusion and social cohesion.

It's important, and we've got to get it right.

The 2011 Sports Without Borders Conference will bring together sportspeople, sporting clubs, government, local government workers, sports administrators and educators to learn the facts, hear the stories, and learn about new practices and next practice solutions.

When: Monday, 27 June 2011

Where: Moonee Valley Racing Club, McPherson St, Moonee Ponds

Cost: \$248

More info: Telephone 9320 6800 or visit

[www.ourcommunity.com.au/swb2011](http://www.ourcommunity.com.au/swb2011)



supporting rural  
general practices

# Westvic After Hours Health Advice

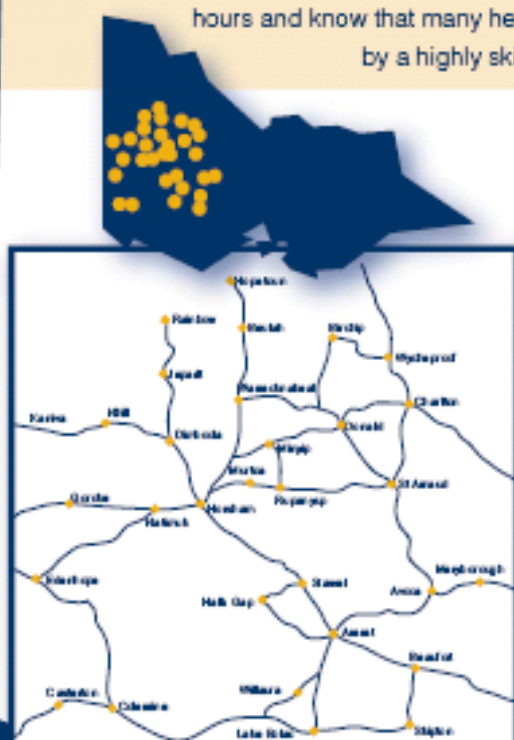
When the clinic is closed at night and you need medical advice, speak to a nurse by calling

Westvic After Hours Health Advice  
**1800 641 395**

or your participating clinic's usual phone number  
**6.00pm to 8.30am every night**

***“Local, confidential, reliable health advice.”***

Doctors understand the problems with getting health advice after normal business hours and know that many health concerns or questions can be managed by a highly skilled and experienced nurse.



The Westvic After Hours Health Advice line nurses live locally and have years of experience in rural/emergency nursing.

The nurse can provide advice on how to manage your problem at home or, if required, organise for you to:

- be given medical advice by a local doctor
- see a doctor the following day
- attend a hospital or health service for further assessment
- call an ambulance

A doctor will be available when needed

**In an emergency always call  
000**

Funded by the Department of Health and Ageing,  
Managed by Westvic Division of General Practice

# COMMUNITIES *in* CONTROL Conference 2011



## Our Changing Communities and Community Organisations

*Let's get moving, today, together.  
Australia's not going to reform itself.*

**May 30 & 31, 2011**

The least expensive, most attended  
community conference in Australia - over  
1300 attendees that work for or with  
community organisations.

**VENUE:**

Moonee Valley Racing Club  
Members Gate 1, McPherson Street, Moonee Ponds,  
Melbourne VIC

**PRICE:**

Conference only: \$298 (GST inclusive)  
Pre-Conference Skills Day - Women Achieving And  
Flourishing: \$145 (GST inclusive)  
Combined Conference and Pre-Conference Skills  
Day: \$425 (GST inclusive)

PLEASE NOTE: Significant discounts are also avail-  
able for group bookings (10 or more).

Call our friendly staff on 03 9320 6800 for further  
information.

[https://www.ourcommunity.com.au/secure/  
event/event\\_sign\\_up.form?  
confereceld=152&area=control#bottom](https://www.ourcommunity.com.au/secure/event/event_sign_up.form?confereceld=152&area=control#bottom)

## SCTT 2012 Revision: Feedback project Workshop to pilot test the proposed feedback tools

24th of May 2011

12.30pm—15.30 (light lunch included)

Urban Workshop Conference Centre

50 Lonsdale St. Melbourne

Room: Gorman Room

RSVP to: Ro Saxon 9416 0447

ro.saxon@hdgconsulting.com.au

RSVP by 18th of May

with dietary requirements

## Bendigo Focus For Community Education on World Elder Abuse Awareness Day

Bendigo will host three events on Wednesday 15  
June, World Elder Abuse Awareness Day  
(WEAAD), to raise community awareness of  
elder abuse amongst seniors and families in  
Bendigo and surrounding districts.

St Andrews Uniting Church will be conducting a  
**WEAAD 'Wear Purple' Service** in the morning.  
The service will recognise the contribution seni-  
ors make to the community, pray for those who  
have been subjected to elder abuse and offer an  
opportunity to hear about Seniors Rights Victoria  
(open to all people, regardless of faith, and morn-  
ing tea will be served immediately afterwards).

A **Bendigo Tram** will display a banner on either  
side promoting World Elder Abuse Awareness  
Day. Each tram will have printed information on  
board and tram drivers will be able to provide ba-  
sic information in response to any enquiries.

In the afternoon, the Mayor of Bendigo, Councilor  
Rod Fyffe, will make what is believed to be the  
first **World Elder Abuse Awareness Day May-  
oral Proclamation** in Australia, at a special WE-  
AAD afternoon tea. Special guest at the Procla-  
mation event will be **Ms Noeline Brown, Austra-  
lia's Ambassador for Ageing**, who will speak on  
positive ageing.

## Quiz!

What do women and certain species of  
whales have in common?

They both experience menopause and most  
take on a grandmother type role.

Source: [www.livescience.com/9024-women-whales-share-rich-  
post-breeding-life.html](http://www.livescience.com/9024-women-whales-share-rich-post-breeding-life.html)

## Project Platypus

# 2011 PLANTOUT TIMETABLE

**YOU ARE INVITED TO TAKE PART IN THE 12th ANNUAL  
PROJECT PLATYPUS PLANTOUT SERIES TO BE HELD THROUGHOUT JULY**

Come and be apart of an enthusiastic and  
productive team. Help other volunteers to plant and guard plants.

Camping available. Jobs for all abilities

**FOR MORE INFORMATION  
OR TO REGISTER FOR  
PLANTOUT 2011 CONTACT**

**PROJECT PLATYPUS  
PO Box 838  
STAWELL 3380**

**PHONE: 5358 4410  
FAX: 5358 4441  
admin@platypus.org.au**

Date	Landholder	Landcare group area	Notes
Saturday 2 <sup>nd</sup> July	Banfield's	Jallukar	Good camping, close to National Park
Saturday 9 <sup>th</sup> July	Jim/Rick Holden	Concongella	
Sunday 17 <sup>th</sup> July	Thomas/Molloy	Crowlands	
Sunday 24 <sup>th</sup> July	Dunkley	Nth Grampians	
Saturday 30 <sup>th</sup> July	Kilpatrick's	Great Western	Inc. dinner, enter- tainment. A varie- ty of accommo- dation available
Sunday 31 <sup>st</sup> July	Kilpatrick's	Great Western	Tour

**ONLINE REGISTRATIONS** <http://www.platypus.org.au/plantout-registration.php>

The Mayor and Councillors of the  
City of the City of Ballarat invite  
you to the launch of  
***Reconciliation Week 2011***

Friday May 27<sup>th</sup> 2011, 6 pm  
Sturt St. Median Strip  
(Opposite Town Hall front door)



***LETS TALK  
RECOGNITION!***

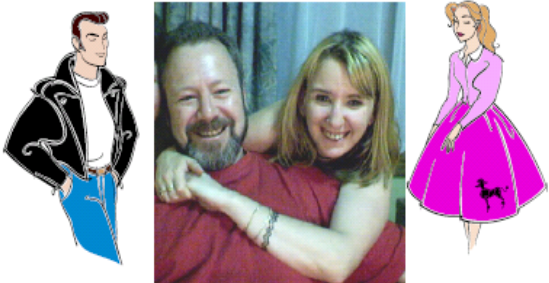
The striking images of  
internationally renowned Indigenous  
photographer, A/Professor Wayne  
**Quilliam**, will be featured at the  
launch, and will continue to be  
projected onto the Town Hall  
until June 3



Contact: Elizabeth Hardiman 5320-5831  
Email: [elizabethhardiman@ballarat.vic.gov.au](mailto:elizabethhardiman@ballarat.vic.gov.au)

CITY OF  
**BALLARAT**

# Caring For Carers



**NOEL & TRACY CRAVEN**

Songs that our Carers grew up with .. 50's - 70's.

© SONG BOOKS PROVIDED ©

**ARARAT RSL CLUB**

**Tuesday 31<sup>st</sup> May, 2011**

© 10.30 am ©

# "The Sat'day Arvo Club"

## Pirate Day

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

**WHEN:** Saturday 18th June, 2011  
1.30pm to 3.15pm

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

**Where are ya Buccaneers?**

Cap'n Kidd can't find 'em, Bluebeard's lookin', but (hopefully) they'll find a few at McCallum at the next Club Meet. Find a sword, a parrot and an eye patch and join the crew. Live music and prizes if enough dress up and join in the spirit of the theme.

**SATURDAY ARVO, 18th June**  
..... **BE THERE!!!**

# "The Sat'day Arvo Club"

## BACK TO THE 70'S

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

**WHEN:** Saturday 21st May 2011  
1.30pm to 3.15pm

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



"THE RASCALS" WILL PERFORM LIVE, THE GREAT HITS OF THE 70'S TO DANCE TO ... ABBA, NEIL DIAMOND, CREEDENCE AND ALL THE STARS OF THIS WEIRD AND WONDERFUL DECADE.

**COLOUR... COLOUR... COLOUR**

ENCOURAGE YOUR CLIENTS TO MAKE AND WEAR "PEACE" BADGES, "MAKE LOVE NOT WAR" BADGES. WEAR YOUR FLAIRS, EMBROIDERED SHIRTS OR HIPPIE BEADS AND LET'S GET BACK TO THE WILD DAYS OF THE SEXY SEVENTIES.

**SAT'DAY ARVO, 21st May, 1.30pm ..... BE THERE!!!**

# "The Sat'day Arvo Club"

## Circus Daze

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

**WHEN:** Saturday 4<sup>th</sup> June, 2011  
1.30pm to 3.15pm

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

**Come as a clown or a trapeze artist  
Or even a monkey or elephant ...**

Circus Day is a great opportunity to make some outrageous costumes or dig around the garage or attic or wardrobe to find stuff for the Circus. Prizes and games galore ...! The Rascals and Friends will be playing as always.



**SATURDAY ARVO, 4<sup>th</sup> June ..... BE THERE!!!**

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

We're on the WEB,  
[www.grampianspyreneespcp.org.au](http://www.grampianspyreneespcp.org.au)



## Vegetable, Tuna and Risoni Bake

### Ingredients

- 1/2 Small Zucchini thinly sliced
- 60g butternut pumpkin, peeled, seeded and cut into 5mm wedges
- 1 small tin of tuna in spring water, drained
- 1 cup reduced salt vegetable stock
- 1/4 cup frozen peas
- 1 tbsp grated parmesan cheese
- 1/3 punnet cherry tomatoes
- 3/4 cup Risoni pasta
- 3/4 tbsp basil pesto



### Method

1. Preheat oven to 180 degrees C.
2. Place zucchini, risoni, stock and pumpkin into a saucepan, bring to the boil over high heat. Reduce heat to medium and simmer for 10 to 15 minutes stirring to avoid sticking or until all liquid has been absorbed.
3. Remove from heat, stir in peas, pesto, halved tomatoes and tuna, season with pepper.
4. Spoon mixture into ceramic baking dish. Sprinkle with parmesan and bake for 10 to 15 minutes or until cheese is golden.

Source: Golden Oldie Cook Book

### Health Benefits of Pumpkin

Pumpkin is very low in calories; it contains no saturated fat or cholesterol; but is a rich source of dietary fibre, anti-oxidants, minerals and vitamins. Pumpkin is a storehouse of vitamins including vitamin-A, vitamin-C and vitamin-E.

Vitamin A is a powerful anti oxidant and is required by the body for maintaining the integrity of the skin. Research suggests that vitamin A helps protect the body against lung and oral cavity cancers.

Pumpkin is rich in B-complex group of vitamins like folate, niacin, vitamin B-6, thiamin and pantothenic acid.

It is also a rich source of minerals like copper, calcium, potassium and phosphorus.

The nutritional value of pumpkin means that it's **good** for:

- Losing weight
- Maintaining good general health