



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

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# Grampians Pyrenees PCP Newsletter

Issue 11, July 1st 2011

## **Farewell Loki....**

This week the Grampians Pyrenees PCP team farewelled Loki McIntyre. Loki has been with the GPPCP team since 2009 in the Health Promotion Officer position and has been involved in a number of programs during his time here; VicHealth "Bums off Seats" Community Singing groups, Smiles 4 Miles, Walking School Bus, Problem Gambling PCP program and the Grampians Region Elder Abuse Prevention Strategy. Loki has brought to the team, and member agencies, a willingness to advocate for rural health, a passion for community development and skills for working within a social model of health. Loki is taking up a position with the Central Grampians Local Learning and Employment Network (LLEN) in Ararat as the Regional Youth Commitment Project Officer – so we are pleased that he will be remaining in the local area. Thanks Loki for the work you've done in both the GPPCP catchment and the Grampians Region!

## **Grampians Medicare Local - Expressions of Interest**

The Grampians Pyrenees PCP is a member of the Grampians Region Medicare Local Transition Advisory Committee (TAG) responsible for the establishment of the Medicare Local. The TAG comprises representatives of Central Highlands, Grampians Pyrenees and Wimmera PCPs, Ballarat and Grampians Community Health and the WestVic and Ballarat & District Divisions of General Practice.

The TAG is establishing two subcommittees to shape the Medicare Local for our region:

- **Communication and Engagement subcommittee**  
Will have the responsibility of developing a sustainable communication and engagement framework for the transition period and the established Grampians ML.
- **Population Health subcommittee**  
Will be charged with the task of developing a strategy to support appropriate data collection and analysis, strategies and referral pathways for the Grampians Medicare Local.

Representatives from across the Grampians region are welcome to express their interest to participate in either of the TAG subcommittees – I strongly encourage anyone from GPPCP catchment to become involved in the subcommittees to ensure local representation in development of the Grampians Medicare Local. To express your interest or for any further discussion regarding GPPCP involvement in the Grampians Medicare Local please email or phone me on the details below:

E: [chantal.t@grampianscommunityhealth.org.au](mailto:chantal.t@grampianscommunityhealth.org.au)

P: 0407 548 553

## Upcoming Dates

### Calendar of Events in this issue!

#### July

The Sat'day Arvo Club Winter Warm Up		
July 2	Ballarat	page 9
Lung Cancer—A different perspective		
July 4	Ballarat	page 4
Mens Behaviour Change Program		page 8
Starting July 4	Stawell	
Little Chefs Academy		page 7
July—September	Stawell	
Victoria Health Priorities Framework Forum		
July 14	Ballarat	page 3
Diabetes Expo		page 3
July 26	Stawell	
Community Kitchen Group (Halls Gap)		
July 27	Halls Gap	page 2
Free Understanding Dementia Session		
July 27	St. Arnaud	page 3

#### August

Health Coaching		page 2
August 4 & 5	Stawell	
Clinical Assessment of Problem Gambling		
August 8	Melbourne	page 6
Working with older veterans, war widows & DVA		
August 16	Ballarat	page 7
Applied Suicide Intervention Skills Training		
August 18 & 19	Ballarat	page 4
Tai Chi for Diabetes workshop		page 5
August 22 & 23	Melbourne	

#### September

Walking Area Coordinator Training		page 6
September 12	Horsham	
Family Inclusion, Innovation and Integration		
September 13	Melbourne	page 5

### GPPCP Executive Committee Meeting

Thursday July 21st 2011  
10am—12 noon GCH 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



### Budja Budja Neighbourhood House Community Kitchen Group

#### INFORMATION SESSION

If you live in the Halls Gap area and interested in joining others regularly in coming together to plan and prepare delicious food, this is for you. To learn more about the new Halls Gap Neighbourhood House Community Kitchen group and have an input into the planning, you are invited to join Bev and Katrina at an information session. Participants will learn about cooking, budgeting, and food safety, along the way but more importantly the group is a great opportunity to get together with others for a bit of fun.

Come and meet Bev, Neighbourhood House Coordinator and learn more about the program.

**When: Wednesday 27<sup>th</sup> July**

**Where: Budja Budja Neighbourhood House at the rear of Budja Budja Medical Centre**

**Time: 1.30pm-2.30pm**

Please RSVP to:

Katrina Toomey, Stawell Regional Health, Health Promotion Coordinator - 5358 8611, [katrina.toomey@srh.org.au](mailto:katrina.toomey@srh.org.au) or Bev Bachelor, Budja Budja Neighbourhood House Coordinator, - 5356 4751, [bevbudja@bigpond.com](mailto:bevbudja@bigpond.com)



**4th & 5th August, 2011**

08.00am Registration

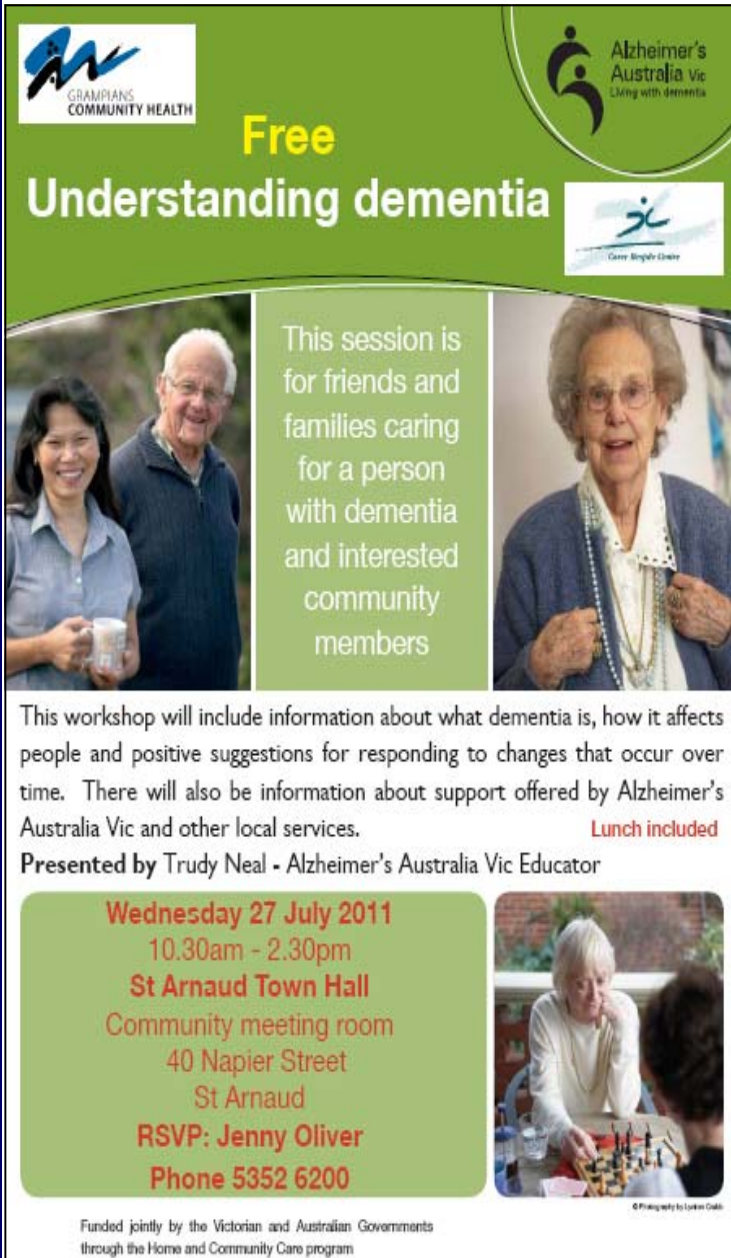
8.30am to 5.00pm both days

To be held in Stawell

For further information please see the attachment or contact Chris on (03) 5352 2533 or email

[chris.o@grampianscommunityhealth.org.au](mailto:chris.o@grampianscommunityhealth.org.au)





**Free Understanding dementia**

This session is for friends and families caring for a person with dementia and interested community members

This workshop will include information about what dementia is, how it affects people and positive suggestions for responding to changes that occur over time. There will also be information about support offered by Alzheimer's Australia Vic and other local services. **Lunch included**

Presented by Trudy Neal - Alzheimer's Australia Vic Educator

**Wednesday 27 July 2011**  
 10.30am - 2.30pm  
**St Arnaud Town Hall**  
 Community meeting room  
 40 Napier Street  
 St Arnaud  
**RSVP: Jenny Oliver**  
**Phone 5352 6200**

Funded jointly by the Victorian and Australian Governments through the Home and Community Care program

**26th July**  
**Diabetes Expo**  
**Stawell Health & Community Centre**  
**Patrick St, Stawell**

Diabetes company representatives will be in attendance with the latest information and products.

- Blood glucose meter control testing
  - Upgrade of meter
- Podiatry information including specialist footwear
  - Blood pressure checks
  - Displays and information
- Wound management information

**GUEST SPEAKER: Optometrist**  
 More information: Sue Fontana



**Wimmera Primary Care Partnership**  
 'Partners in Health'

Evaluation Officer PART TIME 0.4 EFT to June 30<sup>th</sup> 2012

**Wimmera Primary Care Partnership is seeking an evaluation officer to join our team. This position will lead, support and build evaluation capacity of Wimmera PCP and its partner agencies. To undertake this role successfully you will need to have knowledge and experience in the planning, delivery and evaluation of health promotion and/or community development programs. You will also require experience in capacity building as well as excellent verbal and written communication skills.**

To find out more or for a position description contact: Executive Officer Mandi Stewart, on 03 5362 1223, or email [mandi.s@grampianscommunityhealth.org.au](mailto:mandi.s@grampianscommunityhealth.org.au)  
 Applications close: Monday 11<sup>th</sup> of July 2011  
[www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

**Victorian Health Priorities Framework 2012—2022**  
**Grampians Region Forum**

The Minister for Health will be holding a series of consultations on the Victorian Health Priorities Framework 2012 – 2022 and the Metropolitan Health Plan for feedback and to inform development of the Rural & Regional Health Plan and Health Capital & Resources Plan.

**14 July 2011, at 10.00 am**  
 (tea and coffee from 09.30 am)  
**Mercure Ballarat Hotel and Convention Centre, 613 Main Road, Ballarat**

RSVP via email to: [christine.standen@health.vic.gov.au](mailto:christine.standen@health.vic.gov.au)

To view the documents and for further information about the consultations visit <http://www.health.vic.gov.au/healthplan2022/>

## 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](mailto:anew@bhs.org.au)

Register early as there are only twenty places available.

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Register early as there are only twenty places available.

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

## "Lung Cancer - A Different Perspective"

#### **Kerrie Callaghan -The Australian Lung Foundation**

Kerrie coordinates the Lung Foundation's lung cancer patient/carer support initiatives including The Kylie Johnston Lung Cancer Network, an on-line forum, telephone support groups and annual awareness events around Australia. Kerrie has the privilege of working with the newly established Australian New Zealand Lung Cancer Nurses Forum (ANZLCNF).

#### **Karen Munro - A patient perspective**

Karen, a 40 year old former equestrienne and competitive cyclist, was diagnosed with Stage IV adenocarcinoma lung cancer with bone mets. She has been raising awareness of lung cancer for 12 months and hopes that sufferers will be treated with the same care and respect afforded to other cancer patients.

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

Monday the 4th of July 2011, 6.30 pm—8.30 pm, Drinks and nibbles provided

Education Resouce Centre, BBH Ballarat Health Services, Drummond St Nth, Ballarat

Cost \$15.00, For further information or to register

please contact B. Matthews on 5320 3553 or email on [beradettem@bhs.org.au](mailto:beradettem@bhs.org.au)

## **Making a Difference: Family Inclusion, Innovation and Integration**

The Bouverie Centre is pleased to announce the upcoming Beacon Strategy conference.

**Tuesday September 13<sup>th</sup> 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](#)

## **Tai Chi for Diabetes workshop**

One successful completion of this two day intensive workshop, you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. Tai Chi for Diabetes is a program specially designed by Dr. Paul Lam in conjunction with a team of medical specialists and tai chi experts. Based on the Sun and Yang style Tai Chi, Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to prevent and improve the control of diabetes. The program will improve health and wellness.

### **At the conclusion of the workshop**

- Learn how to teach this program safely and effectively
- Gain knowledge of what is Tai Chi and how it helps people with diabetes
- Be able to perform the Tai Chi for Diabetes set

### **Who is eligible to attend this training?**

Suitable participants include: Diabetes Educators, Occupational Therapists, Physiotherapist, Exercise Physiologists, Tai Chi teachers and advanced students, Nurses, Health professionals (eg doctors), Accredited Exercise Instructors, Certified Allied Health Assistants

### **Your trainer**

Rani Hughes is an occupational therapist and master trainer in the Tai Chi for Arthritis, Tai Chi for Diabetes and Tai Chi for Kids programs.

### **Information**

Date: Monday 22 & Tuesday 23 August 9.00 am-5.00 pm

Venue: Kingston City Hall, Moorabbin, Melbourne Victoria

Cost: \$380 per person. Includes Tai Chi for Diabetes DVD, handbook and course notes.

Registration deadline is 5 August 2010.

Cancellation and late registration is subject to a \$30 administration fee.

### **Enquiries**

Rani Hughes Ph 0409 164 396

845 Woodspoint Rd, East Warburton 3799

[ranihughes@gmail.com](mailto:ranihughes@gmail.com)



**Heart Foundation**  
**Walking**  
**Area Coordinator Training**

*Are you a professional interested in administering walking groups in your area? Or would you like some additional support to make your existing groups more sustainable and less time intensive? We can help you to set up and maintain walking groups in your local community.*

**Heart Foundation Walking is Australia's largest network of free community-based walking groups and is looking to partner with local governments, health services and workplaces to expand this network.**

- An easy, effective and cost-efficient way to implement walking groups in your community
- An active role in increasing regular physical activity in Australia to prevent potential health problems
- A step-by-step guide to implement a quality, sustainable and proven program – 80% retention rate of walkers
- A wide range of resources to establish and maintain walking groups in your community

**Area Coordinator Training**

**DATE:** Monday 12<sup>th</sup> September 2011

**TIME:** 10.00am – 2.00pm (Light Lunch provided)

**VENUE:** The Bankers Room  
Department of Primary Industries  
Natimuk rd, Horsham VIC

**RSVP:** Wed 7<sup>th</sup> September 2011

To register for Area Coordinator Training or for more information, please contact:

**Tara Henderson**  
Walking Project Officer  
Heart Foundation (Victoria)  
Level 12, 500 Collins St  
Melbourne 3000  
Tel: (03) 9321 1515  
Fax: (03) 9321 1574  
Email: [tara.henderson@heartfoundation.org.au](mailto:tara.henderson@heartfoundation.org.au)




**UPCOMING EVENTS!**

*July: Photoshop workshop*  
Wayne Hines Creator of virtual Bean

*August: Cartooning Workshop*

**BEUJAM SK8 COMP:**  
**NOVEMBER**

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

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



### **Trialling all-terrain wheelchairs in the Grampians NP**

A new all-terrain wheelchair was tested in the Grampians National Park on Wednesday 15 June.

The chair, purchased through the Victorian Government's Go For Your Life Initiative, was trialed by Dr David Stratton with rangers in the park.

Dr Stratton said: "I first used this chair in Vancouver, Canada. To be able to reconnect with nature and the places and activities I love brought tears to my eyes. I brought the idea to attention of Parks Victoria, which has now lead to this wonderful trial of all-terrain wheelchairs in parks. I encourage anyone in a wheelchair to support this new venture and experience the great outdoors."

David Roberts, Ranger in Charge said he thought the idea of all-terrain wheelchairs was perfect for the Grampians when Dr Stratton first spoke to him about it earlier this year.

"It is difficult for persons with physical disabilities to access some of our parks, particularly those in remote and regional areas," said Mr Roberts.

"One of the key reasons has been that tracks, trails and beaches are not suitable for conventional wheelchairs. Some of the most beautiful areas of the state are hard to get to and that's part of their appeal. What this trial is about is making those areas a little more accessible for all."

As part of a range of strategies to improve park access for all people, Parks Victoria will be trialing the introduction of special all terrain and beach wheelchairs in selected parks around the state.

"The wheelchairs are specially designed to enable park visitors with a significant physical disability to access a number of bushwalking trails and beaches with carer support," said Mr Roberts.

Parks Victoria has also purchased a beach wheelchair, which will be trialed at other locations later this year. The chairs will be free of charge and made available for loan to park visitors.

"Our next goal, Tasmania!" said Dr Stratton. The Victorian Government's 'Go For Your Life' initiative is in partnership with the Department of Sustainability and Environment and aims to develop stronger, healthier communities through promoting healthy eating and increased physical activity.

## LITTLE CHEFS ACADEMY



Little Chefs Academy is a **cooking school created just for kids!**

**Who:** Kids aged 3-6yrs old **with** a parent/guardian.

**When:** Tuesday 10:00 am – 12:00 pm.

Weekly- **19<sup>th</sup> July - 20<sup>th</sup> September**  
Stawell Adventist Church Hall, Corner of Clifton and Stanton Street

**Cost:** \$6 per cooking child.

**Bookings & information:** Mary-Jane : **5352 7788** (Limited places available)

## Kinship Care Program

Are you:

- **Caring for a child that is not your own on a full time basis?**
- **A professional supporting a kinship family ?**

We can help with:

- Specialised information and advice about Kinship Care
- Relevant and up to date community information about services and local activities
- Family Support through real, practical in home support & case management
- Assisting families to manage the change in circumstances and emerging issues
- Assist to facilitate family meeting to assist with family decisions
- Group Support through offering parenting programs and positive parenting training
- Keeping carers connected within the local community through regular newsletters

Kinship Care Program support is tailored to meet the needs of the individual family and the arrangements in place.

**Referrals:** Families may refer themselves or be referred by another service.

*Kinship Care program was established to ensure that the best interests of the child are being met.*

For more information phone Michelle Hair on (03) 5382 6789 or email michelleh@wuc.org.au



[www.wuc.org.au](http://www.wuc.org.au)

SUPPORTING AND STRENGTHENING INDIVIDUALS, FAMILIES AND COMMUNITIES

## 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 & health managers & social workers.**

The program will include:

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

## The 21st Annual National Association for Gambling Studies (NAGS) Conference

This year's conference will be held in Melbourne at the Crown Conference Centre, 23-25 November 2011

Registrations are now open

Visit Registration Page:

<http://conferences.ozacomm.com.au/2011/nag11/index.aspx>

for information about the conference, accommodation options and to register for the conference

The Call for Papers is open

Deadline for submissions has been extended to 31 July 2011

Visit Call for Papers Page: [http://www.nags.org.au/nags\\_call\\_for\\_papers.php](http://www.nags.org.au/nags_call_for_papers.php)

### Mens Behaviour Change Program

A group will be starting in Stawell on 4<sup>th</sup> July  
- for more information contact Frank Kean GCH 53587400

## PROFESSIONAL DEVELOPMENT SEMINAR SERIES Children, Families and Problem Gambling

Monday 18<sup>th</sup> July 2011

10.00am – 1.00pm

Venue: The University of Melbourne

This half day seminar will review the current state of knowledge concerning children, families and problem gambling. The seminar will consist of presentations from recent international and centre work in this area, including the largest international study on the children of problem gamblers; recent research on family violence and problem gambling and an introduction to the Community Reinforcement and Family Therapy (CRAFT) model. By the end of the seminar, each participant will have an increased understanding of the impact of problem gambling on the entire family system. This seminar is relevant to staff, managers, counsellors and policy makers involved in the design and delivery of problem gambling services, as well as gaming industry staff.

Fee: Gamblers Help staff/OGR staff fully subsidized; \$125 otherwise

## Clinical Guidelines for Screening, Assessment and Treatment of Problem Gambling

Monday 8<sup>th</sup> August 2011

10.00am - 3.00pm

Venue: Monash Conference Centre

This session will comprehensively review the content and implications of the Centre's National Clinical Guidelines for the Screening Assessment and Treatment of Problem Gambling. The morning session will provide an overview of the content of the guidelines and the afternoon session will be a workshop on their implementation. This workshop is relevant to staff, managers, counsellors and policy makers involved in the design and delivery of problem gambling services.

Fee: Free  
For further information please contact us on (03) 8344 8530.

# "The Sat'day Arvo Club"

## Winter Warm-Up

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

**WHEN:** Saturday 2nd July, 2011  
1.30pm to 3.15pm



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

### Winter Warm-Up

With the weather turning chillier and chillier and Midwinter fast approaching, this Saturday is a great opportunity to dance the Arvo away and keep the body and soul warmed up.

Dance to the classic rock from the 50's to the 90's with resident band, "The Rascals" and guests. Bring your dancing shoes or bring an instrument and join the band.

SATURDAY ARVO, 2nd July ..... BE THERE!!!

# "The Sat'day Arvo Club"

## Now We Are Five

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

**WHEN:** Saturday 16th July 2011  
1.30pm to 3.15pm



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

### Saturday Arvo Club 5th Birthday

WOW!!! I can't believe we've been around for five years. To celebrate, you're invited to share munchies and drinks at our special dance party to celebrate the event. We want everyone to dress as a birthday cake (or birthday something), so dig into the decorations and see what you can come up with.

**LOTS OF GAMES AND PRIZES**  
Dance to the classic pop and rock from the 50's to the 90's with resident live band "The Rascals" ... special drinks and nibbles on this day as well ©

SATURDAY ARVO, 16th July ..... BE THERE!!!

# Musical Memories



## NOEL & TRACY CRAVEN

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

Yes - Hatt!!! -

Country Bumpkins are back

## ARARAT RSL CLUB

Tuesday 26th July, 2011

© 10.30 am ©

# Musical Memories



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

Yes - Hatt!!! -

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## BALLARAT LEAGUES CLUB

Cnr Mair and Humffray Streets

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

\$7.00 includes morning tea

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)



## Carrot Soup

### Ingredients

- 1 tablespoon olive oil
- 1 leek, halved lengthways, thinly sliced
- 6 carrots, peeled, chopped
- 4cm piece ginger, peeled, grated
- 2 cups salt-reduced vegetable stock
- 2 cups water
- light sour cream, dill, and toast, to serve



Serves 4

### Method

1. Heat oil in a large saucepan over medium heat. Add leek, carrots and ginger. Cook, uncovered, stirring occasionally, for 8 minutes, or until vegetables start to soften.
2. Add stock and water to saucepan. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, covered, for 20 minutes, or until carrots are very tender.
3. Remove from heat. Set aside to cool slightly. Process or blend soup until smooth. Return to saucepan. Heat over medium-high heat until hot. Season with salt and pepper.
4. Ladle soup into bowls. Top with sour cream and dill. Serve with toast.

Source: [www.taste.com.au](http://www.taste.com.au)

### Health Benefits of Carrots

Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them: beta-carotene. However, these delicious root vegetables are the source not only of beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients. The areas of antioxidant benefits, cardiovascular benefits, and anti-cancer benefits are the best-researched areas of health research with respect to dietary intake of carrots.

Carrots are delicious eaten raw or cooked. While heating can often damage some of the delicate phytonutrients in vegetables, the beta-carotene as found in carrots has been shown to be surprisingly heat-stable. In fact, carrots' beta-carotene may become more bioavailable through well-timed steaming. Still, be careful not to overcook carrots if you want your carrots to retain their maximum flavor and strong overall nutritional value.