



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

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Grampians Pyrenees PCP Newsletter

Issue 10, June 17th 2011

The Grampians Pyrenees PCP would like to extend a warm welcome to Chris O'Brien who has joined our team as Partnership Development Coordinator.

Chris's work will encompass Service Coordination and Integrated Chronic Disease Management and include involvement with the BATS committee, the Links Coordinators and the Early Intervention in Chronic Disease project.

Chris has relocated to our catchment and comes to the GPPCP team as a Registered Nurse with extensive experience in multidisciplinary practice, change management and partnership development.

Chris can be contacted at chris.o@grampianscommunityhealth.org.au or 53526200.

Understanding Mental Health and Wellbeing

Date: Thursday July 28th 2011

Time: 10.00am to 3.30pm (with lunch provided)

Venue: Bendigo Bank Meeting Room, 144 Barkly St, Ararat

Facilitator: Anne Watson

The workshop will cover:

- Concepts of positive mental health Influences on mental health (including Social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Status of the evidence
- Overview of mental health promotion, prevention of ill-health and early intervention
- Applications to clinical and community settings
- Examples of evidence-based interventions.

For further information contact: Meagan Ward (53526227) **or**

To register your attendance at the workshop please contact:

Kelly Morgan -Email: kelly.m@grampianscommunityhealth.org.au

Closing date for registrations: Monday July 25th 2011

There is no cost for this workshop.

Upcoming Dates

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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 28th June 2011
GCH Ararat 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

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](#)

**UNITED AGAINST
DOMESTIC VIOLENCE**



**ENGAGING ALL MEN
IN PREVENTION**

National Conference

Sir Robert Helpmann Theatre
10 Watson Terrace
Mount Gambier, South Australia
13-15 July 2011

Conference information
and registration form

Diabetes Expo

When: Tuesday 26th July
Where:
 Ground Floor, Stawell Health Community Centre
 Patrick St Stawell.
Time: 10.30am to 1.00pm.
For more information:
 Sue Fontana- 5358 8531

THEME

1. Assess your risk of developing Type 2 Diabetes
2. Have regular eye checks

- 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



Changed Lives

BrainLink and nib foundation are offering family members and friends of those caring for a person with an acquired brain injury in regional Victoria, an opportunity to participate in a one day workshop. The interactive & discussion filled FREE workshops are from 10am-4pm (lunch provided). 20th June Ararat Neighbourhood House 56 Campbell Street, Ararat

Topics include:

- Making Sense of the Changes
- Sharing Understanding of Brain Injury
- Exploring Responses and Reactions
- Changed Roles
- Putting it All Together
- Build Strategies
- Develop networks
- Look After Self

To register your interest, or to discuss respite requirements, please contact Vanessa at BrainLink Services on (03) 9845 2955 or email info@brainlink.org.au

Changed Lives

INVITATION TO PRESENT

BrainLink and nib foundation are offering family members and friends of those caring for a person with an **acquired brain injury** in regional Victoria, an opportunity to participate in a one day workshop.

The interactive & discussion filled **FREE** workshops are from 10am-4pm
20th June

ARARAT NEIGHBOURHOOD HOUSE INC
 56 Campbell Street, Ararat

As a health professional, this is your opportunity to present about the services you provide in the region.

Please note that you will only be required to stay for the duration of the service providers presentation section of the workshop (up to an hour).

To register your interest, please contact Vanessa at BrainLink Services on 9845 2955 or email info@brainlink.org.au

You are invited to the 2nd Annual
Grampians Community Health
FREE QUIZ NIGHT in support of

LOOKING AFTER
YOUR MIND



Thursday 23rd June
in the Diamond Room
Stawell Health & Community Centre
8-22 Patrick St Stawell

THEME: Come dressed in
black/red/white prizes to be won.

Arrive by 6.45pm: 7:00pm Start

- Tables of 10. Make up a team or book a single, double etc.
- Ten rounds of questions
- Supper provided

Spot prizes during the evening

Great prizes for the winning table!

RSVP by Friday, June 18th 2011

Grampians Community Health, Tel: 5362 1200



LOOKING AFTER
YOUR MIND



You are invited to the 2nd Annual
Grampians Community Health
FREE QUIZ NIGHT in support of

LOOKING AFTER
YOUR MIND



Tuesday, June 21st at the
Olde Horsham Restaurant



From 6pm:

- Wimmera Youth & Community Centre viewing
- Dinner
- Dinner option: \$25.00
Chef's Special:
- Garlic Bread, a choice of 4 mains & 3 desserts!!
Eat before the quiz, or as you play.



7:00pm onwards Quizzing

- Tables of 10. Make up a team or book a single, double etc.
- Ten rounds of questions

Spot prizes during the evening

Great prizes for the winning table!

RSVP by Friday, June 18th 2011

Grampians Community Health, Tel: 5362 1200





Facilitating and supporting increased participation
in the sports and recreation sectors

FREE CLUB WORKSHOP!

MONEY, MEMBERSHIP and MANAGEMENT MATTERS

Ararat Bowls Club, 22nd of June,
6:30pm to 9pm

Come along to this interactive, relaxed setting to share information with other clubs and find new ideas around issues you face. To get the most out of the session get more than one person from you club along.

Places are limited, to register please contact Sports Central on **(03) 5331 6966** or email info@chsa.org.au

This workshop is being developed in partnership with VicHealth to support the regions clubs including Active Club Grant Recipients.

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

Rural Social Workers Action Practice Group

10th Biennial National Rural Remote Social Work Conference - 'Resilient, Healthy, Rural and Remote Communities'

Thursday 28th and Friday 29th July 2011, at Mercure Ballarat Hotel & Convention Centre, Main Rd, Ballarat.

For more information visit <http://www.aasw.asn.au/events/category/vic>

Food Advertising Legislation Blueprint

The Obesity Policy Coalition has launched a new blueprint for regulating junk food advertising to children. The blueprint sets out a plan for federal and state and territory governments to enact legislation to restrict all forms of advertising and promotion of unhealthy food and beverages to children. It specifies how legislation should operate, the types of advertising and promotion that should be restricted, and proposes definitions for key terms and phrases such as 'unhealthy food' and 'directed to children'

For more information visit http://www.opc.org.au/downloads/Proposal_summary2.pdf

Oral Health Promotion Resource

The Department of Health has released a new resource 'the evidence based oral health promotion resource'. This resource can be used as framework for oral health policy development and program implementation. The resource can be found online at: <http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral->

PROFESSIONAL DEVELOPMENT SEMINAR SERIES

Children, Families and Problem Gambling

Monday 18th 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 8th 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.



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 27th 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 or Bev Bachelor, Budja Budja Neighbourhood House Coordinator, - 5356 4751, bevbudja@bigpond.com



23rd June

Hearing Screening Check
Stawell Entertainment Centre Car park
63-65 Main Street, Stawell
The Australian Hearing Bus will be coming to Stawell.
Come along to discuss all your hearing needs.
Time: 9am onwards
Cost: FREE
Phone: 131 797

Opioid Drug Use Training

Date: Monday 20th of June

Venues:

Horsham - Sports and Community Club, Baillie St. Horsham, 9.30am -11.30am.

Stawell - Stawell Community Health Centre, 8-22 Patrick St, Stawell, Diamond Room 1.00 pm-3.00 pm

Session will cover:

Commonly used opioids (including non-medical use of prescription drugs)
Safe Using and disposal of needles
Overdose prevention
Withdrawal
Pharmacotherapy - Methadone and Suboxone
Health issues around using
What are the myths related to using

RSVP by Friday 17th June, register by contacting Grampians Community Health on 53621200

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

SUPPORTING AND STRENGTHENING INDIVIDUALS, FAMILIES AND COMMUNITIES

LITTLE CHEFS ACADEMY



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

The classes offer a variety of hands-on cooking experiences for you to share with your child. We will learn manners, kitchen safety, food handling, new kid friendly recipes, and that

cooking can be FUN!

Who: Kids aged 3-6yrs old

with a parent/guardian.

When: Tuesday 10:00 am – 12:00 pm.

Weekly- **19th July - 20th 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)

29th June

DHS Flood Recovery

- Dr Rob Gordon

Halls Gap Recreation Reserve
46-72 Grampians Rd, Halls Gap

Dr Rob Gordon is a clinical psychologist with more than 25 years experience working with people who have survived traumatic events such as the Ash Wednesday bushfires, Bali bombings, the 2004 Boxing Day tsunami, Cyclone Larry and the 2009 Victorian Bushfires. All residents affected by the floods are invited to attend the session, which will cover the personal impact of emergencies, the impact of emergencies on communities and ways to get through the difficult recovery process.

Time: 7pm

RSVP: Rachel King Ph 5333 6429

Emai: rachel.king@dhs.com.au

The Grampians Regional Palliative
Care Team presents

Body Image, Self Esteem and Sexuality at End of Life

**"I know I should raise it,
but how do I begin
the conversation?"**

This workshop explores the issues of
sexuality and intimacy for patients living
and dying with cancer or chronic illness,
with a particular focus on patient
communication, practical resources
and making a difference in your clinical world.

Friday 29th July 2011

1.00 pm to 5.00 pm

Seminar Room 1, ERC,

Queen Elizabeth Centre,

102 Ascot Street Sth, Ballarat

Limited participant numbers,

Lunch provided upon arrival,

Cost: \$30.00 RSVP 11.07.11

For further information please phone 5320 3553
or email bernadette@bhs.org.au



**Rural Social Workers Action Practice
Group**

[http://www.aasw.asn.au/events/
category/vic](http://www.aasw.asn.au/events/category/vic)

**10th Biennial National Rural Remote
Social Work Conference
'Resilient, Healthy, Rural
and Remote Communities'**

**28th and 29th July 2011
Mercure Ballarat Hotel
& Convention Centre**



**Coles works with Junior Landcare to provide
garden grants of up to \$1000 to schools,
kindergartens, day care centres and preschools
to assist them to establish their very own
garden?**

**If your school or community group is interested in
applying for a Coles School Garden Grant,
please visit www.juniorlandcare.com.au**

The Saturday Arvo Club is a social dance activity for people with disabilities, held every second Saturday at McCallum Community Centre in Leopold Street Ballarat. The club features a specific theme each week, a live band and other activities with prizes for best costumes, dancing, games and competitions.

For further information please contact Noel on 53342652 or email endassey@ncable.net.au

"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"



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!!!

MUSICAL MEMORIES



TRACY and NOEL CRAVEN




Let's Hear It For The Girls


Our first anniversary show with the new songbooks. Songs about the fair sex, or made famous by them.

BALLARAT LEAGUES CLUB
Cnr Mair and Humffray Streets
Tuesday 21st June, 2011 ...at 10.30am
\$7.00 includes morning tea

MUSICAL MEMORIES



TRACY and NOEL CRAVEN



Let's Hear It For The Girls

Our first anniversary show with the new songbooks. Songs about the fair sex, or made famous by them.

ARARAT RSL CLUB
Tuesday 28th June, 2011
☺ 10.30 am ☺

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

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



Meatballs in rich tomato sauce

Ingredients

- 500g lean mince beef
- 1/2 lemon, rind finely grated, juiced
- 2 tbsp fresh or dried basil
- 1/2 cup chicken stock
- 1/2 onion, grated or finely chopped
- 1/2 cup breadcrumbs
- 1 x 400g can diced Italian tomatoes
- Cooked pasta to serve



Serves 2

Method

1. Combine mince, onion, lemon rind and two tsp lemon juice, breadcrumbs, basil and salt and pepper in a large bowl. Form tablespoons full of mixture into balls, place on tray lined with baking paper and refrigerate for 15 minutes or until firm.
2. Combine tomatoe and stock in a deep frying pan, bring slowly up to boil on medium heat. Reduce heat to low, add meatballs and simmer uncovered for 25—30 mins, until cooked through.
3. Place cooked past in bowls and spoon meatballs over the top.

Source:Golden Oldie Cook Book (Adapted from Super Food Ideas June 2005 pg 80)

Health Benefits of Tomatoes

It seems that tomatoes are at the center of low-calorie living. They naturally lend themselves to health-conscious cooking, being sweet yet low in calories.

Tomatoes , whether raw, steamed, fried, stewed, crushed, pureed, or reduced to a sauce. Though thought of as a vegetable, tomatoes are botanically classified as fruits. They are also one of our best sources of vitamin C. While not bursting at the seams with vitamins and minerals, tomatoes are indeed rich in vitamin C. This antioxidant plays a key role in maintaining a healthy immune system.

They also contain beta-carotene and several other carotenoids that may have their own disease-preventing properties, particularly against heart disease and cancer. One carotenoid, lycopene, may help reduce the risk of prostate cancer.