



Grampians Pyrenees
Primary Care
Partnership is
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Grampians Pyrenees PCP Newsletter

Issue 9, June 3rd 2011

Evidence-Based Oral Health Promotion

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 summarises the most effective health promotion strategies for prevention of oral health problems. It brings together determinants for oral health, key population groups, action areas, settings for actions, outcomes and long-term benefits. It will assist health professionals, policy makers, planners and health promotion practitioners to further promote oral health in Victoria.

The resource can be found online at: [http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral-health-promotion-resource-\(2011\)](http://docs.health.vic.gov.au/docs/doc/Evidence-based-oral-health-promotion-resource-(2011))

In addressing the determinants of oral health, the Grampians Pyrenees PCP has been coordinating the implementation of Smiles 4 Miles for several years. The Smiles 4 Miles Program in Victoria, which is based on the WHO Health Promoting Schools framework, supports Early Years settings to introduce healthy food and drink policies around the key messages: Eat Well, Drink Well, Clean Well.

In 2011 there are 8 Early Years settings across the Grampians Pyrenees catchment engaged in the Smiles 4 Miles program and working towards being 'awarded' at the end of the year.

If your Kindergarten or Childcare setting is interested in finding out more about the Smiles 4 Miles program or would like to become involved, please contact Meagan Ward at the GPPCP.

meagan.w@grampianscommunityhealth.org.au

Upcoming Dates

Calendar of Events in this issue!

June

Mind Matters in Palliative Care	page 4
June 6 Ballarat	
The Loop Wayne Hines Workshop	page 5
June 7 Beaufort	
Community Support Training	page 4
June 8 Skipton / Beaufort	
New Residents Evening (Nth Grampians Shire)	
June 14 Stawell	page 6
World Elder Abuse Awareness Day	page 7
June 15 Bendigo	
Changed Lives, ABI Workshop	page 3
June 20 Ararat	
Sports Borders Conference	page 5
June 27 Moonee Ponds	
Elder Abuse and Family Violence Seminar	
June 30 Melbourne	page 3

July

United Against Domestic Violence	page 2
July 13—15 Mount Gambier	
Resilient, Health, Rural and Remote Communities Conference	page 7
July 28 & 29	
Body Image, Sexuality at End of Life	
July 29 Ballarat	page 7

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 15th June 2011
10am – 12noon
Chair: Stawell Regional Health
RSVP: Chantal Thomas

What is elder abuse?

Elder abuse is any act that harms older people and that is carried out by someone they know and should be able to trust, such as family or friends.

Such harm can be financial, psychological, physical, sexual or social, including mistreatment and neglect.

Studies indicate that between one and five percent of older people have experienced some form of abuse or neglect. Any form of abuse is totally unacceptable.

Elder abuse is likely to become more prevalent and prominent because of the ageing population and increasing numbers of people with dementia.

World Elder Abuse Awareness Day is on the 15th June 2011 – Seniors Rights Victoria (SRV) is running three separate events to mark World Elder Abuse Awareness Day this year.

- A day-long workshop in Melbourne CBD for health, aged care and other community workers. See [WEEAD Workshop 2011 page](#) for the program and how to register.
- Community events in Bendigo. See web article [Bendigo Focus for Community Education on WEAAD](#) for event information and contact details.
- Seminar in Melbourne CBD for legal practitioners on Family Agreements. Download [flyer for event info](#) and how to book.



National Conference

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

Conference information
and registration form

a global voice
for women

Proudly presented by

Soroptimist International

Federation of the South West Pacific

Mount Gambier

Presented by DVRCV and CASA House

Elder Abuse & Family Violence

This one day seminar is for advanced practitioners and focuses on promoting the safety of older women. It covers the topics of risk assessment, interviewing techniques, care planning, VCAT representation and interventions in complex situations.

The session provides an opportunity to ask questions of a representative from the Office of the Public Advocate about VCAT and evidence. *Priority will be given to SAAP-funded workers.



DVRCV
Domestic Violence
Resource Centre Victoria



CASA house
Centre Against Sexual Assault

- Date:** Thursday 30 June 2011
- Venue:** Melbourne CBD (venue details will be forwarded with confirmation on enrolment in course)
- Time:** 9.30am - 4.30pm
- Cost:** \$35 SAAP funded; \$75 Non SAAP funded workers per participant (includes lunch)
- Register:** Registrations close 15 June - see details below

This
training is
GST Free

For enquiries contact DVRCV on 9486 9866 or dvrcv@dvrcv.org.au

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 by the 13th of June.

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 by the **13th of June.**

Community Support Training

As communities enter the recovery phase after a natural disaster, it is important that those who do start to experience mental health problems are identified early, and given support and access to help.

The Community Support Training three-hour workshops are conducted by *beyondblue* accredited facilitators and focus on:

- raising awareness of risk factors for depression, anxiety and related disorders after a disaster
- providing support for promoting positive mental health and wellbeing within a community.

Through Community Support Training, participants will be equipped to:

- recognise when others – such as family members, friends, colleagues or customers – are having trouble coping
- provide simple strategies to help promote recovery
- help people to access support within their own community and provide useful advice on how and when to seek professional help
- look after their own psychological wellbeing, particularly when providing support for others.

Wed 8th June 2011, 11.30am - 2.30pm
Skipton Mechanics Hall, Anderson St, Skipton

Or Wed 8th June 2011, 6.30pm - 9.30pm Senior Citizens Hall, Pratt St, Beaufort

To register or find out more, please contact:
Leslee Jackson 53316303 or lesleej@bddgp.org.au

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

Central Highlands Primary Care Partnership

Health Promotion Coordinator

1.0 EFT - Salary Range \$50 - \$60K

An exciting opportunity exists to influence community health and wellbeing as a Health Promotion Coordinator in supporting integrated health promotion across the Central Highlands region.

A key role will be to build the capacity of and coordinate planning across a vibrant alliance of agencies within the Central Highlands region. Based in Ballarat, the Health Promotion Coordinator will work with agencies in the City of Ballarat, Golden Plains, Hepburn and Moorabool Shires.

The Central Highlands Primary Care Partnership (CHPCP) is a voluntary alliance of 36 health, welfare, disability, local government, and community service agencies, with many funded to deliver integrated health promotion at a local level. CHPCP leads and contributes to initiatives that respond to health and well being issues across the catchment.

The successful applicant will require health promotion or a similar qualification and/or relevant work experience.

The Health Promotion Coordinator will play a lead role in supporting agencies to respond to community needs and to government policy and resources.

The position is 1.0EFT with a salary range of \$50 - \$60 based on qualifications and experience. Salary sacrifice is available with this position. (options for .8 EFT or a secondment will be looked at)

Applications marked 'Confidential' to be sent to Executive Officer, Central Highlands PCP,

15 Violet Grove, Wendouree 3356 by 5pm, Friday 10 June 2011

To obtain further information or a Position Description contact:

Helen Wade, Executive Officer, Central Highlands Primary Care Partnership

Tel: 5338 4770 Fax: 5339 8419 Email: helenw@chpcp.org



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



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



INVITATION

The Northern Grampians Shire Council
extends a warm invitation
to families to attend a
NEW RESIDENTS EVENING

on

TUESDAY, 14TH JUNE
6 PM

at

WESTERN HIGHWAY OFFICE
50-52 LONGFIELD ST, STAWELL

The event will be a great chance for new residents to meet each other and begin forming friendships and networks to last a lifetime whilst also learning a bit more about what's on offer in our beautiful Shire.

Please RSVP to Ann-Maree Sheard on
5358 0502 before 6th June 2011

WE HOPE TO SEE YOU THERE!

(Finger food and refreshments will be provided)



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'

28 and 29 July 2011
Mercure Ballarat Hotel
& Convention Centre



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 seniors 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 morning 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 basic information in response to any enquiries.

In the afternoon, the Mayor of Bendigo, Councillor Rod Fyffe, will make what is believed to be the first **World Elder Abuse Awareness Day Mayoral Proclamation** in Australia, at a special WEAAD afternoon tea. Special guest at the Proclamation event will be **Ms Noeline Brown**, **Australia's Ambassador for Ageing**, who will speak on positive ageing.

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

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 part 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 nd July	Banfield's	Jallukar	Good camping, close to National Park
Saturday 9 th July	Jim/Rick Holden	Concongella	
Sunday 17 th July	Thomas/Molloy	Crowlands	
Sunday 24 th July	Dunkley	Nth Grampians	
Saturday 30 th July	Kilpatrick's	Great Western	Inc. dinner, entertainment. A variety of accommodation available
Sunday 31 st July	Kilpatrick's	Great Western	Tour

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





WORLD ELDER ABUSE AWARENESS DAY JUNE 15TH


MY WORLD... YOUR WORLD... OUR WORLD... FREE OF ELDER ABUSE

Supported by
Victorian Government

with funds developed by
community legal centres

 pilch

 seniors rights victoria

 CSCC

PHONE: 1300 368 821

Registrations are open now for Seniors Rights Victoria's annual day-long professional workshop on elder abuse prevention on Wed 15th June, World Elder Abuse Awareness Day.

The Workshop brings together people from the Home & Community Care, community health, aged care and related sectors around the issue of elder abuse, to learn about and share expertise and ideas on elder abuse prevention. This year SRV is offering a practical program that emphasises elder abuse prevention approaches and strategies in a range of specific scenarios. Attendees will be able to workshop case studies, as well as listen to presentations on recent research in the area and on older people's legal rights.

Register with SRV by Friday 10th June

"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"

Circus Daze

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



WHEN: Saturday 4th 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, 4th 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!!!

"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!!!

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

Baked Apples with Dates & Almonds

Ingredients

- 80g fresh or dried dates, pitted
- 1 tbsp brown sugar
- 1 Granny Smith apple
- Low fat vanilla ice cream to serve
- 1/3 cup blanched almonds very finely chopped
- 1/4 tsp ground cinnamon
- 1 tbsp water



Serves 2

Method

1. Preheat oven to 180 degrees C. Lightly grease small oven proof dish or 2 x 1 cup ramekins.
2. Roughly chop dates. Place dates, almonds, sugar and cinnamon in a medium bowl and stir to combine.
3. Use a vegetable peeler to peel the apple, cut into quarters, remove core and cut into 1cm wedges.
4. Place apples in prepared dish. Pour over water. Sprinkle with date and almond mixture and bake for 30—35 mins or until apples are tender and the tops golden.
5. Serve with ice cream.

Source: Golden Oldie Cook Book (Adapted from Good taste June 2001 pg. 114.)

Health Benefits of Apples

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

The pectin in apples lowers LDL ("bad") cholesterol. People who eat two apples per day may lower their cholesterol by as much as 16 percent.

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples.

The pectin in apples supplies galacturonic acid to the body which lowers the body's need for insulin and may help in the management of diabetes.

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