



Grampians Pyrenees
Primary Care
Partnership is
located at 60 High St
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Grampians Pyrenees PCP Newsletter

Issue 19, October 21st 2011

Statewide Service Coordination and ICDM survey closes 31st October 2011

Thanks to those agencies that have completed the state wide Service Coordination and ICDM survey – for those that haven't there is still opportunity to do so that closing date for the survey is

31st October.

Both surveys can be accessed at www.health.vic.gov.au/pcps/coordination/cqi.htm Full instruction hyperlinks are

Provided on the same page as the survey links; however PCP staff can be contacted for assistance if required.

The service coordination survey provides evidence of practice which may be used to demonstrate accreditation standards for Member agencies. The survey questions have been mapped to the ACHS/QIC standards to assist members in evidencing compliance with these standards; these are also found on the main page of the website listed above.

The data obtained from the survey also provides evidence of quality improvement activity which strengthens the evidence of reporting and monitoring frameworks from government funded agencies such as the HACC National Service Standards Quality Frameworks.

The ICDM survey data is used to measure implementation of ICDM within member agencies as part of a broader service system.

The reporting facilitates agencies to monitor, evaluate and improve ongoing implementation and practice in this area to ensure coordination and continuity of care for clients through the different stages of their condition.

Specific information on who should complete the survey is also Found in the instructions provided online.

The survey results assist in developing priority areas for PCP work in service Coordination and ICDM practice locally.

Members in the GPPCP catchment can contact Chantal Thomas on 5352 6206 for further assistance.

Upcoming Dates

Calendar of Events in this issue!

October

| | | |
|---|-------------|--------|
| The Sat'day Arvo Club Monster Mash Day | | |
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| Morning Melodies "Recycled Teenagers" | | |
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| APHIRST Oral Health Seminar | | page 5 |
| October 26 | Carlton | |
| Diabetes: Annual Cycle of Care "A Snapshot" | | |
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| The Rights of Older People | | page 8 |
| October 28 | Melbourne | |

November

| | | |
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| Sharing Peace "Mindfulness Guide Workshop" | | |
| November 3 | Horsham | page 3 |
| Social Leadership—"Conversations that matter" | | |
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| Lessons at Lunch | | page 6 |
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| The Sat'day Arvo Club "A day at the races" | | |
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| Understanding and Accepting Differences(Autism) | | |
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| Grampians Wildflower Ride | | page 6 |
| November 13 | Stawell | |
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| The Coping Workshop | | page 6 |
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December

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| Kelly Auty Dinner | | page 7 |
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February

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|---------------------------------|----------|--------|
| Health Coaching Training Part 2 | | page 2 |
| February 8th | Stawell | |
| AHPA National Conference | | page 7 |
| April 1-3 | Canberra | |

GPPCP Executive Committee Meeting

Thursday November 17th 2011
10.30 am—12.30 pm EGHS Ararat
Video Conferencing Available
RSVP — Chantal Thomas

Integrated Health Promotion Working Group Meeting

Tuesday 25th October 2011
Stawell, 10.30am—12.30 pm
RSVP Meagan Ward



Invites you to:

Applying the HCA Model in Practice One-day Workshop for Health Practitioners (Core Training Part 2)

Presented by:



Date **Wednesday 8th February, 2012**

Time Registration: 8.00am

Workshop: 8.30am -5.00pm

Location Diamond Room, Stawell
Health & Community Centre (SH&CC)
8 -22 Patrick Street, Stawell

Pre-requisites to attend this workshop are: You **must** have previously attended the Health Coaching for Health Professionals: The HCA Model workshop (Core Training Part I) You have the option to complete review questions from your Core Training Part I workshop, which you will receive in an email from your workshop organiser. Please note this is **not** for assessment purposes but to assist your learning and for reference during the workshop.

RSVP to Kelly by Friday 9th of December on

Kelly.m@grampianscommunityhealth.org.au

FRMP Presents—Oli Doyle **Sharing Peace—A Practitioner’s Guide to Mindfulness Practice** **What is Mindfulness?**

Mindfulness is the art of living in the present moment, the ability to let go of unhelpful thoughts and the willingness to accept difficult feelings. This concept is familiar to many, but applying it in everyday life can be a bit more complicated.

What to expect from this Workshop:

Over the course of this workshop, Oli will provide a framework for using mindfulness as a tool in the work of practitioners in the Homelessness Service Sector. By introducing core mindfulness skills and demonstrating how they can be applied in a variety of settings, Oli will show the possible applications of mindfulness in: crisis situations, brief interventions, long term engagement and relationships with colleagues. Oli will also provide participants with tools to reduce and manage their own stress, while demonstrating the impact of thoughts and feelings on stress levels.

While providing a theoretical backdrop, Sharing Peace will facilitate learning through doing, with a strong focus on practical exercises that practitioners can take home and apply in their work and personal lives. These activities will be simple and easily repeatable, enabling practitioners to share them with colleagues and clients when their confidence grows.

This training is FREE for workers in the Specialist Homelessness Services Sector

When: Thursday 3rd November 2011

Time: 9.30am – 4pm

Where: Best Westlander Motor Inn – 100 Stawell Road (Western Highway), Horsham

RSVP: Alyshia Green by Thursday 27th October 2011 agreen@mcm.org.au – *dietary requirements*

Social Leadership - Through the Art of Hosting and Harvesting Conversations that Matter

Conversation is indispensable for the successful accomplishment of almost all activities between people, especially the coordination of work, the formation of collaborative relationships and for learning.

Over three days we will work with, demonstrate, practice and explore how participatory methodologies can be used as a foundation for Leadership and learning in groups, teams, communities and organisations.

Thursday 3rd November – Saturday 5th November, Green Gables, Gable Lane, Warburton, Yarra Valley.

Cost Not for Profit Rate \$1850 (+ GST)
Corporate/Government Rate \$2600 (+ GST)
Includes workshop materials, all meals and accommodation.

To register visit <https://www.eiseverywhere.com/ereg/>

“Understanding & Accepting Differences: getting people with ASD into work and into the world”

A question often asked by families, carers and others working with younger children on the autism spectrum is ‘What happens when they get older’? The key to identifying the possible future is preparation, which will involve, among other things:

- Understanding the issues, likely impediments, and possible opportunities
- Accepting that their pathways will probably be different from the so called norm
- Researching possibilities, strategies, resources and introducing these as early as possible

In this full day presentation Rudy will draw on her own experiences, and the experiences of the many she has worked with in a wide ranging presentation that will highlight some of the challenges faced by parents/carers with a child/teenager/adult at the higher functioning end of the Autism Spectrum. There will also be a Q & A session providing the opportunity to share your experiences with Rudy and other participants. Some of the areas Rudy will cover during her presentation include:

The Sensory World—overload, ritual and routine—soothing behaviors, how to work with them, not against

The Social World—friendships, understanding people, forming and managing relationships

Choosing the right Career Path—the main hindrances to preparing for, finding and keeping gainful employment; using the Personal Job Map to choose the right career, and navigating the challenges of higher education.

The Stigma of ASD—the impact of the diagnosis on the individual, parents and the rest of the family, girls with Asperger’s Syndrome.

DATE Thursday 10th November from 9:00 am to 4:00 pm

VENUE Prince Regent Room, Mercure Ballarat, 613 Main Road

\$150 per person For more details call 0450 008 501 or to register visit: www.autismnoticeboard.com.au

Central Grampians Drug Action Project Worker (Grampians Community Health)

Based on the key priorities of the Central Grampians Local Alcohol and Other Drug Action Plan (2010-2013), the focus of this position is to deliver innovative and creative drug and alcohol programs within sporting clubs. Information will be aimed at young people between the ages of 14 and 17 who attend local schools and are members of local sporting clubs. Significant people within the sporting club will also be targeted.



GRAMPIANS
COMMUNITY HEALTH
vibrant and healthy communities

Project Worker tasks include

- Consult young people to identify relevant information needed to be presented and suitable methods to deliver this information.
- Consult with GRADES working group members regarding current local trends and methods being used to deliver alcohol and drug information to young people.
- Further strengthen partnership and protocols with relevant regional sports assemblies to identify needs and promote program to clubs
- Deliver in conjunction with relevant professionals the program designed for young people in sporting clubs.
- Promote the newly developed program to all local sporting clubs

Work in conjunction with Victoria police to enhance the party safe program locally which can be used by sporting clubs when holding functions within their club.

Classification: Community Development Worker CI 2A Level 5 – Level 8

Tenure: Approx 6 months from date of commencement. Possibility of ongoing contract if additional funding is secured.

Hours: Flexible up to 15 hrs per week

For further information and PD please contact Marianne Hendron, Grampians Community Health on 5362 1200. Applications close 2 November 2011.

High Cholesterol Information Evening

- Did your recent work health check show you have elevated plasma cholesterol levels?
- Has your doctor told you your cholesterol levels are high?
- Have you had high cholesterol levels in the past?

Do you have a family history of high cholesterol levels?

If you answered "yes" to any of these questions you should consider coming along to the Stawell Regional Health high cholesterol information evening that will be held on **Wednesday the 26th October at 7pm**. Kirsty Coote, the dietitian, will run this session in the 'Youth Space' on the bottom floor of the Stawell Health and Community Centre on Patrick Street.

Many people in the hospital community have high cholesterol levels. High cholesterol levels can often be controlled with simple diet and lifestyle modifications. Sometimes people may require the assistance of medications.

The evening will provide you with information about the dietary factors that influence your cholesterol level with a focus on fats, label reading, recipe modification, meal planning and myths. You will be given practical tips and suggestions to help reduce your cholesterol levels.

You are encouraged to bring your partner or other household members who assist in shopping and food preparation.

If you are interested in attending this information session or would like any further information please contact Allied Health reception on 5358 8531 or email Kirsty at kirsty.coote@srh.org.au.

APHIRST

Oral Health

Seminar Series 2011

An invitation from The Australian Population Health Improvement Research Strategy for Oral Health (APHIRST-OH)

Opportunities to promote oral health through local government

Please join APHIRST-OH for a free afternoon seminar on Wednesday 26 October 2011. Presentations include: **Strategies to support evidence-informed public health and health promotion in local government**

Teeth and Councils – what's the link?

Implementation of a Regional Oral Health Promotion Plan

Light refreshments will be provided at the conclusion of the seminar. We look forward to seeing you there.

- What:** *Opportunities to promote oral health through local government*
- When:** Wednesday 26 October 2011, 2.00pm – 4.00pm
- Where:** VicHealth, Conference Room, 15-35 Pelham Street, Carlton
- RSVP:** To reserve your place email lauren.prosser@dhsv.org.au

Diabetes: Annual Cycle of Care A Snapshot

Southwest Health Care presents Diabetes:
Annual Cycle of Care.

Objectives:

- Develop an holistic approach to diabetes care for clients
 - Understand self management principles
 - Update knowledge of insulin pump therapy
 - Review of complications associated with diabetes
 - Understand diabetes emergencies and their treatment

Wednesday 26th & Thursday 27th October 2011,
Proudfoots on the River, 2 Simpson Street, Warrnambool.
Cost \$60 for single day or \$170 for both days.
For enquiries and registration contact Maree Boyle on 5564 4104.

Beaufort Community House and Learning Centre Term 4 Courses

Personal Growth

- Personal Image and Grooming Tips
- Positive Body Language—learn to feel good about yourself
- Motivation and stress management
- Self confidence—Build your own self esteem
- Goal setting—look at realistic ways to take action and become the author of your life
- Career planning
- If you attended the Beauty Therapy course, you will love this.

Tutor: Belinda Pearl
Dates: Fri 21st, 28th Oct & Thurs 3rd and 10th November.
Venue: BCHLC
Time: 9.30 am—1.30 pm
Cost: \$130.00 Conc: \$100.00

Small Engine Maintenance

- The lawns are growing and you can't start the lawnmower?
- The Brush cutter hasn't been serviced for years?
- The generator is not running smoothly?
- Learn the finer points and get the best performance out of any small engine
- Learn to do your own maintenance and servicing
- Lawn mowers, Chainsaws, Generators, Brush Cutters etc.

Tutor: Andrew Pilgrim
Dates: 30th Oct, 6th, 13th & 27th Nov
Time: Sunday 12.30 pm—4.30 pm
Cost: \$130.00, Conc. \$ 90.00
Venue: Agricultural Shed, Show grounds Beaufort
BYO: Toolbox and machinery

For further information or to register for these two courses or to find out about other courses running at Beaufort Community House and Learning Centre please call 5349 1184 or Email: bchlc@netconnect.com.au

2011 Grampians Wildflower Ride



**Sunday 13th Nov.
Stawell Racecourse**

Proudly supporting:

Stawell & Great Western
Cycling Club

Stawell Secondary
College Chaplaincy

Stawell Urban
Landcare

Ride with
former World Champion,
Australian Cyclist of the Year
and Olympian

Shane Kelly

Road Rides: 55km & 100km
\$30 per person or \$50 per family*

Bush Rides: 15km & 30km
\$20 per person or \$30 per family*

Price includes: water, snacks and
BBQ at finish.

*Family: 2 Adults & 2 Children

Please note: Start and finish at Stawell
Racecourse



For more information or to register
visit: http://regonline.activeglobal.com/grampians_wildflower_ride_2011
or phone: (03) 53583676 or 0428139236

Medicare Locals Information

Medicare Locals are a key feature of the Australian Government's National Health Reform. Medicare Locals are primary health care organisations established to coordinate primary health care delivery, address local health care priorities, support health professionals and improve access to primary care. In total, 62 Medicare Locals will be operational across Australia. The first group of 19 Medicare Locals commenced operation from 1 July 2011.

This infoByte provides information about documents and websites that focus on the process of establishing Medicare Locals and the impact of this change on various stakeholders.

http://www.phcris.org.au/infobytes/medicare_locals.php

Beaufort Community House
& Learning Centre Present
“Lessons at Lunch”

With

Mary Barry
CEO of the Victorian SES

Beaufort Community Bank Complex
Friday 4th November at 6.30 pm
\$25.00 Per Person,
including 2 Course Dinner.
Drinks at Bar prices.
Tickets available by calling
Beaufort Community House &
Learning Centre on 53491184
Or at Beaufort Resource Centre

The C.O.P.I.N.G. Workshop

RSVP:

Kim Morrison

e kmorrison@cafs.org.au

t 5337 3333

Please advise of dietary requirements

VENUE

University of Ballarat
Caro Convention Centre
(Building M)
Mount Helen Campus

TUESDAY, 15 NOVEMBER 2011

9.00am
Registration

9.30am - 4.00pm
Seminar

COST

Free to all staff of sponsoring
agencies in the Grampians Region

All other participants: **\$125** incl GST

Notes, refreshments and lunch provided

Planning a Christmas Break-up or just looking for a great night out?

Why not have a fantastic night of food
and entertainment at Chalambar Golf Club?

Friday 9th December, 2011

\$45.00 per guest

Which includes a delicious 2 course meal
Entertainment by singer & entertainer Kelly Auty.



For all bookings & enquiries please contact the
Chalambar Golf Club on 5352 4297 Or
Brad Kerr's Catering on 5352 1871



Brad Kerr's Catering.
Catering for all Special Occasions.



CHALAMBAR
Golf & Bowls Club Ararat

Tax Office Self Governance Checklist

The Australian Taxation Office has recently released the Self-governance checklist for non-profit organisations – a checklist that helps you review your organisation's status as a non-profit organisation and also encourages you to review your organisation's tax obligations.

The checklist helps you to identify, assess and avoid material tax and superannuation risks and helps your organisation maintain high standards of compliance. By providing the completed checklist to your board, committee or trustee, you ensure they are better informed about the tax and super risks of your organisation.

To access the checklist, please visit:

<http://www.ato.gov.au/nonprofit/content.aspx?doc=/content/00292727.htm>



AHPA
ALLIED HEALTH PROFESSIONS AUSTRALIA

NATIONAL CONFERENCE 1-3 April 2012 Canberra

Invitation to Attend

Allied Health Professions Australia invites you to attend the 9th National Allied Health Conference in Canberra from 1-3 April 2012. Attendees will explore the theme *Allied Health: Strengthening Health*

Outcomes through an exciting program developed by the Scientific Program Committee. Several prominent speakers have been invited to share their expertise and enthusiasm, covering a wide array of topics. An exciting social program will accompany the scientific program, allowing delegates to make new acquaintances and reunite with colleagues and friends!

We look forward to welcoming you to Canberra in April 2012.

Call for Abstracts Now Open! **Registration** Now Open
Abstract Submission Deadline Monday 7 November 2011
Author Notification Mid December 2011
Early Bird Registration Deadline Thursday 9 February 2012
Conference Opens Sunday 1 April 2012

Address for Communications AHPA 2012 Conference Managers **arinex** pty limited
Phone: +61 2 9265 0700 Fax: +61 2 9267 5443 Email: alliedhealth@arinex.com.au



The rights of older people

Invitation

The Victorian Equal Opportunity and Human Rights Commission wants to learn more about the human rights issues affecting older Victorians.

We want to hear about the big issues affecting you, and what the Commission can do to help.

Please have your say – we're listening.

Community consultation

You talk, we listen! You'll have lots of time to share your experiences in small discussion groups. This is a free event, with morning and afternoon tea and a light lunch provided.

Date and time : 9am–4pm, Friday 28 October.

Registration from 9am, forum starts at 9.30am.

Venue: Crest and Medallion rooms, Etihad Stadium, 740 Bourke St, Docklands

The venue is fully accessible. Please advise us when registering if you have any dietary or accessibility requirements, or need any other support to participate.

RSVP by Friday 21 October. Phone 9032 3430 or email rsvp@veohrc.vic.gov.au.

Survey

Make sure your voice is heard. The survey will be available from 1 October on our website at

humanrightscormission.vic.gov.au. If you'd like a paper version, please call us on 1300 891 848

or email enquiries@veohrc.vic.gov.au.

Intervention Mapping: How to design and implement sustainable interventions to improve health and well-being

The Parenting Research Centre and Monash University's International Public Health Unit (IPHU) are pleased to be co-hosting Professor Guy Parcel from the School of Public Health, University of Texas, who will be presenting his Intervention Mapping Short Course.

This practical, theory-driven approach to interventions is relevant for the promotion of health and wellbeing across a variety of sectors and settings, including communities, health care and schools. The principles and methods are applicable to anyone wanting to design and implement robust and sustainable interventions.

Monday 21st – Wed 23rd November, Alfred Centre, 99 Commercial Rd, Melbourne (Alfred Hospital Site).

Cost \$795.

For registration and enquiries:

Email: iphuad-min.depm@monash.edu

APHIRST Oral health Seminar Series 2011

Please join APHIRST-OH for these free upcoming events. All the details of the events will be announced closer to the dates.

What: Opportunities to promote oral health through local government

When: Wed 26th October 2011, 2–4 pm

What: Evaluating Oral Health Promotion

When: Tues 15th Nov. 2011, 2–4 pm

What: Existing Policy Infrastructure Options for Oral Health Promotion

When: Thursday 29th March 2012, 2–4 pm

Where: VicHealth, Conference Room, 15–35 Pelham St, Carlton

RSVP: To reserve your place email Lauren.prosser@dhsv.org.au

"The Sat'day Arvo Club"

A Day At The Races



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

WHEN: Saturday 5th November 2011
1.30pm to 3.15pm

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



It's the last day of the Spring Racing Carnival and we're celebrating ... While we can't have the actual horses present, (they'll be on the Big Screen behind the band if we can get the system to run), we **WILL** be having "Fashions on the Floor" (due to a lack of a nearby "Field") and prizes for the best lady's and gentleman's outfits and/or hats.



"The Rascals"

... will be there to provide the music as usual



SATURDAY ARVO, 5th November **BE THERE!!!**

"The Sat'day Arvo Club"

MONSTER MASH



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

WHEN: Saturday 22nd October 2011
1.30pm to 3.15pm



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

Hey, it's nearly Halloween. Join Dr Crypt and Devilla (it's really Noel and Tracy) for some rocky - horror dancing. Wear your capes, witch's gear, ghost or monster stuff and bring along your favourite vampire bat or black cat and celebrate with us. Shrunken heads on sale.

Don't miss out on the Monster Mash ... lots of activities for your clients in the preceding days, mask and costume making or buying, bats and brooms etc .. all the gear for a spooky Halloween. Be in it and have fun @

Dress to kill or thrill!!!

SAT'DAY ARVO, 22nd October, 1.30pm

..... **BE THERE!!!**

Recycled Teenagers



NOEL & TRACY CRAVEN

"Remember when you were a LOT younger?
Great hits of the 50's & 60's"

© SONG BOOKS PROVIDED ©

ARARAT RSL CLUB

Tuesday 25th October, 2011

© 10.30 am ©

Haggis and Hand Grenades



TRACY AND NOEL CRAVEN

FOR REMEMBRANCE DAY

A Salute to the great songs of Scotland
and
Remembering the Diggers

BALLARAT LEAGUES CLUB

Cnr Mair and Humfray Streets

Tuesday 15th November 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



Mango Chutney



Ingredients

- 2 teaspoons vegetable oil
- 2 long red chillies, de-seeded, chopped
- 1 teaspoon black mustard seeds
- 4 small mangoes, chopped
- 1 cup apple cider vinegar
- 1 1/4 cups caster sugar

Method

Heat oil in a saucepan over medium heat. Add chilli and mustard seeds. Cook, stirring, for 1 minute or until fragrant. Add mango, vinegar and sugar. Bring to the boil. Reduce heat to low. Simmer for 50 to 55 minutes or until very thick. Pour into hot, sterilised jars. Set aside to cool. Refrigerate for up to 1 month. Serve with roast meat, cold cuts or in sandwiches.

Source: www.taste.com.au

Health Benefits of Mango :

1. Mangoes contain phenols, this phenolic compound have powerful anti-oxidant and anticancer abilities.
2. Mango is high in iron, pregnant women and people with anemia are advised to eat this fruit regularly.
3. Mango is effective in relieving clogged pores of the skin.
4. It is also valuable to combat acidity and poor digestion.
5. Mango is high in antioxidant and low in carbohydrates.
6. Mango is a rich source of vitamin A(beta-carotene), E and Selenium which help to protect against heart disease and other ailments.

Other cases where Mango is beneficial ;

- Kidney problems including nephritis.
- Fever
- Respiratory problems
- Constipation