



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

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[grampianscommunity-
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**Health Promotion
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Grampians Pyrenees PCP Newsletter

Issue 18, October 7th 2011

The Grampians Pyrenees Primary Care Partnership (GPPCP) is seeking to recruit enthusiastic personnel who are capable of coordinating partnership initiatives, can work collaboratively and are passionate about rural health. There are currently two opportunities to join the energetic GPPCP team, based at Grampians Community Health in Ararat.

CHRONIC DISEASE COORDINATOR Full time (previously titled Partnership Development Coordinator)

Salary: Community Development Worker Award Class 3

The Chronic Disease Coordinator will focus on the integrated management of chronic disease (including Early Intervention in Chronic Disease) and coordinating services across the three local government areas of Pyrenees Shire, Ararat Rural City and Northern Grampians Shire.

Ideally suited to someone with tertiary qualifications, or significant relevant experience, in allied health, nursing, health promotion, public health, community, and welfare or disability services.

The applicant requires an understanding of reforms taking place in the Primary Care system in Victoria, the needs of rural people and service providers, and the principles of community development. You will also demonstrate a commitment to collaborative partnerships.

The position requires travel throughout the catchment area.

A car is provided for work related travel.

RESEARCH OFFICER Part time position (0.4 / 2 days per week)

Salary: Community Development Worker Award Class 3

This new position will be responsible for reviewing, analyzing and compiling demographic data and population health evidence to inform GPPCP and member agency planning and evaluation. The research officer will work across all GPPCP deliverables (partnership development, integrated health promotion, integrated chronic disease management and service coordination) by reviewing and providing current evidence of best practice.

This position will suit someone with qualifications in research and/or data analysis, health, integrated practice or a minimum of two years relevant experience to the position.

To discuss either role or to obtain position descriptions please phone 0407548553 or email as below. All applications should address the Key Selection Criteria, cite three current referees, and be received by 5.00pm on Friday 21st October 2011.

chantal.t@grampianscommunityhealth.org.au

Or Chantal Thomas Executive Officer - Grampians Pyrenees Primary Care Partnership, 60 High Street Ararat 3377

Upcoming Dates

Calendar of Events in this issue!

October

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Morning Melodies "Recycled Teenagers"
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Community of Practice
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November 24—25 Melbourne

February

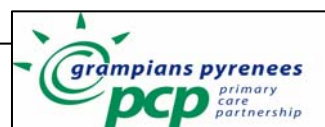
Health Coaching Training Part 2 page 2
February 8th Stawell

GPPCP Executive Committee Meeting

Thursday October 20th 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



ENVIRONMENTAL HEALTH AUSTRALIA (VIC) INC.

2ND ANNUAL PROFESSIONAL DEVELOPMENT SYMPOSIUM

CRISIS AND OPPORTUNITY

THE CHANGING FACE OF ENVIRONMENTAL HEALTH

19-21 OCTOBER 2011

Comfort Inn Country Plaza, Halls Gap



Contact

Bernadet Ferraro, Executive Officer Environmental Health Australia (Vic) Inc. PO Box 378, Diamond Creek VIC 3089 Phone: 03 9438 5960 Mobile: 0448 660 080 Email: vic@eh.org.au

Social Leadership - Through the Art of Hosting and Harvesting Conversa- tions 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

**CITY OF
BALLARAT**



Sustaining growth. Strengthening communities.

For more information and to register online visit

www.ballarat.vic.gov.au

Registrations close Friday 14 October

Please direct queries to:

Sandra Kennedy

P: 5320 5746

E: sandrakennedy@ballarat.vic.gov.au

City of Ballarat

Community Development



Creating a platform for action on
rural & regional
safety
CONFERENCE 2011

Ballarat Community Safety Conference

Wednesday 19 October 2011

10am-4pm

Registration from 9.30am

Art Gallery of Ballarat

40 Lydiard Street North, Ballarat

- Alcohol Related Harm
- Driver/Cyclist Interaction
- Women's Violence Prevention
- Urban Design

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.

Date: Thursday 24 & Friday 25
November 9.00 am-5.00 pm

Venue: St Peter's Church Hall,
Corner Bignell Rd & Centre Rd
Bentleigh East, Melbourne Victoria

Cost: \$380 per person. Includes
Tai Chi for Diabetes DVD,
handbook and course notes.
Registration deadline is
14 November 2011.

Enquiries

Rani Hughes Ph 0409 164 396
ranihughes@gmail.com

Vacant Position in the Region

Child and Youth Mental Health Service (CYMHS)

Redesign Demonstration Project

Mental Health Liaison Leader

*Fixed Term- Full time or Part time (negotiable)
Extension of tenure is subject to ongoing funding*

This position has been established to progress the implementation of the CYMHS Redesign Demonstration Project across the Grampians region. It is an exciting opportunity for suitably qualified professionals to play a key role in an innovative project that aims to make a difference for the mental health of children, youth and their families. The focus of the project is early identification and intervention across the 0-25 year age group. A key component of the project is to enhance collaborative practice across various sectors including mental health, education, alcohol and other drugs and, family and welfare services.

The central role of the Mental Health Liaison Leader is to engage, develop and maintain collaborative partnerships with a broad range of professionals, sectors and agencies across the Grampians region. This position will lead the development of an integrated inter-sector service coordination model initially in Stawell with future expansion throughout the region. The aim of this model is to enhance collaborative mental health service delivery for children, youth and their families across the region.

Ballarat Health Services – Mental Health Services is a dynamic Area Mental Health Service striving to provide the highest standards of treatment for the community while maintaining a commitment to a continuously improving clinical environment.

For Further information please contact
Michelle Harper, Acting Project Manager on 5320 3060
or Email: michellehar@bhs.org.au



1st Grampians Region Integrated Chronic Disease Management

COMMUNITY OF PRACTICE

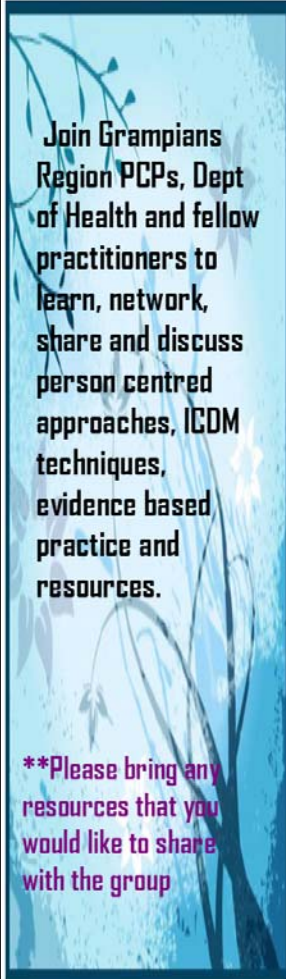
The Art of Health Conversations— Health literacy in ICDM practice

Guest Speaker: Kerry Hollier

Kerry is currently seconded to the Department of Health, Integrated Care Branch from General Practice Victoria as a Senior Policy Officer, with the key responsibility of progressing a state-wide quality improvement initiative to improve care for people with chronic disease through service improvement and integrated approach to management. Health literacy is a particular passion of Kerry's, as is health education and the development of collaborative learning models which focus on managing change within primary health care.

To Register Click on Link:
<https://hnb.dhs.vic.gov.au/eForms/eForms.nsf/FormsForPreview/02FA9E9356181372CA25790A0013943B?OpenDocument>

- | | |
|--|---|
| Workshops: | DATE: Wednesday 19 October 2011 |
| | TIME: 11.30am – 3.00pm |
| (1) Writing Tips for Publications | WHERE: Stawell Health and Community Centre, Patrick St Stawell |
| (2) Conversation Techniques | RSVP: Mon 10 October 2011 |
| | FURTHER INFORMATION:
Chantal Thomas: 5352 6200
Frances Riggs: 5338 4773
Mary Quinn: 5333 6044 |
| (3) Complex Needs Clients | |



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

Kids 'Go for your life' Health Professionals Forum

It's the final Kids Go for your life health professionals forum. Tuesday 22nd November, 9.30am – 4.30pm at ZINC, Federation Square, Melbourne.

The forum will also provide information regarding the new health promoting schools and early childhood services initiatives for Victoria. Please lodge and expression of interest to attend by emailing admin@kidsgoforyourlife.org.au

A number of Strategic Documents and reports have been recently released in the health and health promotion area.

The **Australian National Preventative Health Agency (ANPHA)** which is available at <http://www.anpha.gov.au/internet/anpha/publishing.nsf/Content/strategic-plan>

Victorian Government – Dept of Health:

Public Health and Wellbeing Plan for

Victoria - The plan is available at http://www.health.vic.gov.au/localgov/downloads/enviro_public_health.pdf

Health promotion and sustainability: transitioning toward healthy and sustainable futures – Final Report http://www.resourcesmart.vic.gov.au/documents/ENV054_Health_Promotion_Report_Final_Report_110622_sg.pdf

www.resourcesmart.vic.gov.au/documents/ENV054_Health_Promotion_Report_Final_Report_110622_sg.pdf

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

**Board Builder
Conference
(Spring 2011)**
Spring clean your
board!

Price: \$295
Group Bookings: Send
5 people and
save 20% off full price
call Alan Matic on
03 9320 6805

Friday 18 Nov 2011
Moonee Valley Racing Club
Members Gate 1,
McPherson Street
Moonee Ponds,
Melbourne VIC

Register online at:
[https://
www.ourcommunity.com.
au/secure/event/
event_sign_up.form?
conferen-
celd=185&area=managem
ent](https://www.ourcommunity.com.au/secure/event/event_sign_up.form?conference=185&area=management)

Mentoring Week

2011

Lead On Ballarat
&
The Grampians Regional Mentoring Network

invite you to attend a
Mentoring Celebration Dinner
With Guest Speaker

Glenn Manton

For many, Glenn is best known for his time as a senior AFL footballer for both Carlton and Essendon. Towards the end of his 12 year career he co-founded Whitelion, a not for profit organisation aiding youth in crisis in the juvenile justice system. Glenn's diverse youth work has allowed him to gain a unique understanding of youth and 'their' world.

Tuesday, 25th October
6:00 - 10.00pm
The Grand Ballroom
[Craig's Royal Hotel](#)
\$25 per ticket

Purchase your tickets from Vicki at vickic@leadon.com.au (0409 023 373).
No ticket sales at the door. Tickets are limited.



Mentoring helps young people achieve their potential

Women and Suicide

Women's Health Victoria has published a new gender impact assessment (GIA) on women and suicide. This paper unpacks the complex interaction between gender and other social determinants. It explores how current patterns of suicide and suicidal ideation in women are influenced by factors such as bullying, social isolation, violence, discrimination and other mental health considerations.

The GIA also examines the current suicide prevention policies and strategies and recommends a series of gender sensitive approaches to suicide prevention. These recommendations also consider other factors besides gender that significantly increase suicide risk for women in Australia.

To view visit [http://whv.org.au/static/files/assets/141b28e2/
Women_and_suicide_GIA.pdf](http://whv.org.au/static/files/assets/141b28e2/Women_and_suicide_GIA.pdf)

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

CLOSING THE GAP ABORIGINAL HEALTH WORKFORCE 2011-12 TRAINING GRANTS PROGRAM

Please find below the details for the 2011-12 Closing the Gap Training Grant Program to assist health services to increase their capacity to support and provide training opportunities for their Aboriginal workforce.

Training grants for 2011-12 are available for:

- **Management and leadership training** - up to \$20,000 per organisation
- **Nursing training** - up to \$15,000 per trainee
- **Allied Health Assistance** - up to \$15,000 per trainee
- **Dental Assistance** - up to \$15,000 per trainee

Submissions will be assessed at three times throughout the year and the closing dates for these rounds are as follows:

- Round one - 30 September 2011
- Round two - 13 January 2012
- Round three - 30 March 2012

Expressions of interest may be submitted by contacting Sue Davey on:

Email: sue.davey@health.vic.gov.au or Tel: 03 9096 7869

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

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

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

Postgraduate Study Information Evening

The School of Public Health and Human Biosciences, La Trobe University will be holding a Postgraduate Study Information Evening for Masters in coursework, PhDs and Professional Doctorates.

The Postgraduate Study Information Evening is an opportunity for prospective students to find out about our postgraduate courses, including our new Master courses and double Master courses and meet our academic staff.

Details of the evening are as follows:

Wednesday 12th October,
commencing
6.00 - 8.00pm
at Jasper Hotel, 1st Floor,
489 Elizabeth St, Melbourne.

Attendance can be registered at the following website:

www.latrobe.edu.au/postgrad/events/human-biosciences-public-health-info-evening

"The Sat'day Arvo Club"

Absolutely Nothing Day



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

WHEN: Saturday 8th October 2011
1.30pm to 3.15pm

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

We are celebrating "Nothing Day" by having an Absolutely Nothing Saturday Arvo Club. Noel and Tracy will be there and playing as usual, but for the first time, there is no theme, just come as you are and have fun!



Don't forget the Club Day on the 22nd October is our Halloween Day. Halloween Day is always such a big hit. Dress to Kill or Thrill!

SAT'DAY ARVO, 8th October, 1.30pm
..... 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"**

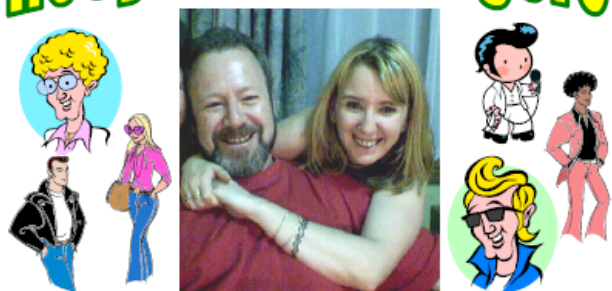
© SONG BOOKS PROVIDED ©

ARARAT RSL CLUB

Tuesday 25th October, 2011

© 10.30 am ©

Recycled Teenagers



**TRACY & NOEL
CRAVEN**

Morning Melodies

From the 50's and 60's

SONG BOOKS PROVIDED



BALLARAT LEAGUES CLUB

Cnr Mair and Humffray Streets

Tuesday 18th October 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



Spanish Orange & Almond Cake

Ingredients

- 2 oranges, about 280g, scrubbed and roughly chopped (with skin), pips discarded
- 5 eggs, separated
- 200g caster sugar
- 220g ground almonds
- 2 tablespoons flaked almonds icing sugar, sifted, to decorate



Prep: **30 mins** | Cook: **1 hour 25 mins**

Preparation method

1. Place the chopped oranges in a small saucepan. Add 1 tablespoon water, then cover the pan and simmer gently for 30 minutes or until the oranges are soft and all the excess liquid has evaporated. Leave to cool.
2. Preheat the oven to 180°C. Line the bottom and sides of a 23 cm springform cake tin with baking paper. Finely chop the oranges in a food processor or blender, or with a sharp knife.
3. Place the egg whites in a large bowl and beat with an electric mixer until they form stiff peaks. Gradually add half the caster sugar, then beat for 1 minute.
4. Place the egg yolks and the remaining caster sugar in another bowl and, using the same beaters, beat for 2–3 minutes or until pale and quite thick. Add the oranges and beat to combine well. Carefully fold in the ground almonds with a large metal spoon.
5. Stir in 3 spoonfuls of the egg whites to loosen the mixture, then gently fold in the remaining whites. Transfer the mixture to the tin and level the surface. Sprinkle with the flaked almonds.
6. Bake for 50–55 minutes or until the cake is golden and a skewer inserted in the centre comes out clean. Check the cake after 20 minutes and again at 30 minutes, and cover lightly with aluminium foil if it is browning too quickly.
7. Leave the cake to cool in the tin, then turn it out, peel away the lining paper and transfer to a serving plate. Dust with icing sugar before serving. The cake can be kept in an airtight container for up to 2 days.

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HEALTH HINT

Using whole oranges boosts the fibre and vitamin C content of this cake. Studies have shown a connection between a regular intake of vitamin C and the maintenance of intellectual function in elderly people. Also, this cake is suitable for those on gluten-free or wheat-free diets as it is made without flour.

Variations

This cake is delicious served with a mixture of 2/3 cup whipped, reduced-fat thickened cream and 150 g ricotta cheese. * Instead of ground almonds alone, use a mixture of 110 g each of ground almonds and semolina or instant polenta. Because this cake will be a little drier, drizzle over 2–3 tablespoons Grand Marnier, Amaretto liqueur or freshly squeezed orange juice rather than dusting with icing sugar. * For a St Clement's cake, substitute a lemon for one of the oranges, and decorate the top with thin strips of crystallised citrus peel instead of flaked almonds.