



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

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# Grampians Pyrenees PCP Newsletter

Issue 16, September 9th 2011

## **Statewide Service Coordination and ICDM surveys 2011**

The annual reporting surveys for Service Coordination and ICDM are now live for agencies to complete before October 31<sup>st</sup> 2011.

Both surveys can be accessed by going to [www.health.vic.gov.au/pcps/coordination/cqi.htm](http://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.

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

## Upcoming Dates

### Calendar of Events in this issue!

#### September

Child & Adolescent Oncology Symposium		
September 12	Parkville	page 8
Postgraduate Study Information Evening		
October 12	Melbourne	page 8
A Leadership in our Communities (Dinner)		
September 20		page 4
Introducing Divisions of Gen Practice & Medicare Locals		
September 21	Carlton	page 7
The Tree of Life		page 4
September 21	Melbourne	
VHA Annual Conference		page 6
September 22 & 23	Melbourne	

#### October

Project Management Training (Grampians Region)		
October 4 & 5	Ballarat	page 5
Harmaceuticals—boost your pill skills Seminar		
October 6	Stawell	page 7
An Introduction to Mental Health		page 3
October 11	Stawell	
Ararat Open Our Minds (Art Display)		page 4
October 10—14	Ararat	
Oral Health & Healthy Eating Forum		page 6
October 13	Hamilton	
Community of Practice "The Art of Health Conversations"		
October 19	Stawell	page 2

#### November

Kids go for your life professional Forum		page 8
November 22	Melbourne	

#### February

Health Coaching Training Part 2		page 2
February 8th	Stawell	

### GPPCP Executive Committee Meeting

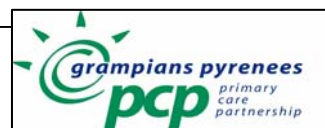
Thursday September 15th 2011  
10.30 am—12.30 pm EGHS Ararat  
Video Conferencing Available  
RSVP — Chantal Thomas

### Integrated Health Promotion Working Group Meeting

Tuesday 20th September 2011  
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: Chantal Thomas



Invites you to:

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

Presented by:



**Date** **Wednesday 8<sup>th</sup> 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

### Announcing the first Grampians Integrated Chronic Disease Management Community of Practice

### "The Art of Health Conversations"

October 19th 2011, 11:00 – 15:30  
At Stawell Health & Community Centre

## An Introduction to Mental Health, Mental Health Promotion, Prevention of Mental Ill-health and Early Intervention



Grampians Pyrenees Primary Care Partnership invites you to attend the following workshop

### Understanding Mental Health and Wellbeing. *An introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention.*

Date: Tuesday October 11<sup>th</sup> 2011

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

Venue: Stawell Health and Community Centre (SHaCC) – Diamond Room  
Patrick St, Stawell.

Facilitator: Anne Watson

This introductory training module has been developed to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings.

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.

This workshop is suitable for people working in government and non government organisations that have a focus on mental health, and is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for mental health.

Note: if you want to attend training that covers mental illnesses we will be offering Mental Health First Aid later on in the year

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](mailto:kelly.m@grampianscommunityhealth.org.au)

Tel: 5352 6226

Closing date for registrations: Friday October 7<sup>th</sup> 2011





**The Bouverie Centre still has places for the following workshop:**

**The Tree of Life: Presented by Nella Charles & Karen Story**

**1 Day – Wednesday 21<sup>st</sup> September 2011**

**9:30am – 11:30am**

**Cost: \$95**

The Tree of Life is a Narrative tool, developed to help children who have experienced difficulties and losses in their lives.

The facilitators will share their experiences of using the Tree of Life with children facing the trauma and devastation of a sibling or parent sustaining an acquired brain injury.

**Learning Outcomes:**

- \* To understand the key narrative notions underpinning the Tree of Life
- \* To understand the steps and processes involved in constructing the Tree of Life
- \* To identify ways of implementing the Tree of Life in one's practice.

**Who Should Attend:**

This workshop is suitable for workers engaged with families and children in a range of settings including mental health, disability, community, youth, education etc. Prior knowledge of narrative ideas is not required.

Enquiries: Emily Nelson phone 03 9385 5100  
or [bouverie.training@latrobe.edu.au](mailto:bouverie.training@latrobe.edu.au)

## New Report

Your Health: The Chief Health Officers Report 2010 has recently been released, view the report at [www.health.vic.gov.au/chiefhealthofficer/health-status-of-victorians](http://www.health.vic.gov.au/chiefhealthofficer/health-status-of-victorians)

The Golden Plains Rural Womens' Network Proudly Invites You

## A Leadership in our Communities Dinner

Guest Speaker

The Hon. Jeanette Powell,  
Minister for Local Government  
& Minister for Aboriginal Affairs

On Tuesday, September 20<sup>th</sup>

At

Rokewood Golf Club

7.00 pm for 7.30 pm

Cost Dinner \$30

Drinks at bar prices

Book Early as seating is limited.

RSVP [jennyblake1@bigpond.com](mailto:jennyblake1@bigpond.com)

Helen ph 03 53422268

This function is not a fundraising event.

**MENTAL HEALTH WEEK**  
**9th-15th October**

Art Display

**'ARARAT OPEN OUR MINDS'**

**10th-14th October**

OFFICIAL OPENING

MONDAY 10TH OCTOBER 5PM-6PM

ARARAT PERFORMING  
ARTS CENTRE FOYER



**VHA Annual  
Conference**

**22 – 23 September 2011**

Register online at [www.vha.org.au](http://www.vha.org.au)

# Grampians Region 2011 Project Management Training

# health

## Ballarat and Horsham

Building on the successful 2010 Project Management Training, the Primary Health and the HACC and Assessment Unit of the Department are jointly funding two training workshops in the Grampians Region in 2011. The maximum number of participants in each workshop is 18.

<b>Dates:</b> Ballarat - 4 and 5 Oct 2011 Horsham - 5 and 6 Dec 2011  <b>Time:</b> 9am to 4pm both days	<b>Venues:</b> Ballarat - Yulle Park Community College, Violet Grove, Wendouree  Horsham - Banksia Room, Grains Innovation Park, 110 Natimuk Road
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### Target groups:

- Staff of community health services delivering community health and/or HARP programs.
- Staff of HACC funded agencies, particularly those with a project role in implementing the Active Service Model or Assessment Framework initiatives.
- PCP staff
- PASAs and other regional office staff

### Eligibility:

Applicants will be selected on the basis that they:

- Have some experience working on or about to be given responsibility for project(s) in their agency.
- Understand how their project(s) relate to strategic goals of their agency and current health policy.
- Are familiar with basic terminology within project management.
- Are committed to on-going learning and use of project management methodology. Are willing to support colleagues in agency to use project management elements.
- Are committed to completing the 2-day training workshop.
- Will give maximum prior notice to Regional Office Contact, if unable to attend workshop, so that place can be allocated to others on waiting list.
- Are supported and nominated by their agency.

### Application Process:

- Submission of completed application form to [john.koopmans@health.vic.gov.au](mailto:john.koopmans@health.vic.gov.au) at least 10 working days prior to the workshop you wish to attend.

## Healthy Smiles for Healthy Lives

### Oral Health & Healthy Eating Forum

Thursday 13 October 2011 10.00 am - 3.00pm



#### Are you involved in health & wellbeing programs, or food and nutrition?

- Hear the latest evidence on Oral Health Promotion and get an update on Healthy Eating
- Discuss ways we can together improve the health of our community
- Keynote speaker: Dr John Rogers, Principal Dental Advisor, Department of Health

**Where:** RMIT Conference Room, 200 Ballarat Road, Hamilton VIC

**When:** Thursday 13 October, 10:00 - 3:00pm

**Cost:** Free - light lunch provided

**For registration or more information:** [jenny.williams@wdhs.net](mailto:jenny.williams@wdhs.net)

03 55518561 or 0458 005 874

Registration is essential



## 25 New Grants to Support Men's Sheds

The Australian Government is funding new grants for 25 men's sheds across the country to purchase tools, conduct building and maintenance and employ shed coordinators.

A number of the sheds will be funded to employ a shed coordinator to assist with tasks such as overseeing and supporting projects to engage males in the shed environment or to facilitate discussions with relevant and interested groups. All Men's Sheds throughout Australia are eligible to apply for up to \$10,000 in Government assistance. Round Three of funding will open in late August 2011 and interested Sheds should monitor the Men's Shed website <http://www.mensshed.org> for updates.

## Australian National Preventive Health Agency Strategic Plan 2011-2015

This Plan sets out ANPHA's vision, its mission, and the values and strategies that will underpin its work. To achieve its vision and mission ANPHA will collaborate with governments and with research, industry, media, non-government and community partners. ANPHA will work to enhance the exchange of knowledge, advice and support for prevention and health promotion efforts throughout Australia. See: <http://www.anpha.gov.au/internet/anpha/publishing.nsf/Content/strategic-plan>

## VHA Annual Conference

The Victorian Healthcare Association's annual conference will be held on Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> September 2011, at the Melbourne Convention and Exhibition Centre.

The theme of this two day conference is Collaboration: The Key to Better Health, exploring the need for improved co-operation across the sector.

For more information, or to register please visit <http://www.vha.org.au/>



*Notice of forthcoming seminar:  
"Introducing Divisions of General  
Practice & Medicare Locals"*

**Wed, 21st September 2011  
10.00am to 1.00pm  
General Practice Victoria  
Level 4, 458 Swanston Street,  
Carlton 3053**

There is no cost for attending and a light lunch will be provided at the close of the seminar. A detailed agenda and a registration are available from [GPV website](http://www.gpv.org.au).

New items have been added to the [Primary Health Bulletin](#) for 19th August 2011.

- SCTT 2012 Revision: single page, multi-item screening tool-Invitation to pilot
- MBS-billed services in community health: Grampians region workshop
- RCNA Community and Primary Health Care Nursing Conference 2011- registrations now open
- Call for papers-men's health  
Increasing Staff understanding and knowledge of food security  
<http://www.health.vic.gov.au/pch/bulletin/index.htm>

## Introduction to Writing Winning Grants Applications

Cost: \$145 per person

<https://www.ourcommunity.com.au/winninggrants>

### Harmaceuticals – boost your pill skills

Free seminar



**Are you equipped to deal with the misuse of pharmaceuticals?**

Go online to book your place now

During September and October 2011, Anex will conduct free seminars Victoria-wide on the problematic use of pharmaceuticals. These seminars will enable workers to better respond to the needs of clients and are made possible by funding from the Ian Potter Foundation and Department of Health Victoria.

Who should attend?

Primary and secondary Needle and Syringe Program (NSP) workers, outreach workers, primary health services staff, alcohol and drug services clinical staff, community health centre counsellors and nurses, hospital nurses and social services workers, correctional staff and Aboriginal service staff.

The misuse of prescription pharmaceuticals – from opioids to benzodiazepines – is an increasing problem that demands improved responses.

'Harmaceuticals – boost your pill skills' will develop and enhance the capacity of frontline services to better address the health and welfare needs of clients affected by the problematic and/or illicit use of prescription medications.

Please go on line to secure your place at the seminar in Stawell on 6<sup>th</sup> October

For dates, locations and to register [www.anex.org.au/harmaceuticals-boost-your-pill-skills/](http://www.anex.org.au/harmaceuticals-boost-your-pill-skills/)

## **NATIONALLY ACCREDITED QUALIFICATIONS IN HEALTH CONSUMER LEADERSHIP AND ENGAGEMENT**

Health Issues Centre in partnership with the Victorian Quality Council will be offering these training programs once again for consumer leaders and health service staff in October and November 2011.

**The Course in Consumer Leadership** (22095VIC) provides consumers with the foundation skills to engage and promote consumer engagement in health services.

**The Vocational Graduate Certificate in Consumer Engagement** (220929VIC) provides experienced consumer leaders and health service staff with the advanced skills and knowledge to develop and implement strategic consumer engagement in health services and government and non-government bodies.

Places in both courses are limited. **CLOSING DATE FOR REGISTRATION: 16 September 2011**

For further information, including training program details, outline of courses and to download a Registration Form please visit [www.healthissuescentre.org.au](http://www.healthissuescentre.org.au)

## 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](mailto:sue.davey@health.vic.gov.au) or Tel: 03 9096 7869

### Child & Adolescent Oncology Symposium

Enhancing psychological  
care in the community.

A symposium for psychologists, social  
workers, counselors and health  
professionals providing counseling to  
children with cancer and their families.

Monday 12<sup>th</sup> September, 8.30am – 5.00pm at  
The Royal Children's Hospital, 50 Flemington  
Rd, Parkville. Cost \$50 per person.

To register phone 9345 4433.

### 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)

### 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 12<sup>th</sup> 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](http://www.latrobe.edu.au/postgrad/events/human-biosciences-public-health-info-evening)

### Kids 'Go for your life' Health Professionals Forum

It's the final Kids – Go for your life health professionals forum. Tuesday 22<sup>nd</sup> 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](mailto:admin@kidsgoforyourlife.org.au)

**"The Sat'day Arvo Club"**

**Spring Fever**

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

**WHEN: Saturday 10<sup>th</sup> September, 2011  
1.30pm to 3.15pm**

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

**Spring Is Sprung.**

*Spring is sprung, de grass is rizz,  
I wonder where da boldies is  
Da Bold is on da wing, aint dat absoid  
I always tought da wing was on da bold!!*

Well, it certainly is Spring Madness ... Footy Finals have started, there are blossoms on the trees and the occasional water-logged bee hovering around ☺. Soooo, our special Spring Day is happening next Saturday Arvo Club.

**Dress as a flower, or a bumblebee or something to do with the Springle Season. Come as a tissue if you like ... Spring Fever time ... yuk!!!**

**SATURDAY ARVO, 10th September ..... BE THERE!!!**

**"The Saturday Arvo Club"**

**UP THERE CAZAY!!!**

**FABULOUS FOOTY  
FINAL DAY**

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

**WHEN: Saturday 24<sup>th</sup> September 2011  
1.30pm to 3.15pm**

**Cost: \$6.00 per person ... SOFT DRINKS INCLUDED  
... NO CHARGE FOR CARERS / STAFF**

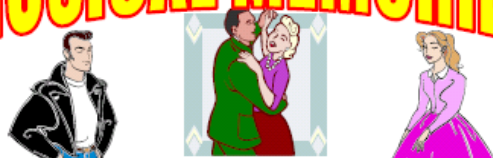
**HANDBALL COMPETITIONS AND PRIZES!!**

**WHO'S GOING TO WIN?** Geelong, Essendon, maybe Collingwood or Carlton? ... **SUPPORT YOUR TEAM OR THE VICTORIAN TEAMS BY WEARING YOUR TEAM'S COLOURS, SCARVES, JUMPERS AND BEANIES. RASCALS BAND WILL BE THERE AS ALWAYS TO SUPPLY THE MUSIC TO YOUR FAVOURITE DANCE SONGS.**



**SATURDAY ARVO, 24<sup>th</sup> SEPTEMBER, 1.30pm  
..... BE THERE!!!**

**MUSICAL MEMORIES**



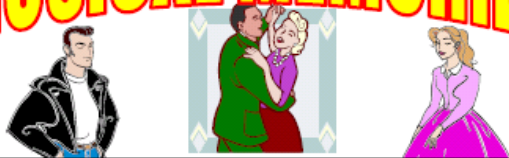
**TRACY and NOEL  
CRAVEN**



**☺ Down Memory Lane ☺  
From Grandfather's Clock to  
Yesterday and Those Were The Days**

**ARARAT RSL CLUB  
Tuesday 27<sup>th</sup> September, 2011  
☺ 10.30 am ☺**

**MUSICAL MEMORIES**



**TRACY and NOEL CRAVEN**



**☺ Down Memory Lane ☺  
From Grandfather's Clock to  
Yesterday and Those Were The Days**

**BALLARAT LEAGUES CLUB  
Cnr Mair and Humfray Streets  
Tuesday 20th September, 2011 ...at 10.30am  
\$7.00 includes morning tea**

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

We're on the WEB,  
[www.grampianspyreneespcp.org.au](http://www.grampianspyreneespcp.org.au)



## Tangelo Delicious

### Ingredients

- 80g butter, softened
- 3/4 cup caster sugar
- 2 tangelos, rind finely grated, juiced
- 3 eggs, separated
- 1/3 cup self-raising flour, sifted
- 1 1/4 cups milk
- pure icing sugar, to dust



### Preparation Method

1. Preheat oven to 170°C. Grease a 5cm deep 6-cup capacity ovenproof dish.
2. Using an electric mixer, beat butter, sugar, rind and yolks until light and creamy. Using a large metal spoon, fold in flour. Gently stir in 1/3 cup tangelo juice and milk until just combined.
3. Using an electric mixer, beat eggwhites until soft peaks form. Fold into batter.
4. Spoon batter into dish and place in a baking pan. Pour hot water into pan so it comes halfway up side of dish. Bake pudding for 50 to 55 minutes or until risen and golden. Dust with icing sugar. Serve.

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

## Tangelo Facts

Tangelos are also widely known as the honeybell fruit, which is a hybrid fruit. Tangelos are a cross between the pomelo/[grapefruit](#) and the mandarin orange. Minneola tangelos are identified by their knob like formation at the stem and their deep orange color. Mandarin oranges are a cross between a tangerine and an orange. Tangerines have a deep orange color too, and a pebbly texture peel which is easy to remove. Tangelos are considered to be a type of tangerines, and are noted for their juiciness and mild sweet flavor. There are basically two popular varieties of tangelos, first variety is the Minneola tangelos and second variety is the Orlando tangelos. Compared to oranges, tangerines are smaller in size and have a looser peel, which is easy to remove. These characteristics of tangerines make them an ideal snacking fruit.