

# Newsflash

JULY 2007

## Project Officer appointed to the PCP

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Leah Anderson has been appointed as the new Project Officer for the BLPCP and will commence work on Wednesday 22 August 2007.

Leah will support the work of the Partnership in its Integrated Health Promotion activities and Chronic Disease Management programs.

Leah has a Bachelor of Public Health from Latrobe University and also holds Certificate 111 and 1V in Fitness. She has also completed the Core Health Promotion Skills course and the VicHealth Mental Health Promotion Short Course.

Leah is currently working as the Health Promotion Coordinator at East Wimmera Health Service and has been involved with both the Southern Mallee PCP and the Grampians PCP. She has also worked at the East Wimmera Health Service as the Health Promotions Worker specifically with Physical Activities and has collaborated with such organisations as the Sports Assembly, CFA, Local Government, Salvation Army and Neighbourhood Houses.

We know that you will welcome Leah to the BLPCP and feel sure that she will provide added value to the excellent partnership work being conducted by agencies in the Bendigo Loddon area.

## BLPCP Is Moving Offices.

Due to the growth of Bendigo Community Health Services and the shortage of space that results from this, our Chairperson, Sue Clarke has been able to negotiate a lease for the PCP in 165-171 Hargreaves Street, Bendigo. The two offices are next door to BCHS Central and this means that we can continue to be supported by Reception, Photocopying, IT and the range of other supports that an office requires. We are grateful to Beck Legal for making this space available.

The move to our new offices will occur in early August and we look forward to welcoming you there for small meetings and discussions. A new phone number will be required and this will be advised in the next edition of NewsFlash.

We hope that the staff of partner agencies will call in and catch up with PCP issues whenever you are close by.





## Same Sex Domestic Violence Project Training

The Victorian AIDS Council and Gay Men's Health Counselling Services in collaboration with The ALSO Foundation, have developed a professional training package for counsellors and workers in the community and health sectors around same sex domestic violence (SSDV).

The training will:

- Explore the effects of homophobia and internalised homophobia as barriers for people experiencing SSDV
- Assist participants to further develop understandings of SSDV and its effects for individual clients and the community
- Facilitate the exploration of supportive ways of working with people experiencing SSDV
- Increase the professional support base available to people experiencing SSDV

The training is part of a broader project

which aims to educate the general community about SSDV through a brochure series to be released in September 2007. Participation in the training gives your service the opportunity to be included in the service listing section of the brochures.

This training will be held in Bendigo on 13th of September, 10am to 4pm, at Bendigo Community Health Services, Eaglehawk, at a cost of \$50 (large organisations) or \$25 (small).

**Only 25 places available.**

If you would like further information about the training or about the broader SSDV project please contact:

Kylie Smith ph: 9827 4999  
email: [ssdv@also.org.au](mailto:ssdv@also.org.au) or  
Adam Wright at CAN:  
[adamwright@can.org.au](mailto:adamwright@can.org.au)

## VicHealth's Mental Health Promotion short course in Bendigo

This is a **FREE** 2 day course which provides resources and models to enhance evidence based project planning, implementation and evaluation of activity with specific focus on the VicHealth Mental Health Promotion Framework. Only 20 places are left.

Participants of the course will:

- Be introduced to those factors determining mental health and well being, with a focus on the themes of:
  - Social inclusion
  - Discrimination and violence
  - Access to economic resources
- Develop skills in planning, evaluating and monitoring mental health and well being activity.
- Receive resource material relevant to the design of evidence based mental health promotion activity.
- Learn how to apply the VicHealth's Partnership Analysis Tool and the new Planning, Monitoring and Evaluation Tool.
- Receive a series of good practice case studies which illustrate the issues integral to mental health and well being work in the community.

This course is open to applicants from a whole range of sectors in the community. There will be two trainers for the Bendigo Course which is being held on Monday and Tuesday 27 & 28 August in Bendigo.

Registration closes on 7 August 2007. To register for this free course go to the VicHealth Website and click on Programs and Projects / Mental Health and Well Being / Workforce Development. You will find a Flyer and Registration. Send your registration to Cassie Nicholls at VicHealth or call the BLPCP Office for details.

**Lets support local training opportunities.**



# Connectingcare Forum

A Forum is being held in Ballarat to review Connectingcare achievements and discuss prospects for users in 2008 and beyond. The Forum will also consider strategic issues and directions for 2008 – 2010.

The forum will cover:

- what is happening across Victoria
- strategic Directions
- messaging systems
- demonstration examples of current works
- likely future scenarios



All member agencies of the Bendigo Loddon PCP are invited to send a representative to this Forum to enable you to have some input into the future of ConnectingCare

Date: Thursday 9 August 2007  
 Time: 10am to 3.30pm  
 Location: Seminar Room 1, Education Resource Centre  
 Ballarat Health Services, Queen Elizabeth Centre,  
 102 Ascot Street South, Ballarat  
 RSVP: Deirdre at [dmartinz@cbchs.org.au](mailto:dmartinz@cbchs.org.au) with "CC Forum" in the subject line

## Applied Suicide Intervention Strategies Training (ASIST) workshop for 23rd & 24th of August in Bendigo



**This is a subsidised two day training course that prepares professional and other community care staff to provide suicide first aid intervention to persons who may be at risk of suicide.**

By completing this training, you will become better able to :

- Identify situations in which someone may have thoughts of suicide
- Understand how your beliefs and attitudes can affect suicide interventions
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living
- Review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time
- Follow up on all safety commitments, accessing further help as needed.

Participants say the workshops increased their confidence and ability to recognize and approach someone who may be risk of suicide and provide links to further resources. The cost of the course is \$30 per person and it will be held on 23 and 24 August in Bendigo.

**This will be the last workshop for Bendigo.** There are approximately 10 places still available.

For further information about this course please contact:

Catherine Fuller  
 Service Coordination Project Manager  
 Central Victorian Health Alliance PCP  
 PO Box 687, Castlemaine 3450  
 P: (03) 5472 5333; M: 0417 156 972  
 F: (03) 5472 5461  
 E: [cfuller@netcon.net.au](mailto:cfuller@netcon.net.au)



## Concern over increase in Chlamydia infections



Netball, Tennis, Football, Basketball etc.

### **Do you have any connections with sporting teams in our community?**

Maureen Todkill is the Regional Coordinator for the Burnet Institute Research Project and is based at Women's Health Loddon Mallee. Maureen is keen to recruit young people aged between 16 and 25 years to participate in a study which increases the awareness of Chlamydia by providing free confidential testing and management, and sexual health information for young people in the Loddon Mallee region.

Chlamydial infection rates among young people in Australia are rising significantly, with the number of reported cases having nearly doubled in the last five years, affecting approximately four in every 100 young people.

Chlamydia is one of the most common sexually transmitted infections (STIs) in the Western world, and affects both women and men. It is easily detected with a simple and painless test and is easily treated with one dose of antibiotics.

"Alarmingly, up to 85 per cent of women and men with chlamydia will not know they are infected. In the majority of cases, chlamydia shows no signs or symptoms, and if not detected can lead to infertility in women, Associate Professor Margaret Hellard, Director of the Burnet Institute's Centre for Epidemiology and Population Health Research Program said.

If undiagnosed, chlamydia can cause pelvic inflammatory disease which can lead to chronic pelvic pain and even infertility, with up to two thirds of cases of tubal infertility attributable to chlamydial infection.

Professor Hellard from the Burnet Institute said the Institute was using local sporting clubs as a means of being able to meet and communicate with young people in local communities.

"We have a responsibility to ensure we provide the best possible health care for our young people," Professor Hellard said.

"While the response to the program has been very positive among young men, it has been difficult to discuss this issue with young women who were more likely to suffer long-term complications from untreated chlamydial infections," she said.

If any sporting club is able to participate in this research please **contact Maureen Todkill, Regional Coordinator, Bendigo on 5443 0233 or 0408 148871, [maureen.todkill@whlm.org.au](mailto:maureen.todkill@whlm.org.au)** for more information.

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*We are committed to developing a high quality, integrated and accessible primary care service system that is responsive to the needs of the Bendigo-Loddon communities.*