

PO Box 1121
Bendigo
Victoria 3552
Phone: 5448 1624
Fax: 5448 1699
Email: blpcp@bchs.com.au

Newsflash

www.blpcp.com.au

APRIL 2009

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Expressions of Interest for Preparation of PCP Strategic Plan

The PCP is seeking a consultant with experience in social and evidence based research, an understanding of the different roles of PCP member organisations and PCP office staff, effective consultation and interviewing skills, and previous experience in the preparation of strategic plans.

The Consultant will be required to submit a methodology and a communication plan to undertake the development of the 2009-2012 Strategic Plan and will work under the direction of the PCP Strategic Plan Advisory Group with operational management provided by the PCP Executive Officer.

It is expected that the draft of the Strategic Plan will be ready for comment on 29 May 2009 with the final Plan presented to the PCP Executive Committee on 19 June 2009.

For a copy of the Project Specification please email blpcp@bchs.com.au or telephone the PCP Office on 54481624. Expressions of Interest must be received by Friday 10 April 2009.

PCP Strategic Planning Forum - February 2009

The Forum was attended by 36 people from 26 different PCP organisations. Linda Beilharz presented an overview of the Community Profile which demonstrated the evidence for setting the population priorities for the PCP catchment. Cath Smith from VCOSS presented information on health inequity and the need to focus our health promotion/ illness prevention on the most disadvantaged in our catchment. The three population groups that were identified as priorities were: Families, Older Persons and Youth.

Issues that the participants wanted to be considered in the Strategic Plan for Service Coordination, Integrated Chronic Disease Management and Integrated Health Promotion for these three population groups were identified as:

- Early Intervention – we must intervene early where the greatest impact is possible.
- Mental Wellness – we must ensure people are personally resilient and socially connected.
- Lifestyle – we must offer opportunities so people are active and physically healthy.
- Partnership Capacity Building - To increase our capacity as PCP member agencies, we require structures which enable us to:
 - Bring others in
 - Harness commitment
 - Engage in mutually respectful dialogue
 - Market our intent as a PCP to practitioners
 - Share experiences and models of success
 - Jointly share risk when innovating
 - Broaden executive responsibility to the whole membership
 - Act collectively

Integrated Health Promotion 2009-2012

Interim advice has been provided by DHS on the development of Integrated Health Promotion Plans for the next three years (2009 – 2012). This advice applies to PCP members funded by DHS for Health Promotion.

More detailed advice will be contained in the DHS Primary Health Policy and Funding Guidelines 2009-1012 which we expect to be released in May 2009.

DHS has advised that your Plans should be developed using the IHP Kit and that there will be an emphasis on increasing the effort in addressing the statewide health promotion priorities, planned evaluation, and streamlining your planning arrangements. The IHP performance measures will be provided in April and implementation by organisations will commence in July with the first report to DHS by June 2010. (The 1st 12 months)

The main considerations are:

1. The IHP Resource Kit is to be used for your Plan and your evaluations.
2. The statewide priority issues will remain the same and at least one must be selected. However, the greatest IHP effort is to be allocated to these statewide health promotion issues.
3. Priority setting for your plan should be informed by regional planning and priority setting processes.
4. DHS expects organisations to participate in the PCP planning process and for the PCP IHP Plan to capture the mix of interventions being led by the partner organisations. If you have your priority included in the PCP Plan, your work will be acknowledged in the PCP Plan and reported on by PCP. You will not be required to duplicate the reporting and it will be great to see your commitments to PCP work acknowledged by DHS.

There needs to be an increased emphasis on evaluations in your Plan, and process and impact evaluations should be included in your IHP Plan.

Should you require assistance in developing your IHP Plan, please do not hesitate to contact Leah Wilson at the PCP Office.

POSITIVELY RURAL

New Rural Resource for People Living with HIV/AIDS Launched!

This week CAN (Country Awareness Network Victoria) launched a new resource called *Positively Rural*. Developed for People Living with HIV/AIDS (PLWHA), the small booklet brochure provides tips regarding Victorian rural living.

With an increasing number of people seeking a *Sea/Tree Change*, the resource covers some of the special issues that HIV+ people might want to consider before making a major lifestyle change as well as supporting newly diagnosed people already living in the country. *Positively Rural* suggests that issues such as housing, transport, specialist medical services and social life be considered before taking the plunge.

CAN developed *Positively Rural* in response to an increasing number of inquiries received from PLWHA regarding medical and support services available in rural/regional communities. *'HIV is a virus not restricted to metropolitan communities. It's estimated that 10% or more HIV+ people in Victoria live outside metropolitan Melbourne'*, says Adam Wright, Executive Officer of CAN. *With improved treatments, PLWHA are provided more lifestyle options and a better quality of life. This along with an ageing population means more are considering retirement or a Sea/Tree Change*".

The resource *Positively Rural* is available free from the CAN Resource Centre, 34 Myers Street, Bendigo or by ringing CAN on 03 5443 8355. Copies are also being distributed to community and health support agencies across Victoria. Agencies wishing to receive copies for their consumers can also contact CAN to have them posted. Also soon, an electronic version of the resource will be available on the CAN website: www.can.org.au.

Invitation to Community Forum

Keynote Speaker: The Hon. Jeff Kennett, AC

The Loddon Shire Council, the Loddon Healthy Minds Network, and *beyondblue* are pleased to extend an invitation for attendance at a community forum to be held in Wedderburn on 15 April 2009 at 6pm.

The keynote speaker is The Hon. Jeff Kennett, AC, Chairman for *beyondblue*, the national depression initiative.

Mr. Kennett will talk about how *beyondblue* is tackling depression in rural areas by helping to raise awareness and reduce the stigma associated with the illness

Date: Wednesday 15 April 2009
Venue: Wedderburn Mechanics Institute, Cnr Reef & High Streets, Wedderburn
Time: 6.00pm–8.30pm, followed by supper

Master of Ceremonies for the evening is Simon Ramsay, President of the Victorian Farmers' Federation.

Following the official speakers there will be opportunity for questions.

Please RSVP by Tuesday 31 March 2009 to Loddon Shire Council by:

Email loddon@loddon.vic.gov.au Please place "Community Forum" in the subject line, or by telephone on 54 941 200.

Youth Drought Forum

The aim of this forum is to provide an opportunity for young people to participate in a workshop to identify issues for youth as a result of drought and also provide an opportunity to identify ways to increase their resilience.

Date: Saturday 4 April 2009
Time: 11am to 3pm **Lunch Provided**
Venue: Elmore Athenaeum Hall, Michie Street, Elmore (transport supported)
Facilitator: Ian McBurney - local environmentalist
Audience: Open to rural young people between 15 - 25 years in the shires of Bendigo, Gannawarra, Central Goldfields, Loddon, Buloke and Campaspe.

To register or for more information contact:

Jenny Pendlebury on 5434 6479 j.pendlebury@bendigo.vic.gov.au or j.mcgann@bendigo.vic.gov.au.

Dance for Fun and Exercise Guide

The Bendigo Loddon Ageing Framework Reference Group has recently published an Organisers Guide, prepared by BRIT, for communities or individuals who would like to establish a dance group in their local area.

The first section of the Guide provides background information, together with an explanation of the Guide's objectives, reasons why we need to exercise and how dancing can be part of a physical activity program. The second section provides a step by step guide for setting up a dance group including information about types of dance styles, hall safety checklist, participant tips, suggested advertising and sample feedback forms. The third section provides examples of successful dance groups, and whilst they are different, they have the common thread of community participation and dancing for exercise and fun.

Copies of the Guide can be obtained by PCP Member Organisations for distribution to groups and organisations in your community. Please email the BLPCP Office or telephone us and we will send some copies to you.

HEPATITIS C - How to Achieve Good Practice

FREE WORKSHOP

An interactive workshop for health, community, welfare, drug and alcohol workers in the Bendigo Loddon Region. The Forum will explore the issues of attitudes and stigma, how to make your organisation hepatitis C friendly and how to implement best practice.

This form has been organised by Hepatitis C Victoria in partnership with the Victorian Equal Opportunity and Human Rights Commission and Country Awareness Network Victoria.

Monday 20 April 2009 9.30am - 12.30pm SHARP - lunch will be provided
B Central, 45 Mundy Street, Bendigo

RSVP essential by Thur 9 April 2009 - Ring Kylie O'Brien on 5443 8355 or email: can@can.org.au

Kids - 'Go for your life'

Health Professionals' Forum - Limit 'Sometimes' Foods

Wednesday 22nd April, 2009 Treacy Conference Centre, 126 The Avenue, Parkville

Kids - 'Go for your life' is a statewide initiative funded by the State Government and managed by Diabetes Australia - Vic and The Cancer Council Victoria. This initiative is leading the way to help Victorian children enjoy healthy eating and physical activity, every day.

Children's settings, such as child care, kindergartens, family day care and primary schools, play an important role in teaching children to develop regular healthy eating and activity routines. A key strategy of Kids - 'Go for your life' is to support these settings, to promote healthy lifestyles through an Award Program.

The Award Program can help create environments that promote healthy eating and physical activity. Adapted from the World Health Organisation's Health Promoting Schools model, the Program integrates health into the regular day-to-day activities of children's settings.

To attend this forum you must be a member of the Kids - 'Go for your life' Health Professionals' Network.

The aim of this Network is to build a strong network of health professionals using the Kids - 'Go for your life' Award Program. If you are currently working with early childhood services or primary schools, promoting healthy eating or physical activity or plan to in the future, join the Network and support Kids - 'Go for your life'. This Network is suitable for health professionals who work in community health, local government or non-for profit organisations.

If you are not yet a member of this Network please complete the Health Professional Network Application Form available at:

www.kidsgoforyourlife.org.au

ECHO Training Program

REVIEWING CARE AND IDENTIFYING PRIORITIES FOR IMPROVEMENT

There are increasing expectations on health and community service providers to review current practice and to develop and implement service improvement plans at a clinic, unit or service level or across multiple organisations.

So, how can you review care and identify priorities for improvement in a collaborative way that produces optimal results whilst minimising the burden of participation for key stakeholders.

This interactive workshop will introduce two simple, yet powerful techniques to achieve these goals:

- Process mapping provides a mechanism for reviewing and reflecting upon current practice and pathways of care, for identifying 'hotspots', areas for improvement and potential areas for role or process redesign.
- The Nominal Group Technique is a simple method that can be used to identify and reach agreement on a set of clear priorities for action.

Date: 9.30am to 4.30pm Friday 24 April 2009

Venue: Royal Australasian College of Surgeons, College of Surgeons' Gardens, Spring Street, Melbourne

Cost: \$350 plus GST

Contact: Seleena Sherwell,
ECHO, PO Box 1077, Ashwood 3147
Ph: 9885 2123 or Email: seleena.sherwell@echohealth.com.au

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kerri-annblackwell@bchs.com.au

