

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

# Newsflash

JUNE 2008

## Congratulations to Viv Fazulla at Dingee Bush Nursing Centre.

The Dingee Bush Nursing Centre is a member of the Bendigo Loddon Primary Care Partnership. Viv Fazulla, the remote area nurse, who manages the Centre, was nominated for the Nurse of the Year in the 2008 HESTA Australian Nursing Awards.

Viv is an active member of the BLPCP and hosts the Loddon Chronic Disease Management Group every second meeting at Dingee. Alternate meetings are hosted by the Loddon Shire Council at Serpentine.

Viv is a very active member of the Dingee community and has initiated a wide range of events to assist those experiencing drought. Some of these events are:

- A Men's Night
- A Christmas party in the local park
- A pamper day for women
- The Dingee annual Comedy Stage Show, now in its 6<sup>th</sup> year.

Viv said "It's good that people come in with their lumps and bumps and cuts and colds, because in seeking treatment for that ailment it opens the doors to the real problem, the thing they really want to talk about."

Viv recently participated in the PCP funded Health Coaching Course to assist people in self managing their chronic disease, which was held over two days in Bendigo. Bendigo Community Health Service generously supported Dingee in replacing Viv on those days in order that she could attend.

Congratulations on your nomination Viv, it is a major feat to get to the Finals.

### What is the difference between Complement and Compliment?

The Australian Macquarie Dictionary states:

Complement: That which completes or makes perfect.

Compliment: an expression of praise or admiration.

In addition, Dictionary .com states:

COMPLEMENT and COMPLIMENT, which are pronounced alike and originally shared some meanings, have become separate words with entirely different meanings.

As a noun, COMPLEMENT means "something that completes or makes perfect": As a verb, COMPLEMENT means "to complete":

The noun COMPLIMENT means "an expression of praise, commendation, or admiration": The verb COMPLIMENT means "to pay a compliment to":

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## Alcohol & Drugs Local Area Planning (LAP) Project

In October 2007, Bendigo Community Health Services (BCHS) commenced a Local Area Planning (LAP) Project to develop and implement a local action plan in response to alcohol and other drug (AOD) issues in the City of Greater Bendigo.

The aim of the project is to engage in identifying local AOD needs and to develop a responsive and integrated action plan, in conjunction with key stakeholders.

In response to the initiative, BCHS extended an invitation to key stakeholders from across the health, welfare and education services as well as local government and law enforcement, to be part of a LAP Reference Group. The LAP Reference Group provides expert advice and assists in leading the strategic development for the future directions of AOD service delivery in Bendigo. The work of the LAP Reference Group will reflect the 'client centred model of drug prevention, harm minimisation and treatment.'

In the initial stages of LAP, the Reference Group addressed key AOD issues that are known to affect the health and safety of the Bendigo community. LAP recognised 'Alcohol' as the most significant and broadly used drug affecting individuals, families and the whole of community, in the City of Greater Bendigo LGA.

LAP made a decision to focus time and resources on addressing community needs around alcohol misuse and harms, with a particular focus on youth.

Key strategies of the project are to raise community awareness about the harms of alcohol, and improve individual responsibility for drinking choices. If we can change perceptions about alcohol, and empower individuals to make safer drinking choices, then we are taking the steps to improve the overall culture of drinking in the Bendigo community.

For further information please contact Jasmine Maddigan, A&D Planning and Development Project Worker, BCHS, Phone 5430 0500 or email [jasminemaddigan@bchs.com.au](mailto:jasminemaddigan@bchs.com.au)

## Convention Subsidy for Regional Women

This subsidy program will enable private and public sector organisations to support the attendance of greater numbers of female staff at the inaugural Australian Regional Women Leaders Convention. The subsidy substantially reduces the cost of attendance per delegate from \$1595 to \$695, and can be applied for individually or as part of a group. Eligible organisations are welcome to submit multiple applications.

The convention will be held from the 17th to 19th November at the Melbourne Town Hall, and will be run in support of the thousands of Australian families affected by drought.

In the last two weeks the Australian Women & Leadership Forum has granted over 100 applications and hundreds more subsidies will be awarded before the closing date of 30th May.

**For further information contact Dominic Meachen, phone 1300 138 037. or go to:**

**[http://www.womensforum.com.au/08\\_ARWLC/RWLC-Community Access Subsidy.pdf](http://www.womensforum.com.au/08_ARWLC/RWLC-Community%20Access%20Subsidy.pdf)**

# Healthy Minds Network

Late in 2007 the Loddon Shire Council endorsed the creation of the Loddon Healthy Minds Network, which followed a community forum held in Inglewood in September in relation to mental health in the Shire. The Council received funds from the Bendigo Loddon Primary Care Partnerships to assist in the creation of a committee and undertaking initiatives for mental health in the Shire.

As well as Council representation, the Committee is made up of health professionals and community representatives.

The Committee has 3 general themes that it believes will be the basis of all strategies and actions for the program. They are:

1. Community Awareness – building an awareness with the general public about mental health issues
2. Education – educating sufferers and their carers about services that are available
3. Advocacy – advocating to government on behalf of the whole community to improve mental health support in Loddon

Extensive work has been undertaken by the Committee on creating a fridge magnet that can be mailed to all households in the Shire. The fridge magnet contains websites and/or telephone numbers of organisations that can provide support to people in need, and outlines which telephone numbers are for support services (24 hours a day, 7 days a week or just business hours) or referral services.

The Committee was able to obtain a number of copies of “Taking Care of Yourself and Your Family” a book by the Beyond Blue organisation which have been advertised to the community free of charge.

There has been a support group created in Wedderburn, and the Committee is hoping to have other groups in the townships and surrounding areas of Bridgewater-Inglewood, Boort, Pyramid Hill, Tarnagulla-Newbridge, and East Loddon (Serpentine, Dingee, Mitiamo, Calivil). The Committee has been working on the Terms of Reference for the groups, and that document has now been adopted.

The Committee is currently investigating video conferencing in the Shire. One of the barriers to people requiring professional support is the cost of travel, or the availability of a carer to take them to appointments. The Committee has been investigating the option of video conferencing, and following support for the idea from Centacare, the Committee is now hoping to embark on a pilot project in Wedderburn.

Wedderburn College has offered a computer and the Committee will purchase the video conferencing equipment required, however, the project will be dependant on gaining support from health professionals who are willing to be part of the pilot.

The major event that the Committee is planning is a community forum later in the 2008 calendar year, and the Committee is hoping to secure the services of Jeff Kennett as ambassador of the Beyond Blue organisation.

The Committee is a cohesive group which is very focused on continually reaching outcomes. The health professionals who attend the meetings are very important to the Committee from the service delivery aspect, while the community members input is very important from the service requirement aspect. Together, these two groups help to provide rounded discussion during the meetings, and in deciding which are the best strategies for the Committee to work on.

For further information contact Jude Holt at the Loddon Shire Council phone 5494 1207 or email [jholt@loddon.vic.gov.au](mailto:jholt@loddon.vic.gov.au)

## PCP Staffing.

Leanne McFarlane, the project worker for the Ageing Framework and the Family Planning Project finished work with Bendigo Loddon PCP on 23 May to take up her new position as the Health Promotion Officer with Southern Mallee PCP. Leanne completed both projects for Bendigo Loddon PCP and the Planned Activity Group Tips Booklet will be published and distributed to organisations that provide planned activities groups very soon. We wish Leanne all the best in her new role in Swan Hill.

# Kerang Cardiac Rehabilitation and Prevention Program

Northern Districts Community Health Service accepts referrals from health practitioners in the Loddon Shire for its six week Kerang based Cardiac Rehabilitation & Prevention Program. Each session incorporates physical activity and an education component. Speakers include a local GP, pharmacist, cardiac rehabilitation nurse, smoking cessation counsellor, dietitian, and gender specific health worker.

The changing dynamics of treatment for cardio vascular disease brings new challenges for providers of cardiac rehabilitation programs.

In the past a typical participant at CR&P may have had a heart event and/or surgery involving coronary vessels, followed by a lengthy recovery period. Earlier detection of CVD, often before a vascular event has occurred, and new treatment options has resulted in many accessing coronary stenting. Less invasive with rapid recovery, clients may return to work promptly. The myth of a cure seems to be often evident.

Perhaps in part because of these aspects of treatment, poor attendance at CR&P following cardiac stenting is an Australian wide problem.

Rosemary Duffield a dietician at the Northern Districts Community Health Service says 'A recent innovation has been inclusion of clients with a major risk factor for CVD- elevated lipids- into the CR&P program. Clients with elevated cholesterol are invited to attend two nutrition education sessions at CR&P. Conducted by the dietitian and based on the NHF (Aust) nutrition recommendations for cardiac rehab, these are titled " If it takes an apple a day to keep the doctor away, what does it take to keep George Leitl away?" and "Grease is the Word".

For those of you who do not know who George Leitl is - do what we did and google him!

## Intensive & comprehensive diabetes programs for health professionals

There are spaces available for health professionals to attend the following diabetes courses:

- 2 day intensive diabetes program (23 & 24 June) Intensive diabetes update covering management of type 1 and 2, complications, hyperglycemia and hypoglycemia, nutrition, monitoring and insulin delivery devices. Cost is \$420 (or \$400 if payment is received by 23 May)
- 5 day comprehensive diabetes program (23 – 27 June) Comprehensive diabetes program covering all aspects of diabetes care. Cost is \$680 (or \$650 if payment is received by 23 May)

These programs are suitable for General Practitioners, Community Health Nurses, Practice Nurses, Diabetes Nurse Educators, Dietitians and all Allied Health professionals. The programs are held at the International Diabetes Institute situated at 250 Kooyong Road, Caulfield, Victoria.

For further information or to obtain a registration form for these programs visit the [International Diabetes Institute website](#) or contact:

Christine McGregor  
Training Coordinator  
Tel: (61 3) 9258 5053  
Email: [cmcgregor@idi.org.au](mailto:cmcgregor@idi.org.au)

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