

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

BLPCP Newsflash

FEBRUARY 2008

JANUARY 2008

EARLY NOTICE FOR YOUR DIARY

PCP's Strengthening Partnerships *Sustainable collaborations – building resilient communities*

We are delighted to advise our member organisations that a new program has been developed in consultation with the sector, to look at ways to strengthen partnerships, respond to local priorities, build sustainable relationships and build trust.

The workshop has been developed and will be presented by Colin Pidd and Marie Larkin on behalf of the Department of Human Services.

Senior staff of our PCP member organisations, potential new PCP members, DHS Regional Staff and PCP staff will attend.

Remember to put this date and time in your diary. Registrations will be taken closer to the time which is 14 May 2008. Venue in Bendigo to be advised.

Put this date in your diary now!

INSIDE THIS ISSUE:

Project Updates 2

Womens Health Week 2

Project Updates 3

Health Promotion Work Group Meetings 3

Training & Events 4

STOPPRESS

BRIT to conduct Volunteer Walk Leader training

The Bendigo Regional Institute of Tafe in collaboration with the 'Let's Walk' project Committee is currently developing volunteer walk leader training. The training aims to increase the skills and confidence of volunteer walk leaders. The training package will cover a range of topics such as; benefits of walking, staying motivated, the role and qualities of a good walk leader, general safety, risk management, leadership skills and volunteer rights and responsibilities.

The training will be offered first to walking groups that have been funded through the Bendigo Loddon Primary Care Partnership 'Let's Walk' project. The course will then be offered to organisations and community members living in the Bendigo Loddon catchment that have an interest in physical activity, especially walking.

We are delighted to partner with Sports Focus and BRIT to build the capacity of walk leaders to encourage fitness and health. This training has been made available through the 'Go for your life' Walk Together Grants supported by the Victorian Government through the 'Go for your life' initiative.

For further information contact Shelley Mulqueen at Sports Focus on 5442 3101 or Leah Anderson at the PCP office on 5448 1682.

Project Updates

Self Management Survey

The Bendigo Loddon PCP would like to thank all organisations that were involved in the Integrated Chronic Disease Self-Management Mapping project. Fifteen Mapping surveys were completed and sent to the Department of Human Services (DHS) which is a fantastic effort. DHS is currently analyzing all data collected. Statewide and local reports will be available soon. Thank you to the fifteen organisations in Bendigo Loddon that participated in the Survey.

Early results indicate that the predominant models in which staff have been trained are:

- The Flinders Model
- Motivational Interviewing
- Health Coaching

One of the key challenges in implementing a self management approach to Chronic Disease Management in rural areas appears to be access to training for staff.

Bendigo Loddon Primary Care Partnership Website

The BLPCP is currently developing the new website. It is hoped that the website will be completed and launched by the end of March. Keep your eyes open for more information and if you have any suggestions on content please contact Leah Anderson or Jeanette Grant at the PCP office.

Women's Health Week and International Women's Day 2-8 March 2008

Women's Health week is an opportunity to break down the isolation and bring women together. It is an opportunity to try new things, meet new friends, enjoy yourself and learn how to get your health needs met.

International Women's Day (8 March) is celebrated by women around the world. Women on all continents, often divided by national boundaries and ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day.

On Saturday 8 March there is a 'Fun Day' at Lake Weeroona, the 'One Woman One Colour' Exhibition at Bendigo Pottery and Women's Health Loddon Mallee (WHLM) Pampering Day at Star Cinema, Eaglehawk.

Some of the delights at the Pampering day:

- Massage (hand, shoulders, neck)
- Circus WOW
- Henna Body Art
- Talks on various topics
- Yoga workshop
- Tai Chi workshop
- Stalls of information

WHLM will run shuttle buses between these 3 events.

For further information: Women's Health Loddon Mallee, 47 Myers St, Bendigo, 3550
Ph: 03 5443 0233, Fax: 5441 4074 Email: whlm@whlm.org.au

Sports
Medicine
Australia

Level 1 Sports Trainer Course

2 & 16 March 2008
Bendigo Umpires Rooms, Weeroona Oval, Napier Street, Bendigo

Further Information:

Sports Focus

14 Nolan Street BENDIGO, VIC, 3550 Phone: 5442 3101 Fax: 5442 3878
Email: admin@sportsfocus.com.au

Up Coming Health Promotion Work Group Meetings



Physical Activity

Consortium

20 February 2008
9am

Department of Planning and
Community
Development

Lets Walk

10.30am



Mental Health &

Wellbeing

21 February 2008
3.00pm

BCHS, Central Site



Sexual Health Task Group

5 March 2008
2.30pm

Wine Bank on View



Loddon CDM.

Task Group

14 April 2008

Loddon Shire Offices,
Serpentine



Ageing Framework

18 April 2008

BCHS, Central Site

Project Updates

PSST! Update

On 17 December 2008 a focus group was held in Bendigo with 10 young people who were aged between 16-24 years and no longer engaged in school. This focus group was facilitated by Family Planning Victoria (FPV). Young people who attended this group were open and honest about their thoughts in regards to Safe Sex and put forward their ideas for new ways of promoting safer sex messages to young people. A focus group was also held on the same day with those working with young people including youth workers. This focus group was also facilitated by FPV.

The purpose of these focus groups was to identify Sexual and Reproductive Health knowledge and service gaps within the Bendigo Loddon catchment.

A whole day Sexual Health Training Workshop targeted at those working with young people who would like to increase their knowledge and skills to be able to assist young people is planned for 20 March 2008 in Bendigo. FPV will deliver this training which will provide those working with young people in the Bendigo Loddon PCP catchment with a great opportunity to access free professional development. For further information regarding this training or the focus groups report please contact Leanne McFarlane in the PCP office email: leannemcfarlane@bchs.com.au or 54481600.

Ageing Framework Update!

A Planned Activity Group (PAG) Mapping Tool has been developed to map existing PAGs within the catchment as well as identifying professional and workforce development needs.

Seven DHS funded PAGs have been consulted and have completed the Mapping Tool Template. Further consultations have been organised with the other two DHS funded PAGs. In the process of conducting these consultations it has become evident that there are a number of PAGs existing within the catchment that are not DHS funded and we would like to also consult with these groups. If you provide a similar group to the planned activities groups please contact Leanne McFarlane so we can discuss your ideas.

Questions of how to promote good health and independence among PAG participants was a focus of these consultations identifying what would be valuable to them in assisting with the implementation of an active model of health.

Findings from these consultations will be compiled and will assist with the development of the PAG Tips Booklet as well as the identification of future training needs for PAG staff and volunteers.

Mensline young mens project

Mensline is the only nation wide service available for men 24 hours a day, 7 days a week, who are experiencing family and/or relationship issues. The service is anonymous, confidential and also available to women who need to talk about issues concerning a male in their life.

A webpage has been launched with detailed information specifically looking at challenges being faced by men 18-25.

This can be viewed at www.menslineaus.org.au/youth

**If people are interested in more information about the project please contact:
Cherry Grimwade [mailto:Cherry.Grimwade@melbourne.vic.gov.au]
Ph: 0417 554938**

The Loddon Mallee Planned Activity Group Support Network (LMPASN) is of real value to PAG Coordinators.

Meeting Dates for 2008 are as follows:

- 5 May 2008 – Bendigo
- 5 August 2008 – Swan Hill
- 12 November 2008 – Place to be confirmed

Please note the LMPASN Conference 'Social Support – Imagining the Future' will be held on 30 May 2008 at All Seasons, Mclvor Rd, Bendigo.

Further information can be obtained from Virginia Harkin, Secretary on 5471 1498 or ads@mtalexhosp.vic.gov.au

Training & Events

FPV training sessions

Below are links to training calendars outlining training sessions on sexual health offered to clinical and professional staff by Family Planning Victoria.

http://www.fpv.org.au/pdfs/Training_Calendar_Updated_61207.pdf

<http://www.fpv.org.au/pdfs/2008%20Community%20Ed%20Brochure.pdf>

BRiT Information Session for Community Services Workers— Gain a qualification flexibly

BRiT is offering a number of Nationally and Industry accredited courses delivered flexibly to experienced workers in the Aged Care, HACC, Disability, Mental Health, or Lifestyle & Leisure sectors. These courses include: **Cert IV in Disability Work, Cert IV in Mental Health Work, Cert IV in Community Services (Lifestyle & Leisure), Cert III in Aged Care Work, Cert III in HACC**

Further information is available from:

Tim Ford - 5434 1572 or tford@britafe.vic.edu.au and www.britafe.vic.edu.au (for specific course details)

Victorian HACC Active Service Model Seminar 25 February 2008

DHS is hosting this HACC Active Service Model Seminar. It is an opportunity to hear some of the leading national and international speakers on implementing capacity building, restorative care and wellness approaches within community care services.

For further information contact either your DHS Regional Contact;

Meg Henderson on 03-9096-2163 (email: Meg.Henderson@dhs.vic.gov.au);

or Jasna Tesevic on 03-9096-8246 (email: Jasna.Tesevic@dhs.vic.gov.au)

Residential Respite Information Day

Carer Support Service/Commonwealth Carer Respite Centre Bendigo is holding an information day for carers living within the Buloke/Loddon Shire who are interested in knowing more about residential respite.

Price: Free

Time: 10.15 - 3pm

Date: 04 March 2008

Address: Wedderburn Neighbourhood House, Wedderburn

Contact: Lynne Coyle

Phone: 1800 068 978

3rd International Congress on Women's Mental Health

Melbourne Convention Centre, Melbourne 17-20 March 2008

For further information please contact:

Waldron Smith Management, 61 Danks Street West, Port Melbourne VIC 3207

Ph: 03 9645 6311 Fax: 03 9645 6322 Email: iawmhcongress2008@wsm.com.au

www.iawmhcongress2008.com.au

No Bullshit Therapy Free one day regional workshop to be held in BENDIGO Monday 31 March 2008

Open to all rural counsellors/workers in the region

For information on other NBT workshop locations or for general queries, please contact:

Hannah Moon at The Bouverie Centre on (03) 9385 5100 or h.moon@latrobe.edu.au

Australian Health Promoting Schools Association National Conference

Adelaide, South Australia, National Wine Centre 2nd – 4th April 2008

To register your interest in the conference and receive updates, go to:

www.sapmea.asn.au/ahpsa2008

Conference Secretariat, SAPMEA Meetings Management, 200 Greenhill Road, Eastwood SA 5063

Phone: 08 8274 6048 Fax: 08 8274 6000 Email: ahpsa2008@sapmea.asn.au

If you would like to subscribe or unsubscribe to Newsflash please advise via email:

kerri-annblackwell@bchs.com.au