

PO Box 1121  
 Bendigo  
 Victoria 3552  
 Phone: 5448 1624  
 Fax: 5448 1699  
 Email: [blpcp@bchs.com.au](mailto:blpcp@bchs.com.au)  
[www.blpcp.com.au](http://www.blpcp.com.au)

# Newsflash

AUGUST 2011

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## Quick Updates

- The Loddon Mallee Murray Medicare Application has been completed and couriered to Canberra. Four of our Board members, plus the Executive Officer, chaired Working Groups to gather the data and respond to the selection criteria for the Application. Other Board members participated in the Working Groups or provided information to assist in the development of the submission.  
 The Loddon Mallee Murray Medicare Local will cover seven Local Government areas in Victoria and four in New South Wales.  
**Victoria:** Buloke Shire (parts of), Gannawarra, Swan Hill (parts of), Greater Bendigo, Loddon, Mount Alexander, Campaspe.  
**NSW:** Conargo, Deniliquin, Murray, Wakool.  
 Programs and services from Murray Plains Division of General Practice and Central Victorian General Practice Network will transfer to the new company.
- Quit Victoria** is presenting a Quit Educators course for 2 days on 23 and 24 August 2011 in Bendigo. All fees have been waived and the focus of the course is on health workers who may work with aboriginal clients. Smoking and non-smoking health professionals are welcome to attend. For more information contact Leanne Oberin at the PCP Office on 5448 1624.
- Three Loddon Shire partners have been successful in working with the PCP to obtain a Community Development Grant from PapScreen Victoria. The grant will enable some research to be undertaken to identify the barriers women in Loddon experience and why they do not attend Pap Screen Clinics.



**Rheumatology Help Line**  
 Got a question about arthritis or other musculoskeletal conditions?  
 Ask the Arthritis Victoria nurse.  
 Phone 1800 263 265  
 Email [rhl@arthritisvic.org.au](mailto:rhl@arthritisvic.org.au)

## Arthritis Victoria

### Rheumatology Help Line

Arthritis Victoria's new pilot project - the Rheumatology Help Line has been made possible with funding from the Victorian Department of Health. The Help Line aims to increase access to accurate evidence based health information to people with a musculoskeletal condition, their caregivers and other health professionals in the community. The service is available to all Victorians via phone or email 5 hours per day, 5 days per week during the 9 month pilot period, with a particular focus on providing assistance to those living in rural Victoria and experiencing health inequalities. Two focus areas; Mildura and Bendigo, have been chosen for the pilot phase of the Rheumatology Help Line.

Please encourage your clients, family and neighbours with arthritis to use this Help Line for information and advice.

The Rheumatology Help Line can be reached via phone: 1800 263 265 or email: [rhl@arthritisvic.org.au](mailto:rhl@arthritisvic.org.au), 10.00am to 3.00pm Monday to Friday.

## Diabetes in Loddon Action Group

The last meeting for DiLAG was held on 14 June and was well represented by involved agencies. Currently the group is working on a local diabetes information brochure, and it has now completed its Loddon Mallee Diabetes Pathway resources.

Topics regularly discussed include the implementation of the *Go for Your Life* initiative throughout the Loddon Shire, professional development opportunities, agency updates and partnership opportunities.

Diabetes Week was held on 10-17 July and agencies worked to promote diabetes awareness throughout the Shire. All agencies represented were proactive in supporting this initiative by providing educative opportunities for their communities through tours, discussions and promotional material.

The next meeting is scheduled for 9 August 2011 at the Dingee Bush Nursing Centre.

## Bendigo Loddon Alcohol Action Plan

The Loddon Mallee AOD Network Meeting, which many of our members attend, coincided with BLAAP's June meeting; therefore, the next meeting is scheduled for 18 August. Due to the group's hiatus there will be plenty for discussion, including progress on the Club 18 project. Recent topics have included the harm minimisation approach of Red Frogs in supporting youth events; Drug Action Week and the planning for BLAAP'S involvement in 2012 (member feedback will be tabled at the August meeting), and our regular agency reporting against the Plan updates.

Collaboration between agencies is evident in the sharing of knowledge and resources relating to minimising alcohol related harm to young people and families in the Bendigo Loddon catchment, and are proving extremely beneficial to all involved.

Any agencies seeking further information on the Bendigo Loddon Alcohol Action Plan Committee can contact Judi Nicholson, PCP Project Officer, on 5448 1682 or email [judinicholson@bchs.com.au](mailto:judinicholson@bchs.com.au).

## Bendigo Family Violence Prevention Network

Wendy Sturgess, Executive Director of White Ribbon Day (25 November) was present at the Network's meeting on 27 June and provided some excellent advice on promoting the White Ribbon Day.

Focusing on family violence awareness and violence against women, the FVPN primarily achieves this through promoting the *Violence is out of Bounds* initiative in football clubs – although members are investigating the expansion of this work into other sporting clubs – and through the major event White Ribbon Day which culminates in an awareness walk through Bendigo and a film screening which involves student filmmakers from Catholic College in their family violence project *Making Meaning on Film*. Presently Ambassadors are being sought for the event, and it is a very busy period for the group as it concentrates on planning and promotion for White Ribbon Day.

## Sexual Health Task Group

The Sexual Health Task Group (SHTG) has recently had its July meeting. The Papscreen Initiative was celebrated in discussion – the word is out because of the SHTG! Lots of good things are happening around this initiative. The Centre for Excellence in Rural Sexual Health (CERSH) gave a comprehensive update about current and recent activities, including a successful Professional Development day held in June; the successes and challenges associated with the condom vending machine initiative; and the continuation of CERSH's work.

The SHTG are having a planning day on 3 August at Bendigo TAFE to strategically plan for the next 12 months. This is a very active and committed group that hopes to continue the positive work and messages being delivered through partner agencies within the Bendigo Loddon area.

## Problem Gambling Project

PCP is currently developing a 'Problem Gambling' project aimed at reducing the prevalence of young males in the Bendigo Loddon region engaging in unhealthy financial activities. At a higher health promotion level, the specific project goals are to: educate young males within Greater Bendigo on the issues associated with managing finances, particularly the temptation to engage in unhealthy financial activities such as online gambling; provide social inclusion opportunities for young males; engage young males within Greater Bendigo in healthy social activities; and provide opportunity for mentoring between adults and young males.

**Any agencies interested in partnering with this project are encouraged to contact Steph Jelbart, PCP Project Officer, Health Promotion and Planning, on 5448 1683 or [stephjelbart@bchs.com.au](mailto:stephjelbart@bchs.com.au).**

## Child Friendly City Leadership Group

The Child Friendly City Leadership Group continues to address the needs of the young people in our community. As a collection of members from community agencies working in partnership, they recently met to discuss several ongoing initiatives, projects, achievements and concerns. The State of Bendigo's Children Report was revisited; Communities for Children (C4C) funding opportunities discussed; and a plan was created for the upcoming strategic planning session to be held at the end of August.

## Connectingcare and e-Referral Traffic

We are seeing significant expansion in partners using e-communication for daily business practice.

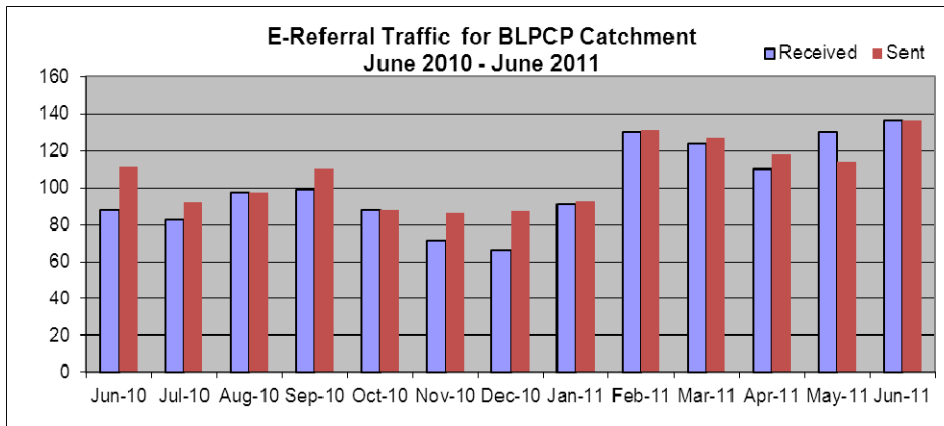
During June the following organisations have received and/or sent e-referrals through Connectingcare.com:

### Received e-referrals

- Bendigo Community Health Services—Family Support, Counselling
- Bendigo Health—HART, ACAS, RHT, PAC, Regional Continence Service, Carer Support and Commonwealth Carer Respite Centre, District Nursing Service, Carer Support Services
- City of Greater Bendigo—Veterans Personal Care
- Haven, Bendigo—Community Connections Program
- St Luke's Bendigo— Child First and Mental Health (Care Coordination, Recovery Focused Mental Health Services—Whirrakee, Intensive Home Based Outreach, Personal Helpers and Mentors Program)

### Sent e-referrals

- Bapcare—Loddon Mallee
- Bendigo Health—Bendigo Campuses and Regional Services, and Community and Regional Psychiatric Services
- Boort District Health
- City of Greater Bendigo
- Department of Education and Early Childhood Development
- Department of Human Services—Loddon Mallee Regional Office
- Haven, Bendigo
- Heathcote Health
- Inglewood and Districts Health Service—Inglewood Campus
- Loddon Shire Council—Serpentine Office
- Multiple Sclerosis Australia—Loddon Mallee Region
- St Luke's, Bendigo—Child First



If you would like more information about Connectingcare and e-referral, would like to be able to send or receive electronic referrals or would like training on how to use Connectingcare, please contact Leanne Oberin or Nancy Cutlack at the Bendigo Loddon PCP Office on 5448 1624.

**Congratulations to all those partners who are using secure e-communication transmissions to safeguard client information.**

## Victorian Healthcare Association Annual Conference

### Collaboration: The Key to Better Health

The Victorian Healthcare Association will be holding its annual conference on 22 and 23 September 2011 at the Melbourne Convention and Exhibition Centre.

The theme Collaboration: The Key to Better Health, will explore the need for improved cooperation across the health sector and with other stakeholders. Speakers include Prof Bill Silvester from Austin Health, Christine Walker from the Chronic Illness Alliance, Prof Gavin Mooney of the University of Sydney and University of Cape Town and Prof Vivian Lin from LaTrobe University.

To register for this event or for more information, please visit the VHA website at [www.vha.org.au](http://www.vha.org.au).

## Dispute Settlement Centre—Loddon Mallee Region

The Dispute Settlement Centre of Victoria (DSCV) is part of the Victorian Department of Justice and provides free dispute resolution services to all Victorians. DSCV offers dispute resolution advice, conflict coaching and mediation services. DSCV can help you resolve:

- common neighbourhood disputes involving fences, trees, animals, noise and drainage
- disputes about difficult or anti-social behaviour
- workplace disputes
- disputes within committees, clubs or Incorporated Associations

DSCV does not deal with disputes under the *Family Law Act 1975* (Cth) or involving family violence.

The Bendigo and Mildura DSCV offices service the Loddon Mallee region. Dispute Assessment Officers attend all courts in the region as required. DSCV staff in the region actively promote DSCV services and will deliver community education presentations to any interested organisations. **For further details, please contact the Sheriff's Office, 107 Baxter Street, Bendigo, telephone 5438 1550.**

## Alzheimer's Australia Education

The Victorian Office of Alzheimer's Australia is conducting professional dementia education for Aged, Community, Disability and Health Care Workers caring for people with dementia throughout August. These training sessions include Dementia Care Programs (a palliative approach to dementia care, behavioural and psychological symptoms of dementia and a virtual dementia experience), Lifestyle and Leisure Programs (activity programs based on the Montessori method), Accredited Training (advanced dementia care essentials) and specialist speakers covering the topics of the role of complementary and sensory therapies and garden activities.

In addition, Alzheimer's Australia also conducts free dementia workshops for families caring for a person with dementia and for the community.

**For further details of these training sessions visit [www.alzheimers.org.au/vic](http://www.alzheimers.org.au/vic), email [edu@alzvic.asn.au](mailto:edu@alzvic.asn.au), or phone 98157808. Bookings are essential and all courses will be held at Alzheimer's Australia Vic, 98—104 Riversdale Road, Hawthorn.**

## Where Do I Start? Female Seniors and the Internet

Research by Council of the Ageing (WA) has found that very few senior women are going online due to a lack of skills, anxiety about technology, cybercrime fears and problems with service providers. **A research-based qualitative study supported by a grant from ACCAN, *Where do I Start? Female Seniors and the Internet* documents the experiences of 50 women in Western Australian, some who had used the internet before and some who had not.**

Factors that accounted for the low use of computers and the internet among the group included a lack of knowledge in a number of areas, including how to choose a computer to buy, which internet service provider and modem to use and confusion about virus protection software. The research concludes with recommendations for inclusive forms of information dissemination and internet access.

While this study found that senior female non-users experienced only minor inconveniences or disadvantages at present, it also found that most non-users felt they would be disadvantaged in years to come. **Thus, as Australia heads into an NBN-enabled future, it is important to ensure that everyone is able to participate and reap the benefits, and to identify the needs of digitally disadvantaged groups now.**

**For more information contact Leanne Oberin at the PCP Office, phone 5448 1624.**

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