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Newsflash

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Refugees in Bendigo

Does your organisation deliver services to newly arrived refugees in Bendigo? The Bendigo Loddon Primary Care Partnership has published the Refugee Settlement and Health Care Pathway and an associated resource document on www.blpcp.com.au. Go to Publications on this website and then to Refugee Resources.

These documents will assist local organisations to quickly identify local expertise in assisting humanitarian settlers to Bendigo and to use the specific services that are skilled in responding to the needs of refugees.

If you would like a hard copy poster of the Refugee Settlement and Health Care Pathway and the resource document, please contact the Bendigo Loddon PCP Office on 5448 1624.

Integrated Health Planning 2012 to 2013

The PCP Catchment Integrated Health Promotion Plan is to be extended for 12 months to enable the PCP Strategic and Integrated Health Promotion Plans to be aligned with the Greater Bendigo and Loddon Local Governments Municipal Health and Wellbeing Plans. These are four year plans, with the next ones commencing from 2013.

To enable the IHP Plan for 1 July 2012 to 30 June 2013 to be developed, we will continue to work on two of the priorities that have been implemented over the past three years. These Health Promotion Priorities are:

- Mental Health and Wellbeing
- Sexual and Reproductive Health
- Promoting Physical Activity and Active Communities
- Reducing Tobacco Related Harm

The IHP Governance Group will be asked to identify two of the priorities that have the most potential for partnership work and also identify several projects that the IHP organisations will be willing to collaborate on for that 12 month period. This will enable good partnership work to be demonstrated and written up as case studies into the Department of Health's Annual Report.

Further information will be available after the IHP Governance Group Meeting to be held on 16 February 2012. For further information please contact Steph Jelbart or Jacinta Bourke at the PCP Office on 5448 1624.

Loddon Mallee Allied Health Conference - Call for Abstracts

The Loddon Mallee Allied Health Conference aims to provide all rural and regional allied health practitioners, managers and educational institutions with the opportunity to update their knowledge and skills while networking with colleagues from around the Loddon Mallee region.

Key themes for the Strengthening Connections Conference have been selected and a call for papers and posters demonstrating the following are invited for submission:

- Technology—for example telehealth projects, social media, electronic networking.
- New examples of workforce innovation—for example remote supervision models, Vocational Education and Training (VET) in schools.
- Pathways to independence—for example new models for improving patient outcomes, HACC Active Service Model.
- Supporting education and research—for example clinical placements, mentoring opportunities.

Contact Nerissa Fry, phone 5434 5696 or email nerissa.fry@health.vic.gov.au for the guidelines for your abstract. Abstract submissions close 27 February 2012.

Physical Activity Network

The next Physical Activity Network quarterly forum will be held on Wednesday 22 February 2012 from 12.30-2.30pm. The venue and further details are yet to be confirmed but is tentatively booked at Vision Australia. With practical opportunities to experience the world of physical activity and networking, this is set to be a great gathering! **Everyone is welcome. For more information, contact Steph Jelbart, BLPCP Project Officer, phone 5448 1683 or email stephjelbart@bchs.com.au.**

Problem Gambling Project

The BLPCP Problem Gambling project is set to launch with students at Bendigo South East College this first term. With an education component incorporated into the Year 9 elective Managing Your Money, and a creative arts component led by world renowned artist Terry Jarvis, students will explore the rights and responsibilities associated with money as well as healthy alternatives for use of social time. The end result will see students' awareness raised of managing money responsibly and also a canvas produced that best expresses who they are which will be displayed in a public exhibition. Partners for the project include BSE College, St Luke's, HipHopopportunities, and Bethany Gallery. **For further information, contact Steph Jelbart, phone 5448 1683 or email stephjelbart@bchs.com.au.**

Sexual Health Task Group

The Sexual Health Task Group is in its final stages of planning for **SHAM - Sexual Health Awareness Month** - running from mid-February through until mid-March. The **slogan adopted** by the SHTG for promotion within the month is "**Don't be SHHY ... Sexual Health, How's Yours?**" aiming to promote conversation about individual's sexual and reproductive health. A calendar of events will be available on the BLPCP website in the coming weeks. **For more information about these events or how to get involved or promote your activities, contact Steph Jelbart at BLPCP, phone 5448 1683, or the SHTG Chairperson Louise Holland at BCHS, phone 5448 1600.**

The project group from the SHTG, comprising of Dingee Bush Nursing Centre, Inglewood and Districts Health Service, and Boort District Health, will be conducting two educational women's health forums in the coming months following the results of the women's health survey. The forums will have a 'pamper me' theme paired with educational opportunities including information on Papscreening, menopause and other women's health issues. Stay tuned for more details.

VicHealth—Year in Review 2010-2011

The VicHealth Year in Review 2010-2011 Report is now available online.

The report includes breakdowns of work done within the VicHealth priority areas, funding expenditure, as well as the next steps in health improvement for Victorians. The report also includes this year's award winners for excellence in health promotion, which were announced at the VicHealth's Annual General Meeting held December 2011.

To view the report, or for more information, visit www.vichealth.vic.gov.au/annualreport.

Aussie App to Fight Two of the Nation's Biggest Killers

A revolutionary iPhone app launched today will empower Australian shoppers to make healthier food choices and reduce their risk of dying early from two of the nation's biggest killers—heart attack and stroke. In three easy steps, Australian consumers can reduce excessively high levels of fat, salt and sugar in their family's diet and share shopping lists with friends via social media.

Developed in Australia, and tailored for Australian shoppers, FoodSwitch allows users to scan the barcode of packaged foods using their iPhone camera and receive immediate, easy to understand nutritional advice and see healthier choices. Importantly, the app displays healthier choices based on the nutritional value of more than 20,000 packaged food products found in Australian supermarkets—the result of three years of research by pre-eminent food and health policy experts from The George Institute for Global Health, and launched thanks to a new partnership with Bupa, one of Australia's leading healthcare organisations.

"FoodSwitch's three step approach marries the latest technology with cutting edge research. Australians can now scan barcodes, see what's in a food, and switch to a healthier choice in an instant", Professor Bruce Neal, Senior Director at The George Institute said.

FoodSwitch is available as a free, Australian-only download from the App Store for iPhone 3GS/4/4S and iPad2 devices. Updates will include versions for Android based devices. **For more information, or to download the app, go to www.bupa.com.au/foodswitch.**



Pictured: Health assessment being undertaken by Nancy under official supervision

China Health Care

.....a reflection of travels by Nancy Cutlack

In October 2012 I had an unexpected opportunity to visit south western China with "Partners International" a Christian-based organisation which has been visiting for 6 years now. This work has evolved with support of the Chinese government which has come to respect the motives of the people who organise the work. We hired two local Chinese trained medical officers and were accompanied by Government officials and village elders. Medical clinics were offered in main streets, village schools and an orphanage for disabled children. I was the only nurse. Three individuals on the team interpreted into Mandarin and then local officials translated into local dialect and others who assisted with administration and entertaining the crowd while they waited patiently.

We were based in the market town Du of An in Guanxiou province with a population of 250,000. Each day we travelled 2-3 hours on mountainous roads to reach remote villages of 1,000-2,000 people of minority group origin. Westerners have not been seen before. Our presence was cautiously welcomed and services curiously accepted. People walked mountain tracks for hours to seek assistance from the village school and access social contact. Fears of forced sterilizations kept some people away, but school children and construction workers availed themselves of our services happily. Villages in these parts rely on corn crops and pumpkins with occasional greens to provide nutrition, even rice is too expensive. Scrawny chickens, pigs and goats occasionally supplement the diet. No problems with obesity here.

Conditions prevalent were diminished vision, arthritis, gastro intestinal problems related to irregular food consumption, deafness related to untreated ear infections, burns, and dental issues were common conditions. I was able to offer some basic rehabilitation for untreated paralysis after stroke by simply massaging, educating patient and carers how to implement passive movements to allay contractions. Post-polio victims and other disabled people did not access the medical team; a tiny baby with untreated and advanced hydrocephalus laid limply in grandmother's arms at the back of the crowd. She was doing all that could be done for this child in remote China! A young mother complained of fatigue and weight loss. She worked with a pick and shovel digging trenches for the new hostel at the school. Her three month old baby was on her back. She stated that she was too tired to cook or care for the other two children when she got home at night. Her husband was away working on the roads for wages less than \$2.00 per day.

Two health promotion activities with senior secondary students were one of the highlights for me. In each case 250 adolescents were glued to the screen of a translated and adapted QUIT program about the dangers of smoking. I wish to thank all who supported us and encouraged us and to Jeanette Grant and Peter Abraham who generously gave permission to take leave to participate. Leanne Oberin suggested contacting the City of Greater Bendigo who generously donated pins and pens which assisted with diplomatic relationships. I drew attention to the important role that Chinese people played in Australian history, more particularly in the goldfields of Colonial Central Victoria.

If you have an opportunity to become involved in humanitarian work in the developing world I know that your experience will enhance many aspects of your personal and professional life. Please feel free to contact me for more

Subsidised Training

Solving the Jigsaw

Changing the Culture of Violence; Building a Culture of Wellbeing Professional Development and Training Modules 2012

This training opportunity is for teachers, year level coordinators, primary welfare officers, wellbeing coordinators, assistant principals, principals and professionals who work with children and families. The professional development program has maximum effect when a team of key staff from a school participate. Solving the Jigsaw provides practical tools and strategies for a whole school approach to violence, bullying and wellbeing. The following training modules will be held at Quills, Lake View Resort, 286 Napier Street, Bendigo from 9.00am to 4.30pm.

Tuesday 27 March	Module 1	Whole School Approach to Violence and Bullying
Wednesday 28 March	Module 2	Facilitating Respect, Valuing Diversity, Maintaining Confidentiality
Tuesday 22 May	Module 3	Awkward Conversations with Kids
Wednesday 23 May	Module 4	Creating a Caring and Nurturing Classroom
Tuesday 24 July	Module 5	Conflict within the School Community
Wednesday 25 July	Module 6	Exploring Feeling and Emotions in the Classroom

This training is supported through grants from the RE Ross Trust and Portland House. Contact Solving the Jigsaw, EASE Inc, Centre for Non-Violence, phone 5434 4100, email info@solvingthejigsaw.org.au for cost and registration details.

Victorian Aboriginal Health Conference 2012

Aboriginal health - everyone's responsibility
 Thursday 24 and Friday 25 May 2012, Melbourne Cricket Ground

The Department of Health is excited to announce the first major conference on Victorian Aboriginal Health to be held in Australia. The conference will showcase work that is helping to close the health gap between Aboriginal and non-Aboriginal Victorians.

Register NOW for the Early bird rate of \$450.00. Early bird closes on 31 March 2012. Online registrations are encouraged and payment can be made by either Mastercard or Visa. Please note Credit Card payments attract a surcharge of 3% to cover bank and provider fees. Follow this link to register on line or to obtain a copy of the registration brochure: <http://www.health.vic.gov.au/aboriginalhealth/conference/registration.htm>.

For further information please contact Robyn Smith, phone 9096 7938 or email robyn.smith@health.vic.gov.au.

Connectingcare and e-Referral Traffic

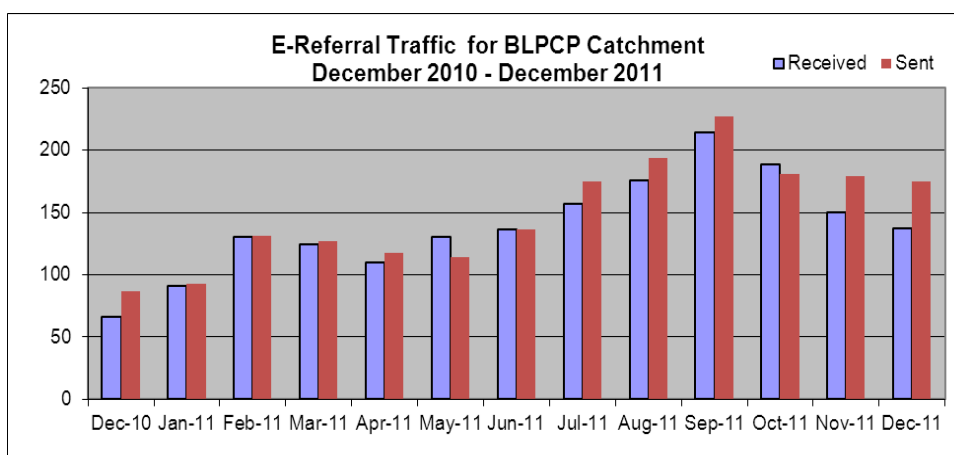
During December the following organisations have received and/or sent e-referrals/communication through Connectingcare:

Received e-referrals

- Bendigo Community Health Services—Family Support
- Bendigo Health—ACAS, Carer Support & Commonwealth Carer Respite Centre, Case Management Services, Diabetes Education Service, HART, HARP, PAC, Regional Continence Service, RHT
- Boort District Health—Physiotherapy
- City of Greater Bendigo—Aged Care
- Golden City Support Services
- Haven, Bendigo—Community Connections Program, Housing Support for the Aged
- Inglewood & Districts Health Service, Inglewood Campus—District Nursing Service, Social Work and Counselling Services
- Loddon Shire Council, Serpentine Office—Personal Care HACC
- St Luke's Bendigo— Child First, Mental Health—Recovery Focused Mental Health Services (PDRSS) Whirrakee

Sent e-referrals

- Baptcare—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, Aged Care Facilities
- Loddon Campaspe Community Legal Centre
- Loddon Shire Council—Serpentine Office
- St Luke's, Bendigo
- Vision Australia



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 the Bendigo Loddon PCP Office either Nancy Cutlack on 5448 1625 or Leanne Oberin on 5448 1624.

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