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Newsflash

JULY 2010

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Report from the PCP Executive Committee

At the meeting of the PCP Executive Committee held on 18 June 2010, several important decisions were made:

- The new Partnership Agreement which identifies Level 1 and Level 2 Membership categories and allows for Associates, was approved by the Board and will now be sent out to all current and potential members to enable them to select their category of membership and sign on to the PCP.
- The annual budget for 2010-2011 was approved. This budget has provided for the development of a Children's Services e-Directory on Connectingcare.com.au, updates to the Community Profile, the Pap Screen initiatives, another community engagement event in partnership with BDAC, Learning Circle/Health Coaching workshops, Capacity Building in Sexual Health, Physical Health and Mental Health, and 4.29 EFT Project staff at the PCP Secretariat.
- Other matters discussed were e-referral traffic, the Parliamentary Inquiry into the Potential for Schools to become a Focus for Promoting Healthy Community Living, Australian Health Reform, the PCP updated website, and the City of Greater Bendigo's Ageing Strategy.

PCP Integrated Health Promotion Reporting

The first 12 months of the PCP's Strategic Plan has now been completed and our year 1 work will be included in the report that the PCP Secretariat will be collating for September.

Brett Belot, our Integrated Health Promotion Project Officer, has been working on a template to make it as easy as possible for the funded Health Promotion organisations to provide their reports.

For 2009-2010, all IHP Plans were to reflect the nine mandatory reporting measures identified by the Department of Health. An annual review of the measures, as part of continuous quality improvement, will support implementation and ensure that health promotion evidence continues to be built.

The templates have now been forwarded to the partner organisations funded for HP activities and Brett will be seeking the completed reports by mid-August. A Case Study on IHP work will also be prepared for publishing in our Annual Report.

Australian Early Development Index

The Australian Early Development Index (AEDI) is a measure of how young children are developing in different communities in Australia. It is a population measure of children's development as they enter school and is based on the scores for a checklist completed by teachers. The AEDI measures five areas of early childhood development:

1. Physical health and wellbeing
2. Social competence
3. Emotional maturity
4. Language and cognitive skills
5. Communication skills and general knowledge.

In 2009, the AEDI was completed across Australia. 97.5% of the estimated 5 year old population in their first full-time school year were assessed in Government, Catholic and Independent schools.

For further information on the AEDI results, please go to <http://www.education.vic.gov.au/about/directions/children>.

Connectingcare and E-referral Traffic

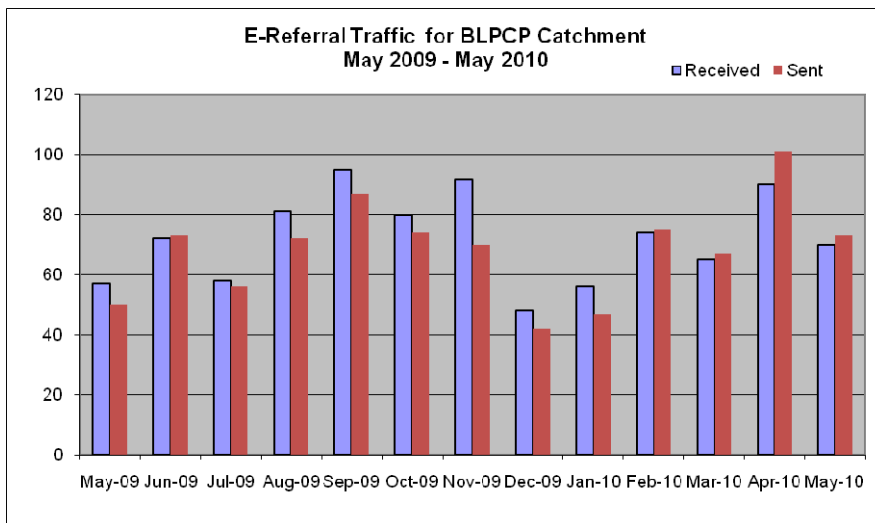
During April the following organisations have received and/or sent e-referrals through Connectingcare.com:

Received e-referrals

- Bendigo Community Health Services—Family Support
- Bendigo Health—HART/ACAS, Referral Centre, PAC, and Rural Health Team
- Golden City Support Services—Community Support
- Mind—Prevention and Recovery Centre
- St Luke's Bendigo— Financial Counselling and Child First

Sent e-referrals

- Baptcare
- Bendigo Health—Bendigo Campuses and Regional Services
- Commonwealth Respite and Carelink Centre
- Department of Human Services
- Inglewood and Districts Health Service
- Loddon Shire Council
- Mind—Prevention and Recovery Centre
- Northern District Community Health Services
- St Luke's Bendigo - Child First and Gamblers Help



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

Gambler's Help Update

A new position has been created within Gambler's Help across the state to strengthen relationships between gaming venues and Gambler's Help services. The Venue Support Worker Position is responsible for educating and supporting gaming venue staff in identifying and responding to problem gambling. The Loddon Campaspe area has been allocated .8 EFT with the worker commencing work at St Luke's in August.

Responsible Gambling Awareness Week was very successful with a number of activities taking place throughout the Loddon Mallee Region. Local activities included library information displays, a Gaming Venue Information Session, newspaper articles and a radio interview with the Goldfields and ABC radio station.

Promoting Physical Activity for All Abilities Resource

This resource is intended for use by people who have an interest in promoting physical activity for people with a disability, in particular Local and State Government departments responsible for community development, sport and recreation, disability services, transport and planning, Community Health, Sport, Fitness and Leisure organisations, Rural Access, Metro Access and Deaf Access programs, Primary Care Partnerships, and Disability Services.

This resource includes information on how to ensure a more inclusive approach is taken when promoting and developing opportunities to increase physical activity and addressing the barriers to participation in physical activity.

The resource can be accessed via the following link:

http://www.kinectaustralia.org.au/content/Public/InfoLine_InfoCentre/Go_for_your_life_InfoCentre/Promoting_Physical_Activity_for_All_Abilities_Resource.aspx.

Training Opportunity for Community Services and Health Staff

An opportunity for BLPCP members to attend this FREE workshop

This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet) to introduce participants to the principles and concepts underpinning **mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of sectors and work settings.**

The workshop will cover:

- Concepts of positive mental health
- Influences on mental health (including social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Status of the evidence
- Overview of mental health promotion, prevention of ill-health and early intervention
- Applications to clinical and community settings
- Examples of evidence-based interventions

This workshop is suitable for **ALL** service providers and workers from government, non-government, health, non-health, clinical, non-clinical, rural and urban settings who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for good mental health. This is not skills-based training, but rather an awareness raising and knowledge enhancement module.

The proposed date is Friday 20 August from 10.30am to 3.30pm. Places are limited to 18 participants. Expressions of interest should be emailed to Jenny Mitchell, BLPCP Programs Coordinator, jennymitchell@bchs.com.au by Monday 26 July 2010.

Bendigo Loddon Alcohol Action Plan 2009-2012

This Action Plan was facilitated by Bendigo Community Health Services in collaboration with a number of local agencies across the health, education, welfare, local government and law enforcement sectors. A reference group was formed which guided the development of the plan that reflected the needs of the Bendigo Loddon communities.

The BLPCP Strategic Plan includes a commitment to establish and maintain a committee to implement the Plan.

We are looking for interested partners and staff to re-establish a new Committee. **Do you have an interest in helping to reduce the overall harms associated with alcohol misuse and its management in the community? Would you like to be part of a shared response to challenging individual and community drinking cultures and promoting safe drinking practices?** If so please contact Jenny Mitchell at the PCP Office, email jennymitchell@bchs.com.au, phone 5448 1683.

Visit <http://www.blpcp.com.au/publications/Bendigo%20Alcohol%20Action%20Plan%202009-2012.pdf> to view a copy of the Plan.

Mental Health and Wellbeing

Update

The enhancement of community mental health and wellbeing figures prominently in the BLPCP Strategic Plan and in the work of many of our member agencies. Some examples:

- The Loddon Shire Healthy Minds Network continues to do great work in their part of the world.
- At the other end of the region there is a committed group of people in Heathcote looking to enhance the wellbeing of their community.
- The Mental Health Week Working Group in Bendigo works to enhance community understanding about mental health and wellbeing in Bendigo during Mental Health Week.
- The Mental Health First Aid course is proving to be useful training for community members and for professionals in the NDCHS catchment.

This work can be quite challenging as mental health promotion is, in many ways, still an emerging discipline. However, our own VicHealth is a world leader in researching and developing approaches to mental health promotion. They have developed a number of frameworks which are very much worth looking at in relation to your mental health promotion work. The Melbourne Charter provides an excellent overview as does the Participation for Health Framework for Action. Also if you have an interest or involvement in prevention of violence against women or in reducing race-based discrimination and supporting diversity have a look at those frameworks as well. Visit www.vichealth.gov.au.

Free

Elder Abuse Workshop

Information Session and Discussion Workshop for Bendigo Seniors

What is elder abuse? How can we deal with it?

Come to a free information session and discussion workshop which is being held for the general community, community workers and carers on how to help protect and safeguard the rights of older people, particularly in relation to identifying and understanding what Elder Abuse means. A speaker from Seniors Rights Victoria will describe the free help and advice available on this complex issue.

Date: Wednesday 4 August 2010

Time: 10.30am to 1.00pm (session (light lunch and tea/coffee provided)

Where: Goldfields Library, 259 Hargreaves Street, Bendigo

RSVP: 28 July 2010 to Teneille Summers on 5443 0233 or Teneille.Summers@whlm.org.au.

Training: Stanford Model of CDSM Leader Training

This 4-day Leader Training course is designed to train health and human service professionals and community peer leaders to deliver the 6-week Better Health Self Management Community Course developed by Stanford University Patient Education Research Centre.

The training provides the skills to:

- conduct the Stanford Chronic Disease Self Management Community Course with another trained co-leader
- understand the concept of self-efficacy and the strategies to enhance self-efficacy
- use effective training techniques including lectures with discussion, brainstorming, demonstration, practice, feedback, problem solving and making an action plan.

The course will also provide the opportunity for constructive and practical discussion about implementing the community course and the opportunity to draw on the knowledge of experienced professional and peer leaders.

Dates: 9.30 am to 4.30 pm on 15, 16, 22 and 23 July 2010.

Venue: Barwon Health Newcomb, 104-108 Bellarine Highway.

Cost: \$220 for health and human services professionals or \$40 for volunteer peer leader attending with a professional.

Registration: Closes Friday 2 July 2010.

Please note: The Bendigo Loddon PCP holds a current license with the Stanford Patient Education Research Centre to deliver the Community Course and this is available for use by all our Partners. A copy of this current licence agreement will need to be provided prior to undertaking Leader Training. For further information about the licence or to obtain a copy for the purpose of this training, please contact Jeanette Grant at the PCP Office on 5448 1626, or email jeanettegrant@bchs.com.au.

For more information, please contact Kathleen Doole, telephone 5260 3668, web: <http://www.barwonhealth.org.au/default.aspx>, email: kathleen@barwonhealth.org.au.

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