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Newsflash

JUNE 2011

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Medicare Local

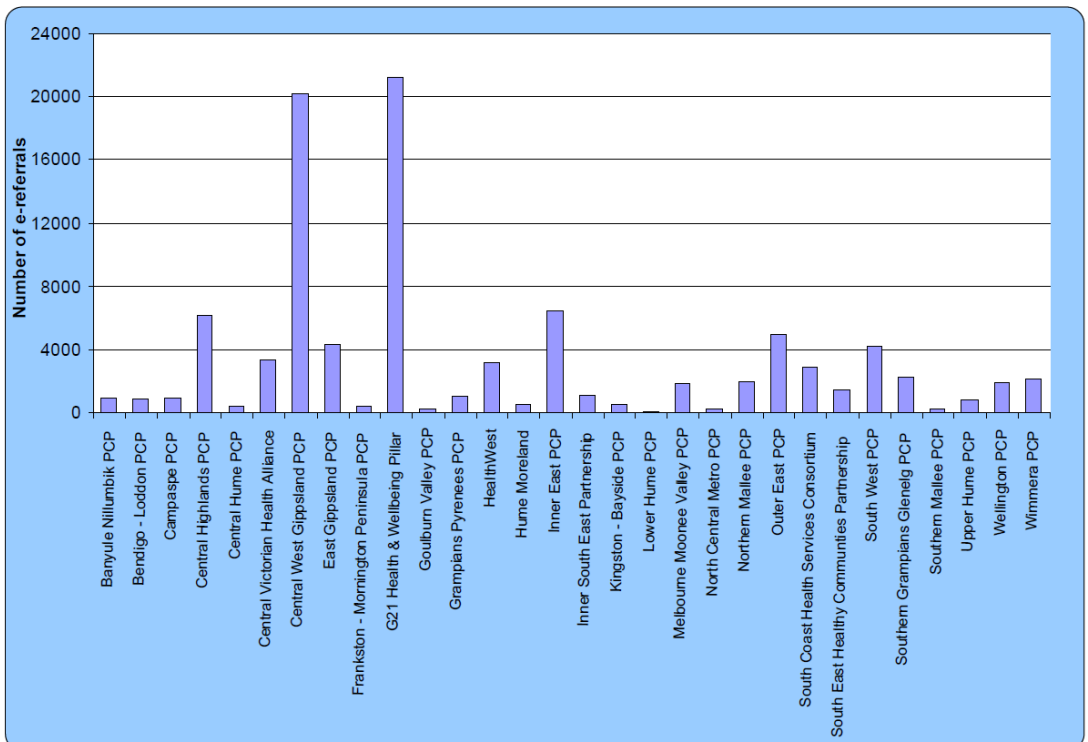
The Divisions of General Practice Networks Alliance (Murray Plains, Central Victoria and Central Highlands) has engaged LaTrobe University to enable Associate Professor Mandy Kenny to progress the collaborative planning processes and the development of the Medicare Local Application for this Region.

The Board of the Bendigo Loddon PCP has resolved to plan for a constructive transition of the PCP to the Medicare Local in a timeframe and manner that is consistent with our Strategic Plan. In order to achieve this, the Board is now working on a set of principles that include valuing and supporting PCP staff, continuity of knowledge and expertise, avoiding duplication and engaging and communicating with our partners.

The Board and staff of the PCP will work with the Divisions and the Project Manager to assist in collecting and collating the evidence required for a high quality application to be submitted for a Medicare Local in the Region.

Statewide e-Referral Snapshot

Primary Care Partnerships annually report on electronic referral (e-referral) transactions along with other reports that indicate practice improvements for service coordination. This chart provides a statewide snapshot of the PCP e-referral statistics for 2009-2010.



“We have used e-referral for many years now. It has proven to be secure, encourages quality referrals and minimises error. E-communication is extremely efficient with the added bonus of reducing administrative workload. We now encourage our partners to adopt e-referral so we can further reduce OUR workload (and save the environment)!”

Jenny Harriott, Manager, Rural Health Team & Home Assessment and Rehabilitation Team, Bendigo Health

Strength Training

The Strength Training Development Plan, developed by the Bendigo Loddon PCP's Physical Activity Consortium, provides a co-ordinated approach to the planning, development, promotion and delivery of strength training programs throughout the BLPCP catchment.

The PCP is currently in the process of reconvening these meetings with the major focus on reviewing and implementing aspects of the Plan. **If you are interested in being involved in the Strength Training Development Plan Network please contact Judi Nicholson, PCP Project Officer, on 5448 1682 or email judinicholson@bchs.com.au.**

The Strength Training Development Plan can be found on the PCP website www.blpcp.com.au under Publications.

Diabetes in Loddon Action Group

In keeping with this group's aim of diabetes education and prevention, a major focus has been the *Kids Go for Your Life* Healthy Messages program, and in working towards implementing the Healthy Canteens model into local schools. There have been discussions with schools to gauge their interest and commitment to the program with the Loddon Shire having several applications ready for submission so as to attain this award level.

Discussions on health promotion strategies for Diabetes Week (10 to 17 July) including the use of promotional material and the theme for the event will again be a topic for the Group's June meeting. Some activities from previous years will be inclusions, but emphasis is on the development of new activities to promote diabetes prevention and awareness raising.

Bendigo Loddon Alcohol Action Plan

The Bendigo Loddon Alcohol Action Plan Committee is undertaking some excellent collaborative work as the group shares information and resources in order to meet the Plan's objectives. In implementing the Plan, sub-committees have been established to oversee the process, and to work towards exploring methods including programs that will further enhance the Plan. Currently Club 18 project is being assessed as a possibility for future delivery. Club 18 is designed to educate young people under 18 years on the expectations of behaviour in and around licenced premises and the potential consequences of not following these expectations. The aim is to encourage a higher standard of behaviour; reduce anti-social behaviour within and around licensed premises, and to build relationships between future patrons, licensees and Victoria Police.

Bendigo Family Violence Prevention Network

Building on the success of previous years, White Ribbon Day (WRD) is largely the focus of the Family Violence Network as they plan for the 25 November event. The group have been instrumental in the delivery of family violence education to the Strathfieldsaye Football Club as part of the Violence is Out of Bounds initiative. There is also the potential for this program to be rolled out to other sporting clubs.

Currently the Network is developing the program of events for the day and is seeking to recruit five WRD Ambassadors. Regular Network meetings with these Ambassadors will also provide opportunities to identify areas for broader participation and expansion of ideas.

Additionally, an application has been submitted for funding the Making Meaning on Film project and will be partially funded by BLPCP, in which secondary students from Catholic College Bendigo will work on developing short films with the theme of violence against women and children. Throughout the development of the films the students will participate in workshops with members of the Network who will also provide a resource for teaching staff during the production of the films. The short films will be screened as a film festival on WRD as a highlight of the events program.

Arthritis Victoria Rheumatology Help Line

Arthritis Victoria is undertaking a project with a specific focus on Bendigo Loddon PCP and Northern Mallee PCP. The project has been funded by the Department of Health and part of this project is a Statewide **Help Line for people with Arthritis** to call in and receive advice and assistance from trained rheumatology nurses who have access to specialist rheumatologists. The Help Line commenced on Monday 6 June 2011 and will operate as a pilot for 9 months. **The Rheumatology Help Line can be reached via phone: 1800 263 265 or email: rhl@arthritisvic.org.au, 10.00am to 3.00pm Monday to Friday.**

The nurses will answer questions about joint pain, medications, where to access services, disability supports, and anything else related to rheumatology conditions eg osteoarthritis, rheumatoid arthritis, gout etc.

In addition, www.arthritisvic.org.au has a Service Directory which contains statistical information on arthritis by postcodes, as well as a Physical Activity Directory for any area you want to search.

Sexual and Reproductive Health

The Sexual Health Task Group is currently arranging its planning day for the next 12 months from July 2011. A facilitator will work with the Group to enable it to develop some strategies that will have the best outcomes for Sexual Health in Greater Bendigo and Loddon. There is an extremely high rate of Chlamydia in Greater Bendigo and the Task Group is attempting to define why this might be so in relation to the rest of the region.

A PhD student from Deakin University in Burwood is studying this Group as part of her thesis to research why the Bendigo Loddon PCP is the only PCP in Victoria that has identified Sexual and Reproductive Health as one of its IHP priorities when evidence demonstrates that other local government areas have as high or higher rates of sexual and reproductive health issues. Meg Callender has spent quite a lot of time in Bendigo interviewing members of the Task Group and the PCP staff and also GPs and other treatment centres.

The Sexual Health Task Group members which include schools, health services, youth services and non-government organisations are very committed to Sexual and Reproductive Health. A PapScreen Nurse Clinical Network has been established which has been very supportive and successful.



World Elder Abuse Awareness Day - Bendigo

15 June 2011

World Elder Abuse Awareness Day raises awareness about elder abuse and provides an opportunity to create safe and caring communities where we can all age with dignity and respect.

Seniors Rights Victoria, in partnership with Loddon Campaspe Community Legal Centre, invite you to join them on World Elder Abuse Awareness Day to celebrate ageing and acknowledge the significant contribution seniors make to the community.

10.30am St Andrews Uniting Church, 26-28 Myers Street, Bendigo: World Elder Abuse Awareness Day Church Service. Morning tea will follow the service.

1.30pm for 2.00pm Mayoral Proclamation, Town Hall, Lyttleton Terrace, Bendigo: Cr Rod Fyffe, Mayor of the City of Greater Bendigo, will make the first Australian World Elder Abuse Awareness Day Proclamation recognising seniors as valued members of the community. Noeline Brown, Australia's Ambassador for Ageing will be a special guest. Afternoon tea will follow the proceedings. **RSVP is required for this event by 9 June to Elaine on 5444 4364.**

Scraptherapy Facilitator Training

'**Scraptherapy**' is a new art therapy program which Women's Health Loddon Mallee designed and facilitated in 2010 on behalf of the Bendigo Loddon PCP for the gambling prevention health promotion project.

Its goal was to increase social connectedness in women at risk of range of health related issues (eg problem gambling, mental illness and social exclusion). This supportive and preventative program also focussed on enhancing personal strengths, building skills to manage challenge and change, and increasing knowledge and accessibility to local support services.

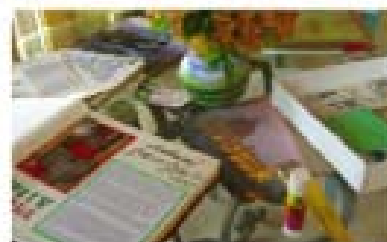
Due to the success of the program, the PCP has now funded the design of a Train the Trainer Experiential Facilitators Course for those who wish to deliver a 'Scraptherapy' program in their own organisations. This training is suitable for workers from various sectors who engage in both individual and/or group work with clients. The training mirrors the experiential nature of the 'Scraptherapy' program, incorporating both the activities of the program and the facilitation of the process. Participants will be provided with a scrapbooking album and materials. The training will also engage attendees in other forms of art therapy, body work, meditation, music and journaling.

When: Thursday 23 June and Thursday 30 June 2011; 9.30am to 3.00pm (morning tea and lunch provided)

Where: St Andrews Church Hall, Randall Room, Myers Street, Bendigo

Cost: \$60

Registration: Women's Health Loddon Mallee, phone 5443 0233 by 10 June 2011.



Chronic Disease Self-Management Special Interest Group

A workshop is being conducted on using virtual reality technologies 'Wii Fit vs X-box Kinect' to transform the experience of fitness programs for people with chronic conditions. This workshop is for health professionals from hospitals and community health services working with people with chronic illnesses, interested consumers with chronic illnesses, carers and researchers in self-management. It will be led by Royal Park Physiotherapist, Kelly Bower, with assistance from widely experienced health services consultant, John Lawrence.

When: Thursday 23 June 2011; 1.00pm to 4.00pm

Where: LaTrobe Rural Health School, Department of Physiotherapy, Anne Caudle Centre, 100 Barnard Street, Bendigo

RSVP: Christine Walker, Chronic Illness Alliance, phone 9882 4654 or email cwalker@chronicillness.org.au

BreastHealth Training Program

Cancer Council Victoria's BreastHealth training program is coming to Bendigo. The program provides the only comprehensive breast health education training opportunity for health and community workers in Victoria and aims to give participants the skills and knowledge required to present breast health education to individuals and groups of women. It is a one-day course for health and community workers (typically community health nurses, maternal and child health nurses, BreastScreen information workers and breast care nurses) who are new to the area of breast health and breast cancer, or who want to revise and update their skills and knowledge.

When: Friday 24 June 2011; 9.15am to 4.00pm (venue to be confirmed)

Cost: \$150 (GST exempt) per person, including lunch, resources and certificate

For further information or to register for the day please contact Rachel Mulqueeney, Community Health Professionals Coordinator, phone 9635 5424 or email Rachel.mulqueeney@cancervic.org.au.

New Staff in the PCP Office

Health Promotion and Planning

Stephanie Jelbart, joins the PCP Office from 14 June 2011. Stephanie is a Public Health Graduate where she studied Health Promotion, Program Planning, Development and Evaluation, Health Behaviour Change, amongst other issues. Stephanie also holds a Graduate Diploma of Education. She has worked overseas in the UK and was the Wellbeing Coordinator at a Secondary College and teaching Humanities, Health and English to Years 7-12. Stephanie has also held the position of Director and Operations Manager for a youth and community organisation and a Leading Teacher role in a Secondary College.

Stephanie will be working in Sexual and Reproductive Health, Physical Activity and Active Communities and Gambling health promotion. She will work on Tuesday and Wednesday each week. Thank you to Rebekah Barnfield from IDHS for assisting with the interviews for the this position.

Service Coordination

Nancy Cutlack has been seconded from Heathcote Health to continue to improve electronic communication between agencies in the Bendigo Loddon PCP to support better coordinated care for consumers.

Nancy is known to many in Bendigo Loddon region for her role in Palliative Care as a clinician and consultant. During recent years, Nancy co-managed community health projects and HACC services as well as clinical support involvement. Her recent work as a practice nurse and district nurse means that she has an understanding of the need for secure and efficient service coordination. Nancy's experience in teaching and breadth of professional experience equips her for her role as Service Coordination Officer with the PCP. Nancy recently became accredited as a PapScreen provider and is a member of the Sexual Health Task Force representing Heathcote Health.

Stephanie and Nancy join Leanne Oberin and Judi Nicholson and Jeanette Grant in the PCP Office. Leah Wilson will return to work in April 2012 following the recent birth of her son Archie James on 14 May 2011.

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Style Cafe



Come join us!

Are you a primary carer, family member and/or a person aged 65 years or over with a diagnosis of early onset dementia?

Carer Support Services invites you to its Cafe Style Support program which is an opportunity to share your experiences, learn about support programs and socialise with others. Each session includes entertainment and light refreshments at no cost.

When: Once a month on a Tuesday beginning June 2011

Where: Bendigo, Woodend, Echuca and Kerang

Time: 1.30pm until 4.30pm

Cost: Free

For more information or to register your interest, contact Carer Support Services on 1800 068 978.