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Newsflash

MAY 2010

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Responsible
Gambling
Awareness Week

17-23 May 2010

www.gambleaware.vic.gov.au

New Chairperson Elected for Bendigo Loddon PCP

A new era has commenced for Bendigo Loddon PCP with Sue Clarke resigning her position as long serving Chairperson due to her imminent retirement as the CEO of Bendigo Community Health Services. An election saw Peter Abraham, the Chief Executive of Boort District Health, being appointed as the new chairperson of the PCP. This is the first time that the Chair of the PCP has come from one of the partner organisations located in the Loddon Shire.

The Board also elected a Deputy Chairperson and Liz Hamilton, the Executive Director of Continuing and Community Care at Bendigo Health, has been appointed to this role.

These changes are the start of several other important transformations for the PCP, including a new Partnership Agreement that is currently being developed to be in place by 30 June 2010. A small working party of the PCP Board consisting of Mike Parker from Inglewood and Districts Health Service, Jude Holt from the Loddon Shire and Liz Hamilton from Bendigo Health are working with the Executive Officer, Jeanette Grant, to finalise the draft partnership agreement so it can be circulated to members for comment.

Changes to Staffing at the PCP Office

We are pleased to welcome Brett Belot who has moved to Bendigo from Gippsland and has taken up the position of Project Officer with the Bendigo Loddon PCP. Brett is an experienced PCP Project Officer having worked at the Wellington PCP in Sale prior to moving to Bendigo. Brett will have a focus on Physical Activity and Active Communities, Sexual and Reproductive Health, Reducing Tobacco Related Harm and Youth Services. Brett is joined in the PCP Office by Jenny Mitchell who has been seconded to the PCP from Bendigo Health Child and Adolescent Mental Health Service (CAMHS) to assist the partner organisations with Mental Health and Wellbeing, and Family Violence including the Elder Abuse Project that Women's Health Loddon Mallee is implementing on behalf of the PCP. Jenny will also assist in the re-establishment of the Bendigo Committee to implement the Bendigo Loddon Alcohol Action Plan.

Brett is a keen artist and will work part time at the PCP to enable him to spend time on his art.

Jenny works part time at our partner agency Northern Districts Community Health Service where she works on school wellbeing. We look forward to "downloading" as much information as we can before Jenny returns to CAMHS at the end of September. To this end, she is keen to begin the process of sharing her wellbeing knowledge. If you would like to be part of a regular email list for wellbeing tips, resources and activity based ideas please let Jenny know, email jennymitchell@bchs.com.au.

Networking with Bendigo and District Aboriginal Cooperative



A very successful sausage sizzle was held on 24 March 2010 at Canterbury Park in Eaglehawk where over 40 members of the Aboriginal Community and 40 Service Providers joined together for a sausage sizzle and shared information about services and programs.

Integration was apparent and lots of information was exchanged. There were many innovative presentations evident and a lot of thought had been put into the process by some of the services. The day was quite informal, no PowerPoint presentations, but lots of 'yarning' around the barbeque and in picnic spots around the park. Salad, fruit and water was provided and it was great to see Jenny Collins from the Regional Department of Health serving out the sausages.

The event was planned by Di Christensen and her team from BDAC in partnership with the PCP Team. HDG Consulting subsidised the day as part of the HACC Service Coordination project funded by the Department of Health.

Lots of questions were asked by the members of the community in attendance and these included how to get home care, are there any gardening assistance programs for older people, how to access QUIT support, what about alarm systems and also housing for elders.

One of the key themes that was identified by workers and elders alike was the need for further (and different) support for elders who care for grandchildren.

Many of the services had put a lot of work into planning their resources for the day with some services developing relevant promotional materials and stories to share on the day. BDAC staff were in attendance and shared stories and information with mainstream services as well as with the community.

The day can be summed up by the person who wrote: ***"Well done! Good food, lovely spot, sunny day and everyone was friendly."***



For Health Coaching Graduates

For those Bendigo Loddon PCP partners who have been trained in Health Coaching by Health Coaching Australia, the PCP is very excited about the establishment of a Learning Circle which will promote peer support and planning to enable you to embed your Health Coaching Training into your daily practice.

There will be three meetings of the Learning Circle, the first on 1 June 2010 from 10am to 4pm in Bendigo. This will provide the environment and peers for you to develop your own plan to use your Health Coaching skills and strategies in practice. This is the Planning stage of the Plan, Do, Study, Act (PDSA) of the Learning Circle model.

The second workshop will be held later in the year and will focus on you reviewing your own plan and discussing barriers and enablers with your peers. This is the Study part of the framework.

The third and final meeting of the Learning Circle will be a full day Health Practitioner Review and Update Workshop facilitated by Health Coaching Australia. This workshop will enable you to go back to your Health Coaching Training and review and practice the key skills and principles that were taught at the initial Health Coaching Course that you attended.

We believe that this Learning Circle will be of fantastic benefit to your work and will provide a learning environment that will add value to your clinical practice. If you are a health coaching graduate and would like to join this Learning Circle and attend these three days please register before the 14 May 2010 on <http://www.surveymonkey.com/s/D9RH7YG>.

Connectingcare and E-referral Traffic

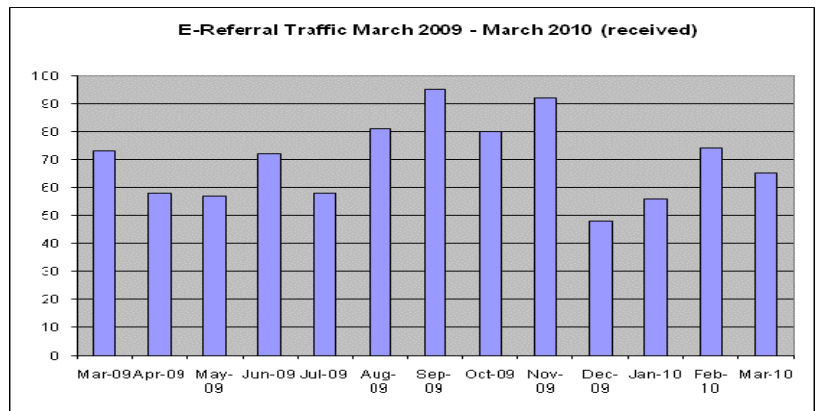
During March the following organisations have received and/or sent e-referrals through Connectingcare.com:

Received e-referrals

- Bendigo Health (HART/ACAS, Referral Centre, PAC, and Rural Health Team)
- Bendigo Community Health Services - Family Support
- Golden City Support Services - Community Support
- St Luke's Bendigo - Financial Counselling

Sent e-referrals

- St Luke's Bendigo - Child First and Gamblers Help
- Bendigo Health
- Baptistcare
- Commonwealth Carelink Centre
- DHS - Loddon Mallee Regional Office
- Inglewood & Districts Health Service
- Loddon Shire Council



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 on 5448 1624.

Integrated Health Promotion Plan Governance Group

The new Strategic Plan contains the catchment wide Integrated Health Promotion Plan which draws together the individual Health Promotion Plans of our member organisations and the Partnership Health Promotion activities. In order to manage the implementation of the Integrated Health Promotion Plan (IHPP) a Governance Group has been established by the partners. The first meeting of this Group was held on 16 March 2010 to discuss the Plan and the progress being made by the Health Promotion agencies in implementing the IHP Catchment Plan.

The Terms of Reference of the Group have the following objectives:

1. Governance of the implementation of the IHP including identification of the barriers and enablers within the strategies.
2. Information sharing about the Health Promotion Reporting Requirements.
3. Sharing knowledge and learning on IHP issues.
4. Increasing knowledge of evaluation.
5. Networking to discuss partnership issues in the Plan.

Membership of the group includes:

- Bendigo Health
- Heathcote Health
- Northern Districts Community Health Service
- Breastscreen Victoria Bendigo
- Bendigo Community Health Services Ltd
- Inglewood and Districts Health Service
- Women's Health Loddon Mallee
- Sexual Health Task Group Chairperson

The Health Promotion Adviser from the Department of Health Regional Office will attend the Group's meetings when possible or for specific items.

The IHPP Governance Group will meet quarterly to follow the progress of the IHP Plan. Kaye Graves from Bendigo Community Health Services was elected as the inaugural Chairperson with Chris Kyle-Link from Women's Health Loddon Mallee accepting the role as Deputy Chairperson.

The Integrated Health Promotion Plan is contained in Section 5 of the PCP Strategic Plan and can be found on www.blpcp.com.au.



“Inclusive Communities and Physical Activity Forum”

The ‘Go for your life’ forum to be held in Bendigo on 18 May 2010 at the Capital Theatre, View Street will be facilitated by Kinect Australia.

‘Go for your life’, the Department of Health, Sports Focus Bendigo, the City of Greater Bendigo, Bendigo Loddon PCP, Central Victorian Health Alliance and Campaspe PCP have contributed to the forum’s planning sessions.

A registration form can be found on the following link: http://www.kinectaaustralia.org.au/content/Public/InfoLine_InfoCentre/Forums/2010_Forums.aspx. For more information please contact Sarah-Jane Blunt from Kinect Australia on 8320 0105 or Brett Belot at BLPCP on 5448 1682.

Upcoming Family Violence Training in Bendigo

- Introduction to Domestic Violence (Accredited) on 12, 13, 19, 20 May 2010 for those workers who are new (less than 12 months) to the domestic violence field and those workers in the health and community sector whose work brings them in contact with women and children experiencing domestic violence.
- Common Risk Assessment Framework (Comprehensive Level) 17 June 2010.

For further information contact Cheryl Munzel, Regional Family Violence Integration Coordinator, Centre for Non-Violence, phone 5434 4100, Ext 112, email cheryl.munzel@ease.org.au.

Youth and Adult Mental Health First Aid Courses

Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis. It is given until appropriate professional treatment is received or until the crisis resolves.

This course covers how to give help to adults and/or youth in any of the following crisis situations: **Person feeling suicidal; Person having a panic attack; Person who has recently experienced a traumatic event; Person with psychosis who may appear threatening; and Person who has overdosed.**

The course also trains the public to give help to people with mental health problems before a crisis develops. The problems covered are: **Depression; Anxiety disorders; Psychosis and Substance use disorders.**

Dates: Adult MFHA Monday 10 and Thursday 13 May at Better Outcomes, 103 Bridge Street, Bendigo
Youth MFHA Wednesday 26 and Thursday 27 May at Quills, Lakeview Resort, 286 Napier Street, Bendigo
Adult MHFA Thursday 3 and Friday 4 June at Quills, Lakeview Resort, 286 Napier Street, Bendigo
Youth MFHA Thursday 10 and Friday 11 June at Better Outcomes, 103 Bridge Street, Bendigo

Cost: \$30 and includes MHFA Manual, tea/coffee and morning/afternoon teas. BYO lunch.

Time: 9.00am to 4.30pm

Participants need to attend both training days to attain a MHFA Certificate.

For further information contact Jeanette O’Brien, Central Victoria General Practice Network, phone 5441 7004, email jobrien@cvgpn.org.au, or visit www.mhfa.com.au

Commonwealth Respite and Carelink Centres Free Information Session

27 May 2010, 10.00am to 1.00pm, Capital Theatre, Bendigo

Retirement villages, home care services, hostels, nursing homes, entry criteria, fees, charges, assessments. Community and health workers are welcome to attend this day. Respite available for carers to attend.

Bookings essential, Freecall 1800 052 222.

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