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Newsflash

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INSIDE THIS ISSUE:

IHP Plan Governance Group	2
Diabetes in Loddon Action Group	2
Bendigo Loddon Alcohol Action Plan	2
Bendigo Family Violence Prevention Network	2
SPAN's Suicide Awareness Walk	2
Physical Activity Network	3
Sexual Health Task Group	2
Connectingcare and e-Referral Traffic	3
Responding to Disclosures of Sexual Assault Workshop	4
Preventing Violence Against Women and their Children	4
Communication Access!	4
Tai Chi for Diabetes Workshop	4

R U OK? Day
Thursday
15 September, 2011

ask family,
friends and
colleagues:
"Are you OK?"

Board Update

At the Bendigo Loddon PCP Board Meeting held on 8 July 2011, Peter Abraham, the CEO of Heathcote Health, was re-elected as the PCP Chairperson until the end of the current PCP Strategic Plan in June 2012. The Board also agreed to ensure that there was representation from both Greater Bendigo and Loddon Local Government areas, Veronica Jamison, the CEO of Boort District Health, was elected as Deputy Chairperson. Several changes to Board members occurred with Carolyn Wallace leaving her position at the City of Greater Bendigo and Deb Simpson replacing her on the Board as that Local Government representative.

New Strategic Plan

The PCP is required to prepare its new Strategic Plan and Integrated Health Promotion Plan for 2012 by June next year. This will mean a busy time at the start of the new calendar year which is only a bit over 3 months away. We hope to hold a number of forums and workshops to gain input from all partners to these new plans and we will be inviting the new Medicare Local staff, when established and appointed, to work closely with us on the development of these plans.

Women's Health Survey

Boort District Health, Dingee Bush Nursing Centre and Inglewood and Districts Health Services working with the Bendigo Loddon PCP were successful in obtaining a Community Development Grant from PapScreen Victoria.

The percentage of women in the Loddon Shire being screened for cervical cancer has dramatically declined in recent years and the grant will enable a survey to be undertaken to identify the barriers women in Loddon experience and why they do not attend Pap Screen Clinics. Every woman between the ages of 18 and 69 should have a Pap test every 2 years. Statistics tell us that 90% of women in Victoria who develop cervical cancer have either never had a Pap test, or didn't have them regularly in the 10 years prior to diagnosis. We know that 9 in 10 cervical cancers can be prevented by having regular Pap tests.

The survey will be distributed shortly to households in the Inglewood, Boort, Dingee, Pyramid Hill, Wedderburn and Serpentine Districts. If you know of any women living in these districts and in the 18 to 69 age range please encourage them to complete a survey to help us improve Pap test rates in the region and prevent cancer. Surveys can be obtained by contacting Leanne Oberin, PCP Team Leader, on 5448 1624.

Better Boards Governance 101 Seminar (Bendigo)

Governance, Principles, Practices and their Practical Application in the Boardroom
Tuesday 11 October 2011; 4.30 to 6.30pm at Bendigo LaTrobe Visual Arts Centre

This seminar is tailored for potential board members, new board members and board members wishing to enhance their existing governance knowledge. Visit www.betterboards.net for details.

Life is Health is Life Resource: Taking Action to Close the Gap

VicHealth has developed a comprehensive evidence based health promotion resource that aims to provide information to improve the overall health and life expectancy of Aboriginal Victorians. Incorporated in this resource is information to guide service and program planning as well as the Victorian Aboriginal Health Promotion Framework tool which can assist in assessing priorities and with program evaluation. Visit www.vichealth.vic.gov.au and search for Life is Health.

Integrated Health Promotion (IHP) Plan Governance Group

IHP funded agencies are currently in the process of preparing their IHP impact evaluation reports as per their agency plan, and annual case study which relates to one key project undertaken by the agency during the reporting period. Reports are to be lodged with the Department of Health by 30 September 2011.

Bendigo Loddon PCP has also been working with individual agencies and collating information pertaining to reporting requirements based on objectives and strategies for the 2010-2011 period as identified in the Bendigo Loddon IHP Plan 2009-2012.

The meetings of the Governance Group have focused on reporting requirements and evaluation methodologies. The guest speaker for the September meeting is Glenda Jenkins from the Department of Health who will be discussing the flood response.

Diabetes in Loddon Action Group

With the Diabetes Pathways documents now completed, the group is preparing a local **How to Live with Diabetes brochure**. True partnership work is evident as members participate in collating all relevant information pertaining to their districts for inclusion in the "Loddonised" brochure. The Bendigo Loddon Primary Care Partnership is assisting with the coordination of this activity.

The Diabetes in Loddon Action Group is keen to inform community members of the risk factors associated with Type 2 diabetes, and is currently also working on expanding the reach of the Ausrisk Tool.

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

Bendigo Loddon Alcohol Action Plan

At its August meeting, Captain Martyn Scrimshaw provided the Bendigo Loddon Alcohol Action Plan Committee with an interesting overview of the **Chill Out Space**, an initiative of the Salvation Army. Malcolm Pollitt also attended the meeting and provided updates on the Bendigo Safe Community Forum and RoadSafe Central Victoria. Cheryl Sobczyk discussed the Commonwealth and State Status Report which is using a whole of government approach to alcohol and other drug reform. This highlighted the possibility of opportunities for the Committee regarding funding and alcohol initiatives which the group could incorporate and act upon as part of the Action Plan. Additionally, discussion was also held on *Making Sense of the Victorian Population Health Survey* as a tool useful to agency planning.

Agency updates against the Alcohol Action Plan are a regular component of these meetings which provide an excellent opportunity for members to network and information share.

Any agencies seeking further information on the Bendigo Loddon Alcohol Action Plan Committee can contact Judi Nicholson, IHP Project Officer on 5448 1682.

Bendigo Family Violence Prevention Network

Preparation continues for **White Ribbon Day** (25 November) with the Bendigo Family Violence Prevention Network linking in with the **Violence is Out of Bounds** campaign. Members of the Network attended the Strathfieldsaye Storm vs Maryborough football match on 27 August where they successfully collected a number of pledges from men who swear not to commit violence against women. Nominations for Ambassadors for White Ribbon Day are currently being received, and the associated orientation for nominees is in the planning phase.

The next meeting is scheduled for Monday 26 September at 1.00pm. All interested agency representatives are welcome to attend. Please contact Judi Nicholson, IHP Project Officer on 5448 1682 for further information.

SPAN's Suicide Awareness Walk

The motto of this group is "tough times pass", and it focuses on holding a public walk for those in the community who have been affected by suicide and events to raise suicide awareness and promote services to those who are at risk or know someone who is at risk. This project is supported by the Suicide Prevention Awareness Network—Central Victoria (SPAN) and the Bendigo Advertiser that invited agencies to participate in the planning of these events.

The walk is scheduled for 24 March 2012 with activities and opportunities for suicide awareness and prevention to take place around that date.

Agencies interested in participating in the meetings and planning for these events please contact Di Parker on 5434 6410, or email d.parker@bendigo.vic.gov.au.

Physical Activity Network

The Physical Activity Consortium (PAC) met last month to discuss the future direction of the group. After much discussion, it was decided that the meetings were now most valuable for networking. With Strength Training borne out of PAC now having a life of its own, it was decided that PAC would be best to operate as a networking opportunity for the next 12 months rather than a task-orientated action group. If, however, an issue or priority arises through networking and sharing, then task groups will form and begin action. PAC will now be known as the Physical Activity Network.

An invitation to a 'Networking Forum' will be forwarded to members in the coming months, to be held in November, which will then continue on a quarterly basis. This first forum will be a chance to celebrate the past 12 months of activities and an opportunity for attendees to network and share. PAC's members unanimously felt this would be a great way of using their time. We look forward to seeing all members at the networking forum in November...stay tuned for details!

Sexual Health Task Group (SHTG)

The SHTG Strategic Planning Day reflected on the work plan, celebrated achievements, and looked to creating a new two year plan. Attendance was strong and covered a broad representation of agencies. Initial feedback received has been that the day was very worthwhile and productive. Three main areas of need from the planning were identified: (a) a combined approach to screening, (b) increase positive attitude to sexual health, and (c) increase sexuality education in schools. The Task Group continues to follow up on finalising these priorities and identifying actions for the next two years.

Furthermore, the history, structure and achievements of the Bendigo Loddon SHTG will be shared and celebrated at the Northern Victoria Sexual Health Network meeting this month when the SHTG Chair, PCP Project Officer and IDHS Project Worker (as a rural representative) travel to Benalla to speak with the group in support of their strategic direction.

Connectingcare and e-Referral Traffic

Congratulations to all those partners who are using secure e-communication transmissions to safeguard client information. We are seeing significant expansion in partners using e-communication for daily business practice.

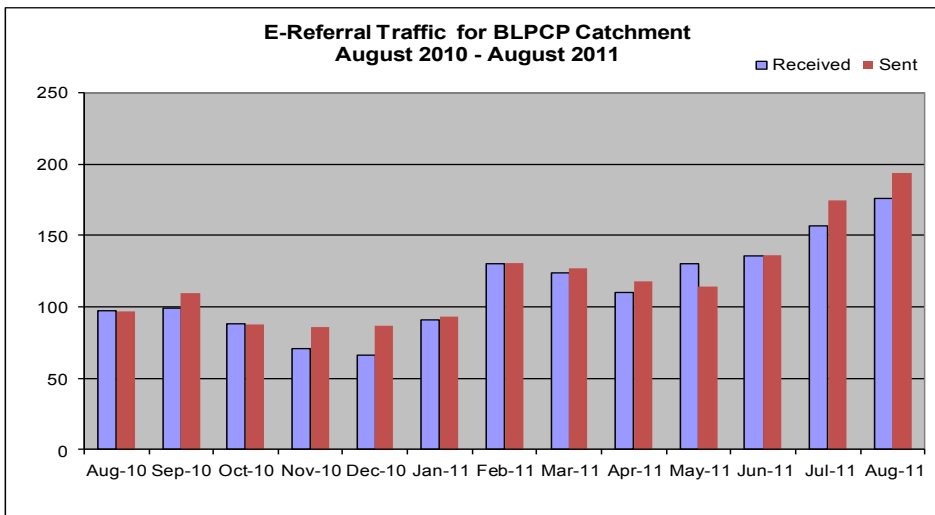
During August the following organisations have received and/or sent e-referrals/communication through Connectingcare.com:

Received e-referrals

- Bendigo Community Health Services—Family Support
- Bendigo Health—HART, ACAS, RHT, PAC, Regional Continence Service, Carer Support and Commonwealth Carer Respite Centre, Carer Support Services, Case Management Services, Community Palliative Care
- City of Greater Bendigo—Aged Care
- Haven, Bendigo—Community Connections Program
- Inglewood & Districts Health Service, Serpentine Office — District Nursing Service
- St Luke's Bendigo— Child First, Recovery Focused Mental Health Services - Whirrakee, Intensive Home Based Outreach

Sent e-referrals

- Baptistcare—Loddon Mallee
- Bendigo Health—Bendigo Campuses and Regional Services, and Community and Regional Psychiatric Services
- 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 Nancy Cutlack or Leanne Oberin at the Bendigo Loddon PCP Office on 5448 1624.

Responding to Disclosures of Sexual Assault Workshop

The Centre Against Sexual Assault Loddon Campaspe Region's introductory workshop is for anyone who works with victims/survivors of sexual assault and is relevant to generalist counselors, support workers, students, teachers, etc. Participants will develop an understanding of the key issues, myths, and impact of sexual assault, and how to respond effectively to disclosures. **This workshop, or equivalent, is a prerequisite for attendance at other workshops.**

When: Thursday 22 September or Friday 14 October 2011; 9.15am to 4.00pm.

Where: Bendigo and District RSL Club, 73—75 Havilah Road, Bendigo

For registration enquiries and details of cost, phone 5441 0430, or email admin@casalc.com.au.

Preventing Violence Against Women and their Children

Australian Women Against Violence Alliance (AWAVA) is delivering a number of **free** community engagement events in remote and regional parts of Australia to help support and promote the National Plan to Reduce Violence Against Women and their Children. These events are a joint initiative between AWAVA and the Australian Government Office for Women in the Department of Families, Housing, Community Services and Indigenous Affairs. The aim is to provide an opportunity to share ideas with others and consider options for violence prevention activities. This will be done with a view to identifying realistic steps that can be taken by local communities, to help reduce violence against women and children.

An event will be held in Bendigo on 28 October 2011. Visit the website www.awava.org.au for details on venues and times and to register.

Communication Access!



Did you know:

- 1 in 500 people in Victoria have communication disabilities
- They can't talk, but they can communicate
- They experience barriers to their full participation in their communities
- You can play a part in making communities in our region accessible for all

The Bendigo Health Regional Communication Service is hosting two forums to inform our region about how to become communication accessible.

When: Wednesday 12 October 2011 (light lunch included)

Time: **10.00am—12.00 noon:** Communication Access—a new chapter in access! (target audience: People in business, service organisations interested in understanding the concept of Communication Access, what it involves and how to put it into practice).

1.00 to 2.30pm: The Communication Access Checklist—what's it all about? (making sure people with communication disability understand what Communication Access means for them)

Venue: Monash School of Rural Health, Mercy Street, Bendigo

Please contact Heather or Pru on 5454 7102 for registration enquiries.

Tai Chi for Diabetes Workshop

Tai Chi for Diabetes is easy to learn, effective and safe. It is designed to prevent and improve the control of diabetes. On successful completion of this two-day intensive workshop you will be provided with the necessary skills and knowledge to conduct safe and effective modified tai chi classes. It is a program specially designed by Dr Paul Lam in conjunction with a team of medical specialists and tai chi experts.

Suitable participants include diabetes educators, occupational therapists, physiotherapists, exercise physiologists, tai chi teachers and advanced students, nurses, health professionals (eg doctors), accredited exercise instructors, certified allied health assistants.

When: Thursday 24 and Friday 25 November, 9.00am to 5.00pm

Venue: St Peter's Church Hall, Corner Bignell Road and Centre Road, Bentleigh East

Cost: \$380 person (includes Tai Chi for Diabetes DVD, handbook and course notes)

Contact: Rani Hughes, phone 0409 164 396 or email ranihughes@gmail.com

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