

SOUTH COAST HEALTH UPDATE

DECEMBER 08 NO. 69



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Diary Dates

WHEN:	WHAT'S ON:
Thursday, 15 th January	SCHSC Full Members Meeting, 9 - 11am, Inverloch
Tuesday 27 th January	Health Promotion Working Group, 9.30 - 12 noon, Inverloch
Thursday 29 th January	South Coast Access Alliance, 9.30 - 11.30am, Inverloch
Thursday 19 th February	CDM Working Group, 9.30 - 10.30am, Inverloch Diabetes Self Management Group, 10.30 - 11.30am, Inverloch
Tuesday, 3 rd March	Mental Health Provider's Forum, 1 – 4pm, Coal Creek Historical Village, Korumburra
Thursday, 12 th March	SCHSC Full Members Meeting, 9 – 11am, Inverloch
Thursday, 19 th March	Service Coordination Working Group, 10 – 11.30am, Inverloch

Service Coordination

S2S

S2S 'Agency Resource Person' Training was held in Inverloch on 19 November. The session covered all the essentials that an ARP must know to teach other staff the basic functions necessary to send, receive and process eReferrals and perform everyday S2S 'housekeeping' tasks for their agency such as registering staff and dealing with lost passwords.

The eReferral Implementation Project ends on 31 December and S2S Training may only be available from Infoxchange on a fee-for-service basis after that time so all agencies using S2S will need at least one ARP to train new staff in the future.

Service Coordination Survey: Graphed data has been distributed to PCPs (& emailed to those agencies who participated locally) but without methodology etc. is difficult to interpret meaningfully. There have been delays in providing the outcome report due to workforce changes at DHS but we have been assured the report is due shortly.

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InfoXchange Support Worker role The regional model previously applied to support this position is currently under review by the partners (GHA & the four Gippsland PCPs). The current contract has been extended to end of March 2009 during this transition period to allow for development of an operational model to be implemented after this date. This process is timely and aligns with the planned DHS review of current forums for SC and how they 'sit' within the Gippsland Health Services Partnership governance structure. These discussions will be the subject of a workshop early in the New Year the outcomes of which will be reported to member agencies.

Partnerships

South Coast PCP is actively partnering with the following member agencies on various projects:

- Drought Support & Recovery project – Partners: GPA South Gippsland, member agencies providing drought relief services
- Dept. of Justice Gamblers' Help Services - Partners: Latrobe Community Health Service, Gippsland PCPs, Bass Coast Shire & other member agencies providing support for problem gambling related issues
- Dental Health Services Vic. 'Smiles 4 Miles' - Gippsland Southern Health Service
- Emergency Relief (Gippsland) – VicRelief Foodbank
- Refugee Nurse Health Program – Dept. Human Services, local community health services
- Assessment of Chronic Illness Care project - BCRHS, BCCHS, SGH & GSHS



Other 'partnership' activities:

Early Intervention in Chronic Disease funding: Four health services in Bass Coast and South Gippsland shires & the PCP have received notification of expansion funding for program development. Assessment of organisational systems and client experiences of Chronic Illness Care are being completed to support detailed planning as part of the application process to DHS. There has been a short timeframe on this project with funding applications due by end of January 2009.

*For further information on Service Coordination & Partnership activities, please contact:
Mandy Geary, Executive Officer at m.geary@gpasouthgippsland.com.au or call on: 5674 3105*

Integrated Chronic Disease Management



- Mapping the current CDM Self Management programs in Health Services which has now been completed.
- Gippsland Health Services Partnership CDM Training Calendar for 2008/2009 has been completed.
- Information provided to Services on Service Coordination and e referral
- Planning process occurring with General Practice Alliance.

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- Draft plan for 'Health Equality Project' which is the SCHSC (PCP) response to the 'Strengthen approaches to address disadvantage through ICDM & IHP element in the community health plan has been completed.
- Diabetes Self Management Group continues to meet six weekly for networking and support.

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Health Promotion

Health Promotion Planning for the South Coast Catchment 2009 – 2012

While June 2009 seems a long way away we have already begun planning for Health Promotion in the South Coast. We will be approaching planning for health promotion by each specific priority this time with all partners in the plan included and (where required) reporting to the same plan using the same evaluation tools. This will be a great way to contribute to local data relating to health promotion intervention outcomes.

The Physical Activity Priority

We have already had a workshop and plan writing day for the physical activity plan and have a great draft which is now under review. Anyone interested in partnering in physical activity promotion in the South Coast is most welcome.

The Access to Healthy and Affordable Food Priority

In preparation for planning for the access to healthy and affordable food priority we have a number of tasks under development.

- A network group meet as required at Mirboo North with colleagues from Central West Gippsland PCP to discuss how best to draw people together to plan for this priority.
- A DVD 'Food for Life' is nearing completion. This DVD describes the local issues and solutions relating to Access to Healthy and Affordable Food (Food Security) for South Coast and Central West Gippsland PCP catchments. The data we have collected from Healthy Food Basket Mapping and interviews with community members is combined with Australian Bureau of Statistics data to describe the dire situations some of our local community are faced with when trying to access enough food to eat. There are also some great solutions for these people already provided in this area and these too are highlighted in the DVD. We will be launching the DVD in the New Year in an effort to gain commitment from other sectors of the community to address this issue.



PROMOTING MENTAL HEALTH & WELLBEING

Mental Health and Wellbeing

Planning for Mental Health Promotion in the South Coast will begin with the delivery of the VicHealth Mental Health Promotion Short Course our local area.

Mental Health Promotion Short Course

A Mental Health Promotion Short Course will be held in March 2009 in the South Coast area. It has been some time since this course has been held in the area. I would like to encourage those who have not undertaken this valuable course to **express your interest by contacting Vicki Bradley on Ph 5674 0900** (Mon-Thurs). More details including final dates and times will be forwarded in the New Year.

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The VicHealth Short Course – Promoting Mental Health and Wellbeing

Who can attend?

This 2-day course is designed to improve the skills and capacity of workers from diverse sectors, including education, sport, the arts, crime prevention, health, community and local government.

What will I learn?

The course aims to increase workers' and organisations' capacity to undertake mental health promotion activity, as well as provide resources and models to enhance evidence based project planning, implementation and evaluation of activity with specific focus on VicHealth's Mental Health Promotion Framework. Please note this course focuses on capacity building to increase organisational ability to improve communities' mental health and wellbeing, not on early identification, intervention or treatment of mental illness.

What is the cost?

There may be a small fee to cover venue and catering

What then?

We hope to recruit interested people from the course enrolments to join us in planning for mental health promotion for 2009 -2012.

Smiles 4 Miles for South Coast

The Smiles 4 Miles Dental Health Promotion project has begun in the South Coast.

Alex Hanson, the Smiles 4 Miles project worker has been busy with the target preschool teachers to engage them for the roll out of the project beginning 2009. This entails attending preschool Annual General Meetings to speak to new parents about the program and establishing policies relating to the drink well (water policies), eat well (fruit and veg) and clean well messages of the project into the preschools for the 2009 year. There has been great enthusiasm all round.



South Coast Access Alliance

The South Coast Access Alliance has recently developed a partnership with the Sport and Recreation Victoria SportsConnect program. One of the objectives of the SCAA matches that of the SportsConnect program in connecting people with a disability with sporting clubs. Two Come and Try days were held to forward these connections in Korumburra and Wonthaggi. Participants with a disability attended from Mawarra (Warragul), South Gippsland Specialist School, Moonya and some individuals. Clubs involved included bowls, croquet, volleyball, tennis, Lifeball and soccer at Korumburra and bowls, croquet, fishing, soccer, cricket, fishing and walking at Wonthaggi. During lunchtime on both days a Wheeltalk presentation was delivered. Participants were then able to try out sports wheelchairs and play a game of wheelchair basketball. Tony and Connie from SportsConnect conducted interviews with some of the clubs involved to assess their readiness to involve people with a disability into their club. Another part of this program involved a similar interview with the South Coast Access Alliance members.

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Just Add Fruit and Veg Bass Coast Resources for Use or Loan

The Just Add Fruit and Veg project is now completed. There are many resources still remaining from the Just Add Fruit and Veg project. These include tip sheets such as this one pictured here, large posters and a banner with the Just Add Fruit and Veg logo on it that can be used at events.

If you would like to borrow the banners (make a booking) or use the tip sheets or posters in other healthy eating activities you are doing please contact

Vicki or Sharlene at the PCP on Ph 5674 0900

Health Promotion Brochure

As a task from the Health Promotion Task Group Vicki developed a Health Promotion brochure for use in orientation for Health Services staff. It is a brief introduction to health promotion and describes how to incorporate health promotion into non health promotion roles. For organisations interested in having a health promotion 4 hour short course delivered in their service contact details are also available on the brochure. If you would like an electronic copy of the brochure for use in your service please contact Vicki on v.bradley@gpasouthgippsland.com.au



The latest **Gippsport newsletter** is available at <http://www.nl.gippsport.com.au/nl2008nov.pdf>

The Australian Health Promotion Association - 18th National Conference Perth Convention Centre, 17 - 20 May 2009

Make health promotion a priority: Evidence, Advocacy and Action
We welcome you to share a unique Western Australia experience.
Our inclusive program will incorporate a broad range of presentations from ground breaking research through to innovative grass roots interventions.
To find out more about the conference visit www.healthpromotion.org.au

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Upcoming Events

Rural Men Connect Forum

📅 March 18th 2009 at La Trobe at Beechworth

Refer to attached Expression of Interest for more information.

Grants

Victorian Volunteer Small Support Grants

Victorian Volunteer Small Support Grants of up to \$5000 are now available to not-for-profit organisations.

The grants are aimed at organisations wanting to increase the diversity of their volunteers and/or involve or encourage new volunteers.

Preference will be given to organisations with relatively small operating budgets.

To apply for a Victorian Volunteer Small Volunteer Grant visit www.grants.dpcd.vic.gov.au or call the Grants Information Line on 1300 366 356.

Applications can be submitted at any time throughout the year.

Attachments

- ➔ ***Southern Gippsland Active Citizenship Newsletter Dec 08***
- ➔ ***Gamblers Help Newsletter Dec 08***
- ➔ ***Rural Men Connect Forum Expression of Interest***

Web Sites



www.activecitizenship.org.au

Department of Planning & Community Development - www.dpcd.vic.gov.au

(previously Dept. of Victorian Communities)

Connect Country - www.connectcountry.com.au

A place where rural Australians can talk on-line about issues that affect them in everyday life to like-minded people in Australia and around the world.

BreaCan – 1300 781 500 or website www.whv.org.au/breacan/

Breast Cancer Network of Australia: <http://www.bcna.org.au/>

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BHCiG CDM Resource Kit now online
http://www.health.vic.gov.au/communityhealth/cdm/res_bhig.htm

Infoxchange Australia

Infoxchange Australia is a non-profit company dedicated to providing a quality up-to-date information service and can be found @ <http://www.healthnews.infoxchange.net.au>

Primary Health Weekly Bulletin - 11 December 2008

Department of Human Services

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=101208

In this edition:

Workforce innovation grant program – expressions of interests



**Best wishes for a safe and happy festive season
from the SCHSC PCP team.**



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Consortium
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We keep our website updated with interesting news ... <http://www.gha.net.au/schsc/>

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