

# SOUTH COAST HEALTH UPDATE

## FEBRUARY NO. 70

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### Diary Dates

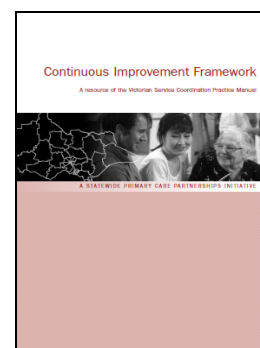
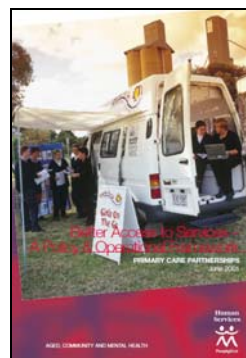
WHEN:	WHAT'S ON:
Tuesday 3 <sup>rd</sup> March	Mental Health Provider's Forum, 1 – 4pm, Coal Creek Historical Village, Korumburra
Thursday 12 <sup>th</sup> March	SCHSC Full Members Meeting, 9 - 11am, BCCHS, San Remo
Thursday 19 <sup>th</sup> March	Service Coordination Working Group, 10 – 11.30am, Inverloch
Tuesday 24 <sup>th</sup> March	Health Promotion Working Group, 9.30 - 12 noon, Inverloch
Thursday 26 <sup>th</sup> March	South Coast Access Alliance, 9.30 - 11.30am, Inverloch
Thursday 2 <sup>nd</sup> April	Chronic Disease Working Group, 9.30-10.30am, Inverloch
Thursday 2 <sup>nd</sup> April	Diabetes Self-Management Working Group, 10.30-11.30, Inverloch

### Service Coordination

The underpinning principles of service coordination contained in the Better Access to Services policy framework are:

- A central focus on consumers
- Partnerships & collaboration
- The social model of health
- Competent workforce
- Duty of Care
- Protection of consumer information
- Cross-sectoral engagement

2009-2012 planning will involve identifying strategies for improvement based on these principles and the Continuous Improvement Framework.



The current InfoXchange Support Worker position (Pat Lovelock) has been extended to the end of March 2009 to provide for full completion of the eReferral implementation project. After this date, Service Coordination planning, activities and evaluation will occur as a partnership with the 3 other Gippsland PCPs all of whom are jointly funding a Gippsland Service Coordination Support Worker position which will shortly be advertised. Our aim is to ensure we address the broader issues around service coordination for our region – from INI to service delivery and discharge. InfoTech is of course part of the process but not the whole answer to improving the consumer's journey through our complicated service system!

**The new governance arrangements for service coordination have been agreed b/w Gippsland PCPs in consultation with DHS and Gippsland Health Alliance on 11<sup>th</sup> February.**

#### CONTACT DETAILS

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 Web Site – [www.gha.net.au/schsc](http://www.gha.net.au/schsc)

**Partnerships**

South Coast PCP continues to actively partner with or facilitate partnership between those agencies involved in primary health care in our catchment. The relationships b/w PCP & the members is articulated in our Memorandum of Understanding which is a non-binding legal document. Associate Member agencies will now be asked to review and agree an MOU as do the Full members.

Other 'partnership' activities:

- Applications for Early Intervention in Chronic Disease funding have been submitted by four agencies: Bass Coast Regional Health, Bass Coast Community Health, South Gippsland Hospital and Gippsland Southern Health Service. Outcomes should be known in March. All agencies have collaborated during the planning phase – a process facilitated by PCP staff members.
- A Member satisfaction survey has been developed & trialed as a means of discovering how satisfied member agencies are with current services, what services member agencies would like from the PCP team, and any suggestions for improvement. Outcomes will be reported via member forums & this newsletter.
- Consumer representatives have completed an evaluation of their relationship with the PCP team & these outcomes will also be reported to all stakeholders.
- PCP member agencies are collaborating across Gippsland to host the short stage play by Alan Hopgood 'Four funerals in One day'. A local working group will be



formed to get things happening for this event due to be held at Wonthaggi Arts Centre on May 8<sup>th</sup>, & the Dakers Centre, Leongatha on May 7<sup>th</sup>. Anyone wishing to assist in the arrangements should call Mandy Geary.

- SC PCP will be supporting a locally based youth education officer to undertake training in Youth Mental health First Aid. Having another locally based trainer will improve local access to these courses overall.
- A checklist developed by the 'Upright & Independent' project working group has been adopted by a NSW health network which is well-deserved recognition for the excellent work done by this group during the course of the project.



For further information on Service Coordination & Partnership activities, please contact: Mandy Geary, Executive Officer at [m.geary@gpasmouthgippsland.com.au](mailto:m.geary@gpasmouthgippsland.com.au) Or call on: 5674 0900

**Integrated Chronic Disease Management**



2009 heralds some changes in the Integrated Chronic Disease Management Program as the four Health Services in the PCP catchment have submitted plans to DHS for funds for the Early Intervention in Chronic Disease program. Health Services invited by DHS to submit plans are,

- Bass Coast Community Health Service
- Bass Coast Regional Health Service
- Gippsland Southern Health Service
- South Gippsland Hospital

The SCPCP has also submitted a plan to DHS which will enable the PCP to support the Health Services as they either begin their journey or continue their journey to implement the DHS endorsed Wagner framework of Chronic Disease Management within their organisations.

With these changes in mind the first meeting of the Chronic Disease Management Working Group which will be held on the 19 February will look once again at the current terms of reference for the Group and make some modifications to enable the Working Group to support the new initiative.

If you would like further information on the Early Intervention in Chronic Disease program, or you have ideas on how the SC PCP could support this initiative, please either telephone or email me on the addresses below.

Lorrie Read

E: [l.read@gpasmouthgippsland.com.au](mailto:l.read@gpasmouthgippsland.com.au)

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## Health Promotion



South Coast Health Services Consortium Primary Care Partnership

### Health Promotion UPDATE

The South Coast PCP Health Promotion UPDATE is produced every two months for the Health Promotion Working Group meeting. It contains details of the latest work of the Health Promotion Working group members including the PCP. The Health Promotion UPDATE will now be available on the SCHSC website following each meeting. Please look at the latest update for January 2009 <http://www.gha.net.au/schsc/>

## Health Promotion Planning for the South Coast Catchment 2009 – 2012

We have had a great response to our health promotion planning for the next period and I would like to thank everyone involved for their input into all the different review stages.

### The Physical Activity Priority

The health promotion plan for the physical activity priority is now in its final draft and is a great example of a range of different partners working together to provide increased physical activity opportunities to our local communities. The plan is very strongly linked with the place based community development projects in the Bass Coast and South Gippsland Shire areas and is set to respond to needs identified by those local communities.

### The Access to Healthy and Affordable Food Priority

The DVD 'Food for Life' is now completed. This DVD describes the local issues and solutions relating to



Victorian Healthy Food Basket – 44 nutritionally balance items.

Access to Healthy and Affordable Food (Food Security) for South Coast and Central West Gippsland PCP catchments. The DVD is now being used in consultations with groups and organisations in the South Coast and Central West Gippsland catchments to identify how others in the community outside of health can work with us and together to implement interventions that increase access to healthy and affordable food.

If you would like the DVD presented to your next meeting please contact Vicki on 5674 0900 or email

[v.bradley@gpasouthgippsland.com.au](mailto:v.bradley@gpasouthgippsland.com.au)

### 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 in Wonthaggi on the 11<sup>th</sup> and 12<sup>th</sup> March.

## Short Course to Promote Mental Health and Wellbeing

**Hurry!! Hurry!!** Expressions of interest are now open to all people wishing to attend the VicHealth Mental Health Promotion course. **Applications close on the 2<sup>nd</sup> March.**

This 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.

The cost to cover catering is \$60 for the two days and should be paid in advance to secure a place.

Please ask Vicki or Sharlene to forward an expression of interest form.

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## Smiles 4 Miles for South Coast

Starting up in Feb the kinders will be conducting lunch box surveys, once this is complete I will attend the kinders to run education activities with the children and distribute resources. I have booked all the Bass Coast kinders in and am waiting to hear back to book in with South Gippsland groups.



Parent education/engagement sessions were conducted in Corinella, Meeniyan, Korumburra (x2), and Wonthaggi (x1 but for all 4 kinder sessions in one go). These were generally well attended and parents asked a few questions and collected a lot of the written resources. There were no complaints about the program / criticisms of the program and it's aims voiced during or after these sessions. A parent engagement session has not yet been held for Toora/Welshpool due to enrolment numbers, I am planning with Kim Smith (the teacher) an alternate way to access this community.

Kinder teacher education/engagement sessions were 100% attended. I ran 2 sessions, one in Bass Coast and one in South Gippsland. The teachers were actively engaged in discussing the program, each other's nutrition and water policies and ways to engage difficult families. With the Bass Coast group I also did some planning around how to deliver the "clean well" component and from looking at the other region's work at the S4M day in Melbourne I am planning to put together a "clean well" loan pack that the kinders can borrow from GSHS while working on clean well. Hopefully this will enable us to access the S4M toothbrush resources.

During the kinder teacher sessions we also discussed curriculum activities used by different groups and found some kinders did not have the DHSV oral health pack at all, so I am trying to rectify this!

The Wonthaggi kinder group are currently developing a policy along the S4M guidelines, all other kinder's policies fit in well with S4M.

By next report (March 09) I will hopefully have some data from the pre-education kinder lunchbox surveys to report to you and also some idea of how the children's activities are going.

All in all I am happy with the programs progress, I think I will have a busy few weeks at the start of term but feel that it is all rolling out quite smoothly.

**Alex Hanson**  
**Speech Pathologist / Smiles 4 Miles Coordinator**  
**Gippsland Southern Health Service**

Phone: (03) 56675540  
 Fax: (03) 56675535  
 (Avail Mon - Thurs)



**South Coast Access Alliance**

The South Coast Access Alliance continues to meet monthly to support the connection of people with a disability with physical activity opportunities and sporting clubs. There will be a launch of the recently developed GippSport Welcoming and Inclusive Clubs kit. Please stay tuned for dates for this great launch that will include an auction of sports memorabilia and entertainment for all.



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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 or collect some posters or tip sheets to use in your healthy eating activities please contact

Vicki or Sharlene at the PCP on Ph 5674 0900

## Health Promotion Brochure

Health Promotion brochure for use in orientation for Health Services staff working primarily outside of Health Promotion. It is a brief introduction to health promotion and describes how to incorporate health promotion into non health promotion roles. If you would like an electronic copy of the brochure for use in your service please contact Vicki on [v.bradley@gpasouthgippsland.com.au](mailto:v.bradley@gpasouthgippsland.com.au)



The latest **Gippsport newsletter** is available at

PDF format (300 kB): <http://www.nl.gippsport.com.au/nl2009febpdf.php>

on-line format: <http://www.nl.gippsport.com.au/nl2009feb.php>

## 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](http://www.healthpromotion.org.au)

## Consumer Voice

As Melbourne's population and to a lesser extent, the major rural cities and towns population grows, the services in these geographical regions grow to support them.

At the same time in Victoria the population in small rural towns and surrounding districts is shrinking. The consequence of this is the closure of rural schools, closure of rail lines, government departments and the list goes on.



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I am seeing families isolated and torn apart by this; where children once completed their education and training, lots of apprenticeships etc, while living with their families, they now leave home at the tender age of 17 or 18 and they almost never return. There are no jobs for them in these areas anymore.

I see very sad cases in our older generation where they may not see their children, grand children and great, grand children from one year to the next.

There must be some way to avoid this movement of our rural population and the devastating effects it has.

We hear Melbourne is short of water, power, public transport and affordable housing among other commodities.

There is a solution to this "DECENTRALISATION" it must be put back on all governments' agenda, local, state and federal. Everyone would benefit.

Carol Hobson  
Consumer Representative  
South Coast Health Services Consortium

## Upcoming Events

### Premier's Active Families Challenge

Register now for the Premier's Active Families Challenge!

The Premier's Active Families Challenge is a program run by the Victorian Government as part of the 'Go for your life' initiative to improve the physical activity levels, health and wellbeing of families.

30 minutes of activity a day for 30 days **between 8 March – 19 April 2009** for the chance to win some fantastic prizes. Families have six weeks to complete their 30 days and can do the activity on their own or as a family.

The Challenge is fun, free and a great way to get active with your family and friends so register now, [http://www.goforyourlife.vic.gov.au/hav/articles.nsf/docs/Premiers\\_Active\\_Families\\_Challenge?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/docs/Premiers_Active_Families_Challenge?open)

Check out Pit Stop.



It's a '**parenting tune-up**' for fathers who like seeing their families firing on all cylinders

Tuesday 28<sup>th</sup> April to June 16<sup>th</sup> 2009

7pm to 9pm

Korumburra Secondary College

Jumbunna Rd, Korumburra

**REGISTRATION ESSENTIAL**

**On 56625150 or**

To register or enquire contact Damon Piercy, Kilmany Uniting Care Project Officer. Pit Stop ,on 0428620470 or email Damon.Piercy @ Kilmany.org.au

See flyers attached.

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*'Towards Cultural  
Competency in  
Gippsland'*

Thursday March 26th 2009



Brought to you by:-  
Bass Coast Settlement Planning  
Committee

(See Attached flyer for more information)

**Responding to  
Bereavement  
and Trauma**

**Tuesday, 17 March 2009**

(See attached flyer for more information)

Full Day Seminar — Moe  
Free of charge

**FREE REJUVENATION WEEKEND FOR FARMING & RURAL FAMILIES**

Fri 27<sup>th</sup> March – Sun 29<sup>th</sup> March

See attached flyer for more information.

*20\* Annual  
Women on Farms  
Gathering*

May 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>, 2009  
Warragul Regional College  
Burke St  
Warragul  
West Gippsland

See attached flyer for details.

**Attachments**

- ⇒ **Prostate Cancer Support Group**
- ⇒ **Korumburra Pitstop Flyer**
- ⇒ **Morwell Pitstop Flyer**
- ⇒ **Towards Cultural Competency in Gippsland brochure**
- ⇒ **Free Rejuvenation Weekend at Licola for Farming & Rural Families Flyer**
- ⇒ **Women on Farms Registration Form**
- ⇒ **Responding to Bereavement & Trauma Flyer**

**Web Sites**



[www.activecitizenship.org.au](http://www.activecitizenship.org.au)

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**Department of Planning & Community Development - [www.dpcd.vic.gov.au](http://www.dpcd.vic.gov.au)**  
(previously Dept. of Victorian Communities)

**Connect Country - [www.connectcountry.com.au](http://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.

**BHCiG CDM Resource Kit now online**  
**[http://www.health.vic.gov.au/communityhealth/cdm/res\\_bhig.htm](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 the latest on-line newsletter can be found @  
**<http://www.communitynews.infoxchange.net.au/infocast/>**

**Primary Health Weekly Bulletin - 19 February 2009**

Department of Human Services

**[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=190209](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=190209)**

**In this edition:**

**Workshop on primary care nursing and postgraduate study**

**Introduction to primary care research short course**

**Victorian Population Health Survey 2007 report**

**Release of updated Community Health Plan Dataset**

*PCP Weekly Email News*

For information about upcoming events between the South Coast Health Update contact Sharlene to be placed on the PCP Weekly Email News list



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Vicki Bradley - Health Promotion Officer  
[v.bradley@gpasouthgippsland.com.au](mailto:v.bradley@gpasouthgippsland.com.au)

Lorrie Read – Integrated Chronic Disease Management Project Officer  
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**We keep our website updated with interesting news ... <http://www.gha.net.au/schsc/>**

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