



Working Together for Healthy Communities



## Campaspe PCP Newsletter - February 2018

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### [Free Mental Health First Aid Course - Gunbower](#)

Campaspe PCP with support of the Victorian Government is running a free Mental Health First Aid Course for dairy farmers and their families, and also for people in the industry associated with dairy farmers. This is a twelve hour course that will be held over three sessions: Friday 23<sup>rd</sup> February, Friday 2<sup>nd</sup> March & Friday 9<sup>th</sup> March from 10:00am – 2:30pm at the Gunbower Football Club Complex, Gunbower Island Road, Gunbower. All sessions must be attended by participants. For further queries or to register please contact Jane at Campaspe PCP by emailing [administration@campaspepcp.com.au](mailto:administration@campaspepcp.com.au) or phone 5484 4485.

### [Partnerships](#)

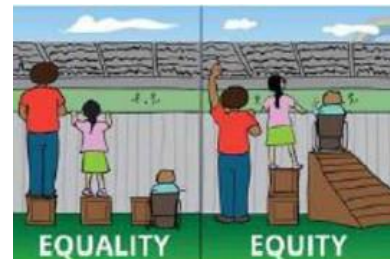
[PCP's - Why, Who, What, How?](#) Have you often tried to explain what Primary Care Partnerships are, or what they do? Our colleagues at Central Victorian PCP have put together a fun and simple bargain-basement animation in an attempt to answer these questions. We hope you enjoy!



## Prevention/Health Promotion

### **Gender Equity Training**

To run in Echuca on March 6th and March 14th. Participants need only attend one session. This training is for staff from local health and community service organisations. This training will be facilitated by Womens Health Loddon Mallee. [Click here for further information](#) or contact Tracie Pearson on 5484 4304.



### **Co-design Strategies**

The Integrated Health Promotion Team from ERH, KDHS and Campaspe PCP are working on a co-design project to design strategies for the two priority areas of Healthy Eating Active Living and Gender Equity in Campaspe. Co-design is a creative human centered design methodology that involves end users of programs from the very beginning of the design process. The project team have engaged with more than 150 local residents who have been generous in sharing their views and beliefs that will assist in development of initiative to improve health outcomes in Campaspe. *Pictured are Danielle Paterson from ERH and Danae Rush from KDHS during a project team meeting.*





ECHUCA  
**KOORIE  
ARTS & CRAFTS  
MARKET**

**EASTER SATURDAY  
MARCH 31ST 2018  
9AM-3PM  
HOPWOOD GARDENS, ECHUCA**

- LIVE MUSIC
- CULTURAL PERFORMANCE
- ABORIGINAL ART
- ARTEFACTS
- JEWELLERY
- TRADITIONAL FOOD

FOR MORE INFORMATION PLEASE CONTACT:  
KELLI BARTLETT  
PHONE: 03-54806252  
EMAIL: [kellib@njernda.com.au](mailto:kellib@njernda.com.au)

**Echuca Koorie Arts & Crafts Market 2018** To be held on Easter Saturday. For more information please contact Kelli Bartlett on 5484 6252

[Service Integration](#)

**Motivational Interviewing** is a form of collaborative conversation for strengthening a person's

own motivation and commitment to change. This two day training course has been arranged to assist health professionals to speak to consumers about weight loss. Contact Tracie Pearson on 54844304 or email [tracie.pearson@campaspepcp.com.au](mailto:tracie.pearson@campaspepcp.com.au)

Save the date  
MOTIVATIONAL  
INTERVIEWING  
Rochester, May 29th & 30th 2018

[My Aged Care Provider Portal User Workshop - Register Now](#) Are you new to using the My Age Care Provider Portal or want to share or learn new tips/shortcuts when using the portal? Then register for one of the two sessions in Swan Hill or Bendigo. It is envisaged that these will be one off sessions with the possibility of setting up a shared online workspace for future trouble shooting. This session will be facilitated by the Regional Development Coordinator Sue Spencer with input from super users. Discussion areas will be as follows:

- Manage service referrals
- Client information and plans
- Adding service and client details
- Notes, observations
- Requesting support plan reviews
- Email notifications
- Shared workspace for future trouble shooting

### Volunteering Project

- [A Volunteer Induction training module](#) has been produced to complement current induction processes, it will be also be available for community organisations who do not have volunteer induction processes. This module contains a self assessment component within the module to gauge volunteer understanding and satisfaction with induction. It can be viewed here <https://youtu.be/hLva80ZAik0> For further information on the Campaspe PCP Volunteering Project please contact Alma Limbrick on 5484 4490 or email [Volunteering@campaspepcp.com.au](mailto:Volunteering@campaspepcp.com.au)
- [Volunteer Workshop](#) Tuesday 13 February 2018, Echuca Mercure Hotel, River Room. A free half day workshop for Volunteer Supervisors and Managers discussing two focus areas: Financial Management for Volunteer Supervisors and Effective Management practices. To register please email [administration@campaspepcp.com.au](mailto:administration@campaspepcp.com.au) or call 5484 4485.

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## Socially Inclusive Communities

Evaluation of the Socially Inclusive Communities Project 2015 - 2017 is complete with production of an evaluation report which can be found [here](#). The Socially Inclusive Communities was a two year project designed to challenge the culture and stereotypes perpetuating socially exclusive practices in the communities of Murray and Campaspe. A number of resources were developed throughout this project and can still be accessed on our website under the following work areas: [Welcoming Business Project](#) [Socially Inclusive Communities Project](#) [One and All Program](#) [Promoting Positive Cultures](#)

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## Partner Organisation News

- [Njernda Invites Service Providers to attend a Community BBQ](#) to mark the 10th anniversary of the National Apology to the Stolen Generations. This BBQ will be held at Njernda Aboriginal Corporation, Hare Street Echuca on Tuesday 13th February.
  - [Aboriginal Victim Assistance Program Case Manager available in the Campaspe and Bendigo regions](#)
  - Community Living and Respite Services is holding their 12th Annual Fundraising Dinner at the Moama Bowling Club on 27th February with Guest Speaker Anna Meares OAM. [Click here for more details](#)
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## Upcoming Meetings

- **Rural Support Network Meeting** Monday 12 February from 1:30pm - 3:30pm at Rochester and Elmore District Health Service, Pascoe Street Rochester
- **Vibrant Volunteer Meeting Tuesday** 13 February from 1:00pm - 3:00pm at the Mercure Hotel, High Street Echuca following the Volunteer Workshop
- **Management Group Meeting** Wednesday 14 February from 1:00pm - 3:00pm at Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
- **Aboriginal Health Partnership Group Meeting** Wednesday 21 February from 12:30 pm - 2:30pm at Njernda Aboriginal Corporation, 84 Hare Street Echuca
- **Campaspe Murray Mental Health Network Meeting** Wednesday 28 February from 10:30am - 12:30pm at Moama Seniors Building, Martin Street Moama
- **Food Security Meeting** Thursday 22 March from 1:30pm - 3:00pm, at Njernda Aboriginal Corporation, 84 Hare Street Echuca
- **Service Integration Committee Meeting** Wednesday 4th April from 2:00pm - 4:00pm at Echuca Regional Health Integrated Care Meeting Room, Hopwood Centre, Leichardt Street Echuca
- **Health Promotion Leadership Group Meeting** Wednesday 18th April from 2:00pm -



3:30pm at Echuca Regional Health Integrated Care Meeting Room, Hopwood Centre, Leichardt Street Echuca

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## Events and Opportunities

- [Volunteer Workshop](#) Tuesday 13 February 2018, Mercure Hotel Echuca. A free half day workshop for Volunteer Supervisors and Managers discussing two focus areas: Financial Management for Volunteer Supervisors and Effective Management Practices.
- [Community BBQ to mark the 10th anniversary of the National Apology](#) to the Stolen Generations. This BBQ will be held at Njernda Aboriginal Corporation, Hare Street Echuca on Tuesday 13th February.
- [Free Mental Health First Aid Course](#) February 23, March 2 & March 9, Gunbower Football Complex
- [My Aged Care Provider Portal User Workshops - Register Now for Bendigo and Swan Hill](#)
- [Knowing your Teenager Workshop](#) 27 February 2018 evening, St Joseph's Primary School Rochester
- [Health Literacy Training](#) Tuesday 27 February 2018, Bendigo
- [Dr Michael Carr Gregg visiting Echuca Moama](#) March 26 & 27, free sessions on adolescent health for parents and teachers
- [Gender Equity Workshop](#) 6 & 14 March 2018, two courses on offer in Echuca
- **Motivational Interviewing** A two day training course has been booked for 29th & 30th May 2018. This has been arranged as an action from the Healthier Campaspe Obesity Working Group to assist health professions speak to consumers about weight loss. Stay tuned for further details.
- [Free Flying Doctor Telehealth Service](#) Expression of Interest to GP clinics or health services to access this service



## Articles and Updates

- [The Dream Gap - Australian Girls' views on Gender Equity](#)
- [Tips on responsible drinking over summer](#)
- [Heatwaves are Australia's deadliest natural disaster and many are unprepared](#)
- [Sunburnt Victorians seek hospital treatment in record numbers, prompting cancer warning](#)
- [Dead Calm - Beware the drowning risk of rivers this summer](#)
- [A Healthy Start to School](#)
- [Guided Meditation and Mindfulness - The Headspace App](#)
- [Australia's smart eating week 12-18 February 'A Taste of the Future'](#)

- [Facebook to increase meaningful interactions](#)
  - [Time Management - The 5 things you need to do differently in 2018](#)
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## Contact Us

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