



Working Together for Healthy Communities



Campaspe PCP Newsletter - April 2018

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[Motivational Interviewing Training - 'Respectful and Productive Conversations about Change' to be held in Rochester on May 29th & 30th. For more information click on this button!](#)

[Partnerships](#)

Campaspe Community Data Snapshots have been updated to include positive and negative data.

Colour coding relates to a traffic light type approach where red = not so good, amber = moderately ok, green = positive. [Click here](#) to find the full set, available in landscape and portrait styles, feel free to print and display in your workplace.



Campaspe Community Data

This is a snapshot of our community health and wellbeing data in the Shire of Campaspe



PHYSICAL ACTIVITY

Campaspe residents are as physically active as other Victorians.

We have a higher proportion of residents that are physically active at work and a much lower proportion of residents who mainly sit at work.



SUN PROTECTION

Campaspe residents are more likely to wear both a hat and sunglasses when out in the sun than other Victorians.



GP VISITS

We have the same number of GPs per person as other parts of Victoria but we are much more likely to visit the GP compared to other Victorians.



INDIGENOUS POPULATION

We have higher numbers of Aboriginal & Torres Strait Islander people (2.4%) compared to Victoria (1.6%).



COMMUNITY RESILIENCE

Campaspe residents have a higher resilience score of 6.9/10 than the average Victorian at 6.4/10.

Campaspe residents are much more likely to be volunteers, attend local community events, be a member of a sporting group or a group that has taken local action.

Campaspe residents are more likely than other Victorians to be able to get help:

- from relative/friend to get a job

- with care in a
- from family or needed.

85.2% of Campaspe residents believe people in their neighbourhood should help each other out. 78.2% believe people in their neighbourhood should help each other out.

Campaspe PCP Health Wellbeing Profile 2018
<http://campaspepcp.org.au/profile.php>

Loddon Mallee PCP staff came together in Castlemaine recently to attend Partnership Brokers Training. A valuable insight in exploring and defining the essence of our partnership work!



Prevention/Health Promotion

Visit to Echuca by Dr Bruce Bolam, Chief Preventative Health Officer, Department of Health and Human Services

Campaspe PCP were able to showcase our local prevention work to [Dr Bruce Bolam – the Chief Preventive Health Officer with DHHS](#) on the 15th March. Dr Bolam visited Echuca to meet with Loddon Mallee health services CEOs in the morning and local prevention managers and practitioners in the afternoon along with Steve Ballard, Director Health, North Division DHHS. Campaspe presented on 'Place Based Prevention in Campaspe' in a team approach led by Emma Brentnall, Campaspe PCP, along with Andrew Cowin from Campaspe Shire Council, Danielle Paterson from Echuca Regional Health & Tracie Pearson from Campaspe PCP.

Gender Equity Training

Women's Health Loddon Mallee recently facilitated two Gender Equity Workshops for health and community service organisations in Campaspe. These sessions were well attended with great feedback provided by participants. More training will be made available over coming months. For more information please contact Tracie Pearson on 5484 4304.

International Women's Day Event 2018 - Murray River Council Morning Tea

Campaspe PCP were proud to attend and support this fabulous event in Moama last month. This year's theme was "Press for Progress" and messages promoting gender equity were displayed. Local guest speaker Leonie Canham presented a personal account of her inspiration to promote positive, kind communication across our regional community. Over 50 women enjoyed an excellent networking opportunity and delicious morning tea.



"Press for Progress" - Promoting gender equity messages from Women's Health Loddon Mallee.

(Pictured left - right: Emma Brentnall Campaspe PCP, Jane McPherson Campaspe PCP, Beck Hayward Murray River Council, Tracie Pearson Campaspe PCP, Leonie Canham Guest Speaker)

This Girl Can

This Girl Can – Victoria campaign was launched last month. From women across Victoria to our supporters to the media, the response has been incredible. It's clear that the campaign has connected with not just the women of Victoria, but the whole Victorian community. [You can check out the television ad here](#). Victoria Ambassadors have all shared their unique story of feeling worried or concerned about being judged while being active. Get to know these everyday, inspiring women by watching their videos at www.thisgirlcan.com.au You can access all the This Girl Can – Victoria promotional resources by [registering here](#)

Resources include:

- printable and editable posters
- email banners and website ads
- promotional toolkit
- example social media posts

If you have any questions please contact the This Girl Can – Victoria team at VicHealth via thisgirlcan@vichealth.vic.gov.au or 9667 1333.



Service Integration

Motivational Interviewing

Campaspe PCP is excited to host a two-day Motivational Interviewing training session '*Respectful and Productive Conversations about Change*' in Rochester on May 29th and 30th. We have been very fortunate to secure Helen Mentha from Mentha Consulting to facilitate this valuable course. The target audience is staff who deal with a wide range of presenting issues including healthy behaviour change and has been initiated by the Healthier Campaspe Obesity Working Group to assist local health professionals speak to individuals about weight loss. The workshop is suitable for both workers with no knowledge of MI and for those who want to refresh and deepen their understanding and practice of the core skills of MI. Registration is via Trybooking, however please note that we can provide an invoice if credit card payment via Trybooking is not an option. <https://www.trybooking.com/UJVA>

For further information please contact Tracie Pearson, Campaspe PCP on 5484 4304 or email Tracie.Pearson@campaspepcp.com.au

Inclusive Language Fact Sheet

Campaspe PCP have developed [this resource](#) to assist organisations and individuals acknowledge all members of society on an equal basis through use of appropriate language. The fact sheet suggests ways of avoiding unnecessary and unintended offence by providing examples of inclusive language.

Introduction to Service Coordination Workshop

Do you have new team members who require orientation to Service Coordination Principles and Practices or existing team members who would like an update? This free 2 hour workshop to be held on Tuesday 22nd May 10:00am - 12:00pm in Rochester will provide an overview of the following topics;

- Service Coordination Principles
- Service Coordination Practice Standards
- Service Coordination Online Learning Modules
- Connecting care
- Health Literacy Resources
- Role of the Campaspe Primary Care Partnership Service Integration Committee

To book in email Tracie on: tracie.pearson@campaspepcp.com.au

Volunteering Project



'Health and Wellbeing Event' for Volunteers - Wednesday 16 May 9:30 - 11:30am, Aquatic Reserve Echuca
 Vibrant Volunteer Co-ordinators Network are pleased to announce its inaugural Health and Wellbeing Event (an interactive health and wellbeing morning) for all volunteers across the Campaspe & Murray region. Events will include: walks around the Aquatic Reserve, Line Dancing & Tai chi, and conclude with Morning Tea. Volunteers are invited to wear loose clothing, walking shoes and BYO water bottle.

Water will be available. A choice of two free riverboat 30 minute river cruises (12pm & 1pm) are also included with this event. More details to come, please contact Alma Limbrick on 5484 4490 for more information.

Joining the Campaspe Murary Vibrant Volunteer Network

Applications for membership to the Campaspe Murray Vibrant Volunteer Network are invited. The goal of the network is to : *Improve capacity and sustainability of volunteering practices and support across the Campaspe and Murray areas.* A recent extension to funding from the DSS is allowing the network to expand, and engage with other rural community groups working with volunteers, beyond the initial health service support we have provided in the last two years. There is no cost to join the network and your involvement in the network includes:

- Networking
- Volunteer Leadership development
- Promoting Volunteer management best practice, strategies and resources
- Inspiring, empowering and sustaining volunteering in the region.
- Quarterly Meeting
- Participating in training, and workshops, etc.
- Staying connected and informed through a new e-newsletter

Please contact Alma by emailing Volunteering@campaspepcp.com.au or phone 5484 4490.

Socially Inclusive Communities



The 2018 'One and All Inclusion Wear Orange Day' will be on Friday May 18th. Register your school, business or organisation by emailing admin@oneandallproject.org.au, by calling 0431160381 or via the One and All Inclusion Project's Facebook page.

Upcoming Meetings

- **Vibrant Volunteer Meeting** Monday 16 April from 1:00pm - 3:00pm at Echuca Community for the Aged Meeting Room, 21 Hartshorn Drive Echuca
- **Health Promotion Leadership Group Meeting** Wednesday 18 April from 2:00pm - 3:30pm at Echuca Regional Health Integrated Care Meeting Room, Hopwood Centre, Leichardt Street Echuca
- **Campaspe Murray Mental Health Network Meeting** Monday 30 April from 10:30am - 12:30pm at Echuca Community Mental Health, 14 Francis Street Echuca
- **Management Group Meeting** Wednesday 9 May from 1:00pm - 3:00pm at the Shire of Campaspe Function Room, Heygarth Street Echuca
- **Rural Support Network Meeting** Monday 14 May from 1:30pm - 3:30pm at Rochester and Elmore District Health Service Primary Care Meeting Room, Pascoe Street Rochester
- **Aboriginal Health Partnership Group Meeting** Wednesday 16 May from 12:30 pm - 2:30pm at Njernda Aboriginal Corporation, 84 Hare Street Echuca
- **Service Integration Committee Meeting** Wednesday 5 June from 2:00pm - 4:00pm at Lockington and District Bush Nursing Centre, Panoo Street Lockington
- **Food Security Meeting** Thursday 21 June from 1:30pm - 3:00pm, at Girgarre Community Cottage, Olympic Street Girgarre

Events and Opportunities

- **Free Mental Health First Aid Courses in Gunbower and Echuca** - Campaspe Primary Care Partnership has been funded to run two free Mental Health First Aid courses in our region in April and May. These are excellent opportunities to attend this 12 hour course free of charge. The courses are open to all members of the community including people from farming, business, manufacturing industries as well as those from health services and our member organisations. Click [here for further details on the Gunbower Course](#). Click [here for further details on the Echuca Course](#). Bookings are essential, for queries or to register please contact Jane McPherson, Campaspe

PCP by email administration@campaspepcp.com.au or phone 5484 4485.

- [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.
- [Youth Week event at Crossenvale Park Echuca 15th April](#)
- ['Ask the Flying Doctor'](#) - GP Support Service is now available
- [Premier's Active April 2018](#) encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy. As a participant, you can log your daily activity in the mobile or web app and chart your progress throughout the month. You can also create and join teams, track the progress of team members and explore the all-new [My Local](#) to discover events, offers and facilities that are available across Victoria.



Trying something new for [Premier's Active April!](#) TheCampaspe PCP team mixing up their exercise routine by hitting the gym for a Body Balance class.

[Articles and Updates](#)

- [New 'Our Watch' Resource](#) - Tips and tricks on what we can do to promote gender equality from a young age
- [Cultural Competence Program](#) - An online training course aimed at building capability around cultural diversity in the workplace. It features engaging multimedia learning modules and a wealth of resources
- [Strengthening rural doctor's capacity to address family violence](#)
- [Raising healthy girls](#)
- [5 ways to teach consent](#)
- [Salty sausages and our BBQ habits of concern to health experts](#)
- [Should I let my kids drink fruit juice?](#)
- [PROJECT ROCKIT TV: Season 2](#) How to tackle bullying and online hate. Developed by young people, for young people, and even starring young people this series talks about the tough stuff that you don't get to talk about in school. This season explores the theme of Language.
- [Health Translations](#) Translated information about health and wellbeing
- [Echuca Neighborhood House 2018 Program Term 2](#)



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