

## Recent News from Campaspe PCP

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Working Together for Healthy Communities



# Campaspe PCP Newsletter - August 2018

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**Our new Campaspe PCP website is now fresh and up to date! Click here and take a look, we hope you find the new platform tablet-friendly, more intuitive and easy to follow.**

## Partnerships

**New CEO for Echuca Regional Health** Congratulations to Mr Nick Bush who has commenced at Echuca Regional Health as new Chief Executive Officer.

Nick has been a rural health CEO for 14 years, his most recent role being CEO of East Grampians Health Service. We look forward to welcoming Nick and his family to the community. We also wish Mr Michael Delahunty all the best as outgoing CEO, and acknowledge our appreciation for Michael's involvement with Campaspe PCP over the past several years.

**Healthcare that Counts - Loddon Project supporting health services** The Department of Health and Human Services released the [Healthcare that Counts](#) (HCTC) framework for improving care for vulnerable children in Victoria health services in March 2017. A Steering Committee and a working group has been formed.

Health services were invited to submit an expression of interest to participate in this project. We are pleased to announce that we have six successful applicants:

- Boort District Health
- Castlemaine District Community Health
- Cobaw Community Health
- Echuca Regional Health
- Kyabram District Health Service
- Kyneton District Health

Two project coordinators have commenced to cover all LGA's. As the project progresses, there will be opportunities for all health services to participate in Communities of Practice and capacity building activities to strengthen approaches to supporting vulnerable children. For further enquiries please contact Emma Brentnall by email [emma.brentnall@campaspepcp.com.au](mailto:emma.brentnall@campaspepcp.com.au) or call 5484 4489.

**Campaspe Core Competencies Project** Loddon Children and Youth Area Partnership (CYAP) approached Campaspe PCP as a potential location to implement a place based approach to their core competencies assessment tools. Recruitment for a project manager is currently underway. The Core competencies include;

1. Understanding trauma and brain development
2. Respecting culture and cultural differences
3. Promoting social inclusion
4. Sharing information and integrating our services

Project objectives are to:

- Promote awareness of the commitment to the shared core competencies
- Coach and support organisations to complete the organisational assessment tool
- Support organisations to trial the worker self-assessments tools

For more information contact Emma Brentnall by email [emma.brenntnall@campaspepcp.com.au](mailto:emma.brenntnall@campaspepcp.com.au) or phone 5484 4489.

**Loddon Mallee Alcohol and other drug (AOD) catchment planning** is in the early stages in the Shire of Campaspe. Bendigo Community Health Services (BCHS) holds the Catchment Planning function for the Loddon Mallee Region and are currently undertaking a series of consultations and focus groups across the region to assist in the development of a new four-year catchment plan. In their endeavor to hold consultations in each LGA, they would like to discuss this project with local government, neighbourhood houses and AoD service providers. For more information please contact Leah Wastell on 5448 1600.



**Campaspe Family Violence Action Group** has produced a banner based on the key messages flyer developed for the 16 Days of Activism. This banner is available for all Campaspe PCP members to use at events. To book please contact the Campaspe PCP office on 5484 4485.

*Pictured from left - right, Campaspe PCP staff; Tracie, Alma, Ash, Jane, & Emma*



**[View the dashboard report of Key Campaspe PCP achievements for 2017 - 2018 financial year](#)**

## **Prevention/Health Promotion**

**Healthy Eating Active Living** There have been some great healthy eating active living achievements in Campaspe over the past 12 months. This month we are highlighting implementation of healthy choices in the Kyabram District Health Service Café and achievement of the sun protection benchmark at St Joseph's Primary School in Rochester. The Healthy Eating Advisory Service has highlighted the achievements that the Rochester and Elmore District Health Services café have made through a video clip, to watch click on the link <http://heas.health.vic.gov.au/>

## Local Settings Delivery Exciting Outcomes

### St Joseph's Rochester Achievement Program Champions



Registering for the Achievement Program in 2017, the teachers, parents and students of St Joseph's Primary School in Rochester, have worked in partnership with the local community to become a health promoting school.

The school has successfully achieved the sun protection benchmark and are now working towards the healthy eating and oral health benchmark, aligning this priority with that of the Healthier Campaspe & IHP priorities.

Program success is attributed to forming key partnerships with local businesses and ensuring effective communication and engagement is upheld with all stakeholders.

Partnerships has been formed with Coliban Water to support the 'Choose Tap' initiative and with the local IGA to provide the students with 'free fruit Monday.' Healthy eating messages are filtering to the broader community thanks to the local Caltex service station who provide the lunch orders to the school. Changes implemented comply with the HEAS traffic light guide and not only have they been providing all green & amber lunch order items but are also stocking healthy options in the shop for the public. Parents are attending healthy lunchbox education sessions & children are growing fruit & vegetables & cooking with the produce weekly.

## HEALTHY CHOICES AT KDHS CAFÉ



**KYABRAM DISTRICT**  
HEALTH SERVICE

Kyabram District Health Service are leading the way in the Healthier Campaspe initiative to implement the Victorian Government's Healthy Choices guidelines with great results.

Healthy Choices were implemented between June 2016 and December 2017. In July 2016 all sugar sweetened soft drinks were removed from the Café. In December 2017 KDHS were notified that they met the Healthy Choices Criteria.

**FROM JUNE 2016 TO DECEMBER 2018 THE FOLLOWING CHANGES WERE MADE IN THE CAFÉ:**

 <p><b>19%</b> RED OPTIONS decreased from 6% to 19%</p>	 <p><b>19%</b> AMBER OPTIONS increased from 8% to 19%</p>	 <p><b>62%</b> GREEN OPTIONS increased from 25% to 62%</p>
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**SUPPORTING HEALTHY DECISION MAKING**

**OVERALL THE CHANGES HAVE RESULTED IN:**

 <p><b>48%</b> RED OPTIONS 48% decrease</p>	 <p><b>11%</b> AMBER OPTIONS 11% Increase</p>	 <p><b>37%</b> GREEN OPTIONS 37% Increase</p>
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**SATISFACTION WITH THE MENU CHANGES:**

 <p><b>98%</b> of staff are happy with the changes</p>	 <p><b>87%</b> of staff have noticed the change to healthier choices</p>	 <p><b>61%</b> of staff think the changes have helped them make healthier choices</p>
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“There are great healthy options in the café and they are easy to choose with the traffic light stickers”

“Healthier Options Encourage Healthy Choices”

Healthy Community. Local Care.



RED

LIMIT CONSUMPTION

Includes sugar-sweetened drinks (soft drinks, iced teas and sports drinks), juices with <96% fruit, all juices >300ml, energy drinks, flavoured mineral waters and all milk-based drinks >300ml.

AMBER

CHOOSE CAREFULLY

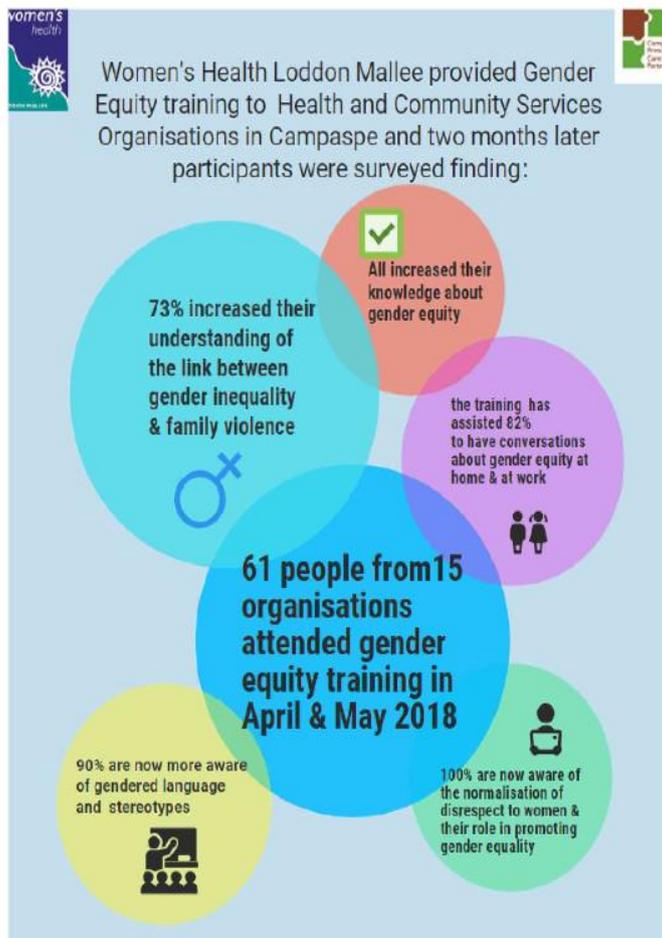
GREEN

BEST CHOICE

This infographic has been adapted from Alfred Health's research on using behavioural insights to influence healthy choices. [FOR MORE INFORMATION CONTACT APRIL MCKENZIE: AMCKENZIE@KYHEALTH.ORG.AU](mailto:AMCKENZIE@KYHEALTH.ORG.AU)

**Gender Equity** Earlier in the year Women's Health Loddon Mallee conducted 3 gender equity training sessions, two in Echuca and one in Rochester. A follow up evaluation of this training has been conducted by Campaspe PCP finding that the training not only increased the understanding of all the participants but following the training 73% understood the link between gender equity and family violence and 82% have been able to have a conversation about gender equity at home and at work. There will be more gender equity training and also

bystander training across Campaspe over the coming months.



**Codesign** Co-design for gender equality in Campaspe continues. There have been many insights emerge from research with the community and these are enabling the design team to develop strategies that reflect the context and experiences of the community to bring about improvements in the lives of women and men, boys and girls. Once the co-design project is completed a full evaluation will be made available to all interested parties.



**Forum 'Understanding Forgotten Australians, Former Child Migrants, Stolen Generations and People affected by past adoption practices'** which was recently held on Tuesday 14<sup>th</sup> August at the Moama Bowling Club. The Campaspe Murray Mental Health Network organised this event with over 60 people attending. Presentations were delivered by Stolen generation survivors, representatives from the Alliance of Forgotten Australians, Child Migrants Trust, Connecting homes and Open Place.

## Service Integration

**My Aged Care Resource** A co-design approach to design of a local resource to support community members access aged care services has been underway over the past few months. Research has been done with service providers and community members and representatives from Goulburn Valley Health (Waranga), Campaspe Shire Council, Rochester & Elmore District Health Service, Bendigo Health (Carers Support Services) and Campaspe PCP. The resource is now under development.

**Mental Health Month 2018** Mental Health Week is celebrated annually throughout Australia and this year will take place from October 7. This year mental health week has been extended to become [Mental Health Month](#) with the aim of bringing the community together for the cause of 'better mental health for all.' This year's theme in Victoria is **Youth Mental Health**. In Campaspe the Campaspe Murray Mental Health Network and the Aboriginal Mental Health Network are working together to host a mental health cruises on the MV Murray Ann on Thursday 11 October following a successful event last year. Bookings will open in September through Trybooking.

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## [Volunteering Project](#)

**Vibrant Volunteer Network Newsletter** The first edition of the has been released! [Click here to view](#)

**Legal Requirements in Managing Volunteers Training** will once again be held early next year, facilitated by Justice Connect. More details to follow. For further information on the Vibrant Volunteer Network contact Alma by emailing [Volunteering@campaspepcp.com.au](mailto:Volunteering@campaspepcp.com.au) or phone 5484 4490

**[Volunteer Grants 2018 - Open for Application](#)** The Australian Government is inviting applications via an open process to apply for funding to support volunteers under the Volunteer Grants Activity. The Volunteer Grants 2018 funding round will provide funding of between \$1,000 and \$5,000 to eligible individuals and not-for-profit community organisations. This funding is to be used to:

- purchase eligible small equipment items for use by volunteers;
- contribute to volunteers' fuel costs;
- contribute to transport costs for volunteers with disability who are unable to drive;
- assist with the costs of training courses; and
- undertake background screening checks for volunteers.



**Echuca Moama Toy Library** is looking for some local volunteers to assist with the running of the community toy library. Contact [info@emtl.com.au](mailto:info@emtl.com.au) or phone 0484 907 816.

**Echuca and Kyabram libraries** are seeking volunteers to support the following roles: Storyteller for our Words on Wheels program – reading and reminiscing in a range of care facilities and organisations; Adult Literacy Tutors – one to one help with reading and writing (education background preferred); Basic IT Assistance/Support – for our one to one Tech Time support. Training and support is provided for these roles. If you are interested or would like further information please contact Nerida Dye on 5481 2404.



**National Volunteer Conference 2018 - 'Ignite Invigorate Inspire'.**

Three network members attended this conference in Sydney in June. It was pleasing to see that our network is up to date with current volunteering practices in Australia. The attendees were inspired to continue to work together collaboratively and to advocate for change and recognition of the Volunteering Sector. Pictured: Liz Rowsell (Community Living & Respite Services), Alma Limbrick (Campaspe Primary Care Partnership), Paula Grech (Rochester & Elmore District Health Service), Jennifer Frisadi (Greater Shepparton Lighthouse Project).

**Healthier Campaspe Forum** Planning has commenced for the Healthier Campaspe Forum – tentative date Monday 19<sup>th</sup> November at ERH. The main aims of the forum are to; Provide updated and key achievements to key stakeholders and member organisations with Healthier Campaspe, Increase community engagement, Update and keynote presentations from each of the five priority areas. For more information please contact Ash Watson on 5484 4367 or email [a.watson@redhs.org.au](mailto:a.watson@redhs.org.au)

**World Hospital Congress Presentation** Ash Watson and April McKenzie will be presenting '*Healthier Campaspe - Working together to improve our health*' at the World Hospital Congress of the International Hospital Federation in Brisbane in October. We wish them all the best at this global forum!



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## Upcoming Meetings

- **Campaspe Youth Area Partnerships Core Competencies Meeting** Wednesday 29 August from 1:00pm - 3:00pm, Echuca Regional Health Integrated Care Services Meeting Room, Hopwood Centre, Leichardt Street Echuca
- **Service Integration Committee Meeting** Wednesday 29 August from 2:00pm - 4:00pm at the Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
- **Vibrant Volunteer Meeting** Monday 8 October from 1:00pm - 4:30pm at the Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
- **Campaspe Family Violence Action Group Prevention Meeting** Tuesday 11 September from 10:00am - 11:30am, Rochester and Elmore District Health Education Hub, 14 Village Drive Rochester
- **Management Group Meeting** Wednesday 12 September from 1:00pm - 4:00pm at the Kyabram District Health Services Group Room, Fenaughty Street Kyabram
- **Mental Health Week Event** Wednesday 16 October. Cruise aboard the MV Maryann, this is a joint activity between the Campaspe Murray Mental Health Network and the Aboriginal Mental Health Working Group. For more information please contact Tracie Pearson by email [tracie.pearson@campaspepcp.com.au](mailto:tracie.pearson@campaspepcp.com.au) or phone 5484 4304.
- **Campaspe Murray Mental Health Network Meeting** Wednesday 17 October from 10:30am - 12:00pm at Cunningham Downs Meeting Room, Hartshorn Street Echuca
- **Health Promotion Leadership Group Meeting** Wednesday 17 October from 2:00pm - 3:30pm at Echuca Regional Health Integrated Care Services Meeting Room, Hopwood Centre, Leichardt Street Echuca
- **Rural Support Network Meeting** Monday 12 November from 1:30pm - 3:00pm at Rochester and Elmore District Health Service Primary Care Meeting Room, Pascoe Street Rochester
- **Aboriginal Health Partnership Group Meeting** Wednesday 21 November from 12:30 pm - 2:30pm at Njernda Aboriginal Corporation, 84 Hare Street Echuca

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## Events and Opportunities

- [Hepatitis Seminar](#) Rochester and Elmore District Health Service, Tuesday 28 August
- [Home Stretch Campaign](#) Take action to provide the option for young people to remain in care until the age of 21
- [Online learning modules for dementia](#)
- [Community Voice at your Health Service](#), 8th October, Bendigo
- **Mental Health Week Event - Wednesday 11 October.** Following the success of last year's event, a working group has been established to organise another event aboard the MV Maryann. For more information please contact Tracie Pearson by email [tracie.pearson@campaspepcp.com.au](mailto:tracie.pearson@campaspepcp.com.au) or phone 5484 4304.

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## Articles and Updates

- [End of an era for Interchange Loddon Mallee](#) - Farewell to Joolie Hughes, Chief Executive Officer after 23 years of service
- [The Orange Door](#) officially launched - a new way for women, children and young people who are experiencing family violence to access the services they need to be safe and supported
- [You Can Talk](#) - new joint national suicide prevention campaign aimed at giving people the confidence to respond to friends and family when they need help and guide them to the right support services
- [Headcoach](#) 'Minds need training too' That's the message being issued by [headspace](#) as they launch a new national campaign for young men.
- [The link between mum's 'little man', dad's 'little princess' and domestic violence](#)
- [Jean Hailes for Women's Health](#) - free monthly health articles
- [Changing your mindset might be the key to changing your life](#)
- [Children to be weighed and measured every two years at school in a proposal to tackle obesity](#)
- [Make your move campaign](#) Federal Health Minister Greg Hunt has ordered his department to stop paying social media influencers
- [New RUOK? day resources](#) Keep the message alive every day
- [Aboriginal leader celebrates grandmothers during NAIDOC week - see the interview here](#)
- [Here's what the typical young Aussie is like](#)
- [Here's how dads can help raise body-positive kids](#)
- [Simple and affordable meals from the Heart Foundation](#)
- [Campaspe Shire Council Active Transport Strategy](#) - An Active Transport Strategy is in development to make it easier for people to choose walking and cycling more often





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