



Working Together for Healthy Communities



Campaspe PCP Newsletter - December 2017

The Campaspe PCP Office will be closed from 5:00pm Wednesday 20th December and re-open 8:30am Wednesday 3rd January 2017

We wish you all a safe and happy festive season and look forward to more great partnership and collaborative work next year!

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Partnerships

- **New Healthier Campaspe Project Manager** We welcome April McKenzie to our PCP office where she will be based in her new role as Healthier Campaspe Project Manager, working one day a week for 12 months. April will continue the work of this initiative which commenced in 2016. This partnership recognises the importance of the following; planning and investing in ways that enhance the connections and integration of services provided, to align efforts to a shared understanding of health needs and priorities and to explore opportunities to strengthen health service integration and initiate strategies that target health needs and priorities for our community. The priorities include:

<i>Cancer</i>	–	<i>Lead</i>	<i>Agency:</i>	<i>Echuca</i>	<i>Regional</i>	<i>Health</i>
<i>Diabetes</i>	–	<i>Lead</i>	<i>Agency:</i>	<i>Kyabram</i>	<i>District</i>	<i>Health</i>
<i>Drug & Alcohol</i>	–	<i>Lead</i>	<i>Agency:</i>	<i>Campaspe</i>	<i>Shire</i>	<i>Council</i>
<i>Mental Health-</i>		<i>Lead</i>	<i>Agency:</i>	<i>Campaspe</i>	<i>Primary</i>	<i>Care</i>
<i>Obesity-</i>		<i>Lead</i>	<i>Agency:</i>	<i>Rochester and Elmore</i>	<i>District</i>	<i>Health</i>
						<i>Service</i>

We wish April her all the best in the coming year. To contact April please call 5484 4367 or email

April.McKenzie@campaspepcp.com.au



Pictured - April McKenzie, Healthier Campaspe Project Manager

Prevention/Health Promotion

- Health Literacy Resource** The Victorian Primary Care Partnerships (PCPs) have launched the Vic PCP Online Health Literacy Course. The course has been designed for Victorian health and human service organisations to build knowledge and skills in health literacy responsiveness. The Health Literacy training program is made up of 5 modules, listed below. The modules have been designed so that staff can complete the most relevant to their role, and are suitable for all staff, regardless of their existing knowledge of health literacy. This broad approach to increase staff knowledge and skills has been designed to complement health literacy activities within your organisation. The course is available free of charge at www.vicpcphealthliteracycourse.com.au (It is recommended that Chrome be used as the internet browser). The course is also available to services through the Regional Health Service Elearning Network (ReHSeN). This will greatly assist in uptake of the course as modules will be integrated into routine training for services and system admins can assign the training as compulsory.

Organisations can request a free version to be embedded in their internal Learning Management System from cwqpcp@gmail.com. For more information please contact Tracie Pearson on 5484 4304 or email tracie.pearson@campaspepcp.com.au

Module	Content
Health Literacy – Introduction (Unit ID 24536)	What is health literacy and why is it important before learners can move on to any subsequent modules?
Health Literacy – Leadership (Unit ID 24532)	How does my leadership role contribute to health literacy responsiveness?
Health Literacy - Communication (Unit ID 24537)	What influence does communication have on health literacy responsiveness?
Health Literacy - Navigation of physical and virtual environments (Unit ID 24531)	What challenges do individuals face when navigating physical and virtual environments? How can my organization support them?
Health Literacy - Partnering with consumers (Unit ID 24534)	How can my organization work with consumers to improve health literacy responsiveness?

Service Integration (formerly Early Intervention & Integrated Care)

- This portfolio area was previously known as Early Intervention & Integrated Care. The new title reflects the emphasis DHHS has placed on Service Integration as a key priority for PCP work.

- **Dementia Project** work is almost complete with project achievements including: -Development and dissemination of 750 [Campaspe dementia resources](#) to various clinics and services across the Campaspe, -partnership with Campaspe Regional Library Service and Dementia Australia to deliver dementia training sessions in Echuca and Kyabram, -establishment of dementia support group facilitators network, -engagement with more than 73 individual clinicians and 45 PCP member organisations through Campaspe Primary Care Partnership committees and networks, -advocacy and support to Service Providers to update NHD listings to include dementia support services. Campaspe PCP along with Southern Mallee PCP have been successful in applying for another component of the project to work with the Aboriginal Organisations to produce a dementia resource for Aboriginal communities. A comprehensive project plan will be developed in the new year. For more information please contact Tracie Pearson on 5484 4304 or email tracie.pearson@campaspepcp.com.au

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
- [Save the Date - Volunteer Workshop](#) Tuesday 13 February 2018, Echuca (venue to be confirmed). A free half day workshop for Volunteer Supervisors and Managers discussing two focus areas: Financial Management for Volunteer Supervisors and Effective Management Practices.
- ['The Tuff Stuff'](#) Volunteering training was held recently in Echuca with 35 people attending from across our Shire and North East Victoria. Volunteering Victoria facilitated this valuable workshop and discussed dealing with conflict, communications and performance management of volunteers and also creating a culture of respect and co-operation between volunteers and staff.



Pictured (L-R) Alma Limbrick Campaspe PCP Volunteer Project Coordinator and Hazel Hudson from Volunteer Victoria.

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.

Partner Organisation News

- Congratulations to Njernda who was nominated for Shire of Campaspe's WICKED sustainability community organisation 2017 awards.
- Welcome to [Rich River Health Group](#) as a Campaspe PCP Level 3 member

Upcoming Meetings

- **Vibrant Volunteer Meeting** Monday 15 January from 2:00pm -3:30pm, Rochester and Elmore District Health Service Board Room, Pascoe Street Rochester
- **Health Promotion Leadership Group Meeting** Wednesday 17 January from 2:00pm - 3:30pm, Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
- **Service Integration Committee Meeting** Tuesday 6 February from 10:00am - 12:00pm at Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
- **Rural Support Network Meeting** Monday 12 February from 1:30pm - 3:30pm Rochester and Elmore District Health Service, Pascoe Street Rochester
- **Management Group Meeting** Wednesday 14 February from 1:00pm - 3:00pm at Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
- **Campaspe Murray Mental Health Network Meeting** Wednesday 28 February from 10:30am - 12:30pm, Moama Seniors Building, Martin Street Moama
- **Aboriginal Health Partnership Group Meeting** Wednesday 1 March from 12:30 pm - 2:30pm, Njernda Aboriginal Corporation, 84 Hare Street Echuca
- **Food Security Meeting** to be advised

Events and Opportunities

- **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.
- [Volunteer Workshop](#) Tuesday 13 February 2018, Echuca (venue to be confirmed) A free half day workshop for Volunteer Supervisors and Managers discussing two focus areas: Financial Management for Volunteer Supervisors and Effective Management Practices.
- [Health Literacy Training](#) Designing Easy to Read Resources, Tuesday 27 February 2018, Bendigo

Articles and Updates

- [Foster Caregivers for Aboriginal Children Urgently Required](#) Njernda is looking for good families or individuals who are willing to become Carers of Aboriginal Children. It is vital that Njernda develops a pool of carers who are willing to provide long/short term case or even respite to our carers (short term over weekend emergency care). If you know anyone who is willing to open up their home and provide a future to our children can you forward this [flyer](#) onto them
- **Intereach** - Now has an Early Childhood Coordinator located in their Echuca office at 205 Hare St

Echuca. Lucy is ready to answer all of your Early Childhood questions, so feel free to drop in for a chat. Keep up to date with the NDIS nationally with their [Latest News](#) and weekly NDIS [FAQ's](#)

- [Jean Hailes Healthy Living Webpage](#)
- **Heatwave Warning Resources** the Department of Health and Human Services has given a timely reminder about planning and preparing for extreme weather conditions. Community information on heat health can be found [here](#). Survive the Heat communication resources can be found [here](#)
- **Christmas Loneliness** For many of us, the holiday season means friends, family and food. For others, Christmas can be a particularly isolating and lonely time. The pain of losing loved ones, or being estranged or away from family can become even greater when surrounded by so much talk and plans for family holidays and gatherings [RUOK? challenges you to reach out during these holidays and spread cheer and kindness](#)
- [Five areas you can act on to prevent Family Violence](#) produced by the Campaspe Family Violence Action Group
- [Know Your A-Z: Preventing violence against women](#) This resource offers 26 ways everyone can help challenge harmful stereotypes, promote respect and prevent violence against women.





Contact Us

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