



Campaspe PCP Newsletter December 2018

**The Campaspe PCP Office will be closed from 5:00pm Thursday 20th December and re-open 8:30am Wednesday 2nd January 2019.
Wishing you all a happy festive season and we look forward to more great partnership work next year!**

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Healthcare That Counts Forum

More than 50 people attended the Healthcare that Counts Forum in Bendigo on 28th November. The forum aimed to bring together executives and managers from a diverse range of health services and Department of Health and Human Services representatives from across the Loddon area, to share and spread knowledge and

identify challenges and issues; and to demonstrate how the *Healthcare that Counts* framework supports the implementation of the Child Information Sharing Scheme and the *Child Safe Standards*. This project will continue into 2019. Pictured L-R:

Cath O'Leary (Central ViC PCP), Eileen Brownless (Bendigo Loddon PCP), Emma Brentnall (Campaspe PCP), Shelly Lavery (Central Vic PCP), Tracie Pearson (Campaspe PCP), Bronwyn Mander and Rhani Dean-Talbot (HCTC Project Coordinators).



VET in Schools Awards 2019

Campaspe Primary Care Partnership is proud to be an ongoing sponsor of this fantastic initiative. Congratulations to St Joseph's College Echuca student Emily Fisher who won the Campaspe Cohuna LLEN VET in Schools Excellence Award - Allied Health Category. Not only did Emily win this category but was also awarded the VET Student

of the Year! Pictured Jane McPherson Campaspe PCP and Emily.



Celebrating

Community

Partnerships! The Aboriginal Mental Health working group presented beautiful handprint canvases to Echuca Regional Health, Moama RSL and Campaspe Shire Council to signify partnerships within our community. These murals were designed in October when the community came together for an event during Mental Health Month. Many thanks to Gilbert and the Aboriginal Mental Health working group for coordinating this presentation. *Pictured L-R: Sonya Parsons (Aboriginal Liaison Officer ERH), Nick Bush (Chief Executive Officer ERH) and Gilbert Wanganeen (Health Promotion Officer, Njernda).*

Prevention/Health Promotion



16 Days of Activism You may have seen some locals displaying their Portraits For Respect on social media recently. The Campaspe Family Violence Action Group successfully applied for a Victoria Against Violence grant through Women's Health Loddon Mallee to coordinate a local "16 days of activism against gender violence" campaign in Campaspe from November 25 – 10 December. The 16 Days of Activism Against Gender Violence is a global

campaign to raise awareness about violence against women and its impact on a woman's physical, psychological, social and spiritual well-being. The campaign commenced on International Day for the Elimination of Violence Against Women and ends on December 10th International Human Rights Day. Pictured is Health Promotion student Sam Turner. Sam undertook a placement at Campaspe PCP and put together a great campaign for Campaspe for 16 Days of Activism. Check it out on [Campaspe PCP's Facebook page!](#)



Campaspe Family Violence Action Group now have a website!

You can view it by clicking

<https://campaspefamilyviolence.org.au/>

Please provide any feedback to Jane or Emma by calling 548 44485

Service Integration

Rural Support Network

The Rural Support Network continues to meet regularly and the current focus is the dry seasonal conditions in Campaspe. More information about Dry Seasonal Conditions Support can be found [here](#). The Campaspe PCP rural support wallet cards can be obtained from the PCP office or [downloaded](#) and the Echuca/Rochester and Kyabram & District Food Relief brochures can be downloaded from the [PCP webpage](#). For further information please contact Tracie Pearson, Service Coordination Project Manager on 5484 4304 or email tracie.pearson@campaspepcp.com.au

Vibrant Volunteers Project - Campaspe Murray

[Gaining a Better Understanding of Difficult Behaviours Workshop](#) Due to popular demand another free upcoming training session to be held on Tuesday 5th February at Echuca Regional Health. Campaspe Murray Vibrant Volunteer Network are holding this interactive workshop aimed at volunteers who often have to deal with people who are upset, frustrated and/or angry. Volunteer managers, coordinators and all people who are interested in attending this session are most welcome to attend. For more information please contact Alma Limbrick, Volunteer Project Coordinator on 5484 4490 or email Volunteering@campaspepcp.com.au

[Volunteers and the Law](#) This full day session will provide essential training for anyone in a position of managing or co-ordinating volunteers, senior managers and HR staff. It will be facilitated by Justice Connect, Not for Profit Law - a specialist legal service for community organisations. To be held on Monday 11 February at Echuca Regional Health, bookings via trybooking <https://www.trybooking.com/ZXNG>

New Campaspe Murray Vibrant Volunteer Logo A big congratulations to student Joseph Durso from St. Augustine's College Kyabram who was recently awarded winner of the Campaspe Murray Vibrant Volunteer Network logo design competition! *Pictured below - Joseph with teacher Penny Jenner and Campaspe Primary Care Partnership Volunteer Project Coordinator Alma Limbrick.*



Crossenvale Community House Would you like some hands on experience working in community development, administration, project planning or running community programs? Call or text Sheridan on 0459049474 or 03 5480 3583 to make an appointment to volunteer.



Healthier Campaspe



Healthier Campaspe Forum

This Forum held on 19th November featured several keynote presentations from speakers including Senior DHHS staff, Cancer Council Victoria and Campaspe PCP staff. Presentations from the day can be found on [our website](#)

Pictured L - R (David Malone DHHS, Alice Bastable Cancer Council Victoria, Kate Broun

Cancer Council Victoria, Lyn Jeffreson Echuca Regional Health, Emma Brentnall Campaspe PCP, Kaye Ervin RHAN Coordinator, Ash Watson Campaspe PCP, Tracey Farrell Campaspe PCP, Tracie Pearson Campaspe PCP). For further information on the Healthier Campaspe project please contact Ash Watson, Healthier Campaspe Project Manager by emailing a.watson@redhs.com.au or phone 5484 4367.



Campaspe Core Competencies Project

Campaspe Core Competency Project is well underway with participating organisations being briefed, and the commencement of worker audits and family interviews. Exciting upcoming training opportunities for this project include *Engaging Families Workshop, Embedding Trauma Informed Care and Practice for Managers and Grounded Neuroscience of Leadership*. More details are to follow early in the New Year.

Resources for each of the four focus areas for this project can be accessed here:

[Understanding Trauma](#)

[Respecting Culture](#)

[Social Inclusion](#)

[Collaborative Practice](#)

For further information on the project, contact Tracey Farrell, Campaspe Core

Competencies Project Manager 5484 4367 or email

tracey.farrell@campaspepcp.com.au

Upcoming Meetings

- **Health Promotion Leadership Meeting** Wednesday 16 January 2019 at the Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
 - **Child and Youth Area Partnership Campaspe Core Competency Project Reference Group Meeting** Wednesday 30 January 1:00pm-3:00pm at the Echuca Regional Health Hopwood Centre Integrated Care Services Meeting room, Leichardt Street Echuca.
 - **Management Group Meeting** Wednesday 12 February from 1:00pm - 3:00pm at the Rochester and Elmore District Health Service Education Hub, 14 Village Drive Rochester
 - **Vibrant Volunteer Meeting** Monday 18 February from 11:00am - 12:30pm at the Cunningham Downs meeting room, Hartshorn Drive Echuca
 - **Aboriginal Health Partnership Group Meeting** Wednesday 20 February from 12:30 pm - 2:30pm at Njernda Aboriginal Corporation, 84 Hare Street Echuca
 - **Campaspe Murray Mental Health Network** Wednesday 27 February from 10:30am - 12:00pm, venue tbc
 - **Service Integration Committee Meeting** tbc
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Events and Opportunities

- [Gaining a Better Understanding of Difficult Behaviours](#) Tuesday 5 February 2019, Echuca
 - [Volunteers and the Law](#) Monday 11 February 2019, Echuca
 - Campaspe Core Competency Project - Several upcoming training opportunities for this project include '*Engaging Families Workshop*', '*Embedding Trauma Informed Care and Practice for Managers*' and '*Grounded Neuroscience of Leadership*'. More details to follow early in the New Year.
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Articles and Updates

- [Cultural Competence new online training course](#)
- [Our Watch's Change the Story Framework](#) - This is the most rigorously researched piece of work both nationally and internationally to understand the drivers of violence against women and works to prevent it.
- [Safe and Strong – Victoria's Gender Equality strategy](#)
- New health literacy resource called teachback.org. The website provides an

- online training module as well as a range of extra resources on teach-back.
- ['When life sucks' Youth forums Loddon Campaspe](#) - keep an eye out for the reports and data from these forums by checking in on the [website](#)
 - [Talking about respect](#) - a practical guide from the Australian Government to have conversations with young people about respect
 - [The gender qualification gap - women 'over-invest' in workplace capabilities](#)
 - The Loddon Mallee Integrated Cancer Service (LMICS) have developed an [online directory](#) that provides descriptions and details of a wide range of supportive care and cancer services available for people affected by cancer who live in the Loddon Mallee region.
 - [Feeling isolated? You're not alone. Here's why 1 in 4 of us is lonely](#)
 - [There's no such thing as small talk in regional communities](#) - check out this snazzy one minute animation
 - [The holiday season can be draining, here's how to prioritise your own joy](#)
 - [How to stay healthy this holiday season](#)
 - **Summer Reading - recommendations from the Campaspe PCP team!** *'This is How It Always Is'* by Laurie Frankel is a warm, touching and bittersweet novel about a family that's just like any other - until it's not. Rosie and Penn always wanted a daughter. Four sons later, they decide to try one last time - and their beautiful little boy Claude is born. Life continues happily for this big, loving family until the day when Claude says that, when he grows up, he wants to be a girl. This novel is about families, love and how we choose to define ourselves. It will make you laugh and cry and see the world differently.
 - [Victorian Primary Care Partnerships Key Message Infographic](#)





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You signed up for our regular newsletters via our website, phone call, email or via contact with our staff

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