

## Recent News from Campaspe PCP

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Working Together for Healthy Communities



# Campaspe PCP Newsletter - October 2018

- [Partnerships](#)
- [Prevention/Health Promotion](#)
- [Service Integration](#)
- [Vibrant Volunteers - Campaspe Murray](#)
- [Healthier Campaspe](#)
- [Upcoming Meetings](#)
- [Events and Opportunities](#)
- [Articles and Updates](#)
- [Contact Us](#)

## Partnerships



### **New Campaspe Core Competencies Project Manager**

We are excited to welcome Tracey Farrell to the Campaspe PCP team! Tracey has commenced the role of Campaspe Core Competencies Project Manager, this project is a place-based approach to support vulnerable children and families. Many of you may know Tracey throughout the early years sector for her specialised clinical practice in children's mental health particularly in trauma informed and brain development practice. Tracey is based at our Campaspe PCP office on Tuesdays and Wednesdays at the Rochester and Elmore District Health Service Education Hub and

may be contacted on 5484 4367 or emailing [tracey.farrell@campaspepcp.com.au](mailto:tracey.farrell@campaspepcp.com.au)

**Congratulations to Echuca Regional Health - Awarded 2018 Victorian Health Service of the Year (Medium sized category!)** The Victorian Premier's Public Healthcare Awards recognise leadership and excellence in a Health Service. Campaspe PCP would like to extend our congratulations to Echuca Regional Health. Echuca Regional Health congratulates their

Staff, Visiting Medical Officers, Volunteers and Board of Management for dedication, passion and commitment to delivering high quality health services to our community. Congratulations are also extended to Kyabram District Health Service for being shortlisted as a finalist for this award.

## Prevention/Health Promotion

**“Gender Equitable Campaspe”** Tracie Pearson and Danielle Paterson presented on the “Gender Equitable Campaspe” project at the DHHS Northern Division Population Health Forum at Preston on 25 October. The presentation included an explanation of the process of co-design as well as the findings from the research conducted as a part of the project. The co-design work continues with the Integrated Health Promotion team now developing and testing (prototyping) strategies to address gender inequality with community members.

The **Campaspe Family Violence Action Group** (prevention working 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 commences on International Day for the Elimination of Violence Against Women and ends on December 10th International Human Rights Day. Health Promotion student, Sam Turner has been undertaking a placement at Campaspe PCP and has put together a great campaign for Campaspe for 16 Days of Activism.



Accredited to deliver MHEFA  
Courses by MHFA Australia



### Mental Health First Aid Course Rushworth

A free 12 hour mental health first aid course is to be held in Rushworth in November, all people are welcome to attend. This course will be held over three sessions: Thursday 15th November, Thursday 22nd November & Thursday 29th November each from 9:30am – 2:00pm at the Rushworth Community House. All sessions must be attended by participants. For any further queries or to register please email [administration@campaspepcp.com.au](mailto:administration@campaspepcp.com.au) or phone Jane on 5484 4485.



## Cruise on the MV Maryann - Event for Mental Health Month

Around 70 people celebrated Mental Health Month this year by attending a free cruise and morning tea on Thursday 11th October onboard the MV Mary Ann Echuca. Mental Health Month aims to activate, educate and engage Victorians about mental health through a month of interactive events across the state. It also aims to eliminate

the stigma surrounding mental illness. The theme for this year is "Better Mental Health for All" with a focus on youth. *Pictured are Uncle Rick Ronan and Keith Hearn from Njernda with Campaspe Shire Council staff Jess Ibbeson and Lucy McKenzie.*



Gilbert Wanganeen from Njernda (*pictured with Leanne McCallum from ERH*) organised some painted hand print canvasses to symbolise the wonderful partnership of our community.

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## Service Integration

Service Coordination Orientation training is to be held on Tuesday 13th November. This training is particularly useful for new workers or as a refresher for those keen to enhance their service coordination practice. For further information please contact Tracie Pearson, Service Coordination Project Manager on 5484 4304 or email [tracie.pearson@campaspepcp.com.au](mailto:tracie.pearson@campaspepcp.com.au)

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## Vibrant Volunteers Project - Campaspe Murray

[Gaining a Better Understanding of Difficult Behaviours Workshop](#) A free upcoming training session to be held on Tuesday 27<sup>th</sup> November 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](mailto:Volunteering@campaspepcp.com.au)

**New Campaspe Murray Vibrant Volunteer Network 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 is Joseph with teacher Penny Jenner and Campaspe Primary Care Partnership Volunteer Project Coordinator Alma Limbrick.



**Volunteer First Aid Training** Volunteers from across the region brushed up on their first aid skills this month, an initiative organised by the Vibrant Volunteers Network.



Eighteen volunteers from across the region brushed up on their first aid skills earlier this month, an initiative organised by the Vibrant Volunteers Network. Many thanks to Rich River for facilitating this valuable session.



First Aid for facilitating this valuable session.

**Murray River Tea Rooms** Can you spare 3 hours a month to help out at an amazing local social enterprise? Call Liz on 5480 2388 or email [lrowsell@clrs.org.au](mailto:lrowsell@clrs.org.au)

**Crossenvale Community House** Would you like some hands on experience working in community development, administration, project planning, running community programs? Call or text Sheridan on 0459049474 or 03 54803583 to make an appointment to volunteer.

**The Victoria Police Blue Ribbon Foundation Echuca Branch is looking for event based volunteers!** This foundation holds various events throughout the year in Echuca Moama to raise funds towards vital equipment for Echuca Regional Health's George Henry Taylor Emergency Department and Peter Geddes Short Stay Unit. The Echuca branch are currently taking expressions of interest from people who would like to volunteer at various events we host throughout the year, such as Inside Story, Great Tastes of Echuca Moama and some community based events like the Blue Ribbon Football Round. To register your expression of interest to be involved, please email Shari Butcher, Executive Administration at Echuca Regional Health on [sbutcher@erh.org.au](mailto:sbutcher@erh.org.au) including details of your volunteering experience and why you would like to be involved in supporting this committee.

## Healthier Campaspe



### **Healthier Campaspe Forum**

To be held at Echuca Regional Health on Monday 19th November 2018. Do you work in the space of Mental Health, Diabetes, Obesity, Alcohol & Drugs or Cancer? The Forum features several keynote presentations from speakers including Senior DHHS staff, Cancer Council Victoria and local Tracey Farrell who will present on Trauma informed practice. [Click here to see the agenda](#) Registrations for this forum are via Trybooking <https://www.trybooking.com/YIXE> For further information please contact Ash Watson, Healthier Campaspe Project Manager by emailing [a.watson@redhs.com.au](mailto:a.watson@redhs.com.au) or phone 5484 4367



### **Healthier Campaspe World Hospital Congress Presentation**

April McKenzie and Ashley Watson recently attended the World Hospital Congress in Brisbane to co-present on the Healthier Campaspe initiative. April is the Quality Experience & Safety Manager at Kyabram District Health Service and was previously the project manager of the

Healthier Campaspe project. Ashley works at both Rochester & District Health Service and Kyabram District Health Service as a Credentialed Diabetes Educator / Exercise Physiologist. He is also the current project manager of the Healthier Campaspe initiative. The presentation was under the 'shared goals, shared gains' stream and titled 'Healthier Campaspe – working together to improve our health'. It included information of the Healthier Campaspe's collaboration between the health services in the Campaspe Shire, preceding needs analysis project, current implementation, achievements and evaluation process. The 15 minute presentation went well with numerous questions from the floor during the following panel session.

*Ashley Watson and April McKenzie ready to present at the World Hospital Congress.*

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## Upcoming Meetings

- **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 14 November from 2:00 pm - 4:00pm at Njernda Aboriginal Corporation, 84 Hare Street Echuca *\*Please note the change of date*
- **Service Integration Committee Meeting** Wednesday 5 December from 2:00pm - 4:00pm at Echuca Regional health Hopwood Centre Integrated Care Meeting Room, Leichardt Street Echuca
- **Vibrant Volunteer Meeting** Monday 10 December from 10:00pm - 12:00pm at the Echuca Regional Health Education Centre Hall, followed by lunch
- **Management Group Meeting** Wednesday 12 December from 1:00pm - 3:00pm at the Shire of Campaspe Function Room, Heygarth Street Echuca

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## Events and Opportunities

- **Healthcare That Counts**



We have partnered with [Bendigo Loddon PCP](#), [Central Victorian PCP](#) and the [Loddon Children and Youth Area Partnership](#) to support health services in integrating the 2017 Victorian Government's *Healthcare that counts: A frame for improving care for vulnerable children in Victorian health services* (HCTC framework) into service provision. For this one-year project we are working with six health services across the Loddon area. The six health services are conducting self-assessments based on the HCTC framework from which an action plan will be developed to drive system-wide improvements and identify areas of need for which training will be provided. This training and systems adaptations will enable health professionals to identify vulnerability early and facilitate effective referrals.

A forum to be held in Bendigo on 28 November 2018 will provide a unique opportunity for CEOs, quality managers and senior staff to learn about the framework, the need for collaboration to ensure high quality care and requirements for referring and reporting of children at risk. For further information, go to [www.trybooking.com/YTDU](http://www.trybooking.com/YTDU).

- [Free Mental Health First Aid Course](#) Thursday 15th November, Thursday 22nd November & Thursday 29th November each from 9:30am – 2:00pm at the Rushworth Community House. All sessions must be attended by participants. For any further queries or to register please email [administration@campaspepcp.com.au](mailto:administration@campaspepcp.com.au) or phone Jane on 5484 4485
- **The Online Health Literacy Course Evaluation.** The Online Health Literacy Course was developed by the Victorian PCPs and launched in 2017. [First Person Consulting](#) is carrying out a formative evaluation of the course to determine how relevant the course has been to course participants hoping to improve their health literacy responsiveness, as well as the impact of the course on participants' professional practice and the health literacy responsiveness of their organisation. For more information about this evaluation, please contact Louise Greenstock at [louise@fpconsulting.com.au](mailto:louise@fpconsulting.com.au)  
To complete the survey [click here](#). Please consider sending this survey link out to your staff or colleagues who may have come across the Online Health Literacy Course: <https://www.surveymonkey.com/r/healthliteracycourse>

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## Articles and Updates

- [Barb Gibson Thorpe inducted into the Victorian Aboriginal Honour Roll](#)
- [Blue Knot Trauma](#) supporting adult survivors of childhood trauma and abuse
- [Alcohol consumption down to lowest level in Australia since the 1960's](#)
- [Term 4 Echuca Neighborhood House Program](#)
- ["I'm surrounded by people but feel so lonely"](#)
- [Is it time to stop saying "Hey guys" at work?](#)
- [From girls to men: Social attitudes to gender equality in Australia](#) The 50/50 by 2030 Foundation's new report
- [Five ways to enhance your mood and mental health](#)
- [Six women killed in five days, we need to engage with this national crisis](#)
- [Mapping primary healthcare datasets](#) in Australia, survey on behalf of the Australian Health Research Alliance
- [The results are in! This Girl Can - Victoria works to get women active](#)
- [Foodbank - A snapshot of food insecurity in Australia](#)
- [Young Australians prospects still come down to where they grow up](#)
- [Deadly Questions](#) You ask, Victorian Aboriginals answer
- Yorta Yorta Language Dictionary App is available to translate many words and audio links to provide the correct pronunciation
- [Check out Foost!](#) A website to inspire all people to enjoy fruit and

vegetables

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## Contact Us

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