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NEWSLETTER

OCTOBER 2019

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Partnerships

CAMPASPE PRIMARY CARE PARTNERSHIP ACHIEVEMENTS (examples from 2017 - 2019)



Cross Sector Partnerships

- Local government health services
- Disability services
- Women's health services
- Mental Health services
- Aboriginal Community Controlled organisation
- Family Violence Care & Support
- Quil Nurrana Centre
- Local learning & employment networks
- Primary Health Network
- Learning Community & Health Hub (Houses, schools & Early Childhood providers)
- Sport & recreation
- Rural nursing groups
- Volonia Police

Integrated Planning

- Healthier Campaspe** based on needs needs analysis for Obesity, Mental Health, Alcohol & Other Drugs, Diabetes & Cancer
- Municipal public health & wellbeing plan directly in a local health plan: Campaspe
- Collaborative Prevention Plan (health promotion) focusing on Healthy Eating, Active Living & Family Violence Prevention
- Campaspe Family Violence Action Group** strategic priorities link directly to the PVE Prevention plan
- Loddon Mallee road mapper Health & social reform

Building Evidence

- Campaspe Community Health & Wellbeing profile
- Campaspe Health Needs Analysis

Capacity Building & Training

(est. 12 M. total)

- Promoting equality & Respect
- Identifying & Responding to Family Violence
- Mental Health first aid
- Co-design workshops
- Understanding Dementia
- Buselling Better Partnerships
- Designing easy to read resources
- Healthcare That Counts to you
- Vulnerable Children & Families: Involvement of Leadership, Engaging families, Enhancing Trauma Informed Care & Practice
- Saskia Coordination principles & practice
- Voluntary first aid training
- Volunteering & the law: Understanding difficult Behaviour: National Volunteer Standards: Creating Volunteer Database
- Healthier Campaspe forum

518+ PEOPLE ATTENDED TRAINING

Resource Development

Improving Access to Services

- Rural Support water card
- Emergency Food & Support Services brochure
- Campaspe Directory of Health & Community Services
- Ethical Modern Early Years Directory
- Ageed Care Support in Campaspe: Guide to home care services in Campaspe
- Dementia & supports available local guide

Building Rural Social Inclusion framework

- Welcoming Business brochures
- Value of Volunteering digital story
- Volunteer Induction online tutorial
- Volunteer Handbook
- Volunteer Query Towlchat
- Healthy Ageing signposts
- Supporting Vulnerable Children & Families: Informed Parental tool
- Local Diabetes Pathway
- Njandra Pathway pilot tool
- Closing the Gap through Partnerships

Local Partnership Groups

- Aboriginal Health Partnership Group
- Campaspe Mundy Mental Health Helpline
- Healthier Campaspe Mental Health & Alcohol working group
- Family Violence Prevention working group
- Prevention/Health Promotion Leadership Group
- Vibrant Volunteer Coordinators Network
- Rural Support Network
- Re-Move Inequity Steering Committee
- Aboriginal Mental Health working group

Advocacy

- Responding to mental & community services reform: eg. DV, family violence
- Drinking water fluoridation for Rochester
- Strengthening volunteer support practices
- Aloma health Royal Commission
- Place based work to address local issues

Project Management & Additional Funding

(3 yrs)

- Healthy Heart of Victoria partner with Loddon Campaspe Local Partnership
- Local Home That Counts Loddon project with R.PCF & OVECH
- Dry Seasonal Preparedness**
 - Mental Health support & coordination
- Additional Children & Youth Area Partnership Campaspe Care Coordination project**
- Campaspe Mundy Vibrant Volunteer project
- Loddon Mallee, Jemena Pathways
- Additional Jemena Pathways with Njandra Aboriginal Corp.
- VolHealth Mallee Outpost Change project
- Socially Inclusive Communities including Welcoming Business Program

\$5 MILLION LEAD FUNDING

HEALTHIER HEART OF VICTORIA

\$317,740 REGIONAL FUNDING

\$520,000 CAMPASPE

We have **658** newsletter subscribers with **782** facebook followers: website activity average of **120** users over 2 weeks involving **94** users

Campaspe Primary Care Partnership Achievements Snapshot

View our achievements snapshot for 2017-2019 on our [website](#).

We are very proud of our development of partnership groups, capacity building, advocacy, project management and resources undertaken in the last two years.

Prevention/Health Promotion

Prevention Report

The 2018/19 Prevention/Health Promotion Report has been completed and was submitted to DHHS on 29th August following endorsement by the Health Promotion Leadership Group (HPLG). A different reporting format has been required this year. The report comprised of a short 8-10 page summary of achievements and an oral presentation to DHHS staff. This is a trial in Loddon to make reporting more meaningful and less burdensome. The presentation was made on the 3rd of September to Annette Toohey, Manager, Population Health and Community Wellbeing, Loddon Area, North Division. And Tammy Hancock also from the Regional Office. Members of the HPLG were involved in the presentation which was very well received by Annette and Tammy, and was a great opportunity for the group to reflect on what makes Integrated

Health Promotion work effective in Campaspe.

Congratulations to everyone who took part in the presentation:

Danielle Paterson – Health Promotion Manager ERH

Ash Watson - Primary Care Manager KDHS

Dorothy Stone - Senior Manager Primary Health & Aged Care KDHS

Crystie Ballard - Health Promotion Officer REDHS

Jess Ibbeson - Community Programs Coordinator Campaspe Shire Council

Anna de Vrieze - HR Manager CLRS

Emma Brentnall - Executive Officer Campaspe PCP

Tracie Pearson - Project Manager Campaspe PCP.

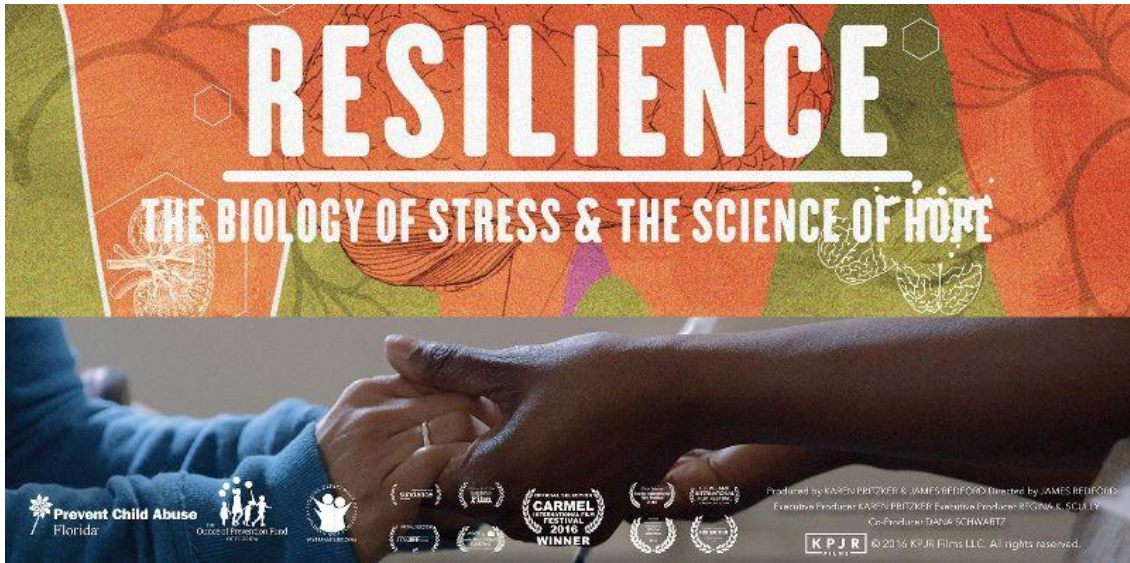


Keep in Touch (kit)

Kit is a youth co-design mental health promotion and wellbeing initiative rolling out across the Loddon Campaspe region. It aims to break down mental health stigma, and empower young people to focus on their mental wellbeing.

The kit app and van are accessible to all young people, and the van can be requested to go anywhere in the Loddon Campaspe area.

Click [here](#) to find out more, download the free app, or request the kit van.



Resilience Documentary - The child may not remember. But the body remembers.

A number of screenings of this documentary have occurred in Campaspe – we currently have a 12 month licence allowing our members to have the opportunity to view the full documentary up until February 2020. Please contact Emma Brentnall if you are keen to screen it also emma.brentnall@campaspepcp.com.au.

Researchers in the US have discovered a dangerous biological syndrome caused by abuse and neglect during childhood. Toxic Stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at greater risk of disease, homelessness, prison time and early death.

Change begins by building resiliency. When we respond with compassion to those who have experienced trauma, and give families the tools they need to raise healthy children, we develop systems that enable people to thrive, adapt and cope despite trauma.

[Watch the trailer here](#)

Loddon Mallee Region Move It Project

Encouraging older residents to get moving, The Loddon Mallee Region Move It project invited expressions of interest from groups keen to share in \$1.2 million in funding to help people aged 65 and over, who are living in the Loddon Mallee Region to be more

active.

The project aims to:

- get inactive older Australians active
- enhance older Australians' understanding of the benefits of regular physical activity, including physical and mental wellbeing, and the benefits of social connectedness
- enhance the capability and capacity of organisations and staff responsible for delivering age-appropriate activities to older Australians.

Congratulations extended to the Campaspe Neighbourhood House Cluster for their successful submission for the Loddon Mallee Region MOVE IT program. The 'Campaspe Seniors on the Move' project will offer regular fitness classes (Tai Chi, Strength and balance, Pilates) over eight locations across the shire, as well as facilitate walking groups and attendance at water aerobics classes. For more information on Move it please go to [Loddon Mallee Region Move It Project](#).

City of Greater Bendigo Wellbeing in Every Decision Conference

For those that were unable to make the HHV and CoGB Wellbeing in Every Decision Conference on Wednesday 28th August, plenary sessions are now permanently available to watch on YouTube: <https://www.youtube.com/watch?v=IOY8GCC1cTw>

If you're passionate about creating healthy and liveable communities, why not join our network. Build lasting associations with like-minded people and organisations embedding a focus on wellbeing in systems, policies and decision making processes.

The network will meet monthly:

Time: 1pm to 2.30pm

When: Third Wednesday of each month

Where: The Green Room, Yo Bendigo, 45 Mundy Street, Bendigo

For more information or to register your interest, please contact Cara Smith by email at c.smith@bendigo.vic.gov.au or call 0436 816 370, or Julian Cleary by email at j.cleary@bendigo.vic.gov.au or call 5434 6662.



Photo: Murray phn eNews

New Psychosocial Recovery Services

From 1 July 2019, the way psychosocial support services are delivered across Australia has changed. Psychosocial support is a term used to describe programs and activities which are designed to support people with severe mental illness achieve their recovery goals. As part of this change, participants of the Partners in Recovery (PIR), Personal Helpers and Mentors Service (PHaMHs) and Day to Day Living (D2DL) programs, which ended on 30 June 2019, are receiving their support through the National Disability Insurance Scheme (NDIS) or PHN-funded psychosocial supports. Murray PHN has funded psychosocial supports across the [Murray PHN region](#) under a single banner of Psychosocial Recovery Services (PRS).

Service Integration

5 requirements for being a health literate organisation

To become a Health Literate Organisation, we need:¹⁰



Make it Easy: A Handbook for Becoming a Health Literate Organisation

A health literate organisation is: 'An organisation that makes it easy for anyone to find, understand, and use information services.'

Developed by HealthWest, Inner North West PCP and health and social service professionals and consumers. Click [here](#) to view the Handbook which includes practical and adaptable tools and guidance to the right resources to improve your organisational health literacy.

NDIA Session

In August, Campaspe Primary Care Partnership facilitated a meeting on behalf of

senior staff from PCP partner organisations with Intereach and the NDIA, to discuss issues that have been experienced with the NDIS.

The meeting was very productive, discussing topics such as:

- o Secure messaging and privacy legislation
- o Review processes
- o Use of the payment portal & pricing issues
- o Relationship building

Regular discussions/meetings will continue and a NDIA Portal and payment workshop for Campaspe PCP members will be held later this year.



Vulnerable Children's Interactive Referral Pathway

This vulnerable children's referral pathway has been developed for the Loddon Healthcare that Counts [project participants](#).

Please take a moment to review this pathway and consider if your health service could benefit from it also.

[Interactive Referral Pathway](#)

Crossenvale Healthy Heart Project set to kick off

23 July 2019 - Media Release

The Healthy Heart of Victoria is an initiative supported by the Victorian Government and the Loddon Campaspe Regional Partnership.

Follow the Healthy Heart of Victoria [Facebook Page](#) to keep up to date with information and events in the area.

Campaspe Shire Mayor Cr Adrian Weston said the Crossenvale Healthy Heart project will be delivered by council in 2019/2020 with a \$266,516 grant received from the Federal Government as part of the Healthy Heart Initiative.

The infrastructure works will involve concreting paths, minor landscaping, park furniture installation, picnic shelter renovations and playground upgrades.

[Read more](#) about the project in partnership between Campaspe Shire Council, Crossenvale Community House and Campaspe Primary Care Partnership.



Campaspe Rural Support Community Event Grants 2019

We're very pleased to be able to support the following events through our grants program:

Stanhope & District Development Committee / Stanhope & District Men's Shed / Stanhope Health - Outside Family Film Night aimed at farming families addressing mental wellbeing and accessing information and support services for anxiety and depression.

Kyvalley Swimming Club Inc - Rural Community Dinner supporting local farming families and associated businesses. Providing entertainment and a social gathering for locals to meet those new to the area.

Lockington District Business Centre / Neighbourhood House - Rural Aid Community Lunch showcasing the services offered by Rural Aid for drought conditions,

counselling, finances, food and water.

Waranga Community Health & Rushworth Community House - Waranga Wellbeing series of events bringing families, individuals and community groups together, through yoga sessions and a Community BBQ. Providing information on recognising the signs and symptoms of mental health issues, anxiety, depression and where help can be accessed. Rural Financial Counselling Services will also be in attendance.

Applications are still open, access the Grant Criteria and application form [HERE](#).

Vibrant Volunteers



Youth Expo Wednesday 11th September Echuca College Gym

The Vibrant Volunteer Network recently attended this fun, interactive and informative exhibition of our local volunteer initiatives, and gauging interest from youth regarding volunteering. A survey, quiz and free wristbands were a hit on the day.

More than 50 students filled out our survey.

- 61% of students volunteer on a regular basis at school or within sporting and community clubs.

When asked on survey: *What would our communities look like without volunteers?*

Comments included:

- *There would be no fun activities to improve mental health*
- *Our communities would be a lot less connected*
- *Not as much would get done and more money would have to be spent.*
- *Communities would be sad as nobody could get the help they needed.*

It was interesting and insightful feedback about what volunteering means to our younger generation.

Healthier Campaspe



Farewell Ash!

Ash has resigned from his role as Healthier Campaspe Project Manager to pursue a career as Primary Care Manager at Kyabram and District Health Service from early October. We wish Ash all the best in his new organisation.

Live Lighter Training

Live Lighter – 'Talking to patients about weight loss training'

Wednesday 13th November 2019

9am – 4:15pm

Echuca Regional Health, Education Centre – 226 Service St Echuca, Vic 3564 Price – \$140

[Book Now](#)

Mental Health and Alcohol & Other Drugs Needs Analysis

The Healthier Campaspe Mental Health and Alcohol & Other Drugs working group are supporting the regional AoD Alliance to undertake a Needs Analysis for the Campaspe area over the next six months.

The Needs Analysis will provide our region with a better understanding of the service, consumer and community needs to support AoD and MH issues.

The review will include;

- Literature review and data analysis
- Focus group discussions with interested community members
- Consumer feedback surveys
- Stakeholder interviews

For further information please contact Bronwyn Moore, Senior Advisor, Strategy, Planning & Analysis, Bendigo Community Health Services/AoD Alliance planning lead p. 03 54061275 e. BronwynMoore@bchs.com.au

Member News

Welcome

Congratulations and welcome Cynthia Opie to her new role as Executive Director of Community Services at Echuca Regional Health.

And welcome Michael Delahunty who recently commenced his interim CEO role at Rochester Elmore & District Health Service.

FREE Methamphetamine Training for Practitioners

Wednesday 13th November 2019 9:30 - 12:30pm Echuca

The Centre and YSAS have collaborated to deliver the Victorian Government funded training for practitioners to increase knowledge and confidence in identifying, discussing and responding to methamphetamine (ice) use. This training is funded by the Victorian Government.

Learning Outcomes:

- Understand the effects methamphetamine use can have on the brain, behaviour, psychological health, and in social contexts
- Understand patterns of use, including the binge-crash cycle and the recovery process
- Understand what contributes to aggressive behaviour and methamphetamine-induced psychosis, and learn how to recognise these presentations
- Develop knowledge and confidence in responding to people affected by methamphetamines
- Know how to find treatment options for both adolescents and adults

Who should attend? This workshop will benefit anyone who works with children, young people and families where there is a risk of exposure to methamphetamines. This includes child protection, family violence, out of home care, youth justice, social workers, case managers, carers, youth workers, teachers, school-based staff, nurses, mental health workers and counsellors.

Registrations: <https://www.cfecfw.asn.au/events/methamphetamine-training-for-practitioners-echuca-wednesday-13th-november-2019/>

Farewell

We say goodbye to long serving Community Living & Respite Services (CLRS) CEO, Suzanna Barry, in November. Suzanna has been appointed as Business Manager for Moama Anglican Grammar. Wishing you well in your new role!

Upcoming Meetings

- **Vibrant Volunteers Meeting** Monday 14 October 11-12:30pm Echuca Library Rooms 1 & 2, Heygarth Street Echuca
- **Campaspe Murray Mental Health Meeting** Wednesday 23 October 10:30-12pm

Cunningham Downs Community Hall, small room. Mt Terrick Rd, Echuca West

- **Service Integration Steering Committee Meeting** Tuesday 12 November 1-3pm Rochester Elmore & District Health Service, Education Hub Village Drive Rochester
- **Aboriginal Health Partnership Group Meeting** Wednesday 20 November 12:30-2:30pm Njernda Aboriginal Corporation 84 Hare St Echuca
- **Vibrant Volunteers General Meeting** Monday 9 December 11-12:30pm Crossenvale Community House Meeting Room, Bootham Street Echuca
- **Campaspe PCP Management Group Meeting** Wednesday 11 December 1-3pm Echuca Library Rooms 1 & 2, Heygarth Street Echuca
- **Aboriginal Mental Health Working Group Meeting** Wednesday 11 December 2-3:30pm Njernda Medical Centre Community Room 84 Hare St Echuca
- **Campaspe Family Violence Action Group Prevention Working Group**

Events & Opportunities

Centre for Excellence in Rural Sexual Health is pleased to announce the launch of a Financial Assistance Program. They are now accepting applications for up to \$2,000 for rural Victorian workers looking to enhance their skills. Applications close 31 December 2019.

[MORE INFO AND APPLICATION FORM HERE](#)

Position Vacant

Health Broker (City of Greater Bendigo) - Healthy Heart of Victoria.

As part of the HHV Health Broker team you will work across Local Government and stakeholder agencies to embed equity and inclusiveness across their work, and incorporate a health in all policies approach to achieve improved health and wellbeing outcomes for the community.

[Position Description / Apply Now](#)



All Campaspe and Murray Community
Volunteers are invited to the

INTERNATIONAL VOLUNTEER DAY CELEBRATION

Thursday 5 December 9.30am Onwards

KYABRAM FAUNA PARK

75 Lake Road, Kyabram
\$5.00 per person

RSVP to your Volunteer Coordinator
or contact Alma Limbrick on 5484 4485 or
volunteering@campaspepcp.com.au

'Look over the farm gate'

Look out for them, look out for you...



*Look Over the Farm Gate in conjunction with the
Kyabram Chamber of Commerce invite you to enjoy*

TIME OUT FROM THE FARM

Sunday, 27 October 12 to 2pm

John Pilley Reserve (front of Kyabram Fauna Park)

A **FREE** BBQ Lunch, refreshments, great prizes and entry to
the Fauna Park will be provided.

Shannon Williams - KDHS Social Worker will be present
and other resources will be available on the day.

For catering purposes or should you have any questions please
RSVP to Karyn Grealy by 21st October 0438 521288
karyn@hinchliffe.com.au



www.lookoverthefarmgate.org.au





BENDIGO CANCER CENTRE

GP Oncology Hotline

Speak directly to a Medical Oncologist

5454 8890

MONDAY – FRIDAY
8.30AM – 5PM

ALL OTHER TIMES
5454 6000
Ring Bendigo Health
switchboard and ask
for the Oncology
Registrar

USE THIS HOTLINE if you are a GP who refers cancer patients to Bendigo Health.

IF YOU NEED an opinion regarding a time critical clinical decision or urgent referral guidance for suspected cancer. Additional investigations / referral guidance is available at lmics.org.au/symptom_matrix

DO NOT USE if you have a non-urgent issue with a current patient who has a cancer specialist. Please follow up with that specific doctor.

Please do not use this number for patient bookings and other administrative queries.

Bendigo Cancer Centre GP Oncology Hotline

The GP Oncology Hotline was released recently. This is a dedicated phone number provided to GP's to ring during weekday business hours for urgent clinical clarification and advice related to a patient with cancer/suspected cancer.

Victorian Cancer Plan 2020-2024 Consultations

The Department of Health and Human Services (DHHS) is conducting a series of consultations to help inform the development of the Victorian Cancer Plan 2020-2024. The development of the cancer plan provides an opportunity for Victorians to have a say on how to improve cancer outcomes. All interested stakeholders are encouraged to participate in a consultation workshop.

These workshops will be facilitated by Dr Heather Wellington of Ngamuru Advisory. If you are unable to attend a workshop in person, online consultation will be available through the [Engage Victoria platform https://engage.vic.gov.au/](https://engage.vic.gov.au/) between 7 October and 4 November 2019.

Upcoming Workshops

Bendigo - 28 October 2019, 9.00 am – 12.00 pm, All Seasons Resort Hotel, 171-183 McIvor Road. [Register here](#)

Mildura - 15 October 2019, 9.00 am – 12.00 pm, Quality Hotel Mildura Grand, 129-137 Seventh Street. [Register here](#)

Contact Us

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Health Promotion Project Manager

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tracie.pearson@campaspepcp.com.au

Beck Crawford

Administration & Communications Officer

5484 4485 (Monday, Tuesday, Thursday)

administration@campaspepcp.com.au

Alma Limbrick

Volunteering Project Coordinator

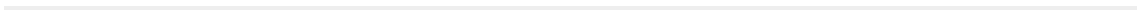
5484 4490 (Monday, Tuesday)

Volunteering@campaspepcp.com.au

Website

Campaspepcp.com.au

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