



## The Being Active Eating Well Showcase

The Kingston Bayside Primary Care Partnership Being Active Eating Well Showcase was held on Wednesday 3 March at Hemisphere Conference Centre. The showcase provided a wonderful opportunity to experience first hand what a number of the Being Active Eating Well projects have achieved. The presentations were very engaging and included the experiences of community members and project participants.

Highlights included the beautiful dancing and healthy eating demonstration by the Cook Islander peer educators and the enthusiasm of the Grade 2 children from Sandringham Primary School performing their Tai Chi for Kidz demonstration.

Inspiring presentations from funded projects included: Playtime Buddies (supported playgroup) and Bizzy Bodies (an after school program on a local public housing estate) which have embedded being active and eating well into existing services; Ben and Molly—a healthy eating puppet show for young children and Community Kitchens which was adapted differently by two partner agencies for different communities.

The Showcase also provided the opportunity to acknowledge the following key partner agencies for their support and commitment to the Being

Active Eating Well project:

- Bayside City Council
- Bentleigh Bayside Community Health
- Central Bayside Community Health Services
- Family Life
- Kingston City Council
- New Hope Foundation
- Sandybeach Centre

The event was well attended by approximately 60 people including Kingston City Council Mayor Cr. Staikos along with fellow Councillors Cr. Brownlees and Cr. Bauer and Bayside City Council Mayor Cr. Hayes.



Kingston Mayor Cr. Staikos addresses the audience at the Being Active Eating Well Showcase event

It was an enjoyable morning with very positive feedback received from a number of attendees.

For any information regarding the Being Active Eating Well project please contact Allison Ridge on 9581 4525.

### Inside this issue:

Mental Health Promotion Short Course	2
UV Exposure & Heat Illness Guide	3
New & useful resources	4
Workforce development	5

### Special points of interest:

- ◆ Being Active Eating Well Showcase event successful
- ◆ New Men's Health Program on offer
- ◆ Online Health Promotion course available



## 2 Day Mental Health Promotion Short Course



Do you want to learn more about addressing mental health in communities? Does your organisation have mental health or social connectedness as a priority?

Dr Andrew Joyce and Dr Emma Bruce (Department of Health Social Science) will convene a workshop on approaches to mental health promotion with examples covering early years, school age, workplace health, community programs, older persons programs and whole of community initiatives. Project scenarios will be the focus of workshop activities with a particular emphasis on evaluation indicators. Refer to the Monash University website for more information about the presenters.

**Date:** Thursday 15th and Friday 16th July 2010

**Time:** 9.30am—4.00pm

**Venue:** Monash University, Caulfield Campus, Building T, Level 3

**Cost:** \$450

Please email or fax your registration form to Emma Bruce by COB Friday 2nd July 2010

Email: [emma.bruce@med.monash.edu.au](mailto:emma.bruce@med.monash.edu.au)

Phone: 9904 4544

Fax: 9903 1658

**Further Information:**

[Download Flyer and Registration Form](#)

**Please Note: Lunch will not be provided, however morning and afternoon teas will.**



Because mental health matters  
Victorian Mental Health Reform Strategy 2009–2019

***“There has also been a major update to the Mental Health Reform Strategy website which will continue to be the key channel for communication”***

*Because mental health matters* is a ten year plan for reform with a staged implementation.

The *Strategy Implementation Plan* outlines the concrete actions to be undertaken by the Victorian government and key partners over the next 2–3 years. The *Plan* identifies what the Victorian government wants to achieve and the specific actions that will be undertaken in each of the eight Reform Areas that make up the overall strategy.

It also identifies which program area within government has the lead

responsibility for each action and where relevant specific delivery timeframes.

There has also been a major update to the Mental Health Reform Strategy website which will continue to be the key channel for communication. The website also provides information on where to get help for people experiencing mental health problems.

The *Strategy Implementation Plan* and several other resources are available on the [‘Because mental health matters’ website](#).

## Men's health program

Following the success of the Women's Health workshop series last year, Gamblers Help Southern, New Hope, Kingston City Council, Central Bayside Community Health Services and the Kingston Bayside PCP are now working together to present a Multicultural Men's Workshop Series.

To be held weekly in Clarinda from the 17th May to 7th June, the series will cover topics such as:

- Consumer rights
- Financial planning/budgeting
- Prostate cancer
- Stress management
- Responsible gambling
- Sexual health

Men from a variety of culturally and linguistically diverse backgrounds will be invited to hear guest speakers and discuss health issues relevant to them. A number of men's groups have been consulted to ensure the content is relevant and useful.

For more information, please contact Terry Lazzarotto on 8587 0317 or [tlazzarotto@cbchs.org.au](mailto:tlazzarotto@cbchs.org.au)

## Online Introduction to Health Promotion Course

The Department of Health—SMR in conjunction with Monash University have launched a Pilot Online Introduction to Health Promotion Course. The course is similar to the 4 Hour Introduction to Health Promotion Workshops that have been occurring across the region for a number of years. The online nature of the resource allows people that may not be able to attend the face to face workshops with another option to expand their professional development. Participants who complete the course will receive a certificate. The course will be piloted for three months and can be accessed at [www.introtohp.org](http://www.introtohp.org)

## UV Exposure and heat illness guide



SunSmart in partnership with Smartplay has developed a UV exposure and heat illness guide. The guide outlines practical steps to create a safe and enjoyable environment for participation in sport and physical activity.



**SMARTPLAY**

The Guide ultimately assists sports participants and administrators recognise and manage potentially dangerous weather situations. It contains tips for creating, reviewing and implementing local guidelines, a UV exposure and heat illness checklist and real-life examples.

The Guide checklist can be downloaded as a [Modifiable template for UV Exposure and Heat Illness Guidelines](#), providing an easy to use resource which can be adjusted to reflect the particular regulations and policies of your sport and local environment.

The UV exposure and heat illness guide is relevant for: state and national sporting organisations, regional sports assemblies, local government authorities, clubs, physical activity groups, associations, leagues, schools, recreation centres, event organisers and fitness providers.

To download the guide and the modifiable UV exposure and heat illness checklist visit [www.sunsmart.com.au](http://www.sunsmart.com.au) or [www.smartplay.com.au](http://www.smartplay.com.au).

*"The Guide checklist can be downloaded as a modifiable version, providing an easy to use resource which can be adjusted to reflect the particular regulations and policies of your sport and local environment."*

## New & useful resources

### Evidence and Evaluation Tools and Resources

The Health Development Unit within the Public Health Branch at the Department of Health have developed a series of evidence and evaluation tools and resources. They were developed to assist evidence informed decision making and to improve evaluation quality—particularly measurement of impacts and evaluation study design and methods. The context for their development includes:

- The underlying assumption that policy decisions informed by evidence are more likely to ultimately result in better health outcomes for the population.
- The recommendations of the Auditor-General's report into health promotion 2007 included the need to improve the evidence base and to distil guidance on effectiveness and interventions.
- The need for workforce development in evidence and evaluation.

The tools can be found at the Department of Health, Health Promotion Website under "[Evidence and Evaluation](#)"

### Cue Cards in Community Languages



"Cue Cards" is a new resource developed by Eastern Health Transcultural Services to assist health professionals and clients / carers who primarily have English language difficulties, or problems communicating with each other. This resource is not to be used in lieu of accredited interpreters, but can be used by clients/carers to communicate simple needs such as hunger, thirst, use of a telephone, request for television as well as by professionals to indicate simple instructions/concepts.

The Cue Cards are available as a free download from the [Eastern Health website](#)

## Healthy Living in Australia



The Healthy Living in Australia program was part of Being Active Eating Well (BAEW), a partnership project delivered by the Kingston Bayside Primary Care Partnership. BAEW is currently funded by the Department of Health and Department of Planning and Community Development until June 2010.

The initiative is led by New Hope Foundation and is being delivered in the very diverse community of Clayton South. The program aims to create a supportive environment in which culturally and linguistically diverse communities can improve knowledge, skills and confidence in developing healthier eating patterns and active lifestyles for their families. The program has three major components:

- Healthy Living in Australia workshops and forums
- Peer education program
- Creating sustainable links between local agencies and the community

Engaging the community in the planning stage was critical in ensuring that the program would be acceptable.

Understanding core beliefs about health helped to guide the development of the program. Feedback indicated communities wanted more holistic health messages rather than focussing on specific issues.

Respect for traditional cultures is critical. One size does not fit all. Working in a very diverse community meant that there was also a diversity of views. The project team continuously consulted with the different communities and were responsive to emerging issues.

Preliminary evaluation of Healthy Living in Australia is showing positive trends around knowledge and skill development and some behaviour change among participants.



***“Engaging the community in the planning stage was critical in ensuring that the program would be acceptable.”***

## Workforce Development

### Professional Development

#### Managing Lupus in Primary Care

Arthritis Victoria is inviting all allied health clinicians, general practitioners and practice nurses to attend a free seminar - Managing Lupus in Primary Care.

To mark World Lupus Day, a new guide to Living well with lupus will be launched at this seminar.

**Date: Monday 10 May 2010**

**Time: 4.00 – 6.00pm**

**Venue: Monash Medical Centre, Clayton**

**Cost: NO CHARGE**

**However registration is essential**

#### Tai Chi 4 Kids

Tai Chi for Kidz is a two day leader training course developed by Dr Paul Lam, a family physician and Cheryl Lee Player, children's dance and tai chi teacher.

Date: Sat/Sun 1-2 May 2010

Time: 8.45pm – 5pm

Venue: Bentleigh Bayside Community Health, Gardeners Rd, Bentleigh East

Cost: \$400

To register for **Lupus** or **Tai Chi**, or for [further information](#) contact:

**Kerrie Giannakidis, Training & Quality Coordinator**

Phone 03 8531 8017

Email [kerrie.giannakidis@arthritisvic.org.au](mailto:kerrie.giannakidis@arthritisvic.org.au)

### Conferences

#### **6<sup>th</sup> Australian Women's Health Conference**

The new national agenda

18 May – 21 May 2010, Hobart

[www.leishman-associates.com.au/awhn2010](http://www.leishman-associates.com.au/awhn2010)

#### **Australian Health Promotion Association 19<sup>th</sup> National Conference**

Walking the Talk Together – 'Partnerships for Health Promotion'

30 May – 2 June 2010, Melbourne

[www.conferenceco.com.au](http://www.conferenceco.com.au)

#### **Diversity in Health**

7–9 June 2010, Melbourne

[www.diversityinhealth.com.au](http://www.diversityinhealth.com.au)

#### **20<sup>th</sup> IUHPE World Conference on Health Promotion**

Health, Equity and Sustainability

11 July – 15 July 2010, Geneva, Switzerland

[www.iuhpeconference.net](http://www.iuhpeconference.net)

#### **PHAA 40th Annual Conference**

Public Health in a 21st Century Society: New ways of knowing doing living

27–29 September 2010, Adelaide

[www.phaa.net.au](http://www.phaa.net.au)

## Community Events

### Kind 2 Mind

Discover ways to increase your feeling of wellbeing at Kingston's Kind 2 Mind Mental Health and Wellbeing Expo. The theme for Kind 2 Mind Mental Health Expo 2010 is looking after yourself and others. More details can be found in the [Kind 2 Mind flyer](#).

**Saturday, April 17, 2010**

**10am-3pm**

Kingston City Hall

979 Nepean Highway, Moorabbin.



For more information please contact Nicole Malina, Community Projects Officer, Kingston City Council, ph: 9581 4803, [nicole.malina@kingston.vic.gov.au](mailto:nicole.malina@kingston.vic.gov.au)

### Disability Respite & Recreation Expo (Southern Metropolitan Region) 2010

Find out more about respite opportunities for people with a disability.

Collect a showbag of information to take home. Visit Respite Information Booths for individual consultations.

Relax in the Coffee and Chat area.

**DATE: Wednesday 21st April, 2010.**

**TIME: 10am to 2pm.**

**WHERE: Kingston Town Hall, Nepean Hwy, Moorabbin.**

For more information, please contact Anna Dunlevie on 8552 2222 or [adunlevie@moira.org.au](mailto:adunlevie@moira.org.au)

[Download a flyer...](#)



## About PCPs

The state government as part of the Primary Care Partnership Strategy has funded 31 Primary Care Partnerships. Each Primary Care Partnership represents a specific region within Victoria and is formed by voluntary alliances with a range of service providers. These service providers are also referred to as Primary Care Partnership Members. Primary Care Partnership Members include groups, agencies, organisations. Examples include Divisions of General Practice, hospitals, community health centres, health services, universities, schools, sporting clubs, churches, charities, and other government and non-government organisations.

Each Primary Care Partnership operates slightly differently. Primary Care Partnership Members sign a Partnering Agreement. The Agreement is a non-binding legal document that outlines a level of agreement and assists in setting expectations for the relationship.

The main motivation for service providers to become PCP members is to improve relationships and achieve better health and wellbeing outcomes for the community.

### PCP Strategy

The Victorian Government firmly believes in a stronger role for the PCP Strategy as an effective means for strengthening the primary health care sector. Building a more effective primary health care system for Victoria remains a key government commitment, which we will continue to pursue in partnership with the sector. The following strategic priorities aim to deliver better health outcomes and stronger communities for all Victorians:

- Partnership Development
- Integrated Health Promotion
- Service Coordination
- Integrated Chronic Disease Management

[www.kingstonbaysidepcp.org.au](http://www.kingstonbaysidepcp.org.au)

## Staff & Contact Details

Kingston Bayside PCP is situated within the Central Bayside Community Health Service.  
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