

## Kingston Bayside Primary Care Partnership

### “Talking Realities”.....a success story

As a Partnership project, "Talking Realities.... young parenting peer education program" has developed as a major success story .

The program has been significantly successful in:

- ✂ Reducing young parents isolation, depression and sense of social exclusion
- ✂ Playing a key role in increasing their friendships, mutual support, confidence, self esteem, parenting, communication and relationship skills
- ✂ Their re-entry to training, education and participation in the paid labour force

The program has also enjoyed significant success with young people who report having their eyes opened to a more realistic appreciation of the challenges of early parenthood. There are indications that these young people are translating the increased knowledge and awareness from the Talking Realities presentations into behaviour change, by making more considered, informed and supported decisions about their sexual behaviour and sexual health. The program has been enthusiastically supported and financed by the Commonwealth Department of Families,

Housing, Community Services and Indigenous Affairs. However, with changes to the funding arrangements, it was acknowledged that the program would not be able to continue in its current structure.

At the Talking Realities celebration held in December, we were faced with the real possibility



*FaHSCIA representative, Katherine Key and Carrum MP, Jenny Lindell, make a presentation to a young mum at the Talking Realities Celebration*

that the program would not continue. We are now delighted to announce that at the

#### Inside this issue:

Blossom Project	2
Heatwave resources	3
New & useful resources	4
Workforce development	5

#### Special points of interest:

- ◆ Reach Out Mental Health's Blossom Project takes off
- ◆ New 'Carer Profile' form is available
- ◆ Being Active Eating Well (BAEW) Clarinda Community Kitchen success



## “Talking Realities” .....a success story (cont...)



Program graduates discuss how Talking Realities has changed their lives.

twelfth hour, Reach Out Mental Health, under the leadership of Janet Hopkins, has stepped up and will support the program in 2010.

Danielle Loogman is now employed fulltime at Reach Out as an Outreach Disability Support Worker with the SAILS program and will continue her Talking Realities work and also a group facilitation role with the new Blossom Project ( see below on page 2 for more details). This is a great outcome for all concerned!

On behalf of the Management Committee, we wish to express our appreciation for your

wonderful commitment and support for this program through your participation on the Talking Realities Steering Committee.

At this point, we are continuing discussions with Reach Out regarding future program structure which may include a reference/advisory group linking Partnership members to the program.

*Andrea Wittick*  
CBCHS CHN  
Team Leader Sexual & Reproductive Health & Youth

*Terry Lazzarotto*  
Executive Officer -KBPCP

***“Reach Out Mental Health, under the leadership of Janet Hopkins, has stepped up and will support the program in 2010.”***

## Blossom Project

***“It is estimated that 30% of girls aged 16-24 have experienced a mental illness within the past 12 months, with anxiety and depression being the most common.”***

Reach Out Mental Health ran 3 ‘Come & Try’ sessions of the Blossom Project in January 2010. Blossom Project is designed for young women aged 16-25 who experience anxiety and depression and is designed to empower young women helping them to build skills, resilience, confidence and gain independence.

In each of the sessions young women and staff completed creative activities that focused on ‘Me’, ‘My Support’ and ‘My Community’. Participants were aged between 15 and 23 with referral sources varying from

parents, child and adolescent workers, teachers and psychiatrists. Evaluation forms indicated that the

young women had clear ideas of the areas of support they were looking for and the staff were happy to see that the planning for Blossom Project was in tune with their needs.

Staff comment: *“this program has a positive impact on those involved and I am looking forward to next week.”*

Blossom Project is starting its first trial sessions, one day a week for the first school term, starting on Thursday 11<sup>th</sup> February between 4pm to 8pm.

To make a referral or an enquiry about the Blossom Project please call Janet Bromley on 03 9585 5677.



## Kind 2 Mind Mental Health Expo 2010



City of  
**KINGSTON**

Kind 2 Mind is a two day mental health expo to be held at Kingston City Hall on Friday 16<sup>th</sup> and 17<sup>th</sup> of April 2010. Kind 2 Mind was held last year and was a great success with over 1500 people attending the event over two days.

Kind 2 Mind will offer the community

an opportunity to talk about the significant local, national and global issue of mental health.

The event aims to inform and engage the community through discussion forums with keynote speakers and information stalls.

The key event theme is to provide

## Kind 2 Mind Mental Health Expo 2010 (cont...)



opportunities for people to talk and learn about positive mental health over their life stages, and thus influence them to improve their mental health and that of others.

The target audience for *Kind 2 Mind* includes attracting a broad range of people and youth who share a common interest in learning about or promoting mental health and wellbeing.

This year's Kind 2 Mind Expo will include:

**DAY 1: Youth Day (Years 8 & 9) - Friday 16th of April, 9am-1pm.**

**DAY 2: Community Day- Saturday 17th of April, 10am-4pm.**

For further information please contact Nicole Malina, Community Projects Officer  
[nicole.malina@kingston.vic.gov.au](mailto:nicole.malina@kingston.vic.gov.au) or 9581 4803.

Download an [Expression of Interest](#) form.

## Service System Development

### Carer Profile

KBPCP endorses and promotes the use of a Carer Profile (pictured at right) for referral into the Commonwealth Carer Respite Services.

This Profile is currently being used in regions across Victoria and provides an interim solution for Carer Respite Services awaiting the development of state wide Carer Profile as part of SCTT.

Please contact either Margaret Sinnott (8587 0321) or Bronwyn McPherson (9076 6888) at Carer Respite if you have any queries.

Copies are available from the [KBPCP website](#).

### Upcoming events

- **Practice Standards Reference Group Meeting**  
Wednesday 17th February 2010  
Central Bayside CHS
- **SMR EICD/ICDM Meeting**  
Tuesday 16th February, 2010  
Department of Health, McCrae Street, Dandenong

**Profile: Carer**  
 Form to be completed for referral to Carer Respite Services  
 Definition: A carer provides unpaid care and assistance to a person with frailty, disability, chronic illness or mental illness or life situation.

**Carer details:**

Given Name:	Contact Phone Numbers:
Date of birth (mm/yyyy):	Home:
Preferred Name:	Work:
Sex:	Mobile:
Title:	Fax:
Address:	Email:
Suburb:	Postcode:

**Carer for:**

Family Name:	This page completed by:
Contact details:	Date:
Phone:	<input type="checkbox"/> The carer <input type="checkbox"/> The agency (face-to-face with carer) <input type="checkbox"/> The agency (other, incl. telephone contact with carer) Consumer privacy information (checkboxes provided): Check <input type="checkbox"/> No
Relationship of carer:	Name:
Co-resident carer:	Agency:

**Carer Information:**

Carers emotional health:

Carers physical health:

Carer wellbeing (level of burden/stress):

Financial issues impacting on caring:

Current services involved if different from consumer services:

Does consumer have a case manager/case co-ordinator?  Yes  No (specify):

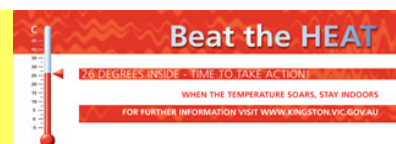
Carer issues - Reason for Referral:

Assessment of Human Services  
 Office Use Only  
 Name: Designation/Agency: Date: Contact number:  
 If information becomes superseded, indicate below and record updated information on a new form.  
 The information on this form has been superseded.  
 Date: Name: Sign:

Page one of the new Carer Profile (click on the image to download your own copy of the full document)

## Is Your Organisation Ready For The Heat?

Do you have a heatwave plan for your organisation/consumers? If yes, ensure your program is up to date and ready to enact if need be.



You may find the following links useful for more information about heatwave definitions and strategies:

- City of Kingston [Heatwave Plan](#)
- City of Kingston [Fact Sheets](#)
- Bayside City Council [Draft Bayside Heatwave Plan](#)
- Department of Health [Heatwave Plan for Victoria 2009-2010](#)
- Department of Health [Heatwave responses](#)
- Department of Health [Heatwave and HACC Clients](#)
- Better Health Channel [Heat stress and heat-related illness](#)
- Bureau of Meteorology [Victorian 7 day forecast](#)

More links can be found on the [KBPCP website](#).

Stay healthy  
in the heat

## New & useful resources

### Health Promotion Resource Kit for Problem Gambling

The Health Promotion Resource Kit for Problem Gambling presents a snapshot of the latest research evidence on problem gambling as well as examples of practical Integrated Health Promotion strategies to respond to gambling at a whole-of-community level.

[www.professionals.problemgambling.vic.gov.au](http://www.professionals.problemgambling.vic.gov.au)

### Help for professionals working with young trauma survivors

*From Isolation to Connection—A guide for understanding and working with traumatised children and young people* is a new publication developed by the Office of the Child Safety Commissioner. The resource helps professionals and others working in the community better understand and respond to children and young people affected by trauma. It also provides a number of tips for workers—including those in the mental health and other health sectors—on how to maintain their own health and wellbeing while ensuring their responses to vulnerable young people are appropriate.

**For more information contact Christine Galea on 8601 5894 at the Office of the Child Safety Commissioner or visit [www.health.vic.gov.au](http://www.health.vic.gov.au)**



*The From Isolation to Connection—A guide for understanding and working with traumatised children and young people publication.*

## Clarinda Community Kitchen Program



The Clarinda Community Kitchen program was established in Kingston to provide an opportunity for culturally and linguistically diverse communities (CALD) to improve their knowledge, skills and confidence to prepare and cook healthy and affordable family meals. The

Clarinda Community Kitchen is a partnership initiative lead by Kingston City Council as part of the Being Active Eating Well (BAEW) project. BAEW is a partnership project delivered by the Kingston Bayside Primary Care Partnership, funded by the Department of Health and Department of Planning and Community Development.

Held over a 10 week period, the program engages approximately 10-15 members of the community, who meet once a week, for approximately 3 hours. Utilising a kitchen in the hub of Clarinda, participants plan healthy recipes, budget, shop, cook and eat together.

***“The success of the program is attributed to the supportive environment that enables participants to share their experience, knowledge and cultural cuisine.”***

The success of the program is attributed to the supportive environment that enables participants to share their experience, knowledge and cultural cuisine.

The program promotes autonomy and independence whilst providing support from a local dietician and Council staff.

For more information contact Lena Okin, Community Projects Officer, Kingston City Council, on 9581 45807



## Workforce Development

### Professional Development

#### **2010 Dementia Education and Training for Healthcare Professionals Calendar**

Calendar of events for 2010 is now available on the [Alzheimer's Australia website](#).

February events include:

#### **Education Sessions/Workshops: Behavioural and Psychological Symptoms of Dementia**

2nd February 2010, Hawthorn

#### **Dementia Education for Direct Care Staff**

16th February 2010, Hawthorn (free)

#### **Specialist Speaker Series**

#### **Facility-wide Program Planning, Evaluation & continuous Improvement**

12th February 2010, Hawthorn

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

### Conferences

#### **Healthy Parks Healthy People International Congress 2010**

11 April – 16 April 2010, Melbourne

[www.healthyparkshealthypeoplecongress.org](http://www.healthyparkshealthypeoplecongress.org)

#### **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 40<sup>th</sup> 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

### Free Dementia Workshops

Alzheimer's Victoria are offering a range of free [workshops, courses and sessions](#) for families and friends caring for a person with Dementia

#### **Introduction to Dementia and Services**

This informative session will provide family members with an understanding of dementia, its causes and symptoms, strategies for communicating with the person who has dementia and the services available, to support people at various stages in the caring role.

**Wednesday 17th February**

**6:00pm—8:00pm**

Confirm bookings on (03) 9815 7808 or [edu@alzvic.org.au](mailto:edu@alzvic.org.au).

### Parenting Teenagers Group

Education and support group for parents of adolescents. Facilitated by Family Life, the group will run on Tuesdays 7:00 - 9:00pm weekly from the 16th February to the 30th March. Contact Kerry 9782-7800 for more information or check [www.familylife.com.au](http://www.familylife.com.au)



capable communities, strong families, thriving children

### Behaviour management for children

Well known and highly regarded educational consultant Kathy Walker will present 'Behaviour management' which will cover:

- appropriate expectations of children
- why all behaviour has meaning
- promoting appropriate behaviours through understanding consequences, and
- other useful strategies.

**Tuesday 23 February 2010**

**7.30pm to 9pm**

**St Leonard's Uniting Church  
50 New Street, Brighton.**

To register to attend, please [book online](#) or telephone 9599 4744.

**Please note: bookings are essential.**

For more information, view the [event brochure](#).

## 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

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