

# Welcome to 'Keeping Well'



Welcome to the first edition of 'Keeping Well' for 2014. Last year the focus was on integrated planning, working together to strategically plan for our communities' health and wellbeing and document these in our Local Governments' Municipal Public Health and Wellbeing Plans and the PCP's Strategic Plan. SGGPCP worked closely with our partners including both Southern Grampians and Glenelg Shire to integrate planning and identify shared strategic priorities. This strategic planning has set the direction for our integrated work with the SGGPCP strategic plan as a tool to facilitate our work on the shared priorities. This year the Keeping Well Newsletter will focus on keeping everyone up to date with Integrated Health Promotion.

'Keeping Well' is a newsletter for everyone supporting the communities of Southern Grampians and Glenelg Shires to stay healthy, strong and well. If you have any contributions or would like a topic included please forward to Jo Brown [joanne.brown@wds.net](mailto:joanne.brown@wds.net)

## Municipal Public Health and Wellbeing Plans

The Glenelg Shire Council Municipal Public Health and Wellbeing plan documents 4 goals:

- Our community will lead active and healthy lives
- Our community will feel safe, connected and be able to access and participate in community life
- Lifelong learning is a way of life in Glenelg Shire
- Our community will be resilient, prepared and will use resources in a sustainable way.

### Glenelg Shire Council MPHWP Plan

The Southern Grampians Shire Municipal Public Health and Wellbeing plan outlines objectives around 5 themes:

- Educational Attainment and Lifelong Learning
- Mental Health, Family Violence, Alcohol and Other Drugs
- Healthy Eating and Physical Activity
- Belonging and Connection
- Access to services

### SGSC MPHWP Plan

## SGGPCP Strategic Plan

SOUTHERN GRAMPAINS MPHWP 2013-17	SGG PCP STRATEGIC PLAN 2013-17	GLENELG MPHWP 2013-17
Improve educational attainment and lifelong learning		Lifelong learning is a way of life in the Glenelg Shire
Promote healthy eating and encourage regular physical activity	HEALTHY FOOD AND ACTIVE LIVING	Our community will lead active and healthy lives
Improve mental health, reduce family violence and prevent harm from alcohol and other drugs	COMMUNITY CULTURE OF RESPONSIBLE DRINKING	
Improve a sense of belonging and connection to communities, places and activities for all people in our Shire	COMMUNITY LIFE PARTICIPATION	Our community will feel safe, connected and be able to access and participate in community life
Improve our community's fair access to services improving health and wellbeing	FAIR ACCESS TO HEALTH AND WELLBEING SERVICES	
	COMMUNITY RESILIENCE THROUGH CLIMATE CHANGE ADAPTATION	Our community will be resilient, prepared, and will use resources in a sustainable way

## SUPPORTING OUR COMMUNITIES TO STAY HEALTHY, STRONG & WELL

The 2012-2013 bridging year provided a valuable opportunity to work together to inform public health and wellbeing planning processes across the Great South Coast. This is the first time that the priorities across the catchment (Southern Grampians and Glenelg) have aligned enabling the SGGPCP Strategic Plan to identify the shared focus areas. This will facilitate integrated action across the catchment on the shared focus areas. While the MPHWP objectives are written at a high level, the SGGPCP Strategic Plan and action plan identifies opportunities for integrated action. The SGGPCP Action Plan is a dynamic document and will change with increasing capacity across the catchment. The DRAFT plans can be found at [www.sggpcp.com](http://www.sggpcp.com)



### Healthy Food and Active Living

The Obesity Prevention action plan for Southern Grampians and Glenelg has recently been taken further afield to a Great South Coast level.

Recently, a series of conversations have been undertaken with the South West PCP, Deakin University (Steven Allender and Colin Bell) and a number of stakeholders across the Great South Coast with the intention of implementing a highly integrated community driven approach to tackling the obesity problem in this region.

#### Systems Mapping

Critical to the success of community-based interventions is strong community engagement in the design, resources allocation and action planning of intervention. Achieving this requires an understanding of the complex influences on communities and the multiple drivers of individual behaviours. The process of Systems Mapping involves working with key community members to understand and use this complexity in intervention design.

#### Community Action Planning: ANGELO Process

Following on from the Systems Mapping, the ANGELO (ANalysis Grid for Environments Linked to Obesity) process is geared towards capacity building. It does this by combining the local understanding and evidence of best-practice to produce a set of relevant, feasible and evidence-based strategies to form the basis of a community action plan.

Currently, work is being undertaken to map out the broad details of what the Great South Coast approach will look like and to establish the pathway for moving this approach from a mutually agreed concept to actuality.

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### Community Culture of responsible drinking

To assist in the 2013 integrated planning process with local government and health services, the PCP prepared a background paper on Alcohol and Other Drugs. The paper includes data at a national, state and local level, feedback from local stakeholder consultations and evidence on effective prevention approaches at a population health level. It then examines local experience and capacity to undertake prevention work. The paper evolved through the planning process and was updated to include a rationale for agreed action on alcohol and tobacco. The final edition of the paper will be available by the end of March and is a worthwhile read for anyone interested in alcohol and other drugs in our community and the background to our integrated health promotion plan.

Our goal over the next four years is to develop a community culture of responsible drinking and reduced harm from smoking. This will include increasing our knowledge, capacity and ownership of the problem, workplaces taking action such as implementing the health promoting framework, Healthy Together Victoria Achievement Program, community driven action on alcohol and the expansion of smoke free environments. The PCP will work in partnership particularly with agencies which have identified alcohol and tobacco as priorities in their plans and which have identified capacity including Glenelg Shire, Southern Grampians Shire, Portland District Health and DWECH. The PCP is also exploring the opportunity to work in partnership with Deakin University and the GSC Medicare Local in our catchment.

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## Community Resilience through Climate Change

The background paper developed to inform strategic planning highlighted the need to share and integrate resources and learnings as well as further understand how climate change impacts our community. There was also strong support to continue to implement pilot projects to build community capacity and build on the evidence base.

### Rural People: Resilient Futures

SGGPCP have worked closely with SGSC and RMIT on a successful application to the Victoria Government Department of Primary Industries (DEPI) Victorian Adaptation and Sustainability (VAS) Partnership. The action research project will investigate vulnerability within the shire with a focus on understanding and describing who is vulnerable to the indirect impacts of climate change, what the major causes of vulnerability are and how we can work together to adapt. This project Rural People: Resilient Futures will be completed March 2015.

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### Glenelg SAVES

The Glenelg SAVES (Seniors Achieving Valuable Energy Savings) Project is well underway and is a collaboration between the Federal Government Department of Industry, Glenelg Shire, SGGPCP and Federation University. Glenelg SAVES is a participatory training project aimed to increase skills and knowledge of Home and Community Care (HACC) staff to enable increased household energy efficiency in the homes of their clients. The project was officially launched on February 28th and soon will be 2 days of training for the HACC staff with day 1 being available for all staff and day 2 tailored to meet the 35 HACC staff who are recruited to participate. After the training HACC staff will assess their own homes and be supported to make changes in priority areas. This enables staff to understand the impacts of improving home energy efficiency and facilitating a conversation with clients.

Once HACC staff complete the training and changes to their own homes they will then work with their clients to identify priorities for action and support them to make changes accessing resources including funding through the project.

Community education workshops will be conducted throughout the shire to increase capacity of people in the sphere of influence of HACC clients to further support change.

Federation University will lead data collection and analyse results.

Glenelg SAVES shall be completed by March 2016.

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## Community Life Participation

As part of the integrated planning process, PDH developed a background paper, Social Connection and Equity in Health, which is available on the PCP website. The paper provides an overview of approaches to address health inequities and a summary of the current issues experienced by local disadvantaged population groups drawing on local data and feedback from local stakeholder consultations. It also includes suggested evidence-based actions for consideration.

Our work over the next four years aims to increase our community capacity to support whole of community participation in all aspects of life. It will include building our understanding of the lived experience of disadvantage from our rural perspective, identifying barriers and enablers for people experiencing disadvantage to participate in community life and making changes to the way we work to better meet the needs of all the community, particularly disadvantaged groups.

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## Telehealth

The Southern Grampians Glenelg Primary Care Partnership is providing assistance to promote the Barwon South West Telehealth project's Telehealth Awareness Week (THAW2014) in the Southern Grampians and Glenelg region.

THAW2014 is a program of activities from 17 - 21 March 2014, aimed to initiate, extend or enhance telehealth services in the Barwon South West Region. THAW2014 will be hosted by Barwon Health at the Deakin University, Geelong Clinical School, Victoria. Although based in Geelong, a number of the sessions on the program will be available as a webinar, at Western District Health Service. The week will:

- Bring together clinicians, technicians, managers and Executives from across the Barwon South West Region
- Include expert led workshops and Keynote presentations, by Dr Danny Sands and telehealth leaders from Australia, aimed to inspire and enhance Telehealth practice within our services and programs
- Hold a Hypothetical Practitioner forum aimed at General Practitioners, Specialists and Residential Aged Care Facilities which will be webcast across the region (this session will be available via webinar from WDHS)
- Include the opportunity to attend the Australian Telehealth Conference (ATC 2014) in Melbourne
- Provide an opportunity for current projects to present an A3 poster for others to learn from, with a prize being offered for Best Poster

To book in to any of the events hosted for the week go to: [www.thaw2014.eventbrite.com.au](http://www.thaw2014.eventbrite.com.au)

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**SUPPORTING OUR COMMUNITIES TO STAY HEALTHY, STRONG & WELL**

**Get Active Glenelg 2 Grampians**



*This initiative is funded by the Australian Government*



The Get Active Glenelg2Grampians (G2G) has a broad range of healthy eating and physical activity programs currently being implemented. Below is an outline of some of the most recent developments

**Fitness in the Park**

In February and March 2014, the Get Active Glenelg2Grampians Project is hosting a "Fitness in the Park" Program to promote physical activity. The Program comprises free fitness classes supported by local qualified fitness professionals; Vitality, Portland YMCA, Lucinda Jenkins, and Karen Huf. All classes provide fresh fruit and the opportunity to win a fruit & vegetable voucher. These classes are proving very popular with classes ranging from 6 – 21 participants. Class times and locations are as follows;

**March**

- Portland Fawthrop Lagoon, Tuesday's at 1.30pm
- Casterton Rotary Park, Tuesday's at 9.30am
- Merino Lion's Park, Thursday's at 9am



**February & March**

- Hamilton Lake, Monday's at 10am
- Tarrington Oval, Tuesday's at 9.30am
- Peshurst Park, Friday's at 6am

**New Outdoor Exercise Equipment**

The "Fitness in the Park" Program will utilise new outdoor exercise equipment funded and installed by Get Active G2G at three sites; Hamilton Lakes Edge Adventure Playground, Portland Fawthrop Lagoon and Merino Lion's Park. Preparation works have commenced (photo of Portland site) and installation of the new equipment will take place on Tuesday 25 (Hamilton), Wednesday 26 (Portland) and Thursday 27 (Merino) February 2014, with an official launch in March 2014.



**Healthy BBQ Catering by Service Clubs**

Get Active G2G is working with service clubs to improve healthy options at community BBQ's. Activities include surveying current BBQ catering practices and delivery of Healthy BBQ Workshops facilitated by local renowned chef



"Gilly" to increase knowledge and skills in healthy BBQ catering. These workshops will be held on Tuesday 25 (Hamilton), Wednesday 26 (Casterton) and Thursday 27 (Portland) February 2014.

**Healthy Catering Policy / Guidelines**

The Healthy BBQ Catering program supports the recently endorsed council healthy catering guidelines in August 2013 (SGSC), and policy in December 2013(GSC) . These Healthy Catering documents are based on the 'traffic light' system, with the aim of increasing healthy food and drink options for the community, staff, volunteers and visitors when at council hosted meetings, functions and events.

**Community Kitchen**

A Community Kitchen is a group of like-minded individuals who come together on a regular basis to socialise and cook affordable and nutritious meals. Through buying and cooking in bulk, many Kitchens are able to produce meals at a lower cost. Heywood Rural Health are currently facilitating community kitchens in Merino and Heywood.



**Get Active G2G Fruit & Veggie Gang**

The Fruit & Veggie gang continues to pop up at various community events to promote the "Go one Better" fruit & vegetable consumption Campaign. The gang recently received a very warm welcome at the Heywood Wood Wine & Roses Festival.



*Let's work together to make a difference*

## SUPPORTING OUR COMMUNITIES TO STAY HEALTHY, STRONG & WELL

### Heart Foundation Walking

During Walktober all Heart Foundation Walking Groups across the two shires received a free Heart Foundation

Walking T-shirt, compliments of the Get Active G2G Program. The Narrawong Walking Group (pictured here) had 5 walkers on this day despite damp conditions.

### Heartmoves

The Heart Foundation's Heartmoves Program, is a gentle physical activity program suitable for anyone who hasn't exercised in a while, including graduating rehabilitation clients. During February, Get Active G2G subsidised Portland YMCA Heartmoves classes, to increase affordability, awareness and referrals for this proven physical activity program.



### Facebook Page

All of the activities and program photos can be found on our facebook page; Get Active Glenelg2Grampinas. Our page currently has over 140 'likes' and we encourage anyone on facebook to 'like' our page to help promote healthy eating and physical activity messages.



### Evaluation Report

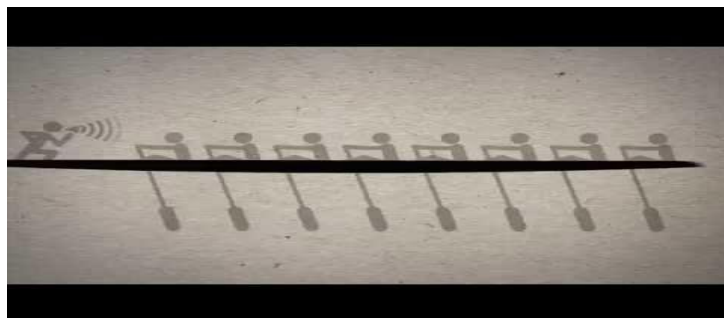
With the end of the G2G project now in sight, the focus is turning to evaluation with an independent evaluation report currently being developed. Community partners and other stakeholders will be invited to contribute information for this report via interviews and focus groups. G2G looks forward to capturing in this report, the wonderful health promotion work happening across Glenelg and Southern Grampians Shires.

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## Everyone's talking about "Collective Impact"

The concept of working together in partnership, collectively to achieve our goals is not new to PCP members, but more and more people are talking about *Collective Impact* as a framework for community change. *Collective Impact* is the commitment of a group of actors from different sectors to a common agenda for solving a complex social problem. *Collective Impact* is more rigorous and specific than collaboration among organizations. There are five conditions that, together, lead to meaningful results from *Collective Impact*:

- **Common Agenda:** All participants have a shared vision for change including a common understanding of the problem and a joint approach to solving it through agreed upon actions
- **Shared Measurement:** Collecting data and measuring results consistently across all participants ensures efforts remain aligned and participants hold each other accountable



- **Mutually Reinforcing Activities:** Participant activities must be differentiated while still being coordinated through a mutually reinforcing plan of action
- **Continuous Communication:** Consistent and open communication is needed across the many players to build trust, assure mutual objectives, and appreciate common motivation
- **Backbone Organization:** Creating and managing collective impact requires a separate organization(s) with staff and a specific set of skills to serve as the backbone for the entire initiative and coordinate participating organizations and agencies

<http://www.youtube.com/watch?v=1ZZRvNXOozc>

<http://www.youtube.com/watch?v=FrD5SopqWdY>



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