

Welcome to 'Keeping Well'

Welcome to the second edition of 'Keeping Well' for 2015. This edition of the Keeping Well Newsletter will provide a short update on shared Integrated Health Promotion focus area documented in the SGGPCP Strategic plan. <http://sggpcp.com/wp-content/uploads/2014/05/2014-2017-Strategic-Plan-FINAL.pdf>

'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

Healthy Together Achievement Program

SGGPCP

SGGPCP have completed and submitted the Achievement Program Recognition Point 2 for Physical Activity, Alcohol and Smoking, and are waiting for feedback from CEIPS.

We are currently working on mental health and wellbeing.

Angela O'Brien (Psychologist, WDHS) will be attending SGGPCP staff meeting to discuss mental health in the workplace, mindfulness and some practical strategies for embracing good mental health in worklife.

SGGPCP is coordinating a 'Healthy Workplace Forum' to be held on Thursday 21st May, 10:30am to 2:00pm at Education Centre, Western District Health Service, Foster Street, Hamilton. For more information <http://sggpcp.com/?p=640>

<http://www.achievementprogram.healthytogether.vic.gov.au/workpl ace-guidelines> or Phone 1300 721 682

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Portland District Health

Portland District Health (PDH) began the Workplace Achievement Program at the beginning of 2014. As the leading health care provider in the Portland community, PDH felt it was important to lead by example when promoting good health.

Most recently, PDH has organised activities for staff and community members as a part of Australia's Healthy Weight Week. 'Fitness on the Field' has seen a variety of free exercises classes held on the Ploughed Field (outside the hospital) each morning before work, the Dietetics team have been holding information sessions and virtual supermarket tours, and various PDH departments have been competing in a 7-day walking challenge.

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together we are creating a
healthy workplace

achievement
program



A jointly funded initiative of the State Government of Victoria and the Australian Government.



Healthy Food and Active Living

SEA Change Portland

The SEA Change Portland adventure continues to grow momentum across a broad cross-sector of the community.



Progress is being made in key areas of increased water consumption, public education (radio program, facebook page, newspaper column and website) and of particular note, tremendous progress is also being made within schools, with a number of key initiatives and changes being implemented within the school and driven by the school community.

In late April, SEA Change Portland held a celebration event which highlighted all of the great work that the community is doing to make healthy choices in Portland an easy choice.

Presentations were made by schools, sporting clubs, neighbourhood groups and community champions, all discussing the work that they've been undertaking. These presentations highlighted the breadth of work going on to change the Portland obesity system.

The celebration event also highlighted the importance of bringing people together to share and connect efforts. Participant feedback detailed how such an event presented a tremendous opportunity to bring the community together to learn, inspire, connect and assist one another.



Let's work together to make a difference

SEA Change Portland will continue to grow as opportunities to add additional task teams or enhance existing ones present. Further celebration events that connect the community are in the pipelines too.

Finally, the evaluation of this approach will also be an increased focus in the coming months as we attempt to create and share some key learnings from the SEA Change Portland movement.

To keep everyone updated and to maintain momentum on the developments, go to [SEA Change Portland Facebook page](https://www.facebook.com/PortlandSEACHange), <https://www.facebook.com/PortlandSEACHange> website <http://seachangeportland.com.au/> and community radio program <http://www.3rpcfm.org.au/>

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Great South Coast

The Great South Coast project to undertake baseline measures and behaviors of children undertaken in schools, in relation to obesity is well underway.

Deakin University has received Opt-out consent ethic approval from the University and Department of Education and Training. Opt-in consent has been received from the Catholic Diocese and catholic schools will follow the consent form opt-in process.

In our region, the response from schools has been extremely positive, and so far nearly every school approached has agreed to participate, which is fantastic. Local data collectors from WDHS, SGSC and SGGPCP staff including three work placement students, have been trained to undertake the collection. Data is currently being collected in schools around the Southern Grampians Shire, with the plan to move to the Glenelg Shire in late May.

This project is also testing the concept of establishing a regular sustainable monitoring system for childhood obesity measures and behaviours through re-orientating existing local resources.

COMPACT Team Visit

Southern Grampians and SEA Change Portland communities had a rare opportunity to work with global leaders in obesity prevention during April. As part of a research project the COMPACT Team of researchers from Harvard (USA), Brookings Institute (USA), Tuft University (USA), Uni of Auckland (NZ) and Deakin Uni (Aus) facilitated workshops to better understand what factors influence how people engage and share knowledge

The COMPACT research team confirmed that the approach of empowering the community to drive system change which we are using with SEA Change Portland and proposing in Southern Grampians, is leading practice and provides us with confidence to continue on this journey. The workshops also helped participants discuss the power of networks to spread knowledge throughout the community.



Southern Grampians Shire

Western District Health Service, Southern Grampians Shire, SGGPCP with the support of Deakin University have expressed their readiness to undertake community driving changes to the obesity system approach using the learnings from SEA Change Portland.

There have been several meetings and discussions across multiple levels across these organisations to come to an agreement to re-orientate their existing resources to work together on obesity prevention across Southern Grampians Shire. Balmoral Bush Nursing Centre and Windamara have also expressed interest in being involved.

The next step now is in formulating a working group that will become the backbone support for the approach.

In the meantime WDHS staff, have also been planning baseline impact evaluation data collection in primary schools to complement the outcome data being collected across the Great South Coast

Charles Sturt University Community Nutrition, Dietetics students, Bryce Chambers and Laura Eason, have commenced a 6 weeks placement with WDHS to undertake the baseline impact data collection, as well as continue to promote and assist school utilisation of the Healthy Together Victoria: Healthy Eating Advisory service. Their project will include conducting lunchbox audits and canteen/ lunch order menu audits at interested primary schools within the Southern Grampians Shire.

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Community Culture of responsible drinking

Glenelg Alcohol Health Promotion Planning Committee

Stage 1 - reducing the supply of alcohol to underage young people

The key findings and recommendations of the Youth Health & Wellbeing Survey reports were presented to a stakeholder forum on 26 February by Dr John Toumbourou (Professor and Chair in Health Psychology, Deakin Uni). The three key recommendations are:

1. Reduce early age alcohol use

Key messages for the community are that adolescents should not drink alcohol before they are 18, and they should not be supplied with alcohol before they are 18.

2. Improve school engagement

Low commitment to school and academic failure appear relatively high starting in Year 6. School commitment has been shown to protect students against a range of problems: including school non-completion, delinquency, drug abuse, teen pregnancy, violence, and alcohol abuse or dependence. Early age alcohol use can undermine school achievement and engagement.

3. Enhance family management and attitudes

Enhancing family management and attitudes is designed to help students and parents develop knowledge, skills and support networks to promote health and wellbeing during the early years of adolescence.

The Glenelg AHPPC is working closely with Glenelg Beyond the Bell Local Action Group and other stakeholders to identify and implement evidence based strategies to address the recommendations.

Let's work together to make a difference

Southern Grampians AOD Committee

The Australian Drug Foundation held the Tackle the Issue: Ice, alcohol and other drugs forum in Hamilton on 14 April, attended by over 100 sports clubs and community members. Clubs are now being supported to develop an illegal drugs policy so they are prepared and able to respond effectively to drugs issues if they arise.

Members of the SG AOD Committee are currently consulting with schools about the delivery of AOD curriculum and other AOD issues.

Smoke-free building entrances



Victoria has new outdoor smoking bans. From 13 April 2015, under the Tobacco Act 1987 smoking is prohibited within four metres of an entrance to all Victorian children's indoor play centres, public hospitals, registered community health centres and certain Victorian

Government buildings. For further details click here:

<http://www.health.vic.gov.au/tobaccoreforms/>

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Community Resilience through Climate Change

Rural People: Resilient Futures

The Rural People: Resilient Futures Project final reporting is complete with a report currently under publication and will be available on the SGGPCP website soon. The project has produced a number of outputs including: a project on a page, literature review, climate change adaptation work booklet for agencies, short film, individual agency case studies, results on a page and final report. Aside from the outputs all agencies who participated in the project have committed to continue action to reduce the impact of climate change on their community and agency. This includes reviewing and developing educational materials, advocacy to management and peak bodies and review of policies and procedures.

Communicating the project findings is a crucial final phase and the project findings will be presented at a number of conferences focused on climate change adaptation and rural resilience.

The final report will be launched in Hamilton and Melbourne in mid - June (dates to be confirmed) with the Hamilton launch focus on local action and the Melbourne launch focus on policy and research.

For updates go to: http://sggpcp.com/?page_id=241

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Glenelg SAVES

What an exciting and busy Autumn we have had; with all Glenelg SAVES participants now enjoying the benefits of the project. Over 300 project participants have had the opportunity to benefit from an improvement, suited to their home, that will help them save energy in the years to come. Draft proofing and lighting upgrades have been two of the more common energy efficiency improvements made to homes, but also there have also been heaters serviced, blinds and awnings hung on windows and standby power controllers installed.

As we approach winter, we will be working with participants on some of the easy behaviour changes that can be considered within the home to

reduce energy use. More formally, we will be conducting post-implementation surveys and also obtaining energy data from the energy wholesalers in this region.

The project, funded through the Department of Industry and Science, as part of the Low Income Energy Efficiency Program, will now commence work on evaluation, with final reporting due 1 March 2016.

Glenelg SAVES Update (Seniors Achieving Valuable Energy Savings)

For more information, please visit the project page on our website

http://sggpcp.com/?page_id=386

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Let's work together to make a difference