

# Welcome to *Keeping Well*'



Welcome to the final edition of 'Keeping Well' for 2015. This edition of the Keeping Well Newsletter will provide a short update on the shared prevention focus areas 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@wdhs.net](mailto:joanne.brown@wdhs.net)

## Healthy Together Achievement Program

### SGGPCP

SGGPCP are delighted to report that we are one of six workplaces across the state that has achieved the benchmarks for two or more healthy priority areas.

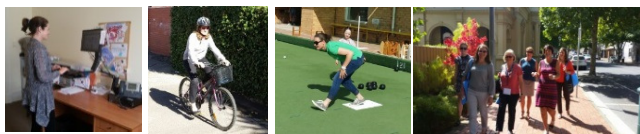


A jointly funded initiative of the State Government of Victoria and the Australian Government.

Here are some of the examples of what we have been doing for Healthy Together Victoria Achievement Program

### Physical Activity

- Standing workstations - Provision of shared standing workstations.
- Active events – eg. Christmas work gathering – played lawn bowls
- Walk the Block Day - Staff participated in Walk the Block Day
- Provision of work bicycle for staff use
- Activity Whiteboard - Whiteboard to record physical activity at work, encouragement to be more active eg. walk to a meeting.



### Alcohol

- Presentation to staff on alcohol [click here](#)
- Alcohol signage displayed in workplace
- Benchmark signage used at events organised by SGGPCP

### Smoking

- No smoking signage displayed in workplace
- Smoking Cessation Support Service - Handout available to staff and promoted through staff meetings and induction
- Promoting 'World No Tobacco Day' - held on 31 May each year [Click here](#)

### Mental Health

- SGGPCP coordinated a 'Healthy Workplace Forum' - *How to make and drive change within your workplace to support you and your colleague's wellbeing*. The Forum was an opportunity to share stories and create the next steps towards being healthier workplaces.
- Visit from WDHS Psychologist with a presentation on 'Mindfulness' for staff
- Incorporating color / art and or graphics into the workplace
- Staff volunteering at Community Garden
- Link provided to workshop held by Healthy Together Geelong on 'Mental Health in the Workplace'. [Click here](#)

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

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## Healthy Food and Active Living

### SEA Change Portland

As the SEA Change Portland movement continues to progress, work behind the scenes has commenced on two areas. The first focus area has been around developing a way to measure all of the changes that have occurred in the Portland Obesity Map. In understanding what changes have occurred, future planning around SEA Change Portland actions can be developed. The second focus area being worked on is based on creating another opportunity in early 2016 for the broader community to come together to join SEA Change Movement and to focus efforts moving into 2016 and beyond.



[https://www.facebook.com/PortlandSEAChange\\_website](https://www.facebook.com/PortlandSEAChange_website)  
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### Southern Grampians Shire

GenR8 Change is a social movement aimed towards empowering our local community to make sustainable changes, so the healthier choice is the easier choice throughout the Southern Grampians, especially for children.



*Let's work together to make a difference*

After the initial work that was undertaken in establishing an ambassador group, a tremendous amount of progress has since occurred with a series of community workshops that has seen over 150 community members become involved in GenR8 change thus far.

Over two initial workshops, the community was taken on an interactive journey about the health status of our children, and became involved in analysing a range of complex factors that contribute to poor health status of children within the Southern Grampians. At the initial workshops, common areas of interest were posed, with several community members expressing a drive to come together and create impact under a number of relevant themes.

Two additional workshops were undertaken and again proved the outstanding commitment of our local community with great attendance and enthusiasm. Over 50 action ideas were generated at these workshops under 13 different themes. The following is just a snapshot of ideas being actioned:

- Banning sugary drinks in junior sporting clubs and associations.
- Creating a safe community space for breastfeeding mothers and families.
- Making healthy eating part of the family day-care policy.
- Working with Wannon Water and schools to develop water only policies and practices within all education settings.
- Establishing safe active transport routes for schools



### VicHealth's Regional Sport Program

In line with VicHealth's new "Action Agenda", South West Sport has been engaged to deliver outcomes revolving around two distinct objectives;

- 1) To create new opportunities that enable people who are inactive or somewhat active to become more active through participation in sport,
- 2) To strengthen policy and practices making water the beverage of choice in sporting clubs, leagues and facilities.

Over the next three years (July 2015 – June 2018), South West Sport will seek to influence the behaviours of the community through sporting environments.

Initially, South West Sport has been trialing a concept entitled "STREETBALL" – a free basketball session held within the East Warrnambool community. Specifically targeting children and adolescents up to 17 years of age from the East Warrnambool neighbourhood, STREETBALL launched on the 18 of September. Now into its seventh week (@30/10/2015), STREETBALL attendances have varied between fourteen and forty. An encouraging indicator for the concept has been the repeat attendance of many kids, as well as the

presence of new attendees at every session. The STREETBALL concept has been modified and trialed in Camperdown under a different name, and there is the potential for this program to be expanded to incorporate other localities.



Any enquiries should be directed to Andrew Sloane, Program Manager at South West Sport [andrew@southwestsport.com.au](mailto:andrew@southwestsport.com.au) or (03) 5561-1689

## Community Culture of responsible drinking

### Glenelg Alcohol Health Promotion Planning Committee

The Glenelg Alcohol Health Promotion Planning Committee (AHPPC) has been:

- finalising the asset and capacity mapping of current initiatives which are working well, local assets, capacity, opportunities and gaps/ issues
- gathering feedback from young people and Aboriginal elders and community on social marketing resources about alcohol and young people
- working on key messages for parents and young people, with RMIT Communication and Design students in conjunction with Beyond the Bell
- planning for the 2015 implementation of the supply monitoring initiative in liquor outlets

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## Community Resilience through Climate Change

### Rural People: Resilient Futures

The project team is excited to announce that the Rural People Resilient Futures Project was highly commended in the Resilient Communities Australia Awards in September. This national recognition reinforces the major role that health and community service organisations play in reducing vulnerability and PCP partners need to be congratulated for their contribution. Pictured below is Alianne Rance (RMIT) collecting the award on behalf of SGGPCP with Emergency Management Commissioner Craig Lapsley and the Parliamentary Secretary for Justice Ben Carroll

*Let's work together to make a difference*



All of the outputs of the project can be found on the SGGPCP website [http://sggpcp.com/?page\\_id=241](http://sggpcp.com/?page_id=241) including the final report, film, literature review and individual case studies capturing the contribution of the partner agencies involved.

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#### **Enhancing Networks 4 Resilience (EN4R)**

This new collaboration with RMIT has begun by working with RMIT and partner agencies to design the research together. RMIT Research Officer Halley McCann along with Rowena Wylie and Jo Brown have been in conversation with partner agencies and researchers to unpack the project methodology. Essentially, EN4R will investigate the PCP networks to further understand the relationships and the critical success factors that make strong networks and expose the value of collaboration and partnership. This initial piece of the research will inform the future direction of the project which will then shift the focus to look at disaster resilience in more detail. A page on the SGGPCP website has been established with a short Project on a Page uploaded for background.

[http://sggpcp.com/?page\\_id=885](http://sggpcp.com/?page_id=885)

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#### **Glenelg SAVES**

The Glenelg SAVES project is now working through the data collection phase of the project and plans for the report writing and dissemination of our findings. We have connected back with all of our participants, and received back the post implementation quantitative data surveys. We have also completed the formal qualitative data collection, in the forms of focus groups and one on one interviews. All of this data is being analysed by our partner Federation University and uploaded to the LIEEP portal. Over the coming months we will be finalising the data and then writing the final reports, which will be in a number of formats including the formal LIEEP report, shorter reports, infographics and maybe even a short film. Penny has also been attending Deakin University's School of Health and Social Development and has undertaken a short course in Field Research Methods, which will increase our capacity for working in the research area.

For more information, please visit the project page on our website [http://sggpcp.com/?page\\_id=386](http://sggpcp.com/?page_id=386)

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### **Everyone is talking about Pecha Kucha**

Pecha Kucha is a presentation style in which 20 slides are shown for 20 seconds each (6 minutes and 40 seconds in total). The format, which keeps presentations concise and fast-paced, powers multiple-speaker events called PechaKucha Nights. Pecha Kucha originated in Japan as a way to attract people to an experimental event space and to allow young designers to meet, show their work, and exchange ideas.

This style of presentation ensures speakers and time limited, organised and creative by rolling through slides on a 20 second time sequence.



Presenters are encouraged to use photo and illustrations and minimise words and diagrams.

This you tube clip explains Pecha Kucha using the Pecha Kucha format. <https://www.youtube.com/watch?v=wGaCLWaZLI4>

#### **Produced by the**

**Southern Grampians Glenelg Primary Care Partnership**

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