

Welcome to 'Keeping Well'



Welcome to the first edition of 'Keeping Well' for 2016. 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

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

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Healthy Food and Active Living

Healthy Together Achievement Program

SGGPCP



As part of our Mental Health Benchmark, SGGPCP staff have linked with our local community garden and have volunteered our services to go on the watering and weeding roster, our first turn is on April 7th.

With our healthy eating we are following the Traffic Light Guide for healthy choice with all workplace catering.

Gifts which include food, must be healthy food (green or amber traffic light).



We have a laminated set of A4 posters relating to Healthy Eating Pyramid and Australia Guide to Healthy Eating to be used as displays at SGGPCP events

Most adults should eat at least 5 serves from the vegetable group a day (Victorian Population Health Survey 2008)

Vegetable – % of people meeting recommended intake	
Glenelg Shire	
Women – 17.6%	Men 5.5%
Southern Grampians Shire	
Women – 16.6%	Men – 3.6%

Active April

We have registered SGGPCP to participate in the Premier's Active April 2016 Challenge. The aim is to do a minimum of 30 minutes of physical activity a day during April. If you are interested in registering your workplace or for further information click here: <https://www.activeapril.vic.gov.au/>

Great South Coast

Agencies across the Southern Grampians Glenelg have partnered with WHO Collaborating Centre for Obesity Prevention (WHO CCOP) and others in a successful grant application to the National Health and Medical Research Council (NHMRC). The grant that will see an additional \$1.9 million over five years come to the region, will support our SEA Change Portland (pilot site) and GenR8 Change as well as nine other communities across the Great South Coast to take a community led systems approach to childhood obesity prevention. The grant will provide WHO CCOP with extra capacity required to:

- Monitoring – children anthro and behaviours; systems change and social networks
- Support to achieve world's best practice in intervention design, implementation and evaluation to co-create response to obesity in each community
- Access and support to use new software STICKE
- Ongoing support for implementation in the form of dedicated person with experience and access in needs analysis, training and implementation
- Data and feedback on system status, behaviour and change in response to intervention
- Assessment of the cost benefit of this approach for your community
- Showcasing of efforts in this region at state, national and international levels

The underlying premise of the Grant is for WHO CCOP to build local capacity in each of these areas over time, so that after the five years, the community can continue working, monitoring, evaluating and adapting without needing further support from WHO CCOP.

So what does this mean for SEA Change Portland and GenR8 Change?

More support! SEA Change Portland is officially the pilot within the grant so it will provide more capacity to test and learn as it evolves. GenR8 Change work will continue also as it has been with the ability to learn quickly from SEA Change Portland and 'piggy back' on some of the capacity building activities in Portland whilst the grant support is rolled out over Great South Coast communities.

As an example to build capacity within SEA Change Portland and GenR8 Change, Deakin will provide training opportunities to facilitate the development and use of models for creating change including:

- Using STICK-E (software system developed to track complex problems)
- Turning events and action into variable for Systems mapping
- Being able to focus in on sections of the Systems map and assist to develop the area and

- Facilitation of workshops/meetings to build on existing GMB for existing and new players

There will also be an opportunity to train people with facilitation and people skills who then may want to have a stronger part in working group/process too.

This will be held on March 21st at SWTAFE Portland and whilst obesity prevention is the example, it is applicable for solving all complex issues. For more information contact Janette Lowe 0408553095

SEA Change Portland

SEA Change Portland is continuing to see robust community led action geared towards improving healthy eating and activity options. To build on these actions, late in 2015, SEA Change Portland underwent a review process to identify current strengths and future strategic directions moving in to 2016 and beyond.

Following are key areas of focus that were identified;

- Engage a larger section of community (including kids)
- Increase sharing stories of success and stories behind SEA Change Portland
- Facilitate engagement and leadership role modelling of key stakeholders
- Identify and connect with more formal and informal networks in community
- Acknowledgement/branding/accreditation for organisations.



Deakin will oversee a second measuring of children in primary schools in coming months. A summary of the data gained last year has been relayed to school principals. Partnerships have developed between cross-sections of the community. One partnership between a local school and a supermarket, resulted in negotiation to have 'how to read food label' cards displayed in supermarket aisles so that families could make healthier school lunchbox choices.

<https://www.facebook.com/PortlandSEACHange> website
<http://seachangeportland.com.au/>

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GenR8 Change - Southern Grampians



Building on community action arising from workshops in Oct/Nov 2015, GenR8 Change recently held a successful 'Connect, Share & Learn' event. Approximately 30 community members heard from presenters

about some key outcomes of the GenR8 Change movement so far, including;

- Discontinuing the sale of sugary drinks at Western District Health Service
- Beginning a 'Bike Bus' encouraging active transport to Dunkeld Consolidated School
- Establishing Parkrun Hamilton
- Significantly increasing businesses/facilities in Hamilton's CBD that participate in the Australian Breastfeeding Association's 'breastfeeding welcome here program'
- Implementing healthy catering changes and cooking classes that re-create the culture of Hamilton's Out of School Hours (OSH) vacation and after-school care

Following the presentations, key steps and barriers to implementing change were discussed. From these, a number of trends were discovered, with these learnings anticipated to assist further action.



The GenR8 Change working team are now collaborating with Deakin University to help the community identify important key steps within their actions and ensure sustainability of their work.

<http://genr8change.com/>

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Community Culture of responsible drinking

Glenelg Alcohol Health Promotion Planning Committee

Key actions of the PCP and members of the Glenelg Alcohol Health Promotion Planning Committee (AHPPC):

- worked with RMIT Uni Communication & Design students and graduates to develop a campaign for young people and parents regarding underage drinking. It is being rolled out through primary and secondary schools and the broader community over the next few months.
- planning the implementation of the supply monitoring initiative in liquor outlets
- analysing additional data collected through the youth survey, focusing on feelings, self harm, physical activity and food and drink consumption.
- Provided input to GSC Crime Prevention Strategic Plan. Local priorities will include prevention of family violence against women and children and prevention of harm from alcohol and other drugs.
- a sub-group is working with the GSC Ice Campaign Glenelg local action team.

Let's work together to make a difference

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Community Resilience through Climate Change

Enhancing Networks 4 Resilience (EN4R)

Over the past 3 months the Enhancing Networks for Resilience (EN4R) Project has been focusing on investigating formal networks by interviewing the SGGPCP Partners. The team has conducted interviews with 16 partner agencies with everyone participating, commenting on the how valuable it is to take time out to reflect on partnership and practice. After preliminary analysis of the data, the investigation into informal networks will focus on the notion of “two hats”. That is that many of the formal network interviews discussed disseminating health and wellbeing information through their informal networks. A survey is currently being developed which will be disseminated to all partners by the end of March. Further data will be collected through focus groups after survey data has been analysed.

A Project Advisory Group has been set up with cross sectoral participation representing health and wellbeing, environment, emergency management, research, policy and community.

http://sggpcp.com/?page_id=885

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Glenelg SAVES

The Final Report (Draft) for the Glenelg SAVES project has been submitted, as required on 1 March 2016. The report, although in draft format, is a comprehensive account of the project and will be finalised through a formal process with the federal Department of Industry, Innovation and Science by the end of April. The report includes some great achievements in the results, including increased staff knowledge around energy efficiency, participants reported an increase in the level of control they had over their energy use and an improvement in the rate of energy use in the home. The consortium worked together to form the recommendations which included focussing on an extension to the HACC program to incorporate energy efficiency training for all staff, allowing for advice and support to clients; promoting energy efficiency as a wellbeing issue that falls within the provision of public health services and investigating opportunities for upgrades to old housing stock.

Although our primary requirement for the project is ensuring that the final report is approved, there are also a number of other things happening as the project draws to a close. A short film is planned (filming Thursday 17 March) which will be a snapshot of the project and will involve HACC staff and clients. Furthermore, it is planned to present the project at appropriate conferences and forums. Once the final report is approved by the department, a launch event will be held in Glenelg Shire.

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

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Heywood Rural Health staff updates

Heywood community and district look to the Heywood Rural Health (HRH) services to support their health care needs over their life span and HRH have a responsibility to ensure community needs are met.

HRH has recently employed three new Primary Care Team members to support the development and implementation of a Social Model of Health that supports all members of the community.

Carol Stewart, Project Manager – Primary Care

Carol will be working at HRH on a six-month project to develop a plan for our Primary / Community Health Services moving forward, in partnership with the community and Department of Health.

Rachael Moore, Project Manager – Intake and Systems Development

Rachel is working with HRH over the next 6 months to help develop a systematic response to the healthcare needs of our community, from support in the home to residential care, ensuring we have the systems in place that listen to the needs of consumers and empowering them to have control over their healthcare journey. The project will also involve internal systems such as TRAK, internal referrals, electronic healthcare records and IT.

Monica Treloar, Community Health Nurse

Monica will be working with the community on a number of projects; Reconciliation, Prevention of Violence Against Women and their Children, Women's and Children's Health, Farmer's Health, and Health Promotion. Monica will also support community consultation in the development of the new model.



Produced by the

Southern Grampians Glenelg Primary Care Partnership

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