

PCP Bulletin

Introducing Victoria Jones ~ PCP's Community Arts Liaison Officer

Victoria commenced with the PCP in early July in the role of Community Arts Liaison Officer, replacing Elise Armitage who has commenced maternity leave.

Victoria brings with her many years of experience in the arts sector including 6 years with Arts Victoria as a Senior Arts Officer and 3 years as a Festival & Events Coordinator with Brimbank City Council. Victoria also holds a Bachelor of Arts & Diploma of Art in Dramatic Arts. The PCP welcomes Victoria to the team.

Victoria can be contacted on T: 5551 8562 or E: victoria.jones@wdhs.net.

10th International Cities, Town Centres & Communities Conference ~ Oct 09

International Cities, Towns and Communities (ICTC) Society Conference and Trade Exhibition
The ICTC Society 2009 conference will be hosted by the City of Greater Geelong from 27 – 30 October, 2009

The Aims of the ICTC Society

- To enhance the quality of life of inhabitants of cities, towns & communities.
- To assist cities, towns and communities to be as environmentally, socially & economically sustainable as possible.
- To bring together the required visionary professionals to discuss the challenges of replacing sprawl with compact environmentally, socially and economically acceptable environments.
- To facilitate world best practices in the planning, development and management of cities, towns and communities and particularly the planning, development and management of public spaces and infrastructure.

For further information and registrations details, please click on the following link: <http://www.ictcsociety.org/?D=65>

Reach Out Pro Issue 3

This third issue of Radar is now available with information on using online technologies in giving "homework" or in between session exercises to young people, online safety & current research on understanding the use of information communication technology by health care professionals to improve young people's mental health and wellbeing. To view, click on the following link: <http://info.inspire.org.au/rp/300/process.csp?EmailId=123839&Token=2CBA65AEDFC22FFD60EC6B22075FB0A08>

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Program to Promote Self-Esteem ~ 24th July (Portland)

The Butterfly Foundation is proud to be working towards assisting young people re-address these feelings of low self worth that often lead to low self esteem and dangerous dieting practices—a major predictor of developing an eating disorder.

This training is for primary and secondary school teachers, youth workers and health and community professionals in the use of "Dove BodyThink" - an internationally acclaimed program designed to assist young people improve their body image, self esteem and media literacy skills. "Dove BodyThink" is best suited for use with young people aged 11-15 years.

All attendees will receive a full colour "Dove BodyThink" manual containing inspiring classroom activities and a DVD illustrating the affects of the media on young people.

Training Cost: \$55.00

(3 hour session & Includes Full Colour Resource)

When: Friday, 24th July

Where: Comport Inn, 101 Bentinck St, Portland

Registration: 12.30pm to 1pm

Training: 1pm to 4pm

To view the flyer & obtain the registration form, please visit the PCP website:

<http://www.sggpcp.com/events/index.htm>

Future Forum ~ October 2009 (Melbourne / Sydney)

Future Forum is Australia's only one-day seminar on the global social, technological, environmental and economic trends. The presentations from world-class experts are pitched at an executive level to provide solid forecasts and practical strategies. They will equip attendees with insights into Australia's future over the next few years, and forward to 2020. From Climate Change to the Global Economic Crisis, all you need to know, all in one day.

For further information, please click on the following link: <http://www.futureforum.com.au/>



Exercise & Chronic Musculoskeletal Conditions ~ Exp of Interest

Arthritis Victoria is looking for expressions of interest from individuals who may be interested in attending a seminar conducted on exercise and chronic musculoskeletal conditions in Warrnambool. This seminar will run if there is sufficient interest.

This course is a one-day seminar specifically designed for healthcare workers such as allied health assistants, diversional therapists and personal care assistants with some experience in exercise. The seminar focuses on improving practitioners' knowledge of safe exercise for people with chronic musculoskeletal conditions such as osteoarthritis and osteoporosis.

Date: Thursday 20 August 2009 **Time:** 9:30am to 4:00pm **Venue:** Archie Graham Centre Warrnambool
RSVP: Please contact Kerrie Giannakidis by Wednesday 5 August to register **Cost:** \$120 / (\$110 Arthritis Victoria members)
For further information contact: Kerrie Giannakidis, Training & Quality Coordinator, Phone (03) 8531 8017,
 Email kerrie.giannakidis@arthritisvic.org.au

To view the flyer, please visit the PCP website: <http://www.sggpcp.com/events/index.htm>

Community-Based Childhood Obesity Prevention Initiatives ~ 23rd July

Victoria has made a significant commitment to community-based childhood obesity prevention projects as a component of an overall obesity prevention strategy. Through these initiatives actions have begun on a number of levels to improve the dietary patterns and to increase the physical activity levels of children and young people.

The forum will present outcomes, identify lessons learned and facilitate discussions around the DHS-funded community-based childhood obesity prevention initiatives that impact on broad practice. The focus of the forum will be on the 'Be Active Eat Well' series of projects, 'Fun 'n' Healthy in Moreland' targeting primary school-aged children and the 'Fruit and Veg for Health' community projects.

When: Thursday 23 July 2009, 9.30am – 3.00pm
Venue: Royal Australasian College of Surgeons, The Hughes Room, Ground floor, 250 - 290 Spring Street, East Melbourne.
Who should attend?
Numbers are limited. Public health and health promotion policy makers and practitioners, representatives from primary and community health and local government.
Cost: There is no cost for this forum.

For further information, please visit the following website: <http://www.health.vic.gov.au/pcps/hp/events>

Helping Families Through Tough Times ~ 1 day workshop

The Bouverie Centre invites you to attend a free 1-day regional workshop for Counsellors and Rural Support Workers, focused on responding effectively to the emotional needs of families and communities affected by natural disaster.

This training is available to rural support workers and counsellors working in a range of contexts, including: Community Health, Primary Health, Division of GP's, local government, non-government and not-for-profit organisations. We will combine our own family therapy expertise with workers' acquired practice wisdom about effective ways of engaging with and attending to the needs of people impacted by recent natural disaster.

Who should attend: Counsellors / Rural Support Workers who work with individuals and families.
When / Where: Hamilton ~ 9th October (Grangeburn Motor Inn)
 Colac ~ 20th November (Colac Area Mental Health)
Time: 9.30 am to 4.30 pm (lunch provided)
Cost: Free. Maximum of 25 places available per workshop, so please book in as soon as possible.

Further information can be obtained from Carmel Hobbs via e-mail c.hobbs@latrobe.edu.au or T: 03 9385 5100.

Internet Toolbox for Rural GP's to Access Mental Health Services Info

Report

Rural GPs play a significant role in the mental health care of their patients. It is therefore crucial that they have access to reputable support and advice that enhances their existing knowledge. This article outlines a recent project initiated by the Australian rural Ballarat and District Division of General Practice (BDDGP) to develop and implement an online resource to facilitate local implementation and delivery of the 'Better Access to Mental Health Care' (BAMHC) program. This 12 month project was initiated in response to a request from local GPs for additional information about and support in using the BAMHC program. The project is the culmination of significant collaboration among key stakeholders that includes local GPs, GP advisors from BDDGP, BDDGP staff, and two University of Ballarat research centres (the Centre for Health Research and Practice, and the Centre for Electronic Commerce and Communication). This article documents the key stages involved in the project from initiation to implementation, and reports on the use of this resource 12 months after its launch.

To view the article, click on the following link: <http://www.rrh.org.au/articles/showarticlenew.asp?ArticleID=1094>

SGG PCP Team:

Janette Lowe: Executive Officer, Rowena Wylie: Project Officer,
 Jo Brown: Project Officer, Victoria Jones: Arts Officer,
 Erin White: Communications Officer, Sally Jarvis: Administration Officer
 SGG PCP Website: www.sggpcp.com

PLEASE FORWARD YOUR AGENCY UPDATES, ACHIEVEMENTS, ARTICLES, EVENTS AND TRAINING OPPORTUNITIES FOR INCLUSION IN THE BULLETIN, TO SALLY JARVIS AT sally.jarvis@wdhs.net