

KEEPING WELL

Introduction

Welcome to this wintery edition of 'Keeping Well' - a newsletter for everyone supporting the communities of Southern Grampians and Glenelg Shires to stay healthy, strong and well.

We are pleased to announce that the Federal Healthy Communities Initiative funding application "Get Active Glenelg2Grampians" was successful – a great outcome for the region and the health and wellbeing of our communities. Glenelg Shire submitted the application on behalf of both Shires and the PCP will lead the co-ordination of the project. The PCP is currently recruiting for a Project Co-ordinator who will co-ordinate the partner's delivery of this project. In brief the project aims to increase healthy eating and physical activity of the target groups within the Glenelg and Southern Grampians Shires.

The target groups are adults not predominately in paid work and either, are:

- From Aboriginal and Torres Strait Islander background
- People with a disability and their carers
- People at risk of weight related chronic disease
- People who reside in the locally identified low socio-economic status areas

The identified low socio-economic areas (SEIFA data – 1st Decile) are:

- Portland – 3 collection districts
- Hamilton – 2 collection districts
- Glenthompson
- Heywood
- Merino

The primary objectives of the *Get Active Glenelg2Grampians* project are:

1. To increase the target groups awareness of the importance of physical activity and healthy eating
2. To increase the level of participation of target groups in physical activity and healthy eating programs and activities
3. Increase capacity of LGA, partners and community to promote, support and facilitate increased physical activity and healthy eating within SG&G by June 2013

On a different note, the 2010 Adolescent Community Profiles, released in May 2011, have comprehensive information regarding adolescents living in each municipality. The reports can be found at:

[http://www.education.vic.gov.au/about/directions/children/vcams/Adolescent Community Profiles.htm](http://www.education.vic.gov.au/about/directions/children/vcams/Adolescent_Community_Profiles.htm)

Social Connection: PCP Key Contact: rowena.wylie@wdhs.net or ☎ 0419 143 652

The Social Connection Working Group (SCWG) is working on building the capacity of its members and member agencies around social connection as part of the action plan. At meetings, members have been discussing individual agency work related to social connection and developments in best practice both within agencies and across agencies. Opportunities to learn and work together are promoted. New health promotion resources are shared and opportunities for local research have been investigated.

The SCWG is investigating adapting existing equity resources for use locally. There are equity resources that have been developed nationally, and within Victoria that the group is looking at. Having locally specific tools, either general tools, or for specific population groups is being investigated. A useable equity tool, may be in the form of a checklist, to be used by health promotion planning and service staff. Members are currently also collecting relevant information from their own agencies about what sort of equity resource would be most useful.

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Active Communities: PCP Key Contact: jenny.williams@wdhs.net or ☎ 5551 8561

Within the Active Communities Working Group (ACWG) much of the work around cycling and health promotion planning has been put on hold - the brakes have been applied - as four out of seven regular group members have vacated their positions within their agency. While this will be a great opportunity to recruit new members into the group; in the short term the ACWG is waiting for member agencies to fill their positions, before meeting again in August.

An evaluation report is currently being written about the recent integrated health promotion planning activity of the ACWG. This reporting document is being designed to be useful; outlining barriers and enablers within the group, so that when meetings recommence, this information can be used to plan our next health promotion activities.

The ACWG partnership with South West Transport Connections continues with members providing feedback and information, as well as promoting the project amongst local workplaces. A cycle friendly workplace has the potential to have numerous health benefits, not only in physical activity and transport, but also in mental health and wellbeing. One of the challenges from a health promotion perspective is how we can advocate accessibility to a wide range of work based population groups, enabling access to the "bicycle option". Active transport needs some real life role models in the community; consider being a champion in your workplace! If anyone, either through their agency work, or as a bike rider, is interested in contributing to the information exchange related to cycle friendly workplaces, please contact Jenny.

Oral Health: PCP Key Contact: jenny.williams@wdhs.net or ☎ 5551 8561

Lead Agency Key Contact – PDH, Lynda Smith: lmsmith@swarh.vic.gov.au or ☎ 5522 1198

The Disability Oral Health Subgroup is organising a forum "Supporting Oral Health and Nutrition for People with a Disability", in Portland on August 23. This forum will showcase promising practice approaches to supporting oral health and nutrition for people with a disability. It will be aimed at parents and carers and workers from Residential Services, Day Programs, Special Development Schools, Allied Health workers, Health Promotion Officers, Community Development Workers and other relevant areas. The program includes two key note speakers, a selection of four concurrent sessions from a total of six and a presentation of unique oral health art work from students and teachers in the *Life on Line and Transition Crew* classes at South West TAFE. Contact Lynda Smith for more information.

PDH, in conjunction with Dental Health Services Victoria, has also been arranging training for dentists and dental units in Portland during the same week as the forum.

The Indigenous oral health tip sheets have now been published and are available for ordering.

Food Security: PCP Key Contact: joanne.brown@wdhs.net or ☎ 5551 8563

Lead Agency Key Contact – PDH: Kristy De Rose (PDH):

kderose.pdh@swarh.vic.gov.au

The Food Security Group will release its report on the extensive needs assessment conducted across the catchment at the July SGGPCP Executive Meeting. Meanwhile working group members Kristy de Rose (PDH) and Sophie Roberts (WDHS) have been presenting the findings to a number of groups including service providers and community members at WDHS, PDH, Loaves and Fishes in Portland and to twenty-three community members at Casterton Memorial Hospital. Over the next few weeks the food security working group members will consult with a number of



Photo: Dietitians Sophie Roberts and Jessica Nobes present findings at WDHS

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agencies about the findings of the needs assessment to develop an implementation plan. Currently the group have been working with a number of community venues to develop partnerships for a community kitchen trial as well as a program around food budgeting and utilisation. Results and relevant papers will be available on the PCP website soon.

Transport: Lead Agency Key Contact - WDHS: rebecca.morton@wdhs.net or ☎ 5551 8450

A number of workplaces in the region have expressed interest in "Creating Cycle Friendly Workplaces" workshops. The workshops will be provided by Rosy Strong from Bikes@work and will be held in Portland and Hamilton. Dates for the workshops will be advised shortly, workplaces that have expressed interest will be contacted directly but if you know of any that may be interested please let us know.

Guidelines for the Transport Connections Innovation Fund are due to be released at the end of July. The focus of this phase of the program is on local, non public transport based solutions to access issues. Initiatives that are likely to be funded include active transport, developing virtual services and improving community transport, projects seeking funding must be linked to South West Transport Connections local area plan. Some funding for regional projects will also be available.