



**LOWER HUME**  
PRIMARY CARE PARTNERSHIP

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**ANNUAL  
REPORT**

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**2018**



# ABOUT US

*"Working together for healthy communities"*

Health and wellbeing is influenced by a wide range of factors across settings where people live, work and play. A variety of service providers and community groups across Mitchell and Murrindindi Shires contribute to making positive improvements to health and wellness in their communities. Lower Hume Primary Care Partnership (LHPCP) seeks opportunities to align these efforts through collaborative, cross-sector, place-based approaches; recognising that much more is possible if everyone works together.

## LHPCP STRATEGIC PLAN 2018 - 2020

A new strategic plan was developed in 2018, outlining key priorities, objectives and strategies that will guide the work of LHPCP over the next two years. The strategic plan highlights our role in facilitating partnerships for systems change across our priority areas of prevention, system integration and family violence. The 2018-2020 Strategic Plan can be found on our website at [www.lhpcp.com.au/about-us](http://www.lhpcp.com.au/about-us)

# OUR 2018

Summary of what we have been up to throughout the year:



Provided **24** health and wellbeing education sessions in the community.

Creation of Food4U.org.au website resulted from a presentation to Councillors about the high level of food insecurity.



Facilitated **26** educational opportunities for members and partners.

Included a presentation providing a gender lens on healthy eating and a media release on "Dad's Impact on Kids Health".



Attended **35** forums, training sessions and conferences. Shared learnings and resources through networks.

Presented Engaging Vulnerable Families session to Prevention Collaborative, as a result of attending a DHSV training session.



Represented our communities needs at state consultations and networks; as well as at **20** regional networks.

Successful funding application resulting in employment of an Aboriginal Family Support Worker with Mitchell Shire Council in the Maternal & Child Health Team.



Developed and distributed **32** resources.

Including the Lower Hume Population Health & Wellbeing Profile which can be found on our website at [www.lhpcp.org.au/populationhealth](http://www.lhpcp.org.au/populationhealth)



Facilitated:

- **6** Joint Plans
- **4** collaborative networks across Lower Hume to enable sharing and joint actions
- **6** Aboriginal services to provide regular outreach into Lower Hume.

Supported implementation of new Rumbalara outreach service model in Seymour. This has increased referrals to services including Alcohol & Other Drugs (AOD).

# MEMBERS & PARTNERS

## LEADERSHIP TEAM

- Alexandra District Health
- Family Care
- Mitchell Shire Council
- Murrindindi Shire Council
- Murray Primary Health Network (PHN)
- Nexus Primary Health
- Seymour Health
- The Kilmore & District Hospital
- Yea & District Memorial Hospital

Full Membership Organisational Structure including stakeholders can be found on our website at [www.lhpcp.org.au/about-us/](http://www.lhpcp.org.au/about-us/)

## PARTNERS

- Aboriginal Community Controlled Health Organisations (Rumbalara)
- Community houses/groups/networks
- Community organisations
- Dental Health Services Victoria (DHSV)
- Department of Health and Human Services (DHHS)
- Eastern Melbourne PHN
- Dental Clinics
- Integrated Family Violence Services
- Primary Schools / Early Childhood Services
- Pharmacies
- Valley Sport
- Women's Health Goulburn North East

Photo (L-R): Sue Race (The Kilmore & District Hospital), Naomi McNamara (Murrindindi Shire Council), Lorina Gray (Yea & District Memorial Hospital), Angela Armstrong (Family Care), Jo Wilson (Mitchell Shire Council) & Chris McDonnell (Seymour Health). Absent: Debbie Rogers (Alexandra District Health) and Suzanne Miller (Nexus Primary Health)



# OUR TEAM

## LHPCP TEAM

LHPCP said farewell to Sandra Saxton in December 2017. Sandra was Executive Officer for the past 6 years and made considerable contributions to progressing the vision and role of LHPCP. We thank Sandra for her leadership over the years.

Our team was strengthened by 2 students and a new team member this year:

- Brooke, placement, Deakin University
- Janaya, work experience, Seymour College
- Kayla Savory, Chronic Care Coordinator - Goulburn



Photo (L-R): Bec Southurst, Bec Leiper, Jaimie Poorter, Lee Coller, Kayla Savory and Rebecca Welsh.



**BECAUSE OF HER, WE CAN!**  
8-15 JULY 2018

*A remarkable young, strong, proud Aboriginal women. Rebecca you are so deserving of this award, your family and your community are so fortunate to have you, and I know they know how valuable your work is and continues to be*  
- Vicki Walker, Regional Aboriginal Development Officer, Hume

## NAIDOC AWARD

Rebecca Welsh was one of the women who received an award to acknowledge her outstanding contributions to the community both in her role as Lower Hume Aboriginal Health and Wellbeing Program Officer, and as a member of her community.

This year's NAIDOC theme was Because of Her We Can and the Seymour LAN sought nominations to recognise and celebrate women who contribute within the community.

# OUR ACHIEVEMENTS IN PREVENTION

## PREVENTION STRATEGIC PLAN 2017 - 2021

A new strategic plan for Lower Hume was developed and builds on the collaborative's achievements from the last four year plan. In partnership with funded and non-funded partners including health services, local government, education settings and community organisations, the collaborative's objective is:

**to increase the community's capacity to design and implement local solutions to create environments that support healthy eating and physical activity choices.**

A full copy of the strategic plan can be found on our website at [www.lhpcp.org.au/prevention](http://www.lhpcp.org.au/prevention).

## RESPOND

RESPOND is a community based systems approach to improving the health and wellbeing of children across the Ovens Murray – Goulburn region. The project is supported by a \$1.5 million National Health and Medical Research Council (NHMRC) Partnership Grant and a further \$2.6 million in partner contributions. Deakin University's Global Obesity Centre is partnering with the prevention collaborative and community leaders across the region to deliver the initiative.

2018 was about increasing workforce capacity for this initiative:



8

prevention workers  
trained



Workers reporting a good  
understanding of systems  
knowledge increased from  
21% to 57%

## RESEARCH ARTICLE

A research article from local healthy eating surveys was published in the National Rural Health Alliance Partyline June Issue No.63, - "OK I'll eat more fruit. But veggies? Do I have to?" The article was written in collaboration with the University of Melbourne.

## BRIDGES OUT OF POVERTY TRAINING

10 month follow up evaluation:



**90%** have used what they learnt  
in their work



**100%** have had conversations about  
what they learnt

## ABORIGINAL HEALTH & WELLBEING

### WORLD NO TOBACCO DAY

Goranwarrabul House hosted an event for members of the community, smokers and non-smokers, as an opportunity to yarn and share stories about quitting smoking as well as participate in fun interactive games. Services were invited to have a presence on the day and engage with community.

### NAIDOC

The Aboriginal Health & Wellbeing Program supported the Seymour Local Aboriginal Network (LAN) with their NAIDOC parade and event. The Program Officer coordinated face-painting, tie-dying and circus activities for the event and invited local services to be involved by having a stall on the day.

### VIRAL: Are you the cure?

A collaboration between Rumbalara, the Aboriginal Health & Wellbeing Program and Primary Care Connect saw the Seymour community enjoy the talents and educational messages of an award-winning and innovative performance by Ilbjerri Theatre Company, Australia's longest running First Nations theatre company.

VIRAL aims to break down shame, promote healing and get the Aboriginal and Torres Strait Islander people Hep C free.



## SMILES 4 MILES

Smiles 4 Miles (S4M) is an initiative of Dental Health Services Victoria (DHSV) in partnership with LHPCP, which aims to improve the oral health of children and their families in high risk areas across Victoria. The program is delivered in early year services and is based on the World Health Organization's Health Promoting Schools Framework, an internationally recognised best practice approach.

Within Lower Hume:

41

early years services participated in the S4M program in 2018.



Reaching **2,046** children and their families.



In 2017-2018 the S4M Coordinator ran **5 training sessions** with **4 early year services** and **16 educators**.



3 early years services had **11 staff complete online refresher training**.



As of June 2018 Lower Hume has a **83% S4M award rate**.



Assisted 4 early childhood services to have their Healthy Eating menus approved, **ensuring 526 children received the recommended dietary requirements for long day care sessions**.

OUR ACHIEVEMENTS IN

# SYSTEM INTEGRATION

## HEALTH LITERACY QUALITY IMPROVEMENTS

LHPCP support member organisations to become health literate organisations, using the LHPCP health literacy toolkit and self-assessment.



Member organisations completed the health literate organisations self-assessment and LHPCP collated to determine which attribute they would start working together towards.



Attribute 3: Prepare the workforce to be health literate and monitor progress was selected. LHPCP presented on the importance of health literacy and an overview of the Vic PCP health literacy online training to 5 agencies management teams. 118 staff have since completed various modules.



LHPCP were involved in the development, review and evaluation of the Vic PCP health literacy online training, as well as advocating for the online training to be uploaded to the Regional Health Service E-Learning Network (ReHSeN) which occurred in January 2018. This assists agencies with allocating and tracking completed modules.



Health Literacy is starting to be included in induction training and is being embedded into everyday practice through things such as sharing consumer personal experiences.



The support from the PCP has been extremely helpful for The Kilmore & District Hospital (TK&DH) completing its health literacy audit. It was great to get some key stakeholders in the organisation to work through the audit and check our progress in the area of health literacy. The presentation to the senior leadership group in 2017 helped to put health literacy on the table for all areas of the hospital rather than within the Diversity Portfolio.


Jitka Jilich, TK&DH





## DIABETES LOCAL MODEL OF CARE

LHPCP support member organisations to implement collaborative diabetes quality improvements using National Association of Diabetes Centres (NADC) accreditation.

- 5 organisations registered as NADC primary care members.
- 4 organisations completed the NADC accreditation workbook pre-audit and LHPCP collated to determine areas for collaborative quality improvement.
-  100 NADC National Diabetes Care Courses were funded by DHHS for OM-G Region staff. LHPCP had 24 staff from 7 organisations receive positions.
- 4 organisations participated in the Australian National Diabetes Audit (ANDA) diabetes and self-management audit in May-June 2018.

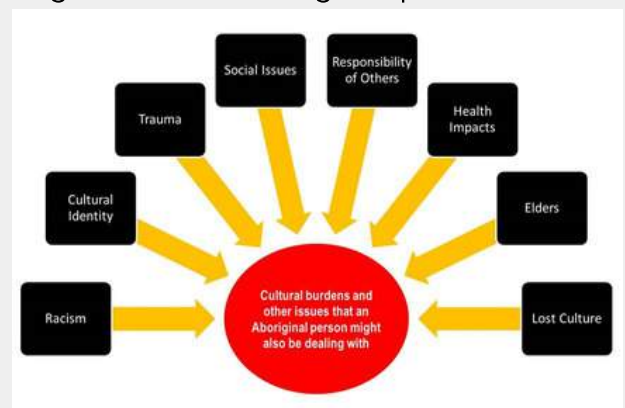
## ABORIGINAL HEALTH & WELLBEING

### CULTURAL RESPONSIVENESS

Packs were developed and distributed to local mainstream services containing Aboriginal specific health and wellbeing information, resources, and service provider details.

### CULTURAL BURDENS POSTER

Developed a poster in consultation with the Aboriginal community to provide cultural insight for non-Aboriginal professionals.



### TAUNGURUNG ACKNOWLEDGEMENT OF TRADITIONAL OWNERS PLAQUES

As an outcome of the collaborative diversity plan, local organisations have started displaying the acknowledgement plaques.



## DIABETES QUALITY IMPROVEMENT FOR PHARMACIES

LHPCP and member organisations are supporting pharmacies to provide best practice diabetes care through engaging pharmacies in diabetes care quality improvements.



LHPCP are working with 2 pharmacies to pilot NADC Diabetes Accreditation



The 2 lead pharmacists have completed the NADC National Diabetes Care Course training.



Goal: to apply for accreditation in 2018-2019.

# OUR ACHIEVEMENTS IN FAMILY VIOLENCE

Family violence is a new priority for LHPCP. The focus for 2018 has therefore been on identifying opportunities to add value to existing services and processes. Consultations with stakeholders identified an opportunity to strengthen primary prevention messages through enabling a coordinated local approach.

## Why family violence is a priority?

Family violence includes abuse by anyone whose relationship is family-like including romantic partners, parents, children, siblings or extended family members. Violence can be physical, psychological, financial and/or sexual.



1,134 family violence incidents were recorded by Victoria Police across Lower Hume in 2017/18.



Females were the victim in the majority of cases, and children were often affected.

## How we are supporting the prevention of family violence?

LHPCP is supporting place based partnership approaches to prevent family violence. The first step towards collective action for family violence prevention in 2018 was facilitating a partnership approach to coordinating and collaborating on initiatives to recognise the 16 Days of Activism Against Gender Based Violence. The campaign emphasises that any form of violence is a violation of human rights.

## WORKING TOGETHER - 16 DAYS OF ACTIVISM

Over 10 partners worked together to deliver joint initiatives across the 16 days which included:



An open afternoon tea event at The Kilmore & District Hospital with guest speakers from Womens Health Goulburn North East.

Materials developed with messaging 'we work for gender equality' including coffee cups which will be distributed through the 16 days.

Social media campaigns across Mitchell and Murrindindi Shire Council's Facebook pages and shared by other partners.



“

If you want to go fast, go alone.  
If you want to go far, go together.

- African Proverb

”



VIRAL Performance



NAIDOC Parade through Seymour



Yarning with The Nationals - Steph Ryan MP



NAIDOC Smoking Ceremony



Rivers & Ranges Leadership Program



Understanding Forgotten Australians Forum



Smiles 4 Miles Award



Prevention Collaborative Forum



Work Experience

Lower Hume Primary Care Partnership  
Locked Bag 1, SEYMOUR VIC 3661  
[www.lhpcp.org.au](http://www.lhpcp.org.au)



## Acknowledgements

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The history, culture, diversity and value of all Aboriginal and Torres Strait Islander people are recognised, acknowledged and respected.