

September/October Update

Welcome to the Kingston Bayside PCP Update for September/October 2008

What's News? New in this update:

Talking Realities DVD launch

On the 8th September the KBPCP launched the Talking Realities...Young parenting '**What's life like now?...young dads share their experiences**' DVD. The DVD presents the real life experiences of 5 young fathers who share how their lives have changed since they became parents. The DVD is now available for purchase. For more information please refer to the [Kingston Bayside PCP](#) website.

Strength Trainers Morning Forum

The **Strength Trainers Morning Forum** was held at Mentone Tigers / St Bede's Old Collegians Amateur Football Club on Tuesday the 9th September. The Forum was well attended with over 70 participants from both the public and private sector. Guest speakers Professor Steve Selig and David Menzies presented new evidence relating to strength training and information around bridging the gap across different sectors. After the presentations participants took part in a workshop exploring how this can best be achieved locally. To view the presentations from this forum and the strength training network register, please go to the **Resources** section of our website, or [click here](#).

Election of new Chair for the Partnership

We welcome the appointment of the new Chair for the KBPCP - Anne Burgess.

Anne has been a member of the Management Committee since its inception and as CEO, ReachOut Southern Mental Health, is a strong advocate for the mental health sector.

After two terms totalling 5 years, John Turner steps down and hands over the Chairmanship to Anne. John has been an excellent representative for the KBPCP in that time, and fiercely represented the Partnership and its views on many fronts. He will continue to represent Bentleigh Bayside CHS and support the Partnership on the Management Committee.

Boundary map on website

We have added the Kingston Bayside PCP Boundary map to the website Home Page. To view the Boundary map [click here](#)

New Service Coordination Arrangements

At the June Service Coordination meeting it was agreed to set up three new sub-committees to look at Access, E-Ref and Chronic Disease Management. These sub-committees will have their first meetings in August at which their future format and scheduling will be decided. The format of the Service Coordination meetings will also change. The next meeting is scheduled for October where the focus will be on work group outcomes.

CHPIA

The CHPIA report was completed and sent to the Department in late August. To view a copy of the CHPIA, go to the **Resources** section on our website, or [click here](#)

Project updates

Active for Life

In July, Arthritis Victoria ran a 2 day chair based training course for 16 KBPCP members from multiple agencies. The course provided them with valuable information and professional development to better serve our community.

Being Active Eating Well

Ethics approval has been finalised. Deakin ethics has been approved to begin baseline data collection. The steering committee has broken down into different working groups to begin working on their individual work plans.

Chronic Disease Forum

A Southern Metropolitan Region ½ day Chronic Disease Forum was held on 14th August, 9.00am to 1.00pm at Southern Golf Club, Lower Dandenong Road, Keysborough. The purpose of the Forum was to showcase chronic disease work that is happening across the Region as well as providing an opportunity to demonstrate integration work involving program areas, such as Community Health, Hospital Admission Risk Program (HARP) and General Practice. The Forum was well attended with very positive feedback.

Equal Opportunity Review Final Report

Please see website for an extract from a Media Release from The Council to Homeless Persons

The Council to Homeless Persons – Victoria’s peak body representing organisations and individuals with an interest or stake in homelessness – has welcomed proposed legislative changes that will make it illegal to discriminate against people experiencing homelessness.

To view the report, visit the **Resources** section on our website, or [click here](#)

What’s on?

Agency Forums, Information and Training Sessions

Community Kitchen

You are invited to join a community kitchen. A Community Kitchen is a group of people who gather to socialise and cook delicious, affordable and nutritious meals. Every Friday morning at St Matthews Church, corner Nepean Hwy and PARK Rd, Cheltenham. For more details contact Maureen McDonald 0409 417 637 or [visit our website](#) to view flyer.

Indigenous Australians: Safe and Competent Counselling Practices Conference

The Melbourne Eastern Metropolitan Region Indigenous Family Violence Action Group, Indigenous Healing Service and the Eastern Regional Family Violence Committee are pleased to present a conference that invites exploration of current ideas of culturally competent counselling practices to the Indigenous community - practices that are located within a context of violence and intergenerational trauma. 22nd—23rd September 2008 at Swinburne Lilydale campus. For more information please [visit our website](#).

COTA 2008 Victorian Seniors Conference

The conference, to be held on Wednesday 1st October, is entitled 'Shaping the Climate for Change: Seniors Leading the Way' and aims to foster participation and building capacity for seniors' leadership. For more information please [visit our website](#).

Morning Tea for older carers of adult children with a disability

New home respite program for carers over 65 years of age who live with, care for and support adult children with a disability. On Wednesday 1st October. For more information please [visit our website](#)

Celebrate Mental Health Walk and Festival

After the success of last year's event, the Celebrate Mental Health Walk and Festival for 2008 will be held on Wednesday 8th October. The walk starts at 11.00am at Cheltenham Library and finishes at Cheltenham Park with free food and lots of entertainment. For more information please [visit our website](#).

Kids Go For Your Life Forum

The BAEW project is presenting a Kids Go For Your Life Forum on Wednesday the 15th October. This forum will be suitable for health professionals, primary school and early childhood staff (including preschool, Family Day Care and long day child care services) as well as interested parents. For more information please [visit our website](#).

Tai Chi for Life

Tai Chi classes for older people – for well being, balance and mobility, offered by Bentleigh Bayside community Health Service Mondays and Thursdays from October to December 2008. For more information please [visit our website](#)

Connecting Care E-referral Training for Health and Community Care Service Providers

A number of training sessions have been scheduled for the month of October. The purpose of the training is to give service providers the opportunity to update their knowledge of Connecting Care e-referral and to increase their participation in its use. Training will be held at Sandybeach Centre, Sandringham. For more information please [visit our website](#)

For more information on the above programs, [visit the Kingston Bayside PCP website](#)

All this and more can be found on the KBPCP website www.kingstonbaysidepcp.org.au

If you have any information you would like included in the website, please let me know.