



Latrobe Health
Assembly

Shaping
The Valley

2018-19 ANNUAL REPORT

SHAPING NEW WAYS TO IMPROVE
WELLNESS IN THE LATROBE HEALTH
INNOVATION ZONE

OUR MISSION

10,000 MORE PEOPLE WITH BETTER
HEALTH AND WELLBEING IN 10 YEARS

SHAPING NEW WAYS TO IMPROVE WELLNESS IN THE LATROBE HEALTH INNOVATION ZONE



HEALTHY LIVING



BETTER CARE



POSITIVE CULTURE



GREAT PLACE



2018-19 ANNUAL REPORT

TABLE OF CONTENTS

In response to the Hazelwood Mine Fire Inquiries, the Victorian Government designated the Latrobe Valley as a Health Innovation Zone, the first of its kind in Australia. The Latrobe Health Assembly is a key component for shaping new ways to improve wellness in the Health Innovation Zone and is a mechanism for increased community engagement and integration of services.

Chair report	Page 4
Executive Officer report	Page 6
About the Assembly	Page 7
Our Members	Page 8
Our Board	Page 9
Our Projects	Page 11
Financial statement	Page 27



CHAIRREPORT

PROFESSOR JOHN CATFORD

Welcome to this second annual report of the Latrobe Health Assembly.

This has been a significant year in which we have laid the foundations for Our Dream 10K by 10Y: 10,000 more people with better health and wellbeing in 10 years.

Guided by our strategic plan, more than 50 projects have commenced since 2017, both small and large, which are shaping new ways to improve wellness in the Latrobe Health Innovation Zone. These have been developed by and with the Latrobe community with the support of the Victorian Government. Examples grouped within our four health pillars include:

Healthy Living

- Latrobe Valley Streetgames - See page 11
- Make Your Move Latrobe - See page 11
- Food For All Latrobe Valley - See page 12
- FoodBytes Challenge - See page 14
- Smoking Cessation - See page 15

Better Care

- Asthma Management Awareness: Scarfie - See page 16
- Social prescribing - See page 17
- Nurses in Schools Program - See page 18
- Dental Voucher Scheme - See page 19
- Up-skilling Dental Assistants - See page 20

Positive Culture

- Hello Campaign - See page 21
- Women's Self Defence - See page 21

Great Place

- Community Street Trees - See page 22
- Volunteering in the Valley - See page 23
- WaterWorks - See page 23
- Early Childhood Literacy - See page 24

From our base in Morwell we have held numerous events, meetings, consultations and open days across the Latrobe Valley to help plan and steer our work. Latest figures indicate that two thirds of the Latrobe community now know about the Health Assembly and what it stands for.

This work would not have been possible without the enthusiastic support and guidance of the 40 plus members of the Health Assembly, most of whom are community volunteers. The Assembly's Board and staff are then responsible for turning ideas into action through partnerships with local organisations and agencies.

During the year we farewelled several Board members: Ron Ipsen (Community Member) Marianne Shearer (Gippsland Primary Health Network), Andrea Spiteri (Department of Health and Human Services) and Gary van Driel (Latrobe City Council). I thank them for their support and service.

In their place we welcomed Jonathan Armstrong (Community Member), Sharon Fisher (Department of Health and Human Services), Steve Piasente (Latrobe City Council) and Amanda Proposch (Gippsland Primary Health Network). Together with Ange Gordon, Linda Reid, Tanya Rong (Community Members), Peter Craighead (Latrobe Regional Hospital), Ben Leigh (Latrobe Community Health Service) and me as the Independent Chair, we make up the 10-person Board.

As Chair of the Assembly and Board I am pleased that we have established strong corporate governance with balanced budgets, contemporary policies, progressive planning and effective resource management. This is a tribute to our Members, Board and our committed staff under the leadership of our Executive Officer, Ian Needham.

As we mature into our third year of operation as an incorporated association, we are in a good position to operate more independently so that the full potential of a community-led health and wellbeing agency, as first proposed by the Hazelwood Mine Fire Inquiry 2015/2016, can be made a reality.

On behalf of the Assembly, I thank the Victorian Minister for Health, The Hon. Jenny Mikakos MP for her support and leadership. I am also grateful to the Minister for Mental Health, The Hon. Martin Foley MP, Parliamentary Secretary for Mental Health Harriet Shing MP, other Ministers and their Advisers, Members of the Victorian Parliament, other government agencies and colleagues in the Department of Health and Human Services.

Latrobe Health Assembly

Imperative to everything we do is the on-going commitment of the Latrobe Valley community. I would like to publically thank the many people who have formed the Assembly and Board, in particular the community members who bring community ideas and voice to the table. They have been strong advocates, wise counsellors and invaluable contributors during 2018-2019. Prospects for the future look most encouraging.



I have great pleasure, therefore, in presenting this Annual Report for 2018-19 on the Assembly's many achievements.

Professor John Catford
Chairperson - Latrobe Health Assembly

Our Plan

Our Dream	10^K by 10^Y : 10,000 more people with better health and wellbeing in 10 years					
Our Quest	Shaping new ways to improve wellness in the Latrobe Health Innovation Zone					
Our Pillars	Healthy Living	Better Care	Positive Culture	Great Place		
Our Action Areas	Physical Activity More people moving, playing sport, and walking and riding for their work, study and daily life	Chronic Health More people accessing integrated, innovative care, and self-managing their chronic health conditions	Social Inclusion More people who are resilient, connected and included so that they can fully participate in life	Built & Natural Resources More people enjoying built neighbourhoods and natural environments, and accessing better transport		
	Smoke Free More people free of tobacco and quitting, and more young people not starting to smoke	Mental Health More people receiving better care, support and community understanding for their mental health issues	Safe Families More people feeling safe from physical violence, emotional and financial abuse, and neglect	Jobs and Skills More people of all ages accessing quality education and fulfilling occupations, both paid and unpaid		
	Healthy Food More people choosing water, healthy food options and eating together	Dental Health More people with healthy teeth and gums, and accessing preventive measures	Drugs and Alcohol More people taking healthier action about using alcohol and other drugs, and accessing support services	Community Capital More people volunteering, and contributing to productive and thriving communities		
Our Approach	<ul style="list-style-type: none"> Lead and follow Create and innovate 	<ul style="list-style-type: none"> Enable participation Leverage resources 	<ul style="list-style-type: none"> Listen, look, learn Build capacity 	<ul style="list-style-type: none"> Partner with stakeholders Monitor and evaluate 		
Our Reach	Everyone	<ul style="list-style-type: none"> Children Multicultural 	<ul style="list-style-type: none"> Young People Disability 	<ul style="list-style-type: none"> Families Aged Women and Men Vulnerable Aboriginal Low Income 		
Our Values	Collaboration	Innovation	Inclusion	Integrity	Access	Equity

EXECUTIVE OFFICER REPORT

IAN NEEDHAM



The Latrobe Health Assembly has continued to evolve in its second full year of operation.

There have been a number of projects and programs established on the ground, some of them seeking to establish long term strategic outcomes and others trialling smaller scale ideas.

A more comprehensive point-in-time summary on the wide range of projects is outlined in this report, but some of the larger ideas now up and running include:

- The Food for All Latrobe program, a response to the early identification by the Assembly of food security as an issue in this region.
- Make Your Move Latrobe, a program to encourage those who have a sedentary lifestyle to become more active
- A 'Foodbytes Challenge', supporting female secondary school students to develop online tools that would communicate healthy living skills – nutrition, exercise and wellbeing – to other young people
- A new way of helping people in crisis by use of text messaging, a program being delivered by Lifeline Gippsland, and
- The beginning of work to develop a 'social prescribing' model for the Latrobe Valley, aimed to take pressure off GPs and provide better complementary non-medical interventions to patients.

These are but a few of the programs. More than 50 ideas are now underway, some delivered, many in delivery and others in development.

As well the Assembly, through its membership and staff, continues to work productively with agencies in the area. We have on-going involvement in the Latrobe City Municipal Health and Well Being Plan, the smoking cessation and cancer screening work where the Gippsland Primary Health Network is the lead, and programs running through Latrobe Community Health Service and Latrobe Regional Hospital.

The Assembly has been the place where members of the community, agencies and Government representatives come together.

The best ways of doing this continue to be an evolutionary process. During this year a system of Pillar Groups was trialled, under the headings of Great Place, Positive Culture, Healthy Living and Better Care. These matched the key areas of focus outlined in the Assembly's strategic 'Plan on a Page.'

The method of engaging the Assembly members and the broader community continues to develop and will be a work in progress in the coming year.

The relationship with the State Government, through the Department of Health and Human Services, other agencies including our five foundation agencies, and organisations continues to advance the new concept of a Health Innovation Zone develops.

The appointment of the Health Advocate, Jane Anderson, and her staff has been an excellent complementary plank in the Health Innovation Zone structure and the Assembly and Advocate are working together in a range of areas.

Together with the Advocate, representatives from the DHHS, and Assembly Board member Tanya Rong, I have taken part in an intensive program, States of Change, that has helped us develop a better understanding of some key issues and how we can better work together to address those issues.

As well as the Advocate, we work closely with our colleagues at the Department of Health and Human Services and I would particularly like to recognise and thank the teams lead by Ellen-Jane Browne and Karen Russell for their support and assistance. Latrobe Regional Hospital under the leadership of CEO Peter Craighead provides the Assembly's administrative and financial support and I thank the team at LRH for its great assistance.

The Chair, Professor John Catford, continues to be very supportive and the Board, especially the four community Board members, are deeply involved in the Assembly model and keen to make a difference in the Latrobe Valley community.

I would like to especially acknowledge all of the staff and the efforts they put in. We are also members of our community and the staff group has been attracted to the Assembly because they too want to make a difference to the place in which they live. The group has worked well together although, as is the case in many organisations, there has been staff movements.

The main body of people to thank is the full Assembly membership. The on-going enthusiasm and ideas that have come from the members, who are in the main volunteers, is the catalyst for addressing the health and wellbeing issues of the Latrobe City into the future.

Ian Needham
Executive Officer - Latrobe Health Assembly

ABOUT THE LATROBE HEALTH ASSEMBLY



In response to the Hazelwood Mine Fire Inquiries, the Victorian Government designated the Latrobe Valley as a Health Innovation Zone, the first of its kind in Australia. The Latrobe Health Assembly is a key component for shaping new ways to improve wellness in the Health Innovation Zone through community engagement and integration of services.

Comprising 45 members, the Latrobe Health Assembly is working with the population of Latrobe City to reach the goal of 10,000 more people with better health and wellbeing in 10 years.

The Latrobe Health Assembly provides the opportunity for a much stronger community voice in identifying health and wellbeing issues and gaps and also identifying solutions that best meet the needs of Latrobe Valley residents.

The majority of members are from the community, with a diverse representation from various locations, professions, demographics and connections to communities and groups.

Other members of the Assembly include:

- An independent Chair
- A standing representative from Department of Health and Human Services, Latrobe Community Health Service, Latrobe Regional Hospital, Latrobe City Council and Gippsland Primary Health Network. These representatives are the CEO or the Board Chair.
- Representatives from relative government departments and organisations, including the Department of Health and Human Services, WorkSafe, Environment Protection Authority, Depart-

ment of Education and Training, Chronic Disease Prevention Alliance, VicHealth, Commonwealth Department of Health, Latrobe Valley Authority and Department of Economic Development Jobs Transport and Resources.

Our Dream

People of Latrobe Valley, we are your Health Assembly.

- Everyone is a someone in the Latrobe Valley
- That someone may be your everything
- That someone is a family member, a lover and a loved one
- That someone is a friend, a neighbour and a colleague
- That someone is you
- But that someone may not be as healthy as possible to enjoy the best that life can bring.
- We need more people in the Valley to be well, to work, to raise families, to be friends, to create, to build things, to make stuff happen
- We want to help you live a life of hope, love and wellness
- You are us - your everything is our everything
- Because everyone in the Valley is important

Our Dream is 10^K by 10^Y:
10,000 more people with better health and wellbeing in 10 years.

How you can get involved:

The Latrobe Health Assembly is always on the look out for new members that are passionate about the health and wellbeing of the Latrobe Valley community. Register your interest at:

www.healthassembly.org.au

LATROBE HEALTH ASSEMBLY MEMBERS

Members of the Latrobe Health Assembly include community members, directly invited representatives from key service providers within the Latrobe Valley and a Board of Directors which comprises of CEO's/ Directors of the five Foundation Agencies, four elected Community Board members and an independent Chairperson.

COMMUNITY MEMBERS

Allan Crosthwaite	Den Lim	Leanne Potter
Amina Khatun	Denise Stranger	Linda Reid
Andrea (Ange) Gordon	Diane Wilkinson	Lynda Bertoli
Arfa Khan	Ilona Laurie-Rhodes	Mark Munnich
Belinda Carolan	Jane Barr	Pam Pattison
Brendan Bowler	Joanne Parker	Tanya Rong
Courtney Smith	Jonathan Armstrong	Tony Bailey
Danny O'Donnell	Kathryn Bartlett	Wendy Farmer
Dan Poynton	Kristine Travers	
Darryl Mayberry	Len Cairns	

COMMUNITY MEMBERS RESIGNED DURING 2018-19 FINANCIAL YEAR

Ashley Hall	Dr Fred Edwards	Ron Ipsen
Bonnie Healey	John Bellerby	Sean McLoughlin
Deborah Knight	Lisa Sinha	Travers Scott

DIRECT INVITE MEMBERS

<p>Claire Amies Worksafe Victoria Delegate: Barbara Hill</p>	<p>Karen Cain Latrobe Valley Authority Delegate: Andrew Waller</p>	<p>Nial Finegan Environment Protection Authority Victoria Delegate: Stacey Clarke</p>
<p>Danny O'Kelly Department of Health & Human Services</p>	<p>Roni Beauchamp Heart Foundation</p>	
<p>Jerril Richter VIC Health Delegate: Kellie Horton</p>	<p>Andrew Eastcott Department of Education & Training Delegate: Nicola Stuart</p>	

LATROBE HEALTH ASSEMBLY BOARD

The Latrobe Health Assembly is governed by a Board of Management. Board members are appointed by the Victorian Minister For Health. The Board comprises an independent Chairperson, five Directors drawn from foundation organisations and four elected community members.



PROF. JOHN CATFORD
CHAIRPERSON
LATROBE HEALTH ASSEMBLY
BOARD MEETINGS ATTENDED: 11/11



ANDREA SPITERI
DIRECTOR, INNER GIPPSLAND AREA, SOUTH DIVISION
DEPARTMENT OF HEALTH & HUMAN SERVICES
RESIGNED: SEPTEMBER 2018
BOARD MEETINGS ATTENDED: 2/2



MARIANNE SHEARER
CHIEF EXECUTIVE OFFICER
GIPPSLAND PHN
RESIGNED: OCTOBER 2018
BOARD MEETINGS ATTENDED: 3/3



GARY VAN DRIEL
CHIEF EXECUTIVE OFFICER
LATROBE CITY COUNCIL
RESIGNED: NOVEMBER 2018
BOARD MEETINGS ATTENDED: 2/4



BEN LEIGH
CHIEF EXECUTIVE OFFICER
LATROBE COMMUNITY HEALTH SERVICES
BOARD MEETINGS ATTENDED: 9/11



PETER CRAIGHEAD
CHIEF EXECUTIVE OFFICER
LATROBE REGIONAL HOSPITAL
BOARD MEETINGS ATTENDED: 5/11



LINDA REID
COMMUNITY BOARD MEMBER
LATROBE HEALTH ASSEMBLY
BOARD MEETINGS ATTENDED: 8/11



RON IPSEN
COMMUNITY BOARD MEMBER
LATROBE HEALTH ASSEMBLY
RESIGNED: SEPTEMBER 2018
BOARD MEETINGS ATTENDED: 3/3



TANYA RONG
COMMUNITY BOARD MEMBER
LATROBE HEALTH ASSEMBLY
BOARD MEETINGS ATTENDED: 8/11



ANGE GORDON
COMMUNITY BOARD MEMBER
LATROBE HEALTH ASSEMBLY
BOARD MEETINGS ATTENDED: 11/11



AMANDA PROPOSCH
CHIEF EXECUTIVE OFFICER
GIPPSLAND PHN
JOINED BOARD: NOVEMBER 2018
BOARD MEETINGS ATTENDED: 7/7



SHARON FISHER
DIRECTOR, DISABILITY & NDIS, SOUTH DIVISION
DEPARTMENT OF HEALTH & HUMAN SERVICES
JOINED BOARD: NOVEMBER 2018
BOARD MEETINGS ATTENDED: 7/7



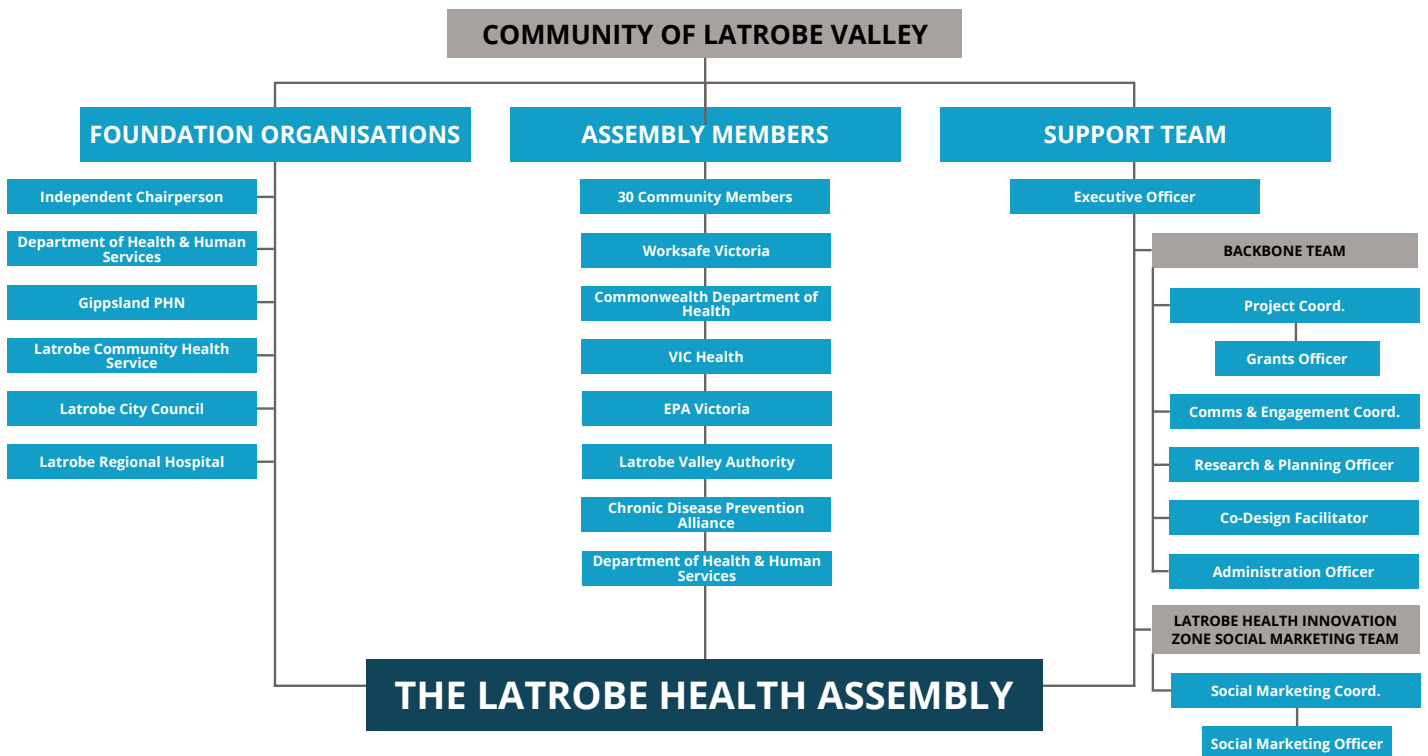
STEVE PIASANTE
CHIEF EXECUTIVE OFFICER
LATROBE CITY COUNCIL
JOINED BOARD: JANUARY 2019
BOARD MEETINGS ATTENDED: 3/5



JONATHAN ARMSTRONG
COMMUNITY BOARD MEMBER
LATROBE HEALTH ASSEMBLY
JOINED BOARD: MARCH 2018
BOARD MEETINGS ATTENDED: 3/3

ASSEMBLY STRUCTURE

WE ARE ONE ASSEMBLY... BUT WE ALL HAVE DIFFERENT ROLES TO PLAY



MEETING ATTENDANCE

Board Meeting

	2018						2019					
	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
Board Meeting	7	9	7	4	7	8		8	9	8	6	8

Full Assembly Meeting

	2018						2019					
	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
Assembly Meeting			36		31			29		26		28

OUR PROJECTS

PILLAR GROUP PROJECTS: HEALTHY LIVING

PROJECT TITLE: Latrobe Valley Streetgames

GippSport, in collaboration with the Latrobe Health Assembly (LHA), and a range of community stakeholders have designed and implemented a schedule of activities and marketing strategies with the aim of increasing the physical activity levels and social connectedness of young people in Latrobe City. The program is called Latrobe Streetgames.

Latrobe Streetgames utilises doorstep sport methodology which seeks to remove as many barriers as possible that stop young people participating in sport & active recreation. The Latrobe Streetgames program is successful when delivered at the right time, in the right place, in the right style and at the right price.

The intent is to complement other sport & recreation programs currently on offer across the Latrobe Valley catchment with a focus on young people not currently involved in any form of sport or active recreation.

Highlights of the program to date include:

- Delivered over 342 programs/events across the Latrobe City municipality
- Provided 13 young people direct employment opportunities with the program through GippSport including upskilling coaches in:
 - First Aid
 - Working With Children's Check
 - Police Check
 - Aus Sport General Coaching Principals
 - Social Sport Delivery training

PROJECT TITLE: Make Your Move Latrobe

GippSport, in collaboration with the Latrobe Health Assembly (LHA), is leading the Make Your Move Latrobe project which aims to promote a more vibrant, healthy and active Latrobe Valley work force and community.

Make Your Move Latrobe is seeking to work directly with the Latrobe Valley community, including older people, isolated communities and employees within Latrobe City workplaces with a focus on sedentary and isolated workers. We are also seeking to partner with selected community events to provide social recreation programs with broad reach and high visibility.

Highlights of the program to date include:

- Currently working with a significant number of major employers in Latrobe City, including:
 - Latrobe City Council
 - Latrobe Valley Bus Lines
 - Loy Yang B
 - Aussie Broadband
 - Gippsland Water
 - Lion Beverages
 - LCHS
- Partnering with LCHS and the delivery of the Achievement Program in Latrobe City assisting workplaces achieve the Physical activity portion of the program

- Job application support
- Implemented a peer led delivery model of young people supporting young people to participate
- Built local capacity to deliver Victorian Skate Park League series events by providing 5 young people employment & training to achieve SPL event management & Victorian Skateboarding Association accreditation
- Established & currently delivering 'Skate Club' across Latrobe City
- In partnership with YMCA Action Sports, delivered 5 Victorian Skate Park League events and 12 Learn to Skate clinics
- Established a strong online & marketing presence with the target cohort:
 - www.latrobestreetgames.com.au
 - <https://www.facebook.com/LatrobeStreetgames/>
 - <https://www.instagram.com/latrobestreetgames/>

GippSport's Latrobe Streetgames programs frequently have a large, engaged group of regulars participating and continually welcomes new people to attend. Alongside our regular schedule of community activities, we're actively seeking to partner with likeminded groups to deliver niche programming opportunities to young people. Examples of these opportunities include: Street Soccer with CMY, Table Tennis with Latrobe Youth Space, and All Access Days with Latrobe Leisure & Latrobe City Council.

Streetgames is currently funded until October 2019 with efforts being made to continue beyond that period.

- Establishing the Escaping Your Comfort Zone program in Latrobe City, with 3 community walk leaders trained
- Delivery of a community triathlon and a workplace TriActive program in partnership with Triathlon Victoria
- Establishment of community 'pop up' games in Traralgon East community revitalisation project
- Establishment of active playgroup sessions with St Hilary's & Lumen Christi

The Make Your Move Latrobe program is currently funded until June 30 2020. A focus of the initiative over the next 12mth period will be to continue to work with organisations addressing sedentary work behaviours, as well as a focus on providing recreation opportunities at places where the community come together, farmers markets etc. We will focus on providing unique and fun opportunities for active recreation particularly for families to participate together.

OUR PROJECTS

PILLAR GROUP PROJECTS: HEALTHY LIVING

PROJECT TITLE: Youth Health Screening

A Youth Health and Wellbeing assessment has been rolled out by the NSW Government and is used to assess the health and wellbeing of every youth (12-24) that attends a health service or clinic within NSW.

A local project being developed by the Latrobe Health Assembly proposes to develop a local model, informed by the NSW work, to trial in the Latrobe Valley.

This project would see a six-month pilot study implementing a Youth Health and Wellbeing assessment to the Kurnai college year 11 cohort of students in 2020. The funding will cover the costs of a GP to come to the school for one day a week for the six-month period and also the costs of any pathology tests required. Students will receive the initial 30-minute assessment with the GP, be sent for any pathology tests and then return if needed for a follow up consultation.

The screening sessions will be offered to all students during the study period. All students will be encouraged to attend appointments during school hours and conducted on site. By encouraging many students to participate in the screening program it is anticipated stigma or embarrassment for students will be diminished.

The Latrobe Health Assembly will be able to use the cohort data (de-identified) to be able to tailor health planning and prevention programs in the future.

PROJECT TITLE: Food For All Latrobe Valley

Food security can be defined as 'when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life'. Food insecurity is when people don't have consistent access to the food they need to live. Food insecurity can be caused by many different things such as lack of access to fresh food, or running out of food and not being able to afford to buy more. It can also include not having the right skills or facilities to cook and store food items.

Recent data released through the Victorian Population Health Survey found that 6.6% of the population within Latrobe Valley experience food insecurity with hunger, meaning that they have limited access to safe, nutritious foods or availability is irregular. This figure is significantly higher than the Victorian state average of just 3.6%.

The last 12 months have seen some great progress with the Food For All Latrobe Valley (FFALV) project, which was instigated by Latrobe Health Assembly members and supported through the Latrobe Health Innovation Zone. The project aims to increase the access and availability of fresh, nutritious food to the community.

The project has been established through extensive community consultation and co-design to ensure the project meets the specific interests and needs of Latrobe Valley residents.

The individual data will be uploaded to the patient's electronic record and can be used as a baseline for future medical assessments.

Depending on the success of this pilot program, it may be expanded to other schools within Latrobe Valley.

The Youth Health and Wellbeing assessment is comprised of two parts. The first is the HEEADSSS assessment. Each letter of the HEEADSSS assessment screens a major domain of the youth's life:

- H - Home
- E - Education and employment
- E - Eating and exercise
- A - Activities, hobbies and peer relationships
- D - Drug use (cigarettes and alcohol)
- S - Sexual activity and sexuality
- S - Suicide, self-harm, depression, mood and sleeping patterns
- S - Safety and spirituality

The second part of the assessment is the youth health and wellbeing chart. All information provided on the chart is assessed by the clinician to determine if a referral is necessary.

FFALV recognises that no single project or organisation can provide the solution to this complex problem. Therefore, the project promotes collaboration and partnerships between community groups, community members, local food retailers and food producers, along with health organisations and local government to deliver a multi-strategy approach to food security.

Officially launched in October 2018, FFALV now has 150 members and has recently finalised its first action plan, a total of 45 actions across 14 different organisations, community groups and community members. To raise the profile of food security and its work, FFALV has been involved in 16 community events, workshops and gatherings over the past 12 months, spreading the word to the 2,614 people who have participated.

Over the coming 12 months FFALV will be working to implement the 45 projects outlined in the 2019-2020 action plan, and will continue to engage with the community through food related activities and events. To learn more or get involved please contact Claire.Tartaro@lchs.com.au

OUR PROJECTS

PILLAR GROUP PROJECTS: HEALTHY LIVING

PROJECT TITLE: Food Fighter screening night

Linked with the Food For All Latrobe Valley (FFALV) project, the screening of Food Fighter aims to provide a film night to educate the Latrobe Valley residents on food waste and how we as the community can address this issue at a household level and promote FFALV by maintaining the Coalitions presence and visibility within the community during early stages of its development.

Food Fighter is a documentary based on the OzHarvest founder and CEO Ronni Kahn as she draws attention to the growing issue of food waste both within Australia and globally.

One of the key messages of FFALV is to highlight food waste, and look at ways that we can address this starting at a household level.

The screening was attended by 15 community members and key stakeholders to rave reviews via evaluation forms.

PROJECT TITLE: Incentives for healthy workplaces

Latrobe Community Health Service (LCHS) works in partnership with organisations within the Latrobe City to support prevention at a scale to impact thousands of local residents. As part of this, LCHS delivers settings-based health promotion through the Achievement Program for Healthy Workplaces. Working Victorians spend around one-third of their waking hours in workplaces, making them an ideal setting to promote health and wellbeing to a large proportion of the population.

LCHS have been supporting 30 workplaces using the Achievement Program to make long-term change to their policies, environment and culture to make it easier for people to be healthy. Previous LCHS Integrated Health Promotion reports have identified that there are limited incentives for workplaces to participate in or progress through the Achievement Program.

The overall incentives for workplaces program aims to provide financial incentives to workplaces across Latrobe Valley to;

- Act as an engagement tool to increase participation in the Achievement Program;
- Act as an incentive to reach best practice benchmarks for health priority areas for the Achievement Program;

- To overcome financial barriers faced by some workplaces to develop and implement health and wellbeing initiatives as part of the Achievement Program; or
- To assist in embedding sustainable health and wellbeing initiatives within workplaces.

LCHS has recently finalised the promotional materials to share with workplaces. Now this is in place the team can begin marketing the incentives program to workplaces across Latrobe Valley to encourage and enable them to progress their health and wellbeing initiatives within their workplace.

LCHS has identified a number of workplaces that are wanting to roll out health and wellbeing initiatives and are focusing on beginning with workplaces that that have identified funding availability as a barrier.

LCHS will also focus on identifying workplaces that have not previously engaged with services to educate them on the benefits of healthy workplaces and the assistance they can now offer them through the incentives program.

PROJECT TITLE: ABCD Training Workshop

The Asset Based Community Development (ABCD) Training was offered to all Latrobe Healthy Assembly members and 20 additional community members / agency representatives to encourage positivity based on the strengths of the Latrobe City population. The program aims to help the Latrobe Health Assembly members think outside the square in relation to projects for the region, as it focuses on community assets and strengths rather than problems and needs, that is a strength based rather than deficit approach.

Asset-based community-driven development challenges how professionals (including community development practitioners) see their role in working with communities, and requires listening deeply to communities.

The workshops were held in May and were attended by Assembly members, Health Assembly staff and outside organisation representatives.

The training provided great insights into ways we can better interact with our community, understand barriers and bring engaged community members along the journey of community development.

OUR PROJECTS

PILLAR GROUP PROJECTS: HEALTHY LIVING

PROJECT TITLE: FoodBytes Challenge

The Gippsland Tech School was buzzing with activity when more than 50 young females harnessed the power of augmented reality, stop motion animation and other technology to develop tools to help their peers live healthy lives.

During the three-day Women in STEM FoodBytes design challenge held from 25-27 June 2019, students from across 14 Gippsland schools were challenged to develop tools to communicate to young people in the Latrobe Valley the importance of nutrition, exercise and wellbeing to a healthy lifestyle.

PROJECT TITLE: Garmin 2.0 Project

The Garmin 2.0 project proposes to scale up the successful Garmin Minor Project trialled initially with Kurnai College – Churchill campus in 2018. The expansion includes the purchase of a set of 30 devices per school that will be allocated to a range of Year 7, 8 or 9 students varying in activity and fitness levels across ten schools in the Latrobe Valley with the program to run over 10 weeks.

Students in this age group are at serious risk of dropping out of structured sport and they also tend to increase the amount of time spent on electronic media. It is very important to provide these adolescents with alternatives and knowledge about the importance of being active. Sedentary behaviour such as “sitting” is now commonly referred to as the next silent killer of our community.

PROJECT TITLE: FLO School Bike Restoration Program

The Latrobe Health Assembly in partnership with the Morwell-based Flexible Learning Option (FLO) School introduced a Bike Restoration program in Term 1, 2018.

Aimed at engaging students in a hands on approach, bikes were donated to support the program with guidance supplied Barefoot Pathways Transitional Training Centre.

Training Facilitator, Scott Douglas conducted regular workshops with students, educating them in workshop safety, tool maintenance and of course bicycle restoration.

The FLO School assists secondary students who are struggling with mainstream secondary education. The Bike Restoration program provided students with the opportunity to undertake an activity that increased their engagement and taught them new skills.

Ideas ranging from games, websites and apps focusing on the harms of sugary drink consumption, mental health awareness and the importance of a healthy diet were among the 13 final concepts presented to judges on the final day of the challenge.

The challenge, the first of its kind across Gippsland, was designed in collaboration between the Gippsland Tech School, the Latrobe Health Assembly, We Are Latrobe, Baw Baw Latrobe LLEN, South Gippsland Bass Coast LLEN, East Gippsland LLEN and Latrobe Community Health Service.

This project will help to address the sedentary behaviour issues that a large number of our youth are engaging in.

A program with the duration of ten weeks aims to encourage behaviour change so that students continue to move more after the program has ceased.

All schools involved have taken possession of their Garmin sets and will begin recording student's physical activity next term. It is anticipated that different schools will have slightly different focuses (age groups and methods of delivering the program) but it has been conveyed that the overall aim is to get the students moving.

Daina Hughes, FLO School teacher said: “The program helped students get out of their comfort zone, learn something completely new and pick up valuable skills that can be transitioned into any field.”

The outcome of the program resulted in 12 bikes being restored. The Latrobe Regional Art Gallery hosted an exhibition of the bikes in June 2018.

Anonymous feedback from a participant was given at the gallery launch. The participant said she had not left her home for three weeks due to mental health issues. However, her pride in the work she had done on her bike gave her the strength to participate in the launch event at the Latrobe Regional Art Gallery.

PROJECT TITLE: Smoking Cessation

Gippsland Primary Health Network is leading the LHIZ – Early Detection and Screening including Tobacco Initiative, which aims to support people to prevent illness before it occurs, detect illness early and ensure those who need treatment and support services, including to quit smoking, can access them locally. One of the specific aims is to support Latrobe residents to quit smoking.

The work is built around the qualitative research findings of intensive focus groups held with current Latrobe Smokers. These findings are located within the Latrobe Smokers Report on the website: <https://www.gphn.org.au/research-seeks-ways-latrobe-smokers-quit-smoking/>.

SMOKEFREE GIPPSLAND:

Smokefree Gippsland is a joint initiative by Quit and Gippsland Primary Health Network (PHN) as a result of the State Government's investment in the Latrobe Health Innovation Zone.

Smokefree Gippsland has three major components:

1. Online training for GPs

Quit, with input from GPs, has developed Brief Advice Training for General Practitioners, an online training program that demonstrates why GPs should discuss smoking as part of routine care and how they can play a role in helping patients quit using a 3-step approach: Ask, Advise, Help. This course is accredited by the RACGP for Category 2 points.

Quit has also developed a Plan, Do, Study, Act (PDSA) cycle, accredited by the RACGP for Category 1 points. The PDSA is designed to help GPs and the practice team implement a systematic approach to smoking cessation.

2. Resources for GPs and patients

Quit has produced a range of useful resources to assist GPs to help their patients to stop smoking. These include physical resources, as well as short videos to explain the online training, show how Quitline works, and demonstrate brief advice conversations. Several waiting room materials including posters and flyers have been developed for clinics.

3. Local media campaign

An editorial and advertising campaign will roll out across Gippsland in June/July, reminding smokers in our community to talk to their GP as a first step to quitting smoking.

LATROBE SMOKING CLINIC:

Through its work within the Latrobe Health Innovation Zone, Gippsland PHN is investigating establishment of a face to face smoking cessation clinic within Latrobe.

Gippsland PHN held three workshops with key stakeholders to collaboratively shape this model for the Latrobe community. Further information on the background of our Early Detection and Screening, Including Tobacco project can be found at:

<https://www.gphn.org.au/latrobe-health-innovation-zone/>

These workshops explored:

- Setting the scene
- Our community
- Environmental and innovations scan
- Defining the problem
- Developing a vision
- Exploring service components
 - Eg. Where will the clinic be and how often, who it will be staffed by, the clinical supervision available, what the access points are, structure of the intervention, priority population groups, eligibility, referral pathways, cost, community/sector promotion, demand management, timeline, how will it be funded,
- Service access barriers

Agreed as next steps from final workshop, Gippsland PHN and Latrobe Community Health Service will proceed to explore a short-term arrangement to support further model design based on consultation with Latrobe Community. This includes acknowledgement that the model now needs to be subject to robust smoker feedback, including the model itself, model elements such as incentives, name, branding and social marketing.

OUR PROJECTS

PILLAR GROUP PROJECTS: BETTER CARE

PROJECT TITLE: Asthma management plan awareness month 2018 (#Scarfie campaign)

The prevalence of asthma in the Latrobe Valley area is comparable to that observed in metropolitan Melbourne and the rest of the state. However, the rates of admission to hospital and episodes requiring emergency care surpass the state average.

This suggests that although the number of cases in the Latrobe Valley region is not overly high, these cases are not being managed in such a way that prevents their acute exacerbation. This highlights a need for better asthma management, rather than asthma prevention.

In June 2018, the Latrobe Health Assembly launched the #Scarfie campaign, an awareness campaign to promote the importance of having an up to date asthma management plan.

The campaign featured shopping centre stalls at Mid-Valley, Moe Plaza, Churchill Shopping Centre, Traralgon Plaza and Federation University. At each location health professionals held informal chats privately with shoppers about their asthma condition and provided the opportunity to book them into local medical centres to prepare an asthma management plan.

The #Scarfie campaign resulted in the following outcomes:

- Total number of people approached by clinicians in the June campaign (with or without asthma): 1,398
- Number of participants who completed the forms: 238
- Number of participants who consented to follow-up telephone calls: 194

- Out of the 194 participants who consented to follow-up telephone calls, the number that were able to be contacted was 108
- Out of these 108 participants, 51 participants made a doctor's appointment, 37 participants did not make a doctor's appointment and 20 participants chose to not provide any answers to the questionnaire
- Out of the 51 participants who made a doctors' appointment, 31 participants now have a current asthma management plan and the other 20 participants are still waiting for their doctors' appointment
- Out of the 31 participants who have a current asthma management plan, 30 participants are confident with their asthma management plan
- Out of the 37 participants who did not make a doctors' appointment, 27 participants are intending to make a doctors' appointment and 13 participants already have an asthma management plan
- Out of the 13 participants who have a current asthma management plan; 10 participants are confident with their asthma management plan.
- The total reach for #Scarfie social media campaign was 20,627 people.

The aim of the health industry information session was to engage and educate Health Professionals (GP's, Nurses, Pharmacists, Aboriginal Healthcare Workers, Practice Managers and other interested health professionals) in the Latrobe City with information on the latest research, treatment, and local service provision availability for the management of asthma.



Latrobe Community Health Services clinicians engaging with students at Federation University Churchill

PROJECT TITLE: Social Prescribing

People present to a GP's clinic for a number of different reasons, not all of which are clinical. Many individuals present to their GP's with health issues that are essentially a social or welfare problem. In these cases, a GP may only have a limited and short term impact with traditional clinical means. Social prescribing, sometimes referred to as community referral, is a way that enables clinical professionals such as GPs, nurses, nurse practitioners and other primary care professionals to refer people to a range of local, non-clinical services.

The Latrobe Health Assembly is investigating development of a social prescribing model, designed to meet the needs of Latrobe City residents.

Sometimes referred to as community referral, green prescribing or non-medical prescribing, social prescribing links patients with non-medical supports in the community.

GPs, nurses and other primary care professionals can refer people, whose health or mental health is affected by non-medical factors such as housing, financial stress, health literacy, loneliness or social exclusion, to a range of community services that can support these issues.

Social prescribing is a way to address social determinants and support individuals to take greater control of their own health.

PROJECT TITLE: Pregnancy Referral Program

This project was instigated because in 2016, despite some 2000 births at LRH and West Gippsland Hospital, only 30 pregnant women accessed dental service at Latrobe Community Health Service (LCHS) and many of those were for emergency treatments when the pain had become too much.

The project aims to create awareness of the importance of good oral health during pregnancy to reduce the risk of delivering a pre-term or low birth weight baby and the risk of passing the decay causing bacteria onto the new born baby.

The program provided a two hour continued professional development event to local GP's, specialist and allied health workers in May 2019.

The education session provided information on the importance of good oral health during pregnancy which will have a flow on effect to their patients.

The "prescriptions" or activities can be provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice, luncheon clubs, walking and reading groups, literacy classes, support with housing, employment, debt and legal advice, cooking classes, exercise programs, and many more.

Consulting firm Larter have been commissioned as a part of Stage 1 for this project to undertake co-design to develop a fit-for-purpose model of social prescribing for Latrobe Valley, including:

- feasibility study to determine the potential success of social prescribing locally and the best model to suit our community
- a range of recommendations that will lead to the successful implementation of a social prescribing model for Latrobe City, that will be co-designed with service providers and the community and developed as stage two of this project

Most General Practices within the region have been engaged and Larter is halfway through the consultations. All Neighbourhood Houses have been engaged and Larter is currently in the process of recruiting Community Conversation Peers and Social Prescribing Advocates to support the community consultation process.

It's hoped those taking part will prompt expectant mothers to make a dentist appointment, ideally within the first trimester of the pregnancy.

A project worker has been recruited with the main objective of the role to engage with health service providers who see pregnant women in the Latrobe Valley.

Brochures, posters and referral prompt pads have been designed and printed with the consistent key message "The best time for a dental check-up is early in your pregnancy".

The promotional material will be distributed to the health service providers along with Colgate toothbrush packs for all pregnant women who present to their services.

OUR PROJECTS

PILLAR GROUP PROJECTS: BETTER CARE

PROJECT TITLE: Connect to Call Text

Crisis, and the human response to crisis, is unique to the individual. It is generally defined as an unstable and/or dangerous situation that causes a loss of control or routing. It can be life changing, and is characterised by a sense of isolation or disconnection.

The Connect to Call Text will enable people living in Latrobe Valley to navigate a personal issue by matching them to a trained Lifeline volunteer (Connect Partner) who will provide ongoing support for a period of up to 12 weeks. The support during this time frame will assist the individual to build resilience, contain and alleviate emotional distress, and affirm self-efficacy.

It is a more intensive support system for individuals in time of need and will also explore the use of technology such as text messaging as a means of communication and support.

The Connect Partner will assist the service user to explore and strengthen existing and potential positive coping mechanisms and skills and increase connection with personal and professional supports.

PROJECT TITLE: Nurses in Schools program

The Nurses in Schools program commenced in 2017 as a result of a local school experiencing a high number of children with absences due to head lice. The school approached the Department of Health and Human Services and requested support. Latrobe Community Health Service was requested to step in and help the school out. From here a nurse in school was identified as being of value. This was not only to look at the identification and treatment of head lice at that time, but address health disparities in the school community within Latrobe Valley.

When the program initially started in 2017, one community nurse was employed in one school. This has expanded to nursing coverage in the eight public primary schools within the Latrobe valley. This gives the team as a whole approximately 2,000 students. The schools are identified with Department of Education and Training as having a high Socio-Economic Indexes for Areas (SEIFA) index score, and therefore, requiring additional support, especially in terms of the health and wellbeing of the children that attend the schools. Health needs are being identified and children are able to access appropriate health care in a timely manner.

The immediate future of the Nurses in Schools program will involve implementing the governance structure around the program, determining the range of services the nurses can provide and ensuring competencies to provide these.

The aim is to also encourage and augment existing treatment/ support plans and, where required, develop and implement a plan to stay safe.

Lifeline has appointed Warwick Potts to the role of Project Officer. Warwick has wide-ranging experience, and has been a Lifeline Crisis Support Worker and In-Shift Supervisor for over ten years.

Lifeline is planning co-design sessions with the community that will guide the branding and promotion of the program and has identified a number of encrypted messaging services that will support the delivery of the text service. Early discussions with the IT department at Federation University have taken place to explore a possible partnership in the development of a custom designed solution.

The team are currently identifying consistent key deliverables and a suite of services and measurable outcomes for all schools whilst still being responsive to the individual school's community needs.

The Nurses in Schools program within the Latrobe Valley is currently seen as a wide scale pilot program with the expectation that the program can be implemented in more schools across the state.

This program will require ongoing funding to both sustain current service levels and if deemed appropriate to expand beyond the Latrobe Valley.

Statistics for the program are being collected for evaluation purposes. The statistics look at how many kids a nurse sees on a monthly basis within that particular school and a brief description of the intervention that has taken place.

The nurses have now also started to write 'good news stories' each month. This will add some quantitative data to the qualitative data that is being collected.

PROJECT TITLE: Dental Voucher Scheme

Latrobe Health Assembly and Latrobe Community Health Services partnered in several Oral Health projects in 2018 with one of the main focuses to reduce the General Dental and Denture LCHS waiting lists, which at the time was 2.5 years.

One of the projects was the up-skilling of Dental Assistants to a Certificate IV Oral Health Educator. The utilisation of Oral Health Educator teams within other Public Dental Agencies has seen the reduction of waiting lists to an average of 12 months compared to the Latrobe Valley current average of 2.5 years.

As it would be 12-18 months before the Oral Health Educators could be utilised an additional Voucher project was initiated to try and reduce the waiting list in the short term.

The project utilised the existing voucher system that Latrobe Community Health Services provides under the Victorian Denture and Victorian General Dental Schemes. Differences to the standard system were:

- Private providers in the Latrobe area could be utilised and these providers needed to sign an agreement contract to participate.

PROJECT TITLE: Mental Health Awareness Program

This Mental Health Awareness Program is developed in 3 phases. Phase 1 & 2 activities were undertaken by Lifeline Gippsland to address Deliverable 88 from the Hazelwood Mine Fire State Government Implementation Plan Inquiry Report 2015-16. This phase of the project targeted businesses, organisations and key community influencers to build capacity and capability in recognising, understanding and supporting mental health in the community.

Deliverable 86: Provide funding for the development of strategies to increase awareness and community understanding of mental health issues, and how and where to get help.

Deliverable 88: Provide funding for the development and delivery of programs to increase awareness of mental health issues.

In August 2017 Lifeline commenced activities against deliverable 88. This 'Phase 1' activity included conversations with the community on mental health. Lifeline used a mascot Harold the Alpaca to engage the community in incidental conversations on mental health. These conversations were structured and all staff and volunteers participating were trained accordingly. Deliverables included community walk activities, attendance at community events, Bunnings and McDonald's project specific events and targeted community group events (e.g. TAFE, Aged Care).

The use of Harold was extremely successful in breaking down barriers and starting conversations. Events such as the Bunnings Father's Day event had more than 170 participants over 2 hours. The project received multi-media attention and ad hoc engagement from the local Member of Parliament.

- The contract outlined that the private provider agreed to provide Oral Health Care education to all participants and smoking cessation advice and referrals as required.
- The providers also agreed to provide weekly updates to LCHS in regards to uptake and treatment planning item codes to assist with monitoring of the budget.

Key outcomes from the dental voucher include:

- 1711 clients were offered a General Voucher.
- 308 clients were offered a Denture Voucher.
- 732 clients received a General Dental voucher, 667 vouchers were processed.
- 181 clients received a Denture voucher, 112 vouchers were processed

The overall outcome of the project was a 10.58% reduction in the waiting list time.

Phase 2 of this work drew on the success of the phase 1 activity. It built on the existing work by offering more formal mental health awareness, literacy and skill development to the wider community. A community consultation group "Friends of Lifeline" was established. This group developed and delivered short training sessions aimed at improving mental health awareness, literacy and capability to support one another across the general community. These sessions are based around the R U OK mental health conversations and form a part of the Mind the Valley group of activities. This work is now transitioning into a self-sustaining community driven activity, which will be continued to be delivered to wider community cohorts.

Phase 3 aims to target businesses and organisations within the Latrobe Valley and provide targeted mental health conversations based on a Mental Wealth approach. The project will facilitate Latrobe Valley businesses to participate in activities aimed at increasing the mental wealth of their community by, in part, increasing their mental health literacy, capacity and capability in supporting mental health issues.

The return on investment for this effort will be:

- Assistance with developing internal mental health programs that have been shown to improve absenteeism, retention and productivity of staff.
- Increased visibility and promotion in the community.
- Increase productivity and growth potential.

PROJECT TITLE: Up-skilling Dental Assistants

The aim of this project is to up-skilling five dental assistants in the Latrobe City region to provide a wider range of services and a reduction in the wait list time frames of dental services at Latrobe Community Health Service.

The five dental assistants completed a Certificate IV Dental Assistant-Oral Health Education and an additional subject in Fluoride Varnish application.

The dental assistants will be able to provide preventative dental services which have the potential to not only prevent dental problems and diseases but also help prevent diseases and afflictions that affect the whole body.

PROJECT TITLE: Medicinal Cannabis Forum

This project aimed to provide two forums to increase knowledge and understanding as to when and how medicinal cannabis should be prescribed to patients.

One forum was for community members with a focus on their questions and concerns and one forum was held for medical practitioners and general practitioners to educate and inform.

Community Session: Latrobe Health Assembly used an online booking system to monitor the amount of community members who wanted to attend the event. There were 100 seats available for this session and all were booked within five days prior to the event.

In total, 79 community members attended this session.

Medical Practitioners and General Practitioners Session: The Health Professionals session was offered to all GP's in the Latrobe City through the Gippsland PHN network. In total, 29 Health Professionals attended, including seven GPs and 13 nurses.

The discussions at both forums were highly informative and post forum chats with guests reflected a highly positive sentiment towards the event and also for the Latrobe Health Assembly taking the initiative to run the event. Speaking with one guest at the beginning of the forum, the Communications and Engagement Coordinator was told: "I had been turned away by five doctors in Queensland simply for asking for information on medicinal cannabis. I moved to the Latrobe Valley and within two weeks was amazed to see a community organisation take charge and inform the community about other options available." This participant was grateful to attend the forum, ask questions and find out how to take the next step.

The five Dental Assistants completed their Certificate IV course in June 2019 and are now Oral Health Educators (OHE's). They have been seeing clients on a one-to-one ratio at all LCHS dental sites since February 2019 and Oral Health Information Sessions for all clients who reach the top of the general dental wait list commenced in March 2019.

Most recently the Oral Health Educators have been working alongside diabetes educators, dieticians and complex disease coordinators to provide much needed education to clients with complex medical conditions that increase the risk of poor dental health.

Cann10 who conducted these sessions are currently in the process of evaluating the forums. Latrobe Health Assembly will distribute the evaluation report to both the LHA Board and assembly members.

Objectives Assessment

The objectives were:

1. Inform community members and medical practitioners of the legal, therapeutic and clinical guidelines related to prescribing medical cannabis;
2. Inform where to access ongoing support to use and prescribe medical cannabis; and
3. Increase medical practitioners' confidence to prescribe medicinal cannabis when appropriate and pharmacists to provide when necessary.

All three objectives were achieved and will continue to shape our future projects within the medical cannabis field.

In the first forum that was open to community members, the medical cannabis experts were able to provide the legal, therapeutic and clinical guidelines relating to prescribing medical cannabis and where to access ongoing support to use medical cannabis.

The second forum was well represented with General Practitioners and Pharmacists, and evaluations returned indicated an overall increase in their knowledge of the use of medicinal cannabis in the clinical setting. Many expressed this to be a useful forum that provided information on when and how to appropriately prescribe medicinal cannabis and the procedure for dispensing. Many noted they felt more confidence in having the conversations with patients and the overall process to get a patient on medicinal cannabis.

OUR PROJECTS

PILLAR GROUP PROJECTS: POSITIVE CULTURE

PROJECT TITLE: Women's Self Defence Project

The Women's Self Defence Classes project was considered as a response to the Latrobe City Council Municipal Health and Wellbeing plan 2017-2021 which identified that 'Feeling Safe' is one of the community's biggest concerns and priorities. It was also identified that there were 33 incidents of family violence per 1000, compared to a state rate of 12. Of those affected by family violence across Victoria, 75% were female.

The project aimed to increase community safety, connectedness, and engage women who would not have participated in a program like this before and/or may have been previous victims of violence.

The project launched self-defence classes at The 44 Gym for residents of Traralgon, Moe, Morwell and Churchill (plus surrounding towns), each town included four sessions of 1 hour for 20 participants over a 4-week period.

As the classes were located in Traralgon, transport support was offered to all registered participants.

PROJECT TITLE: Hello campaign

A We Are Latrobe campaign that is encouraging people to say hello to each other to help create a better sense of friendliness was launched in the Latrobe Valley in May 2019.

The campaign aims to raise mental health awareness by highlighting the importance of social connections in the Valley.

"We want the Valley to be a welcoming place for everyone, where your neighbours greet you, and a passer-by on a morning walk gives you a friendly hello on their way past," We Are Latrobe Social Marketing Team Coordinator Shaun Mallia said.

"The whole community benefits, and it's as simple as saying hello. Saying hello is easy, and good for you too."

More than 100 people attended the campaign launch in May where they drank free coffee, got their hands on some Hello merchandise and The Art of Conversation card game, and took the time to acknowledge each other, learn each other's names, say 'hello' and have a conversation.

Overall Project Statistics and Findings

- There were 20 participants registered for each of the Traralgon, Morwell and Moe programs (that is, full attendance) and 17 participants in the Churchill program;
- 70% attendance rate for all active participants;
- 51% of participants completed the online survey;
- 71% of the participants who completed the online survey said that if they had to pay for this program it wouldn't change their decision to attend or miss a session;
- 77% of the participants who completed the online survey said that they loved the program;
- All participants who completed the online survey rated the sessions, facilitator and Latrobe Health Assembly highly;

Since the completion of this project, The 44 Gym has continued to run this program independently from the Latrobe Health Assembly due to high local interest. This is a testament to the communities desire to have access to such programs and a successful outcome to be able to offer the Women's Self Defence Project.

Since then more than a dozen Hello pop-up chat cafes have been held across the Latrobe Valley where free hot beverages, a friendly space to say 'hello' and an opportunity to socialise and connect are offered.

"Every little hello makes a difference, and makes our Valley a more connected place," Shaun said.

Visit www.wearelatrobe.com.au or search 'wearelatrobe' on Facebook, Instagram or Twitter for more information about the Hello campaign.

A free copy of the Hello Times, a publication exploring the ideas of the campaign, is available online at www.wearelatrobe.com.au/hello To get involved in the campaign or host a pop-up café, phone Shaun on 5173-8398 or email hello@wearelatrobe.com.au.

The Hello campaign is a joint Latrobe Health Innovation Zone initiative between We Are Latrobe, Latrobe Health Assembly and Lifeline Gippsland and funded by the Victorian Government.

OUR PROJECTS

PILLAR GROUP PROJECTS: GREAT PLACE

PROJECT TITLE: Community Street Trees

With the work being undertaken within the Food Security space in the Latrobe Valley, an initial concept of harvesting fruit from existing community trees developed into a project that would activate home owners, volunteer fruit pickers and food bank resources alike.

The idea of developing a tree planting program to support the community was raised at the Great Place Pillar Group late last year.

The project has focused on two possible delivery streams. Initial discussions with a number of primary schools and kindergartens in the Latrobe City area have indicated strong support for the idea of a program to plant fruit trees within their grounds to supply fruit for their students. Further to this TAFE Gippsland has proposed to supply the labour from their Certificate IV Horticulture Course, with students helping to plant and maintain the trees over their lifecycle.

PROJECT TITLE: Men's Shed Field Officer

Across the Latrobe Valley community organisations and Men's Sheds have become an integral part of local communities and they are continuing to work with men, and at times women, assisting them to re-engage with the community and to feel valued.

The project will employ a Latrobe Valley Field Officer to work with local men, Men's Sheds and other men's groups across Latrobe City to achieve healthier outcomes, both mental and physical. The Officer will focus on assisting and engaging with men who have been affected by the downturn of employment in the Latrobe Valley, and their families.

PROJECT TITLE: Premier Area for Ageing Well

Latrobe City Council has identified what it described as an Aged Care Hub of Excellence as one of the desirable outcomes of a 'Strength-led Transition' program, which was developed following community consultation in late 2016. The document notes: "As the home of Australia's first Health Innovation Zone, the Latrobe Valley is set to become a hub of health innovation, health prevention (activities) and innovative health services."

The concept of developing Latrobe Valley as a Premier Area for Ageing Well has been discussed for some time by Latrobe Health Assembly members and a follow up action team.

The first phase of this project has seen the engagement of a consultant to define the broad scope of work required and construct a plan required for Latrobe City to be recognised as the premier area for ageing well.

Mach2 has been appointed to undertake the project in March 2019 and is currently progressing sector engagement activities, recruitment of the citizen panel members and gathering of data to inform the project.

The second stream is investigating interest from community members who are willing to donate fruit from their trees in exchange for some volunteer help with the harvest. Fruit could then be split between the owner and the rest donated to local charity, for example the proposed FoodBank facility committed to by the State Government last year.

Community engagement has shown growing support for both volunteering gardening services and homeowners volunteering access to their established fruit trees.

The Field Officer will work closely with Men's Sheds in Toongabbie, Traralgon, Traralgon South, Boolarra, Churchill, Moe, Newborough and Morwell.

The officer will liaise with Sheds that have had men referred from the Latrobe Valley or who have worked in the Latrobe Valley and been made redundant or depressed due to the industrial and other changes in the Valley.

Mach2 is progressing direct engagement with LHA Foundation agencies and key sector stakeholders but has also designed a citizen's panel to be used throughout the process to test and challenge concepts and investment options as they are developed.

This participative and deliberative consultation process supports planning processes by enabling more complex ideas and concepts to be explored over a series of meetings. The panel will also be informed using subject-matter-experts to enrich discussion and deliberation.

The intent of the process would be to support decision-making in which citizens consider relevant facts from multiple points of view, converse with one another and to think critically about options before them and enlarge their perspectives, opinions and understandings.

Invitations have been sent to 5,000 households across Latrobe City and direct recruitment will be undertaken with stakeholder groups. Three Citizen Panel workshops will be held on 31 August, 21 September and 5 October 2019.

OUR PROJECTS

PILLAR GROUP PROJECTS: GREAT PLACE

PROJECT TITLE: Volunteering in the Valley

Latrobe City has high rates of volunteering and now has an opportunity to build on that community strength.

A volunteering development officer has been appointed to focus on the development and coordination of volunteering opportunities in Latrobe City, to support the existing volunteer groups and organisations.

The volunteer development officer will assist with:

- Capacity-building support for volunteer-involving organisations to develop appropriate volunteering opportunities and resources to adapt their volunteer engagement to the changing needs and expectations of volunteers in Latrobe City, and to sensitively engage with people experiencing disadvantage but seeking to volunteer;
- Assist and provide advice to the Latrobe Valley Authority in the development of the Gippsland Jobs Hub Volunteering portal;
- Delivery of a series of face-to-face local and regional training/information sessions, recorded as webinars to be accessible to prospective volunteers in isolated areas;

- Engage and collaborate with other services, programs, and organisations including the Latrobe Valley Authority Worker Transition Service, Latrobe Health Assembly, Latrobe Community Health Service, and Latrobe City Council;
- Development of locally-based resources such as a network of champions, toolkits and related resources, identification and leveraging of existing resources, and enhanced use of current and emerging technology.
- Development and coordination of a Latrobe City Volunteering Card that would centralise the due diligence required by agencies before formally engaging a volunteer.

Sharlene Giddens has been appointed as the Volunteering Development Officer and a Project Advisory Group has been formed, with the first meeting to be held in July.

PROJECT TITLE: WaterWorks (Choose Tap) Project

WaterWorks was created and trialled by the Gippsland Community Leadership Program and was a community resource package aimed at enabling Gippsland towns to establish (and promote) free tap water refill options in the central business area by utilising existing tap water facilities in local businesses. The trial project was run in the township of Trafalgar.

The campaign based on the WaterWorks trial has been extended to the Latrobe Valley with the project being auspiced to Gippsland Water. Gippsland Water employed a project officer to manage the rollout of the WaterWorks project with the following towns represented:

- | | |
|---------------------------|---------------------------|
| Morwell = 7 businesses | Moe = 11 businesses |
| Newborough = 3 businesses | Traralgon = 11 businesses |
| Churchill = 3 businesses | Yinnar = 1 business |
| Tyers = 1 business | Glengarry = 1 business |

The signed-on businesses have received their water dispensers and shop front marketing material. Following some staffing changes at Gippsland Water, marketing of the initiative to the general public will start soon.

Gippsland Water has undertaken an Expressions of Interest process to employ a consultancy to manage the remainder of the project including the creation of Latrobe Valley wide launch event for WaterWorks and ongoing marketing of the initiative.

Further details about the WaterWorks project are publically available at <https://www.gippswater.com.au/choosetap?q=%2Fchoosetap>

PROJECT TITLE: Street Libraries

The Street Libraries program allowed volunteers to position a small, secure box containing books that children can easily access and when finished reading, can return the book and swap it for another. The project aimed to improve literacy rates within the Latrobe Valley by ensuring all children have access to suitable books.

To officially launch the Latrobe Valley Street Libraries, local children's author Megan Higginson hosted a book reading outside of her own Street Library in Morwell in March 2018 that was well attended by local families.

Six locations participated in the Street Libraries:

- | | | | |
|---------|----------------|-----|------------|
| Morwell | Traralgon (x3) | Moe | Newborough |
|---------|----------------|-----|------------|

PROJECT TITLE: Early Childhood Literacy Forum

Statistics from the Australian Early Development Census Community Profile 2018: Latrobe Victoria show that a large number of children in Latrobe City are not equipped with adequate literacy and communication skills when they start primary school. This often includes physical literacy, that is, coordination and motor skills. Because of these problems' children are experiencing delays in multiple aspects of their education throughout their school years.

Due to the large number of early childhood literacy and numeracy providers in Latrobe, the Assembly hosted an early childhood literacy forum to encourage providers to work collaboratively to identify any gaps in service provision in Latrobe City.

The Early Learning Literacy Forum provided participants the opportunity to network and create greater connectedness and promoted the opportunity for self-led innovation in the early childhood literacy field.

The forum was well attended with close to 50 people from major stakeholders in the early childhood literacy field taking part.

PROJECT TITLE: Gratitude Walls

The Gratitude Wall program encourages people to recognise what they are grateful for, which has often been linked to improvement in a person's wellbeing and resilience.

The project developed a set of pop-up blackboard gratitude walls that can be located in areas of high foot traffic throughout the region, allowing the people to write what they are grateful for and share with others.

PROJECT TITLE: Women Empowerment and Professional Development Workshop

United Muslim Sisters of Latrobe Valley with the support of the Latrobe Health Assembly and Latrobe City Council organised a series of free workshops titled 'Opening Doors for Possibility'.

The aim of these workshops were to empower women from culturally and linguistically diverse backgrounds seeking a career in business or social enterprise. The program took place at Moe library during July-August 2018 and was attended by 23 women from CALD backgrounds.

The first two sessions titled "The pillars of possibilities" and "creating your own possibilities" were presented by author Maree McPherson. Maree said "the real benefits of these workshops is bringing people together. This is a group of women who would otherwise have never met each other".

The third session centred around starting your own business and business planning essentials.

The key topics that were discussed at the Early Learning Literacy Forum include:

- A need for a system to track students if they moved from different day-care centres/kindergartens/schools;
- Importance of parent education, to be able to build confidence, knowledge and skills;
- Better incorporation of technology into education from a younger age (e.g. day-care centres and kindergarten);
- Education for parents and children around nutrition, health eating and budgeting with "real" money;
- A network database for literacy providers so that providers can know who else is doing similar work in the area; and
- Need for emotional literacy education.

Attendees of the Early Learning Literacy Forum expressed a desire to continue the momentum via town based meetings between providers. These occurred during June 2019 with investigations underway on how we can action the concepts raised at the four meetings. Further updates will be added in future editions of this document.

The Gratitude Walls have made appearances at dance festivals, gyms, Community Neighbourhood Houses, schools, the Latrobe Valley Seniors Expo, Latrobe Valley Children's Expo and various partner agencies throughout the region. They are still available for anyone to utilise.

The fourth session offered tips and tricks around effective record keeping and keeping the "cash flowing".

The final day session provided participants with an understanding of marketing principles and taking businesses online. All these workshops were delivered by experts in their respective fields.

The workshops provided childminding facilities were provided by Nurun Nehar and Wahida Moon certified child minders which removed a common barrier for mothers to participate in such courses.

Arfa Khan, president of UMSLV stated "I personally feel women coming from any background have quite similar struggles. We need to empower each other and be a ladder for positive change and strength".

To enable the community to deliver their own identified initiatives and solutions to improve the health and wellbeing of Latrobe City, a small grants program was first established in January 2018 and a second round offered in October 2018. The following projects were provided with grant funding of up to \$10,000:

Quantam Support Services

Quantum Support Services was awarded a grant to fund the Quantum's Unification, Engagement, Strengthening and Transition (QUEST) program. The purpose of the QUEST program is to bring women aged over 50 together to engage in a "safe space" where they can explore their talents, skills and expertise. The funding will allow for activities such as craft, art in various forms, outings, excursions, market trips, op shop trips etc.

Gippsland Womens Health

Gippsland Women's Health was awarded a grant for the Gender Equality Artwork Project. In a Gippsland wide poster competition, school students who have participated in the Respectful Relationships in School initiative submitted posters of what gender equality means to them or what respectful relationships look like. This project will display some of these posters on the back or sides of buses in the Latrobe Valley, to highlight the importance of and to promote respectful relationships and gender equality in the community.

Kurnai Secondary College

Kurnai Secondary College was awarded a grant for the Morwell Kurnai Performance Arts Centre Speakers and Hearing Augmentation Project. Part of the rebuild of Kurnai Secondary College Morwell campus includes a new auditorium. The school has self-funded the additional space to have a stage area however sound is not within the scope of funding provided by DET for projects.

Moe Neighbourhood House

Moe Neighbourhood House was awarded a grant for the Participant/Volunteer/Staff Cool Zone project. This project aims to provide a safe environment for participants, volunteers, and staff to work, learn, and connect with their community, that is of a comfortable temperature, particularly during the warmer months, that can be a refuge for people who cannot afford the cost of running heating/cooling in their own homes.

Soroptimist International Gippsland Inc

Soroptimist International Gippsland Inc. was awarded a grant for the creation of the Gippsland Women's Network Web Portal. The project is aiming to be a 'one-stop-shop' which will bring together community and service groups for women & girls. The GWN Web Portal allows women and girls to find out what is available for support, and learn about the services and community groups, before the intimidating experience of walking in the room for the first time.

Aussie Broadband

Aussie Broadband was awarded a grant for the outdoor area revitalisation project. To assist in encouraging the broader community in developing health habits for life, Aussie Broadband would like to revitalise their outdoor space to encourage more outdoor socialization and physical activity across their two call centre locations in Morwell. They would like to also boost their healthy eating initiatives by adding a staff-maintained herb & vegetable garden.

Energy Australia Yallourn Pty Ltd – Power to the people

Energy Australia Yallourn Pty Ltd was awarded a grant to run Power to the People – Tackling health and wellbeing amongst the Power Generators Industry. Energy Australia Yallourn would like to extend their focus in preventing injury/managing health by now reducing risk to mental illness & promoting further the physical health/wellbeing of their employees. This will be implemented by organised physical activity during lunch breaks, specific back strengthening exercises and a series of lectures delivered by health professionals.

Prema Shanti Yoga and Art

Prema Shanti Yoga and Art was awarded a grant for launching Yoga and Mindfulness into Primary Schools in Latrobe City. This project will see smaller rural schools participate in a Yoga and Mindfulness programs connecting to art and literacy within the school curriculum.

Morwell Central Primary School

Morwell Central Primary School was awarded a grant for Fruit & Serial. The funds will be used to provide fresh fruit in classrooms, every day for the students to eat during story time – teaching students that fruit is the easiest, healthiest & tastiest snack to reach for. Students will then be encouraged to bring other fruits & vegetables to school from home, expanding their knowledge of the different fruits & vegetables available to them.

Kurnai College, Latrobe Valley Flexible Learning Option

Kurnai College, Latrobe Valley Flexible Learning Option was awarded a grant for Green Valley Gardens. The Green Valley Gardens is a program that aims to help FLO students learn about growing your own food and how to use this food in order to maintain a healthy diet.

Newborough Men's Shed

Newborough Men's Shed was awarded a grant to run a Healthy Microwave Cooking for Men program. This will take men through six sessions teaching them skills in purchasing, preparing, cooking & preserving healthy food. Lessons will be provided by staff of LCHS & will aim to prevent men from falling into unhealthy eating habits.

Latrobe Valley Bus Lines

Latrobe Valley Bus Lines was awarded a grant for improving Health and Wellbeing within their workforce. Latrobe Valley Bus Lines will extend previous Health and Wellbeing projects to create a healthy workplace and workforce by providing outdoor kitchens and break out areas and additional garden beds, providing healthy interactive cooking sessions, encouraging staff to also conduct healthy interactive cooking sessions with each other.

Newborough Primary School

Newborough Primary School was awarded a grant for improving health and fitness to improve academic outcomes through the expansion of their Physical Education & Kitchen Garden classes to include health elements which would focus on areas such as Physical Activity, Healthy Food, Mental Health & Dental Health. The staff of the school see this initiative as a great way to hopefully guide/steer the students in the right direction.

Regional Roads Victoria

Regional Roads Victoria – Eastern Victoria was awarded a grant to run a Staff Health & Well-being Program. This program will assist to raise awareness and educate staff on the importance of healthy eating, physical activity & positive mental health.

Traralgon Bowls Club

The Traralgon Bowls Club was awarded a grant to develop Junior School Bowling. Traralgon Bowls Club/Committee have noticed that there is an extreme need for students (especially Primary) to learn and participate in a non-contact, non-gender based, family friendly sport such as Lawn Bowls. Between both the Traralgon and Morwell bowls clubs it is a goal to set-up respective "Junior Academies" that will provide a future path for keen and talented bowlers to pursue a career nationally and internationally.

Tyers Pilates Program

Tyers and District Community Association in the amount of \$3,750.00 (excluding GST) has been approved for Tyers Pilates Program. This project designed to increase the number people participating in physical activity through attending weekly pilates classes for two terms as well as creating an opportunity for connecting with other community members at the activity.

Latrobe Valley Beekeepers Association Inc

The Latrobe Valley Beekeepers Association Inc. was awarded a grant for The Value of Bees – Educational Events Trailer. The purpose of this project is to build on the success and the huge attention and interest the club received at the Morwell Rose Garden Festival. The club will work to educate on the community about the importance of beekeeping using a trailer fitted out with education options for all age groups.

Traralgon Community Development Assoc. Mental Health Education in LV Secondary Schools

The Traralgon Community Development Association was awarded a grant to improve mental health education in Latrobe Valley Secondary Schools. The teen & youth Mental Health First Aid program is aimed to increase the volume of students, parents, teachers & community members in recognising mental health problems, intervening early, dealing with crisis and where to go for help.

Therapy Dogs in Schools – Morwell Park Primary

Morwell Park Primary School was awarded a grant to fund training of therapy dogs for their school. The therapy dogs will work with trained Wellness Coordinators and Teachers to help children with anxiety, anger issues, behaviour & wellbeing. To ensure that the dogs are used correctly, safely and to their best potential, the school would like to put the dogs through the 'K9 Support' training program which helps train the dogs & their handlers.

All monies directly associated with the operation of the Latrobe Health Assembly are managed by Latrobe Regional Hospital (LRH) under an arrangement established between LRH and the Department of Health and Human Services (DHHS) on behalf of the State Government. The Assembly does not hold any monies in its own right. LRH treats any surplus Assembly funds as restricted within its Balance Sheet, meaning these funds are not available to fund LRH operations and purposefully set aside to exclusively fund Assembly operations and activities.

All of the costs associated with the Assembly are formally audited and reported to DHHS and the community as part of LRH's annual reporting requirements.

For the purpose of this report, information on the costs associated with the Assembly are consolidated into an Operating Statement and a Statement of Changes in Equity for the Financial Year Ended 30 June 2019.

As at 01 July 2018, the Assembly had unspent funds of \$769,895. In 2018-2019, the Assembly recorded a deficit result of \$30,326, leaving unspent funds of \$739,568 as at 30 June 2019.

These include:

- *Operations* – funding for the operations of the Assembly, including staffing, administration, rental and other operational costs
- *Innovation Funds* – funds provided to the Assembly to support innovative projects and programs decided upon by the Assembly
- *Community Engagement* – funds provided to support community engagement activities by the Assembly
- *Specified Funded programs* – funding provided to support establishment of the Assembly, including costs associated with developing a constitution, governance structures and documents etc
- *Fixed term staffing* – funds to support staff employed on a fixed term basis. These include a Planning and Research Officer and a Grants Program Support Officer. The Assembly also hosts the two-person Latrobe Health Innovation Zone Social Marketing team, which started work in May of 2018.

All staff are employed by the Hospital.

Latrobe Health Assembly Operational Funding Operating Statement for the Financial Year Ended 30 June 2019

	TOTAL 2019	TOTAL 2018
REVENUE		
Operating Revenue		
Grant Revenue	1,694,153	1,867,067
Other Revenue	27,782	270
Total Operating Revenue	1,721,935	1,867,337
TOTAL REVENUE	1,721,935	1,867,337
EXPENDITURE		
Employee Costs		
Human Resources	54,424	76,972
Long Service Leave	19,443	7,565
Payroll Costs	818,015	515,632
Superannuation	73,249	44,692
Workcover	10,322	7,602
Total Employee Costs	975,453	652,463
Non-Salary Costs		
Administration	631,013	346,140
Computer Expenses	59,232	22,879
Domestic Charges	3,612	1,478
Food	8,137	3,664
Rental - Buildings	39,967	40,345
Repairs & Maintenance	18,598	6,985
Utilities	6,992	6,817
Total Non-Salary Costs	767,552	428,309
Capital Purchases	9,257	16,671
TOTAL EXPENDITURE	1,752,262	1,097,442
SURPLUS / DEFICIT	-30,326	769,895

Statement of Changes in Equity for the Financial Year Ended 30 June 2019

Accumulated Funds as at 30 June 2018	769,895
Net result for 2018-2019	-30,326
Accumulated Funds as at 30 June 2019	739,568

In the 2018-19 Financial Year, the Latrobe Health Assembly
has engaged with over

6,812
community members
via activities including:

The 2019 Early Learning Literacy Forum
Medicinal Cannabis Forum
Table Tennis project community engagement
Fruit Tree Community Volunteers engagement
Latrobe Valley Childrens Expo

Latrobe Valley Seniors Expo
#Scarfie asthma management awareness campaign
EID Festival 2018/19
Food For All Latrobe Valley community engagement
Community pop-up stalls

In that time, the Latrobe Health Assembly's Facebook page has received over

819
"Likes"

With:

Highest reaching post: 17,348

Highest post engagement: 1,118



**Latrobe Health
Assembly**

Shaping
The Valley

