

2017-2018

SNAPSHOT: Health Promotion Agencies



MENTAL WELLBEING

- WPCP successfully received \$485,000 from WorkSafe Victoria for a project investigating the mental health of shift workers. "Working Well in Wellington" was one of five projects awarded, and the only funding received regionally.
- 8 Mental Health First Aid Courses run, organised by Wellington PCP and funded by Dairy Assistance Program.
- Updated resource "Low Cost, No Cost" guide, a collaboration between WPCP and Wellington Shire Council.

GENDER EQUALITY



- CGH staff trained in MATE Bystander Training to support the implementation of Strengthening Hospital Response to Family Violence at CGH and YDHS.
- YDHS hosted annual Women's Health Night, with 46 attendees. Positive feedback received including that the speakers/panellists were engaging and the event was well organised.

HEALTHY LIVING



- All 21 settings in Wellington Shire are registered for Smiles 4 Miles supported by CGH, and have received training. Hospital excursions held for 18 kinders.
- 2 smoking cessation sessions held for CGH staff.
- YDHS hosted Men's Health Pit Stop, with 19% participants presenting for follow-up at their local GP.
- Active April at YDHS engaged 16 participants, for 400 hours of exercise.
- YDHS continues to engage with Wulgunggo Ngalu Learning Place through health assessments, referrals and health information sessions on healthy eating, physical activity, and smoking cessation.

ACHIEVEMENT PROGRAM

	Policy	Physical Environment	Capacity Building
Early Learning Centres	2/14 settings completed 5 policies: 1x MH, 1x PA, 1 x SP, 1 x SE, 1 x HE	1 centre moved bench to prevent smoking out front of centre	Quarterly email newsletter to Schools and Early Learning Centres (33% open rate)
Primary Schools	2/18 settings completed 7 policies: - 2 x MH, 2 x SH, 2 x SP, 1 x HE	1 school created a welcome wall, with a photo of people involved at their school	Partnered with Gippsland Women's Health to offer training grants for schools working on Sexual and Reproductive Health benchmark
Secondary Schools	1/2 settings completed 2 policies- 1 x MH, 1 x SH		
Workplaces	4/21 settings completed 11 policies- 3 x HE, 3 x PA, 2 x MH, 2x S, 1 x A	<ul style="list-style-type: none"> • Sit stand desks offered as prizes to 2 workplaces • 1 workplace continued cafeteria refurbishment • 1 workplace swapped free sweet biscuits for fresh fruit • 1 workplace started a weekly veg swap 	<ul style="list-style-type: none"> • Offering training for workplaces, such as Quit training and MATE training • Quarterly newsletter to Workplaces (57% open rate)

Partnerships:

CGH is working towards getting their cafeteria Healthy Choices compliant, supported by WPCP. Lessons have been learnt from Alfred Health, Nutrition Australia, Latrobe Community Health Service and Latrobe Regional Hospital. Lessons have been shared with YDHS and Duart (private catering organisation) as they also work on the Healthy Eating benchmark.

Acronyms

HE= Healthy Eating
PA= Physical Activity
SP= Sun Protection
SE= Safe Environments
MH= Mental Health & Wellbeing
SH= Sexual Health and Wellbeing
S= Smoking
A= Alcohol and Other Drugs