



# Melton Health Promotion Forum

28<sup>th</sup> June, 9:30-4pm.

Djerriwarrh Community and Education Services.

The Melton Health Promotion Forum is presented by the Health Promotion team at Western Health.  
Proudly supported by Melton City Council.

**LEGEND**

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|  STAIRS           |  FIRST AID KIT             |
|  RECEPTION (MCCC) |  INFORMATION               |
|  TOILET - WOMEN   |  FOOD BREAK AREA           |
|  TOILET - MEN     |  EMERGENCY EVACUATION AREA |

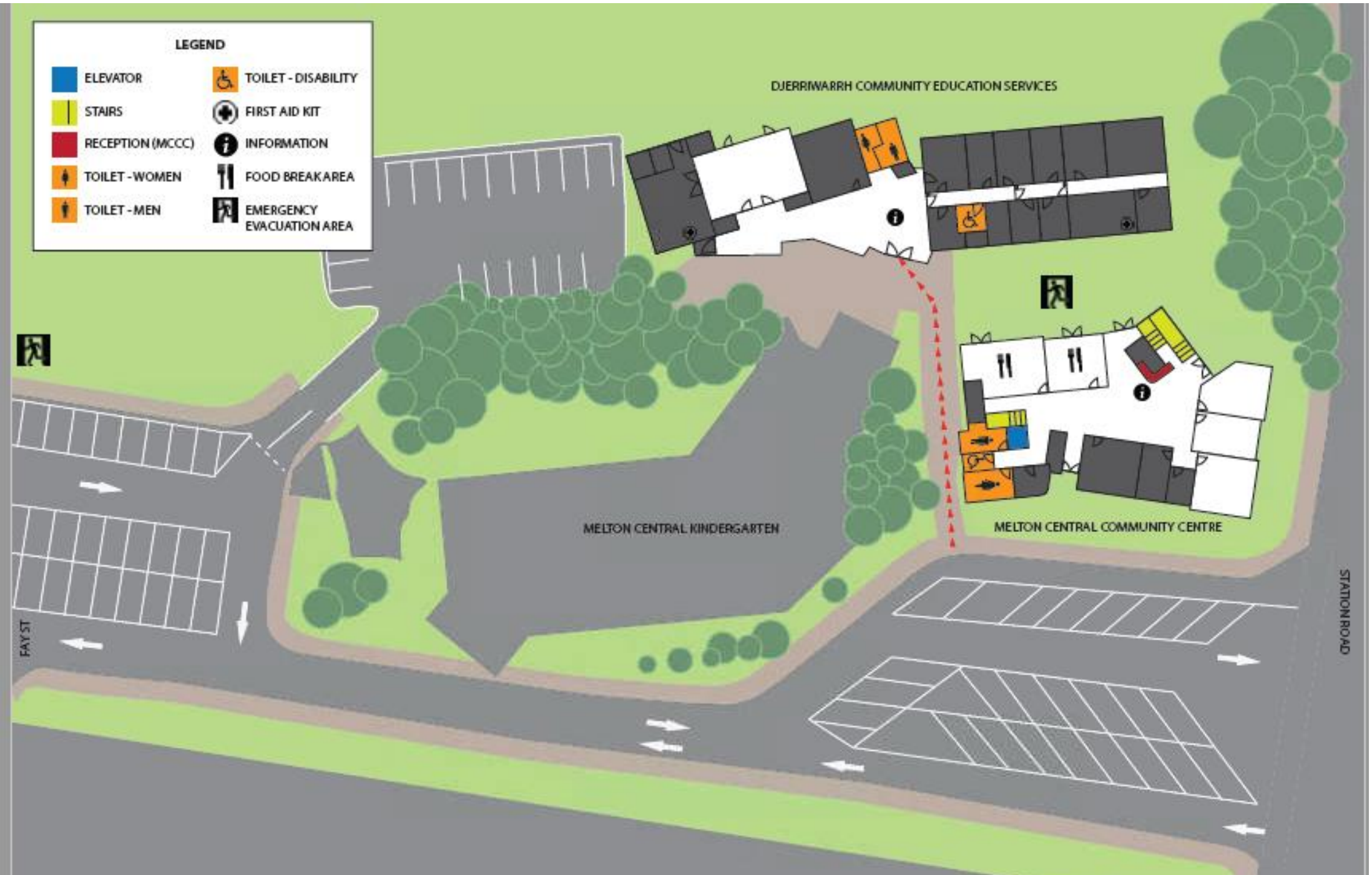
DJERRIWARRH COMMUNITY EDUCATION SERVICES

MELTON CENTRAL KINDERGARTEN



MELTON CENTRAL COMMUNITY CENTRE

STATION ROAD

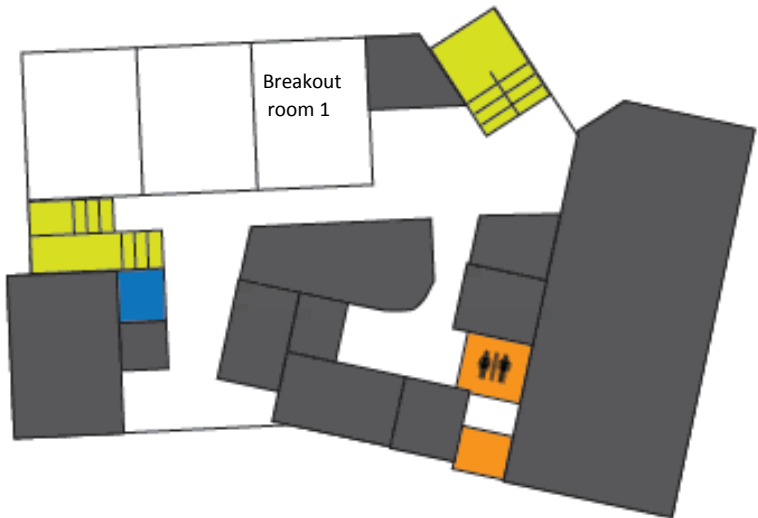
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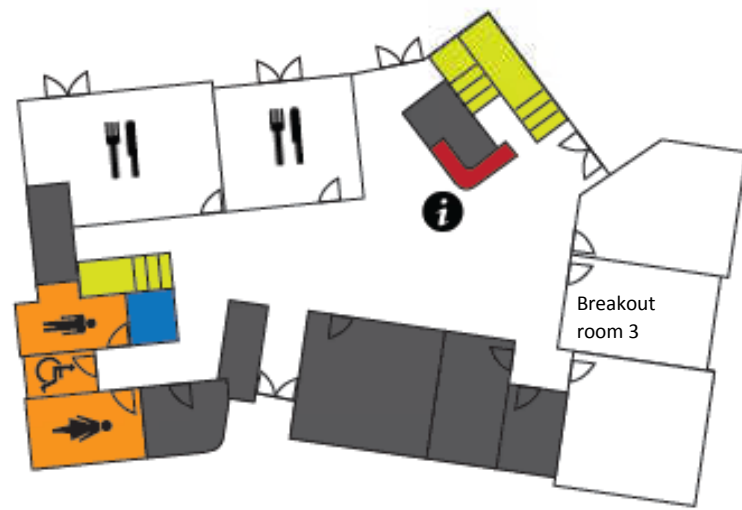
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DJERRIWARRH COMMUNITY EDUCATION SERVICES



MELTON CENTRAL COMMUNITY CENTRE  
(UPPER FLOOR)



MELTON CENTRAL COMMUNITY CENTRE  
(GROUND FLOOR)

Welcome to the Melton Health Promotion forum. We are excited to share this day with you as we endeavour to strengthen local action to promote health and wellbeing within the community.

In the interest of sustainability and reducing waste, this program is being provided electronically. We also encourage you to bring a water bottle and keep cup with you on the day to cut down on single use items.

Below you will find a timetable for the day and on the following pages information about the presentations within the Breakout Room sessions.

We hope you enjoy the day and get a lot out of the networking and information sharing we know will be happening.

*Sincerely,*

*the Health Promotion Team from Western Health Melton/ Bacchus Marsh*

<b>Time</b>	<b>Activity</b>	<b>Location</b>
9:00	Doors Open	Main room/ Breakout room 2
9:30	Opening Address and Welcome to Country	Main room/ Breakout room 2
9:45	Keynote Speaker- Emma Dawson	Main room/ Breakout room 2
10:30	Morning Tea	Foyer
10:50	Breakout Room session 1	Breakout room 1, 2 and 3
12:00	Lunch	Art Rooms
12:30	Breakout Room session 2	Breakout room 1, 2, and 3
13:40	Break	
13:50	Western Public Health Unit update	Main room/Breakout room 2
14:05	World Cafe	Main room/ Breakout room 2
15:10	Afternoon tea	Foyer
15:25	World Café Continued	Main room/ Breakout room 2
15:50	Closing comments and next steps	Main room/ Breakout room 2
16:00	End of forum	

	<b>Breakout room 1- Preparing for a healthy future in the face of climate change</b>	<b>Breakout room 2- Creating healthy and secure food environments</b>	<b>Breakout room 3- Supporting early intervention and primary care</b>
10:50	<p><b>Preparing yourself and your home in the face of a changing climate</b>  <i>Red Cross Victoria Emergency Services</i>  As the effects of climate change continue to increase, we are seeing greater numbers of extreme weather events impacting our communities. This presentation will focus on the impact of extreme heat as well as other natural disasters and what individuals and communities, state and local governments can do to prepare, respond and recover. The presentation will also speak about Red Cross Victoria's work in advocacy, preparation, response and recovery from emergencies caused by our changing climate</p>	<p><b>Healthy Kids Advisors in Melton</b>  <i>Stephanie Alexander Kitchen Garden</i>  The Healthy Kids Advisor will present a short case study demonstrating the implementation of Vic Kids Eat Well in a community setting, whilst highlighting the Stephanie Alexander Kitchen Garden Foundation's philosophy of Pleasurable Food Education.</p>	<p><b>Chronic Health support services for First Nations Peoples who reside in the Bacchus Marsh and Melton regions.</b>  <i>Western Health Bacchus Marsh and Melton</i>  Case Study presented about an Aboriginal Client who has been supported chronic health program, who became self-determined in managing her own illness and who has been discharged from the program successfully.</p>
11:05	<p><b>Sustainability in your house and home</b>  <i>Sustainability Victoria</i>  Learn about Sustainability Victoria and how your clients can help build a circular economy and fight climate change while improving their own health and wellbeing. This session will introduce you to:</p>	<p><b>Stories from the Breadline</b>  <i>Djerriwarrh Community and Education Services</i>  According to the Australian Institute of Family Studies, in Australia, it is estimated that between 4% and 13% of the general population are food insecure; and 22% to 32% of the Indigenous population, depending on</p>	<p><b>Cultural Safety in Sexual and Reproductive Health</b>  <i>GenWest</i>  This presentation will give a brief overview of two of GenWest's key primary prevention initiatives in sexual and reproductive health – the Human Relations Program and FARREP.</p>

	<ul style="list-style-type: none"> <li>- Circular Economy Community Fund projects</li> <li>- Healthy homes (with some tips)</li> <li>- Access the SABI (small acts – big impact) campaign – basic tips for everyone to help the environment.</li> </ul>	<p>location. In Melton we are hearing through our partners, and through collaborations around food distribution that food security is more than lack of financial resources, it extends to knowledge of food availability, use and storage too. From a neighbourhood house perspective we are looking at how we can address this through a multi-level approach. We are looking at opportunities to grow, cook, teach and share food within the community with an aim to increase resilience as food insecurity continues. In this breakout we will be sharing how we have gone about this, some stories from the community, and hope to generate ideas and discussion from the presentation.</p>	<p>The Human Relations program works to provide young, recently arrived migrants and refugees with culturally safe, tailored and in-language education on complex topics including puberty, healthy relationships, safer sex, pregnancy, body image and gender.</p> <p>FARREP is a state-wide program whose aim is to work with community women and girls to prevent Female Genital Circumcision or traditional cutting. The program works directly with communities impacted by the practice to address their sexual and reproductive health needs and provides professional development training to services and health practitioners who work with community</p>
11:20	<p><b>Community Repair</b>  <i>Health Promotion at Western Health</i>  Waste reduction is not just good for the environment, it's good for people financially and in the case of Community Repair- socially as well. The <i>Community Repair Cafe</i> provides a free opportunity for local people to meet people with an interest in tinkering and do-it-yourself repairs. It is a great way to build relationships,</p>	<p><b>Partnering to improve the oral health of children and their families</b>  <i>Dental Health Services Victoria</i>  The DHSV health promotion programs leverage multi and cross sector partnerships to address oral health inequity. This presentation will give a snapshot of oral health of children in Victoria before exploring a range of programs including a case study of Smiles 4 Miles, and discussing the</p>	<p><b>Youth Voices on Shaping Services</b>  <i>Headspace Youth Advisory Group- Melton</i>  The headspace Melton Youth Advocacy Group (hsM YAG) share their insights on how health services can more effectively promote themselves to young people. Using their experience working with headspace and their expertise as young people in the community, the hsM YAG invite you to a discussion on what services can do to reach and engage this audience</p>

	<p>share knowledge and get to know people in their neighbourhood. Every month a dedicated group of volunteer 'fixers' encourage people to bring down their broken goods to connect and learn from one another, helping to reduce the amount of landfill, and creating a more supportive, connected community.</p>	<p>partnerships with the Healthy Eating Advisory Service and AP. It will reflect on the importance of partnerships, its role in building workforce capability and ensuring sustainability of their key messages.</p>	
11:35	<p><b>Eat, Grow Garden</b> <i>Jono Ingram</i> Living sustainably and combatting climate change can appear to be a daunting task. And when individuals' households feel like they are doing it alone, it can be even more overwhelming. Come and hear how Eat Grow Garden is empowering individuals and linking them together with others in their neighbourhoods to create sustainable communities.</p>	<p><b>Foodbank Charity Partners and School Breakfast programs</b> <i>Foodbank</i> Food bank presentation will outline our current strategic plan and how our data is informing the diversification of our partnerships and programs across the state. Foodbank has identified the local government areas where there is insufficient relief food and this informs our strategic plan in every region. The School breakfast program, remains one of most successful and continues to grow. The Foodbank presentation will highlight the data and Foodbank work across the state and the Melton LGA.</p>	<p><b>What is Counselling and Social Work? What's the Difference?</b> <i>Western Health Counselling/ Social Work team</i> "Professional counselling is a safe and confidential collaboration between qualified counsellors and clients to promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns. Clients are active participants in the counselling process at every stage" <i>Psychotherapy and Counselling Federation of Australia.</i> "Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and indigenous</p>

			<p>knowledges, social work engages people and structures to address life challenges and enhance wellbeing. The above definition may be amplified at national and/or regional levels.”</p> <p><i>Global Federation of Social Workers</i></p> <p>Meet Tanya, a young adult with a diagnosis of Autism; how Social Work has assisted her in overcoming some barriers to active participation in her community and how Counselling has assisted her in managing her anxiety and depression</p>
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	<b>Breakout room 1- Supporting an active community</b>	<b>Breakout room 2- Creating socially connected communities</b>	<b>Breakout room 3- Programs creating healthier people and communities</b>
12:35	<p><b>On Track- A Mountain Bike Program to support Young People in Melton.</b></p> <p><i>Edmund Rice Services</i></p> <p>Edmund Rice Services – Mt Atkinson has received funding through VicHealth to run a regular mountain bike group at Mt Atkinson (near Rockbank). The program focuses on creating a fun, adventurous, safe, and physically active program where young people from diverse backgrounds will feel safe to be themselves, can extend their physical capacity and strive for positive responses to physical, emotional and wellbeing goals. This presentation will</p>	<p><b>Dreaming Big about Mental Health Promotions through the Arts</b></p> <p><i>Royal Children’s Hospital Festival for Healthy Living</i></p> <p>The Dream Big program aims to improve the mental health and wellbeing of children and their communities through the arts. This is achieved by running arts-based mental health workshops in schools and community, delivered by local artists, producing opportunities for community to create, meet and celebrate at the Dream Big Festival in Melton South. Our projects also include Deadly Dreamin’, developed with Aboriginal children and their community</p>	<p><b>Stressbusters program</b></p> <p>Catholic Care</p> <p>The Stress Busters program was developed to utilise many of the common strategies that have been identified as the most effective in working with our young clients.</p> <p>The Stress Busters program is a fun, interactive group program designed to help children improve their ability to manage their worries, “big feelings”, behaviours and peer conflict. The children learn how our brains impact our emotions, thoughts and bodies e.g. heart racing, sweaty hands, butterflies or feeling sick. They are introduced to and practice a variety of strategies to tune into, recognise and manage</p>



	<p>share about the program, its outcomes so far and where it's heading.</p>	<p>to increase creative opportunities, promote creative self-determination, build confidence and contribute to cultural health and healing through traditional and contemporary arts.</p>	<p>their early warning signs before their worries get too big or if they do, identify when they should ask for help.</p> <p>The Stress Busters Program is offered to groups and whole classes helping create awareness for 'all students' whether they are affected by anxiety or not. The program educates students to recognise what anxiety is, how it affects people differently and develops a tool kit of strategies that they can use in the future to deal with life's challenges. This is a vital preventative tool for lifelong mental health and wellbeing.</p>
12:50	<p><b>Alcohol and Drug Foundation Community Programs</b>  <i>Alcohol and Drug Foundation</i>          At the Alcohol and Drug Foundation we know that communities understand their local circumstances best. We work with communities to strengthen protective factors and support positive long-term change through our key programs:</p> <ul style="list-style-type: none"> <li>• Good Sports,</li> <li>• Local Drug Action Teams that are community-led,</li> <li>• And a comprehensive range of factual Information Services</li> </ul>	<p><b>Supporting the local Aboriginal and Torres Strait Islander community</b>  <i>Kirrip Aboriginal Corporation</i>          Kirrip offers a variety of programs and services to support the Aboriginal and Torres Strait Islander community. This includes, but isn't limited to, crisis support, counselling services, justice worker, Elders, Youth, Men's and Women's groups and study buddies.</p>	<p><b>Early intervention with a focus on the Multilingual Health Education program</b>  <i>GenWest</i>          This presentation will speak about the peer-based Health promotion program at GenWest: Multilingual Health Education, aimed at providing in language, culturally safe health education to Migrant and Refugee Women.</p>

1:05	<p><b>Reclink in Melton</b>  <i>Reclink</i>  Reclink Australia provides evidence-based sport and recreation programs to disadvantaged Australians to create social inclusion, and pathways to improved health and wellbeing. We will be presenting Reclink’s work in Melton by showcasing a participant’s story, the programs we are currently delivering and future programs.</p>	<p><b>Health and Wellbeing in New Housing Estates</b>  <i>Edmund Rice Services</i>  Edmund Rice Services – Mt Atkinson has been located within a new housing estate since the commencement of the development. This presentation will highlight some community based success stories, our learnings along the way and the value that comes from partnerships.</p>	<p><b>E-Cigarettes and Vaping</b>  <i>Quit Victoria</i>  Quit’s presentation will provide you with an overview on the issue of vaping, including what it is, what we know about its harms and use, action by the Government and Quit Victoria, and what community-level action can be taken to address the issue.</p>
1:20	<p><b>Wellbeing On and Off the Field</b>  <i>Melton Rugby Union Club</i>  The Melton Warriors focus on more than just playing rugby each week. This local club is a fantastic example of how sports clubs can promote physical, social and emotional wellbeing through the values and programs that they offer players and their families.  From homework clubs and mental health presentations to cooking classes and cultural education, this Rugby club is supporting their young people on the path towards future success on and off the field.</p>	<p><b>Same Same but Different</b>  <i>Interfaith Network</i>  Melton Interfaith Network (MIN) is a community organization which brings together groups and individuals from diverse faith and cultural backgrounds. Our mission is to foster great understanding of each of these groups and to therefore to promote social cohesion within the City of Melton.</p>	<p><b>Tobacco and vaping counselling and school education.</b>  <i>Western Health Community Health Nurses</i>  Helen Borg a Health Coach and Donna Froy Community Health Nurse will be presenting on the Smoking Cessation Program, what it is, how the program is delivered and how to refer. This service is delivered through the Western Health Community Health Services. They will also be talking about the anti- vaping program that they have been delivery with the Health Promotion team and the Melton council to schools in the local area.</p>