

Health Promotion Activities for PCPs 2006-2009 – Summary of PCP Community Health Plans

EASTERN REGION	
Name of PCP	Inner East PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Healthy Weight - Physical Activity & Healthy Eating • Mental Health- Social Connectedness (Yet to be determined) (Neighbourhood Renewal) • Safe and Inclusive Communities, including falls prevention. (see the Whole of Communities Falls Prevention Plan)
Priority Goal:	To increase the capacity for member organisations to provide evidence based obesity prevention in children, 12yrs or under in the Inner East PCP Catchment (Manningham - Healthy Weight Initiative, Boroondara – Every Body Healthy Body Whitehorse– Healthy way to go, healthy kids in Monash)
Target Group:	12 yrs or under in the Inner East PCP
Name of PCP	Outer East Health and Community Support Alliance PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Mental Health and Wellbeing
Priority Goal:	Improve the mental health and wellbeing of vulnerable individuals, populations and communities by promoting and building social inclusion opportunities (Healthy Active living for Seniors HALS)
Target Group:	Community
Priority Goal:	Improved access to a broad range of community services that will facilitate better mental health and well being outcomes for vulnerable individuals, populations and communities

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Target Group:	Community
Priority Goal:	Develop systems and processes that support a better understanding of the needs of vulnerable individuals, populations and communities and which encourage sharing of knowledge
Target Group:	Community
NORTHERN REGION	
Name of PCP	Banyule-Nillumbik PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Mental Wellbeing and Social Connectedness (Neighbourhood Renewal Heidelberg West)
Priority Goal:	To improve the health and wellbeing, (through increased physical activity) of residents of Banyule and Nillumbik
Target Group:	Residents of Banyule and Nillumbik
Priority Goal:	To improve emotional health and wellbeing of people living in Banyule and Nillumbik who are at risk of social isolation
Target Group:	Community members, socially isolated members
Name of PCP	Hume Moreland PCP

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Catchment Priorities:	<ul style="list-style-type: none"> Physical Activity (Neighbourhood Renewal Broadmedows)
Priority Goal:	To increase the level of participation in physical activity among residents of the Hume Moreland catchment
Target Group:	<p>All Hume residents and workers</p> <p>Priority Groups as identified within Hume Leisure Strategy:</p> <p>Sporting club members;</p> <p>Lower socio-economic groups;</p> <p>Women /young women/new mothers; seniors;</p> <p>People with disabilities; ATSI groups; CALD groups / newly arrived young people at risk; young people in urban growth areas</p> <p>Pedestrians / walkers (including walking groups)</p> <p>New mothers</p> <p>Seniors</p> <p>People with diabetes & other chronic diseases</p> <p>People wanting to lose weight</p> <p>People in chronic pain</p> <p>New mothers</p> <p>People with diabetes & other chronic diseases</p> <p>People wanting to lose weight</p> <p>People in chronic pain</p>

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	<p>Fawkner residents Moreland Community Moreland residents 12-18 year old people in Glenroy Fawkner ATSI community Mums with young children Young women aged 16-25 from Fawkner Glenroy Young people Glenroy residents</p>
Name of PCP	North Central Metropolitan PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Healthy Weight • Mental health and wellbeing: prevention of violence against women (Neighbourhood Renewal)
Priority Goal:	Support an integrated approach to a range of health promotion strategies that address healthy weight by promoting physical activity and active communities and accessible nutritious food
Target Group:	Key implementation partners within the NCMPCP catchment of Yarra, Darebin and Whittlesea
Priority Goal:	Support for an integrated approach in developing health promotion strategies that address the prevention of violence against women through coordinated planning and policy development across the catchment
Target Group:	Key implementation partners within the NCMPCP catchment of Yarra, Darebin and Whittlesea.

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SOUTHERN REGION	
Name of PCP Frankston Mornington Peninsula PCP	
Catchment Priorities:	<ul style="list-style-type: none"> • Mental Health and Wellbeing (Family Violence & Social Inclusion) (Neighbourhood Renewal Hastings)
Priority Goal:	Family Violence: To build a safe community in which violence is not acceptable
Target Group:	Vulnerable groups in the community & Children and adolescents
Priority Goal:	Social Inclusion: To build a socially inclusive community which fosters access, opportunities and participation – and which values diversity
Target Group:	Vulnerable groups in the community
Name of PCP Inner South East PCP (ISEPICH)	
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Nutrition and Food Security • Mental Wellbeing
Priority Goal:	To improve mental wellbeing in the ISEPICH catchment.
Target Group:	Senior and middle management in agencies

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	<p>All member agencies, plus community representatives People affected by Welfare to Work changes</p> <p>Member agencies</p> <p>Policy makers</p> <p>Agencies and workers working with Rooming Houses (20+) Office of Housing Residents of 68 Rooming Houses in catchment</p> <p>Member agencies (20+) Culturally and linguistically diverse community members</p>
Priority Goal:	<p>To improve the health of the local community through increased physical activity levels. (Healthy and Active Living for Seniors funded project, Strength Training Network, Falls Prevention Community Network, including funded Falls Prevention project in ISEPICH and Kingston Bayside PCP)</p>
Target Group:	<p>Member agencies, including senior/middle management</p> <p>Seniors (including CALD), service providers</p> <p>Seniors (including CALD and people with chronic illness, disadvantaged groups) and service providers</p>
Priority Goal:	To increase capacity within the ISEPICH catchment to address nutrition and food security
Target Group:	Member agencies, including senior/middle management
Name of PCP	Kingston Bayside PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Mental Health & Social Connectedness • Physical Activity

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	<ul style="list-style-type: none"> • Food & Nutrition • Community Participation
Priority Goal:	To strengthen family and community connections in the Kingston Bayside Communities
Target Group:	<p>People aged 65 years and over and/or who have an age related disability</p> <p>Young people: pregnant and parenting young women, secondary school students, homeless or 'at risk'</p> <p>Young mothers and secondary school students</p>
Priority Goal:	To improve participation in physical activity in the Kingston and Bayside communities
Target Group:	<p>Planned Activity Group (PAG) clients/participants</p> <p>People with low participation rates in physical activity within Kingston and Bayside communities</p> <p>Planned Activity Group (PAG) clients/participants</p>
Priority Goal:	To improve healthy eating in the Kingston and Bayside communities
Target Group:	Kingston and Bayside communities (specific population groups to be identified in the planning process once partnership developed)
Priority Goal:	Community members are meaningfully involved in decision making in the planning and delivery of health promotion activities
Target Group:	KBPCP member agencies
Priority Goal:	To strengthen family and community connections in the Kingston Bayside Communities
Target Group:	Secondary students from years 9-12, Young mothers aged up to 22 years, Peer Educators

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Name of PCP	South East PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity and Nutrition; and • Mental Health and Wellbeing (Neighbourhood Renewal)
Priority Goal:	To increase opportunity for participation in physical activity in the South Coast area
Target Group:	Socially isolated, disadvantaged people
Priority Goal:	To identify and address barriers to accessing healthy and affordable food in the South Coast area
Target Group:	Socially isolated, disadvantaged people
Priority Goal:	To promote mental wellbeing a social inclusion in the South Coast area
Target Group:	Socially isolated, disadvantaged people
WESTERN REGION	
Name of PCP	Brimbank-Melton PCP
Catchment Priorities	<ul style="list-style-type: none"> • Healthy Eating Food Security • Research and Development
Priority Goal:	To improve and strengthen the Brimbank Melton Primary Care Partnerships capacity to increase peoples

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	access to safe, affordable, and culturally appropriate nutritious food
Target Group:	Key implementation partners within the Brimbank Melton Primary Care Partnership catchment
Name of PCP	Moonee Valley Melbourne PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Food and Nutrition • Mental Health and Wellbeing
Priority Goal:	To improve the health and well-being of children, adults and older adults within the PCP catchment through increased participation in physical activity. (H2O for Moonee Valley Kids program with the Kids Go for Your Life, Go for your life, Walk for Well-being program, Well for Life initiatives)
Target Group:	Kids, Adults, Older Adults
Priority Goal:	To improve the health and well-being of women and children from newly arrived CALD communities
Target Group:	Women and children from newly arrived CALD communities
Priority Goal:	To improve the mental health well-being of high risk population groups in the cities of Moonee Valley and Melbourne
Target Group:	Young adults, member agencies, CALD communities

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Name of PCP Westbay PCP	
Catchment Priorities:	<ul style="list-style-type: none"> • Mental Wellbeing and Wellbeing (Social Inclusion) (Neighbourhood Renewal Heathdale?) • Physical activity and active communities • Access to nutritious food
Priority Goal:	To improve the capacity of member agencies (and other relevant stakeholders) to promote mental health and wellbeing in the WestBay Alliance catchment
Target Group:	Community
Priority Goal	To improve the capacity of member agencies (and other relevant stakeholders) to address and increase the health and fitness of culturally and linguistically diverse (CALD) older adults (50+) in the WestBay Alliance catchment
Target Group	Older adults and CALD
Priority Goal	To improve the capacity of member agencies (and other relevant stakeholders) to address access to nutritious food in the WestBay Alliance catchment
Target Group	Community
BARWON SOUTH WESTERN REGION	
Name of PCP Barwon PCP	

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Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity and Healthy Eating • Community Strengthening, Mental Health & Wellbeing
Priority Goal:	To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.
Target Group:	Community
Priority Goal:	To improve the mental health and wellbeing of the region by strengthening communities.
Target Group:	Community
Name of PCP	South West PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Support existing networks in developing stronger focus on state health promotion priorities • Respond to identified marginalised/disadvantaged groups eg. people with disabilities. • Increase level of collaboration and integration through planning, evidence based practice, information sharing. • Mental Wellbeing
Priority Goal:	To work together to strengthen the capacity of agencies to undertake planned integrated HP to consolidate efforts and resources and to reduce duplication.
Target Group:	Member agencies, HP reference group members

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Priority Goal:	Develop a framework based on specific age groups to encourage wider sector involvement and collaborative catchment planning
Target Group:	Member agencies, established local networks
Priority Goal:	To reorient SW agencies to be population focused and underpinned by the Social Model of Health and to address the broader determinants of health through HP planning that ensures access for all to HP activities
Target Group:	PCP member agencies, community, disability, youth, disadvantaged
Priority Goal:	To promote mental health literacy in South West Victoria
Target Group:	Children and families, youth, mid years, seniors
Name of PCP	Southern Grampians Glenelg PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical activity • Nutrition and oral health • Mental health
Priority Goal:	To increase the level of activity amongst those 'at risk' of chronic illness and those who are socio-economically disadvantaged
Target Group:	<p>Middle age males – 35-50 yrs</p> <p>Older adults - over 65 yrs</p> <p>Disadvantaged – including Koori</p>

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Priority Goal:	To increase the proportion of the community who are meeting recommended daily intake levels for fruit + vegetables To increase the proportion of parents of children under 5 years implementing effective oral health habits
Target Group:	Primary school children, disadvantaged – including Koori, Young children – under 5 yrs
Priority Goal:	To increase the number of workplaces with strategies to foster positive mental health of their employees To increase mental health literacy To assist in the prevention of family violence
Target Group:	Workplaces employing medium to high numbers of staff, including health, general community, women and children impacted by family violence
Name of PCP	
Central Hume	
Catchment Priorities:	<ul style="list-style-type: none"> • Family Violence • Social Connectedness
Priority Goal:	To reduce the number of individuals within the Wangaratta community who are socially isolated through increasing their levels of engagement with others and participation in social activities
Target Groups:	People with low socio-economic status, older people, women & people from culturally and linguistically diverse backgrounds
Priority Goal:	To increase the Mental Wellbeing and Social Connectedness of rural disadvantaged target groups within Benalla Rural City and Mansfield Shire (Healthy & Wise program, Rock & Water Pilot Program and Pastoral

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	Care Pilot Program)
Target Groups:	Rural disadvantaged
Priority Goal:	To create an environment which increases the social connectedness of people in the O&K catchment.
Target Groups:	Older People, Families, Socially isolated individuals and communities, People living with grief and loss issues.
Priority Goal:	To create a climate that increases family safety in settings where people live work and play
Target Groups:	Carers, Children, Families
Name of PCP	Upper Hume PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Food Security and Nutrition • Mental Health and Wellbeing
Priority Goal:	To increase the opportunity for people to participate in physical activity within the Upper Hume region by 2009
Target Group:	Public housing estate, disability, elderly, young people
Priority Goal:	To increase access to, and consumption of, healthy food across the Upper Hume region for disadvantaged groups and children by 2009
Target Group:	Disadvantaged groups and children

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Priority Goal:	To increase social inclusion and connectedness of those most at need in the community
Name of PCP	Lower Hume PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Mental Health and Wellbeing (Neighbourhood Renewal Seymour)
Priority Goal:	To enhance the mental health and well being of the Lower Hume Community through building the capacity of member agencies to deliver integrated health promotion programs
Target Group:	NOT YET SPECIFIED
Name of PCP	Goulburn Valley
Catchment Priorities:	<ul style="list-style-type: none"> • Healthy Weight • Mental Health and Well Being (Neighbourhood Renewal Parkside Estate and North Shepparton) • Reducing Alcohol, Tobacco and Other Drug Abuse • Population focus on Healthy Ageing
Priority Goal:	<p>Drought Recovery Support</p> <p>To provide support to member agencies and their partners who are delivering drought recovery programs to drought affected communities across the catchment</p>
Target Group:	<p>Member Agencies</p> <p>Front line staff of other Agencies in Moira & Shepparton</p>

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	<p>All GP's in Moira & Strathbogie</p> <p>Member Agencies in Strathbogie Shire Shepparton</p> <p>Member Agencies</p> <p>Front line staff of other agencies in all 3 shires</p>
Priority Goal:	Reducing the prevalence and incidence of Obesity
Target Group:	<p>Member agencies of GVPCP</p> <p>YDHS staff & Patients</p> <p>Agency Staff</p> <p>Staff of the member agencies of</p> <p>GVPCP School Canteen Managers, including the person responsible for organizing school food in smaller schools Local children, parents, schools.</p> <p>All staff engaged in planning and delivery of programs relating to obesity reduction.</p> <p>Local children, parents, schools</p> <p>All staff engaged in planning and delivery of programs relating to obesity reduction.</p> <p>Primary school aged children, and their parents in COGS Primary school aged children, and their parents, in the LGA's of Moira and Strathbogie</p> <p>Prim. aged children</p> <p>Early years & Families</p> <p>Local schools</p> <p>Residents of COGS</p>

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	Planners and Councillors at Moira Shire and Strathbogie Shire as well as other GVPCP member agencies.
Priority Goal:	Promote Accessible and Nutritious Food
Target Group:	Staff of the member agencies of GVPCP Families Staff & clients Mixed Population
Priority Goal:	To reduce social isolation in rural communities within the three shires
Target Group:	Member Agencies Consumers living in townships adjacent to the regional centres in GVPCP catchment Mixed Population Residents of COGS Consumers living in the neighbourhood renewal catchment of North Shepparton. Residents of COGS
Priority Goal:	Increase Service Provider awareness of Mental Health Issues
Target Group:	Staff of primary care service providers within the GVPCP catchment YDHS Staff Secondary school Communities Mixed population Front line staff who may deal with clients who may be suffering with a mental illness and/or mental health issues Staff engaged in planning and delivery of programs relating to mental health and mental illness prevention

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Priority Goal:	Improve mental health outcomes of homeless people
Target Group:	People who are homeless, or at risk of being homeless, from all age groups; who present to emergency departments of Goulburn Valley Health and where the project allows, other hospitals within the GVPCP catchment
Priority Goal:	Reduce the incidence of alcohol, tobacco and other drug abuse (Parkside Estate Neighbourhood Renewal & Quit)
Target Group:	<p>Staff of GVPCP member agencies Training by June 2007</p> <p>Members of GVPCP</p> <p>People living in the NR area of Parkside Estate</p> <p>General Practitioners</p> <p>Quit Educators</p> <p>GP Practice</p> <p>Managers and Practice Nurses</p> <p>Quit Educators</p> <p>Health Promotion Workers</p> <p>Community Health Nurses</p> <p>Any staff engaged in planning and delivery of community based health promotion/health education programs</p> <p>Staff engaged in planning and delivery of programs relating to reducing alcohol tobacco and other drug abuse</p>
Priority Goal:	Provide ongoing workforce development to Quit Educators in the GVPCP catchment

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Target Group:	QUIT educators Quit Educators from GVPCP member agencies
Priority Goal:	Improve the Physical, Nutritional and Mental wellbeing of the older adults in the Goulburn Valley
Target Group:	Groups of people with a high level of socio-economic disadvantage People at risk of malnutrition Older adults who are either socially isolated and/or do not have access to nutritious foods PCP Member agencies Community based agencies that do not have a falls prevention policy Newly trained fitness leaders who complete the Certificate III Fitness course and the Tai Chi for Diabetes course Existing fitness leaders will be encouraged to also join the Network. Relevant health professionals to complete the training. People at risk of developing Alzheimer's, such as older adults Members agencies and staff Service providers delivering services to the aged community
Primary Goal:	Improve health outcomes for residents of the Parkside Estate Neighbourhood Renewal site in North Shepparton
Target Group:	Residents of the Parkside Estate Neighbourhood Renewal site in North Shepparton
Primary Goal:	Increase agency capacity to improve consumer health outcomes and reduce healthy inequalities especially to the disadvantaged

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Target Group:	Staff members of GVPCP member agencies
GIPPSLAND REGION	
Name of PCP	East Gippsland
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Mental Health and Well-being
Priority Goal:	Strengthen opportunities for people living in East Gippsland to be physically active
Target Groups:	Indigenous, youth, young children, adults, aged, women, mental health clients, disability clients
Priority Goal:	Promote positive Mental Health & Wellbeing of people living in East Gippsland through focusing on the three determinants of mental health -access to economic resources, freedom from discrimination and violence and social inclusion
Target Groups:	Indigenous young people initial focus (2006/08) then for all young people (2008/2009)
Name of PCP	Central West Gippsland PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity & Active Communities • Healthy Eating & Food Access • Mental Health & Wellbeing (Neighbourhood Renewal Moe Heights, Morwell East, Traralgon East,

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	Churchill)
Priority Goal:	To build on the existing Active Communities Partnerships and further strengthen the capacity of current planning to address identified physical activity issues
Target Group:	Community
Priority Goal:	To create partnerships and structures for better communication and planning to address healthy eating & food access/security issues within our catchment (The Baby Friendly Health Initiative, Community Kitchens project)
Target Group:	Community
Priority Goal:	To strengthen networks to enable agencies to work collaboratively for a common vision of improving mental health and well being in the community
Target Group:	Community
Name of PCP	South Coast Health Services Consortium PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Access to Healthy and Affordable Food • Mental Health and Wellbeing
Priority Goal:	To increase opportunity for participation in physical activity in the South Coast area
Target Group:	PCP, agencies and Shire Councils

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Priority Goal:	To identify and address barriers to accessing healthy and affordable food in the South Coast area
Target Group:	Target groups will be identified through the process
Priority Goal:	To promote mental wellbeing a social inclusion in the South Coast area
Target Group:	Socially disadvantaged
Name of PCP	Wellington PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity and Active Communities • Healthy Eating and Nutrition • Mental Health and Well Being
Priority Goal:	To increase the capacity of agencies in the Wellington catchment to offer programs and opportunities for participation of Seniors in active recreation
Target Group:	Community
Priority Goal:	To improve communication and strengthen partnerships between schools, agencies and health professionals to better address healthy eating and food access issues in Wellington Schools
Target Group:	School aged children
Priority Goal:	To build the capacity of agencies to collaboratively plan a Wellington community approach to increasing awareness and knowledge of mental health and well being issues and their implications locally

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Target Goal:	Community
LODDON MALLEE REGION	
Name of PCP	Bendigo-Loddon PCP
Catchment Priorities	<ul style="list-style-type: none"> • Physical Activity & Active Communities • Promoting Mental Health and Wellbeing (Neighbourhood Renewal Park East Estate) • Sexual and Reproductive Health
Priority Goal:	To promote and facilitate increased participation in physical activity in the City of Greater Bendigo and the Loddon Shire with the aim of producing a health benefit
Target Group:	<p>PAC member agencies</p> <p>Active After-school Communities program</p> <p>Bendigo & District Division of General Practice</p> <p>Bendigo Community Health Services</p> <p>Bendigo Health</p> <p>City of Greater Bendigo</p> <p>Department for Victorian Communities (Loddon Mallee)</p> <p>Inglewood & Districts Health Service</p> <p>Loddon Shire</p>

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	<p>Mclvor Health and Community Services Sports Focus Vision Australia PAC member agencies Current ST providers/managers Community facility managers ST participants Whole of community Schools Local Government Planners, recreation officers & other relevant personnel Neighbourhood Renewal and Community Building Initiative Facilitators Older people at risk of isolation and those not participating in adequate physical activity for health benefits Community Dance instructors</p>
<p>Priority Goal:</p>	<p>To improve the mental health of people within the PCP catchment by focusing on the areas for action that impact on mental health: freedom from discrimination and violence; economic participation and social connectedness</p>
<p>Target Group:</p>	<p>Disadvantaged Women Bendigo Loddon population PCP member agencies Disadvantaged youth</p>

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	<p>Support Workers</p> <p>Community Artists</p> <p>Youth support sector across Arts</p> <p>Health Education and Welfare sectors</p> <p>Men (particularly those in rural locations and disadvantaged communities and service providers)</p>
Priority Goal:	To raise awareness of sexual and reproductive health amongst the community and build the capacity of service providers to respond to sexual health needs
Target Group:	<p>PCP member agencies</p> <p>16-29 years people</p> <p>Gay men</p> <p>Bendigo and District Division of General Practice</p>
Name of PCP	Campaspe Primary Care Partnership
Catchment Priorities:	<ul style="list-style-type: none"> • Physically active communities • Nutrition, and • Mental health and wellbeing
Priority Goal:	To increase participation in physical activity and improve access to nutritious food. (HALS funding, Falls Prevention, Kids 'Go for your life')
Target Groups:	General Community, Parents, Children, Isolated older adults; low SES, people with chronic diseases,

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	people with disabilities, Unemployed, Low SES
Priority Goal:	To increase mental wellbeing and social connectedness
Target Groups:	General and school community, young people, parents, teachers, schools, Drought affected communities, Indigenous Communities, young people aged between 12 – 19 years
Name of PCP	Central Victorian Health Alliance
Catchment Priorities:	<ul style="list-style-type: none"> • Food, Nutrition and Oral Health • Physical Activity • Mental Wellbeing and Social Connectedness
Priority Goal:	Promoting physical activity and active communities
Target Groups:	Community
Priority Goal:	Promoting accessible and nutritious food
Target Groups:	Community
Priority Goal:	<p>Promoting mental health and wellbeing</p> <p>a) To reduce the disadvantage of mental illness as it impacts on physical health with particular emphasis on smoking, physical activity and oral health in Mount Alexander</p> <p>b) To have a socially inclusive community in the Shires of Mount Alexander and Macedon Ranges Central Victorian Health Alliance Plan for Health and Wellbeing 2006–09 Introduction 19/12/2006 Central Victorian</p>

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	Health Alliance October 2006
Target Groups:	Community
Name of PCP	Southern Mallee PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Mental wellbeing and social connectedness
Priority Goal:	Strengthen the mental wellbeing and social connectedness of people living in the Southern Mallee
Target Group:	Community
Name of PCP	Northern Mallee PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Physical Activity • Mental Health
Priority Goal:	To enhance the mental wellbeing of people living in the Mildura Rural City council and Robinvale region
Target Group:	People living in the Mildura Rural City council and Robinvale region
Priority Goal:	To increase physical activity levels of people living in the Northern Mallee region who do not currently exercise for at least 30 minutes per day, most days of the week
Target Group:	Inactive males and females

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GRAMPIANS REGION	
Name of PCP	Grampians Pyrenees PCP
Catchment Priorities:	<ul style="list-style-type: none"> • Encouraging Healthy Eating • Increasing Physical Activity • Nurturing Social Connectedness
Priority Goal:	To increase the awareness and practice of eating food which is locally grown, prepared at home, safe, nutritious and eaten with friends
Target Group:	Community and most marginalised groups within the catchment
	To support and encourage people who do not readily engage with mainstream physical activity, such as sports, to find and partake in regular physical activity, which they enjoy
Target Group:	People with disabilities Marginalised groups Community members (catchment)
	To increase the understanding of social connectedness as a health issue and link agencies, people and communities together
Target Group:	Community members (catchment)

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Name of PCP	Central Highlands
Catchment Priorities:	<ul style="list-style-type: none"> • Food, Nutrition and Oral Health • Physical Activity • Mental Wellbeing and Social Connectedness (Neighbourhood Renewal – Delacombe and Wendouree West)
Priority Goal:	To identify the social, cultural and environmental factors affecting young people’s choices regarding weight management (Go for your life - FAD DIETS WON’T WORK 2005 – 2006)
Target Groups:	Young people & Families, Service providers
Priority Goal:	To implement the Smiles for Miles Program in Central Highlands Preschools to aid the prevention of oral disease among children 0 – 5 years. (SMILES FOR MILES PROGRAM (ECOHPH & Golden Plains Shire Seed Funding) 2006 – 2007)
Target Groups:	Preschools and preschool children and their families, Preschool aged children and their families. Preschool & Play group staff in Central Highlands region, Preschool Staff
Priority Goal:	Introduce new physical activity opportunities for older adults to provide both physical and social benefits required to maintain independent living. (“FOREVER ACTIVE PROGRAM” (Healthy & Active Living for Seniors, now Seniors Go for your life) – Active Living Grant 2006 – 2007)
Target Groups:	Older People, 40 +, Sporting clubs in 4 LGAs, Health and Sporting Professionals, Sporting facilities and providers
Priority Goal:	Support agencies and practitioners in the Central Highlands region to respond to drought issues in 2007 (DROUGHT INITIATIVES 2006 – 2007)

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Name of PCP	Wimmera PCP
Catchment Priorities:	<ul style="list-style-type: none"> Physical activity and active communities
Priority Goal:	To increase active participation and opportunities for physical activity for everybody throughout the communities within the WPCP catchment
Target Group:	Community