Setting the PACE

A systems approach to settings based health promotion at EACH Social & Community Health

Wednesday 29th August, 2012: 9am – 4pm
New Hope Baptist Church, 3 Springfield Road, Blackburn North, 3129

Promoting Health Creating Settings
The EACH Health Promotion Team, would like to invite you to a showcase of their work in environments such as schools, workplaces, community, and health service settings.

Keynote Speakers
Experts and specialists in health promotion settings research and practice, including:
- Dr. Andrew Noblet, Deakin University, Workplace Health Promotion and Occupational Health
- Prof. Lawry St. Leger, Health Promoting Schools
- Jen Murray, Health Improvement Manager, Toi Te Ora - Public Health Service, New Zealand

Workshops
An opportunity for open discussion about practitioner experiences in health promotion settings over the past 4 years. These settings include Healthy Communities; Health Promoting Health Services, Health Promoting Schools, and Health Promoting Workplaces. Through case study examples, the EACH Health Promotion Practitioners will explore themes such as partnerships, health champions, capacity building, working with needs assets, research and evaluation, and dissemination.

Who Should Attend
Anyone interested in bridging health promotion theory and practice to ensure workplaces, schools, health services, and communities are happier, healthier, and more productive environments.

The day will be of special interest to those working with the new Victorian Prevention Community Model; as well as health promotion practitioners, community development workers, and their managers, working in Community and Women’s Health services. The conference will showcase the work of the EACH Health Promotion team, and their partner organisations, utilising modern health promotion theory and best practice frameworks.

For Further Information Contact:
Meg Scolyer, CaLD Health Promotion Officer, EACH Social & Community Health,
Email: mscolyer@each.com.au
Ph: 9871 2608

Tickets ($50) & Registration Online at:
Desiree Terrill, Senior Workplace Health Promotion Offi cer

Desiree has a passion for upstream health promotion and has been working in the field for just over a decade. Following completion of a Bachelor of Applied Science (majoring in Health Promotion and Human Resource Management) at Deakin University, her health promotion experience commenced in General Practice, and Divisions of General Practice. Desiree joined the Health Promotion team at EACH Community Health in 2008 and has the portfolio of workplace health promotion. Desiree’s current role involves partnerships with small to medium size manufacturing businesses and supporting health and wellbeing of staff. In 2010, Desiree completed a Master of Public Health with a major in Public Health Research.

Maggie Palmer, Health Promotion Manager

Maggie has been the Health Promotion Manager at EACH since 2007, her Health Promotion career has spanned over two decades working across all of the health promotion settings education, health community, workplace and prisons both in Scotland and Australia. Her passion lies in working with others to build capacity to undertake quality Health Promotion Practice and evaluation. Maggie has played a key role in developing the settings approach to health promotion in the Outer Eastern regions of Melbourne, where she is a strong advocate for practitioner based health promotion research and evaluation.

Meg Scolyer, Senior CaLD Health Promotion Offi cer

Meg Scolyer joined the EACH Social & Community Health, Health Promotion team in January 2010 after returning to Melbourne from Queensland’s remote Cape York. Meg has held the CaLD portfolio since this time, which involves working with culturally and linguistically diverse communities across the scope of health promotion action. Meg has a background in health promotion and community development; which have both contributed to her keen interest in values based approaches to health promotion. Meg is currently completing her Master of Health Promotion.

Maria Nicolaou, Senior Health Promotion Offi cer

Maria has been enjoying her work in the Health Promotion for the past eight years. To date her work has predominantly focused on evaluation and projects concerning women’s health, disabilities, and CaLD communities.

Maggie Noblet, Health Promotion Manager

Maggie has been the Health Promotion Manager at EACH since 2007, her Health Promotion career has spanned over two decades working across all of the health promotion settings education, health community, workplace and prisons both in Scotland and Australia. Her passion lies in working with others to build capacity to undertake quality Health Promotion Practice and evaluation. Maggie has played a key role in developing the settings approach to health promotion in the Outer Eastern regions of Melbourne, where she is a strong advocate for practitioner based health promotion research and evaluation.

Liz Senior, Senior Health Promoting Schools Offi cer

Elizabeth Senior is a Health Promotion Offi cer with EACH Social and Community Health Centre, Victoria, Australia. She works with local schools using the Health Promoting Schools framework. She has thirty years experience in the health and welfare fi eld. She has a Diploma in Dental Therapy, a Social Work degree, a Grad Dip in Health Promotion and a Masters of Public Health.

Keynote Speaker 2 – ‘The Role of Workplace Health Promotion in Addressing Job Stress’

Dr Andrew Noblet is an Associate Professor in Organisational Behaviour at Deakin Graduate School of Business (Deakin University).

Andrew’s research interests are in the areas of occupational stress, organisational fairness, leader-member relationships, employee performance and workplace health promotion. The results of his work have been published in numerous peer-reviewed journals including Work & Stress, International Journal of Human Resource Management, Journal of Public Administration Research & Theory, and Health Promotion International. In addition to his scholarly research, Andrew provides advisory services to private and public-sector organisations and regularly undertakes employee needs assessments, leadership training and other organisational development initiatives.

Keynote Speaker 3 – ‘The Successes and Challenges for School Health’

Professor Lawry St.Leger, Health Promoting Schools

Lawry St.Leger began his working life as a teacher in rural and urban schools in Victoria. He was Offi cer in Charge of the Health and Human Relationships unit in the Ministry of Education and then was appointed Deputy Manager of Health Promotion in the Health Department. Lawry then joined Deakin University to teach and research health promotion. He was appointed Head of the School of Nutrition and Public Health and held the position of Dean of the Faculty of Health and Behavioural Sciences for 7 years.

In the last 9 years Lawry has led international teams examining the evidence of effectiveness of school health initiatives. Two major documents have emerged from this work: Guidelines for Promoting Health in Schools, which is in 10 languages, and Promoting Health in Schools – from evidence to action. He was also the lead author on the World Health Organisation guidelines for school health. Lawry has also evaluated many community-based initiatives and published widely on school health and community based programs.

He has worked for the World Health Organisation in Cambodia, Mongolia and the Western Pacific region and has advised health and education ministries in Australian states, New Zealand, Canada, Hong Kong, and Singapore.
## WORKSHOPS - ENABLING HEALTHY ENVIRONMENTS
Hosted by the EACH Health Promotion Team

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<td>1</td>
<td>Health Improvement at Toi Te Ora</td>
<td>Jen Murray, Health Improvement Manager, Toi Te Ora - Public Health Service, New Zealand</td>
<td>The Health Improvement Team, at Toi Te Ora - Public Health Service, New Zealand; work within education, workplace and community settings. This presentation will detail the development and management of multiple health improvement programmes including Toi Te Ora’s Health Promoting Schools Accreditation Scheme and WorkWell Programme.</td>
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| 2 | Working towards becoming a Health Promoting Health Service                                             | Maggie Palmer, EACH Health Promotion Manager                                    | This presentation will provide an overview of the work undertaken internally at EACH, as we work towards becoming a Health Promoting Health Service. This will include a discussion on projects such as:  
  - The Health Promotion Champions project  
  - The Smoke Free site pilot  
  - The Stress in the Workplace project |
| 3 | Lessons Learned from a Health Promoting Workplace Partnership                                         | Mr Steve Boothman, Occupational Health and Safety Officer, Dowell & Mrs Desiree Terrill, Senior Workplace Health Promotion Officer, EACH | This presentation will explore an innovative partnership between EACH, blue collar industry, and University researchers, to optimise workplace wellness. The partnership involves engagement, capacity building, and collaboration with targeted businesses in high needs areas aimed at improving health and reducing inequality. The EACH health promoting workplace portfolio draws on evidence based research using a multipronged approach. The methods used to increase participation in employee health and wellbeing programs, and associated links to wellbeing and increasing workplace productivity will be explored through case study examples. This methodology drives not only behavioural change for employees, but also focuses on an integrated systems approach by supporting the physical, social and organisational environment. Learning’s from this innovative application can assist practitioners in identifying the key steps to enhance the design and delivery of tailored interventions in the workplace. |
| 4 | How to become a Health Promoting School                                                                | Ms Kerrie Peake, Assistant Principal, Bayswater Nth Primary School & Ms Liz Senior, EACH Health Promotion Officer, based at Bayswater Nth Primary School. | This presentation will explore the practicalities of implementing the Health Promoting Schools Model. Topics covered will include: how to ‘get into’ a school, run an audit, set up a committee and get going. There will also be discussion in regards to utilizing programs such as Restorative Practices, KidsMatters and Tribes. This forum will be run by the assistant principal from Bayswater Nth Primary School and a health promotion officer from EACH who has worked with the school for the last four years. |
| 5 | Healthy CaLD Communities                                                                                | Meg Scolyer & Maria Nicolaou, EACH Health Promotion Team                        | This presentation will provide a reflection on the use of modern health promotion values and processes in enabling the health and wellbeing of culturally and linguistically diverse communities in the Eastern Metropolitan Region. Discussion topics will provide detail on:  
  - Research into the pregnancy and post birth experience of women from refugee backgrounds living in the Outer East of Melbourne  
  - A whole of EACH CaLD working group aiming to increase access to EACH services for CaLD communities  
  - Leading an immunisation advocacy strategy  
  - Building and formalising a partnership with the local English Language school to implement a Health Promoting Schools approach  
  - Working with regional partners to facilitate personal skills development and the creation of supportive environments for health. |
### PROGRAM

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<tr>
<td>9.30am</td>
<td>Welcome to Country</td>
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<td>9.40am</td>
<td>Opening address by the EACH Social &amp; Community Health CEO, Peter Ruzyla</td>
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<td>10am</td>
<td>Jen Murray – ‘Health Promoting Schools and Workplaces...Theory to Practice in NZ’</td>
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<td>10.30am</td>
<td>Morning tea</td>
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<td>11am</td>
<td>Dr. Andrew Noblet – ‘The Role of Workplace Health Promotion in Addressing Job Stress’</td>
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<td>11.30am</td>
<td>Prof. Lawry St.Leger – ‘The Successes and Challenges for School Health’</td>
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<td>12 noon</td>
<td>Panel Discussion with Keynote Speakers</td>
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<td>EACH Health Promotion Team – ‘Enabling Healthy Environments’</td>
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