



Events on Time

enhancing health together

Friday 8th January | 2010

Lighten Up to a Healthy Lifestyle

A Queensland Health Initiative

The 'Lighten Up' program is now taking referrals for its three upcoming programs that are commencing in February.

'Lighten Up' is a group-based healthy lifestyle program for adults who want to improve their health. The program is run by trained professionals and includes individual screenings and six workshops covering:

- Physical activity
- Making better food choices
- Reading food labels
- Stress management and maintaining weight loss

It is an evidence-based program shown to achieve a significant and substantial increase in physical activity and healthy eating as well as an achievement of modest weight loss in many participants at the end of the two-month program.

The program is provided free of charge by South East Primary Healthcare Network (SPHN) and Queensland Health (QH).

A comprehensive workbook is available at a cost of \$11.00.

Lighten Up Program Dates

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| Beenleigh | Every Monday from 8 th February until 22 nd March 2010.
Beenleigh Library, Crete St, Beenleigh.
Time: 2:00 – 4:00PM |
| Browns Plains | Every Tuesday from 1 st February until 16 th March 2010.
Logan West Community Centre, 2 Wineglass Drive, Hillcrest.
Time: 1:00 – 3:00PM |
| Jimboomba | Dates yet to be confirmed with program commencing in early February. |

If you have a patient that you would like to refer to one of these programs please contact Erin Lumby (Healthy Lifestyles Coordinator) at South East Primary Healthcare Network on 3290 3733 or elumby@sphn.org.au

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SPHN Events Coming Up...

Perinatal Meet and Greet Expression of Interest

The National Perinatal Depression Initiative aims to improve the prevention and early detection of antenatal and postnatal depression, and to provide better care, support and treatment for expectant and new mothers experiencing Perinatal Depression.

Logan Hospital is working with SPHN, and will provide a guest speaker for the meeting – so be quick to register your interest as seats are limited. Please complete the form on the last page and fax back to Kristie Milloy at SouthEast Primary HealthCare Network on 3290 3144 or for further information please call 3290 3733.

Practical Education for Nurses

During 2010, SPHN will be providing short, sharp, one hour education events for practice nurses, which you will be able to attend on your way to or from work.

These events will be commencing on Tuesday February 16, 7-8am, for continental breakfast, or Wednesday February 17, 5:30 – 6:30pm, for a light meal, and will continue on a monthly basis until November 2010. February's sessions will be held at the SPHN office, 91 Wembley Rd, Logan Central.

Topics for the first 3 months will be

- Asthma Devices and Techniques – Tuesday 16th February for continental breakfast at 7am or Wednesday 17th February at 5:30pm for a light meal
- Diabetes – Tuesday 16th March for continental breakfast at 7am or Wednesday 17th March at 5:30pm for a light meal
- Asthma / COPD Action Plans and Self Management – Tuesday 20th April for continental breakfast at 7am or Wednesday 21st April at 5:30pm for a light meal.

Please fax back your acceptance for your preferred February session on the response form at the back of this bulletin. Registrations will be taken on a monthly basis. For further details please contact Bralma Hine at SPHN on 3290 3733.

Optimal Health Diabetes Top Up Program Have you signed up to participate in the Top Up Program?

It's easy! Send in your resume, professional registration & professional indemnity and public liability insurance details to Sarah Gruber, Dietitian at SPHN. Sign a service agreement with SPHN, Provide Type 2 Diabetic Patients with an extra 5 consultations and Bill SPHN for consultations provided under Diabetes Top Up Program & receive \$60 per consultation.

For further information, please contact Sarah Gruber at SPHN on 3290 3733.



Conferences & Workshops...

Mater Mothers' Hospital GP Maternity Shared Care Alignment Program

Date: Tuesday 23rd February 2010 – Part 1 & Tuesday 2nd March 2010 – Part 2
Venue: Conference Room, Level 1, Mater Medical Centre, 293 Vulture Street, South Brisbane

For further information, please contact GP Liaison Midwife on 0466 205 710 or email GPLiaisonMidwife@mater.org.au

Journey of Self Discovery

Date: Every Tuesday from 2nd February to 9th March 2010 from 9.30am – 11.30am
Venue: Kingston East Neighbourhood Group, 177 Meakin Road, Slacks Creek

A Personal Development Course building on Self Esteem, Assertiveness and Communication for Parents and Children aged infancy to 12 years.

For further information on these events, please contact Kingston East Neighbourhood on 3808 1684.

Sing and Grow

Date: Thursday 21st – Friday 22nd January 2010 from 10am – 11am
Venue: Kingston East Neighbourhood Group, 177 Meakin Road, Slacks Creek

Learning and growing through singing, music and movement. Bring your children from infancy to 3 years and have some fun!

For further information on these events, please contact Kingston East Neighbourhood on 3808 1684.

Drop in Fridays for Cuppa and Tai Chi

Date: every Friday from 11.30am – 12.30pm
Venue: The Hub, Kingston East Neighbourhood Group, 177 Meakin Road, Slacks Creek

The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyle and improve health. Please bring a mat or towel. Free childcare will be provided, so please phone early!

For further information on these events, please contact Kingston East Neighbourhood on 3808 1684.



Tick boxes of Special Events that you would like to attend...

Lighten Up to a Health Lifestyle

Please contact Erin Lumby at SPHN on 3290 3733.

Perinatal Meet and Greet

Please contact Kristie Milloy at SPHN on 3290 3733.

Practical Education for Nurses

Please contact Bralma Hine at SPHN on 3290 3733.

Optimal Health Diabetes Top Up Program

Please contact Sarah Gruber at SPHN on 3290 3733.

Registration Form for Special Events

Name:

Practice/Organisation:

Position Held:

Work Address:

Postcode:

Telephone:

Email:

Attending event:

*RSVP by fax to 3290 3144

Special dietary requirements:

