

Frequently Asked Questions

▶ 1. What are Primary Care Partnerships (PCPs)?

Primary Care Partnerships (PCPs) are voluntary alliances of health and community services, local governments and community organisations working together to improve the long-term health and wellbeing of their local community.

Together they identify and respond to community health and wellbeing needs by engaging and working with community groups.

▶ 2. What does the Central Hume PCP do?

The Central Hume partnership improves the health and wellbeing of people in its communities, with a strong focus on preventing health issues. It does this by:

- Supporting health and community services to work together on the same priorities. The PCP gets the right people together on a common agenda, pools their expertise and resources, including funding, to reach more people;
- Co-ordinating programs that connect people with health and community groups in their local communities;
- Empowering people in Central Hume communities to shape how the PCP delivers on government policy, considering local and rural limitations and opportunities.

▶ 3. What are the Central Hume PCP's priorities?

Central Hume has four priorities:

1. Prevention of chronic disease – healthy eating and active living
2. Prevention of family violence – healthy relationships
3. Systems integration – addressing social determinants of health for wellbeing outcomes
4. Effective and sustainable partnerships

▶ 4. What is the PCP approach?

PCPs use a 'placed-based' and 'collective impact' approach in order to address complex health and wellbeing issues. A 'place-based' approach means we work with organisations within a defined community, such as schools and neighbourhood houses, to give local people input into, and access to, the health



and wellbeing services they need. This enables the right people and networks to collaboratively work on common, hard-to-address issue(s): having a shared vision and common agenda, pooling expertise and resources and collectively monitoring progress over a longer time-frame.

▶ **5. How and where does the Central Hume PCP operate?**

Central Hume PCP covers the Local Government Areas (LGAs) of Alpine, Benalla, Mansfield and Wangaratta. Seventeen health and community service organisations in these municipalities are members. This includes hospitals, youth and aged care organisations, education and mental health services.

The partnership is managed through the Executive Committee, made up of eight representatives of the member organisations.

▶ **6. How is the Central Hume PCP funded?**

Core funding for the Central Hume PCP comes from the Department of Health and Human Services (DHHS). Additional project funding may come from Federal, State or Local Government or through philanthropic funds.

▶ **7. How long has the Central Hume Primary Care Partnership operated?**

PCPs were founded in Victoria in 2000. The Central Hume PCP has operated since then.

▶ **8. Why haven't I heard much about PCPs?**

PCPs are not service providers. They do not commission services and are not government-led planning bodies. Instead, they work with all these to co-ordinate and deliver health prevention and early intervention activities collaboratively.

PCPs operate behind the scenes and often play a facilitator role in projects.

▶ **9. How important is it for health and service organisations to work together across the region?**

In small towns and regional centres, the health and wellbeing services people require are not all typically available within their town. They rely on health and community service organisations to be strongly connected so they get the most from services.

Working collaboratively reduces the isolation that individuals in regional communities experience and the isolation of the services trying to support them.

Without the Central Hume PCP, many of these service organisations would work alone, losing the benefits of extended networks and collaboration, reducing the impact of their resources and potentially duplicating services.



▶ 10. What sort of health issues does Central Hume PCP get involved in?

Our priority population groups include:

- Older people, families with young children, Aboriginal and Torres Strait Islanders, women and children facing violence.
- People living with chronic disease or with multiple and complex health needs.
- We support services that respond to community-wide health concerns that may stem from mental health or other factors such as isolation, homelessness or low socio-economic status.

▶ 11. Examples of recent projects the PCP has led, include:

- i. Pharmacies Project** - diabetes, heart disease and respiratory conditions are highly prevalent in Central Hume. Pharmacies are often the first point of call for clients and are used as a free consultation service. This project supported pharmacists with information on local support groups, such as diabetes support groups, that they could recommend to their clients. This improved clients' connections in their local communities to self-manage their disease and their confidence in doing so.

DOWNLOAD: [Central Hume Pharmacy Project](#)

- ii. Benalla Aboriginal & Torres Strait Islander Suicide Prevention Project** - every day in Australia at least six Australians will die from suicide and a further 30 people will attempt to take their own life. Indigenous Australians experience an overall rate of suicide that is double that of non-Indigenous Australians, with young Aboriginal people being at the highest risk. Murray Primary Health Network funded Central Hume Primary Care Partnership to develop and implement community based interventions and strengthening activities which support suicide prevention through community consultation.

DOWNLOAD: [Benalla Aboriginal & Torres Strait Islander Suicide Prevention Project](#)

- iii. Rural Women's Health Needs** - the aim of this project was to determine the health and service needs of women living in the Benalla LGA. Three objectives were established:

- To leverage local relationships with health and community organisations in the Benalla LGA to maximise knowledge of the service system and engagement strategies;
- To engage with a broad range of women in the Benalla LGA using a place-based approach to identify specific self-reported health needs and the potential service models to meet these needs;



- To propose place-based (service model) solutions that will address the identified health needs of the rural women in the Benalla LGA.

DOWNLOAD: [Rural Women's Health Needs Project](#)

▶ 12. Examples of recent projects Central Hume PCP has supported through its LGA Health and Wellbeing Partnerships

1. **Alpine Active Living Mapping** - National, State, Hume region and Alpine Shire data highlight that populations may not be meeting Australia's physical activity and sedentary behaviour guidelines. This can contribute to poor health and can have negative economic impacts on communities and Australia's healthcare system. This project worked with the community to determine opportunities and barriers that exist, and in turn, influence rates of physical activity in the shire. Based on the information gathered, this report provides recommendations that aim to benefit the health of communities within the Alpine Shire.

DOWNLOAD: [Active Alpine Poster](#)

2. **Project Scope Out: Youth Space Feasibility Study** - to research the possibility and feasibility of a youth space being developed in Benalla. This project involved a youth led approach, with young people researching, exploring and investigating possible locations in Benalla, creating a realistic budget and also exploring youth spaces to gain an understanding for themselves about what having a youth space could involve.

DOWNLOAD: [Project Scope Out Poster](#)

3. **Youth Mental Health** - In 2016 young people aged 12-25, parents and services in Mansfield were consulted to inform the development of a youth strategy. Mental health was clearly identified as a significant issue of concern. The over-arching objective of this project was to develop a community wide strategy to address youth mental health issues in Mansfield.

DOWNLOAD: [Youth Mental Health Poster](#)

4. **Respect and Equity Sporting Club Policy** - Sporting clubs have often been described as the 'heart and soul' of rural communities and can play a key role in shaping positive community attitudes and behaviour. By promoting equality and removing gendered practices, clubs can address the underlying drivers of violence against women and challenge the attitudes and cultures that support violence against women. This project engaged sporting clubs within the Wangaratta and district community in a conversation and action regarding gender equity.

DOWNLOAD: [Respect and Equity Sporting Club Policy](#)

