



## Wimmera Primary Care Partnership

### Wimmera Primary Care Partnership Member Agencies

- Access for all Abilities 
- Benetas 
- Community Axis 
- Dunmunkle Health Services 
- Edenhope & District Memorial Hospital 
- Goolum Goolum Aboriginal Co-operative 
- E.W. TIPPING FOUNDATION 
- Grampians Community Health Centre 
- Harrow Bush Nursing Centre 
- Hindmarsh Shire Council 
- Hopetoun & District Neighbourhood House 
- Horsham Rural City Council 
- Horsham Regional Arts Association 
- Karkana Support Services 
- Murtoa & District Neighbourhood House (SLAAM) 
- Rural Northwest Health 
- Salvation Army Family Services 
- University of Ballarat 
- West Vic Division of General Practice 
- West Wimmera Health Service 
- West Wimmera Shire Council 
- Wimmera Health Care Group 

## CONTINUING PROFESSIONAL DEVELOPMENT FOR ALLIED HEALTH

**Wednesday 25th March 2009**

11.30am to 12.30pm - **Motivational Interviewing in Chronic Disease Management**

1.15pm to 2.15pm - **Supporting Self Management: Common Models and Approaches**

Presenter: Assoc. Prof Adrian Schoo - Director Workforce Development and Deputy Director and Head of the Department Workforce Program for Greater Green Triangle University Department of Rural Health.

Grampians Community Health Centre  
25 David Street, Horsham

For more information contact Donna Bridge on 5362 1221 or email [donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

Register online at [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org)

**Thursday 9th April 2009**

11am to 12noon - **Population Health in Victoria - Health Inequalities.**

To be held Via Video Conference at  
Grampians Community Health Centre  
25 David Street, Horsham

Presenter: Assoc. Prof Adrian Schoo - Director Workforce Development and Deputy Director and Head of the Department Workforce Program for Greater Green Triangle University Department of Rural Health.

For more information contact Donna Bridge on 5362 1221 or email [donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

Wimmera Hearing Society



Wimmera HUB



Wimmera Regional Sports Assembly



Wimmera Southern Mallee LLEN



Wimmera Uniting Care



Wimmera Volunteers



Women's Health Grampians



Woomelang District Bush Nursing Centre



Yarriambiack Shire Council



YMCA, Horsham Aquatic Centre



## MENTAL HEALTH FIRST AID COURSE

This course is available again on the **16th and 23rd of January 2009** from 9am to 4pm - HUB Amenities Room

This course covers helping adults in mental health crisis situations and/or in the early stages of mental health problems.

Crisis situations covered are:

- Suicidal behaviours.
- Acute stress reaction.
- Panic attacks.
- Acute psychotic behaviour.

Mental Health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

To register please call HUB on 5381 0144 or email [scc@hub.org.au](mailto:scc@hub.org.au)

## THE MANAGEMENT OF SECONDARY LYMPHOEDEMA FOR HEALTH PROFESSIONALS

Presented by Ballarat & District Division of General Practice and Grampians Integrated Cancer Services (GICS).

The Facilitators are Dr Paul Hemming, GP, Sturt St West General Practice and Kay Johns, Lymphoedema Practitioner

This workshop will utilise interactive case studies to assist participants to:

- Be aware of the incidence of secondary lymphoedema in Australia.
- Understand the risk factors associated with secondary lymphoedema.
- Identify prevention and treatment strategies for secondary lymphoedema.
- Be aware of clinical guides and other resources that can assist with the early identification and management of secondary lymphoedema.

**Saturday 28th February 2009 from 10am to 12pm**

The Ansonia - 32 Lydiard Street South, Ballarat

For more information or to register for this event please contact Michelle MacGillivray or Belinda Schaefer on 5331 6303 or email [contact@bddgp.org.au](mailto:contact@bddgp.org.au)

## PREMIER'S ACTIVE FAMILIES CHALLENGE

The Premier's Active Families Challenge is now set for 8th March to 19th April 2009 and you are invited to take part.

So come on, take the Challenge this year. It's easy - you don't have to be active every single day to complete the Challenge, you just need to complete **30 minutes of physical activity for 30 days between the 8th of March and the 19th of April.**

For more information including registration details please visit [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## BE INSPIRED BY MARIETTA

Marietta Mehanni will be delivering the Aqua course, assessment and also a land based training day (Gym Stick Programming) on the **23rd of April 2009 from 9am to 2pm.**

### Choreography:

- What are the basic moves and how are they determined.
- How to layer basic moves to create more interesting moves.
- How to breakdown a move to be able to teach it simply.
- Different techniques to build learning curves.
- How does a participant learn and what determines a positive outcome.

This will be very practical and some of the notes will be similar to last time, but this time it will be gone through with more detail.

Gym stick—2 options, land or aqua (3 hours each) from 2.30/3pm to 5.30/6pm.

Land option - Gym stick Muscle class, which is based on muscle conditioning and formatting exercises into groups called Trios.

- Class - 1 hour.
- Basics of Gym stick training.
- How to develop a Gym stick Muscle class.
- Instructors design their own workout appropriate for their cliental group.
- This session would also be appropriate for Personal trainings or Gym instructors.

Gymstick Muscle is a simple but extremely effective muscle conditioning class. The Muscle Class consists of trios of movements where trios always concentrate on a certain muscle group at a time. All muscle trios can start with combination movements and end with isolating movements or vice versa.

Gymstick Muscle is designed for people requiring an effective muscle strengthening workout without any particular choreography.

For more information please call Lisa Cosson on 5381 1756 or email [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

## PRIMARY HEALTH WEEKLY BULLETIN - 28 DECEMBER

The latest edition of the Primary Health Weekly Bulletin is now available at: [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/\\_nocache?serc=email&id=28/12/08](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?serc=email&id=28/12/08)

### In this edition:

- Final PCP report released - 'Partnerships for effective integrated health promotion'.
- How can integrated health promotion prevent falls?
- New website for the Office of the Community Sector.
- Human services directory training.
- Completion of the Victorian statewide referral form and specialist templates project.
- How to get the latest information on physical activity research and events.
- Workforce innovation grant program - expressions of interests.

## NORTHFEST

**A celebration of family and community.**  
North Foundry Gardens - Palm Avenue Horsham

**Saturday 17th January 2009 from 4pm to 8pm**

Free Entry  
Family Fun Activities throughout the day.  
BBQ & Drinks all day.  
Street Surfer Youth Bus on Display with Activities all day.  
Jumping Castle all day.  
Live Music from Cadillax, 1999's, White Trash Candy and Benchwarmers throughout the day  
CFA Fire Truck Display all day.  
Competitions throughout the day.  
Clowns, face painting and games throughout the day.  
Prize Giveaways throughout the day.

For more information contact the Horsham Community Action Centre on 5381 2077.

## PERSONAL CARE ATTENDANTS AND PALLIATIVE CARE

Presented by the Grampians Regional Palliative Care Team

Topics will include: End of life care, Nutrition and hydration in the last days and Bereavement.

**Wednesday 26th February 2009 from 10am to 3pm**

Lecture Theatre, Education Resource Centre - Ballarat Health Services

Drummond Street, Ballarat - Light lunch provided

Cost: Grampians Region \$70, Other \$120

RSVP and further information to Bernadette Matthews on 5320 3553  
or email [bernadettem@bhs.org.au](mailto:bernadettem@bhs.org.au)

## MEDICARE TEEN & CHRONIC DISEASE DENTAL SCHEMES

On 1 July 2008, the Australian Government introduced the **Medicare Teen Dental Plan** to help with the cost of an annual preventative dental check. The program aims to make it more affordable for families to keep their teenager's teeth in good health.

Under the **Medicare Chronic Disease Dental Scheme**, Medicare benefits are available for most services provided by a dentist, dental specialist or dental prosthetist in private dental surgeries.

To be eligible, the patient must have a chronic medical condition and complex care needs and their oral health must be impacting on, or likely to impact on, their general health.

For more information on either of these schemes please call Medicare Australia on 132 150 or visit [www.health.gov.au/dental](http://www.health.gov.au/dental)

## YOUTH BUS PILOT PROJECT

Wimmera community continues it's HOPES for a Mobile Youth Centre.

Sunshine Street Surfer Youth Bus will be visiting the Wimmera between 15th and 17th of January 2009. Running programs in Warracknabeal, Hopetoun, Rainbow and Horsham areas as part of the Youth Bus Pilot Project. This is the second phase of the Youth Pilot Project; with the success of "The Youth Bus" launch at the Career's Expo held at the Wimmera Machinery Field Days site earlier this year.

Over the three days the Sunshine Street Surfer Youth Bus will showcase the benefits rural communities can experience through the various activities that can be provided by a mobile youth centre.

The bus will be at the following venues:

- Warracknabeal Swimming Pool - **Thursday 15th January** from 11am to 1pm (free BBQ).
- Hopetoun Swimming Pool - **Thursday 15th January** from 4pm to 6pm (free BBQ).
- Rainbow Swimming Pool - **Friday 16th January** from 11am to 1pm (free BBQ).
- Horsham North Fest - **Saturday 17th January** from 4pm to 8pm (at the North Foundry Gardens).

The youth bus is effectively a mobile youth centre which enables youth workers, police, health workers and community based organisations to visit locations across the local government areas. The Youth Bus Program introduces communities to the numerous services and recreational opportunities that are available in their local councils areas. Buses are fitted out with gaming equipment, TV/DVD player, CD player, kitchen facilities, sporting equipment, BBQ and more.

The Bus Pilot Program aims to:

- Involve the community in the development of the youth bus project in seeking feedback.
- Improve the availability of services throughout the regional areas and creating opportunities for community engagement to deliver a range of programs, health services and physical based activities within rural and remote areas encouraging community participation.
- Promote self development, fun and leadership, a focus on respect and responsibility and health education.

A number of community health and community organisations are involved in the Pilot Project - Wimmera Primary Care Partnership, Grampians Community Health Centre, Nexus Youth Centre, Wimmera Uniting Care - School Focused Youth Program, Wimmera Regional Sports Assembly, Victoria Police, Yarriambiack and Hindmarsh Shires.

For further information please contact Launa Schilling on 5362 1200.

### HORSHAM TRIATHLON - CORPORATE CUP

Sunday January 25th 2009

Name teams of your employees to compete in the 2009 triathlon with other local businesses for the TriHorsham Corporate Cup.

For more information visit [www.trihorsham.com.au](http://www.trihorsham.com.au) or call Gary Howden on 0419 811 611.

## 'MOTIVATION FOR LIFE' from LISA

### GOODWILL THAT CAN RETURN TO YOU

This quote can be read in a few ways, and all of them are worth thinking about.

First, complimenting and encouraging others is one of the easiest and most powerful ways to be a positive force in someone's life. As long as you're sincere, repeating that encouragement as often as possible can have effects that far outweigh the effort. Countless people have exceeded their own expectations just because others believed in them.

Second, giving positive feedback works even better if done publicly. Take those kind words and repeat them until everyone knows the great things that this person is doing.

Third, we've all had kindnesses bestowed on us in word and deed. In return for that favour, it's up to us to repeat that generosity for someone else's benefit.

However you read this quote, the point is that there's a kindness out there to be performed. And you're just the person to do it!!

Lisa Cosson - Westvic Division of General Practice  
Phone: 5381 1756 Mobile: 0418 106 439, Email: [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

### Wimmera PCP Diary Dates

February

12th	12.30pm	HP Network Meeting
18th	1pm	Chronic Disease Reference Group Meeting

For further important dates please visit our website at [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

The Wimmera Primary Care Partnership newsletter is compiled from information from organisations and partner agencies who provide details of upcoming events. Information is received and published in good faith and although every effort is made to only publish current information, we cannot however control cancellations or change of workshop dates, or accuracy of information provided to us. If you need further details about any of the information included in this newsletter, please contact the people individually listed in that information.

If you would like to input and feedback on this newsletter; have suggestions for future editions; or you would like to subscribe or unsubscribe please contact Kellie on 5362 1222 or email [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

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