



Access for all Abilities



Benetas



Community Axis



Dunmunkle Health  
Services



Edenhope & District  
Memorial Hospital



Goolum Goolum Aboriginal  
Co-op



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



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



## PRIZE WINNERS AT THE FIELD DAYS

As part of the "Good Health...It's Not Scary" promotion at the Wimmera Machinery Field Days, the following attendee's won prizes after fulfilling the requirements of visiting the participating 'Good Health...It's Not Scary' agencies.

The winners are:

\$50 fuel prize x 4 (donated by Commonwealth Carers Respite - BHS).

- Hannah Marshman from Beulah.
- Tania Wieclaw from Carrum Downs.

Accommodation at Como Villa in Halls Gap and a \$50 Fuel Voucher (donated by Commonwealth Carers Respite - BHS).

- Sarah Nash from Serviceton.
- E Lesurf from Beaufort area.

Book Packages (donated by Wimmera Regional Library Corporation)

- Lachlan Punched from St Helens Plains.
- Jack Collins from Dimboola.
- Stephen Virson from Horsham.

Family of 5 swimm pass to the Horsham Aquatic Centre (donated by YMCA).

- Roslyn Ball from Horsham.
- Delaney Wills from Horsham.

CONGRATULATIONS TO ALL WINNERS!

## HORSHAM LIBRARY CELEBRATES HARMONY & DIVERSITY DAY

Lunch in the Library - **Friday 20th March at 12.30pm**

Please book for catering purposes on 5382 5707 or email  
Horsham.library@wrlc.org.au by 18th March.

Gold coin donation.

## SECOND ROUND OF WOMEN'S HEALTH GRAMPIANS FOCUS GROUPS

The second round of Women's Health Grampians focus groups will be held on the 19th and 20th March 2009.

Thursday 19th March	West Wimmera Health Service - 2 Swinbourne Ave <b>Rainbow</b>	10am to 12pm
Thursday 19th March	Dunmunkle Health Services - 23 Church Street <b>Minyip</b>	2.30pm to 4.30pm
Friday 20th March	West Wimmera Health Service - 9 Farmer Street <b>Kaniva</b>	10am to 12pm
Friday 20th March	Grampians Community Health Centre - 25 David Street <b>Horsham</b>	2.30pm to 4.30pm

Any questions please contact Kim Boyd on 5322 4100 or email [kim@whg.org.au](mailto:kim@whg.org.au)

## RESPONDING TO SELF HARM IN SCHOOLS

**2 day workshop - 25th & 26th March 2009**

Deliberate self-harm is prevalent among young people and evidence exists to suggest that rates are increasing. With this in mind, it is important that schools know how they can minimise the risk of self harm and suicidal behaviour.

This workshop is aimed at promoting understanding, skills and confidence in responding to young people who are self harming, and to support schools in developing guidelines of how to respond to the needs of students, families and the entire school community.

The training will focus on:

- Recognition and assessment of risk.
- Management planning.
- Crisis intervention.
- Responding to others who may be affected within the school (teachers, students, parents).
- Follow up.
- Working with mental health services.

At the completion of this workshop you will be able to:

- Define suicidal behaviour and deliberate self harm.
- Outline the prevalence and discuss the role and meaning of self harm.
- Identify personal attitudes to self harm and suicidal behaviour.
- Thoroughly assess presentations of self harm, including co-morbid issues.
- Compete thorough risk assessments and management plans.
- Utilise therapeutic approaches and strategies to work with students who are self harming.
- Develop policy and protocols that respond to self harm.

Who should attend? This workshop has been specifically developed for school health and welfare staff who must register via the following POnline link: [www.pd-online.com.au](http://www.pd-online.com.au)

People working in other areas maybe able to attend if there are vacancies but must contact Anne Watson on 5320 3030 to register.

## WORKSHOPS IN THE PALLIATIVE APPROACH 2009

PEPA aims to improve health professionals' knowledge, skills and confidence in the palliative approach to care for people with a life-limiting illness.

The workshops are interactive and provide ample time for discussion through case presentations and examples. Topics include:

- What is the palliative approach?
- Assessment and care planning.
- Managing common symptoms.
- Supporting and psychosocial needs of clients.
- Supporting the spiritual needs of clients.
- Caring for the professional caregiver.

Target audience: health professionals with no/limited palliative care experience.

Facilitator: Garrie O'Toole, who has extensive knowledge and experience in aged care nursing and adult education.

Cost: free - morning tea, lunch and afternoon tea provided.

Times: 9.30am to 4pm

Dates in our area: Thursday 14th May - Ballarat, Wednesday 6th May - Mildura, Tuesday 26th May - Geelong. Register at [www.health.vic.gov.au/palliativecare](http://www.health.vic.gov.au/palliativecare) or phone 9096 5296.

## FINANCIAL LITERACY FOR NOT-FOR-PROFIT ORGANISATIONS HORSHAM

**Thursday 19th March 2009 from 10am to 3pm**

This seminar will help you understand your financial statements. Using straight forward techniques learn how to interpret your income statement and your balance sheet. These skills will enable you to ask the right questions and provide you with information that will help in decision making.

Location: 39 Urquhart Street, Horsham

Cost: \$20 for VCOSS members or \$40 for non-members

For more information contact Erin Wicking on 9654 5050 or email [erin.wicking@vcoss.org.au](mailto:erin.wicking@vcoss.org.au)

## MEN'S BEHAVIOURAL CHANGE PROGRAM

Grampians Community Health Centre (GCHC) is running another Men's Behavioural Change Program for the Grampians region incorporating Horsham, Ararat, Stawell, Nhill etc.

The group is intended for men who want to address their behaviour. It is designed to help men understand the issues surrounding family violence and the role that men can play in making their partners and family safe. It explores and challenges beliefs about how relationships work and gives men an opportunity to reflect upon their own behaviour. The program will run for 16 weeks and be facilitated by trained male and female facilitators and is suitable for men who have a problem with their need to control family members; who use violence and abuse to maintain their control and who think or know they have a problem and want to do something about it.

Family violence is about an imbalance of power in relationships. Violence can take many forms such as physical, verbal, emotional, psychological and financial. It is about one person pushing their opinions and expectations onto others causing those others to feel threatened, controlled, trapped, frightened or powerless.

The Men's Behavioural Change Program offers an alternative to men who have found themselves behaving in ways that they have come to realise is not the way they want to be. It assists men in taking responsibility for their own behaviour and reconnects them with their feelings. It highlights the positive gains from respectful relationships. It helps men to recognise that they can make changes to their behaviour if they choose to do so.

To access the group, men need to contact GCHC either in person or call 5362 1200 in Horsham; 5358 7400 in Stawell or 5352 6200 in Ararat. There is no cost involved in attending this program and the groups run from 5.30pm to 7.30pm every Tuesday night until the 2nd of June 2009.

## 'GO FOR YOUR LIFE' SUBSCRIBER NEWSLETTER

The March edition of the 'Go for your life' subscriber newsletter is available online at [www.goforyourlife.vic.gov.au/gfylnews](http://www.goforyourlife.vic.gov.au/gfylnews)

In this issue:

- Launching into the 2009 Premier's Active Families Challenge.
- Future spark.
- Make a move in National Youth Week.
- National Ride2School Day.
- Like to learn more about the new School Confectionary Guidelines?
- What would you spend \$1000 on?
- What's happening in March?

[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## LIFELINE PEER SKILLS FACILITATOR TRAINING - BRISBANE

**Tuesday 28th April and Wednesday 29th April**  
**Day one - 9am to 5pm, day two 8.30am to 4pm**

Peer Skills aims to provide skills, knowledge and strategies to assist young people to develop self-understanding and effective supportive relationships. Underlying this aim is a belief in the worth of young people and their capacity for effective engagement with each other, families and communities.

Venue: Lifeline Training Room, Lifeline Community Centre - 117 Gipps St Fortitude Valley, Brisbane.

Cost: \$350 - includes morning & afternoon tea and lunch and Facilitator Training Manual and Peer Skills Network Membership.

Registration process - Francesca Lejeune on 07 3250 1894 or email [Francesca.Lejeune@lccq.org.au](mailto:Francesca.Lejeune@lccq.org.au)

## CELEBRATE FARMING WOMEN - 20TH ANNUAL WOMEN ON FARMS GATHERING

**May 1st, 2nd and 3rd** - Warragul Regional College, West Gippsland

**Friday 1st May** - registrations, tea and coffee; town walk; nibbles and wine; dinner and welcome and women's stories.

**Saturday 2nd May** - registrations, tea and coffee, opening address; morning tea; bus to Walhalla tour; workshops; lunch; tours and dinner.

**Sunday 3rd May** - AWiA meeting; ecumenical service, morning tea; inspiring speakers and handover; lunch on the run.

Workshops include fencing; power and influence; pastures; just genes; chainsaw know-how and maintenance; mobile phones; water matters; look good, feel great; sustainable farming families; sing Australia; superannuation; permaculture; beef herd health; calf rearing; line dancing; house decorating and design; family history; tai chi, pilates and yoga; you too can be a mentor; paper tolling; folk art; paint yourself happy; prick 'n' stitch; patchwork.

Tours include Melbourne Water Tarago Water Treatment, Tarago Catchment Sustainable Farms Project, Glen Nayook, Rain Forest Walk; Dairy & Environmental Research, DPI Ellinbank; PowerWorks; Cranbourne Botanical Gardens - Australian section; Trafalgar Dairy Goats; Candalaraine Aplacas; Harding's Orchard and Patchwork Apiary; Darnum Musical Village; Deer; Urban Tree Growers and Walhalla Historic Township.

For further information contact Lyn Link on 5629 2202 or email [linkfarm@bigpond.com](mailto:linkfarm@bigpond.com)

## PRIMARY HEALTH WEEKLY BULLETIN - 5th March 2009

The latest edition of the Primary Health Weekly Bulletin can be found at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=050309](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=050309)

In this edition:

- 'Go for your life' confectionery policy information sessions.
- 'Go for your life' physical activity forum.
- Australian Disease Management Association membership.
- Places on QIPPS training courses still available.
- EOI to deliver Sustainable Farm Families programs.
- Chronic heart failure consumer information.

## MANAGING HUMAN RESOURCES IN CHALLENGING TIMES

March 27, 2009 - Hamilton

One of the key objectives of this forum is to build more robust networks within the region. Throughout the forum, there will be several opportunities to meet other delegates.

This forum is intended for all Human Resource Practitioners and those involved in Human Resource activities such as: Business Owners, CEOs, Line Managers and Team Leaders. With a vast range of topics on offer there is sure to be several topics of interest to everyone.

For more information please contact Cindy Turner on 0409 974 000 or email [cindy@inspiredhr.com.au](mailto:cindy@inspiredhr.com.au)

## A MESSAGE FROM THE AMBULANCE SERVICE

We all carry our mobile phones with names and numbers stored in its memory and if we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

### Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of contact person or persons who should be contacted during emergency under the name 'ICE'.

For more than one emergency contact simply enter each as ICE1, ICE2, ICE3 etc.

## HEALTH PROFESSIONALS' FORUM - LIMIT SOMETIMES FOOD

Wednesday 22nd April - Treacy Conference Centre, Parkville

To attend this forum you must be a member of the Kids - 'Go for your life' Health Professionals' Network. The aim of this Network is to build a strong network of health professionals using the Kids - 'Go for your life' Award Program.

This forum will cover:

- An update of Kids - 'Go for your life's' activities relating to leadership and the award program.
- A presentation on strategies for health professionals, early childhood staff and primary school teachers to use in approaching parents about children's consumption of sometimes food.
- Workshop to develop and discuss skills and strategies for discussing children's consumption of sometimes foods with families.
- An update on the progress of the development of nutrition and physical activity guidelines for early childhood services.
- Overview of the Victorian Government Policy for School Canteens and Other School Food Services with a specific focus on confectionary, and the 'Go for your life' Canteens Advisory Service.
- Overview of the work of the Obesity Policy Coalition in advocating for healthy eating policies including restricting the marketing of unhealthy food to children and adolescents.
- Panel discussion of the issue of limiting children's consumption of sometimes food.

For more information please phone 9635 5639 or email [admin@kidsgoforyourlife.org.au](mailto:admin@kidsgoforyourlife.org.au)

## 'MOTIVATION' BY LISA COSSON

### How your body influences your emotions!

There is an undeniable link between feeling healthy and feeling happy!

When was the last time you had the flu, a migraine, or heartburn and felt joyful at the same time?

While many of us would agree that there is a relationship between our internal workings and our feelings of happiness, many of us don't take active steps toward living healthy, positive life. How can we meet our goals when our body isn't feeling up to par? Tiredness, aches and pains and feeling under the weather can all be big hindrances to our goals.

Its very important that we nourish our bodies with adequate amounts of the right foods, condition ourselves to maintain and build strong bones and muscles, rest properly at night, and generally adhere to a healthy regimen if we expect to feel positive emotions.

**The groundwork for all happiness is good health.**

*Leigh Hunt*

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

## HEALTHY RECIPES

Are you looking for FREE & HEALTHY recipes...well look no further...visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and discover hundreds of recipes that are easy and healthy to make.

Recipes can be searched for by category, meal, dietary requirement or by ingredients. This website also lists what fruit and vegetables are in season at that time and what recipes you could use including these fruit and vegetables.

Visit the better health website and start drooling now...

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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