

Access for all Abilities



Benetas



Community Axis



Dunmunkle Health Services



Edenhope & District Memorial Hospital



Goolum Goolum Aboriginal Co-op



Grampians Community Health



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 Regional Library Corp.



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



NEWSLETTER

Issue 11 (2010) -
March 17th

HOW TO CONSULT YOUR COMMUNITY

In our Integrated Health Promotion Plan for 2009 - 2012, agencies identified that they will require some skills and tools to undertake community consultation in particular with disadvantaged community members. This will be especially useful in the planning stages of developing health promotion interventions with our communities that address community need.

The Wimmera PCP have organised a "How to Consult your Community" Workshop to be delivered in the Wimmera.

15th April from 9.30am to 12.30pm - Westlander Motor Inn, Horsham

Facilitators: Melissa Morris and Bronwen Clark

Cost: Free

The Workshop will cover:

- How do you start a community consultation?
- Different ways of undertaking consultation with communities.
- Tools that can assist.
- Examples of effective consultations.

RSVP to donna.b@grampianscommunityhealth.org.au and mark this date in your diaries.

WOMEN'S STORIES OF CHANGE EXHIBITION

Horsham Regional Art Gallery - Until April 9th

To capture stories and images of women in the Wimmera region, Wimmera Primary Care Partnership undertook a series of discussion groups where women had the opportunity to undertake fabric art to 'create a collage of fabric images'; photographs were taken to capture images for visual storytelling; and individuals' oral narratives were audio recorded. The key outcome was 'to ensure the Wimmera Women's stories and images of our communities' were heard in a broader context.

You are invited to view an exhibition at the Horsham Regional Art Gallery of some work that evolved from this project.

MURRAY TO MOYNE CYCLING TEAMS FROM WHCG

Two local cycling teams are gearing up for the annual Murray to Moyne Cycle Relay on 27 and 28 March in support of Wimmera Health Care Group.

A Wimmera Health Care Group team called the Wimmera Wizards is raising funds for Wimmera Base Hospital. This year, their fundraising efforts are directed towards the purchase of an inflatable lifting and transferring device for patients.

A Horsham Cycling Club team is also participating in the event. Their fundraising will specifically focus on supporting the Health Care Group's Dimboola campus and this year they are raising funds to purchase vital lifesaving equipment for a proposed triage room.

The Murray to Moyne Cycle Relay is a 24 hour cycle relay from Mildura to Port Fairy covering 520 Kilometres. Last year, there were 1,435 riders representing 150 organisations, that raised a massive \$1.25 million for regional health Services. It is a major fundraising event for Wimmera Health Care Group with two local teams raising more than \$20,000 last year.

For more information phone Sue Frankham on 5381 9309.

RECOVERY FROM HEARING VOICES

With Ron Coleman - A community information morning for carers, workers and consumers in the Horsham area.

Tuesday 25th May from 10am to 12pm
Wesley Performing Arts Centre, Roberts Ave

Around 4% of our community hears voices (auditory hallucinations). Often they are diagnosed with schizophrenia, and recovery can be a difficult affair.

In this powerful information morning with Ron Coleman (Scottish expert in mental health recovery) you will hear about his own recovery from schizophrenia, and how the Hearing Voices Approach made a difference. Ron will look at how family and community members can support voice hearers to recover - and care for themselves as well.

Ron is respected internationally for his inspiring, insightful and innovative work. Don't miss this special opportunity.

RSVP to Lindy Muller on 5381 9336

CENTACARE - RELATIONSHIP COUNSELLING

Counselling Services

Professional counsellors assist individuals, couples and families, including separating families, to resolve relationship issues that arise at various life stages. Counselling can occur on a weekly or fortnightly basis, and may be from 1 to 8 sessions. This will remain under review with yourself and your counsellor.

Relationship Counselling

Appointments are available during office hours in:

Ballarat - Monday to Friday - Family Relationship Centre, 34 Peel Street North, Ballarat

Horsham - Wednesday & Thursday weekly - Sts Michael & John Catholic Church, 12 Roberts Avenue

Fees: \$20 per session (concession available)

For appointments phone 5337 8908 or the Family Relationship Centre on 1300 303 988.

Centacare is compliant with the Federal Privacy Act, 1988. Counsellors adhere to Centrecare's Mission Statement and Code of Ethics.

ART IS...ELEMENTAL PHOTO MUSTER

Attention All Photographers

Enter the Art Is...elemental Photo Muster and receive a list of secret locations to photograph. Present the Judges with four of your best 'elemental' photos to win fantastic prizes. Winning photo's will be displayed in the windows of Horsham Camera House and entrants photos will be displayed in Amcal Pharmacy window.

Visit the Art Is Office to register and meet on Saturday 20th March at 10am at Art Is...Office - 43 Firebrace Street, Horsham for a photographers briefing.

Great prizes to be won for all ages - adult and youth winners, with prizes including a photography package, a wine package, Grampians Grape Escape tickets, cash prize and amcal voucher.

GARAGE PARTY

Art Is...elemental presents for one night only a licenced 18+ garage party in the heart of town.

Featuring Melbourne 3 Piece **The White Electric and DJ Ziggy**

Saturday 20th March from 8.30pm to 12am
Wilson & Bolton Garage - 47 to 49 Pynsent Street, Horsham

APRIL FALLS DAY

Falls prevention is an important focus for aged care service providers. Last year a number of activities and events were conducted on or around April Falls Day throughout the region. Many of these clashed or were duplicated. This year Wimmera Volunteers has committed to collecting, collating and distributing information regarding the activities and events that will take place. The information collect, once collated;

- Will be used to inform the public on what is happening and where.
- Will assist you as a service provider in the general promotion of Falls Prevention by providing new ideas, preventing duplication.
- Will facilitate wider distribution of events.

Your organisation can host an event or have an activity for Falls Prevention Day (or month). This can include workshops, information sessions, display board presentations, newspaper articles, poster etc.

If you would like to hold your own event or report an event already planned please phone Rosalie at Wimmera Volunteers on 5382 5607 or email Rosalie@wimmvol.com.au

ASIST TRAINING - APPLIED SUICIDE INTERVENTION SKILLS TRAINING

Thursday 22nd & Friday 23rd April - from 9am to 5pm
Warracknabeal - Anzac Park Cnr Scott & Gardiner Streets

Do you need to learn suicide first aid?

Most people considering suicide signal their distress and their intent. This practical two-day ASIST (Applied Suicide Intervention Skills Training) is designed to help professionals and other caregivers recognise persons at risk of suicide, and effectively intervene to help that person stay safe and seek further help. This training can help us see, hear and respond to these signs with confidence.

ASIST is the most widely used suicide intervention model in the world. It is presented by two registered trainers who have completed LivingWorks training.

This workshop is recommended for: teachers, school nurses, counsellors, workers in health, welfare and justice, police, emergency service personnel, ministers, community volunteers and those people concerned about family and friends.

Cost: \$150. RSVP to Susan Griffiths on 5362 4016 or email susang@wimmera.unitingcare.org.au

KIDS - 'GO FOR YOUR LIFE' HEALTH PROFESSIONALS FORUM

Wednesday 21st April from 10.20am to 4pm - Treacy Conference Centre, Parkville

Including:

- An interactive session on how the Kids - 'Go for your life' program aligns with the Best Practice Principles of community based obesity prevention initiatives, as well as an explanation of how it fits with national and international obesity prevention efforts.

For more information email admin@kidsgoforyourlife.org.au or phone 9635 5639.

PRIMARY HEALTH WEEKLY BULLETIN 12 MARCH

www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=120310

In this issue:

- Service improvement small grants program.
- Nurse-on-Call Health Coaching Service
- Presentations from the 'Using case studies and data to strengthen partnerships' forum.
- Cancer Council Victoria community health professionals survey.
- Breakfast seminar on obesity.

KIDS GO FOR YOUR LIFE HEALTH PROFESSIONALS NETWORK

Support early childhood services and primary schools in your community to address children's healthy eating and physical activity.

Benefits of Membership:

- Access to exclusive Kids 'Go for your life' Award Program resources, presentations, parent information, posters and more!
- Information for supporting children's settings to complete the Kids 'Go for your life' Award Program.
- Case studies and top tips from Network Members.
- Regular newsletters and exclusive email updates.
- Networking opportunities.
- Tools and guidance for health promotion planning and evaluation.
- Access to advice and support from the Kids 'Go for your life' state team.
- Free professional development events.
- Local and state-wide media opportunities and social marketing tools.

The Kids 'Go for your life' initiative is leading the way to help Victorian children enjoy healthy eating and physical activity, every day.

Children's settings play an important role in teaching children to develop regular healthy eating and activity routines. A key strategy is to support these settings, to promote healthy lifestyles through the Award Program.

For more information visit www.goforyourlife.vic.gov.au/kids or call 1300 739 899

PLANNING THE FUTURE OF HORSHAM NORTH

Community Workshop - **Monday 29th March from 2.45pm to 5.15pm**
Salvation Army Children's Church, Cnr Kalkee Rd & Lynott Street Horsham

Horsham Rural City Council has commissioned the preparation of an Urban Design Framework for Horsham North. This Framework will become the key strategic document that will guide improvements to Horsham North across a range of areas, such as road planning, streetscape, community facilities and public housing.

It is important that the Framework reflects what you, the community wants. We would like to invite you to participate in the process by attending a workshop so you can tell us what you want for the future of Horsham North.

For more information phone Danielle Hanson 5382 9777 or email hanielleh@hcac.com.au

REFUGEE REALITIES - TAKE THE JOURNEY

Experience the Reality - Harmony Day
Sunday 21 March - from 11am to 4pm - Open to the public
Monday 22 March and Tuesday 23 March from 9am to 3pm - Secondary Schools
Maydale Pavilion - Horsham Showgrounds - Cost: Free

Imagine being forced to flee from war - how would you survive?

Art Is...festival is proud to offer people in the Wimmera a unique opportunity to step into the shoes of refugees. Participants will explore a range of simulation exercises including being separated from family and friends, travelling through dangerous jungles and mine fields, registering to receive humanitarian assistance in the camp, learning how to survive in a camp by finding food, water, shelter and firewood, and find home again.

For more information phone Abby Cooper on 5381 0297 or email abby.cooper@optusnet.com.au

HEART RESEARCH CENTRE 2010 TRAINING PROGRAMS & WORKSHOP

Professional development for practitioners working with patients with chronic disease.

Supporting Chronic Disease Self Management - Brisbane

Five day training program in cardiovascular disease rehabilitation and prevention - Melbourne

Smoking cessation in a cardiac setting - Melbourne

Motivational interviewing: helping patients improve their health behaviours - Melbourne

Effective leadership of groups for patients with chronic disease - Melbourne

Integrated disease management for patients with chronic heart failure - Melbourne

For more information visit www.heartresearchcentre.org

MEN'S BEHAVIOUR CHANGE PROGRAM

Do you want a relationship with your partner that is respectful, trusting and equal?

Do you want to be a positive role model for your children?

Are you committed to doing some work on yourself?

The program provides men with the opportunity to address abusive behaviours and learn new ways that are respectful and non-abusive. The program includes:

- Individual assessments.
- Up to 12 week education/discussion group.
- Facilitation by male and female facilitators.

The group:

- Provides a safe environment for you to learn about more respectful behaviour and understand your situation.
- A supportive place to participate in discussions and to explore your thoughts and your feelings.
- Explores the challenges your beliefs about how relationships work.
- Gives you the opportunity to reflect on your behaviours in the relationship.

The program is suitable for men:

- Who have a problem with the need to control family members.
- Who use violence and abuse to maintain their control.
- Who think or know they have a problem.
- Who want to do something about it.

For more information on the Men's Behaviour Change Program phone Grampians Community Health in Horsham on 5362 1200 or Stawell n 5358 7400.

\$1000 to \$5000 VOLUNTEER GRANTS

Available from the Department of Families, Housing, Community Services and Indigenous Affairs.

www.fahcsia.gov.au/sa/volunteers/funding/Pages/volunteer_grants2010.aspx

Clubs encouraged to apply to seek funding for training programs and small equipment for volunteers. For example, first aid, coaching courses, Working with Children Checks, responsible service of alcohol courses, Goodsports programs, small equipment (eg. Fridge, sunshades, outdoor furniture, whiteboards, computers, heaters, barbecues) a full list of eligible and ineligible items within the guidelines.

INTERNATIONAL WOMEN'S DAY POEM

By Judy Hazelden - Dunmunkle Health Services

Read at the International Women's Day Celebrations on March 8th at Horsham Regional Art Gallery

International Women's Day, what does that really mean?

I know it's a celebration, of women and where we've been.

I know it involves our predecessors, women of courage and grit,
I know we are indebted, to each one who did their bit.

I know it's about a show of strength, when life deals out a blow,
I know it's about hanging in there, even when things are low.

I know it's about diversity, we're all different and yet the same,
We all bring something to the mix, we're sort of multi grain.

I know that life has a certain pattern, just like a huge needlework,
We all have a colour to carry and a winding path to walk.

Tonight let's think about who we are, what we've achieved and where to from here,
We all have so much potential, this can be our year!

Let's celebrate our courage, let's celebrate our strengths,
Let's celebrate diversity, let's go to any lengths.

It's amazing that women everywhere are united on this occasion,
So stand tall, be proud, be strong, all women, congratulations.

'MOTIVATION' BY LISA COSSON

All things pass eventually...

Have you ever heard the concept of 'season's in life? It refers to an idea that nothing in life lasts forever, and with time, all things change.

Do you feel like your life is in an unhappy state? Are you stuck in a rut? It will pass!

Sadly, this also applies to the good times as well. The elation of a promotion, the excitement of a new relationship - all will fade with time. Think creatively about how to maximise the sweet times and minimise the sour ones.

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 - l.cosson@westvicdiv.asn.au

Upcoming events in Horsham City, Hindmarsh Shire, West Wimmera Shire & Yarriambiack Shire

To access information regarding these events visit www.wimmerapcp.org.au and click on the event calendar

18 Mar	Engaging with our Community	Stawell
19 - 27 Mar	Art is...Elemental	Horsham
21 Mar	Harmony Day	Nhill
21 Mar	Refugee Realities - Take the journey (also 22nd & 23rd March)	Horsham
20 Mar	Garage Party	Horsham
22 Mar	Creating & Planting Vegetable Patches in Small Spaces	Horsham
25 Mar	Engaging with our Community	Horsham
25 Mar	Effective Communication	Horsham
26 Mar	Disco in the Barn	Horsham
26 Mar	Arts Grant Writing Workshop	Horsham
29 Mar	Planning the future of Horsham North	Horsham
30 - 31 Mar	Youth Mental Health First Aid Course	Warracknabeal
30 Mar	Carbon Trading - Theory to Practice, Future Energy in Victoria	Hopetoun
31 Mar	Engaging with our Community	Nhill
15 Apr	How to consult your community	Horsham
22-23 Apr	ASIST (Applied Suicide Intervention Skills Training)	Warracknabeal
25 May	Recovery from hearing voices	Horsham

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 pccpadmin@grampianscommunityhealth.org.au

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