

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 12 (2010) -  
March 23rd

## Wimmera PCP Website

Has it been a while since you've visited the Wimmera PCP Website?

Information you will find on our website:

- Partnership
- Integrated Health Promotion which offers information about Smiles 4 Miles Oral Health Program, Active Transport Physical Activity Program, Moovers and Shakers Walking Group and Wimmera Men's Shed.
- Integrated Chronic Disease Management.
- Service Coordination.
- Wimmera Men's Shed Network.
- Closing the Gap on Aboriginal Health Outcomes.
- Help for Gamblers.
- Wimmera PCP Newsletters.
- Wimmera Online Physical Activity Directory.
- Demographics and Resources.
- Documents and Links.
- Wimmera Counsellors Directory.
- Grant Opportunities.
- HACC.
- Emergency Relief Map

Plus much more. Check it out at [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

## Gooch's Utopia: Collected Works from the Central Desert at the Horsham Regional Art Gallery

5th March to 25th April

Gooch's Utopia provides an opportunity to gain insight into the challenges and decisions that faced an art adviser in a remote Indigenous community over a formative period of time (1977 - 1991) for the Aboriginal arts industry. Although at one level it is a survey show including works by 24



artists, it is essentially a Reflection of Rodney Gooch's (1949 - 2002) working relationship and the development of this arts community.

Curated by Fiona Salmon, Director of Flinders University Art Museum, this exhibition features batik, paintings, works on paper and sculpture of Anmatyerr and Alyawarr artists resident at the outstations of Utopia, a tract of land 240km north-east of Alice Springs.

This is a fantastic opportunity to experience the work of leading artists Emily Kame Kngwarreye, Katy Kemarre, Lyndsay Bird Mpetyane, Kathleen Petyarre and her sisters, and Anglina Pwerle.

Visit the Collection at Horsham Regional Art Gallery, Wilson Street Horsham. For more information email [adam.harding@hrcc.vic.gov.au](mailto:adam.harding@hrcc.vic.gov.au) or phone 5362 2888.

## WPCP SURVEY

The Wimmera PCP value the opinions of their members and readers of their newsletter. Could you please take 5 minutes out of your day to complete a short survey on the Wimmera PCP Newsletter and Website. Not only do you get to help us but everyone that completes the survey by May 12th goes into a draw to win a \$50 voucher at Peaches Fresh Food Market.

View the survey at: <http://www.surveymonkey.com/s/QTYMDCG>

## Art Is...Elemental - Activities

**Rhizome - Wednesday 24th March** - from 2pm to 4pm - FREE - Wimmera HUB, Urquhart Street Horsham  
Rhizome is a demonstration of a larger project facilitated through Horsham Regional Arts Association using modern technology to overcome access barriers for people with disability.  
Contact Greg Pritchard on 0428 871 361

**Neil Murray - Thursday 25th March** - From 6.30pm for Dinner and Performance, or 8pm for Performance Only - \$55 for dinner & performance or \$35 for performance only - Wander Inn, Wartook  
Neil Murray is one of Australia's most original and respected singer/songwriters. He has enjoyed a solo career since 1989 and since then has released 9 albums; three of these collectively describe an inner landscape to the heart and soul of Australia. Neil's work doesn't shy away from social commentary as he is driven by a sense of conscience, justice and honesty.  
Contact Wartook Studio Gallery on 5383 6243.

**Miss K in Hot Spell - Friday 26th March** - doors & bar open at 8pm, performance from 9pm to 10pm - Town Hall Supper Room, Wilson Street Horsham. \$25 tickets (\$22.50 concession)  
A vixen in the Sun. The mercury is rising and Miss K is searching for a reason. Is it The Greenhouse Effect, the apocalypse or merely the heat radiating from her knickers? As the city hits boiling point it's impossible to stay sane. The only thing that's certain is that heads will roll...but who's? Hot Spell is a one-hour cabaret extravaganza with songs that soar, satire that sizzles and knitting, strangely enough.  
Contact Art Is office on 5381 0297

**Transparence - Friday 26th March** - from 7pm to 8pm - Horsham Regional Art Gallery. \$10 entry, bar will be open following performance.  
Robert Curgenvens's 'Transparence' vinyl dubplate produces unique physical responses from the turntable, room and amplification - creating deep undertones and blossoming overtones via manifold resonances. Integrated live with acoustically-gated microphones, modal guitar tones and field recordings from remote Australia these combine creating a field beyond the individual recordings and their spaces. For more information visit [www.recordedfields.net](http://www.recordedfields.net)  
Contact the Gallery on 5362 2888.

**Tony Yap - Friday 26th March** - from 5.30pm - Horsham Regional Art Gallery. FREE.  
Acclaimed performer/choreographer Tony Yap will return to Horsham for a disruption of Anthony Pelchen's installation, Spent.  
Contact the Gallery on 5362 2888.

**Savidas - Saturday 27th March** - Commercial Hotel. FREE.  
The music of Savidas is a seamless wave of acoustic rootsy grooves, haunting melodies, and deep vocals that pose the question within the answer. Having been described as Michael Franti meets John Butler, a touch of White Stripes and sprinkled with the ironic truth of Leonard Cohen, crossing the divide between acoustic roots, funk and hip hop.  
Contact the Commercial Hotel no 5382 1056.

## DRIVING MENTORS REQUIRED

The Wimmera L2P Project is seeking people interested in volunteering to help young people obtain their drivers licence. You would be required to supervise driving practice, enabling the learner driver to get the 120 hours of practice required to move from their Learners Permit to their Probationary Drivers Licence.

- Volunteers matched with learner driver.
- Volunteers don't use their own vehicles.
- Full training is provided.

For more information phone Karen Fuller at Wimmera Volunteers on 5382 5607 or email [L2P@wimmvol.com.au](mailto:L2P@wimmvol.com.au)

## Wail Nursery Open Day

Sunday May 2nd from 10am to 3pm

Sausage sizzle, beautiful selection of plants, specials, enjoy the tranquil setting, guest speakers, gifts for mothers day, plus much much more.

For all your plant needs from cells and tubes through to advanced trees and shrubs see the friendly staff at the Wail Nursery, Forest Road, Wail.

## Start Stronger, Live Longer National Symposium

8th to 9th June - Perth

This symposium is about celebrating the strengths of Aboriginal Health Workers and their vital contribution to improving the health and wellbeing of their communities. Participants can improve their knowledge in key areas of child and maternal health and network with colleagues from across the state.

Come and listen to experts and take part in interactive workshops on the following themes:

- Maternal Health and Wellbeing
- Infant and Child Health Development
- Adolescent Wellbeing
- Mental Health and Wellbeing
- Nutrition and Healthy Lifestyle
- Alcohol, Smoking and Other Drugs
- Health promotion.

To register your interest phone Jackie on (08) 9489 7772 or email [Jackie@ichr.uwa.edu.au](mailto:Jackie@ichr.uwa.edu.au)

Subject to funding availability, 25 travel assistance packages to the maximum value of \$800 will be made available through the Kulunga Research Network. This money is to be used for travel and accommodation costs only. Assistance packages will also include free event registration.

Kulunga will give preference to Aboriginal Health Workers, health worker students, and/or Aboriginal people working in regional and remote Aboriginal community controlled or not for profit organisations.

Applications for travel assistance close Friday 7th May. For further information phone (08) 9489 7772 or email [enquire-kulunga@ichr.uwa.edu.au](mailto:enquire-kulunga@ichr.uwa.edu.au)

## Safe Play - The Risk of Injury Through Play vs Child Obesity

Friday 28th May from 9am to 12.30pm - Royal Children's Hospital

Childhood obesity is escalating internationally and is associated with a range of health and wellbeing issues: increased risk of mortality, diabetes and cardiovascular disease. Current health promotion initiatives encourage children to be physically active - schools have re-designed play areas to promote active play AND to conform to the highest safety standards.

One of the dilemmas for Health and Safety Practitioners today is whether we should encourage children to be active at the risk of getting injured, or whether we should 'wrap them in cotton wool' and risk obesity. How can we negotiate this apparent tension between child safety and child health? The program promises to be both interesting and enlightening.

RSVP to [safety.centre@rch.org.au](mailto:safety.centre@rch.org.au) or phone 9345 5085.

## Primary Health Weekly Bulletin 19 March

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=190310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=190310)

In this issue:

- Project grants: enhancing stroke care in Victoria.
- Forum: inclusive communities and physical activity.
- Seminar: introducing divisions of general practice.
- National forum: safety and quality in primary and community health.
- Nominations for the Victorian Healthcare Association Governance & Service Quality Awards.
- Workshop: how to build and sustain chronic disease self management integration in my program area.

## Free Support Resources for Men's Health

[www.andrologyaustralia.org](http://www.andrologyaustralia.org) - click on 'get to work on men's health'

The Men's Health Education Kit assists you with planning, promoting, holding and evaluating a men's health event. The comprehensive kit contains everything you need to know, including tips, templates and interactive men's health presentations. General men's health promotional flyers, promoting key men's health messages, are also available to hand out at the men's health event.

## CAMHS and Schools: Working Effectively Together

Schools are invited to an Orientation to Protocols for Collaboration  
Includes review and application of the protocols for working together using case examples.

**Thursday 29th April from 10am to 1.30pm**

Mecure Hotel, Ballarat

Program aims:

- To build effective relationships between CEO and DEECD student services staff and CAMHS.
- To increase understanding of each service's intake criteria & decision making processes from initial referral to case closure.
- To provide an orientation to the protocol document by applying it to case examples. The scenarios are aimed at clarifying collaborative responses to issues such as anxiety, depression, suicide, deliberate self harm, conduct disorder and early psychosis.

Register at [www.pd-online.com.au](http://www.pd-online.com.au) or contact [anew@bhs.org.au](mailto:anew@bhs.org.au)

## Safe TALK

**Thursday 6th May from 11am to 3pm**

Department of Education & Early Childhood Development, Ballarat. Cost \$27.50

SelfTALK is a half-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

RSVP to [anew@bhs.org.au](mailto:anew@bhs.org.au)

## In The Spotlight: Patient Centred Care

**Thursday 2nd to Friday 3rd September - Brisbane, QLD**

Change Champions invites participation in its toolkit seminar by submitting an abstract to present at the seminar. Seminar aims:

- Highlight strategic directions and policy initiatives that focus on the patient at the centre of care.
- Showcase development programs that focus on patient empowerment and patients as leaders of quality improvement initiatives.
- Showcase innovations programs where learning from the patient experience has improved service delivery and practice.
- Share information on approaches to measuring the impact and outcomes of patient involvement in service delivery and practice.

Abstracts should be presented in Word format and preferably submitted electronically at [www.changechampions.com.au](http://www.changechampions.com.au) For more information email [changechampions@bigpond.com](mailto:changechampions@bigpond.com) or phone (02) 9692 0533.

## Current Grants of Interest

To find out what Grants are available at any time please visit [www.wimmvol.com.au](http://www.wimmvol.com.au) and click on the Newsletter link. The Wimmera Volunteer's Newsletters contain information on what grants are available at their time of release.

## Working with Children Information Sessions

**Stawell - Monday May 10th - at 2pm and 7pm - Stawell Entertainment Centre**

The Working with Children Check commenced operation in April 2006 and contributes to the safety of Victoria's children when they are being cared for, or participating in a range of activities, by seeking to prevent those who pose a risk to the safety of children from working with them, in either paid or volunteer work.

For more information on sessions phone 1300 652 879.

## Try Mindful Eating

Do you have a LOVE/HATE relationship with food? Would you like to?

- Find out why diets don't work and explore an alternative approach to eating?
- Learn how to have a positive and nurturing relationship with food?
- Understand how to control those food cravings?
- Learn how to listen to your body's signals of when to begin and when to stop eating?
- Rediscover the pleasure of using all your senses to explore, savour and taste food?
- Be able to eat what you need when you need it without guilt or fear of overeating?

Mindful eating is not a 'therapy' or a 'cure'; it's a simple-to-learn life skill that will help you to break free from food rules and begin to enjoy healthy, flexible, relaxed eating practices.

**Saturday 17th April from 9am to 12pm**

Victoria University, Flinders Street Campus, Melbourne

Cost: \$77

The Try Mindful Eating Workshop will provide an experience of:

- The language of mindfulness.
- Mindfulness and eating principles.
- Skills of mindful eating:
  - ⇒ Keeping a mindful eating food journal.
  - ⇒ Mindful shopping and preparation.
  - ⇒ Arriving at a meal.
  - ⇒ Eating a mindful meal.
  - ⇒ Expanding your eating horizons.
- Mindful craving control.
- Mindful stress management.

RSVP to [leigh.hanham@eatingdisorders.org.au](mailto:leigh.hanham@eatingdisorders.org.au) or phone 9885 6563.

## Telephone Coaching to Build Skill-Building for Carers of a Person with an Eating Disorder

Eating Disorders Victoria and Deakin University are collaborating in a new skill-building telephone coaching program for families and carers of those with an eating disorder. Based on the work of Professor Janet Treasure of the Maudsley Institute, London, the skill-building approach aims to assist carers develop:

- Clear, consistent, calm communication skills.
- Problem-solving skills to address problem behaviour.
- Communication skills to enhance their loved one's motivation to recover.
- Effective coping skills to maintain your own health.

You are invited to participate in this 7 week FREE pilot research program. If you choose to participate you will receive:

- A copy of Janet Treasure's self-help book for carers 'Skills-based learning for caring for a loved one with an eating disorder'.
- A set of five DVDs illustrating the use of the principles described in the self help book.
- Four fortnightly half-hour telephone coaching sessions with trained coaches from Eating Disorders Victoria who will assist you in implementing the strategies described in the book and DVDs.

This research project is designed to explore the effect of the telephone coaching program on your well-being, coping strategies, and ability to effectively help your love one to recover. Therefore, as a part of participating, you will be asked to complete a set of questionnaires at three times: at the beginning and end of the program and 6 weeks after the program's conclusion. Each set will take you about 30 minutes to complete.

To find out more about the program contact Dr Ross King, School of Psychology, Deakin University on 5227 8481 or email [rking@deakin.edu.au](mailto:rking@deakin.edu.au)

## 'Motivation' by Lisa Cosson - 5381 1756 [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

### Are you ready to change your lifestyle?

There are so many things you can do to improve your health, from simple changes like buying whole grain bread to more complex commitments like consistently working out. But the most crucial thing you can do is be ready to make changes. If you haven't built up the will or created a plan B, your best efforts might be in vain.

We commonly procrastinate or put off an activity altogether by saying 'it will get done eventually' or 'someone else will do it'. Wrong! Being lazy and not taking responsibility wastes time. Often the power for change is within us, but without our efforts things would fail or go awry. You cannot rely on help from others, only what your own two hands accomplish on their own. Hard work is a habit that needs constant attention. But be mindful that you are giving your full effort to a project. Apply yourself, value your time, and don't squander it hoping for help.

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

To access information regarding these events visit [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au) and click on the event calendar

24 Mar	Rhizome	Horsham
25 Mar	Neil Murray	Wartook
25 Mar	Engaging with our Community	Horsham
25 Mar	Effective Communication	Horsham
26 Mar	Tony Yap	Horsham
26 Mar	Miss K in Hotspell	Horsham
26 Mar	Transparence	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
2 May	Wail Nursery Open Day	Wail
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 [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

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