

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 13 (2010) - March  
31st

## Brambuk Discovery Tour

Thursday 8 April

SPONSORED BY WIMMERA UNITING CARE - A FREE BUSHFIRE RECOVERY PROJECT

Date: Thursday 8 April

Time: 8.00 am to 1.15 p.m.

Meet: Nexus Youth Centre 14 - 16 Pynsent St Horsham at 8.00 a.m.

Join Wimmera Uniting Care for a Discovery Tour of Brambuk National Park and Cultural Centre at Hall's Gap on Thursday 8 April. This is a free event for children. Parents are welcome.

The Brambuk Discovery Package from 9:30 to 11:30am includes:

- Welcome to Country
- Gariwerd Dreaming Theatre
- Didgeridoo Workshop or Boomerang Throwing
- Bush Tucker Discovery Walk (food provided)

Places are strictly limited, so book with Justin Amor 0409 350 231 or [justina@Wimemra.unitingcare.org.au](mailto:justina@Wimemra.unitingcare.org.au)

## Carers Writing Group

13th April from 2pm to 4pm

Free Introductory Workshop - Horsham Library, 28 McLachlan Street

Are you a family carer or former carer?

Are you interested in writing?

Would you like to join a writing group with other carers and former carers?

You are invited to this free workshop conducted by Judith Oliver, Educator from Carers Victoria. Discussions will include support for ongoing carers writing group that would meet regularly in Horsham.

To register your interest phone the library on 5382 1777 or Carers Victoria on 1800 242 636.

## Creating a Stronger You

This is a program designed to help individuals and carers develop resilience and coping strategies to combat depression and anxiety.

Do you know someone who may suffer from depression or anxiety? If so, come along to dispel myths. It is not a weakness. It is something you or your friends/family can manage...find out how!

Wimmera UnitingCare and Hindmarsh Shire Council are running a 5 week program that will equip you with knowledge and strategies whilst providing a fun and relaxed atmosphere.

Commences **Friday 16th April**

from 10am to 12pm at Dimboola Community Centre, 12 Wimmera Street  
From 1.30pm to 3.30pm at The Court House, 9 Eddy Street Rainbow

## 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>

## Funding for Community Youth Events

Community events, aimed at building strong relationships between young people from disadvantaged areas and their families, will be funded across the country through a new Australian Government Initiative - Think Family, Think Community.

As part of the Government's National Strategy for Young Australians, \$400,000 will be available to fund local community-based events like music festivals, sporting events, family BBQs, fashion parades, or car shows during 2010. 20 Non-government organisations across Australia will be invited to apply for one-off grants of \$20,000 for events or activities which have a youth and family focus.

For further information visit [www.youth.gov.au](http://www.youth.gov.au)

## Send a Kiss Postcard to Julia!

It's hard to believe but on average Australian women are paid 17 percent less than men. The pay gap is so big that on average, women have to work 63 days more a year just to earn the same income.

Its time to pay up! Put an end to the lip service and show your support by sending a kiss to Julia Gillard at [www.payup.org.au/](http://www.payup.org.au/)

## Primary Health Weekly Bulletin 26 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:

- SunSmart Farmers Campaign currently targeting farmers and rural workers as part of a campaign to raise awareness on skin cancer prevention and early detection.
- Cue Cards in Community Languages by Eastern Health to assist health professionals and clients/carers with language, hearing or speech impairments.
- New videos to help the community learn about palliative care. Highlighting some important issues for patients and families in various languages.
- Training: Vaginal and Breast Health. The Jean Hailes Foundation for Women's Health is offering training, on Wednesday 28th April. This training will be available via video conference as well.

## Building Resilience for Young Learners

### Conference for Educators:

Consumer Affairs Victoria and the Office of Gambling and Racing invite you to attend a conference with keynote speakers:

Professor Alun C. Jackson Director of Problem Gambling Research and treatment Centre  
 Dr Michael Carr-Gregg, Leading Adolescent Psychologist.

### Workshops include:

Literacy and Applied Learning	Student Wellbeing
Engaging Students with Multimedia	Hands on classroom activities

**Date:** Wednesday 19 May 2010

**Time:** 9am-4pm

**Where:** Victoria University  
 Convention Centre Gate 1  
 460 Ballarat Rd Sunshine

**Cost:** FREE

**Enquiries:** 03) 8684 6043 or 8684 6042

**Register:** [email\\_consumerstuff@justice.vic.gov.au](mailto:email_consumerstuff@justice.vic.gov.au) with your name, school and email address.

Full day CRT available to teachers.

Responsible Gambling Awareness week 17 -23 May 2010

## New Resources on Women and Physical Activity

Women's Health Victoria has released a new gender impact assessment on 'Women and physical activity'. To read more visit [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/new-resource-on-women-and-physical-activity](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-resource-on-women-and-physical-activity)

## Make a Difference - Become a Mentor

The Mentor program will provide fundamental skills for mentors including:

- Utilising adult learning and communication modes.
- Applying appreciative inquiry.
- Using reflective practice.
- Facilitating mentoring circles.
- Building a mentoring relationship.
- In addition to the one-to-one relationship, Learning Circles offer opportunities to network and learn around specific topics.

**27th & 28th April from 3pm to 8.30pm**

Mercure Ballarat Hotel and Convention Centre, Main Road Ballarat

For more information call Debbie on 9946 6801 or email [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au)

## Allied Health Mentoring

Are you transitioning in your career?

Are you moving into a supervisory role or senior position?

One of the most valuable assets your career can have is a good mentor! Mentoring is in addition to any clinical supervision you may currently receive. Mentoring is about YOU gaining access to confidential support, career counselling specific to your situation and skills that will impact all aspect of your work life such as:

- New interpersonal skills, increased confidence and job satisfaction.
- Change management and conflict resolution.
- Career management and career planning.

**28th April from 6pm to 8.30pm**

Mercure Ballarat Hotel and Convention Centre, Main Road Ballarat

For more information call Debbie on 9946 6801 or email [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au)

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

**Are you creating your own life?**

Take a moment to look at the circumstances of your world. Is it what you want to see? What could you do differently to take one step closer to your ideal vision?

We're all dealt different hands in life. That's how things are. To change things, you have to first accept that fact, then figure out where to go from here. We should all be able to count on each other for help, but in the end, we can't expect anyone to change our lives except ourselves. Nor should we want it that way.

It's natural to feel powerless and give up in the face of hardships, but complaining and blaming do nothing except prevent action. Without positive action, you're giving up your power and asking for more of the same - a world you did not create. Where you start may not be your fault, but the course you run is still your choosing.

*The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.*

**George Bernard Shaw, playwright**

## Women's Health Grampians

To view our March 2010 Newsletter you can simply go to [www.whg.org.au](http://www.whg.org.au) and click on the Newsletter link.

Topics include:

- . Community Cabinet
- . Wimmera Machinery Field Days
- . International Women's Day

*Women's Health Grampians would like to wish you all a Happy & Safe Easter for 2010!*

### 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

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
8 Apr	Brambuk Discovery Tour	Halls Gap
13 Apr	Carers Writing Group	Horsham
15 Apr	How to consult your community	Horsham
16 Apr	Creating a Stronger You	Dimboola & Rainbow
17 Apr	Try Mindful Eating	Melbourne
22-23 Apr	ASIST (Applied Suicide Intervention Skills Training)	Warracknabeal
29 April	CAMHS AND Schools: Working Effectively Together	Ballarat
2 May	Wail Nursery Open Day	Wail
6 May	Safe Talk	Ballarat
7 May	Building Resilience for Young Learners	Sunshine
10 May	Working with Children Information Sessions	Stawell
25 May	Recovery from hearing voices	Horsham
28 May	Safe Play—The Risk of Injury Through Play vs Child Obesity	Melbourne
8-9 June	Start Stronger, Live Longer National Symposium	Perth

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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