

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 14 (2010) - April 7th

Bridges Out of Poverty

Wimmera School Focused Youth Service in Partnership with Wimmera Uniting Care, Wimmera Primary Care Partnership, Catholic Education Ballarat Diocese and Department of Education and Early Childhood Development—Grampians Region invite you to:

A framework for understanding Poverty

BRIDGES OUT OF POVERTY

Strategies from Communities and Professionals with NAIRN WALKER

TUESDAY 13 JULY Day one (Stand alone seminar)

WEDNESDAY 14 July Day two (Pre-requisite Day one)

At Grains Innovation Park, Natimuk Road, Horsham 9ma to 4pm both days.

Enquires to Susan Griffiths—SFYS Co-Ordinator at Wimmera Uniting Care.

Country Women: personal meaning and survival through artistic expression ~ looking for participants

As a practicing artist in country Victoria, I can recall a comment I made to a friend during a time of particular loneliness and isolation, that 'my art has been my survival'. Little did I realise that this comment would lead me to my current studies (PhD thesis), titled *Country Women; personal meaning and survival through artistic expression*. The project explores the need for aesthetic experiences and artistic expression. Creative Expression can take many forms, from the traditionally accepted and expected expressions of cake making, preserving, gardening and sewing to the more unusual, such as stonewall making, playing the bagpipes, mosaicing the farm water tank, making wearable art from farm objects, to my own practice of wrapping an old dead tree in blue bale twine. These activities can have a two fold role in nurturing the family unit and also creating a sense of identity and self, which is essential in this unique environment, where the women often has little 'me' time.

I am interested in hearing about and photographing all sorts of activities, amazing cake decorations, amazing gardens, amazing preserves etc, by women who live on properties outside the regional twons of Victoria. If you wish to participate, phone Julie Bennett on 03 5333 5292, mobile 0421 654 480 or email bennett08@ncable.net.au

Cosi by Louis Nowra

When: Wednesday 7 April at 7:30pm **Where:** Wesley Performing Arts Centre Horsham
Cosi is the touching and hilarious story of Lewis who directs a group of patients at a Melbourne mental asylum in a production of Mozart's Cosi fan Tutte. But he's got a little problem; his cast is made up of aging nymphomaniacs, obsessives and pyromaniacs. To make matters worse, no one involved can either sign or speak Italian!

Lewis life is touched by these extraordinary people and as his production lurches forward we learn, along with Lewis, that when chasing your dreams, it helps not to be too attached to reality.

A riotous comedy about a burning desire for theatre

Tickets \$35, adult, \$30 conc, \$10 students, \$5 school age, book online at wesleypac.com.au or Harvey World Travel phone 5382 6699

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>

All Stitched up

Introducing Wimmera Health Care Group's New Band

ALL STITCHED UP

When: FRIDAY 9TH April 8pm—12:30am

Where: Horsham Sports and Community Club

Supported by Local Artist ~ David McMaster

Tickets: \$20 (includes Supper) and can be purchased from Wimmera Health Care Group Reception at Arapiles, Dimboola or Horsham.

Funds raised will go to the Rehabilitation Garden

The Gruffalo

When: Wednesday 21 April—two shows—12 noon and 1:30pm

Where: Wesley Performing Arts Centre Horsham

Both children and Adults will be delighted with the magical musical adaption of the award winning picture book, **The Gruffalo**. The performance will feature the adventurous journey of a clever little Mouse as he travels into the deep dark wood.

Colourful characters, toe tapping sing-along songs, laughs and fun all combine to make this a delectable tale.

All tickets \$15 through Venue Manager ph 5382 6578

Primary Health Weekly Bulletin—1 April 2010

www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=190310

In this issue:

- Conference : chronic disease management and the future of the Australian Health system.

The Positive Body Image Strategy

The Positive Body Image Strategy is asking young people their opinions about body image and the media and needs your help. We are interested to hear from young Victorians between the ages of 12 and 25 years about the ways media, fashion and advertising influence their body image. To gather young people's ideas we have published an easy-to-complete survey from the Office of Youth website; <http://www.youthcentral.vic.gov.au>.

The survey is now open and will close on 12 April 2010. Young people who complete this survey will go into a draw to win a brand new **Electra Cruiser Bike valued at \$500**.

If you have any queries regarding this competition, please call the Office For Youth 9208 3220

Beyond Evidence on Reducing Health Inequities

Venue: National Wince Centre of Australia, Corner Botanic and Hackney Roads, Adelaide

Dates: 27.04.10—28.04.10

Time: 9:00am—5:30pm

Institution: Australian Health Inequities Program

Cost: \$3300 full/\$110 students

Contact Details: Patricia Lamb, 08 7221 8444, patricia.lamb@flinders.edu.au

Beyond Evidence on Health Inequities: What works, why and how

This is the final policy event for the National Health and Medical Research Council funded Australian Health Inequities Program. The aims of the Symposium are to:

- Present research-based examples of Policies and Programs that were designed to intervene on the social determinants of health inequities
- Contribute to debates about the ways in which policy makers can build social determinants of health inequities perspective into program inside and outside of government
- Compare progress in the uptake of social determinants of health inequities perspectives in Australia and other countries
- Consider how social determinants of health can contribute to the Council of Australian Governments (COAG) goal of Closing the Gap

Website—<http://som.flinders.edu.au/FUSA/PublicHealth/AHIP/2010/>

Working in the heat

Information session on planning for heatwave for community organisations.

Does your organisation work with clients or volunteers at risk during heatwaves?

Are you thinking of planning for heatwaves but don't know where to start?

Or has your organisation already got a heatwave plan in place?

This information session provides an opportunity to find out about organisational approaches to managing heatwave risks, information resources available and to hear from organisation which have developed heatwave strategies.

Thursday 15 April 2010, 10—12:30pm Waratah Room Level 1, St Michaels Uniting Church Administration Building Centre, 120 Collins Street, Melbourne.

RSVP by 12 April to Michelle Lane phone: 9654 5050 or email: michelle.lane@vcross.org.au

SunSmart Farmers Campaign

If you are a farmer or work outdoors you have a higher than average risk of developing skin cancer.

SunSmart is targeting farmers and rural working in March and April as part of a campaign to raise awareness of skin cancer prevention and early detection. Sun protection is important from September to April each year in Victoria when UV levels are a 3 and above, which is the level that can cause skin and eye damage and lead to skin cancer.

The campaign aims to create awareness of the seriousness of skin cancer amongst farmers and outdoor workers, encourage them to look for signs of skin cancer and visit their GP if they have concerns.

For more information visit the SunSmart website; <http://sunsmart.com.au>
_or phone the Cancer Council Helpline 13 11 20

Official Opening of the Wimmera Mallee Pipeline

Join with the Australian and Victorian Governments and GWM Water to celebrate the Official Opening of the Wimmera Mallee Pipeline

When: Thursday 15 April 2010

Where: Horsham Sound shell, Hocking Street

Time: 10:15am

'Motivation' by Lisa Cosson - 5381 1756 l.cosson@westvicdiv.asn.au

Expanding your comfort zone.

Leaving your comfort zone of current patterns and behaviours is a courageous step toward self growth.

Whether your comfort zone is living with your parents, or perhaps being too shy to socialise, or maybe it's not weight you have been trying to lose or fitness you have been aiming to increase—whatever it is, start small and you will discover that venturing beyond the limited comfort zone you now cling to is not as stressful an experience as you imagined it might be. And the joy you feel upon challenging yourself in this way will nearly always outweigh your discomfort. As you continue to expand your comfort zone, to include new ideas, activities, goals and experiences, you will see that you are capable of stimulating change and coping with the fresh challenges that accompany it.

Change is good, change is healthy, change is refreshing, change can be motivation, change can be life changing....

What is the most important thing to you right now that you know requires some change?

What do you need to do to make a start with this change today?

Cheers Lisa

PS Always keen to hear about your progress, feel free to share you progress with me

Federal Govt Volunteer Equipment Grants

The link below will take you to the Federal Govt Volunteer Equipment Grant Program. Applications are due 16 April 2010. http://www.fahcsia.gov.au/sa/volunteers/fudning/Pages/volunteer_grants2010.aspx

Funding available for Volunteer small grants, Community Youth Events, Country Football Netball Program, Strengthening the World Game Program, Our Club, Our Future Sporting Uniform grants.

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

7 April	Cosi—Wesley Performing Arts Centre	Horsham
8 April	Brambuk Discovery Tour	Halls Gap
9 April	All Stitched Up Band at Horsham Sports and Community Club WHCG	Horsham
13 Apr	Carers Writing Group	Horsham
15 April	Opening of Wimmera Mallee Pipe line at the Sound shell	Horsham
15 April	How to consult your community	Horsham
16 April	Creating a Stronger You	Dimboola & Rainbow
17 April	Try Mindful Eating	Melbourne
21 April	Gruffalo—Wesley Performing Arts Centre	Horsham
22-23 April	ASIST (Applied Suicide Intervention Skills Training)	Warracknabeal
24—28 April	Beyond evidence on reducing health inequities	Adelaide SA
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
13-14 July	Bridges out of Poverty	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

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