

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 15 (2010) - April
14th

Bridges Out of Poverty

Wimmera School Focused Youth Service presents 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.

Phone: 5362 1016 Fax: 5382 1566 email: susang@wimmera.unitingcare.org.au

Small Grants Program

Small Groups and Organisations contribute an enormous amount to communities within our Region

In recognition of and to support these groups Wimmera Volunteers are making available \$14000 to small groups to assist with some of the operating costs.

Amounts of up to \$750 are available.

Application forms are available from Wimmera Volunteers, 20 Firebrace Street, Horsham, 3400. or on the web at www.wimmvol.com.au

Applications close on 23rd April 2010.

For further information contact 5382 5607

Living Works ASIST (Applied Suicide Intervention Skills Training)

A reminder that the LivingWorks ASIST (Applied Suicide Intervention Skills Training) running at Warracknabeal on 22nd and 23rd April, still has places available.

ASIST (Applied Suicide Intervention Skills Training) is a 2 day interactive workshop in suicide first aid. It is presented by two local registered nurses who have completed LivingWorks training.

Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help.

ASIST aims to enhance a caregiver's abilities to help person at risk avoid suicide.

The workshop helps people apply suicide first aid in many settings—at school, with co-workers and team mates, family, friends and more formal helping roles.

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.

Please contact me for registrations and for any further information.

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

Phone: 5362 1016 Fax: 5382 1566 email: susang@wimmera.unitingcare.org.au

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>

Free Workshop on Thursday 15th April—Victorian Standard Chart of Accounts

This free workshop will be held at the Horsham Sports and Community Club, Baillie Street from 2pm—5pm this Thursday 15th April.

For more information please see the DPCD website:

<http://www.dpcd.vic.gov.au/web14/dvd/dvcmain.nsf/headingpagesdisplay/building+resilient+communitiesoffice+for+the+community+sectorstandard+chart+of+accounts>

Wail Nursery—Open Day

It's planting time:

Wail Nursery Open Day Sunday 2nd May 2010 10am-5pm—Sausage Sizzle

Enjoy the tranquil setting.

Lots of specials:

Beautiful selection of plants

Gift for Mother's Day

Seniors Discount

Guest speakers

For all your plant needs from tubes through to advanced trees and shrubs, see our friendly staff at the Wail Nursery
Phone 5389 1733

Concepts and Principles of Problem Gambling

The Problem Gambling Research and Treatment Centre presents:

Concepts and Principles of Problem Gambling

Date: Monday 10 May 2010 9:30am –1pm

Venue: University of Melbourne, Parkville Campus, Alice Hoy Building (162) Frank Tate Room

This seminar is aimed at those who are relatively new to working in the problem gambling field.

Participants will

- Examine and discuss the ways that problem gambling is defined
- Examine and discuss the concepts underlying the measurement of problem gambling
- Examine some of the tools used to measure and assess problem gambling
- Explore the concepts driving problem gambling interventions
- Review some of the common approaches to treatment for problem gambling

Light refreshments for morning tea will be provided

All participants will receive a certificate of attendance to contribute towards their continuing professional development requirements.

Fee \$175.00 (No cost to Gamblers Help Staff)

RSVP 3 May 2010 to: Ms Sylvia Niele, Training Coordinator, Primary Care Research Unit, School of Primary Care. Email: Sylvia.Niele@med.monash.edu.au. Phone 8575 2237

Primary Health Weekly Bulletin—9 April 2010

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

In this issue:

- Kids 'Go for Your Life' health professionals forum: 'Health promoting Schools and Services'
- Endorsement of the Foundation House 'Course for Counsellors'
- Training: 'Flinders program of chronic condition self management support'
- Leader training Stanford model of chronic disease self management

Y's Girl's Resource Kit

YWCA Victoria is thrilled to invite you to celebrate the launch of the Y's Girl Resource Kit.

At: The Atrium, Queen Victoria Women's Centre, Level 5, 210 Lonsdale Street Melbourne

At: 10:30am—12pm on Friday 7th May, with a delicious morning tea.

RSVP 30th April to erin.young@ywca.net or phone 8668 8151

Rural Youth Scholarships

Applications are currently being sought for the Macpherson Smith Rural Foundation (<http://www.msrf.org.au>) Tertiary study scholarships.

Worth \$45,000 over three years, they are being offered to young Victorians from rural and regional areas who are keen to further their studies, develop their leadership skills and who plan to return to a rural or regional community.

Circles of Support National Steering Group

Circles of Support are a key strategy to make social inclusion work for people with disabilities, people with mental illnesses, vulnerable children, and families, young people in foster care, single young parents, and others struggling with social isolation.

By building an intentional circle of support around a person, comprising friends, neighbours, family, shopkeepers, drivers and support workers, real connections, and communities can be built.

We want to make it as easy as possible to set up Circles of Support for people who are close to us.

A national Steering Group to co-ordinate the development of Circles of Support will be convened at the **Street by Street, Suburb by Suburb, Community Building and Social Inclusion** Conference in Melbourne on April 21/22. The group's goal will be to facilitate the development of **50** Circles of Support around Australia by the end of 2010 and **100** by the end of 2011.

Strategies for achieving these goals will be explored in workshops at the Conference.

To register your Expression of Interest in joining the National Steering Group use this online form:

<http://www.civilsociety.org.au/CirclesSteeringGroupEOI.htm> by 16th April.

FREE Deaf Awareness Training

Vicdeaf are pleased to be able to offer completely FREE Deaf Awareness Training or organisations and professionals in Regional Victoria.

For more information please contact the Information Team at Vicdeaf on 9473 1181 or email rai@vicdeaf.com.au

The Last Days ~ Presented by the Grampians Palliative Care Team

The last days of a person's life can be an intense experience; for the patient, the family and care givers; physically, spiritually and emotionally. In this presentation we hope to explore some of the key issues in caring for someone during 'the last days'. We will focus on practical aspects, symptom management and the important aspects of communication and therapeutic relationships.

Date: Monday 3rd May 2010 6:30-8:30pm—drinks and nibbles supplied

Venue: Education Resource Centre BBH, Ballarat Health Services Drummond St Nth Ballarat.

Cost: Grampians Region \$15,00. Other \$25.00.

RSVP: By 28.04.2010

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

Are you Giving Your Goals Your Best Effort?

Your dreams deserve better than a half-hearted effort. Meet your goals with a weak handshake and they'll soon be waving you goodbye. Since you probably don't want to look back on a life full of "almost made it" memories, it's time for total commitment.

Leave it all on the field, don't hold anything back. Is there anything more satisfying than pouring out your entire being, straddling the cliff, reaching your total limit, then looking up and realising that

oh-my-gosh-I-can't-believe-I-really-did-it? And is there anything more tragic than failing and realising you could have done more?

If you feel 'tuned out' of your current life, that's okay. Make your first goal to build a life that you can get 'in' to. Then don't look back.

Make every day count and live purposefully, live energetically, live completely.

There are only two options regarding commitment. You're either IN or you're OUT.

There is no such thing as life in-between.

- Pat Riley, basketball coach

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

15 April	Opening of Wimmera Mallee Pipe line at the Sound shell	Horsham
15 April	How to consult your community	Horsham
15 April	Victorian Standard Chart of Accounts	Horsham
15 April	Wail Nursery Open Day	Wail
16 April	Creating a Stronger You	Dimboola & Rainbow
16 April	Circles of Support Conference	Melbourne
17 April	Try Mindful Eating	Melbourne
21 April	Gruffalo—Wesley Performing Arts Centre	Horsham
22/23 Apr	ASIST (Applied Suicide Intervention Skills Training)	Warracknabeal
23 April	Small Grants closing date from Wimmera Volunteers	Horsham
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
3 May	The Last Days—Grampians Regional Palliative Care Team	Ballarat
6 May	Safe Talk	Ballarat
7 May	Y/s Girls Resource Kit	Melbourne
7 May	Building Resilience for Young Learners	Sunshine
10 May	Working with Children Information Sessions	Stawell
10 May	Concept and Principals of Problem Gambling	University of Melb.
25 May	Recovery from hearing voices	Horsham
28 May	Safe Play—The Risk of Injury Through Play vs Child Obesity	Melbourne
31 May	Rural Youth Scholarships	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

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