

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 16 (2010) - April
21st

National Volunteers Week 10—16 May 2010

Theme for this year is:

NOW MORE THAN EVER

Volunteers are now in demand more than ever. Australian volunteers are essential to society, and many charities would struggle to survive without the support of their volunteers. Australian volunteers contribute more than 700 million hours of community service to so many areas of society, including community health care, heritage and arts, environment conservation, emergency services, education, social justice and sports. NVW provides a platform to pay tribute to these volunteers who donate their time and energy to help others.

For further information, please contact:

Debbie Coyle at Wimmera Volunteers on 5382 5607

Carers Writing Group ~ please note revised date

FREE INTRODUCTORY WORKSHOP

Tuesday 27th April from 2—4 pm at Horsham Library

- 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?

This workshop will be conducted by Judith Oliver, Educator from Carers Victoria.

Includes a discussion to start up a Carers Writing Group in Horsham.

Conditional respite and travel costs available—phone the Carers Respite Centre on 5382 9336

To register your interest to attend please phone 5381 9336 (Wimmera Community Options) or 1800 242 636—ask for Reception Carers Victoria

Ladies Night ~ Still All About ME

This promises to be a great night, ladies come along and hear some great speakers:-

Liz King Breast Care Nurse at Wimmera Health Care Group
Gail Mitten Liver transplant recipient (a message for all of us here)
Barb Moore Skincare—Warracknabeal Pharmacy

WHEN: Wednesday 5th May 2010 TIME: 7:30pm

WHERE: Community Health Centre Minyip COST: \$4 (includes raffle tickets)

Contact: Judy Hazelden 5364 1224 (Please book for catering purposes. Thank you)

High Tea

The Country Women's Association Horsham Evening Branch cordially invites you to:

HIGH TEA

Saturday 8th May 2010 2:30pm to 4:30pm At the CWA Hall, McPherson Street, Horsham.

Tickets \$15 per person, limited numbers

Available from Bronwen: 0422 135 229 or www.trybooking.com/EPV

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>

'Go for your life' Physical Activity Forum

Forum Topic: Examining the Healthy Eating and Physical Activity Policy and Strategy context from a National to a local Level
Speakers: Professor Rob Moodie, The University of Melbourne
Janet Quigley, Department of Health and Ageing
Date and Venue: Friday 28th May 2010 at Melbourne Sports and Aquatic Centre MSAC, Albert Park.
For more information contact Sarah-Jane Blunt T: 8329 0105 F: 8320 0110 W: <http://www.kinectaustralia.org.au>

What is the Get Equipped Competition?

As part of the Victorian Rocks Initiative, the Victorian Government is inviting young musicians 15-21 years of age to show off their skills and talents by entering the Get Equipped music equipment competition. Through this exciting competition, \$25,000 worth of music equipment will be awarded to 15 young musicians or groups. Simply send in a video recording of you or your group performing a song "live" (either an original song, cover version or sampled music) to be in the chance to win!

The competition is open from Saturday 10th April to Friday 28th May 2010.

First Prize: Best Young Artist/Group \$3000—5 awards
\$3000 music equipment voucher provided by the Billy Hyde Music Group
On-line promotion of submitted performance via youthcentral promotion of successful artist or group to leading music industry bodies
A 3 hour song coaching and artist development session from a music industry professional.

Second Prize: Best Emerging Young Artist/Group \$1500—5 awards
\$1500 music equipment voucher provided by the Allans Music Group
On-line promotion of submitted performance via youthcentral
Promotion of successful artist or group to leading music industry bodies

Third Prize: Standout Young Artist/Group \$500—5 awards
\$500 music equipment voucher provided by Allans Music Group
On-line video promotion of submitted performance via youthcentral.

For more information, go to Youth Central:

<http://www.youthcentral.vic.gov.au/Games+%26+Competitions/Competitions/Get+Equipped+competition>

Parenting Expo

Birchip Community Leisure Centre Tuesday 11th May 2010 9:30am—3pm. Cost \$10

We're up, we're down, we're busy, we're clever, we're funny, we're excited, we're kind, we're cross, we're bored, we're anxious, we're confident, we're gorgeous, we're exhausted, we're parents!

Do you have a new baby, a toddler, or an adolescent? Then come along to the expo, enjoy the company of the parents, attend workshops, listen to entertaining speakers, Kaz Cooke and Amanda Cox, and have fun.

For more information: birchipblc@bigpond.com

Building on Diversity

"Sharing our experiences, challenges and solutions"

An exciting conference bring multicultural organisations, relevant government departments and other stakeholders to showcase multicultural service excellence and to strengthen partnerships.

Darebin Arts and Entertainment Centre Cnr Bell St and St George's Rd Preston. Wednesday 23rd June 2010

Call for workshop presentations:

Closing date for abstracts 23rd April 2010

Further guidelines are available at <http://www.apcs.org.au/buildingondiversityconference>

Do you need help developing your Disability Action Plan?

How to write your own Disability Action Plan Workshop

Contact: Deb Whitecross Disability Strategist: P: 5334 4358 M: 04528 991 671 E: deb@disabilityconsultants.com.au

W: www.disabilityconsultants.com.au

ABaF Awards 2010

If you have not already heard of the Australian Business Arts Foundation Awards, then please find out more information at the following link. Feel free to pass on this information to arts, health and business networks.

<http://www.abaf.org.au/index.pphp?sectionID=1365&paveID3045&staticID+Awards-2010>

Make a Difference: Become a Mentor

This 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 about specific topics.

Who should come?

Any allied health worker at a publicly funded hospital and/or community health service who wants to make a difference by supporting another clinician with their experience.

Clinical Supervisors (for non-clinical aspects)

Anyone who wants to learn how to support someone in an evidence based and positive mentoring relationship

Two day conference at Mecure Ballarat Hotel and Convention Centre. 27 and 28 April. Registrations close 22 April.

Contact Debbie Thomson on 9946 6801 for any inquiries

Dementia Behaviour Education Sessions

Venue: Education Resource Centre Ground Floor Ballarat Health Services Drummond St Nth Ballarat.

Video Link Up: Booking time 12:45pm –3:45pm. Limited places—15 per venue

Stawell (Video Link up) Video Conference Room, Stawell Regional Health Sloane St Stawell

Horsham (VLU) Education Centre Wimmera Health Care Group Read St Horsham

Donald (VLU) Aged Care (via Medilink) East Wimmera Health Service Aitken St Donald

Edenhope (VLU) Edenhope and District Memorial Hospital Elizabeth St Edenhope

Sessions: 1—2pm Interface Between Depression and Dementia ~ Prof David Ames

2—3pm Non Pharmacological Approaches to Wandering and Intrusion ~ Karen Thode

3—3:30pm Questions and discussion

RSVP by 12 April to Kate Leeding on 5320 3592 Fax 5320 3545 Email katel@bhs.org.au

Local Girls Magazine Project Survey

A group of local health organisations have joined together to inspire and inform girls in the Wimmera. Women's Health Grampians, Wimmera Uniting Care, Wimmera Health Care Group, Wimmera Regional Sports Assembly have collaborated through the Wimmera Primary Care Partnership to work on a pilot project to create a magazine with local girls, for local girls.

The project will enable year 9 girls to discuss and explore themes and issues that are important to them in a supportive environment with guidance from health professionals and the Wimmera Mail Times. One of the major outcomes will be the creation of a magazine based on their ideas and informed by a survey evaluation of their peers older and younger (link below)

This publication is a great opportunity for girls to have a creative outlet whilst discussing more serious social, emotional and physical issues. It is anticipated that this process will expand the girl's knowledge of health and related issues, as well as their understanding of professional opportunities through their work with the participating organisations and the Wimmera Mail Times.

The survey is open to **ALL girls aged 12—18 in the Wimmera** areas of the Horsham Rural City, Hindmarsh, Yarriambiack and West Wimmera Shires.

Please review the survey and attached definitions BEFORE providing to girls so as to ascertain the meaning of the topics listed.

The survey link: <http://www.surveymonkey.com/s/65222XQ>

For More Information Contact

Emily Delahunty Women's Health Grampians 53621400

Taryn Marks, Wimmera Primary Care Partnership and Wimmera Uniting Care 5362 1226

Sam Witmitz, Wimmera Sports Regional Assembly 5382 4599

Wally Coleman Wimmera Health Care Group 53621200

Primary Health Weekly Bulletin—16 April 2010

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

In this issue:

- Managing Lupus in Primary Care on World Lupus Day 10 May in Melbourne.
- Conference: Governance and Service Quality for health and community services
- National forum on safety and quality in Primary and Community Health

Pharmacology Study Day ~ Series Two

Tuesday 22nd June 8:30am—4pm.

Mulkerns Theatre, Australian Catholic University, 1200 Mair St Ballarat. Enter from Ripon Street. Parking available in ACU "Student Parking" area

Morning tea and lunch provided.

Cost Grampians Region \$70, Non Grampians Region \$120/

Registrations close 8 June 2010. Fees to be paid in advance and are non refundable, by transferrable.

Contact GRPCT on 5320 3553 for more information

The Wimmera L2P Program ~ A brief summary

The L2P program aims to help young people between 16 and 21 obtain 120 hours of driving practice required to move from L Plates to their probationary drivers licence. The program is particularly aimed at those who do not have family or friends to assist with driving practice.

All learner drivers accepted into the program will be entitled to up to 7 professional driving lessons.

Learner drivers are matched with a fully trained volunteer driving mentor who will supervise practice driving sessions.

How do I apply?

If you need assistance to get your drivers licence and think you might meet the eligibility criteria for the program, please contact the L2P Project worker at Wimmera Volunteers on 5382 5607 or email L2P@wimmvol.com.au

Ricci Marks Aboriginal Young Achiever Award

This award is named in the memory of Ricci Marks who in his short life made outstanding contributions to his community in the cultural and sporting fields. Ricci, a proud Wotjobaluk man who exemplified the strength of young indigenous Victorians won the 2000 Aboriginal Young Achiever Award.

This is a great opportunity to recognise our talented and committed youth and their achievements and contributions to the community, so please think about young people you know who you may like to nominate.

Nominees must be indigenous, living in Victoria and aged between 16 and 25 years. Community Groups, Schools, employers and individuals are invited to nominate young achievers for this Award.

For more information contact:

Gavin Somers at Aboriginal Affairs Victoria on 9208 3253 or Email gavin.somers@dpcd.vic.gov.au

Young Carers Program

WHO ARE YOUNG CARERS?

A young carer is defined as a person up to 25 years of age, who is the main provider of care and support for a relative or friend who has a disability, a mental illness or is frail aged.

WHAT IS THE YOUNG CARERS PROGRAM?

The Young Carers Program aims to reduce the risk of young people up to the age of 25 leaving school, vocational, education, or tertiary studies prematurely, due to their caring responsibilities.

WHAT MIGHT YOUNG PEOPLE IN A CARING ROLE NEED?

Young Carers may need support and assistance to better balance school and their caring role. Time out to do things other young people do and affordable, flexible and available respite for Young Carers to have a break.

WHO CAN HELP?

Commonwealth Carer Respite Centre and Wimmera Community Options

Enquires: 5381 9336

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

Goodwill that can return to you

This quote can be read in a few ways, and all of them are worth thinking about.

First, complimenting and encouraging others is one of the easiest and most powerful ways to be a positive force in some one's life. Countless people have exceeded their own expectations just because others believed in them.

Second, giving positive feedback works even better if done publicly. Take those kind words and repeat them until everyone knows the great things this person is doing.

Third, we've all had kindnesses bestowed on us in word and deed. In return for that favour, it's up to us to repeat that generosity for someone else's benefit.

However you read this quote, the point is that there's a kindness out there to be performed, and you are just the person to do it!

Till next time....Lisa

Launch of GrampiansRespite.org.au

Carers Respite and Support Services in conjunction with the Department of Human Services, Disability Services Grampians invite you to the launch of a Regional Online

Respite Information Service website at:

Ararat Performing Arts Centre Cnr Barkly and Vincent Sts Ararat
10 –11:30am Friday 30th April. RSVP 23 April kimmu@bhs.org.au 0409 341 790

Reconciliation ~ let's see it through

A decade after the historic bridge walks it's far to say the future for reconciliation has never looked brighter. While there's still a way to go, respect, trust and knowledge to turn good intentions into effective actions pay the way forward.

On this 10th Anniversary of the bridge walks (an of Reconciliation Australia itself), let's embrace our future and aspire to achieve great things together

NATIONAL RECONCILIATION WEEK 27 May—3 Jun 2010

Find out how you can join in: www.reconciliation.org.au

HORSHAM CSI NIGHT

The Blue Ribbon Foundation, Horsham Branch presents:

HORSHAM CSI NIGHT

Thursday 3rd June 2010 7—10:30pm

At the Horsham Sports and Community Club

Tickets \$20, includes light supper ~ available from Hospital, Collier Rathgeber, Horsham Police Station

Drinks at bar prices

Insight into Melbourne Gangland killings

Disaster Victim identification—Black Saturday Fires—Tsunami

International Manhunt for Professional Hit Squad

All proceeds to Wimmera Health Care Group Emergency Department

Further enquiries to Tanya M: 0429 822 007

Don't miss your chance to be a part of the

Field of Women LIVE 2010 at the MCG 7th May 2010

Breast Cancer Network Australia will bring the breast cancer statistics to life before Melbourne take on the Western Bulldogs on the Melbourne Cricket Ground (MCG)

14,000 women and men will unite on the MCG to create the Pink Lady Silhouette, recognising all those Australians who have been affected by breast cancer.

Everyone is welcome to participate—supporters, friends, survivors—you don't have to have had breast cancer to take part.

Show your support by standing alongside your family, friends or colleagues in this moving and inspiring event.

Gates to the arena open at 4:30pm and participants must be seated by 5:15pm

More information can be obtained at the Field of Women website: <http://www.fieldofwomenlive.org.au/>

Launch of Online Introduction to Health Promotion Course

The Department of Health—Southern Metropolitan Region in conjunction with Monash University are pleased to announce the launch of a Pilot Online Introduction to Health Promotion Course. The course is similar to the 4 hour introduction to Health Promotion Workshops that have been occurring across the region for a number of years. The nature of the course as an online tool allows people that may not be able to attend the face to face workshops with another option to expand their professional development. Participants from the Southern Metropolitan Region that complete the course will receive a certificate. The course will be piloted for 3 months which will allow for any changes to be made, so your feed back is very valuable.

How to access the course: www.introtohp.org. Participants need to register, then log in and start learning.

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

22/23 April	ASSIST (Applied Suicide Intervention Skills Training)	Warracknabeal
23 April	Building on Diversity	Preston
24/28 April	Beyond Evidence on Reducing Health Inequities	Adelaide SA
27 April	Carers Writing Group	Horsham
29 April	CAMHS and Schools: Working Effectively Together	Ballarat
30 April	Launch of GrampiansRespite.org.au	Ararat
2 May	Wail Nursery Open Day	Wail
3 May	The Last Days—Grampians Regional Palliative Care Team	Ballarat
5 May	Ladies Night ~ Still all about ME	Horsham
6 May	Safe Talk	Ballarat
7 May	Field of Women Live at the MCG for Breast Cancer	Melbourne
7 May	Y's Girls Resource Kit	Melbourne
8 May	High Tea	Horsham
10 May	Working with Children Information Sessions	Stawell
10 May	Concept and Principals of Problem Gambling	University of Melbourne
11 May	Parenting Expo	Birchip
25 May	Recovery from hearing voices	Horsham
27 May	Reconciliation ~ let's see it through	
28 May	Safe Play—The risk of Injury Through Play vs Child Obesity	Melbourne
28 May	Go for your life Physical Activity Forum	Albert Park Melbourne
28 May	What is the Get Equipped Competition closes	Melbourne
31 May	Rural Youth Scholarships	Melbourne
3 June	Horsham CSI Night	Horsham
8-9 June	Start Stronger, live Longer National Symposium	Perth
22 June	Pharmacology Study Day Series Two	Ballarat

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

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