

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 18 (2010) - May 5th

## Aerials of the Wimmera by Mellisa Powell

The Goat Gallery 87a Main Street Natimuk present:

GROUNDED

AERIALS OF THE WIMMERA by Mellisa Powell

Open weekends 1pm—4pm in May

Or

By appointment ph 0407 864 479

[www.melissapowell.com.au](http://www.melissapowell.com.au)



## Horsham Men's Shed ~ Open Day ~ 27th May 2010

### PRELIMINARY NOTICE

The Horsham Men's Shed in celebrating going into it's 4th year of operation with an

*OPEN DAY* ~ ON THURSDAY 27th May 2010

An invitation is extended to everyone who would like to call in and view it's operations and set up from 10am to 3pm on Thursday 27th May.

Demonstrations will be taking place on the day and representatives from other Wimmera Men's Sheds will be in attendance.

For more information contact: Geoff Witnitz

Phone: 5362 1225

Email: [geoff.w@grampianscommunityhealth.org.au](mailto:geoff.w@grampianscommunityhealth.org.au)

## Step Right Up

You are warmly invited to the opening of STEP RIGHT UP, the Circus in Australian Art.. Join us as we celebrate all things circus in our new purpose build "Big Top" in the Town Hall Foyer on Friday 7th May 6pm. Refreshments provided

RSVP: 5 May T: 5362 2888 E: [hrag@hrcc.vic.gov.au](mailto:hrag@hrcc.vic.gov.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/OTYMDCCG>

## 'Go for your life'

The May edition of the 'Go for your life' subscriber newsletter is available on line at:  
<http://www.goforyourlife.vic.gov.au/gfylnews>

In this issue:

- Free Skiing for Grade 5 students this winter!
- The Active Schools Challenge
- Life! Taking Action on Diabetes Program
- Lap the Wetlands event a huge and healthy success
- 2010 AHPA National Conference—Walking the Talk Together
- 'Go for your life' Inclusive Communities and Physical Activity Forum
- 'Go for your life' Physical Activity Forum
- Mother's Play

## CO MORBIDITY AS THE NORM, NOT THE EXCEPTION

What you should know about problem gambling and mental health

Research has emphasized the links between problem gambling and poor mental health. Problem gambling rarely exists on its own but rather is commonly associated with poor mental health, and in particular, both mood and anxiety disorders, as well as other high burden health problems such as excessive alcohol use. Learn from an expert and share your understanding with others at this important forum.

WHEN: THURSDAY 27th May 10:30am—12:30pm, followed by lunch.

VENUE: Bethany Community Support, 1 Gibb St North Geelong.

RSVP: by 24th May 2010 to [kryan@bethany.org.au](mailto:kryan@bethany.org.au) T: 5278 8122

## Counting Sleep

Sleep and young people, what you need to know.

Research in recent years has shown that adolescence is a time when the body clock experiences a significant shift. As a result, many young people are not getting enough sleep every night and are accumulating a BIG sleep deficit over time. Ongoing sleep deprivation can have a range of serious consequences on the health, wellbeing and behaviour of young people. The Centre for Adolescent Health, Royal Children's Hospital is holding its first forum for 2010 on this important issue and will provide a comprehensive overview on the impact of current sleep problems in young people and suggest a number of practical strategies for improving sleep patterns throughout adolescence.

Thursday 27th May 2010 9am to 12 md

Ella Latham Theatre, Royal Children's Hospital, Flemington Road, Parkville

Registration \$75 +GST. DVD available after event \$25 +GST

For online registration and further details: [www.rch.org.au/cah/forum](http://www.rch.org.au/cah/forum)

## Understanding Mental Health and Wellbeing

An introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention.

Date: Wednesday 19th May at 10:30am to 3:15pm (with lunch provided)

Venue: Stawell RSL, Scallan Street, Stawell. Facilitators: Anne Watson and C. Kim Freeman

This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet) to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings.

The workshop will cover:

Concepts of positive mental health, Influences on mental health (including social determinants and risk and protective factors), Benefits of promotion and prevention, Status of the evidence, Applications to clinical and community settings  
 Examples of evidence-based interventions.

This workshop is suitable for people working in government and non government organisations that have a focus on mental health, and is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for mental health.

To register your interest to attend the workshop please contact:

Elizabeth Casey E: [Elizabeth.c@grampianscommunityhealth.org.au](mailto:Elizabeth.c@grampianscommunityhealth.org.au) T: 5352 76227

Closing date for Registrations: Wednesday May 12th

## HEALTHY RECIPES

Are you looking for FREE & HEALTHY recipes...well look no further...visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and discover hundreds of recipes that are easy and healthy to make.

Recipes can be searched for by category, meal, dietary requirement or by ingredients. This website also lists what fruit and vegetables are in season at that time and what recipes you could use including these fruit and vegetables.

Visit the better health website and start drooling now...

## Helping Pregnant Smokers Quit

Smoking intervention and Cessation Training for community health clinicians who work with pregnant women. There is an opportunity to provide QUIT training in the region - focusing pregnant smokers. I would like to gauge the level of interest before I get back to QUIT to organise the training. It will be free, a half day and somewhere in our region

Please contact Judy Perkins Community and Women's Health Program Adviser

Department of Health

Grampians Region

Phone 5333 6087 Mob: 0417 112 575 35 Armstrong Street Sth PO Box 712 Ballarat 3353

## Get Farming ~ eNewsletter

Get Farming are now producing an eNewsletter.

If you wish to view this eNewsletter log on to [www.getfarming.com.au](http://www.getfarming.com.au)

## Case Notes and Record Keeping

This workshop will be held in Ararat on Tuesday 11th May 9:30am—4pm  
Ararat RSL, Red Poppy Function Room. HACC Staff \$33.00 Inc GST Fully catered.

The workshop covers: (Suitable for all HACC workers)

1. Why you should keep case note and records
2. What is a record?
3. Common mistakes in writing case notes and records and how to avoid them
4. In addition, participants get the opportunity to criticize some case notes
5. In the second part of the workshop participants will be given guidelines on how to behave in court and how to cope with cross-examination if they are called into court as a witness.

Email: [hacc@bdnh.com.au](mailto:hacc@bdnh.com.au) T: 5334 1500 F: 5334 1945 for more information and registration

## Goal Setting and Care Planning Full two (2) day training program

This workshop will be held in Ararat on Tuesday 25th and Wednesday 26th May, 9:30am—4:30pm  
Ararat RSL, Red Poppy Function Room. HACC Staff \$55.00 inc GST Fully catered

Suitable for Hacc staff conduction assessments with clients in home or in day centres. Prior experience in conducting assessments for HACC services is required to gain full benefit from this session.

The aim of this program is to equip participants with the skills to use consistent, strategic and reflective approaches to goal setting and care planning.

Email: [hacc@bdnh.com.au](mailto:hacc@bdnh.com.au) T: 5334 1500 F: 5334 1945 for more information and registration

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

Seeing the wonder in the smallest details

What do you appreciate and what do you ignore?

Is a sunrise any less special because its image wouldn't make it on a magazine cover? Is any day less precious because, in your mind, "nothing special" happened?

For some reason, it's hard to be impressed with anything these days.

Driving a car is a source of strain instead of wonder. The internet is already old news. Quick — when was the last time you paid attention to a space shuttle flight: Remember when that was all people could talk about? Once you take something for granted, you also take the life out of it. When nothing is "special", boredom and gloom aren't far behind.

Look around where you're sitting right now and try and see it for the first time, like a child would. Think about the human potential that created the stuff in the room. Think about the miracles of nature right outside your window.

Think about how amazing it is that you're even here to see it.

There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is.

Albert Einstein, Physicist.

## ME/Chronic Fatigue Syndrome: Seminar Invitation Awareness Week May 10-17

All medical practitioners, allied health, people with ME/CFS, their friends, family and carers are invited to attend what will be a highly informative education session regarding the latest management and understanding of ME/Chronic Fatigue Syndrome. The information provided will be cutting edge. Two highly acclaimed experts will be presenting Dr Nicole Phillips and Dr Donald Lewis. Sunday May 16, 2pm, Melbourne Town Hall  
<http://www.mecfs-vic.org.au/mecfs-awareness-week-2010-seminar>

ME/CFS Australia (Vic) are also able to provide a range of posters, information displays, handouts and other material that your service may wish to display or distribute throughout ME/CFS Awareness week.

<http://www.mecfs-vic.org.au/sites/www.mecfs-vic.org.au/files/MECFSVic-FormAwarenessKit10.pdf>

ME/CFS Australia (Vic) has a range of materials so please don't hesitate to contact us should you require other materials. Place your orders to ensure delivery can be made before May10

ME/CFS (Australia) Vic is also able to provide materials for assignments, education, presentations and community based ME/CFS Self Help Courses. Please don't hesitate to call us if you require further information or advice regarding ME/CFS

**What is ME/CFS?** <http://www.mecfs-vic.org.au/about-mecfs>

Alison Copley, Project Co-Ordinator/Health Promotion ME/CFS Australia 15 Scott St Dandenong 3175  
T: 03) 9791 3100 (Admin) 03) 9791 2199 (Support line)

## WELCOME to Farmer Health—a new website from the NCFH

Farmer Health is here to assist farmers live a healthy and safe life on the land. <http://www.farmerhealth.org.au/>

## Field of Women at the MCG Friday 7th May ~ Breast Cancer

Would any one like to sponsor a participant in the Field of Women Event?

If so, please go to <http://fieldofwomen.gofundraise.com.au/WALTERJ>.

Your donation to this worthy cause via Joy will be very much appreciated for cancer research

## Rural Mental Health Symposium ~ Sydney

Would you like to be a presenter at the 2nd Rural and Remote Mental Health Symposium in Sydney?

You can submit the outline of your paper online now!

The 2nd Rural & Remote Mental Health Symposium "Winds of Change: New Perspectives on Rural and Remote Mental Health" will now be held at Novotel Brighton le Sands in Sydney from September 29th - 30th 2010.

The conference will explore new perspectives within the P4 parameters, policy initiatives, primary interventions, promoting recovery, preventing relapse by way of individual conference papers, keynote presentations, and workshops. Call for Abstracts is now open and can be submitted online

<http://www.vision6.com.au/ch/11035/2dd47w5/1144137/08b2dr02p.asp> .

Confirmed Keynote Presenters include:

- \* Australian of the Year, Professor Patrick McGorry, Professor of Youth Mental Health at the University of Melbourne, Clinical Director of ORYGEN Youth Health, and Executive Director of the ORYGEN Research Centre
- \* Prof Vaughan Carr, Director, Centre for Brain & Mental Health Research, University of Newcastle
- \* Mr David Crosbie, CEO - Mental Health Council of Australia
- \* Prof Mark Creamer, Director - Australian Posttraumatic Mental Health, University of Melbourne
- \* A/Prof. David Pierce, Director - University Dept of Rural Health School of Rural Health, The University of Melbourne.

Sponsorship and Exhibitor opportunities exist for the Symposium. Details can be found on the website.

We look forward to welcoming you to the Meeting in September.

## Proudly giving Wimmera Kids the UNFAIR ADVANTAGE in National testing

Wimmera Regional Library Corporation is proudly giving Wimmera Kids the **Unfair Advantage** in National testing. Local students have **FREE** access to online homework and study tutoring, including literacy and numeracy help, with their Wimmera public library card.

- Step 1. Go to [www.wrlc.org.au/Youth.html](http://www.wrlc.org.au/Youth.html)
- Step 2. Click t
- Step 3. Enter your library card barcode—choose your subject, year level and ask your question!  
Years 4—12 Monday to Friday 4pm—8pm

## Upcoming events in Horsham City, Hindmarsh, West Wimmera and Yarriambiack Shires

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

1 /31 May	Aerials of the Wimmera ~ Grounded ~ Melissa Powell	The Goat Gallery Natimuk
6 May	Y's Girls Resource Kit	Melbourne
7 May	Field of Women Live at the MCG for Breast Cancer	Melbourne
8 May	High Tea	Horsham
10 May	Working with Children Information Session	Stawell
11 May	Parenting Expo	Birchip
11 May	Case Notes and Record Keeping	Ararat
16 May	ME/Chronic Fatigue Syndrome: Seminar	Melbourne
18 May	Clever Ideas Skilled Volunteers for the Community Sector	Melbourne
19 May	Understanding Mental Health and Wellbeing	Stawell
24 May	National Summit of Parents, Families and Carers	Melbourne
25 May	Recovery from Hearing Voices	Horsham
25/26 May	Goal Setting and Care Planning	Ararat
27 May	Horsham Men's Shed Open Day	Horsham
27 May	Co Morbidity as the Norm, not the Exception	North Geelong
27 May	Reconciliation ~ Let's see it happen	
27 May	Counting Sleep	Parkville Melbourne
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
1 June	Common Risk Assessment Framework (CRAF) Training	Horsham
3 June	Horsham CSI Night	Horsham
7/8 June	Common Risk Assessment Framework (CRAF) Training	Ballarat
8/9 June	Start Stronger, Live Longer National Symposium	Perth
22 June	Pharmacology Study Day Series Two	Ballarat
29/30 Sept	Rural Mental Health Symposium	Sydney

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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