

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 19 (2010) - May 12th

## Kathy Walker ~ Learning through Play

**Friday 14 and Saturday 15 May** - Grains Innovation Park, Horsham

Kathy Walker - Early Life Foundations and the Walker Learning Approach is a leading early childhood researcher; lecturer and writer. Her recent publications include 'Parenting'. Her current area of passion are school readiness, brain development in young children, curriculum development and the play based curriculum in schools. She is presenting a range of talks and workshops to the early childhood professionals, parents and educators in the Wimmera.

### Friday 14th May 2010

- ◆ 4pm - 6pm - Learning through Play—Introduction. Overview of current research and current directions of Early Childhood Education. \$50 inc GST.
- ◆ 7.30 - 9pm - Managing behaviour of young children. Impact of importance of play on children's behaviour. Parents and professionals.

**Gold coin donation on arrival, as many as you can give**

### Saturday 15th May 2010

- ◆ 10am -12.30pm - Workshop 1 - Play-based curriculum in Primary Schools. How the play based approach has positive results. \$50 inc GST.
- ◆ 10am - 12.30pm - Workshop 2 - Play for Over 3's. Suitable activities that stimulate learning for children over 3. \$50 inc GST

**HORSHAM RURAL CITY COUNCIL invite you to lunch between sessions.** Free session open to all. Over lunch Council will lead a discussion on the plans for implementing Universal Access by 2013.

- ◆ 1.30 - 4pm - Workshop 3 - Play for Under 3's. \$50 inc GST. Suitable play that stimulate learning for children under 3.
- ◆ 1.30 - 4pm - Workshop 4 - Brain development. Current research, knowledge and impact of understanding how children's brain development influences their learning. \$50 inc GST.

Registration forms available by contacting Dannie Duplex at Wimmera Uniting Care on 5362 4056 or email [dannied@wimmera.unitingcare.org.au](mailto:dannied@wimmera.unitingcare.org.au)

## Volunteer Information Session

**Tuesday 1st June at 10am** at Wimmera Volunteers 20 Firebrace St Horsham

Register your place today by calling into Wimmera Volunteers or phone 5382 5607.

These sessions provide comprehensive general information on volunteering for all serving and prospective volunteers in the Wimmera

## WPCP Survey

Thank you to everyone that completed the Wimmera PCP Survey on our Newsletter and Website - an amazing amount of feedback has been collected and will be collated over the next week or so and your suggestions will be addressed as best as we can. The winner of the \$50 Peaches Fresh Fruit Market is **Michelle Pitman** from Wimmera Volunteers - congratulations Michelle.

## 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)

## Visiting Youth Worker

**HOPETOUN VISITS:** Tuesdays 4, May, 8 June, 13 July, 10 August, 14 September, 12 October

VENUE: Gateway BEET, 75 Lascelles Street, HOPETOUN

**MURTOA VISITS:** Tuesdays 18 May, 15 June, 20 July, 17 August, 21 September, 19 October

VENUE: Murtoa Community Health Centre, 28 Marma Street, MURTOA

Contact the Youth Worker to make an appointment on 0438 715 755 or call in at Hopetoun or Murtoa on the day.

This is a Free and Confidential Service assisting with:- Mental health, Money worries, Centrelink, Food, Clothing, Accommodation, Information, Recreation and entertainment, Transport, General Support and Referral to Specialised Services.

## Test Your Knowledge ~ gambling myths, superstitions or facts

Responsible Gambling Awareness Week is held between 18 - 23 May 2010. The week's messages of *knowledge balance and control* promote responsible gambling behaviour at a personal and community level. Do you know what it takes to win? When you gamble, the odds of winning are always against you.

Test your knowledge against these statements and find out which are gambling myths, superstitions or facts.

- |   |            |
|---|------------|
| 1. Gambling should be viewed as a form of entertainment                 | True/False |
| 2. I can buy a lottery ticket in Victoria if I am under 16 years of age | True/False |
| 3. A good player can guess the outcome of a game of chance              | True/False |
| 4. Betting with the majority increased my chances of winning            | True/False |
| 5. Wearing lucky colours increases my chances of winning                | True/False |
| 6. If a gaming machine has not paid out for a while, it is due to do so | True/False |
| 7. Some poker machines are luckier than others                          | True/False |
| 8. If I stick with a system at cards I can win                          | True/False |
| 9. If I place more bets, I'm more likely to win?                        | True/False |

The answers: All are false except No 1.

Responsible Gambling Awareness Week highlights the importance of taking a responsible, balanced approach to gambling. If you or your family are facing gambling issues, please contact: GAMBLER'S HELP on 1800 858 858 For FREE and CONFIDENTIAL assistance.

For more information about Responsible Gambling Awareness Week 2010. please visit [www.gambleaware.vic.gov.au](http://www.gambleaware.vic.gov.au)

## Applied Suicide Intervention Skills Training (ASSIST) Version X

**Wednesday 16th and Thursday 17th June** from 9am to 5pm

Dept of Education and Early Childhood Development, 109 Armstrong St Nth Ballarat

Are you ready willing and able to intervene in a suicide? A two day intensive, participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help them increase their immediate safety.

Presenter Michelle Cowie-Scott ( BA Grad Dip Ed Psych, Dip Ed) Anne Watson (RN,RPN,BN)

Register by phoning Anne Watson on 5320 3030 or email [annew@bhs.org.au](mailto:annew@bhs.org.au)

To find out more about ASSIST by Livingworks visit [www.livingworks.org.au](http://www.livingworks.org.au)

## Health Professional's Vitamin D Survey

Are you a health professional working in community health, local government, general practice or similar?

SunSmart is conducting a survey of health professionals to determine knowledge, awareness and practices related to ultraviolet radiation (UV) exposure and the **promotion of vitamin D messages**.

Please complete the survey by **28 May 2010**, it should take approximately 10 minutes. People who complete the survey have the chance to win one of three Myer vouchers worth \$100, The winning names will be drawn on **4 June 2010**. SunSmart would appreciate if you could please forward the survey to other colleagues as relevant

To complete the survey go to <http://www.surveymonkey.com/s/vitD>

For more information about SunSmart to go [www.sunsmart.com.au](http://www.sunsmart.com.au)

## Hepatitis Awareness Week 17 - 23 May ~ Community Seminar ~ Bendigo

As part of Hepatitis Awareness Week the Bendigo Community Health Services are hosting a community seminar on reducing liver related harm. The seminar will be held on **Tuesday 18 May** from 1 till 2pm at the Eaglehawk Town Hall.

Guest Speakers will be Catina Eyres from Bendigo Health Infectious Diseases Clinic and Sharyn Gibbs from Bendigo Community Health Services will cover such topics as what you need to know about hepatitis and how to keep your liver longer.

Everyone including people living with hepatitis, health workers and general members of the community are welcome to attend.

Healthy snacks will be provided after the seminar. For more information, or to book contact Rachel at Bendigo Community Health Services on 5430 0500 RSVP Monday 17th May.

## Inclusive Communities and Physical Activity Forum

**Tuesday 18th May from 10am to 3.45pm**

The Capital Theatre, 50 View Street Bendigo

Facilitated by Kinect Australia, this is one of a series of regional physical activity promotion forums. This forum is delivered through the 'Go for your life' Physical Activity Information Centre which is supported by the Victorian Government through the 'Go for your life' initiative.

This forum will highlight interventions at a statewide and local level on different strategies in improving the health inequalities of vulnerable groups. Tools, resources and strategies will be provided on inclusive communities and how to increase levels of physical activity.

This event is free of charge but places are limited. Complete the registration form at:

[www.kinectaustralia.org.au/content/Public/InfoLine\\_InforCentre/Forums/2010\\_Forum.aspx](http://www.kinectaustralia.org.au/content/Public/InfoLine_InforCentre/Forums/2010_Forum.aspx)

## Understanding Mental Health and Wellbeing

**Tuesday 18 May** from 10am to 3.30pm at

Ballarat Learning Exchange (BLX) Conference Room, 36 Camp Street Ballarat

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

Facilitators: Geoff Spillane, Mental Health Promotion Officer, Northern Region, Anne Watson, Mental Health Promotion Officer, Grampians Region.

Workshop will cover:

- ◆ Concepts of positive influences on mental health (including social determinants and risk and protective factors)
- ◆ Benefits of promotion and prevention
- ◆ Overview of mental health promotion, prevention of ill-health and early intervention
- ◆ Applications to clinical and community settings
- ◆ Examples of evidence based interventions

To register your interest for this workshop please contact Sharna Kelly, Central Highlands Primary Care Partnership on 5338 4771 or email [support@chcpc.org](mailto:support@chcpc.org).

## Primary Health Weekly Bulletin 15 May 2010

The latest edition of Primary Health Weekly Bulletin can be found at:

[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/ nocache?src=email&id=060510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/ nocache?src=email&id=060510) <[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/ nocache?src=email&id=150510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/ nocache?src=email&id=150510)>

Topics included are:

- ◆ Workshop: World Elder Abuse Awareness Day 2010
- ◆ Training: Deaf awareness
- ◆ National forum on safety and quality in primary and community health

## Youth Mental Health First Aid Course - Ballarat

**9 and 10 June** - Ballarat Learning Exchange Conference Room, 36 Camp Street, Ballarat.

A Youth Mental Health First Aid Course will be held in Ballarat. This is a 14 hour course, teaching first aid skills for mental health crisis situations and the early stages of mental health problems.

Contact Sharana Kelly at Central Highlands PCP on 5338 4771 or email [support@chpcp.org](mailto:support@chpcp.org)

For more information on the Youth Mental Health First Aid Course visit [www.mhfa.com.au](http://www.mhfa.com.au)

## Farmer Health - a new website from the NCFH

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

## Community Legal Centre - Ballarat

Now open at 15 Dawson Street Ballarat. For an appointment with a Community Lawyer phone 5331 5999

Free legal Assistance:

- ◆ Advice and Referral
- ◆ Family Violence
- ◆ Community Legal Education
- ◆ Law Reform
- ◆ Library Resources
- ◆ Self—Help Divorce
- ◆ Free and Confidential Legal Advice

For appointments at various other locations throughout the Central Highlands and Western Victoria region phone the Centre for further information on 1800 466 488.

## Goal Setting & Care Planning

**Tuesday 25th and Wednesday 26th May from 9.30am to 4.30pm**

Ararat RSL, Red Poppy Function Room, 74 - 76 High Street

Presented by Dr Jean Tinney, Claudia Meyer, Jenny Schwarz and Janet Cobden under the auspices of the National Ageing Research Institute.

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.

Key content: this program is designed to meet the professional development needs of community based aged and disability assessment staff and case managers working both within the HACC program and other programs catering for the needs of older people or people with disabilities. The program incorporates the principles of person-centred care which supports independence, as reflected in the HACC Active Service Model. Key areas include assessment of decision-making capacity; goal-setting, development and implementation of care plans; and communication skills for understanding individual needs and building effective care partnerships.

Target: suitable for HACC staff conducting 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).

Cost: \$55 for HACC staff.

For more information phone Michele Graffeo on 5334 1500 or email [hacced@bdnh.com.au](mailto:hacced@bdnh.com.au)

## The Circus in Australian Art Comes to Town

Horsham Regional Art Gallery wants visitors to run away with the circus at its new exhibition 'Step Right Up! The Circus in Australian Art'. The exhibition features historical and contemporary artworks exploring the circus tradition and many of the colourful, exaggerated themes from under the Big Top.

Children visiting the exhibition will receive a free activity book which could be used for a self-guided tour. The exhibition will feature works created in partnership with members of the Flying Fruit Fly Circus and Albury artists.

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

### Persistence...persistence...persistence!

We keep hearing about how persistence is often the key to success. But what do you do when you've been striving for so long that it seems like your goal is never going to see light? How do you deal with the fear that you're about to fail?

Simple. Give it just one more shot. And then one more. Think about the sweat and time you've committed already. You've come this far, you'd be unfair to yourself if you quit without a fight. Even if the odds are way out of our favor and you can't see how it can possibly help, reach out and take one last swing. You never know what will happen.

Big, meaningful achievements don't just happen when everything goes your way. How many times have you seen tennis players make miraculous winning shots while lunging for a ball that seemed impossible to reach? Sometimes, you can find victory in the effort.

**The last dejected effort often becomes with winning stroke.**

W.J Camero

### 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

14/15 May	Leaning through Play	Horsham
19 May	Understanding Mental Health and Wellbeing	Stawell
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
1 June	Wimmera Volunteers Information Session	Horsham
1 June	Common Risk Assessment Framework (CRAF) Training	Horsham
3 June	Horsham CSI Night	Horsham

## 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...

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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