



## “PERSONALITY & LISTENING STYLES” & “TIME MANAGEMENT SKILLS”

Continuing Professional Development for Allied Health Leadership Seminars

**Thursday 19th February 2009** - Horsham Golf Club - Golf Club Road

11.30am to 12.30pm - Personality and Listening Styles

1.15pm to 2.15pm - Time Management

Presenter: Assoc. Prof Adrian Schoo -  
Director Workforce Development and Deputy Director and Head  
of the Department Workforce Program for Greater Green Triangle  
University Department of Rural Health.

All enquiries to Melanie Tippet on 5381 1756 or email  
[m.tippet@westvicdiv.asn.au](mailto:m.tippet@westvicdiv.asn.au)

Register online at [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org)

## PROJECT WORKER .6 EFT FOR 6 MONTHS

The project will involve the identification and development of the scope of practice for a Nurse Practitioner in palliative care in the rural/regional community setting and inpatient setting within health services in the Grampians Region.

Grampians Region Palliative Care Consortium is an alliance of specialist palliative care providers. Our vision is to ensure that people with a progressive life threatening illness and their families and carers have access to a high quality service system that fosters innovation and provides coordinated care and support that is responsive to their needs.

The Project Workers will bring to the position skills in project management and he or she will have a demonstrated capacity to work with other health professionals and funding bodies. Salary is dependant on experience and qualifications.

For further enquiries please contact Carita Potts, Grampians Consortium Chair on 5333 1118. Applications close on the 23rd of January 2009.

## WHAT ARE THE ODDS?

### Odds of gambling related activities:

|   |                 |
|---|-----------------|
| Poker machines - getting 5 black rhinos on a black rhino machine. | 1 in 9,765,625  |
| Tattslotto - winning first division                               | 1 in 8,145,060  |
| Powerball - winning first division                                | 1 in 54,979,155 |
| Super 66 - winning first division                                 | 1 in 1,000,000  |

### Odds of non gambling related activities:

|  |                       |
|--|-----------------------|
| Dying of heart disease                             | 1 in 3 people         |
| Having a back problem                              | 1 in 4.8 people       |
| Having high blood pressure                         | 1 in 10 people        |
| Having your home broken into in the last 12 months | 1 in 21.3 households  |
| A woman giving birth to twins                      | 1 in 44 women         |
| An Australian person dying in a terrorist attack   | 1 in 333,333 people   |
| Being killed by lightening                         | 1 in 1,603,250 people |

Things that are rare often happen more often than winning at gambling. Also, if you regularly try your luck at gambling you increase your chances of developing an issue with gambling and if you gamble at least once a week on anything other than lotteries, you have an almost 1 in 7 chance of developing an issue with gambling - better odds than winning any prize on a single payline of a poker machine.

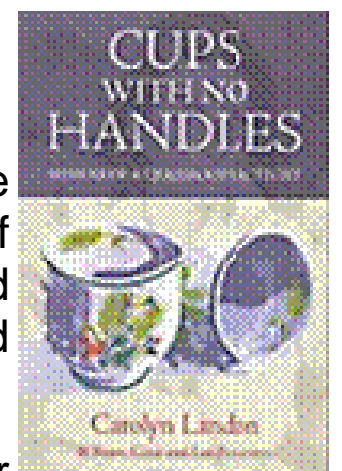
Confidential Gambler's Help counselling is available locally free of charge. Contact Gambler's Help on 5362 1200 or visit [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) Appointments for Wimmera Uniting Care Rural Community Counselling services can be made on 1800 112 177.

## THE SUMMER READ

**Saturday 14th February from 2.30pm**

Grampians Road, Halls Gap (behind Brambuk Cultural Centre)

Meet Carolyn Landon, author of *Cups with no Handles*, the true story of Bette Boyanton, who struggled to overcome the disadvantages of poverty-lack of education, inequality, poor health - to become an inspiring feminist and environmental activist. This memoir provides an understanding of social and feminist history and examines what gives life value.



Join us from 1pm in the foothills of the Mt William Range and meet Summer Reader author Carolyn Landon. BYO picnic and chair. Children's activities provided and light refreshments provided at the event conclusion.

For bookings phone Horsham Library on 5382 5707 or online at: [www.summerread38.eventbrite.com](http://www.summerread38.eventbrite.com)

Free buses will run from Horsham, St Arnaud & Stawell

## GRAMPIANS REGION PERSONAL CARE PROTOCOL

This project, funded by the Department of Human Services, commenced in October 2008. The project is designed to use an interactive model of engagement to develop a Grampians Regional Personal Care Protocol. It is intended that the protocol will provide support and guidance in the delivery of personal Care by HACC Providers.

Providers of HACC Personal Care in the Grampians Region are the key stakeholders in this project.

The project Steering Committee, consisting of representatives from agencies across the region, meets two monthly to provide leadership, expertise and assistance with agency/organisation engagement.

To aid the protocol development two Working Parties have been established for the Western and Eastern ends of the region. The focus of these Working Parties is to work closely in the development of practical and replicable service delivery plans. Participants will contribute to discussion and knowledge on such topics as Assisting with Medication, the Handover of Personal Care services between one agency and another, and the requirements for further training and skills development.

The Working Parties are meeting on the **21st of January** in Ballarat and the **28th of January** in Horsham - the first topic for discussion is Assisting with Medication.

If you would like to know more about this project, or if you would like to participate on the Steering Committee or within the Working Parties then please contact:

Robyn Fletcher - Project Coordinator  
Partnering and Personal Care Projects - Aged & Disability Services  
City of Ballarat  
Phone: 5320 5586 or email: [RobynFletcher@ballarat.vic.gov.au](mailto:RobynFletcher@ballarat.vic.gov.au)

## SHADES PROGRAMME

The Primary Mental Health Team, Ballarat Health Services will be conducting the SHADES programme throughout the year, beginning in February. SHADES is a self help anxiety and depression workshop running over eight weeks in two hour sessions. The aim of the programme is to help people with anxiety and/or depression develop self-management strategies for dealing with symptoms and so prevent relapse. It is not suitable for clients who are at risk of self-harm or experiencing significant suicidal ideation.

Referral is through the client's GP or primary care provider and potential participants are required to attend an initial assessment to evaluate suitability for the programme.

Ballarat sessions will be conducted from February 10th to March 31st from 1pm to 3pm at Ballarat Health Services.

**Horsham sessions will be conducted from February 11th to April 1st from 1pm to 3pm at Horsham Psychiatric Services, 3 Robinson Street.**

Warracknabeal sessions to be announced. For a brochure please phone Denise Taverner on 5320 4434 or on mobile 0439 387 181.

## EVENT CALENDAR - WIMMERA PCP WEBSITE

The Event Calendar in the Wimmera PCP Website is now up and running and events are currently being added. All events from the Newsletters will be added as well as meeting dates for the Chronic Disease Reference Group and HP meeting dates and other important meetings.

If you would like anything included in the event calendar, please email all details to Kellie at [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

To access the event calendar - please visit [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au) and click on the link.

## IMPORTANT INTERNATIONAL DAYS FOR JAN - MAY 2009

|   |                        |
|---|------------------------|
| Australia's Healthy Weight Week                   | 25/01/09 to 31/01/09   |
| Australia Day                                     | 26/01/09               |
| Ovarian Cancer Awareness Month                    | 01/02/09 to 01/03/09   |
| Lymphoedema Awareness Month                       | 01/03/09 to 31/03/09   |
| Clean up Australia Day                            | 01/03/09 to 01/03/09   |
| Premier's Active Families Challenge               | 08/03/09 to 19/04/09   |
| International Women's Day                         | 08/03/09               |
| World Kidney Day                                  | 12/03/09               |
| World Glaucoma Day                                | 12/03/09               |
| Brain Awareness Week                              | 16/03/2009 to 22/03/09 |
| National Muscular/Skeletal Therapy Awareness Week | 23/03/2009             |
| National Ride2School Day                          | 25/03/09               |
| World Parkinson's Day                             | 11/04/09               |
| International Worker's Day                        | 01/05/09               |
| Osteopathy Awareness Week                         | 02/05/09 to 09/05/09   |
| Heart Foundation Heart Week                       | 03/05/09 to 09/05/09   |
| National Volunteer Week                           | 11/05/09 to 17/05/09   |
| International Nurses Day                          | 12/05/09 to 12/05/09   |

## AUSTRALIA'S HEALTHY WEIGHT WEEK

From 25th to 31st January 2009

Australians are getting bigger...the number of overweight Australians is increasing with 7.4 million Australians now overweight. That's two thirds of adults and one quarter of our children!

We need to eat better and by that we mean...eat at least two serves of fruit and five serves of vegetables every day...choose wholegrain breads and cereals regularly...choose reduced fat dairy products...choose lean meat...for more tips visit [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)

## EMERGENCY SERVICES FOUNDATION SCHOLARSHIP SCHEME

The purpose of the Scheme is to enable fellowships and grants to be made to members of Victorian emergency services and emergency health agencies from the pre-hospital arena who provide assistance to the Victorian community to assist them to undertake advanced studies in Australia or overseas.

This might be by participating in formal courses of education or training or by attachment for study or observation with other agencies or educational or training institutions to advance their educational and professional standards. In addition, members can develop their individual vocational skills, knowledge and understanding in order to improve the range, quality and efficiency of the emergency services for the benefit of the community. However, applications that are deemed to be primarily focused on the attainment of academic qualifications are unlikely to be successful.

Joint applications will be considered in exceptional circumstances.

Generally, several grants or fellowships will be made annually and normally will be up to \$9,500 each. Outstanding applications for amounts greater than this amount may be considered, subject to appropriate agency recommendations.

Scholarship proposals could focus on a range of areas containing a primary interest in pre-hospital emergency health or emergency services including but not limited to pre-hospital emergency patient treatment, emergency prevention, preparedness, response, recovery and risk management elements of their agency's roles, lessening the hazards experienced by emergency services workers and pre-hospital health care. Applicants should avoid submissions that duplicate research undertaken by previous scholarship winners. For a list of topics covered by past winners please visit [www.esf.com.au](http://www.esf.com.au)

Closing date for applications is (15 January 2009). For more information contact Jenny Davis on 0406 003 765.

## TRAINING AND EDUCATION DATES FOR THE NEW YEAR

26th & 27th Feb - Warracknabeal - Youth Mental Health First Aid. Contact Faye Smith on 5398 0100.

5th March - Ballarat - Support After Suicide (will be repeated in Horsham in May). Contact Anne Watson on [anew@bhs.org.au](mailto:anew@bhs.org.au)

25th & 26th March Horsham - Self Harm in Schools - (will be repeated in Ballarat in May). Contact details to be confirmed.

1st & 2nd April - Ballarat - Assist. Contact [Anne Watson on anew@bhs.org.au](mailto:anew@bhs.org.au)

21st & 22nd April - Stawell - Mental Health First Aid. Contact Chantel on 5352 6200

29th & 30th April - Horsham - Youth Mental Health First Aid. Contact Kellie at [pcpad-min@gchc.org.au](mailto:pcpad-min@gchc.org.au)

Aboriginal and Torres Strait Islander Mental Health First Aid workshops will be run in March - for more information contact Anne Watson on [anew@bhs.org.au](mailto:anew@bhs.org.au)

## 'MOTIVATION FOR LIFE' from LISA

**ENJOYING THE MARATHON**

Life is like a marathon!

We run and run, not knowing where (or how far) the finish line lies. We focus so intensely on prolonging the race but sometimes - despite our best efforts - the race is cut short. Too often we don't relish the path of and enjoy the details instead of just pounding the pavement of life.

What personal boundaries can you expand to help you enjoy your life? Today meditate on the simple joys: a warm bath, reading a book to a sleepy toddler, or spending quality time with your family and friends.

All of life contains bumps in the road such as losing your job or an unforeseen illness. But it is up to us to determine the quality of our lives. Remember, we don't always determine the distance, but we can determine the path.

Lisa Cosson - Westvic Division of General Practice

Phone: 5381 1756 Mobile: 0418 106 439, Email: [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

**Wimmera PCP Diary Dates****February**

**12th** 12.30pm HP Network Meeting

**18th** 1pm Chronic Disease Reference Group Meeting

For further important dates please visit our website at [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

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@gchc.org.au](mailto:pcpadmin@gchc.org.au)

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