

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 20 (2010) - May 18th

Law and Justice in Your Community

Do you have questions about Family Law issues such as:

- ♦ Separation
- ♦ Divorce
- ♦ Property
- ♦ Children

A FREE interactive family law workshop 'Legal Lingo Bingo' is being held on **Thursday 20th May** from 1.30pm to 3pm at the Horsham Community Action Centre at 11 Kalkee Road Horsham.

Also, would you like to talk to a lawyer for FREE? For a 15 minute FREE chat with a Lawyer visit the Horsham Community Action Centre on the same day from 10am to 12pm - first come first served basis.

For more information or to book your place please phone Lisa on 1800 466 488.

Helping Pregnant Smokers to Quit

Smoking Intervention and Cessation Training for Community Health Professionals who work with pregnant women (free)

This training focuses on ways in which pregnant smokers can be encouraged and supported to quit. Topics include:

- ♦ The important role community health professionals play in smoking cessation.
- ♦ The 5As framework for smoking cessation.
- ♦ Understanding smoking behaviour and pregnancy - why people smoke and how they can quit.
- ♦ Barriers/challenges to addressing smoking cessation and overcoming these.
- ♦ The health effects of smoking and the health benefits of quitting during pregnancy and staying smoke free post birth.
- ♦ Quitting strategies to give you the skills to motivate pregnant women who are finding it difficult to quit, stay quit or who have gone back to smoking.
- ♦ Quit support resources and services (training materials are provided).

6th July from 12.30pm to 4.30pm
Grampians Community Health, Horsham

7th July from 9.30am to 1.30pm
Ballarat Community Health, 206 Vickers Street Sebastopol

RSVP to Judith.perkins@health.vic.gov.au

INDIGENOUS MEN'S FORUM 2010

Late Notice!

Dream Time Indigenous Men's Forum 2010
Etihad Stadium - Wurundjeri Way Docklands

Friday 21st May from 9.30am to 3pm

For more information phone Troy on 0419 764 772 or Alan on 0408 591 289

Public Forum: Getting' It Right: Community Consent & the Arts

Wednesday 9th June from 1pm to 4.30pm

Seminar Room, Ground Floor, VicHealth, 15 Pelham Street Carlton

Featuring presentations from arts organisations who are developing their practice around informed consent in their work with communities and individuals. Speakers will include:

- ♦ John Smithies and Pia Smith, Cultural Development Network on VicHealth's Informed Consent Research Project.
- ♦ Adam Rozsa and Michaela Olijnyk, Arts Access Victoria on Raw Law: legal plain speak and accessibility, and
- ♦ Jemma Mead on Y-Glam Performing Arts Project.

Presentations will be followed by facilitated group discussions. This event will be of interest to people working through the arts with communities and individuals, especially those who may be vulnerable; people who have a disability, refugees, Indigenous, young people, children and people from CALD backgrounds and others. Local government, community, health, welfare, education, artists and arts workers and other interested professionals welcome.

This is a Free event - RSVP to www.trybooking.com/FBV

Enquiries to kim.dunphy@culturaldevelopment.net.au or phone 9658 9976

Chronic Disease & Mental Health Forum

Thursday 27th May from 10am to 2pm

Hamilton - The Auditorium, Western District Health Service, Foster Street

The purpose is to look at Mental Health care as a critical part of Chronic Disease Management. The forum will:

- ♦ Provide a window into best practice for early identification and management of Mental Health & Chronic Disease for health practitioners and services working in chronic disease.
- ♦ Explore culture change towards embracing Mental Health as part of holistic Chronic Disease care.
- ♦ Discuss screening tools to provide staff with knowledge and tips about these tools and how to use them appropriate with clients.
- ♦ Hear from a consumer managing a mental illness along with a chronic disease and their experience and needs from healthcare services.
- ♦ Profile a Psychosocial care service as part of a HARP Chronic Disease Model (to be confirmed).

Register with Katrina.Carey@wdhs.net or phone 0408 528 108 For more information visit www.sggpcp.com

Ministerial Appointments for Indigenous Women

Calls for expressions of interest

The Australian Government is committed to increasing the number of Indigenous women in representative and leadership positions on key boards and committees. Minister the Hon. Jenny Macklin MP acknowledges the depth and breadth of skills and expertise Indigenous women can bring to the discussions in influencing positively the direction of outcomes impacting the lives of Australians, particularly Aboriginal and Torres Strait Islander people.

The Department of Families, Housing, Community Services and Indigenous Affairs maintains a database of highly qualified professionals interested in Ministerial appointment to positions on boards and committees under its portfolio. The Interested Persons Register is used to provide the Minister with a selection of highly qualified candidates for consideration as vacancies arise.

To be a candidate for appointment, you will be able to demonstrate strong leadership, management or business skills and possess a high standard of professional and personal integrity. Your experience in managing complex operations within the private, public or community sectors, capacity to work with a wide range of stakeholders and a commitment to organisational governance is essential.

If you are an Indigenous women and want to contribute to closing the gap on Indigenous disadvantage through setting the strategic agenda for a range of Government bodies, for example, Indigenous Business Australia, Aboriginal Hostels Limited or the Indigenous Land Corporation, we would like to hear from you. If you know of someone else who might be suitable please pass this information on to them.

For further information about the Minister and portfolio bodies or to download a Candidate Information Kit go to www.fahcsia.gov.au If you cannot find what you are looking for please do not hesitate to phone 1300 883 460 or email ipr@fahcsia.gov.au Applications close on Friday 28th May.

Free Financial Workshops in June - Management For Seniors

The workshops are open to people who have retired, or are about to retire and those keen to know more about:

- ◆ Budgeting
- ◆ Financial Planning
- ◆ Retirement Planning
- ◆ Superannuation
- ◆ Preparing Wills
- ◆ Housing Options

To find out dates for these workshops contact christopher.leach@vu.edu.au or phone 9919 1868 or visit www.vu.edu.au/courses/fmws

Family Violence Risk Assessment and Risk Management Training

Further information on training sessions, the training schedule and enrolment procedures, can be found at:

www.tafe.swinburne.edu.au/CRAF/trainingdelivery.htm

Limited training sessions are being held through May and June, be quick to check out what's available and register as soon as possible.

The Family Violence Risk Assessment and Risk Management Framework is a key aspect of the Integrated family violence reforms. This simple tool is designed to help professionals and practitioners working in a range of fields (community services, courts, health sector) to identify risk factors associated with family violence and respond appropriately to people experiencing family violence.

The framework was developed in extensive consultation with specialists in the field and builds upon international and national evidence. An initial statewide training program on the framework was delivered throughout 2009 and it is now being utilised by family violence services and a wide range of agencies and service sectors.

Allied Health Quality Practice Forum

Thursday 27th May from 9.30am to 4pm

Lecture Theatre, Education Resources Centre, Ballarat Health Services, Drummond St Ballarat

- ◆ Quality projects - are the results telling us what we need to know.
- ◆ Implementation of an orthopedic outpatient physiotherapy-led Spinal Assessment Clinic at BHS.
- ◆ The Osteoarthritis Hip and Knee Service project at BHS.
- ◆ Fall Risk Assessment - Is it worth it?
- ◆ Make a Move falls prevention program.
- ◆ Improving older people's participation in physical activity in the Grampians sub-region.
- ◆ Plus much more.

For more information email bevph@bhs.org.au or phone 5320 3994

Primary Health Weekly Bulletin 14 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=140510>

Topics included are:

- ◆ Feedback: Victorian men's health and wellbeing strategy background paper.
- ◆ Health professional vitamin D survey.
- ◆ Forum: 'Examining the healthy eating and physical activity policy and strategy context'.
- ◆ Short course: Monash University Department of Health Social Sciences.
- ◆ 'Women and Abortion' issues paper.

Climate Communities Grants: Applications Open

The Climate Communities Grants Program is a Victorian Government initiative designed to promote and support local actions to tackle climate change. It provides local groups across Victoria with information, advice and grants of up to \$50,000 to take practical action on climate change in their own communities. The grants program will help to link existing community networks centred around local councils, service clubs, schools and government groups. It will also encourage and support the establishment of new groups who wish to take environmental action at a local level.

There are many different projects that could be funded under the Climate Communities grants program, for example:

- ◆ Refitting a community hall to reduce energy use and using it as a demonstration to promote energy efficiency.
- ◆ Establishing a shared transport scheme such as a bicycle repair and hire cooperative.
- ◆ Offering community gardening workshops to promote drought-tolerant and edible gardening.
- ◆ Providing training for a community leader or volunteer to support the group to operate more sustainably and share knowledge with other members.
- ◆ Setting up a pilot project to reduce waste at a local sports club and encouraging other clubs to adopt the practice.

To apply visit <http://www.climatecommunities.vic.gov.au/grants>

Working and Walking Together - Out Now

SNAICC's latest resource 'Working and Walking Together' supporting non-Indigenous family relationship services to work in culturally appropriate ways with our families and communities is out now. It provides information, ideas and guiding principles to develop culturally appropriate services and professional practice respectful of our Aboriginal people and culture.

Well structured chapters offer a guide to practical tips on:

- ◆ Aboriginal and Torres Strait Islander culture and families;
- ◆ The social and historical context of contemporary issues facing Aboriginal communities;
- ◆ The importance of personal professional reflection and tips on cross-cultural communication approaches;
- ◆ Aboriginal cultural protocols;
- ◆ Approaches for non-Indigenous organisations to develop their cultural competence in engaging with our families and community-controlled organisations;
- ◆ Developing culturally appropriate programs and professional practice;
- ◆ Using action research evaluation for organisations to document, reflect on, evaluate and report on their initiatives to engage more effectively with our families and develop partnerships with our community organisations.

You can order this resource online at www.snaicc.asn.au/publications For more information contact mark@snaicc.asn.au

Test Me

Sexually Transmitted Infections Testing for Rural Victorians

www.testme.org.au

For:

- ◆ Guys and girls (under 25 years, Victorians who live 150km + from Melbourne)
- ◆ Guys who like guys (any age, Victorians who live 150km + from Melbourne)
- ◆ Indigenous Victorians (any age, Victorians who live 150kms + from Melbourne)

Via webcam or phone - 1800 739 836. Confidential service.

Kids Go For Your Life Presentations & Web Forum Now Accessible

Presentations from the Kids Go For Your Life State Forum are now available to view from the CO-OP's website, a partner in the Forum's delivery. For the first time there is also a web forum to allow discussions had at the Forum to continue, and those that were not able to attend given the opportunity to participate. Meet and connect with other health professionals who are doing similar work to you.

To view presentations or the forum log in or register at www.co-ops.net.au then click on forum on the left hand side of the screen and there you will see listed 'KGFYL Health Professionals Forum'.

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

How do you keep everything in perspective?

Is there anything that Ziggy doesn't know? In the cartooning universe, he's often placed in hopeless situations, pitted against a world that doesn't make sense. He's an agreeable punch line for the quirks of human nature. Yet he's able to brush off his mishaps and focus on the opportunities that today brings. He can also look to the future with hope, knowing full well that more struggles may lie ahead. Most of all, he can look at himself and have a good chuckle.

Do you make yourself anxious about things that might happen or stew over mistakes you've made? Don't let a preoccupation with tomorrow or yesterday rob your ability to face that crazy world with a smile. For Ziggy, today is today. It's not a good day; it's not a bad day. It's a day. And he knows that it's important to give that day the value it deserves.

The present is what slips by us while we're pondering the past and worrying about the future.

- Ziggy, cartoon foible

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

To access information regarding these events visit www.wimmerapcp.org.au and click on the event calendar

19 May	Understanding Mental Health and Wellbeing	Stawell
20 May	Law and Justice in Your Area	Horsham
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
6 July	Helping Pregnant Smokers to Quit	Horsham

HEALTHY RECIPES

Are you looking for FREE & HEALTHY recipes...well look no further...visit 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

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