

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 21 (2010) - May 25th

## Quality and Risk Forum - Grampians Region

**Friday 11th June from 9.30am to 4.30pm**  
Gum San Event Hall, Western Highway Ararat

Session 1 - Associate Professor Stephen Bolsin, Director of the Division of Perioperative Medicine, Anesthesia & Pain Management at the Geelong Hospital.

Session 2 - Clinical Governance - Dean Wilks, Manager Quality and Safety Programs Unit, Department of Health

Session 3 - General Practice Liaison Program - Jane Measday, General Practice Victoria Program Consultant

Session 4 - Victorian Health Information Management Systems - Theresa Williamson, Project Manager, Quality and Safety Branch, Department of Health

Session 5 - ISO 31000 - Samantha Reid, Victorian Managed Insurance Authority

Session 6 - ISBAR for Clear Communication - Keren Day, Patient Safety Officer, Ballarat Health Services & Sarah Woodburn, East Grampians Health Service

To register email [Maxwell.watson@health.vic.gov.au](mailto:Maxwell.watson@health.vic.gov.au) by May 31.

## The Appreciative Manager: Leading & Mentoring Your Team for Success

**Monday 28th & Tuesday 29th June from 9am to 4.30pm**  
Westlander Motor Inn, Stawell Road Horsham

Appreciative Managers draw on and amplify the strengths of themselves, their staff, clients, organisation and community. New ways of managing are emerging which focus on 'what works' rather than 'what doesn't'.

Appreciative Managers pay attention to what they value and bring out best in people. This requires a shift from a mindset that looks for problems or deficits to one which builds on strengths, celebrates success and leverages learning and performing to the highest level.

For more information email [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au) or phone 9946 6801

## Understanding Aged Care

**Monday June 7th from 3pm to 4pm**  
Horsham Sports & Community Club, Baillie Street

Aged Care Financial Services are providing an information session outlining the complexities of the Aged Care industry. This session will cover topics such as:

- ♦ The admission process
- ♦ Options in Aged Care
- ♦ Costs including accommodation bonds, fees and charges
- ♦ Resident agreements
- ♦ Referring clients to specialist advisers

This 1 hour session will be followed by an opportunity to ask questions and gain information on the best way to assist your existing and prospective clients.

To book phone Wimmera Community Options on 5381 9336.

## Kutch Edwards 'Yuyukatha'

**Tuesday 6th July from 7.30pm**  
Wesley Performing Arts Centre, Horsham

In 'Yuyukatha', acclaimed singer-songwriter Kutch Edwards shares his incredible life's journey through song and storytelling. His music touches the soul and through his humour and insights we realise that with recognition of the true Aboriginal history, there is hope of reconciliation.

To book call 5382 6699 or visit [www.wesleypac.com.au](http://www.wesleypac.com.au)

## Menopause - The Musical

**Fri 13th August and Sat 14th August from 7.30pm**  
Wesley Performing Arts Centre, Horsham

Brought to you from the original US creative team, Australia welcomes the international sensation and #1 girls night out, Menopause The Musical. Already seen it? Well you've never seen it like this! Now with new songs, more choreography and a refreshed look at 'The Change'.

Inspired by a hot flush and a bottle of wine and created in celebration of women who are on the brink of, in the middle of, or have survived the 'change'.

To book phone 5382 6699 or visit [www.wesleypac.com.au](http://www.wesleypac.com.au)

## Grant Information from Wimmera Volunteers

For the latest Grant Information click into [www.wimmvol.com.au](http://www.wimmvol.com.au) and access their latest newsletter.

Grants include:

- ◆ Victorian Volunteer Small Grants
- ◆ Community Funding Centre
- ◆ Country Football & Netball Program
- ◆ Andrews Foundation Grants
- ◆ Sports Uniform Grants
- ◆ Youth Development and Support Program 2010/2011
- ◆ Newsboys Foundation Grants
- ◆ William Buckland Foundation ANZ Trustee Grant
- ◆ Digital Inclusion Fund
- ◆ Climate Communities Grants Program

## Dove BodyThink

A program to promote positive Body image and Self Esteem

**Friday 18th June from 12.30 to 4pm**

Westlander Motor Inn, Stawell Road Horsham

Cost: \$55 - lunch NOT provided

This training is designed for primary and secondary school teachers, youth workers and community professionals in the use of "Dove BodyThink" - an internationally acclaimed program designed to assist young people improve their body image, self esteem and in particular, media literacy skills.

Feelings of low self worth and negative body image lead to low self esteem and dangerous dieting practices - a major predictor of developing an eating disorder.

For more information email [Danni@thebutterflyfoundation.org.au](mailto:Danni@thebutterflyfoundation.org.au) or phone 9822 5771.

## Horsham Men's Shed - Open Day

Thursday 27th May from 10am to 3pm, Mackies Road Haven

Demonstrations including Metal Craft, Tag & Test & Wood Turning and Machinery Fixing

BBQ Lunch Supplied at 12pm - all welcome!

## Bowel Cancer - The Facts

**Australia's second biggest cancer killer is also one of the most curable if diagnosed early!**

Bowel cancer is Australia's second biggest cancer killer, killing twice as many people each year as breast cancer. Around 80 Australians die from bowel cancer every week. It is also one of the most curable cancers if found early, according to Cancer Council Victoria.

While the causes are not clearly understood, risk factors that make it more likely that a person will develop bowel cancer include:

- ◆ Ageing: bowel cancer more commonly affects people over the age of 50
- ◆ A personal or family history of bowel cancer
- ◆ Inheriting an uncommon genetic disorder
- ◆ Having ulcerative colitis, where the colon's lining is inflamed for more than 8 to 10 years.

If you notice any of the following symptoms, you should see a doctor:

- ◆ Blood after bowel motion
- ◆ An unexplained and persistent change in bowel actions
- ◆ Unexpected tiredness
- ◆ Lower abdominal pain or a persistent feeling of fullness.

If you are 50 and over, you are encouraged to screen for bowel cancer every two years. This is done with a simple, at-home test called faecal occult blood test. **Ask your doctor about this test.**

## National Song Writing Competition

Are you a school student that has a knack for writing songs? So if you do have a knack, what to do?

- ◆ Express yourself in a song...write some lyrics put them to music or compose an instrumental piece or just enter your lyrics only.
- ◆ Grab an entry form by visiting [www.acmf.com.au](http://www.acmf.com.au)
- ◆ Read the terms and conditions.

Competition closes **Friday September 24th.**

For more information visit [www.acmf.com.au/nsc-details.html](http://www.acmf.com.au/nsc-details.html)

Music inspires creativity, imagination, self expression and stimulates learning, self esteem, discipline and brings great joy.

## Young Social Pioneers

If you're aged between 18 and 24 and fancy yourself as a social change-maker, The Foundation of Young Australians (FYA) is now calling for applications to Young Social Pioneers.

This exceptional year-long training and development program offers skills development, mentoring, intensive group and individual training and access to a global network of social innovators.

Areas of interest include education, environment, health and wellbeing, human rights, media and technology, performing and visual arts, politics, and science.

Applications are now open and close on **Friday June 11th.** Visit [www.youngsocialpioneers.org.au](http://www.youngsocialpioneers.org.au) for more information.

## Primary Health Weekly Bulletin 21 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=210510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=210510)>

Topics included are:

- ◆ Stakeholder forum: clinical training funding
- ◆ Financial management workshops for older Victorians
- ◆ Conference update: 'Walking the talk together - partnerships for health promotion

## Responding to Sexual Assault - Level 1

**Tuesday 15th June from 9.15am to 12.30pm**

BHS Queen Elizabeth Centre, Education Resource Centre, Seminar Room 1, Ballarat CASA

Research indicates that 1 in 3 women and 1 in 6 men experience sexual assault at some time in their lives. Therefore, it is likely that anyone working in health or human services will at some time work with people affected by sexual assault.

This workshop will cover:

- ♦ Impact of childhood and adult sexual assault.
- ♦ Commonly held societal beliefs about sexual assault.
- ♦ Responding to disclosure of sexual assault.
- ♦ How to effectively support and advocate for a victim/survivor.
- ♦ A brief introduction to understanding and working with trauma response.

This training aims to meet a range of educational needs in the area of sexual assault and trauma and is highly relevant to workers from a variety of fields. It is also relevant to experienced counsellors who wish to develop specific sexual assault counselling expertise.

For more information on the session please phone 5320 3933 by Friday 4th June.

## Victorian Autism Conference 2010

**5th & 6th August 2010**

Rydges Bell City Conference Centre, Melbourne and 10 Regional Locations

VAC 2010 will be a unique opportunity for families and professionals to learn more about best practice strategies and their implementation for supporting individuals with an Autism Spectrum Disorder.

The conference is designed to provide strategies to meet the needs of an individual across the life-span, and will be covering themes relating to early childhood, primary years, adolescence and adulthood. Participants at the conference will have the opportunity to attend sessions based on the most relevant age group.

Practical strategies are the main focus of VAC 2010. Whether you are a professional in the field or a family supporting an individual with an ASD, VAC 2010 will offer you a range of unique, creative and evidence-based strategies.

Streamed LIVE to 10 regional locations.

For more information visit [www.victorianautismconference.com.au](http://www.victorianautismconference.com.au)

## Are you at risk of kidney disease?

Your kidneys look after you, but obesity, high blood pressure, diabetes and smoking contribute to 50 Australians a day dying with Kidney related disease.

Kidney Health Australia is a national non-profit charity devoted to saving lives and reducing the need for dialysis. This is achieved through delivery of programs addressing awareness, prevention, detection and management of kidney disease in Australia and our geographic region.

Kidney disease kills more people than breast cancer, road deaths or suicide.

To find out how you can help Kidney Health Australia please visit [www.kidney.org.au](http://www.kidney.org.au)

**50 Australians a day die with kidney related disease so see your GP or visit [checkmykidneys.com.au](http://checkmykidneys.com.au)**

## Wanted - Trades People!

Indigenous Community Volunteers are desperately looking for Trades people from all disciplines to be placed into Aboriginal and Torres Straight Islander Communities around Australia.

If you would like to help out with projects across Australia please visit [www.icv.com.au/index.php](http://www.icv.com.au/index.php)

For more information phone 1800 819 542 or email [willis@icv.com.au](mailto:willis@icv.com.au)

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

### Appreciation of the Good Things in Life

How many times are we blind to the good in front of us because we're looking past it for something better?

It's like watching the railroad track your entire life, waiting for a train to come in and never realising that you're sitting smack in the middle of the splendid Grand Central Station. Take a second look at your goals. Are they building on the good already in your life? Are you taking full advantage of the strengths you already have? Is it worth giving up what you have for what you might have?

In many cases, the answer is yes. To that we say 'go for it' with all the enthusiasm we can muster. Those are the meaningful goals. If the answer is no, try reworking your goals to include ones that complement your present life rather than substitute for it. Whatever the answer is for you, we could all use a little more appreciation for the pieces of silver in our lives.

**Too many people miss the silver lining because they're expecting gold!**

- Maurice Setter

### 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

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
7 June	Understanding Aged Care	Horsham
11 June	Quality & Risk Forum	Ararat
18 June	Dove BodyThink	Horsham
28 & 29 June	The Appreciative Manager: Leading & Mentoring Your Team for Success	Horsham
6 July	Helping Pregnant Smokers to Quit	Horsham
6 July	Kutch Edwards 'Yuyukatha'	Horsham
13 & 14 Aug	Menopause The Musical	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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