

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 22 (2010) - June 2nd

## Quiz Night in Horsham for Drug Action Week

24th June from 7pm

Horsham Sports and Community Club

\$14.50 pp - includes pizza or pasta from 6pm and snacks, tea and coffee during the game - drinks available from the bar

Nine rounds of questions with a bonus round - tables of 10, make up a team or single bookings. Great prizes to be won and maybe even a few surprises.

RSVP by 18th June to Mary Barnes at Grampians Community Health on 5362 1200 or email [mary.b@grampianscommunityhealth.org.au](mailto:mary.b@grampianscommunityhealth.org.au)

## Goal Setting & Care Planning - 2 day training

August 3 & 4 - Ararat RSL

Presented by Dr Jean Tinney, Claudia Meyer, Jenny Schwarz & 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).

**Fee:** \$55 HACC staff

To RSVP email [hacced@bdnh.com.au](mailto:hacced@bdnh.com.au)

## 2010 Wimmera SFYS Applications

Wimmera School Focused Youth Service Applications close June 18, September 10 and November 26. Would you like to know more about the WSFYS and the brokerage funding process? If yes, please call Susan Griffiths at Wimmera Uniting Care on 5362 3221 or email [susang@wimmera.unitingcare.org.au](mailto:susang@wimmera.unitingcare.org.au)

The SFYS Program has a Prevention and Early Intervention focus for young people aged 10—18 years and projects funded by brokerage aim to:

- Enhance a young person's connection to school, family, peers and/or the community
- Facilitate collaborative structures and improve linkages between schools/education sector and relevant youth and community services to support young people displaying 'at risk' behaviours
- Decrease the risk of young people further developing behaviours that lead to self harm.

Please note that brokerage projects must be consistent with the funding criteria, for a copy please email Susan at [susng@wimmera.unitingcare.org.au](mailto:susng@wimmera.unitingcare.org.au)

## 12th Annual Victorian Conference of Science & Medicine in Sport & Exercise

**Sunday 20th June** - Mercure Ballarat Hotel and Convention Centre - 9am to 5pm

Keynote speaker Steve Moneghetti. Program Highlight: Public Forum, Sports Injury Prevention and Return to Play Open to the general public and conference delegates.

To register visit [www.ic.sma.org.au](http://www.ic.sma.org.au) For more information phone Tamara on 9674 8707 or email [tamara@vic.sma.org.au](mailto:tamara@vic.sma.org.au)

### Have you heard of walking meetings?

Walking meetings are best suited to internal, one-on-one or small group meetings. These half hour wanders become a welcome opportunity to get some fresh air and exercise, and a chance to have real and open conversation. Walking meetings with staff in the office tend to be more formal and focused on KPI's and targets; whereas walking meetings tend to be 'below the line' discussions - allowing for a genuine conversation about 'what's really going on' for the person and the organisation.

In addition, going out for a walk is a really good way to remain connected to the local neighbourhood and to be in contact with what's happening around you. A stroll to the nearby park, local streets and shops is a chance to explore the suburb beyond the boundaries of the office.

Walking meetings boost morale, help staff feel more connected to the organisation as well as to the local neighbourhood, and it gives your body a great workout while at work.

### MindMatters Professional Development in Horsham

**Transitions - 12 August** - Grains Innovation Park, Natimuk Rd Horsham

Transitions are a part of life and yet they are times when school staff and students can lose their connection with school. This module explores a range of transitions for students and school staff including between schools, regions, cultures, health agencies, work, training and care facilities. Participants will use a set of principles to successfully plan for successful transitions for school community members.

**Teaching & Learning for Engagement - 2 September** - Grains Innovation Park, Natimuk Rd Horsham

This focus module highlights the link between mental health and student learning outcomes. It explores a range of methodologies designed to create positive relationships and safe environments to engage students in learning. Teachers and curriculum learning area leaders will plan mental health curriculum content and pedagogy that expresses the MindMatters whole school approach to mental health and wellbeing.

Adolescent brain development, current pedagogies and reflective practices for teachers are examined.

To book for either of these training sessions please visit [www.mindmatters.edu.au](http://www.mindmatters.edu.au) or for more information email Vivienne Archdall at [Vivienne.archdall@curriculum.edu.au](mailto:Vivienne.archdall@curriculum.edu.au)

### Stephanie Alexander Kitchen Garden Foundation Website

Visit [www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)

- ◆ **National Program applications NOW OPEN!**
- ◆ Want to join the SAKGF team?
- ◆ Stephanie scoops international cookbook award.
- ◆ Exciting curriculum developments on the go.
- ◆ The proof is in the fruit pudding.
- ◆ Kitchen Garden Schools keep blooming.
- ◆ Join us on Facebook and Twitter
- ◆ Kitchen Garden Program up for design award.

### Stronger, Fairer, Simpler

The Australian Government has released the Australia's Future Taxation System Review Report. It is also released its response to the Report, titled Stronger, Fairer, Simpler - a Tax Plan for our future.

Papers are available at [www.futuretax.gov.au](http://www.futuretax.gov.au)

## Palliative Care Standards - Twilight Education Session

**Monday 7th June from 6.30pm to 8.30pm**

Education Resource Centre, BBH, Ballarat Health Services, Drummond St North Ballarat

Cost: Grampians Region \$15, Other \$25 - Drinks & Nibbles provided

This twilight session will explore two themes relating to palliative care. The first theme relates to the palliative care standards that guide our practice. The Ballarat Hospice Care Inc. team will discuss the standards relating to clinical practice, psychosocial care and volunteer involvement within the palliative care setting.

The second theme will include an expert panel - Dr Greg Mewett, Palliative Care Physician; Dr Penny Cotton, Palliative Care Registrar; Regina Kendall, Nurse Practitioner Candidate & Bill Weidner, Grief Services Coordinator and will explore the role of interdisciplinary teams and the benefits relating to improved patient/carer outcomes. This session will be facilitated by The Health & Socialcare Interprofessional Network (HSIN), Monash University.

To book phone Bernadette Matthews on 5320 3553 or email [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

## Free Tickets for Volunteers

Melbourne Symphony Orchestra - Music Lovers

**Friday 11th June at 8pm and Saturday 12th June at 2pm**

Melbourne - the Arts Centre, Hamer Hall, 100 St Kilda Road

### Repertoire:

**Stravinsky** Pulcinella: Suite

**Mozart Horn** Concerto No.4 in E flat major, K.495

**Ravel** Daphnis and Chloe

**Featuring** Andrew Davis Conductor and Andrew Bain French Horn  
Jonathan Grieves-Smith chorus master

For further information contact Emma Patterson, Melbourne Symphony Orchestra on 9626 1111  
or email [pattersone@mso.com.au](mailto:pattersone@mso.com.au)

## Opening the Gates on Farmer Health Conference

**11th to 13th October** - Hamilton

This conference will highlight the health, well-being and safety issues of farm men and women, farm workers and their families. This will be achieved by identifying a solid agenda to improve health outcomes for this community via key policy, research, planning, health and workforce domains across local, state and national sectors. A Charter for Farmer Health will be developed.

- ◆ Promote the expertise in your organisation.
- ◆ Learn about the latest developments in the sector.
- ◆ Share the podium with international keynote speakers as they share their knowledge - Professor Kelley Donham, Department of Occupational and Environmental Health, School of Public Health, University of Iowa and Linda Syson-Nibbs, FFPH, MPhil, BAHons, RMN, RN, HV Co founder and trustee of the Farming Life Centre in Derbyshire UK.

For more information go to [www.farmerhealth.org.au](http://www.farmerhealth.org.au) or phone Sally Stevenson on 5551 8587

## Women's Health Grampians May Newsletter

[www.whg.org.au](http://www.whg.org.au) and click on the newsletter link

6th Australian Women's Health Conference - Developing a Women's Health Action Plan - Ballarat Cancer Screening - Bon Voyage to Emily - Welcome Sue

## Primary Health Weekly Bulletin 27 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=270510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=270510)

Topics included are:

- ◆ New Better Health Channel
- ◆ Resources to assist HWA clinical training funding proposals

## Sharing Dinner in the Antarctic

**Saturday 5th June from 6.30pm** - Beaufort Community Bank Complex, Park Road Beaufort  
'A 2 course dinner with guest speaker Russell Rachinger' - \$30 per person

Russell Rachinger is a member of the 1986 Australian National Antarctic Research Expedition and will take his audience on an amazing voyage to the 'Great White Dessert'. Russell lived for sixteen months on the inhospitable mainland of Antarctica, the coldest and stormiest region in the world, where winds sculpt the surface of the snow into fantastic and beautiful shapes.

RSVP to 5349 1184 or email [bchlc@netconnect.com.au](mailto:bchlc@netconnect.com.au)

## Prevention and Promotion - Maternity Leave Position

An opportunity exists for an enthusiastic health promotion professional to enhance their experience in integrated health promotion through the Prevention and Promotion Coordinator role at HealthWest Partnership (the Primary Care Partnerships covering the areas of Maribyrnong, Hobsons Bay, Wyndham, Brimbank and Melton).

Based in Sunshine, this position will be ideal for those practitioners who would like to enhance their leadership and management skills in the area of health promotion and gain exposure to working with a diverse group of organisations that have a strong commitment to health promotion in the West of Melbourne. You will be part of a dynamic, supportive and highly motivated team and be responsible for progressing the 3 year plan. Your duties will include staff supervision, facilitation of the Health Promotion Network, project management and the HealthWest promotion portfolio.

For more information and a copy of the job description please contact Rachel Whiffen, Prevention and Promotion Coordinator on 9313 5080 or email [Rachel.healthwest@isispc.com.au](mailto:Rachel.healthwest@isispc.com.au) or visit [www.healthwest.org.au/page.php?374](http://www.healthwest.org.au/page.php?374)

Applications briefly addressing key selection criteria to Rachel Whiffen by COB Monday 7th June.

## What's On in June at Dementia Education & Training

### For Professionals

#### Dementia Education Sessions/Workshops

Experiencing Dementia	9th June	\$100
Leadership in Dementia Care	17th June	\$115
Behavioural & Psychological Symptoms of Dementia: A problem solving approach	21st June	\$115
Dementia Education for Direct Care Staff	22nd June	\$Free
Dementia Education for Care Managers (Advanced)	24th June	\$205

#### Specialist Speaker Series

Music & Dementia - Presenter Loretta Quinn	16th June	\$115
Keeping your organisation out of court: Residential Care Session Presenter Sue Aberdeen & Amelda Langslow	25th June	\$275

#### Lifestyle & Leisure Sessions/Workshops

Activities for People with Late Stage Dementia	15th June	\$115
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### For Families and Friends

#### Education Sessions/Workshops

Managing Change	9th June	
Responding to Behaviours of Concern: A problem Solving Approach	15th June	
Friends & Companions of People Living with Dementia	22nd June	
Introduction to Dementia & Services	23rd June	

For more information visit [www.alzheimers.org.au](http://www.alzheimers.org.au) or email [edu@alzvic.asn.au](mailto:edu@alzvic.asn.au)

## Journey Beyond Road Trauma Online Community

Behind every fatality and serious injury statistic there are thousands of stories. Around 1,600 people die on Australian roads each year and another 140 people are seriously injured every day, requiring ongoing care. Thousands more are affected by road trauma through their work in the emergency services, legal professions and disability sector.

Journey Beyond Road Trauma is a 'one-of-a-kind' online social network for those affected by road trauma, and has had people from all over the country joining up, demonstrating a huge need in the Australian community. By joining Journey beyond Road Trauma, people can tell their story and connect with each other. Under the guidance of road safety experts, the community can channel their grief into positive action by collectively campaigning for road safety and showing support for one another. Visit [www.jouneybeynodroadtrauma.org](http://www.jouneybeynodroadtrauma.org)

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

**Change**...same choices, same results...if our pattern of thought and behaviour remain unchanged our lives will continue to unfold much as they have previously.

Whether our intention is to change ourselves or some element of the world around us, we cannot simply wish for transformation or hope that our lives will be altered through circumstance. If our patterns of thought and behaviour remain unchanged, our lives will continue to unfold much as they have previously. Patterns in which fruitless efforts prevail can be overcome with self examination and courage. It is our bravery that allows us to question the choices we have made thus far and to channel our effort into innovation. Asking questions and making small adjustments to your thought processes and behaviours will help you discover what works, so you can leave that which does not work behind you. To break free from those unconscious patterns that have long held sway over your actions and reactions, you will likely have to challenge your assumptions on a most basic level. You must accept once and for all that your beliefs with regard to cause and effect may no longer be in accordance with your needs.

Stagnation is often a sign that great changes are on the horizon. Courting the change you wish to see in yourself and in the world around you is a matter of acknowledging that only change begets change. The results you so ardently want to realise are well within the realm of possibility, and you need only step away from the well-worn circular path to explore the untried paths that lie beyond it.

Is there a fresh new pathway you know you are ready to explore...step on it today...it may just change things for the better!

### 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 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
24 June	Quiz Night for Drug Action Week	Horsham
28 & 29 June	The Appreciative Manager: Leading & Mentoring Your Team for Success	Horsham
6 July	Helping Pregnant Smokers to Quit	Horsham
6 July	Kutcha Edwards 'Yuyukatha'	Horsham
3 & 4 Aug	Goal Setting & Care Planning	Ararat
12 Aug	Transitions	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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