



POPULATION HEALTH IN VICTORIA - HEALTH INEQUALITIES

DATE CHANGE

Was April 9th....**is now March 12th** from 11am to 12noon

Via Video Conference at 25 David Street Horsham
(Grampians Community Health Centre)

Presented by 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

To register for this video conference or if you require further details please contact
Donna Bridge at Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

To contact Assoc. Prof Adrian Schoo please email adrian.schoo@greaterhealth.org

CERTIFICATES IN GENERAL EDUCATION FOR ADULTS

On Track Learning is looking for young people who need to improve their general reading and writing skills. If you know of somebody who is suitable for the program (described below) please call Martin Bride on 5362 2682 or email otleo@vic.chariot.net.au

The Certificates in General Education for Adults are four accredited certificates which allow adults (16+) who have not completed secondary education to improve their literacy, numeracy and general education skills.

They provide a range of educational opportunities to assist adults to meet personal needs, increase participation in the community, the workplace and further education and training.

The Risk It program is a specially designed program that tailors the CGEA to fit the needs and interest of young people. This program is suitable for young people with some basic literacy skills who have disengaged from school. As part of the enrolment process induction interviews will be conducted to ensure that students have the necessary basic skills.

On Track is currently delivering this program in Warracknabeal and is going to reintroduce this program in Horsham. Delivery will take place at the Horsham campus of the University of Ballarat on Tuesdays between 9.30am to 3.30pm.

PERSONAL CARE ATTENDANTS AND PALLIATIVE CARE

Presented by The Grampians Regional Palliative Care Team

Thursday 26th February 2009 from 10am to 3pm

Topics will include: End of life care, nutrition and hydration in the last days, bereavement.

Lecture Theatre, Education Resource Centre, Ballarat Health Services
Drummond Street, Ballarat. Light lunch provided.

Cost: \$70 Grampians Region, \$120 other

For registration and enquiries please phone Bernadette Matthews on 5320 3553
or email bernadette@bhs.org.au

RURAL COMMUNITY COUNSELLING PROGRAM

The Rural Community Counselling Program is offered by Wimmera Uniting Care to assist individuals and families with their emotional difficulties. The program aims to strengthen the capacity of individuals and families to function effectively in the community.

A number of professionally trained family/generalist counsellors work within the program across the Wimmera Region.

Office based outreach services are provided across the Shires of Hindmarsh, West Wimmera, Yarriambiack and the townships of Donald and St Arnaud.

- The service is free of charge.
- Home visits and appointments at other venues can be arranged.
- There are no special or formal referral processes.
- The service is confidential.
- Privacy will be maintained.
- Financial Counselling also available.
- Please contact your GP if you have any other concerns.

1800 112 177

Supporting rural communities in times of need.

MEDICARE TEEN DENTAL PLAN

The Medicare Teen Dental Plan is a voucher of \$150 which covers an annual preventative dental check consisting of an oral examination and, if required, x-rays, a scale and clean, fluoride treatment, oral hygiene instruction, dietary advice and/or fissure sealing. Not all of these services may be required each year.

The voucher can be used at a private dental surgery - you will need to contact the dentist or clinic to check that they are participating in the program, and to make an appointment.

Families and teenagers will not have to apply for the program. Each eligible person will automatically be sent a voucher by Medicare Australia.

For more information visit www.medicareaustralia.gov.au or phone 132 011.

CHILD HEALTH CHECKS - GOOLUM GOOLUM

Child Health Checks will be held on

Wednesday January 28th from 11am to 1.30pm
At Goolum Goolum Aboriginal Cooperative

Health checks include: ear health checks, eye appointments, immunisations.

Also free items will be given away such as haircuts, toothbrushes, lunch boxes, water bottles, head lice cream and combs.

Children will also be able to get their faces painted and participate in playgroup activities.

For more information contact Kiewa on 5381 6333 or Nola on 5381 9351.

AUSTRALIAN CENTRE FOR GRIEF AND BEREAVEMENT

The Australian Centre for Grief and Bereavement is delighted to inform you that the Education Program and Services 2009 has now been uploaded onto their website. It features an extensive range of training opportunities around Australia.

To download a copy, please use the following link:

www.grief.org.au/docs/GriefEdProg2009.pdf

To register for any of the sessions for 2009, please complete the registration form found on the back page of the program or contact the Australian Centre for Grief and Bereavement on 9265 2100 or email info@grief.org.au

BLACK BALLOONS ENERGY SAVING TIPS

Summer is a time when we like to keep our homes cool and comfortable, to escape the dry heat of the long summer months. The great news is that there are lots of simple actions you can do to keep your home cool and comfortable this summer reducing the amount of energy your household is using.

On warm days, many of us turn on the air conditioning which uses a lot of energy and is expensive to run, but the best way to keep your home cool is to keep the heat out in the first place.

Shade windows from the sun with external blinds, awnings or shade sails. While you can get them custom made to suit the house, cheap off-the-shelf window coverings will quickly pay for themselves through savings on your energy bill. Remember that light colours reflect heat away from the house.

Consider planting deciduous trees next to windows, they'll help block summer heat but will still let winter sun in. Vines on pergolas or trellises add a lovely look and if they are positioned to block the sun hitting windows they'll help keep your home cooler without using the air conditioner.

For more handy hints on saving energy visit www.saveenergy.vic.gov.au

BUILDING A BRIGHT FUTURE LOCALLY - INTERACTIVE WORKSHOP

Grampians Regional Management Forum invites interested participants aged 18-35 years to an:

Interactive Workshop

To assist with the development of an Action Plan for the Retention and Attraction of Young People to the Wimmera.

6 Key Project Ideas

- Greater social and recreational opportunities.
- Business/entrepreneurship support.
- Youth participation and democracy.
- More options to study off campus.
- Additional apprenticeships and traineeships locally.
- Education/Training.
- Rural Cadetships.

At Grains Innovation Park - Natimuk Road, Horsham
Thursday February 5th - from 10am to 4pm
Fully catered.

RSVP by Feb 2nd essential to Across Events Management
SMS 0400 425 254 or across@netconnect.com.au

Proudly supported by Department of Planning and Community Development
and Ballarat University.

WIMMERA PCP 2009 MEETING DATES

Executive Meetings - 3.30pm on Thursday:

- | | |
|-----------------|------------------|
| • February 12th | • March 12th |
| • April 9th | • May 7th |
| • June 11th | • July 9th |
| • August 13th | • September 10th |
| • October 8th | • November 12th |
| • December 10th | |

HP Meetings - 12.30 (for lunch) on the same Thursdays as above.

Chronic Disease Reference Group Meetings - 12.30 (for lunch) on Wednesday:

- | | |
|-----------------|------------------|
| • February 18th | • April 29th |
| • July 15th | • September 16th |
| • November 25th | |

TYPE 1 DIABETES - INFORMATION SESSIONS

A series of information sessions in regional Victoria for people living with type 1 diabetes.

Saturday 7th February - Ballarat

Wendouree Centre for Performing Arts - 1220 Howitt Street, Wendouree

This is an event run in conjunction with local support group 'Friends Acting to Support Diabetics Around Ballarat (FASDABs). The group recently joined the DA-Vic Community Network Program. They share experiences, support each other and most of all have fun in an informal setting.

9am **Registration and Refreshments.**

Type 1 Diabetes and Schools.

Louise Browne DA-Vic Type 1 Diabetes Coordinator. DA-Vic has produced a new schools resource 'Diabetes Basics - A teacher's guide to type 1 diabetes.' Louise will discuss the resource, and the importance of a team approach to managing type 1 diabetes in schools.

Talking About Mental Health - Six in the City 2008 Encore by DVD.

Dr Linda Beeney's presentation from Six in the City 2008 will be screened. The session focuses on maintaining good mental health and the role this plays in your general health and wellbeing. A question and answer session will follow facilitated by local health professionals.

1pm **Lunch.**

Cost Free for DA-Vic Members or \$15 for non-members.

Bookings essential phone 1300 136 588.

CONSUMER ELECTRONICS GUIDE

Greenpeace has released its latest Consumer Electronics Guide. This guide ranks 18 market leading electronics manufacturers based on product energy efficiency, manufacturing efficiency, footprint etc.

View the guide www.treehugger.com/files/2008/11/greenpeaces-latest-electronics-scorecard.php below and consider supporting the companies that are moving toward greener production.

TRAINING FOR EMERGENCY RELIEF WORKERS

If anyone working in the Emergency Relief Sector would like to participate in any of the courses listed below please contact Jan Hall on 5362 1224, 0429 357 576 or email janet.h@gchc.org.au

Food Handling: Cert 2 Hygiene for Food Handlers
Handling the Difficult Client

Computers for Beginners
Social Security Law Advocacy

The Rural support project seeks to provide a range of initiatives aimed at building capacity in the emergency relief sector by providing support - and support the development of - emergency relief agencies.

'MOTIVATION FOR LIFE'

This weeks motivation comes from some quotes that I have happened across. Lisa's segment will return next week.

Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied.

Our health always seems much more valuable after we lose it.

Tactics, fitness, stroke ability, adaptability, experience and sportsmanship are all necessary for winning.

Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded.

You may delay but time will not.

You must begin to think of yourself as becoming the person you want to be.

Your goals, minus your doubts, equal your reality.

You are never beaten until you admit it.

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

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

Wimmera Primary Care Partnership Office

25 David Street, Post address: PO Box 501, Horsham VIC 3402 - Phone: 5362 1222 Fax: 5382 4687

Mandi Stewart - Executive Officer

mandi.s@gchc.org.au

0428144812, 5362 1223

Geoff Witnitz - Agency Liaison Officer

geoff.w@gchc.org.au

0428358672, 5362 1225

Donna Bridge - Agency Liaison Officer

donna.b@gchc.org.au

0429174763, 5362 1221

Jan Hall - Project Officer

janet.h@gchc.org.au

(03) 5362 1224

Taryn Marks - Project Officer

taryn.m@gchc.org.au

0458 208 833, 5362 1226

Kellie Uytdehaag - Admin Assistant

pcpadmin@gchc.org.au

5362 1222