



## TIPS ON BEATING THE HEAT

Victorians should guard against heat stress over the next few days with a statewide forecast of extremely hot weather after a generally mild December and New Year period. Communities and carers are urged to check on older, sick and frail people who may need help coping with the heat.

### The following practical advice can help to prevent heat-related illnesses:

- Check on older, sick and frail people who may need help coping with the heat.
- Never leave anyone in a closed parked car.
- Drink plenty of water and fluids (non-alcoholic). Note: if your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot.
- Limit or avoid alcoholic drinks.
- Stay indoors, if possible in air-conditioning, or in the shade.
- Take a cool shower or bath.
- Wear lightweight, loose-fitting clothing.
- Reduce physical activity.
- Don't rely on fans unless there is adequate ventilation.
- Know the signs and symptoms of excessive heat exposure and know how to respond.

The body normally sweats to cool down but sometimes sweating isn't enough and rising body temperature can lead to heat stress. Effects of heat-related illnesses can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke - which can kill. Heat may worsen the condition of someone who already has a medical condition such as heart disease.

Those most at risk are people over 65 years, particularly those living alone without air conditioning, infants, pregnant women and nursing mothers, people who are unwell, especially with heart disease or high blood pressure and people on medications for mental illness.

Evidence has shown that excess mortality amongst the elderly population occurs when extremely hot days are followed by high overnight temperatures.

Elderly people are more prone to heat stress than younger people because their body may not adjust well to sudden temperature change. They are more likely to have a chronic medical condition and to be taking medication that may interfere with the body's ability to regulate temperature.

If people must be out in the heat they should limit outdoor activity to morning or evening hours, protect themselves from the sun and slip, slop, slap when outside by using sunscreen, wearing a hat and covering exposed skin and rest regularly in the shade and drink fluids frequently.

More detailed information about heat stress can be found at:  
[www.health.vic.gov.au/environment/downloads/heat\\_stress.pdf](http://www.health.vic.gov.au/environment/downloads/heat_stress.pdf)

**For health information regarding heat-related illness contact  
Nurse on Call - 1300 60 60 24.**

## GRAMPIANS REGION BUS TRIP FOR THE RURAL SUPPORT PROGRAM TO VIC RELEIF FOODBANK

**10th February 2009**

All providers of relief services are invited on a bus trip to Vic Relief Foodbank in Yarraville.

7am - leave Horsham, 11.30am - arrive Yarraville,  
2.30pm - depart Yarraville, 7pm - arrive Horsham

No cost! The trip, including lunch is being sponsored through the rural support program. Administrators, support staff and volunteer workers welcome.

Book your seat now with Jan Hall on 5362 1226 or 0429 357 576 or email [janet.h@gchc.org.au](mailto:janet.h@gchc.org.au)

## THE PREMIERS ACTIVE FAMILIES CHALLENGE

The Wimmera Regional Sports Assembly is encouraging everyone to participate in The Premier's Active Families Challenge 2009.

The Challenge encourages Victorians to do 30 minutes of physical activity a day for 30 days between 8th March and 19th April 2009. Take the Challenge! Email your interest to [goforyourlife@dhs.vic.gov.au](mailto:goforyourlife@dhs.vic.gov.au)

Registrations open February 2009.

There are also great opportunities to promote the Challenge to your local school, council, sports club or workplace.

For more information call 1300 739 899 or email [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## MELBOURNE MEDICAL MAP

Transport Connections projects across the state are planning to develop a map and guide to accessing major Melbourne hospitals, in order to meet the needs of rural patients who travel to Melbourne without a private vehicle.

In addition to showing the major Melbourne hospitals and other landmarks and public transport routes the map will provide associated supplementary transport and health supporting information, such as subsidies and entitlements, support services and transport ticketing information.

As an identified key stakeholder to the project your suggestions for the information to be included in the map and guide are welcomed. Also, if you have specific text you would like to submit for the guide, please forward ideas and logos as appropriate.

To progress this initiative we require responses by Friday 30th January to Ron Lambert via email to [ron.lambert@bawbawshire.vic.gov.au](mailto:ron.lambert@bawbawshire.vic.gov.au)

For further information please call 5625 0241.

## CERTIFICATE IV IN FITNESS

Horsham Rural City Council is seeking expressions of interest from people interested in undertaking a Certificate IV in Fitness in order to become a qualified fitness instructor/personal trainer. The intent would be to offer fitness classes to the Natimuk community. The preference is for the person to live in or close to Natimuk.

Expression of Interest are due on the 16th of February, 2009.

For further information or to receive a copy of the Expression of Interest criteria, please contact Melissa Morris on 0428 505 605 or email [Melissa.morris@hrcc.vic.gov.au](mailto:Melissa.morris@hrcc.vic.gov.au)

## EFFECTIVELY DISCUSSING COMPLEMENTARY AND ALTERNATIVE MEDICINE

Communication Skills Training - Fantastic learning tool which is very effective.

**Friday 27th March 2009 from 9am to 1.30pm**

Conference Room, Wimmera Health Care Group, Baillie Street Horsham.

Lunch and refreshments provided.

Why training is needed:

- Cancer clinicians have expressed a need for communication skills training.
- Communication skills do not necessarily get better with time.

What the workshop offers:

- Evidence-based communication skills to use when discussing complementary and alternative medicine (CAM) with cancer patients, their families and friends that apply to all CAM.
- The opportunity to practice skills in a safe environment using professionally training actors.
- Small groups and the ability to meet individual needs.

To book for this training please call Robyn McIntyre on 5320 4767, 0434 658 518 or email [RobynMc@bhs.org.au](mailto:RobynMc@bhs.org.au)

## PRIMARY HEALTH WEEKLY BULLETIN - 22/01/09

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=220109](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=220109)

In this edition:

- Seminar: traditional practices affecting young immigrant and refugee women's health and wellbeing.
- CData and SEIFA information sessions.
- Outcomes from the vendor information forum.
- Completion of the Victorian statewide referral form and specialist templates project.
- Life! Taking action on diabetes - a state-wide diabetes prevention program.
- Gender impact assessment paper on cardiovascular disease.
- Change: embrace what's new - the 2009 Loddon Mallee allied health conference.
- Two day short course - an introduction to primary care research.
- HACC and primary health program fees update.

## 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](mailto:across@netconnect.com.au)

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

## ARTS GRANTS AVAILABLE TO ARTISTS & ORGANISATIONS

### **Information sessions to be held across Regional Victoria.**

Are you a regionally-based Victorian artist or arts organisation, or do you have an exciting arts project based in regional Victoria? If so, there is a whole range of Federal and State Government Arts grants available to you.

Regional Arts Victoria will be hosting 16 information sessions across the state about the Regional Arts Fund (Commonwealth) & Arts Victoria Funding Opportunities.

Venues include:

Ararat Regional Art Gallery, Vincent Street Ararat  
**Tuesday 3rd February from 12.30pm to 1.30pm**

Contact Joe Toohey on 9644 1800 or email [jtoohey@rav.net.au](mailto:jtoohey@rav.net.au) or contact Christabel Harvey on 9954 5081 or email [Christabel.Harvey@dpc.vic.gov.au](mailto:Christabel.Harvey@dpc.vic.gov.au)

Other sessions are also being held in Snake Valley on Wednesday 4th February 2009.

## FARMREADY FUNDING OPPORTUNITY

Round one of the Farm Ready Industry Grants now open!

FarmReady are calling for applications from agriculture, fishing and forestry industry organisations, natural resource management (NRM) groups and producer groups aiming to increase their industries' self reliance and preparedness to adapt to climate change and climate variability.

The FarmReady program offers an opportunity for industry and regional groups to be part of one the government's key activities to address the challenges of climate change across Australia.

FarmReady Industry Grants offer up to \$80,000 each financial year to eligible farming, fisheries, forestry, natural resource management and Indigenous land management groups to undertake projects that deliver tangible outcomes, and assist primary production and NRM groups to develop strategies to help their members adapt to climate change.

Guidelines for the FarmReady Industry Grants are now available by calling 1800 638 746 or at [www.daff.gov.au/farmingfuture](http://www.daff.gov.au/farmingfuture)

## KIDS 'GO FOR YOUR LIFE'

### Want \$1000?

Join kids - 'Go for your life' before Friday 3rd April 2009 and go into the draw to win \$1000 to kick-start your school or early childhood service's commitment to healthy eating and physical activity.

Visit [www.goforyourlife.vic.gov.au/kids](http://www.goforyourlife.vic.gov.au/kids) and download a membership form or call 1300 739 899 and we will send you one. It is that easy....and its free!

## HOW TO FACILITATE INTERPROFESSIONAL LEARNING IN YOUR PRACTICE

Presented by Monash University Department of Rural & Indigenous Health and the Health and Social Care Interprofessional Network

Do you work with a range of health professional disciplines in your practice? If yes, then this inaugural, interactive and exciting workshop is designed to help you to integrate IPL as part of your practice.

Presented by Dawn Foreman - Consultant on leadership & strategic development and Helena Low - Consultant in Interprofessional Education.

### Workshop 1: Bendigo

Wednesday 18th February from 9am to 5pm  
Cost: \$25 (includes lunch)  
Lister House, Bendigo Regional Clinical Sch  
37 Rowan St Bendigo

### Workshop 2: Moe

Friday 20th February from 9am to 5pm  
Cost: \$25 (includes lunch)  
Training Room, Central West Gippsland  
Division of GP - 3 Ollerton Ave, Moe

Register no later than Fri 13th February to [cathy.beamish@med.monash.edu.au](mailto:cathy.beamish@med.monash.edu.au) or [sue.townsend@lchs.org.au](mailto:sue.townsend@lchs.org.au)

**'MOTIVATION FOR LIFE' by Lisa Cosson**  
**The Dangers of People Pleasing**

No matter how hard you try, no matter how many hours you spend pondering and planning, and regardless of how hard you try, you absolutely cannot please everyone!

It is impossible. So do yourself a favour and stop now, before you drive yourself farther toward insanity. There are many drawbacks to being a people-pleaser. A big one is that you often put yourself in a position of subservience. Sometimes you even put yourself last, which helps no one.

Remember that helping yourself and doing what you feel is important should be valued. Find worth in your own opinions and viewpoint, and don't let your desire to please others compel you to keep yourself in the background. Falling short of perfection only proves that you are a normal human being.

*I don't know the key to success, but the key to failure is trying to please everybody.*  
*- Bill Cosby, comedian*

Lisa Cosson - Westvic Division of GP - [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au) phone 5381 1756

**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)

**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](mailto:mandi.s@gchc.org.au)  
 0428144812, 5362 1223

Geoff Witnitz - Agency Liaison Officer  
[geoff.w@gchc.org.au](mailto:geoff.w@gchc.org.au)  
 0428358672, 5362 1225

Donna Bridge - Agency Liaison Officer  
[donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)  
 0429174763, 5362 1221

Jan Hall - Project Officer  
[janet.h@gchc.org.au](mailto:janet.h@gchc.org.au)  
 (03) 5362 1224

Taryn Marks - Project Officer  
[taryn.m@gchc.org.au](mailto:taryn.m@gchc.org.au)  
 0458 208 833, 5362 1226

Kellie Uytdehaag - Admin Assistant  
[pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)  
 5362 1222