



HEATWAVE PILOT PROJECTS

Wimmera Primary Care Partnership is one of 13 pilot projects DHS funded that are now reaching their final phase of a heatwave pilot project. In all, 22 local governments, two PCP's and one Greenhouse Alliance were involved in the pilot projects. This extensive work will be the foundation for the development of a toolkit, which will be available to all local governments for heatwave planning over the next two years.

Heat Alerts

To date, the department has established a heatwave threshold for metro Melbourne of a daily average of 30° (mean of today's max and tonight's min temperature or as an over night temperature of 24°c). In these conditions, mortality rates in people aged 65 years or more increase by 19-21%. An alert was issued for the current period.

The department is commissioning studies to develop heatwave thresholds for regional Victorian areas, which will be completed in time for the 2009/2010 summer period. Thresholds for Wodonga, Bendigo, Westernport, Latrobe Valley and Horsham will be prioritised and completed in the coming months.

You can review meteorological forecasts throughout the summer to determine if heatwave conditions have been predicted. Details of the new forecasting system can be found at www.bom.gov.au/nextgen/ In summary the Bureau provides 7-day max and min temperatures along with detailed descriptions for 29 areas in Victoria, and 7-day max and min temperatures and brief descriptions for a further 51 areas.

The WPCP will be following up with agencies and councils to see what responses to heatwave occurred over the past fortnight and to share useful ideas and leanings.

Research and Resources

The effect of Heat Waves on Mental Health in a Temperate Australian City by Alana Hansen et al. was published in Environmental Health Perspectives Volume 116 on October 2008 - www.ehp.niehs.nih.gov/docs/2008/11339/abstract.html

The Journal of Public Health December 2008; Vol. 30, No. 4 discusses how public health sector might respond to climate change in the Perspectives section - www.jpubhealth.oxfordjournals.org/content/vol30/issue4/index.dtl

Kidsafe, Ambulance Victoria and MFB have combined forces to issue a warning to parents over the deadly dangers of leaving children in cars on hot days. For a copy of the fact sheet, please visit www.kidsafevic.com.au/images/stories/pdfs/hotcars.pdf

Preventing Heat Related Illness - DHS
http://www.health.vic.gov.au/environment/emergency_mgmt/heat_stress.htm

Health Promotion in Social Connection and Mental Health Strategies

WPCP Health Promotion network next capacity building meeting will focus on social connection, mental health and problem gambling. This meeting will explore opportunities and partnerships in working on social connection and mental health strategies with an emphasis on problem gambling prevention.

The meeting will be facilitated by Anita Thomas, who has worked with us on Climate Change Health Promotion and recently on our next regional three year planning.

Venue: Horsham Golf Course Date: 12 February Time: 12-3 with working lunch

RSVP to Donna Bridge at Wimmera Primary Care Partnership on 5362 1221 or email donna.b@gchc.org.au

Access for all Abilities



Benetas



Community Axis



Dunmunkle Health Services



Edenhope & District Memorial Hospital



Goolum Goolum Aboriginal Co-op



Grampians Community Health Centre



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 Southern Mallee LLEN



Wimmera Uniting Care



Wimmera Volunteers



Women's Health Grampians



Woomelang District Bush Nursing Centre



Yarriambiack Shire Council



YMCA, Horsham Aquatic Centre



MENTAL HEALTH FIRST AID WITH YOUTH COMPONENT - FREE COURSES

WARRACKNABEAL - February 26th and 27th from 9am to 5pm
Yarriambiack Shire's Warracknabeal Office, Function Room, Lyle Street
For bookings phone Faye Smith on 5398 2502 or email fsmith@yarriambiack.vic.gov.au

HORSHAM - April 29th and 30th from 9am to 5pm
Horsham Golf Club, Golf Course Road
For bookings phone Kellie on 5362 1222 or email pcpadmin@gchc.org.au

Course Content: The course covers the following crisis situations and mental health problems.

Crisis situations covered are:

- Suicidal behaviours.
- Acute stress reaction.
- Acute psychotic behaviour.
- Self-harm.
- Panic attacks.

Mental Health Problems covered are:

- Depression.
- Psychosis.
- Eating disorders.
- Anxiety disorders.
- Substance use disorders.

‘GO FOR YOUR LIFE’ NEWSLETTER - FEBRUARY EDITION

The February edition of the ‘Go for your life’ subscriber newsletter is available online at www.goforyourlife.vic.gov.au/gfynews

In this issue:

- The Challenge is on!
- Getting out and about in the Over 50s Riding Program.
- Fast and fabulous Feb recipes!
- Fawkner kids celebrate a healthy lifestyle.
- Keeping you actively informed.
- Improving employee health and wellness.

‘Go for your life’ website - www.goforyourlife.vic.gov.au, info line 1300 73 98 99

DROUGHT SUPPORT AND ASSISTANCE CONTACTS - FEBRUARY 2009

The February edition of the Wimmera Farmer in The Wimmera Mail-Times included a liftout A4 sheet of the Drought Support and Assistance Contacts - as of February 2009.

Some of the contacts included were:

- Rural support and local government.
- Rural Financial Counselling Services.
- Victorian Farmers Federation.
- Rural support - government organisations.
- Rural support - general.
- Counselling and support organisations.
- Other Assistance Services.

This contact list was distributed to 14000 people in the Wimmera, but if you didn't receive a copy then please contact pcpadmin@gchc.org.au or phone 5362 1222 for a copy.

HORSHAM RURAL CITY COUNCIL GRANT AND DONATION INFORMATION 2009/2010

The aim of the Grant/Donation Program is to enhance Community Development the provision of services to the municipality. The grants/donations are directed at assisting community, cultural and sporting bodies operating in the municipality.

Council has set aside \$173,000 for Community Grants/Donations in 2008/2009.

Preference will be given to groups/organisations which can contribute substantially to the project envisaged.

The Grants will be considered in two categories:

- Annual donations and maintenance grants to groups providing community services.
- Grants to sporting and cultural organisations for one off capital works project.

Pre-requisites for eligibility:

- Be locally based.
- Non-profit making.
- Demonstrate direct benefit to residents of the Horsham Rural City municipality.
- Be incorporated if applying for \$1000 or more.
- Demonstrate their contribution in the form of cash, voluntary services or in-kind support. The contribution may be waived in exceptional circumstances.
- Address demonstrated community need; and
- Where applicable, applications must be endorsed by the Committee of Management of the relevant Reserve.

For more information please email council@hrcc.vic.gov.au

HEALTH SERVICES & SMALL RURAL COMMUNITIES

Friday February 13th from 9.30am to 2.15pm

Crest Room, Level 2, Gave 6, Telstra Dome, Docklands Melbourne

This forum will focus on health services and small rural communities and will give the opportunity to showcase good practice in the sector.

It will include a short address by Minister Andrews as well as keynotes and concurrent sessions addressing issues including workforce and emergency.

Register online at www.health.vic.gov.au Enquiries can be directed to Jo Halls on 9096 0424 or email Joanna.Halls@dhs.vic.gov.au

NATIONAL DISABILITY SERVICES CONFERENCE

Friday 13th February 2009 - from 10am to 4pm

Hemisphere Conference Centre - 488 South Road, Moorabbin

Cost \$95 for staff from Network for Quality member organisations. \$145 for non members.

For more information contact Erin Davidson on 8341 4300 or email erin.davidson@nds.org.au

DATES FOR INTERNATIONAL MEN'S HEALTH WEEK IN 2009

June 15 - 21

This date is in line with many other countries around the world, and the end will coincide with Father's Day in the United States.

EDUCATION TAX REFUND

With a new school year just around the corner, parents are to make sure they keep their receipts to make the most of the Rudd Government's \$4.4 billion Education Tax Refund.

The Education Tax Refund will provide some much-needed relief to help families meet these costs, with refund of up to:

- 375 per primary school student; and
- \$750 per secondary school student.

All families with school children who receive Family Tax Benefit Part A will be eligible for the Education Tax Refund, which will be paid to families from 1st July this year.

Provided parents keep their receipts, the Education Tax Refund will apply to some of the most common back-to-school items, including:

- Laptops;
- Home computers and associated costs;
- Home internet connections;
- Printers;
- Education software;
- Trade tools for use at school;
- School text books; and
- Stationery.

Parents will be able to claim 50% of these expenses through their tax return at the end of the financial year.

ENABLING ABILITY - 2 DAY WORKSHOP

Ideal for individuals who have recently entered the disability sector. The purpose of this workshop is to provide an overview and an insight into the disability sector and explore worker role & responsibilities.

- Obtain an understanding of trends & approaches.
- Exploring methods of communication for people with a disability.
- Develop strategies to improve services for people with a disability.

Wednesday 18th and Thursday 19th February

Level Consulting Services, 3/410 Burwood Hwy, Wantirna South - Cost: 275

Book online at www.levelconsult.com.au or for further information phone 9800 1363 or email learning@levelconsult.com.au

UNDERSTAND DISSOCIATIVE DISORDERS

Diagnosis, Management, Treatment

This workshop deals with the diagnosis and treatment of individuals who satisfy diagnostic criteria for a dissociative disorder and in particular deals with those who have dissociative identity or dissociative identity disorder.

Wednesday 25th February from 9am to 5pm

Rendezvous Hotel, Flinders St Melbourne - Cost \$500 or \$369

For more information contact (02) 6628 2901 or email www.pplededucation.com.au

FRUIT & VEG PROGRAM 2009

As part of the Victorian Government's Kids - 'Go for your life' initiative, Home Economics Victoria is please to offer Victorian primary schools an exciting opportunity to participate in a free, healthy eating workshop. With a focus on fruits and vegetables, these Fruit & Veg workshops will provide schools with free resources and practical strategies for promoting health eating. We invite two teachers and a parent representative from each Victorian Primary School to attend. The 2009 workshops will be held throughout Victoria during February and March.

The aim of the Fruit & Veg Program is to increase the consumption of fruit and vegetables among primary school-aged children by providing opportunities for them to plan, prepare, taste and be creative with these foods. The training and resources provided by the program encourage primary schools to employ a whole-of-school approach to health, thereby playing an important role in the promotion of nutrition through both community and curriculum.

For more information contact Jane Hill, Fruit & Veg Co-ordinator on 9888 2240 or email fruitveg@hev.com.au To learn more about the Victorian government's Kids - 'Go for your life' initiative, please call the Infoline on 1300 739 899 or visit the website www.goforyourlife.vic.gov.au/kids

TWILIGHT EDUCATION ON CVAD, BAXTER & CADD PUMP DEVICES

Presented by the Ballarat Health Service Centre of Education and Professional Development, three in-service education sessions on CVAD's, Baxter and CADD pump infusion devices are being offered to health care professionals in the Grampians region via twilight video link.

24th Feb - Peripherally inserted central venous catheters.

24th March - Central venous access devices.

23rd April - Baxter and CADD pump device management.

From 6.30pm to 8pm - cost FREE - enquiries call Robyn on 5320 4767

BOARD BUILDER SEMINAR

Friday 27th February 2009 - from 9.30am to 4.30pm

Victory Room, Telstra Dome

This is the key learning experience for:

- All community organisations such as community groups, sporting groups, arts, groups;
- All board and committee members;
- Community members who want to get onto a board/committee.

Participants will learn:

- Why governance matters to community organisations.
- How to improve board-staff relationships.
- How to be a better chairperson.
- What you should know if you're new to the game, and much more.

To register and find out more visit www.ourcommunity.com.au/boardbuilder2009 or for enquiries phone 9320 6800 or email service@ourcommunity.com.au

FEEDING OUR MUSCLES 'FOOD'!

Whether our goal is to tone, get strong, gain muscle, heal from an injury, or participate in a sport activity, we need to feed our muscles! It's even important to feed our muscles when we are on a weight loss plan to get lean. Here are some food that do a good job of feeding our muscles food:

- Legumes - legumes are a powerhouse food with vitamins and minerals along with an almost equal proportion of quality protein included in the list of meat alternatives.
- Oatmeal - is a great source of a long lasting stick to the ribs energy food, full of vitamins and minerals with heart health benefits.
- Yogurt - is loaded with nutrients such as high quality bone building calcium, protein, B vitamins and the healthy immune boosting bacteria that line our gastrointestinal tract.
- Banana - at about 120 calories for a medium one, loaded with potassium, vitamin C, sweet and starchy, banana's are very versatile.
- Salad and veggies - veggies are loaded with vitamins, minerals, phytochemicals and great complex carbohydrates.
- Baked potato - make it a meal by adding legumes, salsa or even cottage cheese.
- High Fiber Cereal - start the day with a high fiber wheat cereal with low fat milk and a favorite fruit. Aside from the high fiber benefits, whole grains supply us with energy to start the day physically and mentally.

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

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