



- Access for all Abilities 
- Benetas 
- Community Axis 
- Dunmunkle Health Services 
- Edenhope & District Memorial Hospital 
- Goolum Goolum Aboriginal Co-op 
-  E.W. TIPPING FOUNDATION
Person Centred Support. Wimmera Community Development.
- 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 

Resources for those affected by bushfire

DHS has a number of resources that can help in providing assistance to those affected by the bushfires, whether staff or clients.

These include:

- Do you need financial assistance?
- Do you need help coping with stress?
- Do you need health information?
- Do you need to find a relief or recovery centre?
- Do you want to offer your help?

These are available at the following location:

<http://www.dhs.vic.gov.au/emergency/current-events/bushfire>

May I particularly draw your attention to the fact sheets concerning coping with stress:

- Stress after emergencies
- When someone you know has had a traumatic experience
- The stress of being under threat
- Family and crisis
- Teenagers and crisis
- Children and crisis

These are available at the following location:

<http://www.dhs.vic.gov.au/emergency/current-events/bushfire/looking-after-yourself>

CLINICAL SUPERVISION NETWORK PROGRAM

3rd June 2009

Grampians Community Health Centre - Horsham
From 12noon to 2.30pm (lunch from 12)

This network program aims to support clinical supervisors and clinical student placement in Victoria.

Cost Free.

To register do so online at www.cpdforalliedhealth.org or phone Donna Bridge at Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

For further information about this program please contact Jan Lier on 5551 8448 or email jan.lier@greaterhealth.org

Presenter: Mr Stephen Duns - Director SuccessWorks

Stephen's career experience includes several Chief Executive Officer and general management roles in health and community services in Australia and the UK. He has also worked extensively as a consultant, including some large multi-million dollar global assignments, in the for profit, not-for-profit and government sectors.

Stephen is currently completing his Doctorate in Business Leadership, and has Bachelor of Arts (Philosophy), Bachelor of Letters (Psychology) and Master of Business Administration degrees. He is a Fellow of the Australian Institute of Company Directors and Associate Fellow of the Australian College of Health Executives, a licensed SDI practitioner as well as an accredited Master Practitioner in Neurolinguistic Programming and Hypnotherapy.

MIND MATTERS - PROFESSIONAL DEVELOPMENT

Staff Wellbeing 6th May - venue to be confirmed

Staff wellbeing can impact on student mental health and wellbeing. This module explores beliefs about the role of the school as well as a range of strategies to improve staff wellbeing. The role of professional development and how to authentically engage all staff in the whole school approach to mental health and wellbeing. Schools plan their implementation and reflect on how they evaluate their progress in this area.

Students Experiencing High Support Needs in Mental Health 3rd and 4th August - venue to be confirmed

How do we support students experiencing mental health difficulties by using a whole school approach? Staff involved in working closely with these students examine proactive and strategic planning as well as supporting their own mental health and wellbeing. A range of promotion, prevention and early intervention strategies are considered. Focus areas include: referral pathways, transitions, agency networks, re-entry, confidentiality, case management and inter professional collaboration.

Student Empowerment 11th November - venue to be confirmed

This module is designed to increase staff understanding of student empowerment and the benefits associated with authentically engaging young people within a whole school approach to mental health promotion. Participants explore their own beliefs as well as the process and skills required for empowerment to occur. This module is a pre-requisite for involvement in MindMatters YEP (Youth Empowerment Process) and useful background for other approaches.

These workshops are also being run in Ballarat. For more information contact Vivienne Archdall by emailing vivienne.archdall@curriculum.edu.au

MURRAY TO MOYNE - CYCLE RELAY TEAM QUIZ NIGHT

Friday 27th February 2009
Be seated by 6.30pm for a 7pm start.

Horsham Sports and Community Club - Baillie Street Horsham

Tables of 10 or single tickets available at \$18 per person

For tickets contact Wendy James on 5381 9331 or email wendy.james@whcg.org.au

Quiz Master—Glenn Carroll - many prizes given away on the night - auction items and spot prizes.

Proceeds from the Quiz Night are dedicated towards the purchase of a Hovermatt (a vital piece of equipment used to aid in the lifting and transferring of patients)

Please support this important fundraising event for Wimmera Health Care Group.

PREMIER'S ACTIVE FAMILIES

30 Minutes of physical activity for 30 days between 8th March and 19th April.

Register online in February at www.goforyourlife.vic.gov.au

BE INSPIRED...FREESTYLE ESSENTIALS BY MARIETTA MEHANNI

Marietta Mehanni is an award winning Australian presenter (Aqua Exercise Leader of the Year 2003, Author of the Year 2007) with over 18 years of teaching experience in both land and water based group exercise. Recently, qualified for international instructor accreditation, Marietta presents regularly at prestigious national and international conventions on group fitness trends and programs.

Thursday 23rd April 2009 from 9am to 5.30pm

Two great workshops - Freestyle Essentials and Gym Stick
Horsham Aquatic Centre

\$165 for full day or Freestyle Essentials \$110 & Gym Stick \$85

For more information or to register please contact Lisa Cosson on 5381 1756 or email
l.cosson@westvicdiv.asn.au

BECOME A GREEN LOANS HOME SUTAINABILITY ASSESSOR

The Sustainable Living Foundation reports that the Federal Government will be needing Home Sustainability Assessors across the country for their Green Loans initiative starting early 2009.

Trained assessors could earn between \$200 and \$300 per assessment and the Federal Government is funding 360,000 assessments over the next 3 years. The government believes this training will appeal to people/small businesses who want to make a difference to the environment as well as supplement their income with casual work.

People interested in the training program can contact amanda@ecoMaster.com.au and any queries - including training costs - should be directed to Lyn Beinat or Amanda Henson at ecoMaster on 5428 8526.

About Green Loans for Australian Homes

Up to 200,000 'working families' will be eligible for Green Loans over five years to improve the energy and water efficiency of their homes.

Low interest Green Loans of up to \$10,000 will be available for the installation of solar, water and energy efficient products. Each household will be required to pay back the loans at a maximum rate of two per cent of their annual gross income with a minimum of \$300 to be repaid each year.

Households will receive a Green Renovation Pack and a household sustainability assessment report with green improvement info and estimates on how much could be saved plus details of benefits to the environment.

Some items available under the loan:

- Solar panels and greywater recycling systems.
- Insulation and shading devices.
- Solar, heat pump and high-efficiency gas hot water heaters.
- Energy efficient lighting.

For more information please visit www.environment.gov.au/greenloans/index.html

BUSINESS CLEAN UP DAY & SCHOOLS CLEAN UP DAY

If anyone wishes to register for these wonderful volunteering events please visit
www.govolunteer.com.au/volunteer/events.htm

Business Clean Up Day is February 24th and Schools Clean Up Day is February 27th.

THE MANAGEMENT OF SECONDARY LYMPHOEDEMA FOR HEALTH PROFESSIONALS

Presented by Ballarat & District Division of General Practice and Grampians Integrated Cancer Services (GICS). Facilitated by Dr Paul Hemming, GP, and Kay Johns, Lymphoedema Practitioner.

Saturday 28th February 2009

The Ansonia - 32 Lydiard Street South, Ballarat
From 10am to 12pm

This workshop will utilise interactive case studies to assist participants to:

- Be aware of the incidence of secondary lymphoedema in Australia.
- Understand the risk factors associated with secondary lymphoedema.
- Identify prevention and treatment strategies for secondary lymphoedema.
- Be aware of clinical guides and other resources that can assist with the early identification and management of secondary lymphoedema.

For more information contact Michelle MacGillivray or Belinda Schaefer phone 5331 6303 or to register email to contact@bddgp.org.au

ARTHRITIS VICTORIA 2009 TRAINING CALENDAR

Arthritis Victoria is a leading provider of innovative, high-quality health education and is pleased to announce that its 2009 Training Calendar is available on the website at www.arthritisvic.org.au

Arthritis Victoria runs the largest chronic disease self-management training program in Victoria and they also offer unique courses for health/fitness professionals and community exercise leaders to improve their knowledge and skills in delivering a wide range of safe and effective exercise classes.

For further information please email Kerrie.giannakidis@arthritisvic.org.au

PRIMARY HEALTH WEEKLY BULLETIN - 5th February 2009

The latest edition of the Primary Health Weekly Bulletin can be found at www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=050209

In this edition:

- Short course in health promotion.
- Upcoming 'Go for your life' forums.
- Training for your future forums.
- Rural forum: 'we're ALSO in the country'.
- VicHealth short course in promoting mental health and wellbeing.
- QIPPS training for primary care partnerships.
- Implementing QIPPS in your organisation.

NATIONAL RIDE TO SCHOOL DAY

National Ride to School Day is Thursday March 12th, 2009.

For more information visit: www.bv.com.au/join-in/125/

LUNG HEALTH PROMOTION CENTRE 2009 COURSES

Introductory Course in Asthma Education - 18th to 20th March, 15th to 17th July, 25th to 27th November. Cost \$600.

Presenting and Educating with Confidence - 21st March, 18th July, 24th November. Cost \$220.

Respiratory Course - 22nd to 24th April and 27th to 28th May, 5th to 7th August and 2nd and 3rd September. Cost \$835.

Smoking Cessation Facilitators Course - 26th to 27th March, 25th to 26th June and 10th to 11th September. Cost \$440.

Smoking Cessation Brief Interventions in Primary Care - 20th August. Cost \$220.

Smoke Free Hospitals - Making it Work - 5th May. Cost \$220

Managing COPD - There IS something you can do! - 30th April to 1st May and 7th and 8th October. Cost \$440.

Non Invasive Ventilation (NIV) Acute Management - 21st August. Cost \$220.

Spirometry Practice and Principles (endorsed by the TSANZ) - 16th & 17th March, 7th & 8th May, 13th & 14th August, 5th & 6th November. Cost \$633.

Introduction to Spirometry Workshop - 30th March, 9th October. Cost \$115.

Using Positive Psychology for Life and Work - 17th September. Cost \$220.

Pediatric Respiratory Update - 2nd June.

Non Invasive Ventilation Practical Skills Workshop - 6th May. Cost \$115.

Asthma Management Update - 23rd July. Cost \$220.

Respiratory Clinical Update - 21st May. Cost \$220.

For further information call Lung Health Promotion Centre at The Alfred on 9076 2382 or email lunghealth@alfred.org.au

A TASTE OF HARMONY - 16th to 22nd March

Celebrating Diversity at Work

Make lunchtime more exciting by participating in **A Taste of Harmony** from the 16th to 22nd of March.

As your colleagues to bring their favourite dish that reflects their cultural background, or head to a participating restaurant for a special feast with a multicultural flavour.

A Taste of Harmony is aimed at workplaces taking the time to celebrate cultural diversity.

Register at www.tasteofharmony.org.au For further information visit the website or phone 1800 077 067.

'MOTIVATION' BY LISA COSSON

Do you succumb to laziness?

We commonly procrastinate or put off an activity altogether by saying "It will get done eventually" or "someone else will do it". Wrong!

Being lazy and not taking responsibility are wastes of time. Often the power for change is within us, but without our efforts things would fail or go slow. You cannot always rely on help from others, only what your own two hands accomplish on their own.

Hard work is a habit that needs constant attention but be mindful that you are giving your full effort to a project. Apply yourself, value your time, and don't squander it hoping for help.

If it is to be, it is up to me.

Author unknown.

Lisa Cosson works at Westvic Division of General Practice and owns Planet Feelgood Health Clubs in Horsham and Stawell. Lisa can be contacted on 0418 106 439 or by email l.cosson@westvicdiv.asn.au

Wimmera PCP Diary Dates

February

12th 12 noon HP Network Meeting - Grains Innovation Park - Banksia Room
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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