



- 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 

## INTERNATIONAL WOMEN'S DAY

Sunday March 8th - A global day of celebration.

International Women's Day is the global day connecting all women around the world and inspiring them to achieve their full potential. International Women's Day celebrates the collective power of women past, present and future...

Please come and celebrate with us on

**Friday 6th March**

In the gardens of Grampians Community Health Centre, 25 David Street Horsham  
**From 12pm**

Please bring your lunch and we'll provide cupcakes, a lovely garden venue, some fruit punch, cups of tea and hopefully a pleasant sunny day!

RSVP to [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au) or phone 5362 1222

Supported by Wimmera PCP, Women's Health Grampians and Grampians Community Health Centre

## WIMMERA FORUM ON CHRONIC DISEASE MANAGEMENT

**Friday 27th March - from 10am to 1pm (working lunch)**  
Grains Innovation Park - Natimuk Road Horsham

Presentations: Department of Human Services and General Practice

Who should attend: Managers, Program leaders, Allied Health, Community Health, practitioners and anyone interested in chronic disease management and improving our current service system.

For more information or to book please contact Donna Bridge on 5362 1221 or email [donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

## PARTNERS AT THE WIMMERA MACHINERY FIELD DAYS

Please visit the Wimmera PCP Partnership Stands at the Wimmera Machinery Field Days. This year the theme between the agencies is

**'GOOD HEALTH...IT'S NOT SCARY'**

And our mascot for the Field Days this year is....



The agencies participating in this promotion of Good Health are Wimmera Community Options, Carer Respite Centre, Wimmera Health Care Group, West Wimmera Health Service, Wimmera Regional Library Corporation, Dunmunkle Health Services, Wimmera Regional Sports Assembly, Grampians Community Health Centre, Women's Health Grampians, Wimmera Hearing Society Inc., Wimmera UnitingCare and Wimmera Men's Shed.

## PAIN AND SYMPTOM MANAGEMENT

Dr David Brumley presents the pathophysiology of pain, types of pain and management of complex pain issues experienced by palliative care patients. This session also incorporates case scenario work.

**Monday 2nd March from 6.30pm to 8.30pm**

Education Resource Centre, BBH Ballarat Health Services

Drummond Street North, Ballarat

Drinks & nibbles provided

Cost \$15 (Grampians region), \$25 other

RSVP to Bernadette Matthews on 5320 3553 or email [bernadettem@bhs.org.au](mailto:bernadettem@bhs.org.au)

## MINI SQUASH COMP FOR KIDS

5 Week mini comp

Feb 25th, March 4th, 11th, 18th and 25th

From 4pm to 5.30pm

Cost \$25 (only \$5 per round) - family discounts available—equipment supplied.

For more information call the Horsham Squash Club on 5382 2943 or 0439 799 817

## SUBMISSION WRITING FOR GRANTS - FREE WORKSHOP

Does your club, group or organisation need funds?

The 'Boost Wimmera' network is here to help! 'Boost Wimmera' is a network for Wimmera clubs, organisations and groups to share, resource, support and strengthen themselves and each other. At the next series of meetings you can learn some tips on grant writing and improving your chances of success when applying for funding.

When and where: All information sessions commence at 6.15pm (refreshments and supper provided).

Edenhope - Tuesday March 10th - Edenhope Business Centre, Elizabeth Street

Horsham - Thursday March 12th - Horsham Rural City Council, Civic Centre, Roberts Avenue

Warracknabeal - Monday March 16th - Yarriambiack Shire Council, 34 Lyle Street

Nhill - Tuesday March 17th - Nhill Neighbourhood House, 80 McPherson Street

Stawell - Thursday March 19th - Central Park Media Centre, Main Street

Registrations are required one week prior to the date of the information session that you wish to attend. For any enquiries and/or to register for an information session phone Marcy on 5382 5607 or email [share@wimvol.com.au](mailto:share@wimvol.com.au)

## HOW TO MAKE BUSINESS-ARTS PARTNERSHIPS HAPPEN IN YOUR LOCAL COUNCIL

Australian Business Arts Foundation (ABAF) works with you to create a strategic action plan to make partnerships happen in your municipality and trains your local arts organisations and artists into how they can source and secure sponsorships with business.

For more information contact Helen Kaptein on 9616 0318, email [kaptenh@abaf.org.au](mailto:kaptenh@abaf.org.au) or visit [www.abaf.org.au/index.php?sectionID=1355&pageID=3994&staticID=Arts-Connecting-Communities](http://www.abaf.org.au/index.php?sectionID=1355&pageID=3994&staticID=Arts-Connecting-Communities)

## MULTICULTURAL FESTIVALS, CONFERENCE AND EVENTS

The Victorian Multicultural Commission seeks to support the state's multicultural heritage and showcase Victoria's diversity to the community.

Applications close at 4pm on Friday 27th March 2009.

For more information or to download an application form, visit [www.multicultural.vic.gov.au](http://www.multicultural.vic.gov.au)

## ART OF DIFFERENCE INTERNATIONAL ARTS SYMPOSIUM

**Thursday 12 and Friday 13 March 2009**

The symposium is a two day conference that provides a platform for people from national and international disability and Deaf communities to meet, exchange ideas and debate key issues around arts. For more information visit [www.gasworks.org.au](http://www.gasworks.org.au)

## AUSTRALIA COUNCIL FOR THE ARTS

Creative Communities Partnerships aim to support major community arts and cultural development projects of excellence that deliver to the community partnerships priority areas, align arts and non-arts partners and have clear outcomes that extend beyond the life of the project.

For more information email [cp@australiacouncil.gov.au](mailto:cp@australiacouncil.gov.au)

## ARTS VICTORIA'S ARTISTS IN SCHOOLS GRANTS

Grants for artists to work in primary and secondary schools - closing date 25th September 2009 for projects commencing in 2010.

For more information visit [www.arts.vic.gov.au](http://www.arts.vic.gov.au)

## GRAMPIANS MENTAL HEALTH CONFERENCE 2009

**Where's the Evidence?** A conference for mental health professionals.

**Tuesday 17th March and Wednesday 18th March 2009**

Mecure Ballarat Hotel & Convention Centre, 613 Main Road, Ballarat (formally Ballarat Lodge)

Presenters:

- Professor Malcolm Hopwood
- Dr Craig Hassad
- Associate Professor Nancy Pachana
- Dr Cheryl Dissanayake
- Ms Wendy Nolan
- Mr Arana Pearson
- Mr Tony Palmer
- Ms Tara Anderson
- Ms Natalie Wild

Conference information and registration are available at:

[www.grampiansmentalhealthconference.org.au](http://www.grampiansmentalhealthconference.org.au) or phone Mandy Hammond on 5336 7900.

## SUFFERING AN OFFICE MELTDOWN?

A fun day full of useful tips and information on all aspects of running an efficient farm office is coming to Victoria, after a series of very positive presentations in 2008!

Presenter Jeanette Buegge will cover the following topics:

- Office design - where's the desk, I know it's here somewhere!
- Essential office equipment - the stapler swiped from the kids is not good enough!
- Sorting the mail - or how to reduce the 'piles syndrome'.
- Filing systems - do you use the slow combustion stove to file? The good, the bad and the ugly!
- Farm meetings - what, you expect us to communicate!
- Physical farm records - what goes where and when, including QA records.
- Staff - yes, they need to be paid and have super taken out, what a bummer.
- Plus lots more.

Jeanette is involved in all the physical and managerial aspects of the farm (11,000 acres wheat, sheep) and works on a contract basis for Co-operative Bulk Handling, facilitating the Quality Assurance Program.

Partners in Grain (Vic) is bringing these exciting workshops to Victoria again.; The Workshops runs from 9.30am until 3pm. Cost \$55 per person, bookings confirmed with payment.

Dates and locations:

- March 16th - Nhill - to be advised.
- March 17th - Birchip - Shamrock Hotel
- March 18th - Sea Lake - Golf Club
- March 19th - Wycheproof - Learning Centre
- March 20th - Balliang - Balliang Hall

Register with Nickie Berrisford on 5226 4075 or 0428 622 655 or email [nickie.berrisford@dpi.vic.gov.au](mailto:nickie.berrisford@dpi.vic.gov.au)

## WIMMERA CANCER TRANSPORT PILOT PROJECT

A transport assistance program for people living in the Wimmera region.

The Wimmera Cancer Transport Assistance Pilot Program is an initiative of Grampians Integrated Cancer Services (GICS), supported by Wimmera Volunteers to highlight cancer patients living in the Wimmera region, currently not eligible for financial assistance for travel costs under existing schemes. Information collected will highlight gaps in current transport assistance programs.

Assistance is available for patients living in the Wimmera region who travel between 20 and 100km, one way to access chemotherapy treatment or medical consultants for cancer care at Wimmera Healthcare Group or Lister House.

For more information contact Wimmera Volunteers on 5382 5607.

## PRIMARY HEALTH WEEKLY BULLETIN - 19th 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=190209](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=190209)

In this edition:

- Workshop on primary care nursing and postgraduate study.
- Introduction to primary care research short course.
- Victorian Population Health Survey 2007 report.
- Release of updated Community Health Plan Dataset.

## LEARNING AND DEVELOPMENT WORKSHOP FOR HEALTH PROFESSIONALS

Consulting Consumers - many organisations and health services consult with consumers regarding quality improvements for their service, programs and policies. When done correctly consumer community consultation can produce sustainable and positive outcomes for both consumer and services.

At the end of this session participants will be able to:

- Identify consumer and community consultation principles and apply them to their work.
- Identify consumer and community consultation methods.
- Apply consumer and community consultation methods to their work.
- Analysis and implement consultation data into their quality improvements strategies.

**Wednesday 18th March 2009 from 9.30am to 1pm**

Victoria University - 300 Flinders Street, Melbourne \$132 - RSVP to 9479 3520 or email [a.morrone@healthissuescentre.org.au](mailto:a.morrone@healthissuescentre.org.au)

## WETS TRAINING - HORSHAM MARCH 16TH, 17TH & 18TH

The Water Exercise Training Service (WETS) is an innovator in aqua programs and with our trainers regularly on pool deck we know what the aqua industry wants!

Water is such a valuable exercise medium and an activity that is practically suited to everyone. Exercising in water is increasingly used to improve fitness levels for athletes and the general population. As more people realise the benefits of aqua exercise, more instructors are needed to meet the demands on aqua timetables at aquatic and fitness facilities.

**Pre-requisites:** WETS requires you to participate in and review a minimum of two aqua exercise classes prior to enrolling into the course. The Fitness Industry registering bodies (Kinect and Fitness Australia) require the completion of a Certificate III in Fitness for full certification and registration.

**Course and assessment duration:** 60 hours consisting of:

- Face-to-face component (27 hours).
- Participation in aqua exercise classes (7 hours).
- On the job training (7 hours).
- Practical assessment (8 hours).
- Theory assessment portfolio containing class plans and reviews etc. (time taken to completed the assessment portfolio will vary with each instructor, but allow approximately 11 hours).

For more information visit [www.wets.com.au](http://www.wets.com.au) or phone 8774 1722.

## HORSHAM WALKING GROUP

The Horsham Walking Group was relaunched 2 weeks ago!

The Athletes Foot has agreed to sponsor the walking group with a monthly frequent walker prize voucher to be spend at the Athletes Foot itself.

The Horsham Walking Group leaves from Sawyer Park on:

- Mondays and Fridays at 9.30am.
- Tuesdays and Thursdays at 7.30am.
- Tuesdays and Thursdays at 7am.

The Walking group is a great way to keep active and meet new people and everyone is welcome.

For more information contact Kelly at the Wimmera Regional Sports Assembly on 5382 4599 or email [Kelly@wrsa.org.au](mailto:Kelly@wrsa.org.au)

## 'MOTIVATION' BY LISA COSSON

### Do you accept responsibility for your choices in life?

Do you feel in control of your life?

No matter how negative events or actions may become, you are the only force that is able to determine the reaction. Often we fail to do this and instead blame the world for our feelings of sadness, rejection, and hopelessness. The reality is that your actions are a choice, and you must claim those feelings and choices.

We can be our best cheerleader or worst enemy when it comes to determining the health of our emotions. Do some pep talks with yourself each morning. This will help you develop positive, self-affirming thoughts that will enhance your personal development and growth.

***"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realise that you control your own destiny." - Albert Ellis***

### Wimmera PCP Diary Dates

#### March

12th HP Meeting @GCHC

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)

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