



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



INTERNATIONAL WOMEN'S DAY

Come and Try Horsham's Physical Activity Providers for FREE

Have you been thinking about getting some professional support locally from a physical activity provider?

To celebrate International Women's Day, local clubs/gyms have decided to open their doors to all women to showcase their range of equipment and services.

Planet Feel Good Health Club - 21 Stawell Road Horsham - **Friday 6th March** 8.30am - Body Pump, 6pm - Body Vive (hi), **Saturday 7th March** - 8.30am - Body Attack, 9.30am - Pump, **Sunday 8th March** - 9.30am - Body Pump
For bookings phone Lisa on 0418 106 439

Curves - 5 Madden Street Horsham - **Tuesday 10th March** from 12 noon to 2pm (Bookings essential for weigh ins and demonstrations for individuals or pairs)
Contact Melissa on 5382 0028

Horsham Aquatic Centre - 53 Hamilton Street, Horsham - **Sunday 8th March** 2pm to 3pm - Gym Circuit, 2pm to 3pm - Family Water Games
For more information contact Sally on 5382 2576

Nustart Lifestyle Personal Training Studio - 56a Darlot Street, Horsham - **Tuesday 3rd March** and **Thursday 5th March** - From 10am to 11.30am - Contact Keith on 5382 7888 for bookings.

All women are encouraged to take part in this FREE opportunity.

WIMMERA CHRONIC DISEASE FORUM

Friday 27th March from 10am to 1pm
Working lunch

Agenda:

- What is quality chronic disease care? Dr Sarity Dodson, ICDM Industry Advisor, DHS.
- Chronic disease management in General Practice - Dr Robert Grenfell.
- What are the strengths and weaknesses of the current service system?
- What improvements are required to the existing system?
- Where to next?

For more information or to confirm your attendance please contact Donna Bridge on 5362 1221 or email donna.b@gchc.org.au

POPULATION HEALTH IN VICTORIA - HEALTH INEQUALITIES

Thursday 12th March from 11am to 12 noon
Via Video Conference at Wimmera Primary Care Partnership,
GCHC - 25 David Street, Horsham.

Presenter 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.

RSVP to Donna Bridge on 5362 1221 or email donna.b@gchc.org.au

RURAL WOMEN IN A CHANGING CLIMATE EVENT

As part of the Victorian Government's strategy to support the needs of women in rural and regional areas, the Rural Women, Drought and Climate Change initiative was established in the five regional areas of Victoria, including the Grampians Region.

The purpose of this initiative is to facilitate opportunities for rural women from across the region to meet and share information about local activities and approaches, and develop supportive networks to deal with drought and climate change.

As part of this initiative, a series of Regional Gatherings across Hume, Loddon Mallee, Gippsland, Barwon, South West and the Grampians have been planned to discuss drought and climate change from a rural women's perspective, and the challenges facing us as individuals, our families and our communities.

These gatherings will be an opportunity to meet women from within your local area, and to share ideas and views about what action we can take. In these difficult days following the Victorian bushfires, it is more important than ever that we come together to provide support to each other.

4th March at Gum San, Western Highway - Ararat

12th March at Grains Innovation Park, Natimuk Road - Horsham

23rd March at The Great Southern Woolshed, Western Highway - Ballarat

All events are from 12noon till 3pm

If you would like any further information, please contact Janine Perry on 5327 2812 or email Janine.perry@dpcd.vic.gov.au

EFFECTIVELY DISCUSSING COMPLEMENTARY AND ALTERNATIVE MEDICINE

Communication Skills Training

Friday 27th March from 9am to 1.30pm

Conference Room, Wimmera Health Care Group Horsham - lunch and refreshments provided
RSVP to Robyn McIntyre on 5320 4767 or 0434 658 548, or email RobynMc@bhs.org.au

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 call CAM.
- The opportunity to practice skills in a safe environment using professionally trained actors.
- Small groups and the ability to meet individual needs.

MINDMATTERS PROFESSIONAL DEVELOPMENT 2009

Staff Welbeing - Horsham 6th May, Ballarat 4th May.

Students Experiencing High Support Needs in Mental Health - Horsham August 3rd & 4th, Ballarat July 27th & 28th.

Student Empowerment - Horsham 11th November, Ballarat 9th November.

PD is free to both the education and community sector that work in schools. Register online at www.mindmatters.edu.au For more information call 9320 3800

HEART FOUNDATION WALKING AREA COORDINATOR TRAINING

Heart Foundation Walking was launched in Dec 2007 and are looking to develop partnerships with councils and other organisations who are interested in facilitating walking groups in their area. HFW is a network of free community-based walking groups with volunteer Walk Organisers to lead groups in their local area.

The Heart Foundation works in partnership with an Area Coordinator to establish walking groups in the local community. Area Coordinators may, for example, be from health or community centres, councils, workplaces. These Area Coordinators work with the Heart Foundation to assist volunteer Walk Organisers to recruit walkers and establish groups.

For more information on this training please visit www.heartfoundation.org.au

2010 AHPA CONFERENCE

The Victorian Branch of the Australian Health Promotion Association is currently planning for the 2010 AHPA conference. We would like to invite Victorian practitioners to complete a short questionnaire to assist us in tailoring the conference to meet the needs of those currently working in the health promotion field. Answers will be collated and kept anonymous. Vic Branch appreciates and thanks you for your support in this process.

To complete the survey visit:

www.surveymonkey.com/s.aspx?sm=SY8FmznzuGHhStillh_2bLPERw_3d_3d

GOAL SETTING AND CARE PLANNING

Presented by Dr Jean Tinney and Ms Claudia Meyer, Physiotherapist, from the National Ageing Research Institute.

25th March from 9.30am to 4.30pm
Pyrenees House

Program aim - to equip participants with the skills to use consistent, strategic and reflective approaches to goal setting and care planning.

Learning objectives:

- How to incorporate the principles of the Active Service Model into goal setting and care planning.
- How to develop a detailed understanding of individual client need.
- Practical approaches to facilitate and support person centred practice.
- How to set objectives to achieve individual care plan goals.
- How to interview effectively in order to develop client-centred care plans.

Suitable for HACC staff conducting assessments with clients in-home or in day centres. Prior experience in conducting assessments for HACC services is required to gain full benefit from this session.

Fee is \$25. For more information and to register contact 5334 1500 or email hacked@bdnh.com.au

HORSHAM AQUAITC CENTRE - GROUP FITNESS

Monday 9th March - \$5 per class - all participants or \$10 for two or more

9am - CXT 10am - Fitball 11am - BodyPump 12noon - Water Workout

Open doors fundraiser to support local members of the community affected by the bushfires.

All enquiries phone Sally on 5382 2576

INSIGHTS - HELP YOUR CHILDREN MAKE SENSE OF THE NATURAL DISASTERS

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this. So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? Here are some ideas?

- Reassure children that they are safe. The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.
- Be available. Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. BY listening, you can find out if they have misunderstandings and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.
- Help children process what they see and hear, particularly through television. Children are good observers but can be poor interpreters of events that are out of their level of understanding.
- Support children's concerns for others. They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heart-warming to see this empathy in children for the concerns of others.
- Let them explore feelings beyond fear. Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.
- Help children and young people find a legitimate course of action if they wish. Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.
- Avoid keeping the television on at all times. The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.
- Be aware of your own actions. Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.
- Take action yourself. Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful too. And hope is one of the most valuable gifts we can give children and ourselves.

Children's worlds can be affected in ways that we can't even conceive of so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children. In difficult times, it is worth remembering what adults and children need most are each other.

www.parentingideas.com.au - Michael Grose, 2009

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=260209

In this edition:

- Monash University public health and preventive medicine short courses.
- New resource on enhancing client services using the MBS.
- Call for submissions - trialing allied health service models supported by the Medicare Benefits Schedule.
- Women's health information package for bushfire and disaster recovery.
- Training for working better with culturally and linguistically diverse alcohol and drug clients.

NATIONAL YOUTH WEEK - 28th March to 5th April

www.youthweek.com/events.html

National Youth week is the largest celebration of young people in Australia. Thousands of young people aged 12-25 all across Australia get involved in NYW each year and encourages young people to:

- Share ideas.
- Attend live events.
- Have their voices heard on issues of concern to them.
- Showcase their talents.
- Celebrate their contribution to the community.
- Take part in competitions, and
- Have fun!

Who is involved - high schools, universities, TAFE's, community and youth organisations, official events organizers, sponsors, businesses, Australian, State, Territory and Local Governments and the Australian community.

To find out what's happening in National Youth Week in your area visit www.youthweek.com/events.html

WORLD CANCER RESEARCH FUND GENERAL RECOMMENDATIONS

Body Fatness - be as lean as possible within the normal range of body weight.

Physical Activity - be physically active as part of everyday life.

Food and Drinks that Promote Weight Gain - limit consumption of energy-dense foods. Avoid sugary drinks.

Plant Foods - eat mostly foods of plant origin.

Animal Foods - limit intake of red meat and avoid processed meat.

Alcoholic Drinks - limit alcoholic drinks.

Preservation, Processing, Preparation - limit consumption of salt. Avoid mouldy cereals (grains) or mouldy pulses (legumes).

Dietary Supplements - aim to meet nutritional needs through diet alone.

VITAMIN HIT

Your body needs vitamin C to absorb iron. That's why oranges, which are crammed with vitamin C, make a healthy snack.

Did you know you can get your daily requirement of vitamin C from just half of an orange? Vitamin C helps your body absorb the iron in iron-rich food like red meat, and iron helps transports oxygen through the body. If you are iron-deficient, you may feel rundown.

Buy oranges that are heavy and firm as they tend to be juicier. You can place them either on your counter or in the fridge. In both instances, they ought to stay fresh for about a fortnight. Good vitamin C sources also include citrus fruit, tomatoes and berries.

For more on the health aspects of oranges, see:

www.healthmad.com/Nutrition/12-Reasons-to-Eat-Oranges.41217

www.deliciousorangerecipes.com/The_Health_Benefits_Of_Oranges.html

www.naturalnews.com/006917.html

www.americanchronicle.com/articles/54063

For more information about iron deficiency visit www.health.vic.gov.au/nutrition/child_nutrition/iron.htm

'MOTIVATION' BY LISA COSSON

How to deal with setbacks - become a 'bounce back' believer.

We've all hit that bump in the road, the setback, the problem. What sets people apart is how they react to that bump. Are you one to spin out of control, in despair? Or do you grab a hold of that wheel and steer yourself straight? Whether it's a school assignment, a work project, a change in diet/lifestyle or a volunteer mission, we all encounter things that slow us down. You just have to keep in mind that a setback is only temporary and greater things lay ahead.

It is easy to quit, give up and ignore the hard work you put into something. So how can you react when something doesn't turn out as you've expected?

First, be objective. Step back and look at the situation. Take responsibility when it is due, but don't place blame on others. Is your setback really that significant, or will it just require a little extra exertion on your part? Come to terms with it and then start planning your next move. Ask for help. Don't be afraid or ashamed to do this. Oftentimes, people are more than willing to give you support and advice, maybe even after being in a similar situation. You don't have to be perfect; after all, nobody is.

Bounce back. Re-evaluate the goals you should have set for yourself at the beginning and retool them as necessary. Goals should be realistic and specific, but that doesn't mean they can't be flexible or allowed for minor impediments. Instead of looking at your project as a disaster or failure, view it with success. Concentrate on how great it will feel after it is finally done, after you have put your all into it. Instead of focusing on a possible unsatisfactory performance one single time, take a moment to sit back and reward yourself for all that you have accomplished.

Above all, don't live with regrets. Approach life with perseverance and dedication, to the things that matter most to you! Success is rarely easy. It remains up to you whether you will give up, or fight through the tough battles to earn whatever it is you want.

A fragment of a poem by Ralph Waldo Emerson is telling:

"Finish each day...and be done with it. You have done what you could. Some blunders and absurdities have crept in. Forget them as soon as you can".

Move on with your life. Keep reaching for your goals and you will achieve them. One minor setback is nothing if you really want something and are willing to work for it.

Don't allow one tree to become a forest!

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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