

Access for all Abilities



Benetas



Community Axis



Dunmunkle Health Services



Edenhope & District Memorial Hospital



Goolum Goolum Aboriginal Co-op



Grampians Community Health



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 Regional Library Corp.



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



NEWSLETTER

Issue 1 (2010) - January 6th

DROUGHT & WOMEN'S STORIES OF CHANGE EXHIBITION

The Project Drought and Women's Stories of change came about to encourage women to convey their stories of change and what they believe has helped them survive long term drought.

Three forums were held in the towns of Nhill, Kaniva and Woomelang. Each day was shaped by a facilitator and the women had the opportunity to undertake textile art using fabric, screen printing and simple stitches to create a fabric collage. Throughout the day a photographer captured images of the women for visual storytelling whilst individual women were given the opportunity to be interviewed and have their narrative recorded. Women were asked to talk about their lives, experiences and ways as rural women, with discussions focused around what it means to be rural women in this community in these changing times.

This exhibition with selected photography, quotes drawn from the audio recordings and textile art wall hangings, is a significant opportunity to convey the images and stories of these Wimmera Women.

Launched by The Honourable Joan Kirner at The Queen Victoria Women's Centre at 210 Lonsdale Street in Melbourne on the 15th December, this exhibition runs until the 28th of January 2010.



The Project Team and The Honourable Joan Kirner. From Left: Melba McGlynn (narrative recorder), Mandi Stewart (Wimmera PCP Executive Officer), Janine Perry (forum facilitator), Melissa Powell (photographer) and Janet Hall (project coordinator) with Joan Kirner in front. Missing is Tina Fitzgerald who was our textile artist for the project.



Tina Fitzgerald (left) helping some ladies from Nhill with their artwork.

COMING TO THE HORSHAM ART GALLERY

The Gallery Ark

This is a National Gallery of Victoria Touring Exhibition featuring some of the NGV's most appealing works of art.

Animals have fascinated children and artists alike in cultures around the world for many thousands of years. Indeed, it is for this reason that *The Gallery Ark* represents all parts of the NGV's Collection: Asian Art, Aboriginal and Oceanic Art, International and Australian Art, and Fashion and Textiles.

The Gallery Ark brings together works made by artists from across the world to explore the differing relationships we share with the animals around us. Perhaps what is most interesting about this menagerie is that, in looking at these works, we learn as much about ourselves as about the animals. For as communication between different species (including humans) is limited or even non-existent, we cannot know exactly what it is that animals feel. Instead, artists project their beliefs, their hopes and their fears onto their animal subjects, presenting us with insights of times past and present.

For children especially, *The Gallery Ark* provides an easy access point to many different cultures through various representations of animals and the enduring sense of wonder they engender in people across the world.

Horsham Regional Art Gallery from December 22nd to February 28th

1 MILLION WOMEN INSPIRING CLIMATE ACTION

1 Million Women - A campaign of daughters, mothers, sisters and grandmothers - committed to protecting our climate, our communities and our future, leading change for the better.

The goal is to inspire 1 million Australian women to take practical action on climate change by cutting 1 million tonnes of carbon dioxide (CO₂), the main green house pollutant causing global warming. Every woman who joins has a personal goal to cut 1 tonne of CO₂ from their daily lives within a year of joining the campaign.

On the 1 Million Women website you'll be guided through ways to cut your 1 tonne, and to track your progress as you go along. You don't have to be an expert on climate change. Just join up and you will be guided every step of the way.

1 Million Women - a million tonnes of CO₂. It's a huge challenge. With your help we can make it happen.

Visit www.1millionwomen.com.au

PUBLIC FORUM ON DEPRESSION

Tuesday 9th February 2010 from 6pm (BBQ Tea), 6.30pm to 8.30pm for Forum
Community Centre, Anzac Park Scott Street, Warracknabeal

After recent suicides and attempted suicides, we as a community need to do something to improve awareness of mental health services in the Warracknabeal area. It has also been apparent the enormous amount of people suffering depression which also affects their partners and family. Fellow members and friends of the community need to be supported.

The Chairman of Beyond Blue Mr Jeff Kennett has offered to speak at the forum along with Dr Donal Liu, some local depression sufferers, and other supporters of the Beyond Blue Organisation.

For more information and to RSVP for catering purposes please contact Gavin Morrow at gavin@morrow.net.au or phone 0418 504 985 or Christine Solly at csolly@yarriambiack.vic.gov.au or phone 0438 715 755.

MENTAL HEALTH ADVICE LINE - 1300 280 737

The Mental Health Advice Line is a new state-wide Victorian phone service that provides immediate, expert mental health advice from a registered mental health professional, 24 hours a day, 7 days a week. The Service, staffed by mental health professionals, will be available from any landline in Victoria for the cost of a local call or mobile phone at standard charges. A person may call about themselves or about another person, like a family member or friend.

The Mental Health Advice Line is strictly confidential and you may remain anonymous. All records are fully secure.

AUSTRALIAN EARLY DEVELOPMENT INDEX

www.rch.org.au/aedi

The Australian Early Development Index (AEDI) is a population measure of young children's development. Like a census, it involves collecting information to help create a snapshot of children's development in communities across Australia. Teachers complete a checklist for children in their first year of full-time school. The checklist measures five key areas, or domains of early childhood development.

- Physical health and wellbeing.
- Social Competence.
- Emotional maturity.
- Language and cognitive skills (school-based).
- Communication skills and general knowledge.

These areas are closely linked to the predictors of good adult health, education and social outcomes.

As a population measure, the AEDI places the focus on all children in the Community. It examines early childhood development across the whole community. By moving the focus of effort from the individual child to all children in the community we can make a bigger difference in supporting efforts to create optimal early childhood development.

In 2009, for the first time, the AEDI was completed nationwide, providing a snapshot of early childhood development outcomes of Australian children.

ALLAN WADE TO RETURN TO AUSTRALIA IN MARCH 2010

2 Day Workshop - 15th & 16 March 2010
Ballarat

As a therapist, Allan often works with victims of violence and other forms of oppression. As a researcher, he is especially interested in microanalysis of face-to-face communication, social responses to victims, the nature of violence and resistance, and the connection between violence and language. Allan Wade lives on Vancouver Island.

Allan will review recent research on social responses to victims of violence, examine the connection between language and violence, and present a response-based approach to interviewing that can be used in a variety of direct service settings.

The price, venue and for best accommodation options for participants attending the workshop are currently being sources and negotiated. Registration forms and flyer will be out shortly.

To indicate your interest in attending this workshop please email either:
Jodie.b@grampianscommunityhealth.org.au or jlevaillant@cafs.org.au

WOMEN'S HEALTH GRAMPIANS DECEMBER NEWSLETTER

Visit www.whg.org.au and click on the Newsletter Link.

While your there check out the other tabs on the site.

PAVING THE WAY FOR GOLDEN GURUS

Gurus Parliamentary Secretary for Social Inclusion Senator Ursula Stephens has launched the Golden Gurus website and invited interested organisations to become involved in the new national Golden Gurus program. The Golden Gurus program will harness the skills and experience of Australians aged 50 years and over.

Through Golden Gurus, mature age Australians will be able to meet new people, develop social networks, access free training, and may participate in an Ambassadors program.

The new program will commence on 1st January 2010 and will be facilitated by a range of quality organisations across Australia. Mature age people who wish to become Golden Gurus are encouraged to join the mailing list to be notified of future announcements about the program. To join visit: www.australianlocalgovernmentassociation.cmail2.com/t/y/l/uihtud/dttijtyuu/s

Golden Gurus was an idea presented at the Australia 2020 Summit and forms part of the Government's social inclusion agenda.

SURVEY ON VIOLENCE AGAINST WOMEN

www.fahcsia.gov.au/sa/women/pubs/violence/nca_survey/Pages/default.aspx

The Project Summary Report summarises key findings of the National Community Attitudes towards Violence against Women Survey 2009. It presents findings across several areas of community attitudes towards violence against women: perceptions of what constitutes domestic violence, sexual violence and sexual harassment; the relationship between attitudes towards violence against women and attitudes towards gender equality; understanding of the consequences and harms caused by violence; beliefs regarding whether violence against women is justifiable or excusable; myths and beliefs about victims and offenders; and awareness of community education and the impact of campaign advertising.

The report also provides an explanation as to why understanding community attitudes towards violence against women is important and gives a brief summary of the project's methodology. It outlines the areas where progress has been made in attitudes towards violence against women as well as the challenges ahead.

The Fact Sheet provides key findings from the National Community Attitudes towards Violence against Women Survey 2009. It provides a background to the report; outlines positive changes in community attitudes towards violence against women, as well as challenges ahead; and provides details on the Australian Government's commitment to reducing violence against women.

NATIONAL SENIORS HOUSING REPORT

Helping Understand the Housing Preferences of Older Australians

www.productiveageing.com.au/site

A new perspective on housing for older Australians is contained in the Moving or staying put, deciding where to live in later life report released by National Seniors Australia.

The National Seniors report found that two in three Australians are moving home between the age of 55 and 75 due to factors such as the ongoing need to maintain their homes or a decline in the partner's health.

The report is available from the National Seniors Productive Ageing Website at the link above.

'GO FOR YOUR LIFE' JANUARY NEWSLETTER

www.goforyourlife.vic.gov.au/gfynews

In this edition:

- Feeling 10 out of 10 in 2010
- 2010 Fruit & Veg program
- Life! Taking action on diabetes and much much more!

HELPING FAMILIES THROUGH TOUGH TIMES

Tuesday 16th February 2010 from 9.30am to 4.30pm
The Bouverie Centre, 8 Gardiner Street Brunswick

You are invited to attend a free 1-day regional workshop for Counsellors focused on responding effectively to the emotional needs of families and communities affected by natural disaster.

This training is available to counsellors working in a range of contexts, including: Community Health, Primary Health, Division of GP's, local government, non-government and not-for-profit organisations.

We will combine our own family therapy expertise with workers' acquired practice wisdom about effective ways of engaging with and attending to the needs of people impacted by recent natural disaster. The day's agenda will include:

- Research outcomes from our 2007-2008 work with Drought Counsellors across Victoria, focused especially providing accessible and effective practical and emotional support to individuals and families struggling through hard times.
- A recommended model of working to engage people who are reluctant to seek help: successful community development strategies; combining practical and emotional support; using key practice principles from No Bullshit Therapy and Single Session Work.
- Concepts from family therapy and trauma theory, focusing on the impact traumatic events have on family relationships, and providing sound therapeutic principles for working with families recovering from such events.
- Debrief and discussion of effective ways of managing the impact of secondary trauma and worker burnout.
- Opportunities for practical skill development and networking across services.

To attend this workshop please email Chris Neil at c.neil@latrobe.edu.au or phone 9381 0336.

YOUTH FOUNDATIONS VICTORIA (YFV)

Youth Foundations Victoria (YFV) is an exciting new initiative that helps young people makes a real difference to their communities. YFV offers genuine opportunities for young people in 15 communities across Victoria to get involved.

Groups of local young people from different backgrounds come together in each location to look at the need of their community and then make grants to other young people to run activities to benefit that community. The young people are also responsible for raising funds to add to those contributed by government, community and private partners. Through the initiative, the young people will be supported to develop skills and their achievements will be promoted locally and around the state.

For more information visit www.youth.vic.gov.au or contact the Youth Foundations Victoria Project Officer, Office for Youth on 9208 3200 or State Coordinator, Youth Foundations Victoria, Bendigo Bank on 1300 304 541.

NEW STANDARDS FOR EARLY CHILDHOOD EDUCATION AND CARE ACROSS AUSTRALIA

The Council of Australian Governments meeting has agreed on new compulsory national standards for child care and early childhood education services. The new National Quality Framework will be phased in from 1st July 2010 and will ensure national consistency in early childhood education and child care services including outside school hours care.

For more information visit:

www.deewr.gov.au/ministers/ellis/media/releases/pages/artile_091207_171835.aspx

'MOTIVATION' BY LISA COSSON

The Biggest Obstacle to Your Momentum

Farmers rotate different crops on the same piece of land to give the soil a rest and let it replenish nutrients.

How do you replenish?

How much sleep did you get last night? Two-thirds of us get less than the recommended 7-8 hours of sleep each night. Sleep can set the tone for your actions for days and weeks to come, not to mention your mood and brain power. Even small amounts of lost sleep add up to a sleep debt that muddles your brain and fatigues the rest of you.

The negative cycle created by sleep debt may be the number 1 way people destroy their healthy lifestyle momentum. Regular amounts of good slumber set a sleeping/waking rhythm that energizes you in the daytime and relaxes you at night. The more your body gets in the rhythm of regular sleep, the more the rest of your life can find a similar, consistent rhythm. So hit the pillow and hit your stride.

Take a rest; a field that has rested gives a bountiful crop.

Ovid, Roman poet

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 -

l.cosson@westvicdiv.asn.au

INTRODUCING Direct2Care

Unsure what aged care services exist? Uncertain what you're eligible for? Perhaps you do know, but don't know how to find them. **Now you can contact Direct2Care on:**

1300 121 121

Direct2Care staff can give you advice about local aged care services you might need to help you stay in your home. Those services could include anything from home help and delivered meals to physiotherapy and respite.

Direct2Care's experienced staff can offer one-to-one contact, to assist you to identify your needs and put you in contact with the services that can help.

Direct2Care also offers support to families, Carers & services providers.

Direct2Care is a new service from the Commonwealth & State Governments in the Grampians region.



HEALTHY RECIPES

Are you looking for FREE & HEALTHY recipes...well look no further...visit www.betterhealth.vic.gov.au and discover hundreds of recipes that are easy and healthy to make.

Recipes can be searched for by category, meal, dietary requirement or by ingredients. This website also lists what fruit and vegetables are in season at that time and what recipes you could use including these fruit and vegetables.

Visit the better health website and start drooling now...

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@grampianscommunityhealth.org.au

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