

## WPCP - Partnership Member Agencies

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 10 (2010) -  
March 10th

## HOT OPTIONS FOR YOUR HEALTH PRIZE WINNERS

Congratulations to the following people who have won prizes in the Hot Options For Your Health Promotion at the Wimmera Machinery Field Days

Jo Zippel - Dimboola

Major Prize of 2 Nights Accommodation in Halls Gap and a \$50 Fuel Voucher

Sarah Thompson - Minyip  
Kevin Burchell - St Arnaud

Meal Voucher - Horsham RSL  
Meal Voucher - Horsham RSL

Beau Taylor - Glenlee

Meal Voucher - Horsham RSL

Laura Clark - Minyip

Book Voucher from Horsham Library

Zach - Natimuk

Book Voucher from Horsham Library

Stephen Schuller - Jeparit

Book Voucher from Horsham Library

Katrina Fraser - Natimuk

Swim Passes from the Horsham Aquatic Centre

Tracee McAuliffe - Haven

Swim Passes from the Horsham Aquatic Centre

Allan Warrick - Vectis

Swim Passes from the Horsham Aquatic Centre

Zachary Fraser - Gymbowen

\$50 Fuel Voucher

Carly Bird - Horsham

\$50 Fuel Voucher

Anders Retoft - Donald

\$50 Fuel Voucher

Tessa Marra - Nhill

Lunch Voucher from Horsham Sports & Com Club

Raelene Fisher - Horsham

Lunch Voucher from Horsham Sports & Com Club

Nick Smith - Natimuk

Lunch Voucher from Horsham Sports & Com Club

Thank you to all businesses that donated prizes to this competition, including Community Options & Commonwealth Carers Respite Centre.

## FREE DINNER & BEYONDBLUE PRESENTATION

Tuesday 16th March from 6pm to 9.30pm

Beulah Business Centre - 77 Phillip Street, Beulah

We have all been impacted by unwanted change, and the flow-on effects it has within our community. Understanding and recognising this on-going pressure which results in feelings of stress and anxiety can sometimes be difficult.

If you are concerned about your own well-being, or the health of someone you care about, this presentation may help.

Presented in an interactive format by a Beyondblue Accredited Rural Workforce Trainer, this event will focus on rural communities/workplaces and will provide information, via DVD presentation and open discussion.

Topics covered include:

- What are depression and related disorders and how common are they?
- What are causes of depression and how can it be effectively managed?
- What is it like to live with depression?
- How to recognise depression and related disorders.
- How to approach someone you may be concerned about.

Seats are limited so get in quick - RSVP to Pam at Wimmera Uniting Care on 5382 5430 or 0428 348 293.

## DISCO IN THE BARN

March 26th from 7pm to 10pm - Commencing with Red Faces

The Wool Factory Inc. Golf Course Road, Horsham

Cost \$10 - supper supplied

## KOORI WIMMERA RIVER ROWING REGATTA

Sunday 11th April from 12pm

Horsham Rowing Clubrooms - Enquiries to Les Power on 0419 922 687 or Brendan Broadbent 5382 9211

## INDIGENOUS SERVICES CONTACT WALLET CARDS

Grampians Indigenous Family Violence Regional Action Group together in partnership with Grampians Family Violence Services Integration Committee has developed an indigenous friendly referral card.

Both Committees aspire to build and strengthen the link between the indigenous community service providers in our region and believe this card is one step towards this objective. The Indigenous 'Life Without Family Violence' Services Contact Wallet Cards have been launched in Horsham. For more details phone Kiewa Lovett on 5381 9710 or email [kiewa.lovett@dhs.vic.gov.au](mailto:kiewa.lovett@dhs.vic.gov.au)

## ENGAGING WITH OUR COMMUNITY

Meaningful community consultation to develop and improve the delivery of Cancer Services throughout the Grampians Region.

Date	Venue	Time
11 March	Chalambar Golf Club, Ararat	5.30 to 7pm
18 March	Education Centre, Stawell Regional Health	5.30 to 7.30pm
24 March	GICS, 804 Sturt Street, Ballarat	2.30 to 4pm
25 March	Grains Innovation Park, Horsham	5.30 to 7pm
31 March	Cooinda Disability Centre, Nhill	6 to 7.30pm
8 April	GICS, 804 Sturt Street, Ballarat	5.30 to 7pm

In order to develop cancer services that reflect the specific needs of rural Victoria, Grampians Integrated Cancer Service (GICS), in partnership with the University of Ballarat and Central Highlands Primary Care Partnerships, is inviting cancer survivors, patients and carers to take part in meaningful discussions to assist regional planning.

The Director of GICS Dr Stephen Vaughan said that it is only through listening constructively to consumers that cancer services can develop with a real sense of purpose.

Following on from the Regional Forums, participants will be invited to participate in smaller focus groups with some people highlighting their experiences through case studies.

Members of the community who are not able to attend a regional forum, but are still interested in contributing their views can contact Laura Liversage at the University of Ballarat on 5320 4782 or email [community@gics.com.au](mailto:community@gics.com.au)

## HARMONY DAY CELEBRATIONS AT NHILL LIBRARY

**Sunday 21st March at 5pm**

Do you like stories of faraway lands? Are you curious about other cultures? This is your chance to listen to some great tales or better still, you could tell us one!

Share a story from your country of origin or an old folk tale passed on to you. Everyone is welcome!

If you would like to participate then please register your name and story by 15th March at the Nhill Library on 5391 1684 or just come along to show your support and enjoy the evening. Refreshments provided.

## THE PROBLEM GAMBLING RESEARCH & TREATMENT CENTRE

**Centre Research Update - Monday 22nd March from 9.30am to 12.30pm**

Monash Conference Centre, Melbourne

This seminar will present an overview of the latest developments and finding from the current research being conducted by the Centre and will provide participants with an opportunity to interact with leading gambling researchers and policy makers. Presentations on the following projects will be delivered: the children of problem gamblers study; the longitudinal study of risk & protective factors; the chochrane review of treatment approaches and primary prevention; the treatment guidelines and co-morbidities in problem gambling.

For more information email [Sylvia.niele@med.monash.edu.au](mailto:Sylvia.niele@med.monash.edu.au)

## MAD, BAD OR SAD?

Wednesday 21st April from 9.30am to 4.30pm  
Uniting Church Hall, Pynsent Street Horsham

Traumatized and abused children can be hard to understand and even harder to work with, their attitudes and behaviour can challenge even the most skilled workers, carers, teachers, therapists and helping professions. There are approaches that work with these kids but success is dependent upon adults understanding the real reasons behind their behaviour and tailoring their interventions accordingly. The practice of successful care requires more than love or good intent. There is science involved. This seminar will explore the 'science of care' and explore a smorgasbord of practical strategies you can implement into your day to day work with children and young people that will promote positive change and foster hope for these kids.

Some of the specific material that will be covered includes:

- Why do children need to break the 'rules' and how to tailor an appropriate response ie punishment v's discipline. Should they always be confronted when they act out?
- The process of behaviour modification through maximizing the use of consequences.
- How traumatized children experience adult direction and why it calls for a different approach.
- Differentiating between 'mad', 'bad', and 'sad' behaviour and knowing what to do next.
- Insights into lying behaviour and how to change it.
- Useful and not so useful responses to children's behaviours.
- Prevention as a management strategy.
- Compassion as a behaviour management strategy.
- Professional self care. Keeping the chaos where it belongs.

Free to all carers, Wimmera UnitingCare Staff and \$10 for all other participants. RSVP to Belinda Billman on 5362 4052.

## ALLAN WADE RESPONSE BASED PRACTICE

2 day training workshop - 15th & 16th March  
From 9am to 4.30pm  
Mercure Ballarat, Main Road

The response based workshop has been developed by Allan and his colleagues on Vancouver Island, Canada. It is based on the observation that victims invariably respond to and resist violence and that perpetrators take steps to conceal and suppress these acts of resistance.

By focusing on a client's responses, their actions and experience can be explored to elicit a more complete and accurate account of their resistance to violence and oppression. The workshop offers an understanding of response based ideas that can be used in a variety of direct service settings such as (but not limited to) Therapy and Counselling, Youth, Child Protection, Housing, Family Violence, Men's Accountability (offender treatment), and Health Care Services.

Cost \$300 per participant.

For more information email [jlevaillant@cafs.org.au](mailto:jlevaillant@cafs.org.au)

## PRIMARY HEALTH WEEKLY BULLETIN - 5 MARCH

[www.dhs.vic.gov.au/rhacs/ph\\_bulletin/nocache?src=email&id=050310](http://www.dhs.vic.gov.au/rhacs/ph_bulletin/nocache?src=email&id=050310)

In this issue:

- Seminar: 'Combating the would epidemic'
- Conference: 'Walking the talk together, partnerships for health promotion'
- Forum: 'Physical activity for older adults'
- Short Course: 'Chronic disease epidemiology and prevention'
- Workshop: 'Considering gender and mental health'
- Free workforce development consultancy service
- 'Go for your life' walking resources, strategies and initiatives.

## LEADING THE WAY: MULTICULTURAL SERVICE EXCELLENCE & STRENGTH IN PARTNERSHIPS

Wednesday 23rd June

Darebin Arts & Entertainment Centre, Preston

'Leading the Way' aims to bring together ethno-specific and multicultural organisations, relevant government departments and other stakeholders to showcase positive practices, strategies and collaborations in the provision of culturally and linguistically responsive services.

The conference also aims to share practical tools, experiences and expertise that may help to enhance infrastructure and service development, particularly for smaller and less resourced groups who are finding it difficult to meet the new and emerging needs of their communities.

Who should attend: service providers, policy makers, researchers, community organisation leaders, students, academics, government department personnel and other stakeholders.

For more information contact Melissa Afentoulis on 8371 2306 or email [Melissa@apcs.org.au](mailto:Melissa@apcs.org.au)

## WINDS OF CHANGE: NEW PERSPECTIVES ON RURAL & REMOTE MENTAL HEALTH

September 29th & 30th - Rydges Lakeside Canberra

The conference will explore new perspectives within the P4 parameters, policy initiatives, primary interventions, promoting recovery, preventing relapse by way of individual conference papers, keynote presentations, and workshops.

Call for abstracts [www.vision6.com.au/ch/11035/2dcs142/1144137/5cebbr02p.asp](http://www.vision6.com.au/ch/11035/2dcs142/1144137/5cebbr02p.asp)

## CONCEPTS & PRINCIPLES OF PROBLEM GAMBLING

May 10th from 9.30am to 1pm - University of Melbourne, Frank Tate Room

This session will examine the way problem gambling is defined and current debates surrounding this definition. It will further explore the way that measurement of problem gambling is linked to the definition, and will provide an introduction to some of the key concepts driving interventions, such as 'responsible gambling'. This session will also provide a brief overview of common approaches to treatment.

For more information email [Sylvia.niele@med.monash.edu.au](mailto:Sylvia.niele@med.monash.edu.au)

## COMMUNITY HEALTH PRIORITY TOOLS

The Community Health Priority Tools are a suite of evidence based tools developed for community health services to prioritise clients. They provide decision making support and guide good practice consistently across the state and help ensure that those who most need care receive it quickly.

The recently published Community health priority tools document is available on line via the Department of Health Website at:

[www.health.vic.gov.au/communityhealth/downloads/community\\_health\\_priority\\_tools.pdf](http://www.health.vic.gov.au/communityhealth/downloads/community_health_priority_tools.pdf)

## RESEARCH FUNDING OPPORTUNITIES FOR 2010 & 2011

The Victorian Cancer Agency, a State Government initiative that links cancer research with patient care has research funding opportunities for 2010 and 2011. Funding will be offered in the following areas:

- Clinical Research Fellowship
- Palliative and Supportive Care Fellowship
- Public Health Fellowship

Application guidelines for each funding stream are available online at [www.victoriancanceragency.org.au](http://www.victoriancanceragency.org.au)

The agency plans to call for applications for its 2010 funding round in March.

## INDIGENOUS AFFAIRS REPORT 2008-2009

The Victorian Government is committed to improving the lives of Indigenous Victorians and are pleased to announce the release of the **Indigenous Affairs Report for 2008-2009**. The Report is published and available in PDF and Word Format at [www.dpcd.vic.gov.au/indigenousaffairsreport](http://www.dpcd.vic.gov.au/indigenousaffairsreport)

If you would like to receive a hard copy of this Report, please contact the Department of Planning and Community Development on 9208 3333 or email [aboriginal.affairs@dpcd.vic.gov.au](mailto:aboriginal.affairs@dpcd.vic.gov.au)

## MAJOR REFORMS TO AUSTRALIA'S HEALTH SYSTEM

The Prime Minister Kevin Rudd has today announced major reforms to Australia's health system. The VHA is currently reviewing these reforms and will provide a detailed review.

Seven key reforms have been identified:

- Taking majority funding responsibility for public hospitals.
- Taking full funding and policy responsibility for GP and primary healthcare.
- Rebalancing financial responsibility in the federation.
- National standards for a unified health system.
- Local Hospital Networks to drive accountability and performance.
- Paying Local Hospital Networks directly for the services they provide.

A copy of the report highlighting these reforms can be found at:

[www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/content/home](http://www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/content/home)

## BEYOND EVIDENCE ON REDUCING HEALTH INEQUITIES

**What Works, why and how**  
27th & 28th April - Adelaide

This will be the Final Policy Event for the National Health & Medical Research Council funded Australian Health Inequities Program. The aims of the Symposium are to:

- Present research-based examples of Policies and Programs that were designed to intervene on the social determinants of health inequities.
- Contribute to debates about the ways in which policy makers can build social determinants of health inequities perspectives into programs inside and outside of government.
- Compare progress in the uptake of social determinants of health inequities perspectives in Australia and other countries.
- Consider how social determinants of health can contribute to the Council of Australian Governments (COAG) goal of Closing the Gap.

For further details and registration form go to [www.som.flinders.edu.au/FUSA/PublicHealth/AHIP/2010/](http://www.som.flinders.edu.au/FUSA/PublicHealth/AHIP/2010/)

## RACV COMMUNITY FOUNDATION

The RACV Community Foundation provides a source of philanthropic funding for charitable and community organisations across Victoria. Grants of up to \$10,000 will be awarded to community and charitable organisations for proposals which fall within one of the following 3 priority areas:

- Mobility & Safety
- Emergency Services
- Environmental Sustainability

Further details are available by typing Community Foundation into the website link [www.racv.com.au](http://www.racv.com.au)

## LOOSE CURTAIN & BLIND CORDS ARE DANGEROUS TO CHILDREN

Tragically, at least 15 Australian children have died in incidents related to curtain and blind cords since the early 1990's. Most recently, two Victorian infants died after being strangled by cords in August and September 2009. Phone 1300 558 181 to request a free curtain and blind cord safety kit from Consumer Affairs Victoria.

## 'MOTIVATION' BY LISA COSSON

### What are you investing your time in?

Work is certainly important. Only those who are incredibly wealthy would tell you that money is of no importance.

Without questions, we need to work to provide for our families and ourselves. Most people don't stop to really embody the idea that work is not the most important thing, however. What is of more importance is family, friends, and investing your time in those relationships.

Next time you find yourself toiling over your notes for an upcoming meeting, contemplate the message you are sending. Think about what is truly a necessity in your life and actively invest your time in those things.

**The first sign of a nervous breakdown is when you start thinking your work is terribly important.**

- Milo Bloom

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 - [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

### Upcoming events in Horsham City, Hindmarsh Shire, West Wimmera Shire & Yarriambiack Shire

To access information regarding these events visit [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au) and click on the event calendar

11 Mar	Top Secret Women's Business	Dimboola
11 Mar	Engaging with our Community	Ararat
15 Mar	Succession Planning & Green Eggs Case Study	Hopetoun
16 Mar	Dinner & Beyond Blue Presentation	Beulah
16 Mar	Case Notes & Record Keeping	Edenhope
18 Mar	Engaging with our Community	Stawell
19 - 27 Mar	Art is...Elemental	Horsham
21 Mar	Harmony Day	Nhill
22 Mar	Creating & Planting Vegetable Patches in Small Spaces	Horsham
25 Mar	Engaging with our Community	Horsham
25 Mar	Effective Communication	Horsham
26 Mar	Disco in the Barn	Horsham
26 Mar	Arts Grant Writing Workshop	Horsham
30 - 31 Mar	Youth Mental Health First Aid Course	Warracknabeal
30 Mar	Carbon Trading - Theory to Practice, Future Energy in Victoria	Hopetoun
31 Mar	Engaging with our Community	Nhill

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](mailto:pcpadmin@grampianscommunityhealth.org.au)

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