



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



CONTINUING PROFESSIONAL DEVELOPMENT FOR ALLIED HEALTH

Motivational Interviewing in Chronic Disease Management And Supporting Self Management: Common Models & Approaches

Wednesday 25th March, 2009

11.30am to 12.30pm - Motivational Interviewing in Chronic Disease Management
1.15pm to 2.15pm - Supporting Self Management: Common Models and Approaches

At Grampians Community Health Centre, 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.

For more information contact Donna Bridge at Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

SCHOOL BASED MENTORING

A forum to explore building sustainable programs in schools.

Join representatives from schools and the community sector and find out first hand how different programs succeed.

- Explore recent research into school based mentoring across Australia.
- Hear about the challenges and triumphs of setting up a program and,
- Find out how you can get more involved.

Thursday 23rd April - from 10.30am to 2.30pm
Lunch provided

Treacy Conference Centre - 126 The Avenue, Parkville

RSVP to Sarah Johnson on 0423 929 601 or email
s.johnson@youthmentoringvic.org.au
Cost \$50 non members or \$35 members

Healthcare Innovation in Victoria 2009 Showcase Conference ~ 6th - 7th April

This conference embraces innovation, quality and excellence in patient care and showcases both practical and creative initiatives that are meeting patient and community needs.

Hear from 15 Victorian award winning healthcare initiatives as well as exceptional local and global healthcare experts on strategies to improve patient care and outcomes today. Registrations close 30 March 2009.

For further information, please click on the following website:

<http://www.health.vic.gov.au/innovationshowcase/>

RECOGNISING WOMEN FARMERS GRANTS ROUND

As part of the government's Australia's Farming Future initiative, the Recognising Women Farmers (RWF) grants round offers support to stage events that will build the leadership and representative capacity of women in primary industries - to strengthen primary industry productivity and build rural, regional and remote community resilience to a changing climate.

Under the RWF grants round, the Australian Government will provide funding of up to \$50,000 for eligible events and will seek either a cash and/or in-kind contribution from successful applicants.

RWF offers support to stage events for women living and working in rural, regional and remote Australia that:

- Build and share knowledge and experience.
- Increase access to planning tools and resources.
- Develop leadership and management skills.
- Develop programs to increase participation in agriculture, fisheries and forestry industries.
- Develop skills to contribute more effectively to government and industry decision making.
- Build networks among rural, regional and remote Australians.

Applicants should consider the type of event that will achieve the best results for women involved in primary industries and living and working in rural, regional and remote Australia.

Funding could support an additional component to an existing event that focuses on building the leadership and representative capacity of women and increasing their awareness of a changing climate.

Applications should consider:

- Timing the event to fit in with family and work requirements.
- Providing child care.
- Targeting a range of skill levels.

RWF is not intended to fund your organisation's day-to-day operating costs - For more information call the Australia's Farming Future hotline on 1800 638 746.

WHAT'S FOOD GOT TO DO WITH IT?

Insights into Young People with Eating Disorders

Thursday 2nd April - 2009 - 9am to 12noon

Ella Latham Foyer, Royal Children's Hospital, Flemington Road
Parkville VIC 3052

Eating Disorders are a complex and confronting issue for many professionals working with young people today. So what defines an eating disorder and how can we better understand the challenges involved? What can we do to support a young persons recovery? This important forum will explore the history of eating disorders, report on recent research, examine strategies used in the clinical setting and discuss the role of schools.

Who is it for: "What's Food Got to do With It?" will interest a wide range of health, community and education professionals including nurses, teachers, student welfare co-ordinators, youth workers, clinicians, allied health professionals, community workers and others.

Speakers: Professor George Patton, Stephanie Campbell, Dr Leah Collins, Rachael Meade and Helen Franks.

For enquiries please contact Lara Cullen on 9345 6671 or email lara.cullen@rch.org.au

STEPHANIE ALEXANDER IN GREYMATTERS

Creating the Wimmera's Bountiful Garden

This years Greymatters, Creating the Wimmera's Bountiful Garden, brings cook, restaurateur food writer, and champion of the small producer, Stephanie Alexander to the region.

Her mix of practical skills, creative ability, relentless energy and 'gift of the gab' led to the development of the Stephanie Alexander Kitchen Garden Foundation which provides children from Years 3 to 6 with a minimum of 40 minutes a week in an extensive vegetable garden which they have helped design, build and maintain on their school grounds, along with 90 minutes a week in a home style kitchen where they cook their harvested produce and enjoy eating what they have cooked. The kitchen garden program aims to reach up to 190 primary schools throughout Australia in the next four years.

At the Greymatters forum, Alexander will be joined by local food producers, who will discuss their philosophies and tips for growing bountiful produce from a backyard garden to broadacre properties without much water.

As part of Art is...tasty, Creating the Wimmera's Bountiful Garden, a free event, will be held at Horsham's May Park from 4pm on Sunday 29th March.

Helen Murray, community wellbeing program manager at the Ian Potter Foundation, one of Australia's leading private philanthropic organisations, will talk on how to source and access philanthropic funds. Murray, who is a board member of the Kitchen Garden Foundation, will discuss opportunities available for regional Victorian projects following Greymatters.

COLLABORATIVE ASSESSMENT & PLANNING IN CHILD PROTECTION

The Signs of Safety Approach

April 23-24 from 9.30am to 4.20pm

Melbourne - Centre Ivanhoe, 275 Upper Heidelberg Road, Ivanhoe

The Signs of Safety approach is an innovative strengths-based, safety-organised approach to child protection casework that was created in Western Australia by Andrew Turnell and Steve Edwards, working with over 150 front-line statutory practitioners.

The Signs of Safety approach is organised around a comprehensive risk assessment and planning framework that is used collaboratively with families and professionals to identify the current danger factors as well as family strengths, and to then together plan for rigorous, sustainable on-the-ground safety for the children.

This two day workshop will:

- Equip participants to use the Signs of Safety risk assessment and planning framework with families and other professionals.
- Introduce safety-organised interviewing and questioning micro-skills.
- Introduce methods for involving children in assessment and planning.
- Introduce the elements and processes of building rigorous safety plans, particularly with high-risk cases.
- Provide participants with skills and ideas they can immediately apply to their practice.
- Be grounded in actual case examples, including video interviews with workers and families.

For more information about the Signs of Safety approach can be found at www.signsofsafety.net

2006 CDATE ONLINE INFORMATION SESSION

2006 CDATE Online is a free online tool which combines information on Australian Society from the 2006 Census of Population and housing with graphing and mapping capabilities. 2006 CDATE Online provides users with the ability create their own tables of Census data on a range of different topics such as age, education, housing, income, transport, religion, ethnicity, occupation and more.

2006 CDATE Online provides users with a high degree of freedom in selecting and combining the geographic areas most suited to their needs, this could be as small as a Census collection district, postal area or larger geographic areas such as statistical local areas and local government areas.

The ABS 2006 CDAYA Online Information Session will assist you by providing an overview of the product functionality, how to get help and online training.

Tuesday 24th March - 1pm to 2.30pm

The Great Hall at Gum San - 31-33 Lambert Street, Ararat

To reserve a place contact Patricia Stannus - Grampians Pyrenees PCP on 5352 6230
or email patricia.s@gchc.org.au

BUSHFIRE VOLUNTEERING OPPORTUNITIES

KOGO (Knit One Give One) is a charitable organisation that utilises the knitting skills of its volunteers to make woolen items such as scarves, jumpers and beanies and so on for the disadvantaged.

KOGO are calling for volunteer knitters to register for creating woolen garments for Bushfire victims. Free knitting kits containing yarn (donated by Cleckheaton) and a pattern for scarves from beanies will be available from selected Nova and Priceline Pharmacies from March 1st.

Alternatively, register your interest with KOGO at www.knitonegiveone.org/kogo.php?page=aboutus

AND....

Making and collecting cloth-made marsupial pouches for injured wildlife...Australian Wildlife Assistance Rescue and Education (AWARE) is a voluntary, not-for-profit group based in Frankston caring for wildlife rescued from the bushfires.

They need cloth-made marsupial pouches for these animals, as well as equipment such as fire-resistant safety boots.

The CWA and Frankston North's Aldecourt Primary School are making and collecting materials, with the help of volunteers and carers.

People who can help can contact AWARE at 0411 986 719 or visit www.awarewildlife.org.au

PRIMARY HEALTH WEEKLY BULLETIN - 12th March 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=120309

In this edition:

- Refugee health and wellbeing: an introduction for community-based nurses.
- Female genital mutilation lecture series.

If you tell the truth....you don't have to remember anything!

Mark Twain

EMERGENCY SERVICES WALK, RUN & RIDE OF THANKS

Participation Event - Saturday March 21st, 2009
Entry \$10 donation - single, \$20 donation - family

Assembly points

2.5km walk & 5km run - showground at 8.15am (gateway opposite BP service station)
20km Ride - Horsham Cycling Club at 7.30am

Street Parade at 9.15am lead by emergency service vehicles -
assembly point caravan park end of Firebrace Street.

Pre event entry at the Horsham Sports and Community Club or on the day at assembly points.

For more information contact Glenn Carrol on 5382 6262 or 0427 123 654 or
Elaine Breuer on 5382 4846 or 0428 824 846

All proceeds to our local volunteer emergency services.

FREE BADMINTON ASSOCIATION

Wimmera Badminton Association
Sunday 22nd March 2009 from 10am to 3pm

Horsham College - Junior Campus Gymnasium
Healthy food and fruit supplied.

For more information phone Ray Wickham on 5382 4535

THE WOMEN'S HEALTH EDUCATION RESOURCE KIT

Presented by the Jean Hailes Foundation for Women's Health - the kit is an all new resource available free to health educators as a tool to support the delivery of up-to-date, evidence-based health education sessions to women in their local community.

The Kit includes:

- Two interactive presentations with the selection of modules:
 - ◇ Midlife Health & Wellbeing
 - ◆ Australian Women Today
 - ◆ Nutrition
 - ◆ Emotional health
 - ◆ Health Screenings
 - ◆ Physical Activity
 - ◆ Heart health
 - ◆ Bladder & pelvic floor muscles
 - ◇ Midlife Health & Menopause
 - ◆ Australian Women Today
 - ◆ Nutrition
 - ◆ Menopause
 - ◆ Health screenings
 - ◆ Physical activity
 - ◆ Emotional health
 - ◆ Bone Health
 - ◇ Supporting notes for the speaker, as well as tips for interactive opportunities with the audience.
 - ◇ Frequently asked questions about Menopause.

To register your interest email your name and contact details to womenshealthkit@jeanhailes.org.au

'MOTIVATION' BY LISA COSSON

Keep it up...your healthy habits that is!

We all tend to relax - or be lax - on weekends; that's what they're for, right?

But loosening our grips on a healthy lifestyle, even just for the weekend, can sabotage our efforts to reach health and fitness goals. Keep your eye on the prize; a healthier you.

Be conscious of what you eat during the weekends, stick to your healthy lifestyle of eating right and exercising just like you do during the week. If you need to reward yourself for the hard work (or diligence you've kept to your healthy eating behaviours) through the week, see a movie or get a massage.

DON'T get the cheesy fries appetizer or order an extra margarita - continue with 'controlled' eating when treats are chosen...make wise choices 95% of the time.

On weekends, give yourself a break, but make it a healthy one!

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 -
l.cosson@westvicdiv.asn.au

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@gchc.org.au

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