



5 DAY CORE HEALTH PROMOTION SHORT COURSE

10th, 11th, 17th, 18th and 24th June 2009
Westlander Motor Inn - Stawell Road Horsham

Trainers: Anita Thomas, Bernie Marshall, Sue Rosenhain and Monica Kelly

By registering for this course, it is anticipated you are agreeing to participate in all 5 days.

Cost \$500 for Wimmera PCP Member agencies. Places will be allocated to Wimmera PCP member agencies first - if spaces remain vacant then non-WPCP members can attend. Cost for non-members is \$650.

What is the course about?

The Core Health Promotion Short Course is a practical introduction to the principles and practice of health promotion for those without any formal qualifications in health promotion.

The course content reflects the latest developments in health promotion and applies these to the current health policy environment, with current planning and funding frameworks used as practical examples.

The course aims to increase participants' confidence to integrate health promotion into their practice.

Practical activities that apply health promotion to real issues in your community encourage reflection of practice and an opportunity to network with staff from different organisations.

The course consists of five modules spread over five contact days.

Module 1 - will introduce participants to health promotion frameworks and principles, in particular the need to address the broad range of social determinants of health and strengthen community participation. **This is a prerequisite to all other modules.**

Module 2 - aims to assist participants to recognise the importance of thorough planning for the success and effectiveness of any health promotion program. It explains the interrelatedness of all the steps in the planning process and assists participants to identify core skills needed for quality needs assessment and program planning.

Module 3 - will assist participants to develop an understanding of the broad range of skills, strategies and approaches available in health promotion to enhance individual and organisational health promoting practices in a variety of contexts and settings.

Module 4 - aims to increase participants' knowledge and understanding of the nature and role of evaluation in health promotion, to develop skills to improve their evaluation practice.

Module 5 - will enable participants to engage with the policy environment for health promotion, identify funding opportunities and participate effectively in collaboration and partnerships for health promotion activities.

To book please call Donna Bridge on 5362 1221 or email donna.b@gchc.org.au

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



SUPPORT AFTER SUICIDE

Thursday 7th May - from 9am to 3.30pm

Grains Innovation Park - Natimuk Road Horsham

(please note the change of venue...was previously advertised for the Golf Club)

Support after Suicide is a program of Jesuit Social Services and a bereavement support program developed specifically for those bereaved by suicide. The program offers support, counselling and group programs to people bereaved by suicide, including children, young people and families. They also work with education, health and welfare professionals providing resources, information, secondary consultation, education and training.

Support After Suicide will be conducting an education session in your area. The focus will be on current bereavement theory and the unique issues and experiences of those bereaved by suicide. Effective counselling and support to families, children, young people and the wider community will be explored.

To register for this event please contact Anne Watson on 5320 4002 or email annw@bhs.org.au

ENHANCING CARE CONFERENCE 2009

7th & 8th May 2009

Novotel Forest Resort Creswick

The Grampians Regional Palliative Care Team invite you to the Grampians Palliative Care 'Enhancing Care' Conference which will be held in Creswick.

The conference will provide a unique opportunity for local, regional and state delegates to hear from leading researchers and practitioners in a program of world-class keynote lectures and concurrent sessions.

The 2 day program will be further enhanced with social events allowing valuable networking and a time to relax and unwind. If you would like more information on the conference and keynote speakers please go to the conference link on GRPCT website at www.grampianspalliativecare.com.au or phone 5320 3553.

EARTH HOUR - SAT 28TH MARCH AT 8.30PM



**Turn off your lights and
power at 8.30pm on
Saturday 28th March for
EARTH HOUR**

Its in our hands.....

www.sportslink.org.au/wimmera

New and improved sportslink.org.au website coming!

Incorporating the existing Wimmera Online Physical Activity Directory.

Sportslink is a communication tool your club can't afford to be without, an essential promotional and development resource accessible to all clubs, and best of all it's absolutely FREE.

The NEW sportslink website will be launched in April 2009 and will include club webpage functionality and new interactive resources which will allow your club access to the latest industry developmental tools and programs.

Clubs and community groups are often telling us (Wimmera Regional Sports Assembly) that they find it hard to market their activities to the broader community and also have limited time to find the sort of support they need to keep groups operating to their full potential.

We believe that www.sportslink.org.au/wimmera can assist in alleviating these issues.

The Sports Assembly invites clubs to come and meet Sports Assembly staff and register their details anytime between **9am and 5pm** at the Sports Assembly offices - 50c Pynsent Street, Horsham or come and have coffee and cake with staff at any of the Shire launches:

Tuesday April 7th - Stawell Leisure Complex - 3.30 to 6.30pm
Tuesday April 14th - Warracknabeal - Yarriambiack Shire Council - 3.30 to 6.30pm
Tuesday April 21st - Nhill - Hindmarsh Shire Council - 3.30 to 6.30pm
Tuesday April 28th - Edenhope Business Centre - 3.30 to 6.30pm

Register for your chance to win an Athletes Foot Voucher and Sports Bag.

For more information contact Kelly Hobbs at Wimmera Regional Sports Assembly on 5382 4599 or email kelly@wrsa.org.au

MASSIVE FOAM PARTY AT NEXUS

Featuring Social Change

Friday 3rd April from 6 to 9pm
\$5 Entry - no passouts - ages 12 - 18

Drug and Alcohol Free Event

STEPHANIE ALEXANDER VISIT TO HORSHAM NORTH FOUNDRY GARDENS

Come along to the opening of the Community Garden
Sunday 29th March from 10am to 11.30am

Palm Avenue - off Edith Street
Bring the kids and plant seedlings with **Stephanie Alexander**

For further information contact Rob at
Horsham Community Action Centre on 5381 2077.

KIDS - 'GO FOR YOUR LIFE' HEALTH PROFESSIONALS FORUM

Pack your lunchbox with everyday healthy choices and limit your daily intake of 'sometimes' food.

The forum will focus on the theme **Limit 'Sometimes' Food** and provides information on improving children's healthy eating, including an interactive workshop and panel presentations.

Wednesday 22nd April 2009 - 9.30am to 3.30pm
Treacy Conference Centre, Parkville

For more information visit www.goforyourlife.vic.gov.au/kids or call 1300 739 899

CHILD FRIENDLY COMMUNITIES

What is a child friendly community?

How can we build local communities that help our children reach their true potential?

What does it take to make a real difference to families and their children?

What can be achieved through becoming a Child Friendly Community?

Presenters: Dr Tim Moore, Senior Research Fellow, Centre for Community Child Health, Murdoch Childrens Research Institute and Rosalie Rogers, Manager Children and Family, City of Greater Bendigo

Monday 27th April from 4.30pm to 7.30pm
Shire of Yarra Ranges, Conference Room, Anderson Street, Lilydale

For further information contact Joyce Morren on 9294 6390 or email j.morren@yarraranges.vic.gov.au

PROFESSIONAL BOUNDARIES

Stawell - Wednesday 6th May from 2.30pm to 4.30pm
Ballarat - Tuesday 28th April from 2pm to 4pm

Stawell Regional Health Education Centre - for Direct care staff/volunteers

This course presents strategies on how to recognise and implement personal boundaries between clients and carers in the HACC sector.

Key content:

- What are professional boundaries.
- Ethics and professional boundaries.
- Conflicts of interest.
- Blurred boundaries.
- How to avoid professional boundary violations.

For more information or to book phone 5334 1500 or email hacked@bdnh.com.au

PRIMARY HEALTH WEEKLY BULLETIN - 19th 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=190309

In this edition:

- Interim advice on integrated health promotion planning for 2009-2012.

FIGHT HEART DISEASE WITH FISH

Fish is rich in omega-3 oils, a type of healthy fat that helps reduce the risk of heart disease. The Heart Foundation recommends that all Australian adults consume at least 500mg of omega 3 every day. This is achievable if you eat 150g serve of fish 2-3 times per week.

Alternatively, you can take fish oil capsules. It is also recommended that people with existing heart disease consume even larger amounts of omega 3. This can be done by eating fish 2-3 times per week as well as taking fish oil capsules. The best sources of omega 3 are:

- Atlantic & Australian Salmon
- Blue Eye Trevalla
- Blue Mackerel
- Gemfish
- Barramundi
- Scallops
- Bream
- Mussels
- Canned Tuna
- Flathead
- Canned Sardines
- Canned Salmon

Plant-based sources of omega 3 oils include:

- Soy & Linseed Bread
- Canola oil/margerine
- Walnuts
- Flaxseed Oil

For more information check:

www.heartfoundation.org.au/Healthy_Living/Eating_and_Drinking/Fish/Pages/default.aspx

CARING FOR LOSS, GRIEF & BEREAVEMENT

Ararat - Wednesday 17th June from 2pm to 4pm
Ballarat - Wednesday 27th May from 2pm to 4pm

Ararat Hospital Conferene Centre, Pyrenees House, Girdlestone Street Ararat

This course is designed to assist HACC workers to deal with clients and/or their families who are experiencing Loss, Grief and Bereavement.

Key content:

- Person centred approach.
- Identifying signs and symptoms.
- What to do and What NOT to do.
- Looking after yourself.
- Helping skills.

Target Direct Care Workers and Volunteers.

For more information or to book phone 5334 1500 or email hacked@bdnh.com.au

HELP YOUR CLIENTS STAY CONNECTED - FREE INFORMATION SESSION

Ararat - Wednesday 27th May from 4pm to 5pm

Ararat Rural City Council

This session will cover what is the NRS, how the NRS works, benefits for your clients, using the NRS to contact your clients by phone and new internet relay.

This course is suitable for all HACC, ACAS and other representatives.

For more information or to book phone 5334 1500 or email hacked@bdnh.com.au

'MOTIVATION' BY LISA COSSON

Transmitting light through our actions...

Are you a candle or a mirror?

Most people are somewhere in the middle. This quote reminds us of the importance of our actions. The example you set (as a mirror) is a way of sharing how you feel based on your behaviours. Gossiping, complaining, and being pessimistic show those in your life that you are unhappy and feeling low.

The same is true for the opposite behaviours.

Positive, affirming comments transmit to the world that you are happy, friendly and optimistic.

What is your mirror reflecting? Let your actions reflect your true beliefs and values.

There are two ways to spread light; to be the candle, or the mirror that reflects it.

Edith Wharton

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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