



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



PEER COACHING

Clinical Supervision Network Program
3rd June 2009 from 12noon to 2.30pm
Grampians Community Health Centre, David Street Horsham
(lunch available from 12noon to 12.30pm)

Cost Free - register online at www.cpdforalliedhealth.org.au or call Donna Bridge at Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

Presenter: Mr Stephen Duns - Director SuccessWorks

Stephen's career experience includes several CEO and General Management roles in health and community services in Australia and the UK. He has also worked extensively as a consultant, including some large multi-million dollar global assignments, in the for profit, not-for-profit and government sectors.

This network program aims to support clinical supervisors and clinical student placement in Victoria.

DIRECT2CARE PROGRAM COORDINATOR

If you are passionate about working in a new and important partnership context in a change management environment, please feel free to ring and discuss the position. There is some flexibility around work arrangements.

.05 EFT one year contract with possibility of extension.

Salary in the range of \$60,000 pro rata per annum with generous salary packaging available.

PCP's (Primary Care Partnerships) across the Grampians Region are supporting the roll out of a pilot project across the Grampians Region.

This part time position is a possible secondment for a person with a background in health services and in interest in more coordinated approaches to the provision of services for older people in rural and regional areas.

Commencing ASAP, the position could be based either in Ballarat or Ararat.

Ideally suited to someone with tertiary qualifications in allied health, nursing, health promotion, community, welfare or disability services; this is an exciting opportunity to be part of a dynamic change management process.

Reporting to the Executive Officer of one of the Primary Care Partnerships, the Direct2Care Program Coordinator will work closely with the current Service Coordination personnel based at the three PCP's.

A position description can be obtained by phoning 0407 548 553. All applications should address the Key Selection Criteria, cite three current referees, be received by 5pm on Friday April 17th and be addressed to kate.s@gchc.org.au or

Kate Serrurier
Executive Officer

Grampians Pyrenees Primary Care Partnership
60 High Street
Ararat VIC 3377

BRUMBY GOVERNMENT JOINS MEN IN BUILDING VICTORIAN COMMUNITIES

Victorian men are encouraged to join the Brumby Government in getting together to build or renovate a shed in their local area that will build connections within their community.

Senior Victorians Minister Lisa Neville encouraged Victorian men to build a shed and help build a community in launching the Brumby Government's second round of funding as part of the \$2 million Men's Shed grant program.

"The Brumby Government is taking action to help people better connect with their neighbourhoods, to build stronger families and stronger communities. These sheds provide a relaxed place for men to make new friends, talk things over, learn new skills and get involved in their local community, which has great benefits for their individual health and wellbeing".

"And by involving men in local community projects - such as making benches for public parks, building cubby houses for the local kindergarten - men's sheds also provide practical benefits for the wider community. As well as giving older men somewhere to get together and work, men's sheds can link men to information and services for a range of health and wellbeing related issues - which they often don't actively seek out themselves," she said.

Last year the Brumby Government funded the establishment of 25 new Men's Sheds.

"Victoria led the nation by being the first government to provide specific funding for the establishment of the sheds," Ms Neville said.

The Brumby Government has invested \$2 million over four years in the Men's Shed grant program as part of the \$1 billion Fairer Victoria initiative; a whole of Government social policy action plan to address disadvantaged and promote inclusion and participation.

For more information or to apply for the Men's Shed grants visit www.grants.dpced.vic.gov.au

PRIMARY HEALTH WEEKLY BULLETIN - 26th 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=260309

In this edition:

- Community health counselling services policy - now available.

FASION PARADE AND FINGER FOOD LUNCHEON

The Wimmera Base Hospital Ladies Auxiliary invites you to a

Fashion Parade and Finger Food Luncheon
Featuring fashion parades by 16 Plus and Stylecorp

Grains Innovation Park Conference Centre - 110 Natimuk Road Horsham

Tuesday 21st April - from 10am

Cost \$10 per person

RSVP by the 13th April to:

Betty White on 5382 0099 - Lorna Woodhart on 5382 1608 - Ula Hall on 5382 3346

Proudly sponsored by the Department of Primary Industries and Stylecorp

YMCA TOUR GROUP

A fortnightly tour group will run at the Horsham Aquatic Centre, YMCA from

Monday 4th May from 9.30am

Come along for a free tour to see how the centre is run and the benefits that can be gained.

For information contact dylan.murray@ymca.org.au

MEN'S BEHAVIOUR CHANGE PROGRAM

The Program provides men with the opportunity to address abusive behaviours and learn new ways that are respectful & non-abusive.

The program includes:

- Individual assessments.
- Up to 16 week education/discussion group.
- Facilitation by male and female facilitators.

The group:

- Provides a safe environment for you to learn about more respectful behaviour and understand your situation.
- A supportive place to participate in discussions and to explore your thoughts and your feelings.
- Explores and challenges your beliefs about how relationships work.
- Gives you the opportunity to reflect on your behaviours.

The program is suitable for men:

- Who have a problem with the need to control family members.
- Who use violence and abuse to maintain their control.
- Who think or know they have a problem.
- Who want to do something about it.

How can men access the Service? Men can phone GCHC at Horsham on 5362 1200 or Stawell/Ararat on 5358 7400 and ask to speak to an Intake worker who will arrange for one of the group facilitators to ring them and discuss the program further.

Family Violence is about the imbalance of power in relationships. Physical, verbal, emotional and psychological abuse are some of the forms of violence used to maintain this power. It is about one person pushing their opinions on others, causing others to feel threatened, controlled, frightened or powerless.

AVAILABLE FUNDING OPPORTUNITIES

Experience Counts

Funding is available up to \$5000 per participant to get 55+ workers with skills back into the workplace where they can use their skills.

Career Start

Funding is available to help recent graduates (Cert III and above) with disability into employment in the public and community sector.

Returning to Earning

Organisations can apply to have a 'supply' of grants up to \$1000 for parents who have been out of the workforce to get the training they need to get back into the workplace. This funding can be used for training costs, materials, transport, childcare etc. The organisation and the parent agree on how the grant is to be spent.

Information is available at www.business.vic.gov.au/BUSVIC/STANDARD//PC_62605.html

PROFESSIONAL ADVICE GRANT AVAIABLE

Wimmera Mallee farmers living in Exceptional Circumstance-declared areas could be eligible for a Professional Advice and Planning Grant.

Centrelink rural services officer Chris Marshall wants to ensure that all eligible farmers are aware of the grant, which provides up to \$7700 for farmers to seek qualified professional advice.

He said to qualify a farm business; off farm assets must be less than \$750,000. Mr Marshall said the grant aimed to maintain Australia's agricultural base during the present climatic stress. It will help to pay for financial viability assessment and/or to develop a written drought management plan or a business plan which includes drought and risk strategies.

An initial grant of up to \$5500 is for professional advice and planning help from a suitably qualified professional of the farmer's choice. This could include accountants, agronomists or farm management consultants. Farmers can access an extra \$2200 a minimum of six months after the initial grant to re-evaluate their drought management plan.

Farmers interested in accessing the grant could phone Chris Marshall on 0458 398 336 or visit Centrelink at www.centrelink.gov.au

POSITIVE BODY IMAGE GRANTS 2009

'Go for your life' Positive Body Image Grants - 2009 are now open until 17th April 2009.

The grants are one component of the broader \$2.1 million Teenagers 'Go for your life' Positive Body Image Strategy and are available for four years from 2007 - 2010.

The grants fund community-based activities that promote positive body image messages and healthy lifestyle choices and build self esteem. Grants up to \$5000 are available for projects that target young people aged 12 - 25 years and actively involve them in managing the project.

A healthy and balanced approach to food and exercise remains an important component of the 'Go for your life' Positive Body Image Grants 2009 program. Whilst encouraging activity is recognised as important to maintaining a healthy lifestyle, evidence shows that sometimes the pressure to succeed at sport or undertake excessive exercise can create an unhealthy perception of body image.

For more information and guidelines please visit www.grants.dpcd.vic.gov.au or phone 1300 366 356.

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 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

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

MOTIVATIONAL SAYING FOR THE WEEK...

*If you want to look young and thin, hang around
old fat people.*

Jim Eason

'MOTIVATION' BY LISA COSSON

Flexible Goal Planning

Does change stress you out? Do you feel anxious not knowing what is around the corner in life?

It is unreasonable to expect the world to adapt for you; rather you must change to fit the world.

Life is without a doubt, unpredictable. While it is natural to desire stability and consistency, life simply doesn't work that way all of the time. People pass away, financial situations change, relationships end - all without our consultation!

The best solution is to develop a sense of humour and flexibility. Continue to set long term goals, but keep your options and means for achieving those goals adaptable, just in case life decides to throw a wrench in your plans.

It's not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change.

Charles Darwin

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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