

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



COME AND TRY TABLE TENNIS

Monday 20th and Monday 27th April
7pm start - 8pm finish

Maydale Pavilion, Horsham Showgrounds
Cost: Free - bats and balls will be provided on the night

Come and Try nights offer new and old participants a chance to have a hit and a giggle in a relaxed social atmosphere. It's a chance to test your skills and try a new activity. The 2009 season will commence Monday 4th May at 7pm. Membership fees are: \$20 membership of the Horsham Table Tennis Association Inc. plus \$5 ball fees each night.

For more information please contact Jeff Pekin on 0428 575 280
or Rachel Hateley on 5382 4599

WORKSAFE'S WORKHEALTH INITIATIVE

Workhealth is a five year program whereby all Victorian workplaces will have an opportunity to participate. Worker health checks are an important part of the program and aim to improve the health of Victorian workers and the productivity of workplaces.

They are now seeking registrations of interest from potential service providers who seek to become Endorsed Service Providers in the delivery of worker health checks. If you are interested you should:

- go to the Victorian Government Tenders website at www.tenders.vic.gov.au and search for tender no. HC098.
- Click download tender button, you will be prompted to register with the site if you are a new user, and download the Final ROI doc.
- Complete and lodge the ROI documentation with WorkSafe before 2pm on **Wednesday 15th April.**

PROFESSIONAL ADVICE GRANT AVAILABLE

Further to the article that was featured in our newsletter and also has been printed in newspapers around the district - **we have been advised that dates provided are incorrect.**

Claims must be lodged by June 12, 2009 and the vouchers for professional farm business advice must be used by June 30th 2009 - not June 30th 2010.

If farmers have already accessed the first \$5500 they are reminded that they only have until 12th June this year to access the remaining \$2200.

To qualify a farm business; off farm assets must be less than \$750,000. The grant is 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.

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

TUNING INTO KIDS FACILITATOR TRAINING - EXPRESSIONS OF INTEREST

Grampians Child and Adolescent Mental Health Services are planning to bring Facilitators Training in "Tuning into Kids" to the Grampians Region.

Twenty places are being offered in both Ballarat and Horsham; however this will be dependent on appropriate interest from professionals across the region.

The program helps children learn to understand and regulate their emotions and the work can also be done individually with parents and there is a possibility of video link supervision with the facilitators to consolidate into practice.

The training is being brought to the region and is being offered to professionals working with parents of children in this age group. The training is cheaper than to complete it in Melbourne, and there is the opportunity to network if its done locally.

The course is being run in Ballarat with the hope of running it in Horsham also, depending on numbers. Potential dates are:

Ballarat - Thursday 14th May and Friday 15th May
Horsham - Thursday 18th June and Friday 19th June

For further information contact Joy Nichols on 5320 3030

PRIMARY HEALTH WEEKLY BULLETIN - 2nd April 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=020409

In this edition:

- 'Go for your life' all abilities forum.
- SunSmart resources tailored to each DHS region.
- Presentation by the Health Informatics Society of Australia.

WOMEN'S HEALTH VICTORIA PROFESSIONAL LEARNING CALENDAR

Women's Health Victoria is a statewide women's health promotion, information and advocacy service. To enable professionals to better plan their services to respond to the particular needs of women; Women's Health Victoria offers a range of one day practical professional learning workshops.

The following workshops are available in Melbourne:

- **23rd April - Gender in Health Promotion** - Many aspects of health and wellbeing are influenced by gender. Incorporating gender into your health promotion practice can increase its effectiveness and lead to more equitable outcomes. This skills building workshop that is both practical and evidence-based.
- **7th May - Advocacy in Health Promotion** - this workshop places advocacy and lobbying as legitimate health promotion activities. It explores how government and policy making processes work and how advocates can effectively influence these processes. Strategies and tools for advocacy will be demonstrated and practiced.
- **15th June - Applied Gender Analysis** - this workshop examines further gender analysis and follows on from the Gender in Health Promotion workshop. Participants are required to have an understanding of the social model of health and an appreciation of why considering gender is important.

For further information please visit www.whv.org.au/workshops.htm#healthPromotion

PHD STUDY AND SCHOLARSHIP OPPORTUNITIES IN INJURY PREVENTION AND SAFETY PROMOTION

School of Human Movement and Sports Science - University of Ballarat

The University of Ballarat has recently established new strategic research directions for the next 5-10 years. One of the four supported research strength areas is Injury Prevention and Injury Control (see www.ballarat.edu.au/ard/ubresearch/docs/UB_IRRRI_FutDir_web.pdf for further details).

Opportunities currently exist for new PhD students to join this internationally recognised research group, led by Professor Caroline Finch and whilst all student places will be funded, up to two new PhD scholars will also be eligible to be awarded Australian Postgraduate Awards (APA) to provide further support during their PhD candidature. These scholarship opportunities are only available to Australian citizens/residents.

Scholarships will be awarded on merit and full information is available at:

www.ballarat.edu.au/ard/ubresearch/hdrs/scholarships/index.shtml

Higher Degree by research application forms can be obtained at:

www.ballarat.edu.au/ard/ubresearch/forms.shtml and applicants are encouraged to phone 5327 9608 for advice.

Closing date is 23rd April 2009.

FIGHTING FAIR (LEVEL 1) - MEDIATION & CONFLICT RESOLUTION TRAINING

Melbourne - May 5th and 6th

CO.AS.IT - 199 Faraday Street, Carlton

Cost: \$290+GST for AASW members of \$320+GST for non-members

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills will be presented and practiced. The course can be utilised in many different areas of conflict e.g. client work, workplace disputes and interpersonal conflict.

The training is endorsed by the Australian Association of Social Workers and the Australian Psychological Society. It attracts 24 CPE points through the AASW and 14 Generalist PD points through the APS.

To register log onto www.fightingfair.com.au and fill in the online registration form.

REACH OUT AND REACH OUT PRO

Reach Out! Is a web-based service that inspires young people to help themselves through tough times.

The aim of the service is to improve young people's mental health and wellbeing by providing support information and referrals in a format that appeals to young people.

Visit Reach Out at www.reachout.com.au/home.asp

Reach Out Pro provides access and advice for health care professionals on a range of technologies and online resources that can be used to enhance the effectiveness of psychosocial support and mental health care provided to young people.

Visit Reach Out Pro at www.reachoutpro.com.au

GRAMPIANS HACC TRAINING

Caring for Grief, Loss and Bereavement

Learning Objectives:

- Understand the processes, the time and the focus required when caring for clients in the midst of grief, loss and bereavement.
- Be aware of important “do’s” and “don’ts” when caring for and communicating with clients in the midst of grief, loss and bereavement.
- Appreciate the level of work and commitment needed to maintain successful therapeutic relationships with clients in the midst of grief, loss and bereavement.
- Understand the importance of also looking after oneself when subjected to the emotions of others during grief, loss and bereavement.

Fee: \$5 - light refreshments provided

Ballarat Learning Exchange - Camp Street - **Wednesday 27th May 2pm to 4pm**

Ararat Hospital - Conference Room - Girdlestone Street - **Wednesday 17th June 2pm to 4pm**

Professional Boundaries

Learning Objectives:

- Understand the processes, time and the focus required when considering their own professional boundaries.
- Be aware of important “do’s” and “don’ts” when considering professional boundaries.
- Appreciate the level of work and commitment needed to maintain successful therapeutic relationships with clients whilst at the same time maintaining appropriate professional boundaries.

Fee: \$5 - light refreshments provided

Ballarat Learning Exchange - Camp Street - **Tuesday 28th April 2pm to 4pm**

Stawell Hospital - Education Resource Centre - **Wednesday 6th May 2.30pm to 4.30pm**

The Occasional Counsellor

Program Aim: this workshop is aimed at those who are not employed in a counselling role but are called upon from time to time to give support to individuals who are distressed, bewildered, angry or confused.

Learning Objectives: this course will introduce participants to practical, simple strategies for assisting their clients, including making appropriate referrals, while clearly remaining within their existing role.

Fee: \$25 - full catering provided.

Ballarat Learning Exchange - Camp Street - **Wednesday 3rd June 9.30am to 4pm**

Stawell Regional Health Education Centre - Sloane Street - **Wednesday 22nd June 9.30am to 4pm**

Anxiety and Depression

Program Aim: this course will assist staff in identifying clients and or staff who are anxious or depressed and how we might be able to help them. What screening measures can we use, what medications are commonly used, how to assist isolated individuals, identifying where families and carers can help and much more. Don't miss this dynamic series of workshops.

Fee: \$25 - full catering provided.

Ballarat Learning Exchange - Camp Street - **Monday 18th May 9.30am to 4pm**

Grains Innovation Park - Natimuk Road Horsham - **Monday 1st June 9.30am to 4pm**

All enquiries for any of these courses or to register please contact:

Cathy Faull - HACC Training Coordinator
 Phone: 5334 1500 - mobile: 0400 069 881
 Email: hacked@bdnh.com.au

MUNICIPAL RATE SUBSIDY 2008/2009 DEADLINES

The 2008/2009 municipal rate subsidy continues to be available to eligible farming families.

Claims for the subsidy must be finalised by Monday 1st June, 2009. This means that ratepayers wishing to claim the subsidy for 2008/2009 must present all evidence required to confirm their eligibility and pay the full balance owing to council by COB on this date.

Council claims for reimbursement must be lodged with DPI Finance and Business Services Branch by Tuesday 9th June 2009. Refer to DPI Administration Guidelines for the Municipal Rate Subsidy (page 2) for postage address, fax number and email address regarding invoicing for reimbursement.

6TH AUSTRALIAN WOMEN'S CONFERENCE

HOBART - 18th to 21st May 2010

With 'The National Agenda' as the theme, this is a wonderful opportunity for women in health services to be part of a national and international dialogue and sharing of ideas, knowledge and practice. The conference priority areas will be:

- Women's economic health and wellbeing.
- Women's mental health and wellbeing.
- Preventing violence against women.
- Women's sexual and reproductive health; and
- Improving women's access to publicly funded and financially accessible health services.

For more information about how you or your organisation can be involved in this important event you can contact Womens Health Grampians on 5322 4100, email ceo@whg.org.au or visit www.awhn.org.au

10 TIPS TO KEEP SOCIALLY ACTIVE FOR BRAIN HEALTH

1. Volunteer for your favourite charity, local school or community group.
2. Arrange to go walking or have a meal with a friend.
3. Check out 'what's on' in your community and participate in local activities.
4. Join a group such as a book club, walking group, sporting group or church group.
5. Go camping, fishing, bushwalking, sailing or dancing with friends.
6. Visit a gallery or museum and go on a guided tour.
7. Organise cards or games nights with friends.
8. Enroll in a class - cooking, woodwork, computer, language, yoga - whatever interests you.
9. Telephone a friend or family member you haven't spoken to for a while.
10. Organise a trip to a sporting event, a musical or a cinema with friends.

APRIL EDITION OF THE 'GO FOR YOUR LIFE' NEWSLETTER

Available at www.goforyourlife.vic.gov.au/gfylnews

In this issue:

- Bendigo sees green.
- 'Go for your life' physical activity forums.
- Share a bit and help the fight.
- Victorian Cycling Strategy.
- Healthy living in Australia.
- Victoria takes the challenge!
- Kids 'go for your life' Health Professionals Forum
- Kids 'go for your life' membership reward.
- Melbourne Vixens v West Coast Fever.
- What's happening in April?

'MOTIVATION' BY LISA COSSON

Taking Care of What Matters Most

Your body is one of the most fragile things you need to care for!

All too often we allow sickness, stress, and even other people to run our lives. It's tough to consistently pursue your goals when you're laid up or constantly fighting illness.

Take a preventative approach to your health!

By eating a healthy diet, exercising regularly, getting plenty of sleep, and dealing with your emotions, you can build and maintain a healthy body that can help you improve other areas of your life!

A healthy body is a guest-chamber for the soul; a sick body is a prison.

- Francis Bacon

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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