

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



## AWAKENINGS FESTIVAL

21st to 25th October

The Awakenings Festival is the only regional disability arts festival that runs for 10 days and draws performers and participants from around Australia to the welcoming community of Horsham.

The festival welcomes and encompasses all levels of performance experience from grass roots to professional, featuring performing and visual arts that showcase the work of artists with disabilities.

For more information visit [www.awakeningsfestival.com.au](http://www.awakeningsfestival.com.au) or phone 5382 1919.

## SHARING STRENGTHS - VOLUNTEERING CONFERENCE

Thursday May 14th - from 9.30am to 4.30pm

Longerenong College - Longerenong

Are you a volunteer? Do you manage, coordinate or organise volunteers? Or do you have an interest in volunteering?

Enjoy this fantastic opportunity to come along and share your strengths, and the strengths of others, as we take a look at numerous areas of volunteering.

Workshops Include:

- Profiling and marketing.
- Meeting procedures.
- Indigenous volunteering.
- Supporting volunteers.
- Board and governance.
- And more...

Guest speakers are Bruce Esplin (Emergency Services Commissioner) and Dianne Embry (CEO, Volunteering Victoria).

To register phone Marcy Britten at Wimmera Volunteers on 5382 5607 or email [share@wimmvol.com.au](mailto:share@wimmvol.com.au)

## MENTAL HEALTH FIRST AID COURSE

Wimmera HUB are running a WPCP funded FREE  
Mental Health First Aid course

Thursday 2nd and Friday 3rd July

From 9am to 4pm

The course covers helping adults in mental health crisis situations and/or in the early stages of mental health problems.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

To register please call Wimmera HUB on 5381 0144 or email [scc@hub.org.au](mailto:scc@hub.org.au)

## BEYOND BLUE BOOKLET

A Beyondblue booklet designed to assist Australians who have lost their jobs or who have experienced financial loss due to the current economic downturn has been sent out to more than 170,000 people nationwide.

This free booklet - Taking Care of Yourself after Retrenchment or Financial Loss - was released on December 16 last year. Developed in consultation with mental health professionals, government agencies and not-for-profit finance industry experts, this booklet is designed to provide user-friendly advice on addressing the emotional and practical matters associated with changes caused by retrenchment or financial loss.

It also lists information about free services that are available to help people who have been retrenched or are struggling to manage their financial affairs. It also includes practical work sheets to assist with budgeting and problem solving.

To order the booklet call Beyondblue information line on 1300 224 636 or download it from the website at [www.beyondblue.org.au](http://www.beyondblue.org.au)

## RURAL WOMENS BULLETIN

A mini-magazine aimed at women living in rural, regional and remote Australia has been launched by Beyondblue.

The Rural Womens Bulletin features a collection of women's accounts of living and working in drought-affected areas of Australia. Each has a unique and fascinating story to tell but all are connected through their involvement with Beyondblue.

The first and second editions of the Rural Womens Bulletin are available to download online at [www.beyondblue.org.au](http://www.beyondblue.org.au) - clicking on the Don't beat about the bush! Link on the main homepage or by calling 1300 224 636.

## HEART WEEK 2009

Women are at risk of heart disease too - in fact, heart disease is the number one killer of Australian women.

Heart Week held Sunday 3rd May to Saturday 9th May will play a pivotal role in launching the Heart Foundation's Go Red for Women 2009 campaign, aimed at empowering women to understand their risk of heart disease and lead healthier lives.

To get started and register for your Hear Week Pack go to [www.heartfoundation.org.au](http://www.heartfoundation.org.au) or call 1300 362 787.

## FARM DAY 2009 - MAY 30TH & 31ST

Farm Day is when a farm family host a city family for a day of real hands on experiences and a greater understanding of the day to day life of the farming family.

Currently we have a shortage of host families, anyone who is interested or knows someone who is interested to register, contact [www.farmday.com.au](http://www.farmday.com.au)

Keep Farm Day weekend free and look forward to having a unique adventure into rural Australia.

## ART SPACE WORKSHOP

**May 13th, 20th and 27th**

The Horsham Art Gallery

Time: 1.30pm to 3.30pm (ages 25 and over)

4pm to 5.30pm (ages 12 - 24)

### Drug Action Week

The Horsham Art Gallery and Grampians Community Health are excited to offer a program of art workshops using contemporary creative techniques of collage and assemblage. These techniques will be used to make works that reflect and explore participants' responses to issues of alcohol and other drugs within our community.

Participants will use a range of materials to assemble works, made from both found and recycled materials, as well as more personal points of reference such as photographs and drawings.

The works created as part of the workshops will then be shown as a month long exhibition at the Horsham Regional Art Gallery from June 2nd through until June 28th.

Bookings are essential - contact Mary Barnes or Lori Hetheron on 5362 1200.

## ACCESSIBLE AND ADAPTABLE HOUSING FORUM

**Thursday 4th June from 10am to 12pm**

Reception Area - Horsham Rural City Council

The aim of the forum is to scope the need for accessible and adaptable housing in the Wimmera sub-region. The impetus for this forum is two-fold. We know that the need for accessible and adaptable housing is significant and getting bigger all the time, not just for people with a disability, but also for our ageing community members who wish to live at home as soon as possible.

Long term planning and the promotion of accessible and adaptable housing as a viable option for private builders and developers is required. This forum will draw together they key players who understand the need.

In the short term, we actually have a developer who is interested in building some accessible units. The forum will aim to give him some ideas about the needs and likely occupancy for some accessible units. In return, we will be looking to use his development as a positive model for other builders and developers. Additionally, we will no doubt identify some other avenues and issues that we can work together on.

If you are interested in attending this forum, please email [dorothy.mclaren@hrcc.vic.gov.au](mailto:dorothy.mclaren@hrcc.vic.gov.au)

## GAMBLERS HELP

The recent national definition of problem gambling is "Problem gambling is characterized by difficulties in limiting money and/or time spent on gambling, which leads t adverse consequences for the gambler, others or for the community".

Gambling can be divided into two forms - Continuous and Non-Continuous:

- Continuous forms of gambling are those, in which the time between wagering and knowing the outcome is short, which permits instant gratification. This included electronic gaming machines, scratchies and horse racing.
- The most common form of non continuous gambling is lotteries.

For further information contact Gamblers Help on 1800 156 789 or visit [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)

## THE PARENTS JURY

The Parents Jury is an online network of parents who collectively advocate for the improvement of children's food and physical activity environments in Australia.

Key concerns:

- Food marketing to kids.
- Healthy schools.
- Healthy checkouts.
- Physical activity.

[www.parentsjury.org.au](http://www.parentsjury.org.au)

As a member, you can:

- Stay informed on food and activity issues.
- Contribute your opinions via polls.
- Download advocacy resources.
- Have your say in the discussion forum.
- Become a media spokesperson.

Information gathered from members contributes towards The Parents Jury's collective voice in the media, and to lobby governments, food manufacturers and other key decision makers.

## STRIDE AND RIDE - INCREASE ACTIVE TRANSPORT EVERYDAY

Active transport is walking, riding or actively travelling to or from your destination. It is a great way to get active everyday.

Tips to help your family use active transport everyday:

- Walk or ride with your family instead of taking the car when going short distances.
- Encourage children over two to be active and not rely on a stroller.
- If you need to drive somewhere, park the car a short distance away and walk together the rest of the way.
- Use public transport as an option of travel.
- Look locally for places the family can walk to such as the park.
- Teach your child traffic safety rules.
- Hold your child's hand when crossing the road.
- As a driver, a passenger and a pedestrian, be a positive role model for your child.

Use these tips to encourage your child and family to use active transport to travel everyday.

[www.goforyourlife.vic.gov.au/kids](http://www.goforyourlife.vic.gov.au/kids)

## JUNIOR LANDCARE GRANTS

Junior Landcare Grants are now available to schools and community organisations that involve their students in Landcare projects. Grants of up to \$1000 are available to create bush tucker gardens, water wise gardens or veggie gardens.

The next funding round closes Friday 15th May - for more information visit [www.juniorlandcare.com.au](http://www.juniorlandcare.com.au)

## HEALTHY EATING AND PHYSICAL ACTIVITY GUIDELINES FOR EARLY CHILDHOOD SETTINGS

These guidelines are part of the Government's plan for tackling obesity from early childhood. They are an evidence based resource of materials that will support healthy eating and physical activity in children attending early childhood education and care services and are linked to the new National Quality Framework for early childhood education and care services that is expected to be introduced from 1 July 2009.

Focus groups are being held in Ballarat on the 7th of May 2009, to register your interest at attending please email [focus.testing@rch.org.au](mailto:focus.testing@rch.org.au)

## DRUG USE, TEENAGE BRAIN DEVELOPMENT AND MENTAL HEALTH: INSIGHTS FROM NEUROSCIENCE

**Wednesday 13th May from 6pm to 7pm**

Sunderland Lecture Theatre, ground floor, Medical Building, Cnr of Grattan Street & Royal Parade,  
The University of Melbourne, Parkville

Early onset use or frequent substance use is consistently associated with a wide range of adverse outcomes, including cognitive difficulties, structural brain changes and mental health problems. For example, studies suggest that heavy cannabis use is associated with learning and memory problems, brain changes and increased risk for psychotic symptoms. Furthermore, there is increasing evidence of a dose-response effect, and the risks are even greater if cannabis exposure occurs during adolescence.

Recent advances in brain imaging and cognitive neuroscience, combined with a better understanding of normal brain development and genetics have led to a better understanding of the specific biological mechanisms in the brain that underpin this relationship.

For more information or to RSVP email [ymurray@unimelb.edu.au](mailto:ymurray@unimelb.edu.au) or phone 8344 5509.

## TACKLING CLIMATE CHANGE, PROTECTING HEALTH PLEDGE

The Climate and Health Council was established about two years ago, to mobilise health professionals across the world to tackle climate change. Their membership is significant and growing and their website can be found at [www.climateandhealth.org](http://www.climateandhealth.org)

The council have mounted an ambitious international campaign, aimed at enabling the 'health voice' to be properly heard in the led up to the UN Copenhagen conference in Dec 2009, widely recognised as the last chance to gain global agreement to a framework to cap and reduce carbon emissions. By May 2009 they aim to have gathered at least 10,000 health professional signatories to a pledge. To access the pledge please visit [www.climateandhealth.org/pledge](http://www.climateandhealth.org/pledge)

After that the intention is to go public, and ask members of the public to ask of their physician, and any other health professional they encounter, whether they have signed the pledge.

## HEALTHY FUNDRAISER

Want a healthy fundraiser that promotes good oral health and has a good profit potential....

Visit [www.colgatefundraiser.com.au](http://www.colgatefundraiser.com.au)

## PRIMARY HEALTH WEEKLY BULLETIN - 16th 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=16/04/09](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=16/04/09)

In this edition:

- To Every Woman: Money, Power and Freedom.
- Presentation: kids moving into adult health services.
- Presentation by the Health Informatics Society of Australia.
- SunSmart resources tailored to each DHS region.
- 'Go for your life' all abilities forum.
- Community health counselling services policy - now available.
- Interim advice on integrated health promotion planning for 2009-2012.
- Female genital mutilation lecture series.
- Refugee health and wellbeing: an introduction for community-based nurses.

## 'MOTIVATION' BY LISA COSSON

**There's more to healthy than just not having a fever!**

Are you healthy?

This may seem like a simple question, but it's more complicated than that. If an outside observer were to look at your daily actions, thoughts and behaviours, would she think you're a healthy person, one who eats nutritious meals, breathes correctly, gets enough sleep, and cares for his body?

These are simple things that we take for granted, but they have major impacts on your health.

Do you make time to maintain good health? If you do, then you're on the right track - continuous improvement should be your goal.

If you don't make health a priority, start TODAY! There's no time like the present to build your foundation of a healthy future.

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

## HEALTHY RECIPES

Are you looking for FREE & HEALTHY recipes...well look no further...visit [www.betterhealth.vic.gov.au](http://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](mailto:pcpadmin@gchc.org.au)

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