

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



WIMMERA WOMEN'S HEALTH ACTION PLAN FORUM

Some excellent information has been via the Women's Health Grampians Action Plan Focus Groups and you are now invited to attend a forum on

Thursday 14th May from 10am to 12noon

Grampians Community Health Centre - 25 David Street, Horsham

Where WHG will present the information and seek feedback. Videoconferencing available also.

For more information please call Emily Delahunty on 5362 1400 or email Emily@whg.org.au

OP SHOP MAPPING

Wimmera Primary Care Partnership are planning to put out a one page flyer with a list of the Op Shops in our area and surrounding areas. If you know of an op shop or volunteer at a shop, please send your information to pcpadmin@gchc.org.au or phone Kellie on 5362 1222.

This brochure will be located at Op Shops and will be used for customers wanting to know the whereabouts of other Op shops in the area. (Horsham map complete)

INDIGENOUS CADETSHIP PROGRAM

Department of Justice

An Initiative of the Victorian Aboriginal Justice Agreement

Are you an Indigenous person interested in pursuing a career with the Victorian Department of Justice?

Are you interested in getting paid while you study towards your diploma, advanced diploma or degree?

The Department of Justice has a number of Cadetships available for Indigenous students interested in a career within the Department of Justice.

To be eligible for an Indigenous Cadetship, applicants must be:

- Of Aboriginal or Torres Strait Islander descent and identify as Aboriginal or Torres Strait Islander descent.
- Accepted as Aboriginal or Torres Strait Islander descent by the community in which he/she lives or has lived.
- Enrolled for full-time study at a TAFE college, RTO or University located within Australia.
- Enrolled for a diploma, advanced diploma or their first undergraduate degree course.
- An Australian Resident.

To find out more about the Indigenous Cadetship Program or how you can apply please contact the Koori Recruitment and Career Development Strategy team on 8684 1766 or email krcds@justice.vic.gov.au

ARARAT COMMUNITY MEN'S SHED ENTERPRISE

Grand Opening - Monday 4th May at 12pm
Richardson Oval - Golf Links Road - Ararat

WHEELCHAIR SPORTS VIC - GET THE BOWL ROLLING!

People with a physical disability are encouraged to come and try Lawn Bowls.
For an enjoyable and social day, come along.

Thursday 14th May 2009

Horsham Sunnyside Bowling Club

11am - 11.30am - Education Session, 11.30am - 1pm - Try Bowls
Lunch provided.

For more information, please contact Jared, at Wheelchair Sports Victoria on 9473 0133
or by email at jkeely@wsv.org.au

NATIONAL MEN'S HEALTH GATHERING 2009

The Life of Men... **Tuesday 6th October to Friday 9th October**
The University of Newcastle

Following on from the success of the previous seven national conferences, the 8th National Men's Health Conference and adjoining events will be the biggest ever. In this milestone year of the formation of the first National Men's Health Policy join in for this opportunity to make a difference in men's health and wellbeing by sharing your knowledge, skills and practice in the area. The gathering will give men a chance to participate in strengthening the advancement of male health in the Australasian region and beyond through effective strategic planning and knowledge management.

For more information visit www.workingwithmen.org.au

FIRST STEP 2009 - BORN IN A TAXI & WOW

Born in a Taxi - Established in Melbourne in 1989, has presented original works in theatres, on the street, at arts festivals, in galleries, stadiums, rubbish bins and all manner of corporate venues. Flexibility, diversity and accessibility lie at the heart of the company. Born in a Taxi incorporate dance, theatre and improvisation to create works that have charmed and delighted audiences around the world. Some of the qualities these workshops focus on include:

- Extending your body's expressiveness through movement and dance.
- Sensitivity to group impulse and cohesion.
- Balancing your inherent leadership and follower tendencies.
- Theatrical clarity.
- Performance confidence.
- Comic timing within a group.

www.borninataxi.com.au

WOW - Way Out West - presented by Arts Access with artist Katrina Gabb and visual artist Lindy Maccauley. Will look at ways of developing and exploring your arts practice.

www.artsaccess.com.au/news/index.cfm?id=323

29th to 31st May 2009 - Grampians Retreat Dunkeld

\$185 per person (booking essential)

For booking and further information contact 5382 1919.

Enquiries to Jacinda 0409 663 247 or email awake@wimmera.unitingcare.org.au

JOIN THE GLOBAL CORPORATE CHALLENGE

Starting 21st May 2009, the Global Corporate Challenge (GCC) is a 125-day health and wellbeing program that encourages employees and in turn the workplace, to be active.

- Companies and Organisations enter teams of seven - the teams need to work, support and encourage and motivate each other for the duration of the GCC.
- Due to the nature of the event, team members don't need to be geographically close. The desk next to them or an office on the other side of the world can work just as well.
- Each team member receives a starter pack that includes a GCC pedometer. They wear this and record their daily step count.
- Every day, each team member logs on to the GCC website and enters their step count.
- The site adds their individual step count to their team total. The site then converts this total to a kilometer/mile distance, and plots the team's progression along the virtual tour of the world.

The more active you are - the further you go! For more information visit:

www.gettheworldmoving.com/registrationandfees/

SAFE TALK

Wednesday 17th June from 12.30am to 5pm

Hepburn Health Service - Daylesford Hospital Boardroom

SafeTALK is a half-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

Cost Approx \$50

For more information about this program or to book, please contact Louise Martin on 5321 6523 or email louisem@hhs.vic.gov.au

GRAMPIANS REGIONAL PERSONAL CARE PROTOCOL WORKING PARTY

The project is assisting clients with medication and focusing on the support requirements for other personal care tasks such as showers, TED stockings, shaving, aids etc.

The working party meetings will be held:

- Western Working Party - Thursday 23rd May - 10.30am to 12.30pm - Reception Room at Horsham Rural City Council, Roberts Avenue Horsham.
- The Eastern Working Party - Thursday 14th May - 10am to 12pm - Robert Clarke Centre, Gardens at Lake Wendouree.

RSVP as soon as possible to Robyn Fletcher on 5320 5586
or email robynfletcher@ballarat.vic.gov.au

DO NOT KNOCK

The Consumer Action Law Centre "Do Not Knock" campaign is aimed at protecting vulnerable people from the dangers of signing up to a utilities or telephone contract that they don't have the capacity to understand. The campaign arose out of years of complaints from people with a disability and their carers about unwanted approaches from profit making organisations.

A sticker has been designed to be placed on the door where protection is needed, visit www.consumeraction.org.au for more information.

ANXIETY AND DEPRESSION

Presented by Chris Mackey, Trainer, Clinical Psychologist

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. It will also promote a greater understanding of participants' own reactions to stress and potential strategies to deal with stress as a means of better understanding others; reactions. What practical steps we can take in recognising various forms of distress in others, how to assist isolated individuals, identifying where families and carers can help, how other health professionals can help and much more.

Suitable for all HACC workers including reception staff, nursing staff, carers, volunteers etc.

When: Monday 1st June - Grains Innovation Centre
Monday 18th May - Ballarat Learning Exchange

Time: From 9.30am to 4pm

Inquiries to hacked@bdnh.com.au or phone 5334 1500

WALK LEADER FOR HORSHAM WALKING GROUP

We are pleased to announce there is a new leader for the Horsham Walking Group who will accompany the walkers on each walk. The leader will commence walking after the Focus Groups' have been held at the start of May and the new calendar is printed. This is great news for the walking group and will assist in encouraging and motivating walkers. Thanks for Wimmera Volunteers for their assistance in recruiting a walk leader.

Have your say about the walking group!

Come along and work in small groups to suggest new ideas and put them to paper for the walking group. The future of the walking group is currently looking grim so please come along!

Monday 4th May from 6pm to 7pm

Soup and Sandwiches provided - Wimmera Regional Sports Assembly - 50c Pynsent Street
Why? For you to shape the walking group to your needs.

RSVP to Kelly@wrsa.org.au or phone 5382 4599

SWINE FLU - INFORMATION FOR THE GENERAL PUBLIC

A new strain of influenza A (swine flu) has been identified in an outbreak in Mexico and USA with other suspected cases across the globe. In Mexico there has been an outbreak of severe respiratory illness including deaths. In the US almost all patients have experienced a relatively mild illness.

Treatment is available through your GP or hospital and current information suggests antiviral drugs (Tamiflu and Relenza) are useful against these swine influenza viruses. These drugs are available through pharmacist and can be prescribed by GP's.

How to Protect Yourself

Good healthy hygiene practices can greatly reduce the chance you will get the flu or pass it on to others. You should always cough and sneeze into a disposable tissue and wash your hands afterwards. If you have the flu, you should avoid public places and close contact with others, especially children.

For more information visit www.health.vic.gov.au/chiefhealthofficer/alerts/influenza_a.htm

PROSTATE CANCER EDUCATION AND RESOURCES

The Australian Prostate Cancer Collaboration (APCC) was established in 1998 as a unique collaborative program amongst those involved in prostate cancer care, research and education in Australia. Over the past ten years and with the support of many collaborators the APCC has undertaken a broad range of activities in both the public, professional and research fields.

Although the APCC ceased operation in December 2008, Andrology Australia will continue to support prostate cancer education activities and disseminate publications developed by the APCC Education Committee. This ensures that men and their families affected by prostate cancer still have access to these quality and evidence-based resources.

The current edition of the APCC Localised Prostate Cancer consumer guide will be available directly from Andrology Australia in May 2009. The very comprehensive booklet is ideal for men who have been diagnosed with localized prostate cancer and details the range of treatment options available.

The Localised Prostate Cancer guide can be downloaded or ordered in hard copy on the Andrology Australia website www.andrologyaustralia.org or ordered by phone on 1300 303 878. As with all Andrology Australia publications, the APCC resources will be made available free of charge.

APCC resources will continue to be made available to download from the Lions Prostate Cancer website at www.prostatehealth.org.au, ordered in hard copy from your local Cancer Council by calling 13 11 20 and from your local prostate cancer support group.

RALLY FOR SAFETY FIRST IN THE FAMILY LAW SYSTEM

May Day!

Sunday 3rd May at 11am - Carlton Gardens - between the children's maze playground and Rathdowne St - beside Melbourne museum.

Are you concerned about children being hurt or killed in the care of an unsafe parent? You're not alone. Join us at a RALLY to change the way the Family Law Act and Family Court culture deals with children where domestic violence or sexual abuse allegations are made.

A clothes line of little red clothes will be raised to represent 20 children whose lives have been lost in family violence since 1996. White flowers will be pinned to the clothes to celebrate and honour these children. Parents and their family/friends should wear red scarves and or masks so they can't be identified for legal reasons - these will be supplied at the RALLY. All attendees should wear red for power wisely used in sympathy.

Please sign the following petition:

www.gopetition.com.au/petitions/family-court-of-australia-amendments.html

Special guests include Dionne Fehring whose two very young children were murdered by her ex-husband five weeks after he was given custody, despite his threats and history of domestic violence.

PRIMARY HEALTH WEEKLY BULLETIN - 24th 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=24/04/09

In this edition:

- Primary health care in Victoria—A discussion paper.
- Shaping our future forum: student placement coordination and you.
- Integrated health promotion planning directions 2009-2012.
- Case studies: integrated health promotion in action.
- Subscribe to the integrated health promotion updates.
- Dementia seminar series May 2009.

'MOTIVATION' BY LISA COSSON

Don't waste your energy on worrying....

Too many of us worry about things that we cannot change.

Although worrying gives you something to focus on, there are more productive ways to spend your time. Instead of worrying about the things you cannot control, remind yourself that worrying doesn't bring change.

If it is a situation that you can control, then there is no reason to worry! Find a solution and spend your energy fulfilling it. If nothing else, just talk to someone about your concerns.

Getting them out in the open tends to help put your mind at ease.

Worrying is like a rocking chair, it gives you something to do, but doesn't get you anywhere.

- Anonymous

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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