

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



## HEALTH PROMOTION 5 DAY SHORT COURSE

**JUNE - Wed 10th, Thu 11th, Wed 17th, Thu 18th and Wed 24th**

Westlander Hotel - Stawell Road Horsham

Cost: \$500 for Wimmera PCP Members - \$650 for non members

RSVP to Donna Bridge on 5362 1221 or email [donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

## MEN JOIN UP! NHILL MEN'S SHED

A proposed subcommittee of Nhill Neighbourhood House Inc.

**We are nearly here for you!**

A meeting will be held on **Friday 8th May** in the Wesley Hall, Victoria Street, Nhill starting at 2pm. We want you and your ideas before grant applications close!

During the afternoon lots of fellowship and discussion will take place to find out what you want from your shed. We have already had requests for: wood and metal turning or working, lead lighting, dominoes, checkers, hot foot baths, computer and internet tutoring, setting the world to rights, brewing techniques, massage for pleasure, "me time" and health education.

Come and not only share your wishes but also tell us what treasures/know-how you will share.

Please remember your cheque book or have \$10 membership fee in your pocket. If you are working on the day please fill out a form at the tourist information bureau in Victoria Street and say if you want/need a Friday night or Saturday morning meet.

## IDENTIFYING FAMILY VIOLENCE TRAINING

This training is for professionals who may come into contact, or work, with people who are experiencing family violence. The aim of the training is to raise awareness of family violence and enhance skills in identifying and responding to family violence in order to provide a consistent, integrated and understanding response when working with victims.

**Training is suitable for:** teachers, doctors, nurses, reception staff, youth workers, mentors, emergency relief workers, allied health staff, case managers, support workers and anyone who may have contact with victims of family violence.

The following sessions are to be held:

**May 7th** - Minyip Community Centre - 2pm to 4pm

**May 14th** - Rupanyup - Yarriambiack Shire Offices - 10am to 12noon

**May 14th** - Warracknabeal - Yarriambiack Shire Offices - 2pm to 4pm

**May 21st** - Murtoa Community Health Centre - 10am to 12noon

Please RSVP to Jodie Baldwin - Dunmunkle Health Services - 5363 0414 to confirm a place.

A joint training provided by Dunmunkle Health Services and Grampians Community Health Centre.

## NATIONAL MEN'S HEALTH GATHERING 2009 - ABSTRACTS EXTENDED

The Australasian Men's Health Forum presents the National Men's Health Gathering 2009. Abstract submissions have been extended to Friday 8th May.

To register, submit an abstract or to be added to the database please visit [www.workingwithmen.org.au](http://www.workingwithmen.org.au)

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 our first National Men's Health Policy join us for this opportunity to make a difference in men's health and wellbeing by sharing our knowledge, skills and practice in the area. This gathering will provide a chance for you to participate in strengthening the advancement of male health in the Australasian region and beyond through effective strategic planning and knowledge management.

The National Men's Health Gathering 2009 consists of the following 3 events:

- The 5th National Aboriginal and Torres Strait Islander Male Health Convention.
- The 8th National Men's Health Conference.
- The 4th National Men and Family Relationships Forum.

For more information on all of the above please visit [www.workingwithmen.org.au](http://www.workingwithmen.org.au)

## FUEL VOUCHERS FOR VOLUNTEERS

BP Australia are offering individuals who volunteer in the Not-for-profit sector to claim their personal fuel costs by applying for a fuel voucher from BP before the 11th May 2009. Applications can be made online. Basic information is presented below almost verbatim for the Home page of the BP Vouchers for Volunteers website.

If you're a not-for-profit volunteer and you use a vehicle to undertake your volunteering activities, we want to hear from you. You could be awarded with free BP fuel to help you in your volunteering work.

Who can apply? Permanent Australian residents who volunteer for a registered not-for-profit organisation dedicated to:

- Education.
- Health and human service.
- Arts and culture.
- Development and community.
- Environment and conservation.

Certain organisations are ineligible. These include:

- Political and fraternal organisations.
- Religious groups (unless activities are non-denominational and benefit the general public).
- Groups based on race, gender, belief or class.

For more details, see our eligibility criteria at [www.talkstoppedlongago.com.au/v4v\\_criteria.html](http://www.talkstoppedlongago.com.au/v4v_criteria.html)

## KIDS GO FOR YOUR LIFE

**Congratulations to Beulah Primary School in Yarriambiack**

They have won the \$1000 Membership prize!

For more information about Kids Go for your Life please visit:

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

## LET'S TALK RESPONSIBLE GAMBLING: KNOWLEDGE, BALANCE AND CONTROL

**Tuesday 26th May 2009** - from 9.30am to 1pm  
Melbourne Town Hall, Supper Room

### Presentations and workshops by:

Professor Paul Delfabbro - University of Adelaide  
Demystifying Gambling: are gamblers really that unusual?

Mr Chris Freethy - Council of Gambler's Help Services  
Making it work: responsible gambling in action

Ms Sarah Hare - Schottler Consulting  
What does social research say about responsible gambling?

RSVP to [doj.rsvp@justice.vic.gov.au](mailto:doj.rsvp@justice.vic.gov.au) or phone 8684 0346

## REGIONAL YOUTH PARTICIPATION AND ENGAGEMENT TRAINING

The Office for Youth, in partnership with YACVic, is offering four training sessions on Youth Participation and Engagement in 2009. This training will be place - based and developed in response to the needs of organisations working with young people in regional areas. It aims to offer skills and knowledge in youth participation, engagement and planning, as well as the opportunity for clusters of services to come together to address service delivery or practice issues specific to the local area.

If you would like to access the opportunity to host a session in your region please email Ali Hughes on [ali.hughes@dpcd.vic.gov.au](mailto:ali.hughes@dpcd.vic.gov.au) or phone 9208 3226 for the appropriate forms to be sent to you. You must express your interest as a cluster of organisations from the same region rather than an individual organisation or local government department.

## VICTORIA ROCKS - MUSIC EQUIPMENT GRANTS 2007 - 2010

The Music Equipment Grants will provide grants to Victorian local governments to purchase music equipment for use by young people under 26 years of age to:

- Support their skill development and participation in the music industry over the next four years.
- Access opportunities to develop performance and technical skills relevant to the music industry through training, rehearsals and staging of music and cultural events.
- Encourage local governments, young people and community agencies to work in partnership to implement the Victoria Rocks program within their community and,
- Involve young people in determining the types of music performances, resources and activities they want in their communities.

For more information call the Office for Youth on 9208 3200.

## NOVEL INFLUENZE - A (H1N1) 'SWINE FLU'

As of May 1st 2009 no cases of this new strain have been confirmed in Victoria or Australia.

Australia has very good communicable disease surveillance and control systems in place to detect and respond to outbreaks of illness and is ready to escalate the level of response when and if required.

For the most up to date information visit [www.health.vic.gov.au](http://www.health.vic.gov.au) or call 1802007 or nurse on call on 1300 606 024.

## INCLUSIVE INTAKE AND ASSESSMENT TRAINING FOR GAMBLER'S HELP SERVICES

**Thursday 4th June 2009** - from 9am to 3pm  
CEH, 81-85 Barry Street Carlton  
Free of charge..

This workshop is for Gambler's Help intake staff and counsellors.

### About the Workshop

Intake and assessment processes that facilitate effective engagement, communication and understanding of client issues and needs are essential to responsive service provision.

This workshop will equip you with the knowledge and skills to conduct inclusive intake and assessment when working with clients from culturally and linguistically diverse (CALD) backgrounds. You will learn strategies to engage with CALD clients and assess their issues and needs, so that you can develop appropriate, holistic and effective approaches.

### Learning Outcomes

After this workshop, participants will:

- Understand how culture impacts on practice
- Apply strategies to ensure that intake and assessment processes are culturally inclusive.
- Gain knowledge of how culture, migration and settlement can affect wellbeing.
- Understand different cultural beliefs and attitudes towards gambling.

To book phone 9342 9700 or email [enquiries@ceh.org.au](mailto:enquiries@ceh.org.au)

## OBESITY PREVENTION 5 DAY COURSE

**Monday 22 June to Friday 26 June 2009** - From 9am to 5pm  
Deakin University Geelong, Waterfront Campus

The Obesity Prevention Course is a comprehensive 5 day course of lectures, activities and workshops based on adult learning and principles. The focus of the course is obesity prevention in young populations i.e. birth - 18 years. It uses a population health approach. The course will provide you with:

- A fundamental understanding of the obesity epidemic and its impact.
- The evidence base for obesity prevention.
- Best Practice Principles.
- Frameworks for understanding the determinants of obesity and strategies for action.

For more information visit [www.deakin.edu.au](http://www.deakin.edu.au) or contact Emma Smitten on 5227 8929 or email [emma.smitten@deakin.edu.au](mailto:emma.smitten@deakin.edu.au)

## 'GO FOR YOUR LIFE' NEWSLETTER

The May edition of the 'Go for your life' newsletter is available online at [www.goforyourlife.vic.gov.au/gfynews](http://www.goforyourlife.vic.gov.au/gfynews)

In this issue:

- Fruit and Veg Week.
- Did you know...
- Going for goal with Auskick.
- Health meals deliver a healthy budget.
- Bike Ed's new look.
- WHOLE network.
- Mark the date.
- What's happening in May?

## RESILIENCE AND CHILDREN DAY WORKSHOP

**Thursday 28th May - Ballarat**

Uniting Church Centre, Peart Wing, 103 Lydiard Street South

Also running in Dandenong, Geelong, Frankston, Richmond, Mildura and Noble Park.

### Children's Resilience

- Resilience is a major determinant of mental health.
- Involves successful coping with adversity.
- Requires the ability of each child to get what each needs.
- Includes the ability of services and the community to provide these resources.
- Can be taught.

Cost: \$250 per person. Includes resource kit and lunch. Facilitator: Alan Sutherland, Community Education Coordinator

In this workshop you will:

- Learn the four steps to fostering resilience with children.
- Build your work from a strengths perspective.
- Know how to create a protective web around children.
- Identify and assess suitable programs for further service development.
- Workshop collaborative approaches for children's resilience.
- Take away a Resource Kit to consolidate your practice.

For more information please phone 9427 0407 or email [projectofficer@mhfa.org.au](mailto:projectofficer@mhfa.org.au)

## MOTHER'S DAY CARD CAMPAIGN TO ACHIEVE MILLENNIUM DEVELOPMENT GOALS ON MATERNAL AND CHILD HEALTH

PHAA is supporting the Mother's Day card campaign to encourage the Australian Government to take concrete steps towards the achievement of the Millennium Development Goals on maternal and child health.

Please take a minute to sign a Mothers Day health e-card to the Minister of Foreign Affairs, Mr Stephen Smith at [www.micahchallenge.org.au/mothersdayecard](http://www.micahchallenge.org.au/mothersdayecard) This card will remind our government that they need to act to help women and children in the developing world.

There is also a PDF version of the card (click the link below) if you would prefer to print off a hard copy and post it back to the campaign organisers (as per instructions on the card):

[www.phaa.net.au/documents/micahmothersday\(versionforpeopletoprintthemselves\).pdf](http://www.phaa.net.au/documents/micahmothersday(versionforpeopletoprintthemselves).pdf)

Millennium Development Goals 4 and 5 on maternal and child health are lagging behind and Australia needs to prioritise health in the aid budget if they are to be achieved.

Please do encourage your friends and family to take part in this simple action to help stop child and maternal deaths.

## PRIMARY HEALTH WEEKLY BULLETIN - 30th 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=29/04/09](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=29/04/09)

In this edition:

- Release and revision of Planning Datasets (PDS).
- New health and wellbeing network for primary schools.

## 'MOTIVATION' BY LISA COSSON

### Appreciation of the Good Things in Life

How many times are we blind to the good in front of us because we're looking past it for something better?

It's like watching the railroad track your entire life, waiting for a train to come in and never realising that you're sitting smack in the middle of the splendid Grand Central Station. Take a second look at your goals. Are they building on the good already in your life? Are you taking full advantage of the strengths you already have? Is it worth giving up what you have for what you might have?

In many cases, the answer is yes. To that we say "Go for it" with all the enthusiasm we can muster. Those are the meaningful goals. If the answer is no, try reworking your goals to include ones that complement your present life rather than substitute for it. Whatever the answer is for you, we could all use a little more appreciation for the pieces of silver in our lives.

*Too many people miss the silver lining because they're expecting gold!*  
**Maurice Setter**

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)

### Wimmera Primary Care Partnership Office

25 David Street, Post address: PO Box 501, Horsham VIC 3402 - Fax: 5382 4687

**Mandi Stewart**

Executive Officer

[mandi.s@gchc.org.au](mailto:mandi.s@gchc.org.au)

5362 1223

0428144812

**Geoff Witnitz**

Agency Liaison Officer

[geoff.w@gchc.org.au](mailto:geoff.w@gchc.org.au)

5362 1225

0428358672

**Donna Bridge**

Agency Liaison Officer

[donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

5362 1221

0429174763

**Jan Hall**

Project Officer

[janet.h@gchc.org.au](mailto:janet.h@gchc.org.au)

(03) 5362 1224

**Taryn Marks**

Project Officer

[taryn.m@gchc.org.au](mailto:taryn.m@gchc.org.au)

5362 1226

0458 208 833

**Kellie Uytdehaag**

Admin Assistant

[pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

5362 1222