

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



## DIRECT2CARE PROGRAM COORDINATOR

### READVERTISED

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 May 22nd and be addressed to [kate.s@gchc.org.au](mailto:kate.s@gchc.org.au) or Kate Serrurier, Executive Officer, Grampians Pyrenees Primary Care Partnership, 60 High Street, Ararat VIC 3377.

## SOUTHERN GRAMPIANS COMMUNITY ARTS OFFICER

### Part Time - Short Term Contract

So you have a passion and an appreciation for the Arts? Do you possess outstanding interpersonal and community skills and enjoy working in a team? Then here's your chance to jump at this exciting job opportunity to join the Southern Grampians & Glenelg Primary Care Partnership (PCP) team.

The Community Arts Officer is responsible for co-ordinating the Arts Network across the Shire and implementing collaborative community arts initiatives including professional development, communication and exhibition space.

Applications should have a relevant tertiary qualification in visual or performing arts; community development or related discipline.

The position will initially be 1 day per week until May and further increase to 3 days in late June until mid October. The position may be extended for a further 8 months subject to funding.

For further information and a position description go to [www.sggpcp.com](http://www.sggpcp.com) Enquiries can be directed to Elise Armitage on 5551 8562. Applications, including details of 3 referees should be forwarded via e-mail to [human.resources@wdhs.net](mailto:human.resources@wdhs.net) by **Friday 15th May 2009**.

## PROJECT PLANNING AND FUNDING SUBMISSION WRITING WORKSHOP

**Monday 1st and Tuesday 2nd June 2009 at Brambuk, Halls Gap**

RMIT University in partnership with the 'Grampians Regional Indigenous Family Violence Action Group would like to invite Koori community workers from the region to attend this free, two day professional development program.

At this two day workshop we will get together and share skills in planning, consulting with communities, networking, managing and evaluating projects as part of putting together a submission that shows why their great community project ideas should get funded!

This initial workshop aims to get some interest from GRIFVRAG members and koori workers to do Diploma of Community Education, which can include planning and evaluation projects, skills in writing articles and public speaking and giving presentations as we work together to refine and develop our strategies for effective community development in the areas of Indigenous Family Violence support.

The two day will be based on writing a submission for a project of your choice. Please bring along any idea you may wish to submit an application for. You will share your ideas and knowledge and learn more about:

- Who to apply for funding to.
- What makes a projects and a grant application work well.
- The importance of partnerships in community projects.
- How to make sure your project - and not just the application - will succeed.
- How to write up your application.
- How to manage risks.
- Evaluating projects and sharing the successes with other communities.

Workshop is free and there are limited positions available. Lunch will be provided both days.

Participants will also be able to work to get credits in the mainstream, nationally recognised RMIT Diploma of Community Education. The following two units will get you started on recognising and developing your skills in the diploma.

**CHCCD4C - Develop and implement community programs.**

**CHCCD13C - Work within specific communities.**

Interested? Or want more information please contact Kiewa Lovell on 5381 9718 or email [kiewa.lovett@dhs.vic.gov.au](mailto:kiewa.lovett@dhs.vic.gov.au)

RSVP by May 22nd.

## WOMEN'S HEALTH GRAMPIANS - WIMMERA WOMEN'S HEALTH ACTION PLAN FORUM

**Thursday 14th May - from 10am to 12pm**

GCHC, 25 David Street Horsham - morning tea will be provided.

The following links provide more information on Women's Health Grampians and Women's Health:  
[www.whg.org.au](http://www.whg.org.au) and [www.whv.org.au/health\\_policy/gender.htm](http://www.whv.org.au/health_policy/gender.htm)

For further information about the forum or the Wimmera Women's Health Action Plan contact the following: Emily Delahunty on 5362 1400 or email [Emily@whg.org.au](mailto:Emily@whg.org.au); Kim Boyd on 5322 4100 or email [kim@whg.org.au](mailto:kim@whg.org.au); Patty Kinnersly - CEO on 5322 4100 or email [ceo@whg.org.au](mailto:ceo@whg.org.au); or Lynne Gleeson on 0400 029 676 or email [lgleeson@springtech.net.au](mailto:lgleeson@springtech.net.au)

## ACTIVE ENVIRONMENTS

Promoting environments for physical activity through local councils, schools and the community in Gippsland - Coal Creek Historical Village Korumburra.

**Wednesday 3rd June from 9am to 1pm**

For information contact Sarah-Jane Blunt on 8320 0105 or email [sjblunt@kinectaustralia.org.au](mailto:sjblunt@kinectaustralia.org.au)

Visit this link for the agenda and registration form: [www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/active\\_environments\\_agenda\\_June09.pdf/\\$File/active\\_environments\\_agenda\\_June09.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/active_environments_agenda_June09.pdf/$File/active_environments_agenda_June09.pdf)

## GO FOR YOUR LIFE FORUM - HEALTHY FAMILIES

Research, programs and resources to promote physical activity and healthy eating to families across population groups.

**25th June 2009**

William Angliss Institute (CBD)

For information contact Sarah-Jane Blunt on 8320 0105 or email [sjblunt@kinectaustralia.org.au](mailto:sjblunt@kinectaustralia.org.au)

## H1N1 VIRUS (SWINE FLU)

The Primary Health Branch has developed an information resource in consultation with Public Health Branch to assist agencies, with particular reference to preparation and business continuity planning for the H1N1 virus.

For more information visit [www.dhs.vic.gov.au/rrhacs/business-units/primaryhealth](http://www.dhs.vic.gov.au/rrhacs/business-units/primaryhealth)

## LUNCH WITH GERALDINE COX AM

You are invited to a luncheon on **Thursday 28th May** to hear an inspirational presentation by Geraldine Cox AM. Geraldine cofounded The Australia Cambodia Foundation Inc, now known as Sunrise Children's Villages in Cambodia.

If you would like more information about Geraldine and the foundation please visit the following links. [www.geraldinecox.org](http://www.geraldinecox.org) or [sunrisechildrensvillage.org](http://sunrisechildrensvillage.org)

In conjunction with The Rotary Club of Horsham East, \$6000 is trying to be raised to present to the foundation on behalf of the Wimmera during Geraldine's visit.

Venue: Horsham RSL McLachlan Street, Horsham

Time: 12noon for 12.15pm start

Bookings and information to Penny on 0419 118 346 or Jenny on 0418 146 846.

Cost: \$20 pp

If you are unable to attend or would like to make a donation, you may send us a cheque made payable to the Australian Cambodia Foundation Inc.

## PHYSICAL ACTIVITY IDEA SHARING

**Is physical activity part of your focus?** If yes then join us on **Wednesday 3rd June** from 9.30am to 1.30pm at McCallum Disability Services - 23 Learmonth Street, Ballarat.

Central Highlands PCP is holding a forum to create an opportunity to see what is occurring in the physical activity arena, share ideas and planning, strengthen existing projects or create new ones in partnership with like minded people.

RSVP to Sharna on 5338 4774 or email [admin@chpcp.org](mailto:admin@chpcp.org) by Monday 29th May

## VOLUNTEERING TO THE EXTREME

**Sunday 17th May** - St Arnaud Sporting Club from 10.30am to 4.30pm  
\$25pp includes two course lunch. Workshops Free.

### Program

- 10.30am - Workshop: Living and Thriving as a Volunteer - learn how to achieve a healthy balance between work, family and volunteering.
- 12.30pm - Forum: Volunteering to the Extreme - Join us for a delicious two course lunch and some stimulating discussion on successful strategies to support volunteers.
- 2pm - Workshop: Critical Incident Response - how to recognise symptoms associated with trauma and how to support fellow volunteers and people who may be affected.

How to recognise symptoms associated with trauma and how to support fellow volunteers and people who may be effected.

For more information visit [www.lmclp.org.au](http://www.lmclp.org.au) or contact Julie Slater on 5498 3270

## BURGER CORP CAMPAIGN

Last week a campaign was launched called the Burger Corp campaign which calls for more effective regulations on food marketing to children.

This campaign is supported by a collaboration of public health and consumer groups, including the Coalition on Food Advertising to Children, Cancer Council, Choice, Parents Jury, Public Health Advocacy Institute of WA, and the Obesity Policy Coalition.

As you are aware, there is good evidence that food marketing influences children's food choices and their diets. Restricting unhealthy food marketing to children is an important step (albeit not the only one) towards preventing obesity.

The current regulations within the Children's Television Standards do little to protect children from unhealthy food marketing. Together our organisations are calling for tighter restrictions on unhealthy food marketing to children.

The purpose of this campaign is to give parents and concerned members of the community a mechanism to add their voice to the call for tighter restrictions on unhealthy food ads on TV targeting children. The campaign encourages community members to send emails to the Minister for Health, and to the Senators from their state.

For more information visit [www.burgercorp.com.au](http://www.burgercorp.com.au) or call Kathy Chapman - Cancer Council on (02) 9334 1720 or email [kathyc@nswcc.org.au](mailto:kathyc@nswcc.org.au)

## WALK SAFELY TO SCHOOL DAY - FRIDAY 15TH MAY 2009

Walk Safely to School Day is an annual, national event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment.

The objectives are:

- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the healthy benefits of walking and help create regular walking habits at an early age.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.

For more information call (02) 9968 4555 or email [walking@walk.com.au](mailto:walking@walk.com.au)

## A FORUM ON MENTAL HEALTH SERVICES AND ISSUES IN VIC

**Wednesday 17th June and Thursday 18th June**  
**Elisabeth Murdoch Theatre, Melbourne University**

Topics on agenda:

- Hearing Voices and Consumer run Hearing Voices Groups.
- Social Information Processing, Interpersonal Conflict Resolution Style and empathy among high-risk Young Adults.
- A shared understanding - carer peer support.
- The grow program.
- Adult Children of Parents with Mental Illness.
- Improving supporters and services for families and friends of people with Mental illness who have died by suicide or who are missing.
- Accessibility to mental health services - are we ensuring this for people from non-English speaking backgrounds?
- Supporting family carers through the national carer counselling program and respite connections.
- Hope and recovery from mental illness. Enabling people to create futures beyond mental illness.

Please address enquiries to Griefline on 9650 3000 (1800 100 023) or email [info@nalagvic.org.au](mailto:info@nalagvic.org.au)

## RESEARCH IN PALLIATIVE CARE

**Monday 1st June from 6.30pm to 8.30pm**

Education Resource Centre, BBH, Ballarat Health Services  
 Drummond Street North, Ballarat  
 Cost Grampians Region \$15 - Other \$25

For more information email [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au) or phone 5320 3553

## THE OCCASIONAL COUNSELLOR - DATE CHANGE

**Monday 22nd June 2009 from 9.30am to 4pm**

Stawell Regional Health Education Centre, Sloane Street Stawell

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. It will introduce participants to practical, simple strategies for assisting their clients, including making appropriate referrals, while clearly remaining within their existing roles.

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

Cost \$25 - full catering provided.

To register please phone 5334 1500 or email [hacked@bdnh.com.au](mailto:hacked@bdnh.com.au)

## PRIMARY HEALTH WEEKLY BULLETIN - 7th May 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=07/0509](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=07/0509)

In this edition:

- RCNA primary health care conference and call for abstracts.

## 'MOTIVATION' BY LISA COSSON

### Don't put off living the life you want!

You have permission to stop thinking for a moment and just enjoy yourself.

Stop looking at your computer right now and go look at the world. Rediscover the natural wonders that you walk past every day. How can there possibly be that many shades of green?

Let your mind be grateful for a break. Don't think, don't strain. Let the memories of loved ones remind you of your favourite times. Close your eyes and try to smell the sunshine. Listen to your heart beat in your ears. If it's raining, smile at the thought of the flowers that will soon follow. If you're surrounded by buildings, celebrate the creative genius of human beings.

See the hope, the alarm, the love, the grief in faces that stream by. Thank whomever you'd like to thank for the chance to even be here. For a moment today, don't worry about being better. Just be!

***We're always getting ready to live, but never living.***

*Ralph Waldo Emerson, writer*

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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