

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



MURTOA KINDERGARTEN



Some kids from the Murtoa Kindergarten planting their veggie patch after the Tiddalicks session on Thursday 7th May.

If you would like more information about the Tiddalicks Sessions please call Taryn on 5362 1226 or email taryn.m@gchc.org.au

RESPONSIBLE GAMBLING AWARENESS WEEK

25th and 29th May 2009

Responsible Gambling Awareness Week is held to raise awareness of responsible gambling practice. It highlights the ways in which a gambler can stay in control so that the habit remains fun and harmless.

The responsible gambler:

- Is in control.
- Sees gambling as entertainment not a job.
- Doesn't take gambling too seriously.
- Only gambles with money set aside for entertainment, never with the money for food or rent/mortgage.
- Never borrows money to gamble or uses money from a credit card.
- Sets limits on the amount of time and money spent.
- Sticks to the limits and walk away when they are spent.
- Recognises that you can't win in the long run and doesn't try to chase a win.
- Is relaxed and sociable.
- Is aware of family and friends.
- Is happy to take frequent breaks.

Help is available for those that don't feel like their gambling is in control. Local Gamblers Health Services are available confidentially and free of charge to support those that may need support for themselves or their family.

Wimmera Uniting Care Gamblers Help Financial Council is available on 5382 6789.

Grampians Community Health Centre Gamblers Help Counselling is available on 5362 1200.

Gamblers Help can be contact 24 hours a day, 7 days a week on 1800 585 858 or visit www.problemgambling.vic.gov.au for more information.

RELAY FOR LIFE HORSHAM

Register a team for Horsham Relay for Life 2009 at www.relayforlife.org.au or contact Team Manager Lyn Smith 5382 1936.

The Relay is being held over the evening of Friday 2nd October through to Saturday 3rd October 2009.

INTEGRATED ASSESSMENT PARTNERSHIP PROJECT OFFICER



0.8 EFT - 12 month project position

This position involves developing, implementing and evaluating structures and processes to support an integrated, comprehensive Living at Home Assessment for Home and Community Care (HACC) clients in the Wimmera under the new HACC assessment framework.

Working across the eight HACC Living at Home Assessment (LAH) agencies in the Wimmera, you will develop formal protocols between agencies and support partnerships and collaborative approaches and to maximise the use of a range of professional skills and expertise that work across agencies.

To Undertake this role successfully you will have demonstrated project management skills, ability to develop and evaluate policies, protocols and procedures in line with the strategic direction of DHS HACC policy, knowledge of primary health and community support service systems, the ability to engage key stakeholders and to develop collaborative partnerships.

This position will be based at the PCP office in Horsham but working directly with the eight HACC LAH agencies across four shires.

For further information contact Geoff Witnitz at Wimmera Primary Care Partnership, on 5362 1225 or to request a position description via email geoff.w@gchc.org.au

Applications close Friday 5th June 2009.

MEN'S GROUP THE MOVIE

Thursday 28th May

The movie will appeal to a mixed audience. Therefore we invite you, whether you are young, elderly, male, female, carer, recipient or family member to this unique event.

The movie itself will encourage discussion about men's issues. A member of the "men's group - the movie" production team will facilitate feedback following the movie. You are welcome to stay and participate in this discussion at the end of the movie.

A free bus will leave Horsham Basketball Stadium at 9.30am.
Car parking in McBryde Street, off McPherson Street.

Timetable:

- 9.20am - please be at Horsham Basketball Stadium.
- 9.30am - depart Horsham for Astor Cinema, Ararat.
- 11am - complimentary morning tea at Astor.
- 11.30am - showing of the movie.
- 1pm - open forum with production team.
- 2.30pm - depart for Horsham.
- 4pm - arrive Horsham Basketball Stadium.

The bus trip, morning tea and movie are all provided by Wimmera Carer Respite Centre. Carers to provide their own lunch. Bus seats are limited. Bookings essential. RSVP by 25th May to 5381 9336.

WORLD ENVIRONMENT DAY FOR SCHOOLS

Friday 5th June is World Environment Day and this year the theme is "Your Planet Needs You". Junior Landcare is calling on schools to get behind the campaign by holding a "Wear Blue - Your Planet Needs You!" out of uniform day and performing a "Junior Landcare Enviro Machines".

Get the details by downloading the electronic Schools Resources kit by visiting on the link below.

www.yourplanetneedsyou.com.au/Schools_resources.htm

The kit includes:

- Instructions and info on campaign.
- Countdown calendar/poster.
- Fact Sheet: What do Landcare Groups do? Fact Sheet: What do Coastcare Groups do?
- News call for local media.
- Printable donation form.
- Information sheets: waster, water, biodiversity and climate change.

You can also take the Aussie Care Factor Survey and go in the draw to win a Fraser Island holiday staying at an eco resort.

HORSHAM WALKING GROUP

After holding a focus group on the 4th of May the times for the walking groups have been changed to:

Tuesdays and Thursdays at 2pm

Walking groups will leave the Sawyer Park Angling Club Car Park at these times and will be led by new walk leaders Janine Harfield and Shelly Hutchinson.

If you would like to join the groups please just turn up or for information call Kelly Hobbs on 5382 4588.

FIGHTING FAIR (LEVEL 1) MEDIATION & CONFLICT RESOLUTION

June 4th and 5th 2009 - Melbourne

The Course

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.

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

Topics Covered

- Conflict characters.
- The mediation models (solo and co-mediation).
- Mediator listening skills ('mirroring', reflecting, reframing).
- Intake assessments (how to assess whether mediation is appropriate).
- Formal and informal use of mediation (with practice in a supportive environment).

For further information please call Scott Dutton on 0425 837 756 or email fightingfair@bigpond.com

More information can also be found at www.fightingfair.com.au

MEN'S HEALTH NIGHT - MEN ONLY!

Tuesday 2nd June 2009

Haven Hall - 6pm for a BBQ - FREE

Proudly brought to you by the Rotary Clubs of Geelong West and Horsham East

7pm Speakers start - featuring Bernard Denner - International Men's Health Speaker

MEN'S HEALTH MORNING TEA - WOMEN ONLY!

Wednesday 3rd June 2009

Haven Hall - 10am - FREE

Proudly brought to you by the Rotary Clubs of Geelong West and Horsham East

Featuring Bernard Denner - International Men's Health Speaker

'Learn how you can help your man'

ANXIETY AND DEPRESSION - GRAMPIANS HACC TRAINING

Monday 1st June - Grains Innovation Park - 9.30am to 4pm

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 recognizing 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.

Don't miss this dynamic series of workshops.

For more information or to book call 5334 1500 or email hacked@bdnh.com.au

DEEPLY OFFENSIVE AND UTTERLY UNTRUE!

A performance inquiry into the AWB kickbacks scandal.
Breathless, informative and very funny.....it's like the 7.30 report on acid!

Horsham Town Hall - Thursday 18th June 2009

Book online at wesleypac.com.au or Chisholm Hi Fi on 5382 4343

ONE FOR SORROW, TWO FOR JOY BY TASDANCE

Friday 26th June from 8pm - Horsham Town Hall

This is a diverse program of sex short and unique contemporary dance works based on a child's counting rhyme. Launceston-based contemporary dance company, Tasdance, bring this appealing and engaging performance along with five international renowned choreographers.

Tickets \$15 students, \$26 group, \$30 adults, available online at www.wesleypac.com.au
or Chisholm Hi Fi on 5382 4343

YOUTH BEYONDBLUE

Youthbeyondblue's all about getting the message out there that it's okay to talk about depression, and to encourage young people and their family and friends to get help when it's needed.

One in five young Australians experience depression each year, and more than half of those aren't getting the professional help they need to get through it.

Research shows that when young people are feeling depressed they're most likely to talk about it with their family and friends. Youthbeyondblue aims to give advice on ways to recognise depression and how to talk about it, and to let young people know what services are out there to help.

For more information about Youthbeyondblue visit www2.youthbeyondblue.com

MIND MATTERS - THE NEXT GENERATION AND YOUTH CONGRESS

29th and 30th June 2009

Novotel Sydney Brighton Beach

Principals Australia Inc. would be delighted to welcome you to a MindMatters national professional development event in Sydney. This year we have the theme of "The Next Generation" - both the next generation of young people and teachers and the next generation of the MindMatters professional development that we will use to respond to their needs.

A panel of excellent speakers have been engaged to start your thoughts, supported by a range of workshops on IT, youth empowerment, bullying, cyber bullying and how schools can encourage a whole school response. Combining the first day of the event with a youth forum, young people working in youth empowerment in their schools will have an opportunity to attend workshops with us to help start the dialogue.

For more information please visit www.mindmatters.edu.au

VOLUNTEERS WORKING WITH PEOPLE WITH DEMENTIA

Friday July 10th from 10am to 3pm

100 Riversdale Road, Hawthorn

Content:

- Overview of dementia and communication.
- The value of volunteering.
- Approaches to volunteering.
- Volunteer issues.

Participants receive a Certificate of Attendance.

For more information or to book please email edu@alzvic.asn.au or phone 9815 7808

PRIMARY HEALTH WEEKLY BULLETIN - 14th 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=14/05/09

In this edition:

- RCNA primary health care conference and call for abstracts.
- New health and wellbeing network for primary schools.
- Release and revision of Planning Datasets (PDS)
- Dementia seminar Series May 2009.
- Case studies: Integrated health promotion in action.

'MOTIVATION' BY LISA COSSON

Do you really know what you're made of?

It's easy to stay true to our values when life is sunny.

But because sometimes hope disappears, options run out, and bright days can turn dark, all you can really count on to be there is your own inner strength.

These low points are chances to learn what you're capable of when you refuse to be knocked down for good. You may not be able to choose your hardships or options. But you do have the power to face what you're given with high character. Trust yourself and your instincts, and your best will come forward.

Think about the last time you had the choice to fold under pressure or to rise to the occasion. How might you have handled it a little differently? If there's room for improvement, what actions would have made you more proud of yourself?

Look at a man in the midst of doubt and danger and you will learn in his hour of adversity what he really is.

Lucretius, Roman philosopher

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 -
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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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