

Access for all Abilities



Benetas



Community Axis



Dunmunkle Health
Services



Edenhope & District
Memorial Hospital



Goolum Goolum Aboriginal
Co-op



Grampians
Community Health

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



5 Day Core Health Promotion Short Course This course has been developed by the Department of Human Services.



What is the Course about?

The Core Health Promotion Short Course is a practical introduction to the principles and practice of health promotion for those without any formal qualifications in health promotion.

The course content reflects the latest developments in health promotion and applies these to the current health policy environment, with current planning and funding frameworks used as practical examples.

The course aims to increase participants' confidence to integrate health promotion into their practice.

Practical activities that apply health promotion to real issues in your community encourage reflection of practice and an opportunity to network with staff from different organisations.

The course consists of five modules spread over five contact days.

Module 1 will introduce participants to health promotion frameworks and principles, in particular the need to address the broad range of social determinants of health and strengthen community participation.

Module 1 is a prerequisite to all other modules

Module 2 aims to assist participants to recognize the importance of thorough planning for the success and effectiveness of any health promotion program. It explains the interrelatedness of all the steps in the planning process and assists participants to identify core skills needed for quality needs assessment and program planning.

Module 3 will assist participants to develop an understanding of the broad range of skills, strategies and approaches available in health promotion to enhance individual and organisational health-promoting practices in a variety of contexts and settings.

Module 4 aims to increase participants' knowledge and understanding of the nature and role of evaluation in health promotion, to develop skills to improve their evaluation practice.

Module 5 will enable participants to engage with the policy environment for health promotion, identify funding opportunities and participate effectively in collaboration and partnerships for health promotion activities.

Registration

By registering for the course, it is anticipated you are agreeing to participate in **all 5 days**. The details are:

**Dates: - June -
10, 11, 17, 18 & 24**

Times:

10 June 10 - 5pm
11 June 9.15 - 4pm
17 June 10 - 5pm
18 June 9.15 - 4pm
24 June 9.15 - 4pm

Venue:

Westlander Motor Inn,
Western Highway,
Horsham
(More details about venue with acceptance of registration)

Trainers:

Anita Thomas, Bernie Marshall, Sue Rosenhain & Monica Kelly

RSVP asap to
donna.b@gchc.org.au
or fax 03 5382 4687

Please contact Donna Bridge with any enquiries on
donna.b@gchc.org.au
Ph: 03 5362 1221



CUSTOMER SERVICE SKILLS TRAINING

Promote good customer relations, enhance levels of service and build a reputation for service excellence.

This workshop will demonstrate how to develop and deliver customer service excellence with confidence to enhance customer and business relations.

Attending this workshop will result in participants achieving skills in:

- How to develop customer loyalty.
- Monitoring service standards.
- Proficient customer service.
- Phone etiquette.

Monday 1st June 2009 from 9.30am to 12.30pm

Wimmera HUB - 39 Urquhart Street, Horsham - Fee \$90 - RSVP to 5382 5111

IDENTIFYING FAMILY VIOLENCE - FREE TRAINING

Presented by Grampians Community Health and Dunmunkle Health Services
Free Training for Volunteers

June 29th from 10am to 12pm

GCH - 25 David Street Horsham

The training covers:

- What is family violence and how does it impact on the victim, children involved and the community as a whole.
- How to recognise and respond to individuals affected by family violence.
- Simple safety measures that can be put into place for a victim of family violence.
- Where to go to for more information and where to refer or send someone for appropriate support if affected by family violence.

The training is aimed at anyone who is working with people. The goal of the training is to raise awareness of family violence and give participants confidence and skills to be able to assist someone if they believe they may be experiencing family violence.

For more information or to RSVP call Sally Melville on 5352 6200 or email sally.m@gchc.org.au

SINGING LEADERSHIP TEAM WEEKEND WORKSHOP

Saturday 18th July

9.30am to 4.30pm - dinner at 6.30pm - Evening Session from 7.30pm to 9.30pm

Sunday 19th July - 9am to 11pm

Norval House - Norval Conference Centre, Grampians Road Halls Gap

Subsidised Rates: Full Workshop (including overnight accommodation and all meals) \$70
Saturday - day only (lunch, morning and afternoon tea provided) \$20
Saturday day and evening only (lunch, morning and afternoon tea and dinner provided) \$35

The weekend workshop will include:

- Hours of singing together.
- Building or refreshing your repertoire of songs.
- Choosing the right kind of group for your community.
- Establishing and maintaining a vibrant Leadership Team.
- Maintaining a singing group in your community.

For more information please contact Elizabeth Casey on 5352 6227 or email Elizabeth.c@gchc.org.au

FIRE ARTS RECOVERY PROJECTS

Fire arts recovery projects assisting communities affected by the Victorian bushfires will share in Brumby Government grants totaling \$10,000 through the Arts Recovery Quick Response fund - access at www.rav.net.au/funding-and-resources

Arts Minister Lynne Kosky said the fund was initiated to assist communities affected by the Victorian bushfires and encourage local artists to contribute to the rebuilding effort.

- For a full list of successful applicants, please visit www.rav.net.au/about-us/news-media/story/95/

Grants of up to \$2500 are available to support local artists to work in their communities on projects that contribute to the recovery effort. Applications close on the 1st of each month until September.

SCHOLARSHIPS AVAILABLE FOR TERTIARY EDUCATION

Rural Finance is awarding up to six scholarships to students studying at a Victorian Tertiary Institutions each worth up to \$6000 per year for the duration of their course.

Disciplines may include agribusiness, agriculture, applied science, business, food science, forestry, horticulture and veterinary science amongst others.

Applications close 31st May 2009 - for more information visit: www.dpcd.vic.gov.au

PHYSICAL ACTIVITY AND MS

Wednesday July 15 - 1pm to 4pm

Led by the MS Australia Physiotherapists and the health promotion team, this program will provide evidence for the benefits of physical exercise for people with MS and discuss how to prescribe appropriate levels and types of activity to engage people with MS.

At The Australian College of Sports Therapy, Queen Street, Melbourne \$55. Students on placement may attend free of charge if they attend with their paying supervisor.

For more information contact Andrea Salmon on 98454 2700 or email asalmon@mssociety.com.au

COGNITION IN MS

Wednesday July 29th - from 1pm to 4pm

Common, but less recognised, MS-related cognitive difficulties including concentrating, learning and recalling information, thinking quickly, multi tasking and planning efficiently.

Common emotional changes such as depression can also affect thinking and memory. This session, led by the MS Australia Neuropsychologists, will explore common MS related cognitive changes and everyday cognitive management strategies that take into account the larger symptom picture of MS.

At the Nerve Centre - 54 Railway Road, Blackburn. \$55, students on placement may attend free of charge if they attend with their paying supervisor.

For more information contact Andrea Salmon on 98454 2700 or email asalmon@mssociety.com.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.

Most of the adult population of Victoria gamble, whether it be at a casino or the local hotel or club on bingo, the horses, sports events, keno, the pokies or some other game of chance.

For most people, gambling is a bit of a light-hearted entertainment.

But for some people gambling can get out of control. They lose sight of the fact that gambling is a game and that games are designed so the gaming operator will eventually win. People get into trouble with gambling because they often can't stop betting and this often leads to losing all of their money and potentially ruining their relationships with family and friends.

The key to being a responsible gambler is to stay in control and remember that gambling is just a game.

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.

REGIONAL ARTS VICTORIA STATE SYMPOSIUM - CALL FOR PRESENTATIONS

Regional Arts Victoria (RAV) will be holding its State Symposium in Geelong in October 2009 on The Role of Arts in Times of Crisis with a focus on regional and rural Victoria, and we want to hear your thoughts.

RAV is currently seeking presentation submissions for the conference. If you are interested in presenting, please email jtoohey@rav.net.au by Friday June 12th.

Alternatively, if you have other ideas, examples or opinions of the role arts can play in the community in times of crisis, please comment on the blog at www.rav.net.au/blog/view/2 and help in RAV's efforts to bring health practitioners and community arts workers together to talk through this issue.

For more information go to www.rav.net.au/about-us/news-media/story/8/ , email jtoohey@rav.net.au or phone Regional Arts Victoria on 9644 1800.

NOMINATIONS FOR HEART FOUNDATION LG AWARDS

Councils are invited to nominate for the Heart Foundation Local Government Awards 2009.

Categories include:

- Employee Health and Wellbeing.
- Facilities.
- Healthy Weight.
- Planning for Active Living.
- Priority Groups and Tobacco.

Nominations close Friday 5th June. Further information can be found at www.heartfoundation.org.au/lga

MOBILE OP SHOP

North Essendon Uniting Church - Helping Hands Mission

The Helping Hands Mission Mobile Op Shop service is now available for bookings across Victoria.

Designed to support drought affected communities, the Mobile Op Shop brings a great range of clothing, linen, shoes and toys to your town. With all items priced at \$1 to assist with running costs, everyone is sure to find a bargain.

All they need is for you to provide a hall or large space, 8 tables, some volunteers to assist on the day and to let everyone in your community know that it is on - they'll do the rest!

For more information or to book the Mobile Op Shop please call Melanie Kent on 9374 4236 or Leanne Welsh on 5436 6281.

PLANNING FOR SUSTAINABLE AND LIVEABLE CITIES & COMMUNITIES

Monday 6th July to Thursday 9th July

The four-day short course is convened by Dr Ian Butterworth, and explores ways to ensure that development is humanly, socially and ecologically sustainable.

It explores how to engage stakeholders in efforts to achieve integrated planning so that all planning and development (physical, economic, social, environmental and human) can inform and support the others.

The course will you to:

- Understand the concept of a liveable and healthy community.
- Understand the concepts of environmental, social and economic capital.
- Understand how 'human capital', or 'health and wellbeing', flows from positive changes in environmental, social and economic capital.
- Understand how to generate human, environmental, social and economic capital simultaneously - and how to measure progress.
- Think holistically, across sectors.
- Experience a wide range of perspectives and sectors.
- Plus much more.

To be held at The Green Building, 60 Leicester Street, Carlton. Cost for members is \$1400.

For more information email eblack@planning.org.au

PRIMARY HEALTH WEEKLY BULLETIN - 21th 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=21/05/09

In this edition:

- National and state policy context for PCPs - information resource.
- Advance notice of 'Rural change and community wellbeing' forum.
- Feedback on the Victorian Service Coordination Practice Manual and resources.
- Life! Taking Action on Diabetes program evaluation.
- Business breakfast: health workforce.
- Core health promotion short course.
- Seminar: preparing for change in an ageing society.
- Implementing quality indicators: moving from theory into practice.
- VHA one day forum: building the future health workforce.
- My world, your world, our world - free of elder abuse workshop.

'MOTIVATION' BY LISA COSSON

Struggling to Find Voice

In the face of conflict we might be tempted to just go with the flow and not make waves!

The path of least resistance is saying "yes" when you want to say "no" and that road is always paved with regrets and mistakes. While compromise is good and a necessary part of healthy relationships, no one should have to fully deny their feelings and remain voiceless while others dominate a situation. It might feel easier to nod your head and passively agree, but in the long run you are being cheated.

While there might be a whole list of justifications and excuses for stepping off the path of your principles, staying true to yourself reaps countless more rewards than selling out to appease someone else.

Reconcile today the negative passivity you have displayed in the past.

It is the path of least resistance that makes rivers and men crooked.

Bj Palmer, father of chiropractic

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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