

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



NEXUS DATES OF UPCOMING ACTIVITIES

No passouts - \$5 re-entry

June 26th	FNL - Drug action week - 7 to 10pm.
July 10th	Glitter Disco - Freeze - 7 to 10pm
July 24th	FNL - 7 to 10pm
August 21st	Battle of the Bands Freeze/Rockstuff - 6pm to 11pm - \$10 pre paid or \$12 at door at Horsham showgrounds grand stand.
September 18th	FNL - 7 to 10pm
October 30th	FNL - 7 to 10pm
November 27th	Kannamaroo and Freeza FOAM PARTY
December 17th	FNL Christmas Break Up

For more information contact 5362 1500; drop in to 14/16 Pynsent Street or visit www.myspace.com/hexushorsham

RURAL CHANGE AND COMMUNITY WELLBEING FORUM

24th June - Melbourne

Royal Australian College of Surgeons, East Melbourne

The Rural Change and Community Wellbeing forum will help you build sustainable practice to improve the mental health and wellbeing of those living in drought-affected areas.

Who should attend:

- Staff from rural health and community service providers, particularly those whose communities are affected by drought:
 - Practitioners who design, lead or deliver programs.
 - Senior managers who can influence change.
- Government representatives and agencies interested, or engaged, in the issue of improving mental health in drought-affected areas.

Why would I attend:

If you attend you will improve the mental health and wellbeing of those living in drought-affected areas by:

- Hearing about some ground breaking work in Victoria.
- Developing new ideas and innovative strategies.
- Sharing practice.
- Learning to design sustainable practice that will strengthen communities and build resilience as they make the shift from 'drought' to climate change'.
- Discover how existing resources can be more effectively harnessed to increase integrated and sustainable responses.

For further information please visit www.health.vic.gov.au/pcps/hp/events.htm

2009 VICTORIAN PUBLIC HEALTHCARE AWARDS

The Awards recognise the diverse ways in which excellent public health and healthcare is achieved - honoring initiatives, projects, campaigns, services, individuals and teams delivering groundbreaking work that is improving Victoria's public healthcare.

For further information visit www.health.vic.gov.au/healthcareawards/index.htm

DRUG ACTION WEEK - 21ST TO 27TH JUNE

Grampians Community Health will be hosting an Open Day for you to meet and chat with their staff, this is a great opportunity to see what services they currently provide within the community.

Friday 26th June 2009 from 11am to 2pm
At GCH - 25 David Street Horsham

Alcohol is a drug - TOO!

Drug action week aims to:

Raise community awareness of alcohol and other drug issues.

Recognise the achievements of the frontline workers in the alcohol and other drugs sector.

Promote public debate about good practice strategies for reducing drug related harm.

RSVP to Horsham Reception on 5362 1200.



WOMAN AND LEADERSHIP AUSTRALIA SUBSIDY PROGRAM

Women and Leadership Australia is delighted to launch a new subsidy program to increase the representation of women from Australia's health care sector at Australia's peak women's leadership event, the Australian Women's Leadership Symposium.

Eligible candidates must be employed primarily in a health care related occupation. Further candidates must have been engaged within a health care related role for at least the past 2 years.

For information and available subsidies in your area call Brendan on 1300 138 037 or email brendanf@wtaa.com.au

WARMTH IN WINTER PROGRAM

AGL's Warmth in Winter Program funds winter energy use, energy assessments and installations of energy efficient retrofits for selected emergency accommodation services, helping to make ongoing reductions to their energy consumption and costs.

AGL provide funding to any eligible service regardless of their energy provider. To apply for the 2009 Warmth in Winter funding visit www.agl.com.au

WORKFORCE DRIVERS OF COLLABORATIVE PRACTICE IN HP

Wimmera PCP are participating in the above research and need as many member agencies to complete the survey at:

www.surveymonkey.com/s.aspx?sm=Qq1NxG36_2bdC19IP3mqIXCfw_3d_3d

The questionnaire asks questions about collaborative skills, organisational support and workforce development strategies to improve health promotion practice for this type of work.

ABORIGINAL AND TORRES STRAIT ISLANDER HEALING FOUNDATION

The Australian Government is committed to setting up a Healing Foundation for Aboriginal and Torres Strait Islander people which will support communities and individuals to address trauma and healing needs.

The proposed Foundation will support holistic and innovative healing and provide services such as community education and documenting what works. It will aim to address the cycle of trauma and grief in Indigenous communities particularly affecting the Stolen Generations and their families.

This is only the start of a public consultation process. Workshops will be held in urban, regional and more remote locations across Australia. You can also make written submissions.

For more information visit www.fahcsia.gov.au/healingfoundation

Written submissions can be emailed to healingfoundation@fahcsia.gov.au or posted to Healing Foundation Development Section, FaHCSIA, PO Box 7576, Canberra Business Centre, ACT 2610.

DUAL QUALIFICATION IN CERTIFICATE IV IN MENTAL HEALTH WORK (NON CLINICAL) AND CERTIFICATE IV IN ALCOHOL & OTHER DRUG WORK

The above course will be run at Horsham by the University of Ballarat.

Some details about this course:

- The course will give workers both of the above qualifications.
- If workers only want to undertake one part of the course i.e. mental health or AOD this can be accommodated.
- The course is expected to take about 12 months to complete.
- The course has classroom and practical components.
- The classroom component is expected to be 14 days of classroom teaching. The 14 days can be broken up into segments e.g. of 2 days at a time at intervals throughout the year.
- Recognition of Prior Learning would mean that some workers would not have to attend all 14 days if they do not wish to.
- The university would undertake an initial RPL assessment of students.
- The course will be conducted to take account of the particular requirements of the participants.
- The cost of the course is \$1200 per student for both certificates or \$700 for one certificate. For some new workers there may be a reduction of the fee so that only a component for enrolment, materials etc. would be payable. Some workers with no qualifications may be eligible for funding of \$4000 through AusNAC.

For more information contact Andre Barrie - Youth Services Coordinator at Wimmera Uniting Care on 5362 4021 or email andrewb@wimmera.unitingcare.org.au Before 12th June

KIDSCOUNT WEBSITE

Visit:

www.kidscount.com.au

To find a range of topics about being a parent in today's world with helpful information on raising happy and confident children.

FACILITATION, SUPPORT COORDINATION AND CASE MANAGEMENT

The Victorian State Disability Plan 2002 - 2012 outlines the policy direction for Disability Services in Victoria. A priority strategy in the Plan is to change disability supports to be more flexible and individualised. Disability Services is working to redevelop how people with a disability are able to access supports, including the introduction of self directed planning approaches.

What is self directed planning?

Self directed planning is planning that is personalized and directed by the person, with the support of the person's family, carer/s or other support people if required. Disability services aims to provide supports in such a way that planning is self directed to the maximum extent possible.

What is the process for developing the model for self directed planning?

A draft framework for self-directed planning has been developed and is currently being refined.

Disability Services is keen to hear from people with a disability and disability service to gather their views on the framework. Consultation sessions are being held across the state to gain feedback from a range of people about the way in which services for self directed planning are provided. The focus of these consultations is the service models for facilitation, support coordination and case management.

The consultations will target two groups:

- Service users, families, carers and other interested community members.
- Service providers.

The session will be approximately two hours in length. It will comprise a presentation about the draft model for self directed planning, and then a group discussion to gain feedback about how planning services should be provided.

Consultation Session details:

Ringwood Thursday 18th June 2009
 Preston Monday 22nd June 2009
 Shepparton Tuesday 23rd June 2009

RSVP to 9843 6592 or email joane.grimaldi@dhs.vic.gov.au
 RSVP to 9412 2705 or email louise.caspersz@dhs.vic.gov.au
 RSVP to 5722 0582 or email:

vicki.anderson-markland@dhs.vic.gov.au

Pakenham Friday 26th June 2009
 Ballarat Tuesday 30th June 2009

RSVP to 9767 8629 or email angela.gunes@dhs.vic.gov.au
 RSVP to 5226 4850 or email andrea.stephens@dhs.vic.gov.au

FOODS HIGH IN ESSENTIAL NUTRIENTS

Protein	Amino Acids	Vitamin A	Vitamin B1	Vitamin B2	Niacin	Vitamin B6	Vitamin B12	Vitamin C
Chicken	Beef	Liver	Yeast	Almonds	Salmon	Popcorn	Liver	Red Chili
Soybeans	Chicken	Parsley	Rice	Mush-rooms	Tuna	Cauliflower	Beef	Guavas
Fish	Fish	Carrots	Bran	Liver	Chicken	Barley	Chicken	Red Sweet Peppers
Ham	Soybeans	Mangos	Pine Nuts	Yeast	Liver	Sardines	Clams	
Beef	Ham	Chives	Peanuts	Egg Yolk	Beef	Potatoes	Oysters	Kale
Legumes	Pork	Egg Yolk	Peas	Broccoli	Peanuts	Spinach	Sardines	Oranges
Grains	Eggs	Tomatoes	Beans	Rye	All Bran	Chestnuts	Salmon	
Yogurt	Milk	Broccoli	Egg Yolk	Avocados	Yeast	Bananas	Tuna	
Cottage Cheese	Cottage Cheese	Sweet Potatoes	Rolled Oats	Cashew Nuts	Fish	Brown Rice	Scallops	
Skim Milk	Baked Beans	Cantaloupes	Wheat Bran	Rice Bran	Veal	Walnuts	Cottage Cheese	

LOOKING AFTER OUR HEALTH - GOOD HYGIENE IS VITAL

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in plastic-lined rubbish bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth as germs spread that way.

For the most up-to-date information visit www.health.vic.gov.au or call 180 2007 (Influenza Hotline) or 1300 606 024 (Nurse On Call).

PARKINSON'S AND END OF LIFE CARE - TWILIGHT EDUCATION

Monday 6th July 2009 from 6.30pm to 8.30pm

Education Resource Centre, BBH, Ballarat Health Services, Drummond Street North - Ballarat

Cost: Grampians Region \$15, other \$25

Guest Speaker: Victor McConvey - Parkinson's Disease Clinical Nurse Coordinator

Presented by the Grampians Regional Palliative Care Team

To RSVP phone 5320 3553 or email bernadette@bhs.org.au

BEHIND CLOSED DOORS

Supporting carers of people who are experiencing incontinence

4th August 2009 from 9.30am to 3.30pm

Treacy Conference Centre, Parkville

Cost \$100

Incontinence is common in people with chronic disease and disability. It has serious impacts on quality of life for individuals and carers and is often dealt with...behind closed doors. Content includes:

- How to raise the issue of incontinence.
- Asking the right questions about incontinence.
- Basic advice and referral information.
- Product selection tips and displays.
- Chronic disease and incontinence.

RSVP to 9816 8266 or email info@continencevictoria.org.au

Registrations closes 24th July 2009. Resources, morning tea and a light lunch is provided.

PRIMARY HEALTH WEEKLY BULLETIN - 28th 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=28/05/09

In this edition:

- Healthy families 'Go for your life' physical activity forum.
- New regional cancer data now available.
- Gippsland 5 day health promotion short course.
- Seminar: global challenges in leadership and health reform.
- Chronic illness alliance forum on assisting self-employed people who become chronically ill.

'MOTIVATION' BY LISA COSSON

PROGRESSIVE RESISTANCE TRAINING FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5lb potato sack in each hand - extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer! After a couple of weeks, move up to 10lb potato sacks. Then try 50lb potato sacks, eventually try to get to where you can lift a 100lb potato sack in each hand, and hold your arms straight for more than a full minute (I'm not at this level).

Well done on all your efforts to date - but now look below for your next level of intensity!

Now that you feel confident at that level, put a small potato in each sack :-)

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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