

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



ACTIVE TRANSPORT REPORT

The project promotes cycling as "active transport: where workers in health promotion and community development use cycling as a mode of transport for local and short trips at work. The project began January 2008 and is ongoing.

We offered all our Wimmera PCP member agencies half a bicycle (they fund the other half). The bike is set up to enable workers to cycle to meetings and to enable a wide range of riders to be able to use the bike comfortably.

Agencies involved in the project include: Wimmera Health Care Group, Wimmera Sports Assembly, Hopetoun & District Neighbourhood House, Grampians Community Health, Murtoa Neighbourhood House, Dunmunkle Health Services, Rural Northwest Health, Wimmera Volunteers, Wimmera Uniting Care, Karkana, Hospitals Admission Risk Program (WHCG), Horsham Community Action Centre, Horsham Rural City Council, West Wimmera Health Services and Hindmarsh Shire Council.

What has been the integrated health promotion response?

Health Promotion workers were finding it difficult to fit physical activity into their daily schedule. These workers advocate regular exercise to their clients as part of their work however finding it difficult to practice what they preach during a busy working day. The project has enabled workers to engage in preventative health care whilst at work, improve their health education and skill development through increased awareness of the benefits of active transport on their health and to provide role modeling of healthy behaviours (thus being human billboards communicating and providing social marketing as ambassadors of the project).

What are the impacts?

The Active Transport cycling project has been very successful and participants have increased their levels of physical activity both at work and whilst not at work. Results indicate that the Active Transport project has allowed:

- 68% of participants to engage in physical activity at work.
- 55% of participants to consider and use active transport at other times.
- 79% report the project has had a positive effect on their health.
- 70% of participants have increased their awareness of Active Transport and its benefits.
- 18% have purchased a bike or bikes for family as a result of the project.
- Over 70 workers are using the bike to attend meetings, run errands and go on lunch cycles.
- These short bike rides are helping workers find their prescribed 30 minutes of daily exercise.
- Walking to meetings has increased due to Active Transport focus and Active transport has been included on health promotion plans.

Comments from participants indicate:

- "I am more productive at work, feel better about myself".
- "It has encouraged me to ride more and also to purchase a bike for use at home".
- "Improves self-esteem because of the opportunity to show off to work colleagues - I am the oldest staff member (60+) in Primary Care"!

For more information contact Donna Bridge at Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

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

And

Wednesday 24th June 2009 from 11am to 2pm

At GCH - 40 to 44 Wimmera Street Stawell

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.



ANNUAL FOOD FOR ALL FORUM

Advance Notice from VicHealth

Securing the Future

Monday 13th July 2009 from 9am to 4pm

Swan Hill Performing Arts & Conference Centre

VicHealth extends an invitation to counsellors, researchers, practitioners, planners, policy makers, food producers, retailers and consumers to attend this thought provoking and informative forum.

This annual event will provide an opportunity to:

- Hear a presentation from Dr Alice Ammerman, Director, Centre for Health Promotion and Disease Prevention and Professor, Department of Nutrition, from the University of North Carolina, US on a project designed to explore the connections between 'eating local' and potential impacts on obesity, the environment and economic viability of communities.
- Learn about the progress of the VicHealth - funded Food for All projects in six local government authorities from Dr Meg Montague, the consultant evaluator on this project.

The forum will feature Food for All project workshops, presentations from researchers and an opportunity for interactive discussions with experts on the successes and challenges in securing improved access to food for healthy eating. Placing this year's forum in Swan Hill provides a unique opportunity to learn about the rural and regional experience of food security.

Attendance for this FREE event is strictly limited and by registration only. A program for the forum and registration details will be posted on VicHealth's Website www.vichealth.vic.gov.au

PROJECT WORKER AFTER HOURS PALLIATIVE CARE PILOT PROJECT

Expressions of interest is sought from interested parties to implement an After Hours Palliative Care Pilot Project. This project is for a period of two years and works across the Grampians and Loddon Mallee Regions until June 2011.

A 0.8EFT position is available; however expressions of interest in all or part of this position (as a job share) will be welcomed. The successful applicant(s) will possess sound project management skills with experience in health project work. The location where the worker(s) will be based can be negotiated.

An outline of KPI's and key selection criteria is available from:

Claire McKenna - Grampians Palliative Care Consortium Manager: 5320 3563 or 0428 737 330 or Trish O'Hara - Loddon Mallee Palliative Care Consortium Manager: 5471 1545 or 0447 526 626.

Expressions of interest close on Friday 19th June at close of business and should be addressed to Claire McKenna, Manager, Grampians Palliative Care Consortium, c/- BHS, PO Box 199 Ballarat 3353 or email clairemc@bhs.org.au Please address key selection criteria.

WEST WIMMERA HEALTH SERVICE - ALLIED AND COMMUNITY HEALTH GRAND ROUND

7th July 2009 from 2pm to 4pm

MIRA Meeting Room - West Wimmera Health Service Nhill

Presenters:

Dr Belinda Bilney - Medical File Documentation

Ms Sybil Braybrook - Stress Management

RSVP to Joylene Rohde on 5391 4267 or email jrohde@wwhs.net.au by 29th June 2009.

SPORTS STAR AWARDS

Each month, the Wimmera Regional Sports Assembly requests nominations for the monthly Sports Star Awards. In the past, the Access for All Abilities award has had limited nominations throughout the year. In 2009 we are hoping to increase the number of nominations to recognise the achievements of the sports stars within the Wimmera Region.

The nomination forms are available online through www.wrsa.org.au or feel free to pop into the office in Pynsent street Horsham to pick up a form to nominate someone you know.

All Monthly Award winners are also invited to attend the annual presentation free of charge where they will be presented with a specially designed medallion, provided by Wimmera Trophies and Gifts and an inscribed certificate to mark their association with the most prestigious award.

COMMUNITY PLANTING DAY - THE BIOLINK PROJECT

Saturday 4th July from 9.30am - Kenny Road, Horsham

The Biolink Project

The Grampians to Little Desert Biolink Project is a community Landcare project aiming to reconnect the Grampians and Little Desert National Parks through the protection and enhancement of native vegetation. Projects on rivers and streams are the main focus for works, on both private and public land.

So far the project committee has successfully worked with over 50 landholders who have participated in projects such as fencing waterways to protect them from stock, planning trees and shrubs to enhance existing native vegetation and undertaken weed and rabbit management.

Register by emailing Julia.holbery@hrcc.vic.gov.au

KIRRIT BAREET - PHOTOGRAPHY WORKSHOP PROGRAM

Kirrit Bareet presents a Photography workshop program for Community Members and Indigenous Photographic Artists interested in developing skills in Photography. Young people not attending school are particularly welcome to be involved.

The program is designed to encourage people to get involved in photography and learn more about the industry and using a camera with skill. The program is being run in the lead up to this year's Ballarat Foto Biennale. Community members are encouraged to get involved in the Biennale and tell our own stories through photographs.

The program will run from June through to August and include a number of FREE seminars and photographic Workshops from experienced photographers and curators.

The first session is:

Thursday 11th June 2009 from 10am to 12.15pm - Kirrit Bareet Theatrette - 403 Main Road Ballarat

Guest Speaker: Wayne Quilliam - Wayne presents an overview of his career in Photography, where he started, what he has done, how to succeed in photography and presenting example of his work. His session will provide an inspirational beginning to the course, showing what can be achieved from small beginnings.

Following sessions:

Camera Craft Workshop - Camera Operation

Monday 15th June 2009 from 10am to 1pm at Kirrit Bareet Theatrette

Camera Craft Workshop - Using your Camera Creatively

Monday 22nd June 2009.

For more information call Nicholas on 5332 2755 or email Nicholas@aboriginalballarat.com.au

LOCAL SPORTING CHAMPIONS PROGRAM

This is an Australian Government initiative designed to provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at an official national sporting organisation (NSO) endorsed state or national sport competition. Note: Grants are not available for ongoing training or seasonal competition.

Who is eligible:

- Be between 12 and 18 years of age (inclusive) at the time of the nominated sporting competition.
- Be participating as an athlete in an official state or national sporting competition which is endorsed by the relevant Australian Sports Commission recognised national sporting organisation (NSO), or national school sport competition. This does not include coaching or officiating at such competitions.
- Be required to travel greater than 250km return to participate in the nominated NSO endorsed state or national sporting competition, or national school sport competition.
- Be an Australian citizen.
- Must not have been the recipient of a Local Sporting Champions grant, either as an individual or a member of a team, within the year ending 30 June 2009.
- Must not have received funding from other government sources for the nominated NSO endorsed state or national sporting competition, or national school sport competition.
- Must not be participating in a professional competition that involves prize money.

What is the value of the individual and team grants:

Grants of \$500 will be available for successful individual applicants, and \$3000 for successful team applicants.

For more information visit www.wrsa.org.au (grants links on the left hand side of page).

SAFETALK

Wednesday 17 June from 12.30pm to 5pm
Hepburn Health Service - Daylesford Hospital Boardroom
Cost approx \$50

SafeTALK is a half-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

For more information about this program or to book, please contact Louise Martin on 5321 6523 or email louisem@hhs.vic.gov.au

VICTORIA LEADS THE NATION IN NATIVE TITLE SETTLEMENT

Native title claims will be settled faster out of court in Victoria in one of the biggest shake-ups to native title since the Mabo judgment.

The Brumby Labor Government announced it had agreed to a new way of settling native title claims which would save taxpayers money and lead to better outcomes for Indigenous communities. Victoria is the first state to negotiate - in partnership with traditional owners in Victoria - a comprehensive alternative pathway for resolving native title claims.

Under the current system of native title resolution, pursuing these claims through the courts has been the only option available to traditional owners, some taking an average of 10 years to resolve at a high cost to traditional owners and the taxpayer. Traditional owner groups could now choose to negotiate directly with the state to settle their native title claim rather than go through the courts.

JUNE EDITION OF THE 'GO FOR YOUR LIFE' NEWSLETTER

The June edition of the 'Go for your life' newsletter is available online at www.goforyourlife.vic.gov.au/gfylnews

In this issue:

- Tell us what you think about our website.
- Did you know...
- 1,000 bikes student leadership reward 2009.
- 'Go for your life' Healthy Families Forum.
- Green light, eat right.
- Winter warmers.
- Fun4Kids Festival.
- What's happening in June.

PRIMARY HEALTH WEEKLY BULLETIN - 4th June 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=04/06/09

In this edition:

- Primary Health Branch Report 2007-08.
- Rural change and community wellbeing forum - Wednesday 24th June 2009.
- Additional support for bushfire affected communities.
- Launch of the Victorian Autism State Plan - An Australian First!
- Anex 09 Australian Drugs Conference - Drugs in Hard Times.
- Forum: physical activity for older adults.

'MOTIVATION' BY LISA COSSON

What does your conscience tell you?

Ever get the feeling that you should be doing something other than what you are?

Not just in the area of good vs. evil but in your exercise and nutrition choices. Do you ever feel guilty about doing a half-hearted job on a project or neglecting your duty to family? Listen to your conscience. It's telling you that you're getting off track. It knows what you're capable of and where your priorities are.

If you neglect these standards - if you get your priorities mixed up - your conscience is going to let you know about. When you work, turn out a product that would make you proud - even if you think nobody notices.

When you plan your day, make sure it agrees with the healthy direction you want to head. That'll keep that nagging inner voice from reminding you that "something is not quite right here". You may think no one is looking, but somebody is - you are!

Conscience is the inner voice that warns us that someone might be looking.

- HL Mencken, author, critic and newspaperman

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

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
 5362 1223
 0428144812

Geoff Witnitz
 Agency Liaison Officer
geoff.w@gchc.org.au
 5362 1225
 0428358672

Donna Bridge
 Agency Liaison Officer
donna.b@gchc.org.au
 5362 1221
 0429174763

Jan Hall
 Project Officer
janet.h@gchc.org.au
 (03) 5362 1224

Taryn Marks
 Project Officer
taryn.m@gchc.org.au
 5362 1226
 0458 208 833

Kellie Uytdehaag
 Admin Assistant
pcpadmin@gchc.org.au
 5362 1222