

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



COOPERATIVE CHANGE

"What do you think makes a culturally competent service that recognises, supports and values Aboriginal culture and it's diversity?"

An invitation from Cooperative Change
In association with Aboriginal Consultants Professor Marcia Langton
and Karen Milward

To a forum to discuss the development of an aboriginal inclusion framework to lift the cultural competency of Victorian Government Departments and Agencies.

Monday 22nd June 2009 - lunch provided
12pm to 4.30pm - for Aboriginal Community Members

Tuesday 23rd June 2009 - lunch provided
10am to 1.30pm - For service providers.

Supper Room, Town Hall, 78 Wilson Street Horsham

For further information contact Karen Milward on 0407 867 863
or email kmilward@optus

Some of the types of things being discussed at this forum:

- What do you think Cultural Competency is?
- What services or programs have you received that are specifically for you as an Aboriginal person?
- Which of these services or programs have been successful?
- Which of these services or programs have not been successful and why you think that is?
- What do you think should be done to change this?
- You can also share any good and/or bad news stories about access to services and programs in your local and regional area that you would like to see improve in the future.

AGFUTURES CLIMATE SEMINAR ARARAT

Don't miss this chance to hear about and discuss climate with the Bureau and DPI - right on your doorstep! Topics include:

- Factors that influence weather in south eastern Australia.
- La Nina / El Nino.
- Climate trends for Ararat.
- 3 month rainfall outlook for Ararat.
- Farm adaptation options.
- And much more

Guest speakers:

- Robyn Duell - Climatologist - Bureau of Meteorology.
- Shoni Maguire - Climatologist - Bureau of Meteorology.
- Chris Sounness - DPI

Tuesday 23rd June 2009 from 7.30am to 10.30am
Free cooked breakfast served from 7.30am

To register phone Ann Maree Browne on 5355 0272 or
email abrowne@ararat.vic.gov.au

MOBILE OP SHOP - FROM THE CITY WITH LOVE

Wednesday 24th June 2009 from 10am to 1pm

Marnoo Hall

A large selection of good quality, new and pre-loved men's, women's and children's clothing, manchester, toys, handbags and shoes etc will be available for people to come and choose from. Prices of items will be \$1 each. Spread the word!

For more information contact Emily Anderson on 5358 8747

DIABETES FORUM

The Loddon Mallee Region of Department of Human Services is sponsoring a Diabetes Forum in Bendigo on **10th and 11th of September 2009** at the All Seasons Resort. Dr Normanm Swan will be the facilitator for the forum and the keynote speakers will include Dr Ralph Audehm and Dr Marco Bonollo.

The Forum Program and registration process are currently being finalised and will be available by the end of June 2009.

For further information please contact Nerissa Fry on 5434 5696 or email nerissa.fry@dhs.vic.gov.au

RURAL CHANGE AND COMMUNITY WELLBEING FORUM

Wednesday June 24th 2009 from 9.30am to 4pm

Royal Australasian College of Surgeons

College of Surgeons' Gardens

250 - 290 Spring Street, 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 and wellbeing in drought-affected areas.

Why should I attend?

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

- Hearing about some leading work in Victoria.
- Developing new ideas and innovative strategies.
- Sharing practice.
- Learning to design sustainable practice that will strengthen communities and build resilience.

To register go to www.health.vic.gov.au/pcps/hp/events.htm

For queries regarding this event phone Susie on 9096 8994 or Suzanne on 9096 6141.

RURAL YOUTH SERVICE PROVIDERS FORUM

First Planning Group Meeting.

Friday 17th July from 10.30am to 12 noon

YAC Vic (Youth Affairs Council of Vic) - Level 2, 172 Flinders Street Melbourne

For more information phone 9267 3799
or email Gavan.Thomson@cobaw.vic.gov.au

SCREENING AND ASSESSMENT OF PROBLEM GAMBLERS

Monday 13th July 2009 from 10am to 1.30pm

School of Primary Health Care, Monash University, Notting Hill Campus
Meeting Room 3, Building 1, 270 Ferntree Gully Road, Notting Hill

This seminar is relevant to both new and experienced practitioners and examines the use of screening tools in practice, including the use of a single item screening tool for use in primary health settings. Assessment is examined in relation to definitions and concepts of 'problem gambling' and to their capacity to contribute to, and reflect, intervention planning. This session will also feature a panel of Gamblers Help practitioners who will provide commentary on the topic.

Participants will:

- Examine the range of tools used to screen for problem gambling and the settings for their particular use.
- Examine and discuss the concepts underlying the measurement of problem gambling.
- Discuss the purpose of assessment for problem gambling and its importance for planning treatment options. Review some of the common approaches to treatment for problem gambling.

A light lunch will be provided. Fee \$175. Gamblers Help staff - State Government subsidy: Free.

RSVP to education-pgrtc@unimelb.edu.au or phone 8344 8220.

EARTH MATTERS - 2009 CLIMATE CHANGE FORUM

Saturday 8th August 2009 from 12.45pm to 5.30pm

Wendouree Centre for Performing Arts, Howitt Street

The Climate Change Forum will run again this year in Ballarat. This event will provide expert knowledge and information for the Ballarat community to take personal action on dealing with Climate Change impacts such as changing weather patterns, rising energy and living costs and reduced rainfall. Four eminent speakers on social and scientific topics.

Speakers and Topics:

- Dr Kathleen McInnes - Climate Change and Rising Seas - Past, Present and Future.
- Mr David Spratt - Do We Face a Climate Emergency?
- Dr Richard Denniss - Consumerism and climate change: where do we go from here?

For further information visit www.BREAZE.org.au or email petheram@ncable.net.au

HEALTH & SOCIAL CARE INTERPROFESSIONAL NETWORK

The Health and Social Care Interprofessional Network would like to invite members of the Primary Care Partnerships, Community Health Services, Divisions of General Practice, Region of Choice Officers and HARP coordinators, to participate in a facilitated discussion Chronic Disease Management and Interprofessional Learning at local HSIN meetings during July/August.

July meetings are planned in Traralgon, Shepparton, Mildura, Ballarat and Camperdown.
August meetings are planned in Bairnsdale, Wangaratta, Bendigo, Horsham and Geelong.

HSIn meetings in July and August will be focusing on the area of Chronic Disease Management. These meetings will create an opportunity for you to showcase and promote the work being undertaken in Chronic Disease Management in your region.

For further information please email mollie.burley@med.monash.edu.au or phone 5136 5478.

NEW MEN'S SHEDS AT GOROKE AND NHILL

New sheds Men's Sheds at Goroke and Nhill have increased the Wimmera-Mallee's tally of sheds to 14. Wimmera Primary Care Partnership's Men's Shed co-ordinator Geoff Witmitz said Men's Sheds were different in each community, ranging from providing community service to connecting with youth and welcoming newcomers.

But he said all Men's Sheds had an aim of giving men a place to gather and work on projects either individually or with other men.

The Men's Sheds provide benefits of mateship and a sense of belonging, positive health, happiness and well-being and hands-on practical learning opportunities. Mr Witmitz said a Men's Shed at Warracknabeal provided a good example of positive community partnerships. Member David Mollison said soon after the shed formed Warracknabeal Fire Brigade approached it to rebuild a 1928 Dodge fire truck containing an Aussie Gardiner pump. This pump was one of 85 fire trucks which former brigade captain the late Tom Gardiner built at Warracknabeal. Mr Gardiner designed the pump which the Victorian fire authority of the day adopted throughout the state. The rebuilt truck was a feature at this year's Y-fest Easter parade in Warracknabeal.

Mr Mollison said Wheatlands Machinery Museum approached the Men's Shed just before the fire truck project was completed to ask it to rebuild a Jelbart chaff cutter, estimated to be almost 100 years old. The twin bagging chaff cutter had been sitting in the open in the museum yard for years and had fallen apart. Mr Mollison said woodwork on the chaff cutter had rotted, the front wheels had collapsed and the machinery was seized and rusted. He said the first problem facing Men's Shed members was where to find timber to rebuild the 3.8-metre long, about three metre high and two-metre wide machine. They finished up finding second-hand Oregon timber in Dunolly.

The aim is to have the chaff cutter restored for a Jelbart centenary celebration at Lake Goldsmith later in the year with Mr Mollison saying that members were on track to finish the project well before then.

As well as these major projects the Men's Shed has repaired and altered cupboards for Warracknabeal Golf Club, repaired and painted 35 hurdles for Warracknabeal Primary School and made stilts for a Festival for Healthy Living program involving three Warracknabeal schools.

Mr Mollison said Warracknabeal was fortunate that the Apex Club had offered use of its building, which was ideal because it was on the outskirts of town where noise was not an issue. He said people were always welcome at the shed for a cuppa or to look at the projects in progress. "We can always give someone a job if they are interested," he said.

People interested in more information about Men's Sheds in the Wimmera can phone Geoff Witmitz on 0428 358 672 or visit www.mensshed.org for a full list of Men's Sheds across Australia.

THIS column was featured in 'Leaving the Farmgate Open' in The Wimmera Mail-Times on Wednesday 17th June 2009.

CHIEF EXECUTIVE OFFICER - WRSA

Wimmera Regional Sports Assembly are seeking to appoint a tertiary qualified individual who has a 'can do attitude' and can successfully demonstrate sound business acumen and leadership to drive and strengthen this already successful organisation.

In this role you will report directly to the Board of Management and be instrumental in implementing WRSA's 3 year strategic plan and develop the annual operational, business and budget plans.

A full position description is available by contacting Workco Limited on 5381 6200. To apply please forward a covering letter, response to key selection criteria and a full resume to Brooke Janetzke at Workco Limited, 144 Firebrace Street, Horsham.

Applications close on Friday 3rd July 2009.

WEBSITE AND VIRTUAL TOUR EXPERIENCE

Magistrates' Court of Victoria

www.magistratescourt.vic.gov.au

The Magistrates' Court of Victoria has a new website which increases access to information for the public and practitioners.

New features include:

- Court location pages outlining available services.
- Increased legal resource and help links.
- Court forms for download.
- A judgements and decision page.
- A language icon panel which links to information in other languages.

The site includes a new virtual court enabling users to:

- View two mock court hearings, including an intervention order application and a criminal case.
- Access a 360 degree view of a courtroom.

The virtual court provides explanations of the court process and is particularly useful for those appearing at court for the first time and those who are self-represented.

IF NOT DIETING HEALTH PROFESSIONAL 2 DAY TRAINING

Thursday 10th and Friday 11th September 2009 from 9am to 5pm

The Treacy Conference Centre, 126 The Avenue Parkville, Melbourne

Early bird rate of \$550 available until 20th July 2009.

Ad an optional extra therapeutic skills day - Developing Therapeutic Skills to Support the 'If not dieting' approach. A one day workshop for all Allied Health Professionals who have completed the 'If not dieting' training program.

Saturday 12th of September 2009 from 9am to 5pm

The Treacy Conference Centre, 126 The Avenue, Parkville, Melbourne - \$275

To register for either of these two training programs contact louise@ifnotdieting.com.au or phone 9482 2106. For more information on the training visit www.ifnotdieting.com

PRIMARY HEALTH WEEKLY BULLETIN - 11th 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=1106/09

In this edition:

- DHS Diabetes Forum.
- Reminder: Rural change and community wellbeing forum - Wednesday 24th June.
- Forum: 'Food for all - securing the future'.
- Forum: 'Building the future health workforce'.
- Seminar: 'Healthy living for immigrant and refugee women'.
- UV protection update for May to August.

Optus Connecting Communities Grants Program

Grants for between \$1000 and \$5000 can be applied for until 31st July 2009. Categories are 'disengaged youth' and 'social inclusion'. Agencies must have charity status with the ATO.

For more information visit www.probonoaustralia.com.au/news/detail.html?filename_num=281993

'MOTIVATION' BY LISA COSSON

Are you a good friend to yourself?

If you met yourself, would you want to stick around and talk? Are you the kind of person others can be proud of? Hopefully you are, because that's who will be with you for your entire life.

Your values and beliefs create a pretty good picture of what you want to see in the mirror. To be proud of yourself, do everything you can to make real life look like that vision. Find people that have the qualities you want and learn from them. Becoming a person you like gives you the confidence that you're someone worth being friends with.

There's also a flip side to the friendship coin - you also need to cut yourself as much slack as you do your friends. You have friends because you see the good in them, not the flaws. You like them the way they are, warts and all. You enjoy their company and root for them to be happy and do their best. Look at yourself the same way. To be a good friend to yourself, accept your blemishes, while still pushing yourself to reach your full potential. Don't harp on your weaknesses. Take another look in the mirror and be kinder this time.

Friendship with oneself is all-important, because without it one cannot be friends with anyone else!

Eleanor Roosevelt, human rights activist.

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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