

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



FREE ABORIGINAL FAMILY FUN DAY

Delkaia Aboriginal Best Start invites you to:

A Free Aboriginal Family Fun Day at the Wimmera Regional Library

Events on the Day:

Launch Local NAIDOC Poster

Free Library Show Bags

Badge Making

Photographer - Family Photos

Storytelling

Delicious Catered Lunch

Singing - Uncle Murray Harrison

And A visit from a funny character

Wednesday 1st July from 10.30am to 12.30pm

Bring the kids! All welcome!

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.

CHANGE OF EMAILS FOR WIMMERA PCP

Please note that ALL staff at Wimmera Primary Care Partnership have new email addresses - could everyone please update their address books to reflect these changes.

Mandi Stewart - EO

mandi.s@grampianscommunityhealth.org.au

Donna Bridge - Agency Liaison Officer

donna.b@grampianscommunityhealth.org.au

Geoff Witmitz - Agency Liaison Officer

geoff.w@grampianscommunityhealth.org.au

Taryn Marks - Project Officer

taryn.m@grampianscommunityhealth.org.au

Jan Hall - Project Officer

jan.h@grampianscommunityhealth.org.au

PCP Administration

pcpadmin@grampianscommunityhealth.org.au

INVOLVED IN WORKING WITH, COORDINATING OR SUPPORTING EMERGENCY RELIEF VOLUNTEERS?

Practical workshop on how to attract, retain, support and reward volunteers involved in the delivery of Emergency Relief available in June and July.

Join us for one of 48 fun, practical and FREE one day workshops across Australia.

The "Essentials for Attracting and Keeping Emergency Relief Volunteers" is being presented so that you can return to your agency, group, conference or centre and immediately apply what you have learnt. The workshops are open to any person from a volunteer involving organisation seeking to strengthen their work.

The courses include lunch, morning tea, resources and materials. For those who travel more than a 200km round trip there will be a \$50 fuel/travel reimbursement.

Session times are from 9.30am to 4pm and are located in our area at:

Mildura **Tuesday 30th June**
Bendigo **Thursday 23 July**

Ballarat **Tuesday 21st July**
Mt Gambier **Thursday 9th July**

To register visit www.pfts.com.au/essentials or phone 1300 715 882

THE DEBUTANTE DIARIES

Wednesday 1st July at 8pm
Wesley Performing Arts Centre - Horsham

Kate McLennan's one-woman show, The Debutante Diaries, was an overwhelming success at the 2007 Melbourne International Comedy Festival. Kate take audiences back to their high school days, as she plays a range of debzillas hilariously navigating their way through adolescence. Experience first love, first kisses and first heartache all over again.

Book online at www.wesleypac.com.au or Chisholm Hi Fi on 5382 4343 (\$2 per ticket booking fee applies).

MELBOURNE BREAKS

Saturday 11th July from 7pm
Wesley Performing Arts Centre

Award-winning break dance hip hop theatre show, Melbourne Breaks will blow audiences away with high energy tricks and feats at Wesley Performing Arts Centre on Saturday 11th July from 7pm.

An inspiring story for the whole family about a group of boys who became the best breakdancers in Australia. This performance, featuring three-time national champions Wicked Force Breakers, has to be seen to be believed.

Melbourne Breaks relates to everyone and will have the whole audience clapping and cheering - don't miss out!

Tickets \$10 students, \$25 adult, book online at www.wesleypac.com.au or get your tickets at Chishold Hi Fi on 5382 4343 (\$2 per ticket booking fee applies).

There will also be a free workshop with the stars of the show at the Avenue Dance Studio at 1.30pm on Saturday 11th July. Contact Graeme Russell on 5382 6578 to book.

SCTT 2009 PROJECT UPDATE

SCTT 2009 has been piloted across the state and the results have been evaluated and incorporated into the final suite of tool templates. The changes include:

- Better recording and communication information about children and families.
- An increase in carer information collection.
- The Service Coordination Plan will now be called the Care Coordination Plan. It will be underpinned by improved care planning practice. A project currently being developed will address workforce development needs for care planning as identified through the sector for PCP and agency staff and practitioners and will also support the Integrated Chronic Disease Management Workforce Strategy.
- There will be a new Palliative Care supplementary information tool. It will support a consistent state wide approach to referral to Palliative Care Services consistent with Service Coordination.
- Amendments that will better align the templates with corporate and national data requirements.
- VSRF - Further improvements have been made to the state wide common referral form for GPs. It will include a number of additional data items to facilitate referral between General Practice and outpatients/specialist services. The three new tools will cover orthopedic, maternity and urology specialist services.

Vendors and client application and e-referral systems are currently implement the revised SCTT, the VSRF and the PAV. These changes will be available to the sector from 1st July 2009. The SCTT 2009 Guidelines will be completed and printed ready for use in August 2009.

Training in the SCTT 2009 and the launch of reviewed Victorian Service Coordination Practice Manual will be held in the Grampians Region on:

Friday 14th August at 10am to 12.30pm - HORSHAM
Monday 17th August at 10.30am to 1pm - BALLARAT

For more information contact Geoff Witmitz at Wimmera PCP on 5362 1225.

ONE DAY TRAIN-THE-TRAINER COURSE IN NO BULL SUPPORT

Are you keen to help the people in your community who support others?
 The Bouverie Centre is offering a free course in how to facilitate NB Support Workshops!

No Bull Support is a half day workshop designed to educate and support lay people who have contact with families and individuals affected by natural disasters, such as drought and bushfires (for example, vets, volunteers, hairdressers, teachers, small business owners and community leaders, etc.).

No Bull Support is not about teaching therapy or counselling but rather aims to provide easy-to-follow guidelines on supporting someone in trouble, when and how to provide referral options and attending to self care.

The Train the Trainer Program includes:

- A detailed explanation of the 3 1/2 hour NB support workshop.
- Opportunities to reflect on facilitation styles and strategies.
- Resources you will need to facilitate the program, which have been revised for 2009.

Who should attend - Counsellors / Rural Support Workers who can commit to presenting a minimum of 1 NBS workshop in 2009 including past participants who did not go on to run an NB support workshop.

Monday July 6th and 20th from 10am to 4pm
 The Bouverie Centre, 8 Gardiner Street Brunswick

To register or for more information contact Carmel Hobbs on 9381 0336 or email c.hobbs@latrobe.edu.au

LESSONS AT LUNCH - BEAUFORT COMMUNITY HOUSE

Sunday July 29th from 12 noon

Beaufort Community Bank Complex, Park Road Beaufort

A 2 course gourmet lunch with guest speaker Elaine Smith - \$25 per person

Door prizes and raffle in support of Redkite and Very Special Kids

A literary experience with Elaine Smith - renowned gardener and author of
Earimil Gardens - My Labour of Love

Elaine has built her magnificent garden on the Mornington Peninsula from scratch. She will speak about her gardening, her life and show a short DVD of her beautiful garden. You will have the opportunity to meet and speak with her, purchase her wonderful book and have it signed.

RSVP to Angela on 5349 1184 or email bchlc@netconnect.com.au

Tables of 10 available.

GIRLS NIGHT OUT - FASION - FOOD - FRIVOLITY

Friday July 10th from 7pm till Late

Quantong Recreation Reserve
\$20 early bird tickets (\$25 at the door)

Fashion Shows - Chef's Toolbox Demonstration - Hamper Auctions

For more information and to arrange transport contact Andrea on 0400 425 254

OPEN MEETING - BUSINESS HORSHAM

Tuesday 7th July from 7pm (finger food from 6.30pm)

University of Ballarat Auditorium, Baillie Street Horsham

7pm - Welcome

7.15pm - Bill Munday - Telstra Country Wide, Gary Howden T [Life]

7.30pm - Joy Hall and Rebecca Collins - Consumer Affairs Victoria - Doing Better Business

7.50pm - Margi Cousins - VECCI - IR Law Update - In Effective 1st July

8.10pm - Business Horsham Update

8.20pm - Open Floor Questions

\$10 members, \$20 non-members

For more information contact 5381 1234 or email info@businesshorsham.com.au

WORRIED ABOUT YOUR MEMORY?

Alzheimer's Australia Vic, the Victorian Veterans Council and the RSL Vic Branch are offering presentations to the Victorian veteran community that will explore:

How memory works;

Memory changes; and

Useful tips on looking after your brain.

Tuesday 7th July 2009 from 2pm to 4pm

Horsham RSL

For further information contact the Sub-Branch on 5382 5912

AUSTRALIAN GOVERNMENT MOBILE SERVICING UNIT

Farmers, irrigators, small businesses and the general public are being encouraged to visit the Australian Government Mobile Servicing Unit when it visits your region, to learn about the improvements to drought assistance measures and support services as well as Centrelink payments and services.

Whilst our primary focus is around Drought Assistance for Farmers and Small Businesses we are able to deal with any Centrelink or Medicare enquiry and encourage the Community to take advantage of the services available from the Mobile Unit.

The bus will be available on the Median Strip, Cromie Street Rupanyup on 21st July between 9.30am to 4.30pm

The mobile servicing unit is essentially a fully-functional mobile office. Staff on the bus can provide information on all Centrelink payments and services and assist with completing claim forms.

ANNUAL INFORMATION EVENING - HORIZONS SERVICES

Wednesday July 22nd from 5.45pm to approx 7.45pm
Horizons Services Building - 28 Urquhart Street Horsham

The information evening is a cornerstone of Horizon's annual planning processes; and they encourage service providers and their staff to join with them at this event.

This is a forum to ask questions, make suggestions, network, meet staff, provide feedback, set future directions and learn more about the various programs and overall service provision; as well as exploring possible partnership opportunities and/or collaborative service provision.

If you have staff who have attended a previous Information Day or Evening, it is strongly encouraged you send along any new staff who may not be familiar with the service at Horizons.

For more information contact 5382 5430 - RSVP by Wednesday July 15th.

ACTIVE MEDIA AND ACTIVE INFORM

Active Media and Active Inform are now available in new format. Use the links below to access the latest editions.

Active Media

[www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/AM_June_2009.pdf/\\$File/AM_June_2009.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/AM_June_2009.pdf/$File/AM_June_2009.pdf)

Active Information

[www.goforyourlife.vic.gov.au/have/admin.nsf/Images/Active_Inform_June09.pdf/\\$File/Active_Inform_June09.pdf](http://www.goforyourlife.vic.gov.au/have/admin.nsf/Images/Active_Inform_June09.pdf/$File/Active_Inform_June09.pdf)

PRIMARY HEALTH WEEKLY BULLETIN - 25th 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=25/06/09

In this edition:

- Seminar: Relating to ourselves - using narratives to improve the health of immigrant and refugee women.

'MOTIVATION' BY LISA COSSON

What would you do if you knew you wouldn't fail?

What would you do if you knew you could not fail? What kind of person would you be? What would a typical day look like?

There's a reason that star-gazing provokes the most powerful dreams. They're right there for the taking, yet you can't touch them. Their distance only feeds an ability to inspire. Dreams may seem out of reach, but that's not the point of dreams. They're there to be felt, not touched or dissected.

What a star is made of is meaningless to a moonlit dreamer. The epic possibilities are what's important. The payoff is not so much in the destination as it is in the journey.

By following your dreams, you make their beauty a part of who you are. Your life begins to shine. You become a better person. By chasing that star, you've already captured its magic.

Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.

Louisa May Alcott, author

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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