

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



## 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

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### PCP Administration

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## NAIDOC WEEK ACTIVITIES

Flag Raising - Welcome to Country - Smoking Ceremony  
Dancers - Morning Tea

### Monday July 6th from 10am

Grains Innovation Park, Natimuk Road Horsham

Barengi Gadjin Land Council (BGLC) and DSE present their NAIDOC Week Celebration event. Please come along and join in the fun.

Please contact Tracey Rigney at BGLC on 5381 0977 or email [tracey.bglc@bigpond.com](mailto:tracey.bglc@bigpond.com) if you need a lift or RSVP to Melissa Douglas at DSE on 5362 2314 or email [Melissa.douglas@dse.vic.gov.au](mailto:Melissa.douglas@dse.vic.gov.au)

## TAKE A BREAK CAMPS - FREE HOLIDAY PROGRAM

An opportunity for rest, relaxation and some family holiday fun! Available to families and couples from communities affected by the 2009 bushfires.

These fully catered camps offer an opportunity to have a short break holiday where meals and accommodation are provided at no charge.

Camps during 2009/2010 will be held at:

Norval, Halls Gap

Portland Bay Lodge

Grantville Lodge - Westernport Bay

To register for a camp please visit [www.takeabreakcamps.org.au](http://www.takeabreakcamps.org.au)

Recognising an opportunity to support communities affected by the 2009 bushfires, the 'Take a Break Camps' program is provided by the Uniting Church in Australia, Synod of Victoria and Tasmania.

## HERE, NOW AND NEXT: THE STATE OF AFFAIRS FOR YOUNG PEOPLE AND WORKERS IN VICTORIA

**14th and 15th October 2009**

YACVic's 2009 State Conference - Mecure Ballarat Hotel and Convention Centre

A conference for Youth workers and young people, teachers, community development workers, local government workers, psychologists, policy makers, researchers and academics.

The conference title, Here Now and Next is broad enough to capture the main themes that YACVic staff and volunteers have identified to date.

Here - relates to the themes of regional disadvantage, public space and urban design.

Now - relates to current hot topics and issues such as the global financial crisis, mental health, climate change, alcohol and violence.

Next - is concerned with new and emerging issues and ideas such as social networking and other new technologies, the professionalisation of the youth sector, youth lead initiatives and the future of youth participation.

To get yourself on the conference e-list email [info@yacvic.org.au](mailto:info@yacvic.org.au) with the subject heading "Conference 2009".

## BONE DENSITY TESTING

**Tuesday July 28th**

Wimmera Health Care Group Radiology Dept

Doctor's Referral Required - Car leaving Harrow Bush Nursing Centre at 8am  
Cost \$90, not reclaimable

Bone density testing is a medical procedure used to determine bone density or strength. It can identify osteoporosis (when bones become less dense, lose strength and break more easily due to calcium loss) or osteopenia, a milder form of bone loss.

To book a seat in the car phone 5588 2000.

## SUPPORT OUR STUDENT'S FUTURE

Please sign this petition to stop the youth allowance changes and forward it on to as many people as you can. More signatures are needed for better defence when this issue is discussed again at the senate review.

[www.greensmps.org.au/content/petition/changes-youth-allowance](http://www.greensmps.org.au/content/petition/changes-youth-allowance)

## HEATWAVE

With the release of the Heatwave Planning Guide at a forum on 12 June 2009, there is a lot of activity happening around heatwave planning. The winter will provide an opportunity to prepare for the summer season.

Wimmera PCP is meeting with council to support planning, Jan Hall spoke about our post Heatwave review.

The latest edition of the Heatwave newsletter provides an update on heatwave planning, the Chief Health Officer's report on the January 2009 Heatwave and the Victorian Climate Change Green Paper.

For further information, please visit the new Heatwaves website at [www.health.vic.gov.au/environment/climate/heatwave.htm](http://www.health.vic.gov.au/environment/climate/heatwave.htm)

## AUSTRALIAN GOVERNMENT ENERGY EFFICIENT PACKAGE

The Energy Efficient Homes Package includes:

- Up to \$1600 for owner-occupiers to install ceiling insulation through the Homeowner Insulation Program; or
- A \$1600 rebate for owner-occupiers, landlords or tenants to replace their existing electric storage hot water system with an eligible solar or heat pump hot water system, and
- Up to \$1000 for landlords or tenants to install ceiling insulation in private rental and other properties (including holiday homes) through the Low Emission Assistance Plan for Renters.

On 1 July 2009 the main phase of the insulation programs will be commencing some key changes which include:

- Program Guidelines from 1 July 2009, which are available at [www.environment.gov.au/energyefficiency/](http://www.environment.gov.au/energyefficiency/)
- An online registration process for installers.
- Eligible persons will be able to arrange installation of insulation without having to make any payment in most cases.
- Homeowners and landlords will be able to find a registered installer online or via the call centre on 1800 808 571.

## HANDBURY FELLOWSHIP - 2009 ROUND NOW OPEN

The 2009 Helen and Geoff Handbury Fellowship Program is now open for applications from people across Western Victoria keen to develop innovative and significant community research projects.

The program helps individuals and groups to undertake research projects that contribute to sustainable economic, social, cultural, educational or environmental benefits for the region. Successful applicants receive financial support of up to \$40,000.

The following research themes have been identified as areas of interest for the region. These include: place and environment; technology and resources; learning and education; health care and medicine; arts and symbolism; conflict and violence.

For further information on the program and to apply, please visit [www.rmit.edu.au/browse;ID=rob5a91qjkkkz](http://www.rmit.edu.au/browse;ID=rob5a91qjkkkz)

## HELP CONVINCING THE FEDERAL GOVERNMENT THAT REGIONAL AUSTRALIANS VALUE THE ARTS

Do you want more creative and artistic opportunities in your local community?

How can the arts play a stronger role in your region?

Follow the below link to complete a short survey.

You do not need to be involved in the arts, you just need to have an interest in shaping the creative future of regional communities.

Have your say - visit Regional Arts Australia's online survey for regional Australians at [www.rav.net.au/about-us/news-media/story/125/](http://www.rav.net.au/about-us/news-media/story/125/)

## ACO2 PRESENTS THE FIDDLERS

**Friday 17th July at 8pm - Wesley Performing Arts Centre**

The Australian Chamber Orchestra's Emerging Artists ensemble, ACO2 present a folky celebration of two centuries of string music with The Fiddlers. Enjoy a Serenade for Strings, Chamber Music and The Fiddlers in a fresh, energetic performance style.

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

## SHINE FOR KIDS

[www.shineforkids.org.au](http://www.shineforkids.org.au)

For children of parents in the criminal justice system to participate fully in family, cultural and community life.

SHINE for Kids is a not-for-profit organisation supporting children, young people and their families affected by parental involvement in the criminal justice system by providing a range of proven programs that focus on building resilience in children to give them the foundations for a healthy future.

## DO YOU HAVE THE WRITE STUFF?

Are you a person with a disability who is interested in writing high-quality, entertaining and informative articles for a vibrant community-focused website?

An innovative new website is offering the exciting opportunity for you to share your passion, intellect and unique experiences with thousands of other Victorians.

The new website will be written for and by people with a disability and hosted by the Victorian Government.

We are looking for contributors who can produce regular feature articles, opinion columns, reviews, news stories and general interest pieces on a wide variety of topics. Regular contributors will be paid for published articles.

To express your interest in contributing to the website, please contact Jason Hill on 9208 3052 or email [Jason.hill@dpcd.vic.gov.au](mailto:Jason.hill@dpcd.vic.gov.au)

## ARTISTS IN SCHOOLS

Free information sessions for Artists and Teachers 2009

**Horsham - Thursday 16 July**

**Melbourne - Monday 20 July**

**Warrnambool - Monday 27 July**

The program provides grants of \$6500 for professional practicing artists to work in a Victorian school for up to 20 days.

Visit [www.arts.vic.gov.au](http://www.arts.vic.gov.au)

Printmakers  
Jewellers  
Film Makers

Designers  
Digital Artists  
Dancers

Writers  
Sculptors  
Playwrights

Poets  
Musicians  
Puppeteers

Fashion Designers  
Installation Artists

Performers  
Composers

## CRCAH'S BI MONTHLY NEWSLETTER

[www.crcah.org.au/communication/Enews/Gwalwa-Gai19/gwalwagai19.html](http://www.crcah.org.au/communication/Enews/Gwalwa-Gai19/gwalwagai19.html)

The edition includes stories on:

- A recent analysis of the economic benefits of CRCAH research.
- New CRCAH reports and other publications.
- The upcoming AIATSIS Conference on urban Aboriginal and Torres Strait Islander experiences.
- New research on cannabis use and its impact.
- And the latest on the Healing Our Spirit Worldwide meeting in Hawaii next year.

## NATIONAL DIABETES WEEK - 12 TO 18 JULY

Each year Diabetes Australia celebrates National Diabetes Week to raise awareness about diabetes in Australia. The campaign aims to educate Australia of the risk factors for type 2 diabetes and how type 2 can be prevented.

### **Type 2 Diabetes**

**Risk Factors:** many Australians, particularly those over 40 are at risk of developing type 2 diabetes through lifestyle factors such as physical inactivity and poor nutrition. Family history of diabetes and genetics also play a role in type 2 diabetes.

### **What can you do to lower your risk of developing type 2 diabetes?**

Your lifestyle choices can prevent, or at least delay, the onset of type 2 diabetes. You cannot change risk factors like age and your genetic background. You can do something about being overweight, your waist measurement, how active you are, eating habits, or smoking.

If there is type 2 diabetes in your family, you should be careful not to put on weight. Reducing your waist measurement reduces your risk of type 2 diabetes. By increasing your physical activity and improving your eating habits you can lower your risk. Eat plenty of vegetables and high fibre cereal products every day and use a small amount of fats and oils. Monosaturated oils, such as olive or canola oil, are the best choice.

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

## LEARN CPR IN YOUR OWN TIME AND PLACE AT YOUR OWN PACE

Australian Red Cross has developed an online version of their highly regarded Red Cross Perform CPR course, Perform CPR - Online.

Perform CPR - Online will provide you with the knowledge and skills necessary to maintain breathing and circulation in an adult, child or infant following cardiac arrest.

It is a Red Cross goal to have at least one member of every household proficient in first aid and cardiopulmonary resuscitation (CPR). Perform CPR - Online provides a convenient, comprehensive and cost-effective way to ensure you are prepared to save a life.

Visit [www.redcross.or.au/firstaid](http://www.redcross.or.au/firstaid) to register for the course and follow the links to Online CPR Training, or call 1300 367 428 to discuss with a friendly Red Cross first aider.

## SADAKO AND THE THOUSAND PAPER CRANES

**Friday 17th July at 11am**  
Wesley Performing Arts Centre

An ordinary feisty 12 year old Sadako Sasaki dreams of one day becoming Japan's greatest ever runner until she is struck down by a terrible illness caused by radiation from the atom bomb dropped on her home town of Hiroshima when she was only two.

But Sadako is full of the spirit of life and never gives up hope. She believes that one day she will gain run like the wind...if only she can fold a thousand paper cranes. This production literally unfolds before your eyes with an astonishing over-size origami set, highly theatrical staging, evocative Japanese music, and even a little magic, to produce one of the most beautiful and memorable theatrical events for young people.

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

For a community to be whole and healthy, it must be based on people's love and concern for each other...

## 'MOTIVATION' BY LISA COSSON

### Conquering Your Fears Through Action

Life brings with it many doubts and fears. But the unknown and the untried have held more people back than any lack of ability. Most successes are never seen because they're never attempted. The courage to face your fears can build momentum that creates magic. Each time you overcome an obstacle, a fear or a step back, you gain confidence. Every small victory helps you feel more certain of yourself and your direction, pushing you further and faster than you ever thought possible. You can do it!

What's holding you back? True, fears are intimidating. So start small. Believe in yourself and take one small swipe at your fear today just to see what happens. If you can't talk yourself past the "point of no return", get a friend to help. In the end, half of the doing is in the deciding. If you stumble, don't be afraid to brush yourself off and jump back in.

What do you fear? What do you doubt? How much or little will you stumble if you did give it a go? What potentially will your successes allow you if you had the courage to face this fear?

Ponder a short moment and see if you can gain some confidence to take action!

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 - [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

## HEALTHY RECIPES

Are you looking for FREE & HEALTHY recipes...well look no further...visit [www.betterhealth.vic.gov.au](http://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@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

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