

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



SMALL GRANT

The small grant round for the Australian Disability and Indigenous Person's Education Fund is currently open. Quarterly deadlines are September 30th 2009, December 31st 2009, March 31st 2010 and June 30th 2010.

Small grants of up to \$2500 are being made available to individuals with disabilities to continue their education.

People with disabilities of any age may apply for any assistance to help with both formal and informal education. While people may need assistance to complete the application, a letter in the persons own words telling why they want to learn is required.

For more information contact Michelle Pitman on 5382 5607 or email vmp@wimmvol.com.au

HARP & EARLY INTERVENTION IN CHRONIC DISEASE FORUM

The HARP/ElICD forum is the first of its kind and is an important step in enhancing the relationship between HARP and ElICD services to work more closely to address the needs of clients with chronic and complex needs. This forum will provide an excellent networking opportunity for HARP, ElICD and PCP staff.

Wednesday 22nd July from 9.30am to 2.45pm
Windsor Hotel - Spring Street - Melbourne

For more information visit www.health.vic.gov.au/communityhealth/cdm/index.htm

CENTENARY BALL

11th July 2009 from 8pm to 1am

Presented by the Natimuk and District Soldiers' Memorial Hall

\$10 admission - Supper Provided
Music by Keychange

Sashes for Best Formal Gown, After Five Wear and Beau of the Ball

Tickets available from Nati Post and Paper and Rose Mackley

AGFUTURES FORUM - WARRACKNABEAL

Thursday 23 July from 8.45am to 12.30pm

Warracknabeal Racecourse, Henty Highway Warracknabeal
Forum will conclude with a FREE lunch

Ag Futures assists farmers and farming communities to make sense of the changes that will affect agriculture in the future and enables better long term decision making.

Guest Speakers: Ginny Forrest - David Drage - Rob Sonogan

To register call 0428 303 291 or email lucy.breen@dpi.vic.gov.au

BEYOND THE BUSHFIRES - CALL FOR STORIES

Rural Women's Network

The start of 2009 will go down in memory as one of the most tragic in the history of Victoria as bushfires swept across the state, leaving devastation in their wake. Now, we would like to capture the stories emerging of the extraordinary contributions that women are making to the rebuilding of these communities...leading the way beyond the bushfires.

In its 75th edition the Network newsletter, published by the Rural Women's Network, will focus on what women - wherever they live in Victoria - are doing to help rebuild lives of those directly affected by the 2009 bushfires.

Who we would like to hear from

We want to hear from women living and working in all fire-affected areas of Victoria. We are also interested in hearing from other rural and metropolitan women who are involved in bushfire recovery activities.

Story ideas

We are looking for inspiring, empowering and informative articles that tell the story of beyond the bushfires from a women's perspective. A variety of themes will be covered: art, tourism, volunteering (fire, community organisations, hospitals, veterinary), shelter, conservation, how to keep history alive, fundraising efforts, the work of government and non-government, local government, schools, children, young people, partnerships formed with other Victorian women. As this is truly a women's community publication, writers with all levels of skills and experience are encouraged to send their submissions.

What you need to do

- Submissions should be made by email or post and include your address and phone number.
- Your stories and letters must be written in the first person.
- Length: max of 500 words - however, 250 - 300 words are preferred for articles; 100 words for letters.
- Photographs are welcome as well as other artwork - along with captions/short descriptions of the idea behind the photograph/artwork.

Submissions can be mailed to Rural Women's Network, GPO Box 2392 Melbourne 3001 or emailed to ruralwomen@dpcd.vic.gov.au

MILLINERY COURSE - HAT MAKING

With Milliner Walruad Reiner

How to make a stunning hat in a professional manner, learning beginners to advanced skills in millinery. Waltraud provides a skilled millinery knowledge base allowing your creativity to flourish. You will overcome some of your limitations, while learning professional skills in working with sinamay, jinsin, feathers crinoline and other material you might bring along yourself.

Saturday 15th and Sunday 16th August 2009 from 10am to 4pm

Wimmera HUB - cost \$298 incl material for one hat.

To book phone 5382 5111 or email info@hub.org.au

WIMMERA VOLUNTEER'S BLOG POST

Wimmera Volunteers have a new blog post, this weeks topic is:

Being 'Change Agents' in a Climate of Change

Check out the article and make a comment in the blog section. To view go to:

www.wimmeravolunteers.blogspot.com/2009/07/being-change-agents-in-climate-of.html

SNOW IN STAWELL - STAWELL SNOWFEST

24, 25 & 26 July

Friday 24th from 2pm

Realistic Snow Falls - Friday Only
Ice Sculpting and Snowman Making
Jumping Castle and heaps of activities for the kids
Lake Night Shopping till 8pm
Roasted chestnuts and hot jam donuts
Talent on tap - local café night
MIXX FM live broadcast 12-4pm

Saturday 25th

Saturday morning shopping
Lights and Sirens Ball Saturday Night

Sunday 26th

Stawell Farmers Market

WORKING WITH WOMEN WITH DISABILITIES EXPERIENCING VIOLENCE

A forum for workers in the Disability and Family Violence Sectors

Tuesday 21st July 2009 from 10am to 3pm

Northcote Town Hall, High Street, Northcote

Featuring:

- Keynote speaker: Dr Gill Hague, Bristol University, UK - Chair, Violence Against Women Research Group, Co-author 'Making the Links: Disabled Women and Domestic Violence', SAFE: The Domestic Abuse Quarterly, Summer, (pp. 1-5) 2008.
- Panel of women speaking about their experiences.
- Examples of best practice in local areas.

A forum presented by Northern Integrated Family Violence Services, Victorian Women with Disabilities Network, and the Family Violence Actioning Interdisciplinary Research Project, University of Melbourne.

For more information contact the Family Violence team at Women's Health in the North on 9484 1666.

BLUE RIBBON GALA BALL

With the Victorian Police Show Band

Saturday 8th August from 7pm till late

Horsham Town Hall

Pre Ball Drinks from 7pm to 8pm

Dress: Black Tie/Formal

BYO Drinks/Nibbles

Admission, savouries, complimentary wine and glass: \$40 per head

For bookings call 5381 0481 or 0427 823 615.

Tickets also available from Vamparella at 102 Firebrace Street, Horsham.

All funds raised will support the Emergency Department at Wimmera Health Care Group

GAMBLERS ANONYMOUS VICTORIAN COUNTRY MEETINGS

- Ballarat - Monday's from 7pm at Community Learning Place, 507 Eyre Street
- Bendigo - Thursday's at 7.30pm at Bendigo Neighbourhood House, 21 Neale Street
- Geelong - Fridays at 8pm at Uniting Church Hall, Cnr Moorabool & Fynes Streets

For more information email ga_victoria@hotmail.com or visit www.gamblersanonymous.org

WOMEN'S HEALTH GRAMPIANS NEWSLETTER

www.whg.org.au/uploads/files/16_Womens%20Health%20Grampians%20June%202009%20Newsletter.pdf

Topics include:

- Papscreen Victoria's state-wide television advertising campaign - Don't just sit there.
- Information on White Ribbon Day.
- WHG's involvement in 'I'm Not Like Paris' magazine.
- AWHN Conference reminder.
- Voice FM regular radio spot.

VETERAN BEST PRACTICE: WORKING WELL WITH OLDER VETERANS, WAR WIDOWS & DVA

Tuesday 22nd September from 9am to 12.30pm
Ararat RSL, 74 High Street, Ararat

The Department of Veterans' Affairs offers a warm invitation to representatives from your organisation to attend an Aged Veteran Best Practice seminar. These popular seminars have been conducted nationally for aged care providers and developed with industry input. The seminar aim is to increase provider knowledge and awareness of older members of the veteran community and their health entitlements and other services. The veteran community makes up approximately on quarter of aged care service recipients, and has been assigned Special Needs Status under the Aged Care Act.

The response to the seminars has been very positive, with creative approaches to veteran issues resulting from the program. In many cases attendees have provided a valuable internal resource for their agency, with an increased knowledge of veteran issues and DVA services. An important outcome has also been increased awareness and appropriate usage of DVA contacts and resources. Participants will learn about DVA clients and funded services, have the opportunity to discuss how to optimize support for veterans and meet DVA representatives.

To register for this seminar send an email to agedseminar@dva.gov.au with Ararat September in the subject line.

JULY GO FOR YOUR LIFE NEWSLETTER

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

In this issue:

- Victoria walks.
- Keep the kids busy these holidays.
- Healthy holiday snack recipes.
- National Diabetes Week.
- Did you know...
- What's in season in July?
- Get behind the Melbourne Vixens
- 'Go for your life' Information Centre
- What's happening in July?

FORUM - FAMILY VIOLENCE...IS IT A CRIME?

Wednesday 22nd July from 12.30pm to 4.30pm
Jasper Hotel - Elizabeth Street, Melbourne

Victoria has a criminal justice system that includes both a criminal and civil response to family violence. Have the scales tipped too far in favour of a civil response? The aim of this forum is to explore how violence against women by their intimate partner is being treated by the criminal justice system. There are theories that both suppose and oppose criminalization of violence; however as a society are we treating violence against women as less serious than other types of crimes?

Speakers: Heather Douglas - Wendy Steendam - Adrian Howe.

To register phone DVRC on 9486 9866 or email dvrcv@dvrcv.org.au

HELPING FAMILIES THROUGH TOUGH TIMES

You are invited to attend a free 1 day regional workshop for Counsellors and Rural Support Workers, focused on responding effectively to the emotional needs of families and communities affected by natural disaster.

This training is available to rural support workers and counsellors working in a range of contexts, including: Community Health, Primary Health, Division of GP's, local government, non-government and not-for-profit organisations.

We will combine our own family therapy expertise with workers' acquired practice wisdom about effective ways of engaging with and attending to the needs of people impacted by recent natural disaster. The day's agenda will include:

- Research outcomes from our 2007-2008 work with Drought Counsellors across Victoria, focused especially on providing accessible and effective practical and emotional support to individuals and families struggling through hard times.
- A recommended model of working to engage people who are reluctant to seek help: successful community development strategies; combining practical and emotional support; using key practice principles from No Bullshit Therapy and Single Session Work.
- Concepts from family therapy and trauma theory, focusing on the impact traumatic events have on family relationships, and providing sound therapeutic principles for working with families recovering from such events.
- Debrief and discussion of effective ways of managing the impact of secondary trauma and worker burnout.
- Opportunities for practical skill development and networking across services.

Tuesday 25th August - Ballarat
Wednesday 11th November - Stawell
From 9.30am to 4.30pm - cost FREE

To register please email c.hobbs@latrobe.edu.au or for inquiries phone Carmel on 9385 5100.

CHRONIC FATIGUE SYNDROME: RECENT RESEARCH AND TREATMENT

Wednesday 22nd July at 7pm
Function Room 1, Manningham Function Centre, Civic Centre, 699 Doncaster Road

Presented by Professor Kenny De Meirleir, Free University of Brussels, Belgium

To book email research@cfsdiscovery.com.au or phone 9841 4500

'MOTIVATION' BY LISA COSSON

The Destructive Power of Worry

Legend has it that 90% of what we worry about never comes to pass. Whether that is statistically precise or not, there's probably some truth to it in your life.

How much of our lives do we miss because we're agonizing over what might happen down the road? How often do we fail to act - even if it's the right thing to do - because we fear any number of possible consequences?

Fretting over the future doesn't solve any impending problems. It only paralyses your actions of the present. It stresses you out, makes you mentally and physically tired, and saps all the fun out of what could have been another great day.

Next time you start to worry about what might happen, think of this: you can prepare, but you cannot predict. So do what you can and forget what you cannot.

Worry does not empty tomorrow of its sorrow. It empties today of its strength.

Corrie Ten Boom, author and 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@grampianscommunityhealth.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@grampianscommunityhealth.org.au

Phone: 5362 1223 or 0428144812

Geoff Witnitz - Agency Liaison Officer

geoff.w@grampianscommunityhealth.org.au

Phone: 5362 1225 or 0428358672

Donna Bridge - Agency Liaison Officer

donna.b@grampianscommunityhealth.org.au

Phone: 5362 1221 or 0429 174 763

Jan Hall - Project Officer

janet.h@grampianscommunityhealth.org.au

Phone: 5362 1226

Taryn Marks - Project Officer

taryn.m@grampianscommunityhealth.org.au

Phone: 5362 1226 or 0458 208 833

Kellie Uytdehaag - Admin Assistant

pcpadmin@grampianscommunityhealth.org.au

Phone: 5362 1222