

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



## HAVE YOU PREPARED FOR A SECURE FUTURE

Want to know more? What to know how?  
The State Trustees are providing an information session on  
**Enduring Power of Attorney**

**Monday 3rd August from 2.30pm to 4.30pm**

Reception Room - Horsham Rural City Council  
Roberts Avenue, Horsham

### Topics Include:

- How the State Trustees can work with you or a client.
- What to do when you are feeling financially viable.
- How to manage organising for bill payment.
- What to do when ill health or loss of mobility causes difficulties with banking.
- What is the role of the Victorian Civil and Administrative Tribunal (VCAT) in regards to Enduring Powers of Attorney (financial) and Administration Orders.

This session is suitable for individuals, family members and case managers.

Supported by Wimmera Volunteers and Hindmarsh Shire Council.

## CARERS COME AND TRY DAY

For the Primary Carer who is registered with Wimmera Community Options/Carer  
Respite Centre

**Wednesday 12th August from 11am to 4pm**

- |                  |   |
|------------------|---|
| 11am to 12am     | Personal Fitness Demonstration with Bobbi & Keith at Nu-start Lifestyle 56a Darlot Street Horsham. Wear loose casual clothes & running shoes. First 10 people only!       |
| 12.10 to 12.50pm | Asian-Style Dinner prepared by Paul and staff at Thai Basil Restaurant, 41 Darlot Street. One meal voucher will be issued to the first 12 carers who book this event.     |
| 1pm to 4pm       | Personal Safety Seminar with local Emergency Service Personnel at First Station, 35 Hamilton Street. Interactive sessions with services followed by afternoon tea for 30. |

Try one or try all. Register your booking at Wimmera Community Options, 3 Robnson Street Horsham. Phone 5381 9336.

## KAHLIL ASHANTI IN BASIC TRAINING

**Tuesday 21st July at 8pm at Wesley Performing Arts Centre**

Kahlil Ashanti returns to Australia having conquered Fringe Festivals all over the world. His autobiographical show, Basic Training, chronicles his time in the military where he learned to serve his country using his talent as his weapon. This unique blend of comedy, drama and dance features Ashanti narrating 23 hilarious larger than life characters in his hilarious tale of survival and redemption.

Book online at [www.wesleypac.com.au](http://www.wesleypac.com.au) or phone 5382 4343.

## PROFESSIONAL DEVELOPMENT FOR EDUCATORS

The Cypersafety Outreach - Professional Development for Educators is a free, one day accredited workshop. This comprehensive internet safety workshop covers topics including how children use technology, digital literacy, cyberbullying, identity protection and legal responsibility of schools to minimise risk.

Bendigo - 30th July

Echuca - 30th July

Mildura - 6th August

Werribee - 8th August

Melbourne - 22nd October

Melbourne - 11th November

Geelong - 19th November

Sunbury - 24th November

Warrnambool - 3rd December

To book email [cyversafety@dacma.gov.au](mailto:cyversafety@dacma.gov.au) or phone (02) 9334 7799.

## THE APPRECIATIVE MANAGER: LEADING & MENTORING YOUR TEAM FOR SUCCESS

**Monday 31st August and Tuesday 1st September 2009**

Ballarat Lodge - Victoria Room, 613 Main Road, Ballarat

From 9am to 4.30pm

### Appreciative Management

Appreciative Managers draw on and amplify the strengths of themselves, their staff, clients, organisation and community. New ways of managing are emerging which focus on 'what works', rather than on 'what doesn't'.

An ancient proverb says that whatever we pay attention to grows; paying attention to something invests it with more energy. So why not focus on strengths?

Appreciative Managers pay attention to what they value and bring out the best in people. This requires a shift from a mindset that looks for problems or deficits to one which builds on strengths, celebrates success and leverages learning and performing to the highest level.

### And Leadership

This two day workshop, which makes up part of our Leadership Series will:

- Introduce you to Appreciative Inquiry and Reflective Practice.
- Clarify your role as Manager and/or Leader in your organisation.
- Provide you with a practical tools and skills as a mentor to your team.
- Challenge you to work positively through change.

To register email [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au)

## PLANNING, RESPONDING TO AND BUILDING RESILIENCE IN OUR CHANGING ENVIRONMENT

Critical Incident Stress Management Foundation Australia - 5th Bi-annual Conference

**Monday 9th and Tuesday 10th November 2009** - The University of Melbourne, Melbourne

Theme: the many changes to our physical and social environment over recent years present real challenges. These will effect how we plan for, respond to and continue to build resilience in both our professional and community life. This conference will examine implications for those working in the fields of crisis/early intervention, traumatic stress, emergency services, disaster response and community development. We constantly need to be searching for more effective ways to support those facing critical incidents such as the recent floods and bush fires as well as the cumulative stress associated with living in an increasingly complex world. Internationally renowned speakers will assist us to explore the implications of living in a challenging environment.

For more information visit [www.cismfa.org.au](http://www.cismfa.org.au) or email [cismfa@bigpond.com](mailto:cismfa@bigpond.com)

## REGIONAL ARTS FUND: ROUNT 2 PROJECT GRANT APPLICATIONS NOW OPEN

New community grant categories have been developed in response to the increasing competitiveness of the Regional Arts Fund. This change recognises that the RAF is not simply funding for arts projects in regional Australia; it exists to stimulate arts and cultural development in regional, remote and isolated communities and among communities new to the fund. The same eligibility will apply across all categories, but new categories will ensure that smaller, more developmental projects can be fairly represented among grant recipients.

### Quick Response Grants

Applications for Quick Response Grants are now open. Funding of up to \$1500 is available for regional artists, arts organisations and communities who would otherwise be ineligible for other forms of financial assistance for small cultural projects or professional development.

RAF objectives and eligibility criteria also apply to these grants and applicants are strongly encourage to discuss their application with RADO or other RAV staff member prior to lodgement.

For more information visit [www.rav.net.au/funding-and-resources/fund](http://www.rav.net.au/funding-and-resources/fund)

## \$73,805 IN REGIONAL ARTS FUNDING ANNOUNCED FOR VICTORIA

The Minister for the Arts, the Hon Peter Garrett AM, has announced that funding for 8 projects totaling \$73,805, will go to regional, rural and remote communities across Victoria.

One of the successful projects was:

- In Horsham, artists Nick Wilson, Erin Hall and emerging local artist, Ben Leslie will work with Horsham's Men's Shed and the ConnectEd youth program to construct a series of kinetic wind powered sculptures as part of the Art is...Elemental Festival.

A complete list of successful applicants can be found at [www.rav.net.au/about-us/news-media/story/144/](http://www.rav.net.au/about-us/news-media/story/144/)

## RESPONSE BASED PRACTICE WITH ALLAN WADE

**19th and 20th November 2009 - from 8.30am to 4.30pm**  
Centacare Tasmania, New Town

The response-based practice has been developed by Allan and his colleagues Linda Coates and Nick Todd on Vancouver Island, Canada, and is based on the observation that victims invariably respond to and resist violence and that perpetrators take steps to conceal and suppress these acts of resistance. By focusing on a client's responses, their actions and experiences can be explored to elicit more complete and accurate accounts of their resistance to violence and oppression. Response-based ideas can be used in a variety of direct-service settings such as therapy, child protection, housing support services, offender treatment and health care.

For more information contact Ruth or Wayne on 6278 1660 or email [Centacare.hobart@aohtas.org.au](mailto:Centacare.hobart@aohtas.org.au)

## "IN THE BIN" FILM FESTIVAL - EXPRESSION OF INTEREST

The Horsham Community Action Centre and hosting the "In the Bin" Film Festival on August 13, 14 and 15. Attendee's will participate in a 3 day film making workshop which will result in the production of 4 short films and includes a showing of twelve of the world's best short films.

Confirmed project partners are HCAC, Barengi Gadjin Land Council and Awakenings Festival, with room for more people to join in as individuals or groups.

If you would like to be part of this fantastic Film Festival please call Michaela Crompton on 5381 2077.

## STRESS DOWN DAY

### July 24th is Lifeline's Stress Down Day

Everyone experiences stress of some kind in varying levels of intensity during their lives. The important issue is how people are affected by stress and how they react or respond to the situation.

There is lots of information at [www.lifeline.org.au](http://www.lifeline.org.au) with ideas about what to do on the day and how to manage stress. You can also register as a participant. They suggest you wear your slippers to work or school. What a great idea! A stress tool-kit can be found at [www.stressdown.org.au/managing\\_stress](http://www.stressdown.org.au/managing_stress)

## HORSHAM REGIONAL ART GALLERY - NEWS

### Hooked on Books - 10th July to 30th August

A unique collection of over 90 original illustrations from Australian children's books spanning the past 30 years. Works included are by well-known and loved illustrators such as Jeannie Baker, May Gibbs, Peter Gouldthorpe, Bob Graham, Leigh Hobbs, Elizabeth Honey, Robert Ingpen, Alison Lester, Ann James, Andrew McLean, Patricia Mullins, Donna Rawlins, Gregory Rogers, Shaun Tan, Jane Tanner and Julie Vivas to name a few.

This exhibition also includes a specially created 'Little Bookroom' to house the books that the illustrations originate from. The Little Bookroom provides space for readers young and old to sit down and enter the worlds created by these illustrations and stories.

### Ponch Hawkes: Seeing is Not Understanding - 4th July to 24th August

Ponch Hawkes is a Melbourne based freelance photographer, and has been a member of Circus Oz since its inception in 1978. Her solo exhibition **Risk** was exhibited at HRAG in 2006. Hawkes work was also included in the exhibition **Beyond Reasonable Drought**, which HRAG presented last summer.

### Hannah French: Picture Stories - 10th July to 30th August

Using voice recordings of young children on a visit to the Gallery, emerging artist Hannah French has produced two short animations, **The Starving Dogs** and **The Parrots**, to accompany the exhibition **Hooked on Books**. Alisha Matheson (8) and Fern Galpin (6) discuss and create stories based on three works from the Gallery's permanent collection, **Parrot** by Brook Andrew, and **Scrap Heap Bitch** and **Four Corner Post** by Alex Lyall. The films show different interpretations and reactions to the works involved. French aims to show that any reading of a work, any story or feeling it can spark in a view, is valuable.

Hannah French is an emerging Wimmera-based artist who recently completed a Bachelor of Creative Arts at the University of Melbourne.

### A Creative Landscape - Until 26th July

This exhibition is the direct result of collaboration between the Gallery's education program, Grampians Community Health, ConnectEd, McKenzie Creek campus of Horsham College and the Horsham Branch of the Victoria Police Force as part of activities designed to engage with the community for Drug Action Week 2009. The project allowed individuals to explore and express their personal responses to drug use through art.

## PRIMARY HEALTH WEEKLY BULLETIN - 9TH JULY 2009

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=091008](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=091008)

In this edition:

- Cancer Council Victoria BreastHealth training.
- New diabetes resources for Macedonian and Spanish speaking communities.
- Seminar: Building capacity with indigenous communities.

## WHAT WE WANT TO HEAR FROM YOU!

Are you aged between 12 and 25 years of age?  
Do you want to have your say about what's important to Victorian young people today?  
Do you want to meet other young people from all walks of life?

Then come along on the **25th July** AND HAVE YOUR SAY!

The Victorian Government wants to hear from you! **Young People Direct** is a Victorian Government initiative which gives young people to a forum to talk direct to Government about what is important to you - because no one knows what matters to young people more than you.

The Victorian Government will be holding the first 2009 Young People Direct forum in Benella, and wants young people from all areas and all walks of life to come along and have their say.

On the day, there will be group discussions with all forum participants on areas such as:

- What do you think about body image issues for young people?
- What projects, led by young people, work best in regional and rural Victoria?
- What do you, and other young people, need to feel safe, healthy and comfortable?
- What do you think are the best ways for young people to get involved in the local community?
- How do you think young people cope with drug and alcohol issues?

And it's not all talk - there'll be lots of fun stuff, information and freebies, plus a free lunch and afternoon tea!

To find out more phone the Office of Youth on [youth@dpcd.vic.gov.au](mailto:youth@dpcd.vic.gov.au) or 9208 3200.

If you need help getting there please call Anna Saw on 9208 3238 or email [anna.saw@dpcd.vic.gov.au](mailto:anna.saw@dpcd.vic.gov.au)

## PROTECTING SOCIAL EQUITY - WHEN THE GOING GETS TOUGH

**Thursday 6th August and Friday 7th August**  
RACV Club, 501 Bourke Street Melbourne

VCOSS Congress 2009 will explore the challenges and opportunities for promoting social equity during the economic downturn.

- What are the impacts for community and social agencies?
- What are the new areas of need?
- What prospects might emerge from these challenging times?

The aim of this two day conference is to address contemporary policy and practice challenges posed from outside, inside and across the sector. VCOSS Congress 2009 combines thoughtful and intelligent analysis from local and international presenters with practical workshops and cross-sector networking opportunities. VCOSS members, government and not-for-profit policy makers, community sector leaders, academics, and philanthropic organisations will come together to chart new directions for promoting social equity in our changing environment.

To register visit [www.vcoass.org.au/what-we-do/congress-other-events/index.htm](http://www.vcoass.org.au/what-we-do/congress-other-events/index.htm)

## AFTER SCHOOL CLASSES - PAINTING ON CANVAS

Horsham Regional Art Gallery

Occurring later in Term 3 this popular program is aimed at primary school students. It gives participants the opportunity to create a brightly coloured, fun work of art. Local artist Nicola Clarke will guide participants through the creation of a painting on canvas.

Classes are schedule to run from 4pm to 5.15pm on Tuesday afternoons. For more information phone the Gallery on 5362 2888 or email [hrag@hrcc.vic.gov.au](mailto:hrag@hrcc.vic.gov.au)

## 'MOTIVATION' BY LISA COSSON

### Your Smallest Actions Add Up to Something Big

Everything you do makes a difference. Even if you're not on the front lines leading the effort, you have a contribution to make. Without your contribution, no matter how small, so many other things would never happen.

The world needs what you have to offer. You have no idea how the simplest of your everyday actions can affect your child, and even people you've never met. Chances are, you'll never know. But if you're looking for a purpose to work toward, all you need is the desire and the right perspective. Define yourself as your task, and that's all you'll ever be. Define yourself as your contribution to your family, and suddenly you're a very important part of a bigger picture. The biggest pictures are the ones where there's room for everyone to be seen.

*For want of a nail, the shoe was lost. For want of the shoe, the horse was lost. For want of the horse, the rider was lost. For want of the rider, the battle was lost. For want of the battle, the kingdom was lost. And all for the want of a horseshoe nail!*

**Old English rhyme**

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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