

WPCP - Partnership Member Agencies

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



NEWSLETTER

Issue 28 (2009) - July 20th

HAVE YOU PREPARED FOR A SECURE FUTURE

Want to know more? Want to know how? The State Trustee's are providing and 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

This session is suitable for individuals, family members and case managers and is Supported by Wimmera Volunteers and Hindmarsh Shire Council

For more information or to book please phone Wimmera Volunteers on 5382 5607.

WIMMERA PCP SMALL FUNDS GRANT APPLICATIONS

The Wimmera PCP's Small Funds Grants applications are available to signatories of the Wimmera PCP (Member Agencies) to support Health Promotion activities up to a maximum of **\$3,000**.

Preference will be given to applications which support any of the priority areas of:

- Physical activity.
- Social connection.
- Mental Health.

Other priorities may be considered if they meet locally identified needs.

Applications cannot be retrospective or for projects that normally be funded from another source. Conference attendance and workforce development will not be funded.

Preference will be given to those applicants who have an element of sustainability in the project and who also work in partnership with other health and/or community agencies. Partners who are broader than the health sector are encouraged.

It is intended that this money will be distributed as evenly as possible over the four municipalities within the Wimmera PCP.

Grants will be assessed as they are received by the WPCP Executive for approval at the next full Executive meeting. The WPCP Executive meet on the second Thursday of each month. Cut off dates for applications for each Executive meeting are:

- 30th July
- 27th August
- 24th September
- 29th October
- 26th November

Contact Donna Bridge for more details: 53 621 221

DIABETES MANAGEMENT AT END OF LIFE

Monday 3rd August from 6.30pm to 8.30pm

Education Resource Centre, BBH, Ballarat Health Services

Cost: \$15 Grampians Region, \$25 other

Gust speaker - Trish Dunning, Diabetes Educator - Barwon Health

RSVP to Bernadette Matthews at bernadette@bhs.org.au or phone 5320 6493

ELDER ABUSE PREVENTION STRATEGY

The Department of Human Services presents

With Respect to Age - 2009

The Victorian Government Practice guide for health services and community agencies for the prevention of elder abuse.

Your organisation is invited to attend an information session to introduce the guide in the context of the Victorian Government strategy and to assist you to understand:

- How your agency is expected to use the Victorian practice guide.
- Definition, types of abuse and considerations when planning responses, based on empowering the older person.
- How to review or develop elder abuse policies and procedures for your organisation.
- How to initiate the development of local interagency protocols.
- How to access local and statewide resources to support your service response.

Who should attend:

- Senior managers and service coordinators in: health services (particularly social work departments and emergency services); HACC programs; community legal aid services; rehabilitation centres; family violence services; Victoria Police; ACAS; CALD services; Aboriginal services; mental health services and others who work with older people (including private providers).
- Direct care workers: personal care; doctors; allied health; nurses; police; family violence, case managers; assessment officers; workers in Aboriginal communities; workers in CALD organisations.
- Other stakeholders: peak bodies; health promotion; local government; providers of Commonwealth Government funded services (including Carers programs); training providers; researchers and academics are welcome.

The guide will be available at the information session and available to download from www.health.vic.gov.au/agedcare/policy/index.htm

45 sessions will be provided from July to September 2009 - **Horsham's session is on Wednesday August 5th from 9am to 12.30pm** and **Stawell's session is on Tuesday 4th August from 10am to 1.30pm**. Register now for a half-day session in your area at www.ahaconsulting.com.au/elder.aspx or phone 1300 788 667 for more information.

GOAL SETTING AND CARE PLANNING

Wednesday 2nd September from 9.30am to 4.30pm

Ballarat Learning Exchange, 36 Camp Street Ballarat

Presented by Dr Jean Tinney and

Ms Claudia Meyer Physiotherapist, from the National Ageing Research Institute.

Program aim: to equip participants with the skills to use consistent, strategic and reflective approaches to goal setting and care planning.

Learning objectives: on completion of the program, participants should be able to identify:

- How to incorporate the principles of the Active Service Model into goal setting and care planning.
- How to develop a detailed understanding of individual client need.
- Practical approaches to facilitate and support person centred practice.
- How to set objectives to achieve individual care plan goals.
- How to interview effectively in order to develop client-centred care plans.

Target: suitable for HACC staff conducting assessments with clients in-home or in day centres. (prior experience in conducting assessments for HACC services is required to gain full benefit from this session).

RSVP and inquiries to hacked@bdnh.com.au or phone 5334 1500

UNDERSTANDING MULTIPLE SCLEROSIS

Horsham - Tuesday 13th October from 1pm to 3pm
Ballarat - Wednesday 19th August from 1pm to 3pm

Presented by Andrea Salmon, MS Society

Multiple Sclerosis (MS) is the most common neurological condition affecting young people in Australia. It is a chronic, degenerative disease of the central nervous system, affecting more women than men.

This session will provide:

- An overview of MS and the invisible symptoms that people with MS can experience.
- Discussion of the impact of symptoms, including fatigue and cognition, how symptoms interact and why they fluctuate.
- Management strategies within your setting will also be discussed in relation to your clients.

Target: all HACC workers including volunteers.

Fee: \$11 - light refreshments included.

Venue: To be confirmed.

RSVP and inquiries to hacked@bdnh.com.au or phone 5334 1500

THE NATIONAL MEN'S HEALTH GATHERING 2009

6th to 9th October - Newcastle NSW

You are invited to share knowledge, skills and practice in the area of men's health and well-being by attending this year's National Men's Health Gathering 2009 which will consist of three events;

- The 5th National Aboriginal and Torres Strait Islander Male Health Convention Oct 6th - 7th.
- The 8th National Men's Health Conference Oct 7th - 9th.
- 4th National Men and Family Relationships Forum October 8th - 9th.

For more information on the gathering and to register for the event, please visit www.workingwithmen.org.au

DIRECT2CARE - AGED SUPPORT AT HOME

Direct2Care is staffed by experienced support staff who will talk with you one-to-one and help work out what's right for you. They'll then contact the services you need, who'll in turn contact you.

Direct2Care is designed to help older Victorians find and access the services they need to live fuller, more independent lives in the familiar surroundings of their own homes.

That's good news not just for those using the services, but also for their carers, including family and friends who may need extra help.

For more information visit www.health.vic.gov.au/agedcare/services/directtocare.htm#what

THROUGH THE MAZE OF INFORMATION EXPO

2009 Theme - Transitions in The Life of Our Children: For Families with a Child with Special Needs

Wed 5th August from 9am to 4.30pm - St Andrew's Uniting Church Hall - Pynsent Street Horsham

Many varied disability service providers will be in attendance.

4 information sessions including; transitions into childcare/kindergarten, school and post school options.
 Childcare Available.

To register or to find out more information contact Anne Page on 5362 4042

STUDENTS EXPERIENCING HIGH SUPPORT NEEDS IN MENTAL HEALTH

Monday 3rd and Tuesday 4th August 2009 from 9am to 4pm
Grain Innovation Park - Natimuk Road Horsham

Students experiencing mental health difficulties are most successfully supported by a whole school approach to mental health and wellbeing.

Participants in this workshop will discuss and examine promotion, prevention and early intervention strategies to best meet the needs of a diverse range of students. Staff working closely with these students will look at proactive and strategic planning as well as the maintenance of their personal mental health and wellbeing. Identification of young people with high needs, screening, self referral, case management, online counselling, debriefing, referral pathways, choosing effective targeted programs, transitions, agency networks, re-entry into formal schooling and confidentiality and privacy will also be addressed in this workshop.

This workshop is not about behaviour, it is about the school systems that are helpful to support students with high support needs and the care of the staff working with them.

To register visit www.mindmatters.edu.au or email Vivienne.archdall@curriculum.edu.au

COMMUNITY GARDENS

Grow your own Organic Vegetables, Fruits and Herbs of Your choice! A great place to socialise and enjoy yourselves with friends and family. Water is supplied along with all the equipment you need!

Horsham North Community Action Centre are currently looking to find people interested in our Community Garden Plots. There are a limited number of plots so:

- There can only be one Garden Plot per household.
- Priority may be given to households that have the least opportunity to garden at home, or to households that are closer.

The Community Gardens have been developed by members of the Horsham North Community and are located just behind the Foundry, on the grounds of CMI reserve.

What do you need to get a garden plot?

- Live in Horsham.
- Fill out an application form (available from Horsham North Community Action Centre).
- Be prepared to make good use of your garden plot.
- Be prepared to help in the communal upkeep of the garden area and be prepared to pay a very small annual fee.

What lies ahead at the Foundry Gardens:

- A play space Playground for the kids which is coming really soon.
- A central kiosk which will run Men's shed style programs.
- Native tree plantings throughout the area for shade comfort and relaxation areas.
- Local artists and kids will display their artwork on the fence lines and provide sculptures and other features for the gardens.

For more information please call the Horsham North Community Action Centre on 5381 2077 or drop in at 11 Kalkee Road Horsham.

GRAMPIANS CLASSICS IN WARTOOK VALLEY FESTIVAL

4th to 6th September 2009

Smorgasbord Meal, Silent Auction & Classic Film - Friday Sept 4th - \$35

Classical Ensemble ACCORD and Feature Guest Emma Ayres - Sat Sept 5th - \$25

The Festival's Inaugural Gala Dinner and with Guests Accord and Emma Ayres - Sat Sept 5th - \$60

The Jazz Traders - Sat Sept 5th - \$20

For more information visit www.classicsinwartook.com.au or email info@classicsinwartook.com.au

MANAGING CHALLENGING BEHAVIOURS

Friday 16th October from 9.30am to 4pm in Horsham

Presented by Dr Sue Green, Psychologist

Tuesday 20th October from 9.30am to 4pm in Bacchus Marsh

Presented by David Cherry - Trainer, Clinical and Forensic Psychologist

Learning objectives:

- What are challenging behaviours?
- Why do they occur?
- Strategies for managing challenging behaviours associated with the following disabilities: psychiatric disability, intellectual disability, acquired brain injury and dementia.
- Managing extreme aggression.
- Any other challenges that you face; David happy to discuss.

Target: suitable for all HACC workers including reception staff, nursing staff, carers, volunteers etc.

Fee: \$33 - full catering provided.

RSVP and inquiries to hacked@bdnh.com.au or phone 5334 1500

CALLING FOR ARTIST'S EXPRESSIONS OF INTEREST

The Horsham Regional Arts Association (HRAA) is looking for expressions of interest from artists to work on a pilot project in art and disability called Rhizome. They are looking at technological solutions to arts access in the Wimmera. This project will draw on a number of partners including the Horsham Rural City Council, Awakenings and Wimmera Uniting Care, Wimmera PCP, OnTrack Learning, the Cultural Development Network, Department of Human Services and Deaf Access.

The project will start in August 2009 with possible outcomes in late October 2009.

They are looking for artists who have experience with, or a willing to learn to, work with people with a range of abilities, who may be experienced in modern communication technology (video conferencing, elluminate, facebook etc.) The pilot will involve establishing a couple of groups (possibly in Kaniva and Murtoa) and delivering an arts outcome for the Awakenings Festival. We are not specifying an artform at this point; it could be visual arts, film, or performance. The artist needs to be open to (and hopefully full of) new ideas and will further develop the project in liaison with HRAA. Some training will be available, as will disability support.

People interested should contact Greg Pritchard 5382 0349 or email arts@hrcc.vic.gov.au for more details.

COURAGE TO CARE EXHIBITION

Monday 20th to Friday 31st July

Mon to Fri 9am to 4pm - Wed's 6pm to 8pm and Sun from 2pm to 4pm

Courage to Care is supported by the Victorian Department of Education and Early Childhood Development

Courage to Care aims to inform and educate Australians of the dangers of prejudice and discrimination. Its message combats bullying and racism by empowering the individual to make a difference. Courage to Care salutes those individuals who have been designated as "Righteous among the Nations", those men and women who risked their lives during the Holocaust to save others. It is about learning from the past to create a better Future.

The exhibition can be see at the Horsham Town Hall.

'MOTIVATION' BY LISA COSSON

Thinking For Yourself in the Face of Doubt

If you accept someone else's idea of reality and personal limits, you'll have no control over your own destiny!

You can only go as far as that view will let you. Do you normally accept things as they are, or do you ask "why" and "what if"? Being an individual and thinking for yourself - even while others are calling you crazy - takes courage. For many, trying a new perspective is scary. But if we always stick to the familiar, the known, we never grow and learn.

Don't be afraid to go against the grain. Ask the tough questions that everyone else is afraid to ask. Try a new way to do the same thing just to see what happens. I guarantee you that the world won't end. You'll see solutions that nobody else would see if they're all looking at a problem the same way. Practice new ways to combine unrelated objects. After all, somebody had to try peanut butter and jelly for the first time...

One man's creativity is another's brain damage.

Roland Fischer

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

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