

## 2009 SMILES 4 MILES EXTENSION PROGRAM

The Wimmera PCP Smiles 4 Miles program has been running in the Wimmera for several years with Kindergarten children promoting the importance of good oral health. The five key messages in the program include:

**Eat Well** - promoting fresh fruit and vegetables rather than pre packaged foods that are high sugar and/or fat.

**Drink Well** - promoting water (and plain milk) rather than sweetened drinks.

**Clean Well** - encouraging regular tooth brushing supported by parents.

**Play Well** - encouraging regular, safe active play.

**Stay Well** - encouraging healthy habits and links to local health/dental services.

The 2009 S4M extension program aims to encourage health promoting kindergarten environments. The focus will be on growing and sustaining vegetable and bush tucker gardens. It is hoped this will assist in creating a more holistic approach to implementing change around good oral health and nutrition and to enable access to children and their families to healthy and nutritious foods.

We would love to hear from anyone else working on or interested in similar initiatives to inform the planning of a local forum later this year around food security.

Please contact Taryn Marks - S4M Coordinator at:

[taryn.m@grampianscommunityhealthcentre.org.au](mailto:taryn.m@grampianscommunityhealthcentre.org.au) or phone 5362 1226.

## INTAKE REVIEW & ENHANCED ACCESS TO MEN'S BAHVIOUR CHANGE PROJECT WORKER (COMBINED PROJECTS) - GRAMPIANS COMMUNITY HEALTH

6 months full time position (part time can be negotiated)

Salary Range: Community Development Worker Class 2B Level 2 - Level 4

Based: Stawell, Horsham or Ararat

GCH delivers a wide range of direct and extended care programs from 6 sites to service the 7 local government areas of Northern Grampians, Rural City of Ararat, Pyrenees, Horsham Rural City, West Wimmera, Hindmarsh and Yarriambiack. This position is intended to meet the requirements of two separate but overlapping and complementary projects - the *Review and Strengthening of the Grampians Community Health Intake Process* across all sites and the *Service Intake for Enhanced Access to Men's Behaviour Change Program*. Intake is a critical component of GCH's work and reflects our organisational philosophy of client empowerment, with an emphasis on early intervention and self management. The Review Project aims to specifically focus on early intervention in chronic disease management and to develop strategies to enhance access to our Men's Behaviour Change Programs.

The Intake Project Worker will review existing intake processes, protocols, training and development and referral pathways in order to enhance client needs identification, service coordination and demand management both within GCH and the region it services. We are seeking a person with experience in the primary care sector and knowledge of the service system and service co-ordination practice, with well developed research, consultation and communication skills, an ability to engage with a range of stakeholders and the capacity to work independently and prepare written reports and documents in a timely manner.

More information and PD can be obtained from [www.grampianscommunityhealth.org.au](http://www.grampianscommunityhealth.org.au), phone 5358 7400 or email [gchc@grampianscommunityhealth.org.au](mailto:gchc@grampianscommunityhealth.org.au) For further details contact Marianne Hendron on 5362 1200 or Kate Astbury on 5352 6200. Applications close at 5pm on 31st July 2009.

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



## WIMMERA COMMUNITY HEALTH PLAN 2009 - 2012

We are currently working with our Wimmera Primary Care Partnership member agencies to develop the 2009-2012 Community Health Plan.

In December 2008, a priority setting workshop was held and member agencies identified three priorities for the health and wellbeing of Wimmera residents:

1. Physical Activity.
2. Social Connection.
3. Mental Health.

Our next step is to work with member agencies to further develop the Community Health plan. This will determine how we will work together on the three priorities and in particular, to agree on a population group across the Wimmera which we can target this work over the next three years. Our aim is to work together in an integrated way so that we can make a real impact on the health of this population group and to foster partnerships in our approach (so that we are not all working in silos and duplicating work). Ultimately our Community Health Plan will define specific areas of work, reflects member agencies priorities and where they wish to allocate resources, and is a roadmap or tool to achieve mutually beneficial health outcomes for the Wimmera.

### **We will be holding a workshop on Monday 17th August to further develop the Community Health Plan.**

Grains Innovation Park - Natimuk Road Horsham  
11am to 3pm with working lunch.

Who should attend: All Wimmera PCP member agencies, health promotion workers and managers, community development workers and anyone else who has an interest in the health and wellbeing of the people of the Wimmera!

This workshop will take the place of the Wimmera PCP Health Promotion Network meeting on 12th August, so please update your diaries that there will be no HP Meeting on the 12th of August.

Please RSVP to Donna Bridge at [donna.b@grampianscommunityhealth.org.au](mailto:donna.b@grampianscommunityhealth.org.au)

## FREE TRAINING SESSION AT HORSHAM NORTH PLAYGROUP

Located at Horsham North Kindergarten

**Tuesday July 28th from 7pm to 9pm**

“Guiding Children’s Behaviour” presented by Playgroup Victoria

Who should attend: all families involved in parenting should attend.

Enquiries: Cindy Francis on 0427 532 856

## WIMMERA VOLUNTEERS - BLOG POST

This weeks Wimmera Volunteers Blog Post is titled - Making Sure Work is Ready to Go!

To view please visit [www.wimmeravolunteers.blogspot.com/2009/07/making-sure-work-is-ready-to-go.html](http://www.wimmeravolunteers.blogspot.com/2009/07/making-sure-work-is-ready-to-go.html)

*Have you noticed how the United States of America is going gang-busters with volunteering as late? I'm amazed at the surge in volunteerism currently being experienced by the Not-for-Profit sector.....*

## PARTICIPATE IN HEALTH CONFERENCE

21st & 22nd September 2009 - My Story Matters

This is your opportunity to learn how consumer, carer and community participation at all levels of the health care system can improve outcomes. The aim of the conference is to stimulate discussion, share experiences and importantly, document the evidence on how participation 'with us, not for us' improves our health care system.

The Victorian Department of Human Services, together with the Participation Advisory Committee on consumer, carer and community participation in health, invites you to Participate in Health Conference because your story matters.

### Conference Themes:

- Strengthening participation to improve health and well-being of the community.
- Shaping research, education and learning.
- Designing care and improving performance.
- Making sure people of all ages have a say about services and programs.

**Who should attend:** Consumers, carers and community members, practitioners in hospitals, general practices, aged care, community health and mental health, community organisations and peak bodies, clinicians and health managers from all health sectors, community advisory committee members, researchers and health accreditation organisations, health practitioner board members and government officers.

For more information and to register visit [www.healthissuescentre.org.au](http://www.healthissuescentre.org.au)

## FIRE AWARENESS AWARDS 2009

Honouring exceptional contributions to fire safety and prevention.

The Fire Awareness Awards acknowledge the hard work and initiatives of individuals, groups and organisations in reducing the incidence and impact of fire in Victoria.

Applications can be submitted in the following six categories:

- Community.
- Education.
- Government and Municipal.
- Media.
- Fire Services.
- Industry.

Eligible individuals, groups or organisations are also invited to submit an application for the RACV Insurance Fire Safety Grant and Special Incentive Grant.

For more information visit [www.fireawarenessawards.com.au](http://www.fireawarenessawards.com.au)

## PRIMARY HEALTH WEEKLY BULLETIN - 23 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=230709](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=230709)

In this edition:

- Integrated Health Promotion Seminar 3: Addressing health inequalities.
- News from the PCP - ICDM Industry Adviser Project.
- Integrated Chronic Disease Management (ICDM) Online Clearinghouse.
- Funding for clinical supervision.
- 'Go for your life' information centre.
- Managing falls in residential care settings - 2 day interactive workshop.
- Family violence integration forum.

## NO FALLS EXERCISE PROGRAM LEADER TRAINING

The No Falls Exercise Program is a 15 week group exercise program that was developed as part of a study by the Monash University Accident Research Centre. It has been shown in published research to significantly reduce the number of falls amongst older people living at home.

Health agencies, community groups and organisations interested in helping prevent falls in older people are invited to participate. Physiotherapists, qualified to conduct No Falls Exercise Program leader training, will deliver the training. Trainees will learn the correct technique for all exercises and guidelines for teaching them as a group exercise program.

**Wednesday 29th July from 9am to 4.30pm**  
Knox Community Health Service, Ferntree Gully  
Cost \$110.

For more information contact Gloria Morrison on 9879 4282 or email [gloria.morrison@oepcp.org.au](mailto:gloria.morrison@oepcp.org.au)

## FIGHTING FAIR - LEVEL 1 & 2

**Fighting Fair Level 1 Mediation and Conflict Resolution**  
August 3rd and 4th

**Fighting Fair Level 2 Advance Mediation Training**  
August 6th and 7th

### Level 1

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills will be presented and practiced. The course can be utilised in many different areas of conflict e.g. client work, workplace disputes and interpersonal conflict.

### Level 2

This challenging and interactive course is aimed at those who already have an understanding and practical experience of the mediation process. The course will focus on advanced issues and aims to refine and update workers skills, practices and theoretical perspectives used to mediate in various areas of conflict.

Venue: Co.As.It - 189 Faraday Street, Carlton  
Time: 9.15am to 4.15pm  
Cost: \$290 +GST for AASW members or \$320 +GST for non-members.  
Register: Log into [www.fightingfair.com.au](http://www.fightingfair.com.au) and fill in the online registration form.

## Q&A VIC 2009 - IS LOOKING TO CREATE RESILIENT, EFFECTIVE AND VISIBLE LEADERS

Are great leaders born that way or can you learn to be a leader?

Where is the next generation of gay, lesbian, bisexual, transgender, intersex and queer (GLBTIQ) community leaders going to come from?

Q&A Vic represents an exciting opportunity for established and emerging regional and rural Victorian GLBTIQ leaders aged between 18 and 28 to effect social change.

Between 12-25 participants per year will develop their leadership capacities through a structured program involving community engagement, personal reflection, mentoring and project development within the GLBTIQ communities.

To download an application form and answers to frequently asked questions go to [www.fpv.org.au](http://www.fpv.org.au)

## VICTORIAN HOMELESSNESS STRATEGY 2010-2020

The Council to Homeless Persons and Domestic Violence Victoria, in partnership with the Office of Housing and Community Building of the Department of Human Services, invites people to a consultation to receive information and discuss the process and key directions of the Victorian Homelessness Strategy.

The consultation will be held on:

**Friday 31st July from 9.30am to 1.30pm**

Moonee Valley Race Course, Celebrity Room, 1 McPherson Street Moonee Ponds

The forum will enable the provision of information regarding the thinking and process of DHS regarding the strategy to date and to enable participants to provide input into a government key directions paper on the strategy.

To RSVP for this consultation please call Joy Pagalos on 9419 8699 or email [admin@chp.org.au](mailto:admin@chp.org.au)

## ARE YOU READY TO IMPROVE YOUR GROUPS' MEETINGS PROCEDURES?

Free Workshop - with Faye Smith

Wouldn't it be nice if the next meeting that you facilitate was more effective and efficient? The Boost Wimmera network is here to help! Boost Wimmera is a network for Wimmera groups, clubs, and organisations to share, resource, support and strengthen themselves and each other. At this series of meetings you will learn valuable tips on improving meeting procedures and meeting etiquette for your group, club or organisation.

**Warracknabeal** - Tuesday September 1 at Yarriambiack Shire Council, 34 Lyle Street

**Horsham** - Monday September 14 at Horsham Rural City Council, Civic Centre

**Nhill** - Monday September 7 at Nhill Neighbourhood House, 80 McPherson Street

**Edenhope** - Wednesday September 16 at Edenhope Business Centre, Elizabeth Street

**Stawell** - Wednesday September 9 at Central Park Media Centre, 14-28 Main Street

Registrations are required one week prior to the date of the information session that you wish to attend.

For any enquiries and/or to register for an information session phone Marcy Britten on 5382 5607 or email [share@wimmvol.com.au](mailto:share@wimmvol.com.au)

## NATIONAL STROKE WEEK 14-20 SEPTEMBER 2009

**Order a FREE Stroke Week Pack now!**

- In 2009, Australians will suffer around 60,000 new and recurrent strokes - that's one stroke every 10 minutes.
- The National Stroke Foundation is encouraging all Australians to know the signs of stroke during National Stroke Week.
- GET THE FACTS! Need resources to promote the FAST message in your community? Order your FREE Stroke Week Pack and find out about FAST information and merchandise.
- For more information, visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au)
- For queries regarding National Stroke Week, email [strokeweek@strokefoundation.com.au](mailto:strokeweek@strokefoundation.com.au)

## 'MOTIVATION' BY LISA COSSON

### Seeing the Wonder in the Smallest Details

What do you appreciate and what do you ignore?

Is a sunrise any less special because its image wouldn't make it on a magazine cover? Is any day less precious because, in your mind, "nothing special" happened?

For some reason, it's hard to be impressed with anything these days. Driving a car is a source of strain instead of wonder. The internet is already old news. Quick - when was the last time you paid attention to a space shuttle flight? Remember when that was all people could talk about? Once you take something for granted, you also take the life out of it. When nothing is "special", boredom and gloom aren't far behind.

Look around where you're sitting right now, and try to see it for the first time, like a child would. Think about the human potential that created the stuff in the room. Think about the miracles of nature right outside your window. Think about how amazing it is that you're even here to see it.

**There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is.**

*Albert Einstein, physicist*

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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