

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 Regional Library Corp.



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 1 (2010) -  
January 14th

## WHATS ON AT HUB

### Short Courses Starting Soon:

- Following Workplace Hygiene - 19th January
- Apply First Aid - 19th January
- Mental Health First Aid - 21st and 22nd January
- Computers - Getting Started - 21st January
- Delegate or Drop - 28th January

### Coming in February -

- Protecting Your Kids Online
- Workplace Falls Prevention
- Responsible Serving of Alcohol
- Perform CPR
- OH&S Training (5 days)
- First Aid (Level 2)
- Car Maintenance
- Italian (Introduction)
- OH&S Refresher
- Meditation
- Cheese Making

### New Certificate Course in 2010

- Certificate III in Business
- Certificate III in Aged Care
- Certificate III in Children's Services (Child Care)
- Certificate IV in Youth Work (Child Protection)
- Certificate IV in Aged Care (Warracknabeal)
- Certificate IV in Disability (Warracknabeal)
- Certificate IV in Alcohol and Other Drugs
- Certificate IV in Home and Community Care (West Wimmera Shire)

For more information on any of these courses please email [info@hub.org.au](mailto:info@hub.org.au) or phone 5382 5111.

## EXCELLENCE IN INDIGENOUS HEALTH AWARDS

The Inaugural Excellence in Indigenous Health Awards will celebrate the inspirational work being done to improve the health outcomes of indigenous people.

If you are involved in a program or initiative that is bringing us closer to closing the gap we invite you to make a submission. Initiatives deemed to have made and outstanding contribution will be recognised at the Awards Gala Dinner at the Mecure Hotel Brisbane on Tuesday 30th March 2010. For more information visit [www.indigenoushealthawards.com](http://www.indigenoushealthawards.com)

## MENTAL HEALTH FIRST AID COURSE

Thursday 21st and Friday 22nd January

Wimmera HUB

Limited Places Left!

This course covers helping adults in mental health crisis situations and/or the early stages of mental health problems. Crisis situations covered:  
Suicidal behaviours, acute stress reaction, panic attacks and acute psychotic behaviour.

To book a place or for more information email [scc@hub.org.au](mailto:scc@hub.org.au) or phone 5382 5111

## VCOSS CLEARING HOUSE - CROCKERY AND MORE - FREE

The Australian Institute of Management (AIM) is a generous supporter of the VCOSS Clearinghouse program. Currently AIM has a large quantity of crockery, plates and cutlery, glasses, vases, cups and electrical equipment (commercial urns, toasters etc) that they wish to donate.

If your organisation would like to apply to receive some of these goods or to see a full a list of items please email [Kate.Johnson@vcoss.org.au](mailto:Kate.Johnson@vcoss.org.au) outlining which items you are interested in and how many. Goods need to be collected from AIM at 181 Fitzroy Street, St Kilda.

## MCGRATH BREAST CARE NURSE

With the help of the McGrath Foundation, the Federal Government and the Grampians Integrated Cancer Service, funding has been obtained to employ two nurses in the Grampians area, one in Ballarat and the other here in Horsham (under the Wimmera Health Care Group umbrella).

Elizabeth King is the McGrath Breast Care Nurse in Horsham. Her role is varied and includes promotion of the McGrath Foundation and the work they do. She also provides breast awareness education. But first and foremost, as a breast care nurse she is here to help/guide women/men and their families through/along the path of breast cancer, be it at any stage along their paths.

The service is free and referrals can be made by anyone, i.e., an individual, nurse, doctor, family member or friend.

Elizabeth operates out of Wimmera Health Care Group's Horsham campus, but can visit any facility, person/s or groups within these Grampian's areas, being the Shires of Northern, West Wimmera, Hindmarsh, Yarriambiack and Horsham Rural City (from Stawell to South Australian border).

Office hours/days of work are 8.30am to 5pm every Wednesday and Thursday, pus every second Tuesday.

Elizabeth is also available to community groups who would like to know more about any of the areas pertaining to her role.

In order to arrange (evening or weekend also available) any engagements, please ring during office hours.

Contact number: 5381 9111

Email: [eking@whcg.org.au](mailto:eking@whcg.org.au)

Mobile: 0428 210 105

## TECHNOLOGY, ARTS AND SOCIAL CONNECTION FUNDING SCHEME

Vichealth have just released a new funding pool for Art, Technology and Social Connection [www.vichealth.vic.gov.au/en/Funding-Opportunities/Funding-Open.aspx](http://www.vichealth.vic.gov.au/en/Funding-Opportunities/Funding-Open.aspx)

Grants are available through the Technology, Arts and Social Connection (TASC) Scheme to support a broad range of initiatives to increase arts participation, individual and community connectivity. The scheme also emphasises active community participation in planning and decision making processes, and collective activity to address barriers to social participation.

### How much funding is available?

Grants of up to \$25,000 are available to support initiatives by arts and community groups, organisations and partnerships to undertake activities that build social connection through innovative engagement with the digital environment.

Applications to this scheme will be accepted from arts organisations (including arts peak/advocacy bodies working in partnership with member organisations); arts organisations working in partnership with community organisations; community organisations working with artists experienced in ICT practice.

## PRIMARY HEALTH WEEKLY BULLETIN - 22 DECEMBER 2009

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/\\_nocache?src=email&id=221209](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=221209)

In this edition:

- Primary Health Weekly Bulletin Holiday Break.
- Commonwealth grants to increase clinical training capacity.

## TWO DAY MANAGEMENT COURSE

Ausmed Conferences Pty Ltd is offering a two day management course for health service decision makers who are interested in accessing guidelines for initiating volunteer service programs in their health services or associations.

The conference will be held in Melbourne on **Thursday 4th and Friday 5th February**.

For more information download the brochure at [www.ausmed.com.au/conferences/Setting-Up-Volunteer-Programs-in-Health-Services-details-2009353.html](http://www.ausmed.com.au/conferences/Setting-Up-Volunteer-Programs-in-Health-Services-details-2009353.html)

## HACC TRAINING CALENDAR - REGISTRATION AT [WWW.BDNH.COM.AU](http://WWW.BDNH.COM.AU)

### **The Hidden Trauma of ABI**

Horsham - Grains Innovation Park, Natimuk Road  
 Tuesday 23rd February from 9am to 4.30pm

This workshop is aimed at workers in the field of ABI, who may have some contact with family members. It will assist workers to engage with family members in respectful, non-blaming ways, using a trauma lens to understand and respond to the impact of ABI on families.

### **Older Adults and Depression**

Ballarat Learning Exchange, 36 Camp Street  
 Monday 1st March from 1pm to 4pm

This session aims to improve recognition of late life depression. It examines:  
 Why older people are at more risk of depression; what makes diagnosis more difficult.  
 Participants will also gain an understanding of the effects of disease on those who present with depression.

### **Participating in Court Proceedings**

Ballarat - Date and Venue to be advised

This session provides an in-depth coverage of the VCAT process including the application procedure. Also incorporates the following:  
 Court etiquette, procedures and attendance.

### **How to Set Up and Run Groups**

Horsham - Grains Innovation Park  
 Thursday 15th April from 9.30am to 4pm  
 Presented by David Cherry

In this workshop the following areas will be covered:  
 Deciding upon the purpose of the group; developing inclusion and exclusion criteria; managing intake; choosing and running activities; managing large groups of people including during outings; dealing with challenging behaviour in the group; tips for staff in working effectively as a team when running a group.

### **Responding to Elder Abuse**

Ballarat Learning Exchange, 36 Camp Street  
 Wednesday 10th February from 1pm to 4pm

This workshop is designed to give workers an understanding of what is elder abuse and the skills to deal with these situations.

Covers:

Indicators, assessment, responding to disclosure, referral pathways.

### **Capacity: What is it and how do we assess it?**

Ballarat Learning Exchange, 36 Camp Street  
 Wednesday 17th March from 1pm to 4pm

This workshop will provide an overview of the complex issues involved in assessing decision-making capacity in older adults or people with a disability.

Topics covered:

Consent for Care; undue influence; financial abuse; medical decisions; cultural and legal issues; capacity screening tools.

### **Assessment and Interviewing Skills**

Horsham - Grains Innovation Park, Natimuk Rd  
 Wednesday 14th April from 9.30am to 4pm  
 Presented by David Cherry.

In this workshop the following areas will be covered:

The purpose of assessment and the skills of assessment; the skills of the interviewer; how to interview in a respectful and effective manner; the different phases of the interview; keeping the person being interviewed on track; dealing with difficult behaviour in the interview.

### **Case Notes and Record Keeping**

Edenhope - Tuesday 16th March from 9.30am to 4pm - Venue to be advised  
 Ararat - Tuesday 11th May from 9.30am to 4pm - Venue to be advised

The workshop covers: Why you should keep case notes and records; what is a record; common mistakes in writing case notes and records and how to avoid them; in addition, participants get the opportunity to criticise some case notes; in the second part of the workshop participants will be given guidelines on how to behave in court and how to cope with cross-examination if they are called into court as a witness.

## HACC TRAINING CALENDAR - REGISTRATION AT [WWW.BDNH.COM.AU](http://WWW.BDNH.COM.AU)

Continued

### Goal Setting and Care Planning

HACC Training will be running this workshop in late May or June 2010. The training will take place over two days. Previously a shortened one day session has been run but it has been decided to go with the full program including segments from Geriatricians and Physiotherapists. Check the website for more details.

### Stress Management: Dealing with Burnout and How to Worry Less

Ballarat Learning Exchange, 36 Camp Street  
Wednesday 5th May from 9.30am to 4pm

Themes will include: dealing with burnout; worry and sleep; dealing with interpersonal conflict; developing relaxation techniques; job satisfaction and enhancing wellbeing at work and at home.

### Effective Communication

Horsham - Grains Innovation Park, Natimuk Road  
Thursday 25th March from 1pm to 4pm

We are continuously receiving and giving feedback. While it is easy to take feedback personally, the goal is to see it as a learning opportunity. Feedback can reinforce existing strengths, keep goal-directed behaviour on course, clarify the effects of behaviour and increase recipients' abilities to detect and remedy errors on their own. The focus of this session is to look at improving the way we deliver and receive feedback in the workplace in an assertive and proactive manner. Participants will learn the 5 key elements of communication, 3 styles of communicating, assertiveness training, the do's and don'ts of 'Giving and Receiving Feedback'.

Registration forms can be downloaded from [www.bdnh.com.au](http://www.bdnh.com.au) or for any inquiries please email [hacc@bdnh.com.au](mailto:hacc@bdnh.com.au)

## BARNARDOS OFFICE MAX, MAX E GRANTS PROGRAM

The Barnardos Office Max Grants Program can provide grants for nominated children and young people up to a maximum of \$5000 per individual to support, promote and encourage their educational potential and outcomes.

Assistance can also be given by the way of financial support for uniforms, school supplies, school books, sporting equipment, tutoring, school fees, excursions and extracurricular activities such as club fees and uniforms.

Generally organisations applying for a Barnardos Office Max Grant will be expected to be a not-for-profit community group, have evidence of income tax exemption and have deductible gift receipts (DGR) status.

For information visit [www.bmaxe.au/html/](http://www.bmaxe.au/html/) or email [info@bmaxe.com.au](mailto:info@bmaxe.com.au) Online applications can be accessed at [www.bmx.com.au/html/application-form\\_old.cfm](http://www.bmx.com.au/html/application-form_old.cfm)

## INTERNATIONAL YEAR OF BIODIVERSITY 2010

Green Gym has two new projects commencing in December to mark the arrival of International Year of Biodiversity 2010.

Activities include tree planting, weed control, native flora surveys, walking track and visitor facilities maintenance. Transportation to a myriad of spectacular locations such as Mt Buangor State Park, Illabarook Grasslands and Langi Ghiran State Park, with other projects of equivalent appeal being continuously added to the list.

Green Gym is a health and wellbeing program funded by Go for your life! - Department of Sustainability & Environment (DSE) and managed by Conservation Volunteers Australia.

No previous experience necessary and Transport provided. Projects are in association with Parks Victoria and DSE.

For more information and enquiries call Gail on 0427 526 406.

## COUNT US IN! FUNDING GRANTS IMPROVING LIVING FOR OLDER PEOPLE

### Improving Living and Lifestyle Experiences for Older People Living at Public Sector Residential Aged Care Services

Is your organisation committed to facilitating community inclusion, enhancing good health and quality of life for residents living at public sector residential aged care services (PSRACS)? We would like to hear from you!

A great opportunity is available through Count Us In! Social Inclusion for older people living at public sector residential aged care services 2009 - 2010 initiatives. Applications for funding are invited from eligible community service organisations and PSRACS to provide meaningful social inclusion opportunities for older people living at PSRACS.

Applications which demonstrate innovation and leadership in promoting, facilitating and sustaining community engagement and social connection for residents will be considered favourably.

Funding will be provided to approve social inclusion projects over twelve months commencing in May. For information and a copy of the funding guidelines and application form visit [www.health.vic.gov.au/agedcare/maintaining/contusin/index.htm](http://www.health.vic.gov.au/agedcare/maintaining/contusin/index.htm)

Closing date for applications is 2nd February 2010.

For information and enquiries contact Gillian Dickson-Hughes on 9096 8327 or email [Gillian.Dickson-Hughes@dhs.vic.gov.au](mailto:Gillian.Dickson-Hughes@dhs.vic.gov.au) or [Carla.Papa@dhs.vic.gov.au](mailto:Carla.Papa@dhs.vic.gov.au)

## THE ABC'S REVIVE AND THRIVE CHALLENGE

[www.abc.net.au/rural/features/reviveandthrive/](http://www.abc.net.au/rural/features/reviveandthrive/)

How would you revive your community?

Tell us your idea and win up to \$50,000 to make it happen in the ABC's Revive and Thrive Challenge.

It could be a scheme to offer jobs or cheap rent to new residents; a new infrastructure project; or a program to attract migrants.

How would you keep and attract people to your town?

The Revive and Thrive Challenge is open to not-for-profit community groups in towns with less than 10,000 residents.

It is a joint project between ABC Rural, ABC Sport and the Foundation for Rural and Regional Renewal.

## RAISING DUST

Raising Dust is a group made up of young people (18 to 40 year olds) who live and work in the Western and Wimmera districts of Victoria. The group formed as an initiative to create and expand social and professional networks between young rural people. Now the Raising Dust phenomenon is exploding with fun social events and professional development sessions.

Raising Dust aims to hold one major social event each year, complemented by education forums and a number of casual social networking opportunities. To see what Raising Dust has planned for the coming year, checkout [www.raisingdust.com.au](http://www.raisingdust.com.au)

Our membership currently stands at over 240 people and we are looking for new members to join our group now and raise the dust of Western Victoria. Membership is just a one off fee of \$20 and gives you discounted rates at all the Raising Dust events

For more information, or to subscribe to our mailing list contact [enquiries@raisingdust.com.au](mailto:enquiries@raisingdust.com.au) - you don't need to be a member to be on the mailing list.

Raising Dust has received numerous accolades including the Kleenheat Gas Community of the Year (pop over 5000) to the 2009 Regional Achievement and Community Awards and the 2009 Northern Grampians Shire Young Citizen of the Year.

So check out what all the fuss is about!

## 'MOTIVATION' BY LISA COSSON

### Enjoying the Marathon

Life is like a marathon.

We run and run, not knowing where (or how far) the finish line lies. We focus so intensely on prolonging the race but sometimes - despite our best efforts - the race is cut short. Too often we don't relish the path of and enjoy the details instead of just pounding the pavement of life.

What personal boundaries can you expand to help you enjoy your life?

Today meditate on the simple joys: a warm bath, reading a book to a sleepy toddler, or spending quality time with your family and friends. All of life contains bumps in the road such as losing your job or an unforeseen illness. But it is up to us to determine the quality of our lives. Remember, we don't always determine the distance, but we can determine the path.

**You can't do anything about the length of your life, but you can do something about its width and depth.**

- Shira Tehrani

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

### INTRODUCING Direct2Care

Unsure what aged care services exist? Uncertain what you're eligible for? Perhaps you do know, but don't know how to find them. **Now you can contact Direct2Care on:**

**1300 121 121**

Direct2Care staff can give you advice about local aged care services you might need to help you stay in your home. Those services could include anything from home help and delivered meals to physiotherapy and respite.

Direct2Care's experienced staff can offer one-to-one contact, to assist you to identify your needs and put you in contact with the services that can help.

Direct2Care also offers support to families, Carers & services providers.

Direct2Care is a new service from the Commonwealth & State Governments in the Grampians region.



### 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)

**Wimmera Primary Care Partnership Office - 25 David Street, Post address: PO Box 501, Horsham 3402 - Fax: 5382 4687**

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