

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



WALK TO WORK DAY

Friday October 2nd

Better Health - Cleaner Air

Walk to Work Day is an annual event held around Australia which promotes regular walking and a cleaner environment. By registering for participation at www.walk.com.au individuals, businesses and organisations can take the first step to improve our nation's health and environment.

Register as a Corporate Ambassador - it's FREE! There is an overwhelming evidence to prove that moderate physical activity (even 15 minutes before and after work each day) can significantly enhance well-being, productivity and reduce absenteeism.

Senior executive support is vital in maintaining and improving the National Walk to Work Day Program. Australia's employers and senior managers are being challenged to register their companies and organisations as WTWD Corporate Ambassadors.

Register as a walking class hero - join hundreds of thousands of fellow Australians and become a Walking Class Hero. It's simple and it's free.

The Aims of National Walk to Work Day

- To promote regular walking as a healthy activity (better physical, mental and social health).
- To reduce reliance on the private motor vehicle (reduce car-dependency).
- To promote and improve the use of public transport (less traffic).
- To improve air quality by reducing unnecessary vehicle emissions (help tackle climate change and reduce global warming).

MURTOA'S BIG WEEKEND

October 2nd, 3rd and 4th

Art and Poetry Competition now open

Poetry - prize money \$200 cash first prize and \$50 cash second prize in each section: humorous, romantic, reflective and local theme. The winner of the 'Local Theme' category will receive the "Joyce Lee Memorial Poetry prize". Entries close with the last mail on 28th August.

Art - prize money \$200 for 1st and \$100 for 2nd in each of the following sections - oil, acrylic, watercolour, any other medium and most popular as voted by the public plus \$500 for most outstanding as judged. Entry fee - \$10 for up to 6 entries. Entries for art must be in no later than 4th September.

Prizes will be presented at the Official Opening of the Art Exhibition, Friday evening October 2nd at 9pm (commencing at 8pm, complimentary wine on arrival, savouries and entertainment. Cost \$10).

For more information phone Bonnie on 5385 2785 or 5385 2682 (ah).

NATIONAL HEALTH & HOSPITALS REFORM COMMISSION

Prime Minister Kevin Rudd has released the National Health and Hospitals Reform Commission 300-page final report in Canberra. The Federal Government expects to respond to the 123 recommendations it contains within 6 months. Recommendations include:

- Support for the delivery of wellness and health promotion programs by employers and private health insurers. Any existing regulatory barriers to increasing the uptake of such programs should be reviewed.
- Recommend that governments commit to establishing a rolling series of ten-year goals for health promotion and prevention, to be known as Healthy Australia Goals, commencing with Healthy Australia 2020 Goals. The goals should be developed to ensure broad community ownership and commitment, with regular reporting by the National Health Promotion and Prevention Agency on progress towards achieving better health outcomes under the ten-year goals.
- Recommend the establishment of an independent National Health Promotion and prevention Agency. This agency would be responsible for national leadership on the Healthy Australia 2020 goals, as well as building the evidence base, capacity and infrastructure that is required so that prevention becomes the platform of healthy communities and is integrated into all aspects of our health care system.
- Recommend that the National Health Promotion and Prevention Agency (NHP&PA) would also collate and disseminate information about the efficacy and cost effectiveness of health promotion including primary, secondary and tertiary prevention interventions and relevant population and public health activities.
- We support strategies that help people take greater personal responsibility for improving their health through policies that 'make healthy choices easy choices'. This includes individual and collective action to improve health by people, families, communities, health professionals, health insurers, employers and governments. Further investigation and development of such strategies should form part of NHP&PA work on the Healthy Australia 2020 Goals, targeting cross portfolio and cross industry action.

The Executive Summary, Recommendations, and the full report are available at:
www.nhhrc.org.au/internet/nhhrc/publishing.nsf/Content/nhhrc-report

WOMEN'S HEALTH GRAMPIANS NEWSLETTER - JULY 2009

Please refer to the following URL to view the latest newsletter:

www.whg.org.au/uploads/files/18_July%202009.pdf

Topics Include:

- McGrath Foundation Breast Cancer Nurse.
- Wearing a White Ribbon.
- Coming Clean about Chlamydia.
- Australian Women's Health Conference reminder.
- Voice FM regular radio health spot.

WIMMERA VOLUNTEERS - BLOG POST

This weeks Wimmera Volunteers Blog Post is titled - What I learned writing "The Report"!

To view please visit www.wimmeravolunteers.blogspot.com/2009/07/what-i-learned-writing-report.html

Its report writing season....

ART IS...FESTIVAL AGM

Tuesday 4th August
 Horsham Regional Art Gallery

Beginning at 6.30pm - refreshments provided

1ST AUSTRALIAN RURAL AND REMOTE MENTAL HEALTH SYMPOSIUM

Monday 2nd and Tuesday 3rd November - Canberra

Mental Health Services and Treatments in the Aftermath of Disaster in Rural and Remote Communities: Lessons from Recent Events

The recent incidents of natural disaster in Victoria (bushfires) and Queensland (floods, cyclones, oil spills) have left a train of death and destruction, shattered communities, and displaced people. Such events severely impact on the Mental Health of individual survivors, and impact on community functioning.

What lessons can be learned from our response to these events? How can Mental Health professionals prepare themselves more effectively to deal with such events in rural and remote communities? How can the resources of Government, mental health professionals, emergency services, and private practitioners be better utilised for optimal benefit?

What long term planning is required to provide ongoing support, treatment and infrastructure?

Can our response to recent disasters provide the roadmap to build capacity in rural and remote areas?

If you would like more information about this symposium please visit www.anzmfh.asn.au/rmha9/

IN THE BIN SHORT FILM FESTIVAL

An invitation is extended to participate in a **Film Skills Workshop** over three days in August 13, 14 and 15. This workshop is FREE to attend and is open to all ages and abilities. It will be held at the Salvation Army "Kids Church", which is at the Lynott Street/Kalkee Road headquarters of the Salvation Army in Horsham.

You will be working in a team environment to produce 4 films which reflect community ideas and values; have lots of fun; meet new people and build exciting new skills in film and media production.

Further to this, on **Saturday August 15th** at the Wesley Performing Arts Centre there will be a Red Carpet Premiere Event beginning at 7.30pm. This will be a great opportunity to dress up as your favourite film star, director or celebrity.

Tickets can be obtained at the door for a gold coin donation, and the night will feature the 4 films produced, plus a great selection of other short films from around Australia and across the world.

This is a great opportunity to get out and about, learn some amazing new skills, and tell your stories. Please contact the Horsham Community Action Centre to register your interest and find out more details, on 5381 2077. Please visit the ITB website at www.inthebin.net.au

WALKING ON WORDS - EARLY LITERACY CONFERENCE

Dinner 13th and Conference 14th September - Mecure Doherty Ballarat Lodge

Register via www.walkingonwords.com

Speakers:

- Dr Cathie Harrison - senior lecturer in Early Childhood Education; author of 2 books and early Childhood Advisor for Playschool.
- Louise Dorrat - Early Childhood Consultant, trainer and educator. Louise has released a DVD which shows teachers and early childhood educators how to incorporate simple musical experiences into Early childhood programs.
- Andrew Daddo - Actor and author of Early Childhood books.
- Damian Callinan - comedian performing in the education sector.
- Dr Julie Dunn - senior lecture in School of Education and author.

Conference Cost: \$100 or \$50 student/unemployed. \$75 for the dinner.

INFOXCHANGE AUSTRALIA'S COMMUNITY SECTOR DEVELOPMENT SERIES

Beginning in two weeks, Infoxchange presents a series of courses tailor-made for not-for-profit groups keen to develop their project management, stakeholder engagement and community sector development skills. This series of one-day courses aims to provide whole-of-organisation training, with series components designed to fit all not-for-profit professionals; from the untrained beginner through to the seasoned CEO.

The series will be delivered by some of Australia's most dynamic and successful non-profit leaders with years of experience building corporate community partnerships.

All courses will be held at the Novotel Melbourne on Collins.

Series 1: Project Management

- **A** - Introduction to Project Management (Principles and Practices) Wednesday 12th August - \$400.
- **B** - Mastering Project Management - Wednesday 19th August - \$450.
- **C** - Implementing Project Management Systems for Staff (Management, Governance, Reporting, Coaching and Performance Reviews) - Wednesday 2nd September - \$450.
- **D** - Project Management for the Board (Governing Complex Projects and Understanding your role as Director) - Wednesday 9th September - \$500.

Series 2: Community Sector Development

- **A** - Introduction to Stakeholder Engagement/Management - Wednesday 16th September - \$400.
- **B** - Communicating with Government Supporters - Wednesday 7th October - \$450.
- **C** - Engaging Corporate Supporters - Thursday 15th October - \$450.
- **D** - Chairman and the Chief: Building Effective Board and CEO Relationships - Monday 19th October - \$500.
- **E** - Growing Investment in your Non-Profit Organisation - Tuesday 27th October - \$500.

For more information or to book in please visit www.infoxchange.net.au or email training@infoxchange.net.au

LEADERSHIP WIMMERA - LEADERS FOR THE FUTURE

Business Leaders - runs over 10 months and includes:

- Three hour evening session introducing participants to Leadership Wimmera Board members and facilitators.
- A weekend retreat discussing a range of topics.
- Enterprise Improvement Plan - workplace learning project implemented during the program, using the support of peers and facilitators.
- Five full days of leadership training relevant to participants business.
- One full day workshop on presentation skills.
- A presentation where each individual reports their key learning's from the course.

Community Leadership Year - runs over 10 months and includes:

- A three hour evening session introducing participants to Leadership Wimmera Board members and Leading Teams Australian Facilitators.
- A weekend retreat discussing a range of topics.
- Five full days of leadership training relevant to participants business.
- One full day workshop on presentation skills.
- Participants will identify, design and implement a leadership project in their community.

Leadership Skills Initiative - runs over 10 months and includes:

- A three hour evening session introducing participants to Leadership Wimmera Board members and Leading Teams Australian Facilitators.
- A weekend retreat discussing a range of topics.
- Five full days of leadership training relevant to participants business.
- One full day workshop on presentation skills.
- Participants will identify, design and implement a leadership project in their workplace.

For more information contact 5381 6504 or email abothe@wda.org.au

FOOD AND WINE LOVERS JOURNEY OF FLAVOUR

Grampians Produce invites food and wine lovers to embark on a journey of flavour and delight.

Local Head Chef David Adams will showcase the cuisine and it's abilities with a degustation of local produce.

Each course will be perfectly matched with wine and beer.

Sunday 9th August at 11am

Cobb & Co Changing Station, Western Highway, Buangor
\$90 all inclusive - bookings 1800 657 158

AT THE CENTRE OF LIGHT - WESLEY PERFORMING ARTS CENTRE

Friday 28th August

Mary MacKillop, when canonized, will become Australia's first saint. La Mama Theatre performs this exciting play which looks at Mary's life in early colonial times, her family's struggle with poverty and her relationship with her mentor, geologist Father Tenison Woods (played by Horsham-native Lee Mason). The landscape of their dreams and beliefs is explored in a circle of stones. As they found Australia's first order of nuns, events force a secret journey to Rome to save the order - with unforeseen circumstances.

Tickets available online at www.wesleypac.com.au or Chisholm Hi Fi on 5382 4343.

CHILDREN AND ACTIVE TRANSPORT FORUM

Tuesday 6th October

William Angliss Institute, Melbourne

General Enquiries:

Sarah-Jane Blune 8320 0105 or sjblunt@kinectaustralia.org.au
Tarli O'Connell 9635 5537 or tarli.o'connell@cancervic.org.au

CONNECTINGCARE SURVEY FOR PCP MEMBERS

The Connectingcare Strategic Group has decided to formally review its operations in a more comprehensive way and would like PCP's member agencies to complete a survey in order to gain broad feedback. They are especially interested in the following areas: usage of Connectingcare, support needs, subscription costs and future directions. It is estimated the survey will take approximately 15 minutes.

Connectingcare is operating in a volatile and uncertain eReferral policy and funding environment and have worked hard to maintain the system according to Strategic Group and User Group priorities and consistent with DHS policy. There are 3 surveys that will be distributed - one for PCPs, one for member agencies and another for individual users to complete.

To access the surveys please visit:

www.surveymonkey.com/s.aspx?sm=2JAHh3WrVZEZ44d6gMOAng_3d_3d

HEALTHY POSTERS AND RECIPE TIP CARDS FOR MEALS

Visit www.marketfresh.com.au/JAFV/JustAddFruit&Veg.asp

And download the new posters and recipe Tip cards for Breakfast, Lunch, Dinner and Snacks.

Just and Fruit and Veg!

'MOTIVATION' BY LISA COSSON

Storing Up for the Winters of Life

One of Aesop's most famous fables is about an encounter between a grasshopper and some ants. All summer long the ants had been toiling away, saving up grain for the long winter. All the while the grasshopper merrily - yet foolishly - squandered his time without a care in the world, without making any provisions for the cold season to come.

When winter came, the grasshopper found himself starving and begged the ants for food. They replied, "If you were foolish enough to sing all the summer, you must dance supper-less to bed in the winter." While leisure time is important for rejuvenating an overworked mind, idleness is just a step away from foolishness. Think about the future that you deeply desire for yourself and your family. Chart and take wise steps towards it. There's nothing wrong with stopping to smell the roses, as long as you keep moving along the path.

Be wise in the use of time. The question in life is not how much time do we have. The question is what shall we do with it.

Anna Robertson Brown - author

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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