

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



YOUTH MENTAL HEALTH FIRST AID COURSE

PLEASE NOTE THE DATE CHANGE

November 26th & 27th - 9am to 5pm
Westlander Motor Inn - 100 Stawell Road Horsham

Course Content: The course covers the following crisis situations and mental health problems:

Crisis situations covered are:

- Suicidal behaviours.
- Self harm.
- Acute stress reaction.
- Panic attacks.
- Acute psychotic behaviour.

Mental Health problems covered are:

- Depression.
- Anxiety disorders.
- Psychosis.
- Substance use disorders.
- Eating disorders.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Cost: Free - a fee of \$50 will be charged for participants that have booked and don't attend without notice.

To book please email pcpadmin@grampianscommunityhealth.org.au or phone 5362 1222 with your full name, address and email address.

STATEWIDE SERVICE COORDINATION SURVEY 2009

The statewide service coordination survey provides agencies with a way to review their current practice, identify the areas that need improving and benchmark their practice against previous results and other agencies. The survey results also produce evidence for existing quality assurance systems and accreditation processes within the agencies.

In 2009, the survey will include Integrated Chronic Disease Management. The survey consists of 19 questions and is composed of two parts: Part A: Service Coordination and Part B: ICDM. The survey will be web based to reduce the technical difficulties of the previous year. Once the survey has been submitted and the data analysed, regions and their Primary Care Partnerships will be provided with a picture of how their agencies and partnerships are practicing Service Coordination and ICDM, including where they are doing well and where further support is needed.

When will the survey need to be completed? During October 2009, more information will be forthcoming from Geoff Witmitz, Wimmera PCP.

Which Program areas? All PCP member agencies engaged in service coordination and/or ICDM are encouraged to complete the survey. All Primary Health funded programs including Dental, Women's Services, Chronic Disease Management, 'Healthy mothers, Health Babies', Kids Life, Refugee Health, Family & Reproductive Rights Education Program (FARREP) are mandated to complete the survey. Services new to service coordination e.g. disability, problem gambling and palliative care should be strongly encouraged to participate in the survey to provide a baseline of their practice which can be measured against in the following years.

CARING FOR THE CARERS

Are you a carer for a family member, or a friend?
Do you care for someone in the community?
Do you sometimes forget to care for yourself?

Come along to a carer's support group morning. A chance to meet others who care, enjoy a morning tea, have a laugh, and allow us to recognise how valuable you are.

Friday 21st August and every third Friday of the month

From 10.30am to 12pm

Natimuk Hospital Day Centre - Shurmann Street Natimuk

For more information contact Pauline or Sybil on 5391 4267

THE RHIZOME PROJECT - LINKING PEOPLE THROUGH INTERACTIVE ART

Arts, disability and creative media workshop for artists interested in developing skills for working with people with a disability.

Friday September 11 from 10am to 5pm

The HUB, Urquhart Street Horsham

Are you an artist interested to expand your artistic practice, employment opportunities and communication skills and community connections?

Join us for an interactive day to learn and share ideas about the possibilities.

Presentations will include:

- Communicating with people who have a disability, Jacinda O'Sullivan, Dorothy McLaren, Rural Access Worker.
- Artists and disability: creative ways artists work together with people with a disability, Ashley Heenan, Deaf Access Worker, Grampians regional and Kim Dunphy, Manager, Cultural Development Network.
- New uses of technology and the arts, Grant McHenry, artist and media expert, apc.com.
- Bringing together technology, disability and the arts: Seung Hi Lee, Bendigo based dancer and community artists.

Please RSVP to Dorothy McLaren at Dorothy.mclaren@hrcc.vic.gov.au

HANDLE WITH CARE

Strategies for Youth Workers in Managing Violent and Potentially Violent Situations

Presented by Rod Catterall, All Stars Self Defence Centres www.allstars.net.au

The workshop will provide:

- A greater understanding of anger in human interaction.
- Strategies to minimize risk to ourselves and others in anger situations.
- Strategies to manage our own feelings in situations of threat.
- An understanding of the Assault Cycle.
- An overview of legal issues associated with aggressive situations.

Thursday 8 October from 9.15am to 4pm

Nexus Youth Centre Horsham - cost \$130

To register please contact Reception at Grampians Community Health on 5362 1200.

HELPING CHILDREN IN THE AFTERMATH OF BUSHFIRES

Recognising and responding to emotional and psychological distress.

A conference for teachers, GPs, mental health and community workers.

October 19th - Melbourne Convention Exhibition Centre

Enquiries to Ruth.Kirpalani@med.monash.edu.au

VICRELIEF FOODBANK

2 Fulltime positions Grampians or Loddon Mallee Region now open

Does the idea of working for Victoria's leading supporter of emergency relief agencies in the Grampians or Loddon Mallee Region, as part of a State wide initiative to build the capacity of emergency relief agencies in their vital work across Victoria interest you?

VicRelief Foodbank provides vital support to emergency relief agencies across the State. Last year we delivered more than \$18m of food and material aid support, playing a key role in providing bushfire food relief and ongoing food to rural emergency relief agencies.

This project has two significant roles. VicRelief Foodbank will be developing a Statewide volunteer based support program assisting agencies to increase the amount of fresh nutritious food that they can distribute to community members experiencing financial hardship and providing support to agencies to develop their capacity to use volunteers.

The successful applicant will be involved in developing and supporting new volunteer teams, sourcing donations of fresh food in support of your region and working as part of a vibrant innovative team located in each region of the State.

If you have significant experience in volunteer management, community development and submission writing and are interested in working as part of an exciting new initiative within the Grampians or Loddon Mallee Region then we are keen to hear from you.

This is a fulltime position funded until June 30 2011. Applications close Friday 4th of September.

Visit www.vrfb.com.au to download a position description and further information.

INTRODUCTION TO CULTURAL DIVERSITY

Horsham - Tuesday 17th November from 1pm to 3pm

Grains Innovation Park - Cost \$11 HACC Staff

This module introduces health and community workers to key migration and diversity concepts such as acculturation, ethnicity, race and culture.

Key Learning Outcomes:

- Understand the key links between culture and health.
- Understand the impact of migration and settlement on individual health.
- Discuss individual and cultural differences and what constitutes 'identity'.
- Explain the impact of personal cultural interpretations on service provision.
- Demonstrate an openness to employing culturally appropriate strategies for working with people from CALD backgrounds.

All enquiries to Cathy Faull on 5334 1500 or email hacked@bdnh.com.au

TRAINING IN NHILL & EDENHOPE

Active Clients - Active Choices

Val O'Brien - Talking Solutions

Nhill - Wednesday 2nd December from 9.30am to 4pm

Target: coordinators, team leaders, nurses, allied health, PAG staff, other staff in service planning and coordination roles. In house - free.

Professional Boundaries

Cal O'Brien - Talking Solutions

Nhill - Thursday 3rd December from 9.30am to 12.30pm

Contact Wenday Altmann at waltmann@wwhs.net.au for further information.

Professional Boundaries

Cal O'Brien - Talking Solutions

Edenhope - Friday 4th December from 9am to 12pm

Contact Jenny Ackland on cs0@westwimmera.vic.gov.au to book a place.

HELP VICTORIAN HOUSEHOLDS TAKE ACTION ON CLIMATE CHANGE

The Sustainability Fund is pleased to announce the launch of its 2009 Climate Change and Victorian Households Funding Round.

The residential sector contributes to approximately 21% of Victoria's energy use, impacting significantly on climate change. Therefore, this year, the Sustainability Fund will address climate change through Victorian households.

There is approximately \$4.5 million available through the 2009 funding round, and there are two categories to apply for:

- Sustainable solutions that directly assist Victorian households to address climate change (\$3.5 million).
- Capacity building in community organisations and local government to assist low income Victorian households address climate change (\$1 million).

How to apply: For an application kit, dates and locations of information sessions, and access to the secure online application form please visit www.ebs.resourcesmart.vic.gov.au/cgi-bin18/DM/y/hGBM0LfSPSOF560NKx0Ed or call the Infoline on 1300 363 744.

DOES YOUR ORGANISATION SUPPORT VOLUNTEERS?

The Small Grants program from the Department of Families, Housing, Community Services and Indigenous Affairs to support and encourage volunteers is now open.

Volunteer Grants 2009 provides funding for eligible non-profit organisations to support their volunteers and encourage volunteering by:

- Purchasing practical and tangible small equipment items to help volunteers;
- Contributing towards the reimbursement of volunteers' fuel costs incurred when carrying out their volunteering work, including those who use their cars to transport others to activities, deliver food and assist people in need.

For more information phone Michelle on 5382 5607 or visit:

www.fahcsia.gov.au/sa/volunteers/funding/Pages/volunteer_grant09.aspx

PALLIATIVE CARE WORKSHOP

Wednesday 16th September from 8.30am to 2.45pm

Pyrenees House Conference Room - East Grampians Health Service Ararat

End Stage Care and Dyspnoea

Lawrence Habegger, Central Grampians Palliative Care

Radiotherapy

Mary Wade, BAROC

Pain Management, Nausea/Vomiting, Delirium

Dr Greg Mewett, Palliative Care Physician

Cost \$70 Grampians Region - \$80 Non Grampians Region

RSVP to Bernadette Matthews on 5320 3553 or email bernadettem@bhs.org.au

MOTOR NEURONE DISEASE AT END OF LIFE

Monday 7th September 2009 from 6.30pm to 8.30pm

Education Resource Centre, BBH Ballarat Health Services
Drummond Street North, Ballarat

Guest Speaker

Eric Kelly

Regional Advisor, MND Victoria

Topics include nutrition, swallowing difficulties, communication issues,
end of life care and family and carer support.

Cost \$15 Grampians Region - \$25 Non Grampians Region

RSVP to Bernadette Matthews on 5320 3553 or email bernadettem@bhs.org.au

HELPING FAMILIES THROUGH TOUGH TIMES

Bouverie Training

Stawell - Wednesday 11th November

Ballarat - Tuesday 25th August

This training is available to counsellors working in a range of settings including Community Health, Primary Health, Division of GP's, local government, non-government and not-for-profit organisations.

Drawing on ideas from a range of frameworks including from family therapy and trauma theory, the workshop will explore some useful strategies for engaging and supporting individuals, families and communities impacted upon by highly stressful and traumatic events.

For more information email Karen.Smith@latrobe.edu.au

CONFERENCE OF ACCEPTANCE AND COMMITMENT THERAPY

Melbourne, November 13th to 15th

An action-packed, life changing conference full of highpower, inspirational workshops. This is your opportunity to see some of the biggest international names in ACT.

For more information visit www.anzact.com

'MOTIVATION' BY LISA COSSON

What we can learn about patience from a diamond

Trying (but failing) to see your goals realised can be frustrating.

Margaret Thatcher once said "You may have to fight a battle more than once to win it", and she was absolutely right. You've got to believe that you will succeed! Never admit defeat as long as time and effort remain.

Our greatest asset is patience; our greatest weakness is throwing in the towel.

Banish discouragement and feelings of impossibility by working hard, doing more, and not giving in! A diamond was only made beautiful after millions of years as a lump of coal.

Even if our efforts of attention seem for years to be producing no result, one day a light that is in exact proportion to them will flood the soul.

Simone Weil

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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