

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



## REGIONAL HEALTH PROMOTION WORKSHOP

**Thursday 22nd October from 10am to 4pm**  
The Great Hall, Gum San - Lambert Street Ararat

"Looking back, looking forward...Health Promotion celebrations and inspirations!"

The Department of Health invite you to join regional colleagues for an opportunity to reflect upon our health promotion journey and the road ahead.

- Case Studies - Department of Health and Agency presentations.
- Guest Speakers - hear directly about the impact of health promotion.
- Networking and mentoring opportunities.
- Resource sharing.

Department of Health will be developing a regional resource of Integrated Health Promotion case studies and invites agencies to provide a case study for inclusion. All IHP work can be included not just specific DHS funded activity. To submit a case study or to RSVP please contact:

[Ebony.ferrier@dhs.vic.gov.au](mailto:Ebony.ferrier@dhs.vic.gov.au) or [julian.harvey@dhs.vic.gov.au](mailto:julian.harvey@dhs.vic.gov.au)

Ebony can also be contacted on 5352 0114 and Julian on 5333 6014.

## 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.



## WPCP COUNSELLORS DIRECTORY

A Counsellors Directory for our area can be located on the Wimmera PCP Website at [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

If you are a Counsellor and your not included in the directory, please complete the application forms at the back of the directory and fax to 5382 4687.

If your details are already included in the directory - please check the information is correct and email any changes to [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

## GOAL SETTING AND CARE PLANNING

Presented by Doctor Jean Tinney and Ms Claudia Meyer Physiotherapist, from the National Ageing Research Institute.

**Wednesday 2nd September from 9.30am to 4.30pm**

**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 centre 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.

**Fee:** \$33 - HACC staff given priority.

**Venue:** Ballarat Learning Exchange - 36 Camp Street Ballarat.

**RSVP:** 5334 1500 or email [hacked@bdnh.com.au](mailto:hacked@bdnh.com.au)

## VCOSS VICTORIAN CLIMATE CHANGE GREEN PAPER

A lot of people participated in the VCOSS consultation on the Victorian Climate Change Green Paper which focused on health and wellbeing. The submission will be finalised over the next month and the summaries and briefing papers will progressively be available from:

[www.vcooss.org.au/what-we-do/climate-change/green-paper.htm](http://www.vcooss.org.au/what-we-do/climate-change/green-paper.htm)

If anyone has any input or ideas please contact Jess Fritze on 9654 5050 or email [jess.fritze@vcooss.org.au](mailto:jess.fritze@vcooss.org.au)

## CLASSICS IN WARTOOK VALLEY

**4th to 6th September**

**Nature Walk:** located on 40 acres of natural bushland on the edge of the Grampians National Park, Orchid Lane offers you the chance to experience local wildlife, birdlife and wildflowers at its best. Explore and abuser native and unique orchids to the area.

**When:** Saturday 5th and Sunday 6th September - guided tours 10am to 11am and 2pm to 3pm. Self guided tours from 10am to 4pm.

**Location:** Orchid Lane Cottages, Crutes Road Dadswell's Bridge.

**Contact:** [www.orchidlanecottages.com.au](http://www.orchidlanecottages.com.au) phone 5359 5209

## WIMMERA VOLUNTEERS BLOG

<http://wimmeravolunteers.blogspot.com/2009/08/if-you-need-more-volunteers-put-jobs-on.html>

If you need more volunteers...put the jobs on paper.

Recruiting volunteers is a big issue for small groups. It's especially difficult in remote rural communities where the whole community is so independent on services done by small groups.....

## CLASSICS IN WARTOOK VALLEY

September 4th to 6th

**Wartook Gardens B&B Open Gardens:** Set on 70 acres, and from a bare paddock, hosts Royce and Jeanne have developed a multi-award winning and internationally recognised, Australian plant and exotic garden of 10 acres with over 115 bird species and approximately 1000 species of Australian Plants.

**When:** From 10am to 5pm.

**Where:** Wartook Gardens B&B, 2866 Northern Grampians Road, Wartook

**Cost:** \$5 - children free.

**Contact:** [www.grampiansnationalpark.com](http://www.grampiansnationalpark.com) phone 5383 6200

**Restored Horse Drawn Vehicles and Photography Exhibition 'The Way We Were':** enjoy a unique private collection of fully restored horse drawn vehicles nestled amidst the valley. From a massive May and Millar wagon build locally in Horsham, to a Pony Phaeton built in Boston, by Thomas Goddard. This unique collection began in 2003 and to this day has continued to grow, as the restoration of these beautiful vehicles has become a heartfelt passion.

A photographic exhibition will also be on display with historic b&w images of yester year rich in history and culture from the local area.

**When:** from 10am to 4pm

**Where:** Wartook Views, 3036 Northern Grampians Road, Wartook

**Cost:** \$10 entry

## DEMENTIA AWARENESS WEEK 2009

Alzheimer's Australia Vic's annual **Dementia Awareness Week** will kick off this year on Tuesday 15 September and conclude on Friday 25th September. The 2009 theme is **Dementia...facing the epidemic.**

More than 60,000 Victorians currently live with dementia, and this number is set to grow to 176,000 by 2050 unless there is a medical breakthrough. Across the country, nearly one million Australians are involved in the care of someone with dementia.

While a lot more is now known about dementia, there is still no cure. And numbers of people with dementia are increasing. New data signaling a significant rise in dementia incidence and prevalence will be released by Alzheimer's Australia on Tuesday 1st September 2009.

For information on how to get involved in Dementia Awareness Week visit [www.alzheimers.org.au](http://www.alzheimers.org.au)

## HEART FOUNDATION WALKING: AREA COORDINATOR TRAINING

Horsham - November 2nd

Are you a professional interested in administering walking groups in your area? The Heart Foundation can help you to set up walking groups in your local community. The Area Coordinators come from health and community centres, councils and workplaces and are a vital part of Heart Foundation Walking.

As an Area Coordinator, you will receive training, ongoing assistance, support and resources.

For more information, visit the Heart Foundation Walking website at [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking)

To get involved or to receive an Area Coordinator Enquiry Pack, contact Helen Donovan, Heart Foundation Walking Project Officer on 9321 1515 or email [Helen.donovan@heartfoundation.org.au](mailto:Helen.donovan@heartfoundation.org.au)

## WITH RESPECT TO AGE - 2009

Presented by the Department of Human Services  
The Victorian Government practice guide for health services and community agencies for the prevention of elder abuse.

### How can I obtain a copy of With respect to age - 2009?

- Hard copies of With Respect to age - 2009 may be obtained from the DHS appointed distribution centre, Warehousing Fulfillment Distribution Solutions (WFDS), via email to Laura Tavian: [ltavian@wfds.com.au](mailto:ltavian@wfds.com.au)
- The guide is also available to download in PDF format, at [www.health.vic.gov.au/agedcare/policy/index.htm](http://www.health.vic.gov.au/agedcare/policy/index.htm)

### Who should use the guide?

- Senior managers and service coordinators in health 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.
- Direct care workers in personal care, doctors, allied health, nurses, police, family violence, case managers, assessment officers, workers in Aboriginal communities, workers in CALD organisations.

**What information does the guide contain?** The guide outlines the Victorian Elder Abuse Prevention Strategy and will assist you to understand:

- How your agency or service is expected to use the Victorian Government 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.

## ORAL HEALTH PROMOTION IN AUSTRALIA - CLEARINGHOUSE

Your online resource for Oral Health Promotion in Australia

The mission of the Oral Health Promotion Clearing House is to contribute to the reduction of oral disease in Australia.

The Clearing House builds oral health promotion capacity and fosters the development and implementation of effective prevention and oral health promotion strategies to improve the health of Australians. Please explore these pages for information on resources, events and initiatives on many oral health promotion topics. Please visit [www.adelaide.edu.au/oral-health-promotion/](http://www.adelaide.edu.au/oral-health-promotion/)

## GRANT OPPORTUNITIES OF INTEREST TO WIMMERA GROUPS

- Building Safer Drinking Cultures Innovation Grant - max \$25,000, min \$5,000.
- Volunteer Administrator Award of Excellence.
- Fire Awareness Awards.
- Community Enterprises in Small Towns Initiative - max \$25,000.
- Community Grants Program - max \$2,000.
- Our Club, Our Future - Sporting Uniform Grants Program 2009-2010 - max \$1,000.

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

## SFYS - APPLICATIONS FOR FUNDING

**Applications Close November 20th**

The SFYS Program has a Prevention and Early Intervention focus and aims to:

- Strengthen a young people's connection to school, family, peers and/or the community and address issues around disengagement.
- Facilitate partnerships through the development of collaborative structures and sustain linkages between school/education sectors and the relevant youth and community services to support young people displaying at risk behaviours.
- Decrease the risk of all young people aged between 10 - 18 years developing behaviours that lead to self harm.

Please note that brokerage projects must be consistent with the funding criteria and that this document is provided as supporting material to the SFYS Program Guidelines 2003. Copies are available at [www.sfys.infoxchange.net.au](http://www.sfys.infoxchange.net.au) Priority will be given to projects that show clearly identified client outcomes and those that promote sustainable systemic change through enhanced partnerships in line with the SFYS Guidelines.

Within this context the Grampians Regional Advisory Group invites projects that demonstrate a partnership approach to addressing the needs of 'at risk' young people from the following priority target groups:

- Young people in Out of Home Care; Koori young people; Young people at increased risk of disengagement from education or training due to:
  - ⇒ Living within areas of severe hardship such as drought and bushfires.
  - ⇒ Social and geographical isolation.
  - ⇒ Living in extreme poverty with limited access to resources.
  - ⇒ Mental health as an issue in the family.
  - ⇒ Culturally and linguistically diverse backgrounds.
  - ⇒ Physical, social or intellectual impairment.
  - ⇒ Low self-esteem or a negative body image.
  - ⇒ Limited social and recreational opportunities.

Applications need to set out how an identified target group will be engaged and demonstrate how those within a school environment will not inadvertently be seen as 'separate' to the broader school population. Therefore applicants are encouraged to take a whole of 'school/community' approach to address identified 'at risk' target group needs.

Where appropriate it is expected that support activities will be linked/incorporated into individual care/education plans or pathways. The Grampians SFYS Regional Advisory Group reserves the right to revise regional priorities when there are exceptional circumstances.

For more information please contact Susan Griffiths, Wimmera SFYS Coordinator, Wimmera Uniting Care on phone 5362 4016, mobile 0419 390 494 or email [susang@wimmera.unitingcare.org.au](mailto:susang@wimmera.unitingcare.org.au)

## PRIMARY HEALTH WEEKLY BULLETIN

The latest edition of the Primary Health Weekly Bulletin is now available at: [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/\\_nocache?src=emails&id=210809](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=emails&id=210809)

In this edition:

- Department assists services to organise clinical placements.
- Executive Officer Leadership Breakfast.
- Seminar: Osteoporosis "The bone facts".
- Newsletter from the Department of Veterans' Affairs.
- Global health seminar series.

## 'MOTIVATION' BY LISA COSSON

### The power of a positive face.

Have you ever contemplated how much a smile can change a person's day?

Both the person who smiles and the one who sees it are positively impacted by such a small act. This seemingly tiny reflex can perk up a bad attitude, make you seem more warm and inviting, and often pass some happiness on to others.

So the next time your alarm goes off for your 5am run or your dog barks in the middle of the night, smile instead of grumbling. You'd be surprised how a positive face can in turn become a positive and motivational attitude!

**A smile is a curve that can set a lot of things straight.**

- V. Borge

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)

### Wimmera Primary Care Partnership Office

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