

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



COMMUNITY HEALTH PLANNING FORUM

Thursday 10th September

In place of our usual Health Promotion Network Meeting
From 12am to 3pm (lunch served 12 and meeting starts at 12.30pm sharp)
Grampians Community Health - 25 David Street Horsham

The Community Health Planning Forum on 17th August was a great bringing together of diverse workers from across the Wimmera. We were able to focus on our health promotion priorities and to set some population groups that this work would target for 2009-2012.

Commitment was again given to make sure our work through the lens of health equity - that is to reduce the disadvantage that leads to bad health in communities rather than working with the "worried well".

Our priority areas and population groups were defined as:

- ⇒ Overarching theme: Improving health equity.
- ⇒ Priority: Physical Activity in young families.
- ⇒ Priority: Social Connection in Youth and Older Adults.

Our next step is to clarify how we can do this work across the Wimmera and to determine what resources, capacity building and support we will need.

RSVP to Donna Bridge at donna.b@grampianscommunityhealth.org.au or phone 5362 1221.

2ND NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER FAMILY & COMMUNITY STRENGTHS CONFERENCE

Tuesday 1st to Thursday 3rd December
University of Newcastle NSW

Strong Stories - Strong Mob - Strong Kids - Growing Up Together

For more information visit www.newcastle.edu.au/ifsc

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

IN NHILL

Thursday 12th and Friday 13th November
Nhill Uniting Church - Victoria Street
From 9am to 5pm - registrations at 8.45am
Cost: \$150

Trained Facilitators: Mike Coffey and Lindy Muller.

Most people that consider suicide signal their distress and their intent. This practical two-day ASIST is designed to help professional and other caregivers recognise persons at risk of suicide, and effectively intervene to help that person stay safe and seek further help. This training can help us see, hear and respond to these signs with confidence. ASIST is the most widely used suicide intervention model in the world.

Book early through Susan Griffiths at susang@wimmera.unitingcare.org.au or phone 5362 4016.

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 or julian.harvey@dhs.vic.gov.au

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

PROJECT MANAGEMENT TRAINING 2009

24th & 25th September

Bendigo Bank - 144 Barkly Street Ararat

Trainer: Centre for Leadership and Management www.centrelm.com.au

Who should attend: this training is specifically designed for PCP and CHS project staff working in the Integrated Chronic Disease Management and Early Intervention in Chronic Disease initiatives. There are limited places, maximum 2 places per agency/PCP.

The training, is part of the broader ICDM Workforce Development Strategy, and will equip you with the skills and approaches required to effectively progress Integrated Chronic Disease Management work through a project management approach. The training will:

- ⇒ Develop the skills and knowledge to identify and describe the key elements of successful project work.
- ⇒ Assist you to initiate, plan and manage project phases, activities/tasks within cost, timelines and appropriate responsibilities.
- ⇒ Provide you with an introduction to continuous quality improvement (PDSA) methodology.
- ⇒ Develop and utilise project management leadership, roles/responsibilities, structures, systems, tasks and skills in achieving successful outcomes.

Registration: Nominate your interest with your Regional Primary Health DHS contact via email and cc your email to Kate Boucher at the central office: kate.boucher@dhs.vic.gov.au For further information contact Kate Boucher on 9096 9407.

VOLUNTEER GRANTS - CALL FOR APPLICATIONS

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; and/or
- ⇒ 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 visit www.fahcsia.gov.au

2009 YOUTH MINI MEDIA COMPETITION - HINDMARSH SHIRE

Prizes: 2 digital cameras valued at approximately \$300 each will be awarded to the winning entry in each category. Prizes will be awarded at the judges' discretion.

Two categories: Digital Media and Animation.

Criteria:

- ⇒ Must be original work produced in 2009.
- ⇒ Entrants must be the originator of the artwork.
- ⇒ Must be no longer than 3 minutes.
- ⇒ Must be G Rated and suitable for viewing by the general public.
- ⇒ Must be suitable for posting to the Hindmarsh Shire website or YouTube.
- ⇒ Open to youth who have a connection to the Hindmarsh Shire area.
- ⇒ Entrants must register their entry prior to 5pm, 6th November at www.hindmarsh.vic.gov.au
- ⇒ Entrants under the age of 18 need parental consent.

Advice: copyright will rest with the producers, but Hindmarsh Shire will have full permission to use the film for non-commercial public showings.

For further information contact Fiona Werner at fwerner@hindmarsh.vic.gov.au or phone 0429 416 996.

HINDMARSH SHIRE COUNCIL 2009/10 COMMUNITY GRANTS

The Community Grants Program of \$15,000 was set up to assist communities for services, self-help, community development and social action. Funds provided need to be spent by 30th June 2010. Decisions on applications will be made at the October 2009 Council Meeting.

For Grant Guidelines and if you have any queries please contact the following officers on 5391 4444 or via email:

Manager Community Development
Community Facilitator

Anne Champness
Phil King

achampness@hindmarsh.vic.gov.au
pking@hindmarsh.vic.gov.au

GRAND SHADOW LAB OPENING AND NATI FRINJ COMMUNITY MEETING

Saturday September 5th at 5pm
GAS - Old Garage, Main Street Natimuk

48 In the Shade at GAS - The Shadow Lab

A Community Partnerships program funded through Arts Victoria. Melbourne shadow performance artist Lynne Kent will be working with the many of the local artists developing a plethora of smaller shadow productions and installations around the town. These will be work shopped at the old service station known as GAS (Garage Art Space) where an experimental shadow laboratory will be housed in the lead up to the festival groups working with Lynne include:

- ⇒ Styckx: Aerial performance company Y Space and Transience animation company's collaboration of stage four development of their next production.
- ⇒ "....." Greg Pritchard's Haiku shadow installation boxes.
- ⇒ Wimmera Women's Circus.
- ⇒ Improvisations with a Silo..an Art Attack Mystery event...
- ⇒ "Hannah French's shadow in a window series.
- ⇒ Youth from the Junior ACT.
- ⇒ The kids from kinder, Natimuk preschool.
- ⇒ A variety of other community groups.

For more information contact 5387 1096 or email natifrinj@hotmail.com

WOMEN'S LEADERSHIP DEVELOPMENT WORKSHOP

17th and 18th November

Melbourne - Workshop at the Lyceum Club, Ridgeway Place

Accommodation at Rydges Hotel, 186 Exhibition Street

Cost \$20 (includes meals and accommodation), travel expenses will be reimbursed.

Have you ever wanted to take on a new challenge, but don't know how to start? Help run the local fete? Expand your farm or business? Seek funding for a community improvement project? Get a seat on a school board? All you need to take that next step is a bit of support and a few key skills.

Farming women often don't have access to the same opportunities as urban women, yet they have the potential to do great things for their families, businesses and communities.

The Women's Leadership Development Workshop can offer farming women the support and training they need to start achieving that little bit more! Workshop topics include:

- ⇒ Understanding Governance - structures of government and lobby groups that can help you.
- ⇒ Accessing Funding - understanding government funding processes and writing applications.
- ⇒ Corporate Presentation - public speaking, meeting skills and personal presentation.

For further information contact Kate/Amali on 9207 5603 or email adisanayaka@vff.org.au or Joy on 5153 1926 or email pjbrand@bigpond.com

STRENGTH TRAINING FOR CHRONIC ILLNESS PROVIDERS

14th October from 9am to 4.15pm

Arthritis Victoria - 263 - 265 Kooyong Road, Elsternwick

Cost: Arthritis Member \$155, Non-member \$180

This accredited seminar is specifically tailored for physiotherapists and exercise physiologists, and has been developed with support from the Department of Human Services. The seminar is designed to enhance participants' knowledge and skills to deliver safe and effective strength training programs for people with arthritis, osteoporosis, diabetes and heart disease. Expert practitioners and researchers are involved in conducting this accredited course.

For further information contact Kerrie on 8531 8017 or email Kerrie.giannakidis@arthritisvic.org.au

CARING FOR OUR COMMUNITY 2009 HOME & COMMUNITY CARE CONFERENCE

October 28th and 29th - Halls Gap

For home care, personal care, respite care, activity workers, volunteers, volunteer coordinators, social support workers and volunteers, home maintenance and food services workers in HACC services in Grampians Region.

For more information or to RSVP contact Cathy Faull on 5334 1500 or email hacked@bdnh.com.au

BULLYING IN SCHOOLS

For an indepth look at Bullying in Schools and to gain advice if you are experiencing bullying, please visit www.kenrigby.net.au

Some information on the site - bystander behaviour in schools, how successful anti-bullying programs can be, how teachers and counsellors handle cases of bullying, method of shared concern, does bullying really do children any harm, what children tell us about bullying in schools, defining bullying and much more.

SUPPORTING THE BEREAVED CHILD

Thursday 10th September

Ballarat - Best Community Development, 28 Victoria Street

The experience of bereavement can evoke a complex range of thoughts and feelings for both adults and children. Children's reactions to a death can often be overlooked or misunderstood. The needs and concerns of grieving children requires particular attention and care. As grieving children grow and develop, adults who care for them need to be sensitive to their ever-changing needs. The experience of grieving children and effective support strategies will be explored in this seminar.

Designed for: any person interested in childhood grief and bereavement including teachers, nurses, parents, funeral directors and counsellors.

To register email info@grief.org.au or phone 9265 2100.

WHATS THE DEAL?

A kit to educate young people about legal issues - a teaching resource for people working with 14-16 year olds.

This free kit is mapped to VELs but can also be used by community workers running education programs.

The kit has five modules:

- ⇒ Human rights (new module).
- ⇒ Authority - police, ticket inspectors.
- ⇒ Your Body - sex and gender identity, pregnancy.
- ⇒ When things hurt - violence, discrimination.
- ⇒ Becoming independent - leaving home, getting work.

The kit includes:

- ⇒ Fact sheets that are easy to read.
- ⇒ Engaging activities that focus on creativity, thinking and technology.
- ⇒ Icons to identify which activities match VELs.
- ⇒ Directories of useful services.
- ⇒ Glossaries of legal words.

What is the deal? Is available to order online at www.legalaid.vic.gov.au/publications.htm

CHILDREN AND ACTIVE TRANSPORT FORUM

Tuesday 6th October 2009 from 9.40am to 4.30pm
William Angliss Institute Melbourne

The Children and Active Transport forum is presented by Kinect Australia and Kids - 'Go for your life', as part of their respective professional development series. The focus of this forum is on children and active transport. Attendees will gain an awareness of the need to better engage children and their families in walking and riding in their local community, as well as an understanding of the key actions that need to be taken, and strategies that can be used, to address the issue locally.

To register visit www.kinectaustralia.org.au/content/Public/InfoLine_InfoCentre/Forums/pcoming_Forums.aspx

PRIMARY HEALTH WEEKLY BULLETIN 28/08/09

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=28/08/09

In this edition:

- 'Integrated health promotion - factoring in gender and diversity' information resource.

'MOTIVATION' BY LISA COSSON

How would it be if you reduced a little bit of anger?

When someone cuts you off while driving, or misses an appointment you made together, you probably get angry.

Often our imaginations create internal situations and fantasies that perpetuate those feelings until you are boiling and ready to take it out on someone else. Truly through, we waste too much of our time and energy feeling negatively towards all sorts of things in our lives. When was the last time you went an entire day without feeling angry? Think about the times you most frequently feel those tense, frustrated feelings building up in you and examine the root. If the situation is unavoidable, you've got to force yourself to accept it and move past it. Maybe you need to sit down with a co-worker and talk to her about what is bothering you - instead of just letting her idiosyncrasies get under your skin each day. Perhaps you need to find an alternative route home to avoid the daily traffic jam that makes your blood boil. Your body and mind will thank you for the peace such moves provide in the end.

Holding onto anger is like grasping a hot coal with the intention of throwing it at someone else. You are the one who gets burned.

- Buddha

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 -
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 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 pccadmin@grampianscommunityhealth.org.au

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