

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

November 18th & 19th - 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.

GARINJA PRESCHOOL WORM FARM

The children at the Garinja Preschool have a worm farm which has encouraged students to be more environmentally vigilant - not to mention is a lot of fun!

The worm farm was purchased to try to facilitate the children's learning endeavors and encourage them to be more environmentally friendly and to recycle. They have about 2000 worms and the children have named about 1000 of them. The children take the worms and hold them and are learning the benefits of having a worm farm having set up in their own centre by saving food scraps and feeding the worms.

This has been such a success that the Garinja Preschool has won both the Tidy Towns Award and Regional Award and have now been nominated as a state finalist in the Young Leaders category of the Tidy Town Sustainable Communities awards. State Tidy Town award winners will be announced at a ceremony in Horsham in October.



EARLY START KINDERGARTEN PROJECT

The Early Start Kindergarten Project is a new initiative by the Department of Education and Early Childhood Development to provide around 2,000 places for 3 year old children known to Child Protection with an early start to kindergarten, free of charge, by 2011.

The targets locally are 35 places by the end of 2009 and 80 places throughout 2010. This initiative will enable children from vulnerable families to gain access to critical early developmental and social experiences in order to enhance their readiness for 4 year old Kindergarten, and optimize future learning experiences in early primary school.

For further information on the Early Start Kindergarten Project please contact the Project Worker Majella Claire Devlin on 5331 7556 or email mdevlin@cafs.org.au

BUS SERVICES - FROM NARACOORTE TO HORSHAM

Additional Friday return bus service from Naracoorte to Horsham
Connects to Ballarat, Bendigo, Geelong and Horsham

	Leaves	Returns
Naracoorte (Roberston Street)	4.30am	12.55am
Apsley (Café)	4.50am	12.30am
Edenhope (Shire Offices)	5.15am	12.15am
Goroke (IGA Main Street)	5.50am	11.45pm
Natimuk (Chemist)	6.30am	11.10pm
Horsham (Coach Stop Roberts Avenue)	7.00am	10.45pm

VICTORIAN ABORIGINAL NUTRITION AND PHYSICAL ACTIVITY STRATEGY

This strategy was produced by VACCHO and funded by DHS and DPCD. It is an excellent resource and should be very useful as Regional Implementation Plans are developed. This Strategy is also available on the VACCHO website at www.vaccho.com/documents/VANPHS.pdf

SEPTEMBER EDITION OF GO FOR YOUR LIFE NEWSLETTER

www.goforyourlife.vic.gov.au/gfylnews

In this issue:

- ⇒ It's show time.
- ⇒ Put a spring in your step with Heart Foundation Walking.
- ⇒ People, Places and Partnerships - the future of Community Sport and Recreation Conference.
- ⇒ Spring in this season's fruit and veg.
- ⇒ Melbourne Vixens School Holiday Clinics.
- ⇒ Plus much much more...

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 minimise 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 8th October from 9.15am to 4pm
 Nexus Youth Centre Horsham - Cost \$130 lunch etc included

To register please contact Grampians Community Health on 5362 1200

BORDERLINE PERSONALITY DISORDER TRAINING

18th September from 8.30am

The Victoria 2 Room - Mecure Ballarat Hotel and Convention Centre, Main Road
 Cost \$150

Program aim: this is an introductory workshop program for Mental Health workers, Alcohol and other Drug workers and other staff. The workshop provides comprehensive introduction to concepts and interventions relevant to treatment and support for individuals with a diagnosis of borderline personality disorder.

Content includes:

- ⇒ Understanding of the context and meaning of the diagnosis Borderline Personality Disorder and why we should support and treat people with this diagnosis.
- ⇒ Overview of the relationship between early trauma and neglect and key BPD symptoms.
- ⇒ Address the meaning of self harm and how to work with people who are prone to self harm in ways likely to help.

All enquiries and bookings to mandy.hammond@centacareballarat.org.au or phone 5336 7900

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.

OCTOBER - COMMUNITY SAFETY MONTH 2009

Working Together for a Safer Community

This is the 13th year that Community Safety Month will be celebrated in Victoria with an exciting program of events and activities which remind us that we all have a role to play in keeping our communities safe.

Community Safety Month 2009 is a community based program initiated in 1996 by the Victorian Safe Communities Network and is currently coordinated by Victoria Police in partnership with the VSCN.

The aim of Community Safety Month is to call on community safety professionals to focus community attention on their year round efforts to address safety issues which concern local areas.

Safety affects all parts of our lives. We are all affected by crime, violence, injury and emergencies which can occur at work, home, school, on the roads and in public places. Everyone can be encouraged to make their homes, workplaces, streets, neighbourhoods and communities safer by participating in Community Safety Month activities.

An active community is a safe community and this is a call to all our colleagues involved in community safety to get active this October to make Community Safety Month even bigger and better!

For more information visit www.communitysafetymonth.com.au or phone Leading Senior Constable David Sheppard on 9247 5308 or email him on David.Sheppard@police.vic.gov.au

DINNERS TO DEMYSTIFY DEPRESSION

A series of dinners providing information about depression will continue in the Wimmera over the next three months. Beyondblue, Wimmera Uniting Care, WestVic Division of General Practice and shire councils are supporting the dinners at Donald, Balmoral, Murtoa and Dimboola. The dinners will all feature a presentation from national depression initiative Beyondblue.

Wimmera Uniting Care community support worker Pam Kingwell said the coming dinners followed the success of a session at Rainbow Town Hall on August 24th. The next dinner will be at Donald Golf Club on **Wednesday 16th September** starting with registrations from 5.45pm with Donald Neighbours and Friends Association and Buloke Shire were both supporting the dinner.

The dinner at Balmoral on **October 7th** will run from 6pm to 10pm, while dinners at Murtoa on **October 28th** and Dimboola on **November 18th** will both be from 5.45pm.

A Beyondblue accredited training with mental health qualifications will speak at each of the dinners about how to recognise the signs and symptoms of depression and how to assist a person to get appropriate help.

Topics covered include:

- ⇒ What are depression and related disorders and how common are they?
- ⇒ What are causes of depression and how can it be effectively managed?
- ⇒ What is it like to live with depression? How to recognise depression and related disorders.
- ⇒ How to approach someone you are concerned about.

People interested in attending any of these dinners should register with Pam Kingwell on 5362 3206 or 0428 348 293.

Beyond Blue's website www.beyondblue.org.au provides useful information about services in the region. To access a list of medical and mental health professions, click on **Find a Doctor or other Mental Health Practitioner**. To access the Rural Assistance Information Network Map which is a directory of health and welfare services, click on **Get Help**. To talk to someone about local services call a Wimmera Uniting Care Community Support Worker on 5382 6789.

If people don't have access to the internet, they can call Beyondblue Information line on 1300 224 636.

BUILDING HOPE: SKILLS BASED WORKSHOP FOR CARERS OF A PERSON WITH AN EATING DISORDER

Eating Disorders Victoria in collaboration with Deakin University is offering a six week workshop program for families and parents of a person with an eating disorder. The program is based on Professor Janet Treasure's research on the motivational style of treatment of people with an eating disorder. This style builds empathy, promotes understanding and reflective listening skills, recognises the benefits of consistency, compassion and calm communication in supporting your loved one. Develop collaborative problem solving skills to enhance the idea of change for your loved one. Develop collaborative problem solving skills to enhance the idea of change for your loved one.

Every Thursday for 6 weeks commencing 29th October

5, 12, 19 November (no session on 26 November), 3 December and the final session on 10 December
6.30pm to 8.30pm at Ballarat Health Service, Education Centre, Drummond Street North
Cost: \$80 per person or \$120 per couple for the 6 week program.

RSVP to Eating Disorders Victoria on 9885 6563 or email edfv@eatingdisorders.org.au

2009 NUTRITION WEEK - 11TH TO 17TH OCTOBER

2009 sees the focus on breakfast and healthy food for children playing sport and a look at how sporting clubs can promote healthy food choices. Visit www.nutritionaustralia.org and:

- ⇒ Use the nutrition week kit 2009 to find helpful tips and recipes to help you and/or your children boost sports performance. This manual provides your child's sporting club or group with some practical ideas to assist them in understanding and promoting healthy eating for sport. You will also find plenty of nutritious and easy meal and snack ideas that can be easily prepared at home for one child, or for the whole team.
- ⇒ Click on "The Eating Activity Sport and You RECIPE BOOK" which offers pre and post exercise meal and snack suggestions that provide children with the necessary nutrition for a healthy body. The recipes are designed so that older children and adolescents can prepare the delicious and nutritious meals and snacks themselves.

Good nutrition is worth the effort.

To find out more about Nutrition Week events in your state contact your local Nutrition Australia Division.

PEER SKILLS FACILITATOR TRAINING

21st and 22nd October from 9am to 5pm

Conference Room at Kildonan UnitingCare, 188 McDonalds Road Epping

Kildonan Uniting Care and Lifeline Community Care Queensland is pleased to offer training to schools and agencies wishing to implement the Peer Skills Program as part of their work with young people.

The learning outcomes of those participating in the two day facilitator training include:

- ⇒ An ability to deliver the Peers Skills Workshop with your local school or community.
- ⇒ Learning some new activities for experiential learning and engagement of young people.

Cost - \$350. Includes meals and facilitator training manual and peer skills network membership. RSVP to 8401 0100 or email cwynne@kildonan.org.au

PRIMARY HEALTH WEEKLY BULLETIN 11/09/09

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=11/09/09

In this edition:

- Intervention mapping: developing theory and evidence-based programs for health promotion and public health.
- National Stroke Week - 14th to 20th September.

'MOTIVATION' BY LISA COSSON

Breaking the Cycle of Failure

One experience builds on another and that is how life evolves!

We should not simply "live and learn" but rather "live, learn, and improve." We all make mistakes in life. Do you learn from yours or do you have a cycle of making the same ones over and over?

Perhaps you want to lose weight but always seem to fail, never seem to finish your reports at work, or have a hard time following through on your obligations. Examine some past failures and review where you went off track with your goal.

Don't mistake failing with "I am a failure", as no one is perfect all the time. Take what you have learned and apply it to the next situation.

Experience is not what happens to a man. It is what a man does with what happens to him.
- Aldous Hudley, writer -

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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