

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



YES YOU CAN! FORUM

Young entrepreneurs, create your future in the Wimmera!

Wednesday 7th October from 5.30pm to 9pm
Ballarat Uni Auditorium Horsham Campus

Inspirational speakers and two business workshops.
Light food and refreshments provided.

Cost: Free

Special guest: At just 22, Brad Smith is the winner of the 2009 Telstra Business Award for Social Responsibility, 2008 winner of the Australian Young Entrepreneur of the Year, designer of the braaap motorcycle and founder of the multi million dollar Australian specialised small business of the year, braaap motorcycles. Brad is the Mini Supercross Champion of Australia, world class motorcycle athlete, aircraft pilot, educational speaker and author.

Other guests include Avril Hogan (Insightrix), Dave Brennan (DKB Seeds), Gary Howden (T[life]), Sandra Jewson (Spoons Riverside Café Swan Hill), Brad Thomas (Thumbsnappers) and Tracey Rigney (theatre and film).

Booking essential - contact Andrea Cross at Across Events Management on 0400 425 254, email across@netconnect.com.au or WimmerAlive Facebook for more information.

YOUTH MENTAL HEALTH FIRST AID COURSE

November 26th & 27th (please note the date change)
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.

ATTILA KAPITANY

26th October from 1.30pm to 3.30pm
Harrow Mechanics Hall

Succulents for the Garden - Two Talks - One Afternoon

Succulents for the Garden - an introduction with slides of succulents in habitat, mostly in dry and arid locations, followed by a contrast of images of the same plants in the artificial environment of a plant nursery here in Australia. These are followed by a colourful expose of how succulents are being integrated into garden design in most unusual ways. This will surprise and entertain even the most ardent succulent critic.

Succulent Success and Interesting Projects - the mind tends to limit succulents to a particular style and yet imaginative garden designers have in recent years explored the possibilities like never before. Join in on an almost unbelievable visual treat. Who would have thought that succulents could ever be made to look soft and luxuriant in the garden, mixing succulents with annuals, spring bulbs and under roses? There are a few tricks involved...

Attila Kapitany - succulent expert and author of several popular books on the subject, will have slides to show and knowledge to share. There's something new, even for those who have heard him before as he'll also be covering his latest findings on Australian native succulents.

Have you ever seen a cactus with sunburn? Bring your problems, plants or questions along. If you like plants, nature and gardening you'll enjoy this presentation. Discounted books and a very large range of succulents will be on show and sale.

Cost \$15. Bookings essential to 5588 2000 or email emay@hbnc.org.au

PRODUCTIVITY COMMISSION GAMBLING INQUIRY**Notice of Australian Youth Forum Consultations**

As part of its consultation processes, the Commission has arranged for the topic of gambling to be placed on the Government's Australian Youth Forum Website.

The Commission invites young people to comment on their experiences with gambling at this website. This forum will be open for comments for the next two months. The outcomes of this discussion will help inform the Commission's inquiry.

Visit www.youth.gov.au/ayf/Ideas/DiscussionForum.aspx?TopicID=19

SUPPORT AND ADVOCATE FOR RURAL YOUTH SERVICES

Tuesday 13th October from 5pm to 7pm
Ballarat Motor Lodge

At this meeting we seek to:

- Examine rurality and young people.
- Discuss rural (non-metro Melbourne) youth service provision.
- Consider the history of rural youth service support and advocacy.
- Decide on proposals to establish an advocacy and support project.

For more information or to RSVP contact Gavan Thomson - 5421 1624
or email Gavan.Thomson@cobaw.vic.gov.au

'AT RISK' TELEVISION CAMPAIGN - GAMBLING QUIZ

A new TVC campaign launched by the Minister will commence Sunday 13th September for an eight week period.

It is aimed at young males 'at risk' of developing a problem with gambling. The 30 second television commercial (TVC) shows gambling as a 'barrier' to engaging in social activities. It shows a young man pushing the pokie machine around the city and then tries to push it through the door of the club but it won't fit. The voiceover asks "is gambling getting in the way of your social life? Blow all your money gambling and you won't be going anywhere".

The advertisements are designed to drive target audiences to a campaign - specific micro website where they can take a self assessment questionnaire to see if they are at risk.

The website can be accessed at www.takethequiz.com.au and people will be able to assess their level of risk through two different quizzes. One quiz is a self assessment tool which will place you on a scale and the second quiz is a calculator where you can put data about spending patterns and calculate spending and gambling within a year. This site will also have tips about responsible gambling and setting budgets.

HELPING WOMEN FACE CANCER WITH CONFIDENCE

October 15th from 9am to 12pm

Rehab Lounge - Wimmera Health Care Group Horsham

Look Good...Feel Better - teaches you so much more than how to apply make-up. It boosts self esteem and helps you to be confident and positive during cancer treatment.

In a relaxed and friendly workshop environment you will learn how to manage the changes that may occur to your skin, hair and general appearance as a result of your treatment.

Workshops are completely free of charge and available to women diagnosed with cancer, undergoing or about to undergo chemotherapy and/or radiotherapy treatment for cancer.

Experienced volunteers from the Beauty Industry will help you learn how to care for your skin and apply make-up to help minimise the appearance related side effects of treatment.

Attendees will receive a complimentary set of skincare and makeup for use in the workshop and will be shown creative and practical ways of dealing with possible hair loss. Workshops last for approximately two hours and you are welcome to bring a friend.

If you would like to attend the workshop please contact the Community Health Nurse on 5362 1241 or 5362 1243.

VICTORIAN PATIENT TRANSPORT ASSISTANCE SCHEME (VPTAS)

The Victorian patient transport assistance scheme (VPTAS) subsidises the travel and commercial accommodation costs incurred by rural Victorians and an approved escort, who have no option but to travel a long distance to receive approved medical specialist services.

What assistance is provided? The scheme provides a partial subsidy for the travel and accommodation costs incurred by rural Victorians and an approved escort.

Who is eligible? To be eligible for assistance patients must meet all of the following criteria - be a Victorian resident, live in a Department of Human Services designated rural region, be receiving specialist medical treatment, need to travel more than 100 kilometers one way, or an average of 500 kilometers per week for a minimum of five consecutive weeks.

For further information follow the links at www.health.vic.gov.au/ruralhealth or phone 5226 4540.

THE KITCHEN GARDENER

A seasonal newsletter from the Stephanie Alexander Kitchen Garden Foundation
www.kitchengardenfoundation.org.au/site_registration.shtml

Topics:

- SAKG National Program Round 2 Grants are OPEN.
- SAKGF Subscription Program is HERE.
- Paul Bangay opens his gates in support of the Foundation.
- The Cook's Companion comes in first.
- River Sunday showcases QLD Kitchen Garden Schools.
- Maggie Beer joins in the celebrations at our SA schools.

MOVING BEYOND SCHOOL EXCLUSION: WHAT ARE THE ALTERNATIVES

Presented by the Centre for Adolescent Health

School exclusion is used as a consequence for serious transgressions of behaviour at school. However, students who are suspended or expelled are at greater risk for a range of unintended consequences such as intensified academic difficulties, disengagement from school, student alienation, antisocial behaviour, and substance use.

This forum explores the unintended consequences of school exclusion and examines alternative practical approaches which can be used by schools to reduce suspensions.

Thursday 15th October from 9am to 1.30pm

Ella Latham Theatre, Royal Children's Hospital Parkville

For further information visit www.rch.org.au/cah/forum

ONE DAY TRAIN-THE-TRAINER COURSE IN NO BULL SUPPORT

Are you keen to help the people in your community who support others?

The 'No Bull Support' Workshop is a half-day session, designed to educate and support lay people who have contact with families and individuals affected by natural disasters (such as drought and bushfires). Examples of the intended participants includes vets, volunteers, hairdressers, teachers, small business owners, water carters, stock and station agents and community leaders.

No Bull Support is not about teaching therapy or counselling but rather aims to provide easy-to-follow guidelines on supporting someone in trouble, when and how to provide referral options and attending to self care.

Monday 23rd October from 10am to 4pm

The Bouverie Centre, Brunswick

RSVP to c.hobbs@latrobe.edu.au

AUSLAN VIDEO RELAY INTERPRETER SERVICE - INFORMATION SESSION

Thursday 24th September from 2pm to 5pm - Ballarat Business Centre

The service trial will cater to Deaf people who live in regional areas of Victoria where access to professional interpreters is usually extremely limited. The VRI project will provide free interpreting services during part of the trial period, from 1st October to 31 December 2009.

For more information email auslanadmin@kangan.edu.au or SMS 0418 524 470.

REGIONAL ARTS VICTORIA STATE SYMPOSIUM 2009

2nd and 3rd October 2009 - Geelong West Town Hall and Courthouse

Practitioners from the Health and Wellbeing and Arts sector are invited to attend RAV's state conference and explore how the arts can be harnessed to bring about positive change.

The Role of Arts in Times of Crisis

Regional Arts Victoria's biennial conference will examine the role of the arts in dealing with adversity, responding to recovery and influencing change. More than a dozen projects will be presented by artists, arts groups and health organisations, performances, installations and discussions.

For more information visit www.rav.net.au, contact Regional Arts Victoria on 9644 1800 or email enquiry@rav.net.au

GRIEF AND BEREAVEMENT

Presented by The Grampians Regional Palliative Care Team
Twilight Education Session

Monday 5th October from 6.30pm to 8.30pm

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

Cost: Grampians Region \$15 - Other \$25

Guest Speakers

Bill Weidner - Counsellor, Ballarat Hospice Care Inc.
Brenda Rutherford - Counsellor Educator, Mental Health Social Worker

RSVP to 5320 3553 or bernadette@bhs.org.au

HELPING CHILDREN IN THE AFTERMATH OF BUSHFIRES

Recognising and responding to emotional and psychological distress - a conference for teachers, GPs and mental health workers.

Presented by Monash University - Medicine, Nursing and Health Sciences

19th October - Melbourne Convention Centre - cost \$330 (\$165 full time students)

Conference topics:

Identification and assessment of children at risk.
DHS response to bushfires.
Working with Children following the 2009 bushfires.
Children's experience of grief.
Resources and treatment for children and adolescents.

RSVP to ruth.kirpalani@med.monash.edu.au or phone 9594 1354

PRIMARY HEALTH WEEKLY BULLETIN 1/09/09

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=170909

In this edition:

- Conference: Endometriosis research, diagnosis and management.
- Workshop: Community-based health programs.

'MOTIVATION' BY LISA COSSON

What do you do to motivate yourself?

Makes sense doesn't it?

The secret to staying consistent with your goals is to stay motivated. That means finding ways to fire yourself up on a daily basis.

Being inspired at a seminar, by reading a book, or while talking to a dynamic speaker is easy. But what happens when you're on your own? To follow through on that burst of motivation and reach the finish line, you need regular booster shots. Give yourself those little positive reminders that you have an important job to do and a good reason for doing it.

What's pushing you? Surround yourself with visual, verbal, and physical 'pep talks' that trigger that motive. It doesn't take long for dust to gather on your momentum, making your goals turn stale. A daily dose of motivation kicks off the dust before it can settle and gives you a fresh, clean start.

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily!

Zig Ziglar, motivational speaker

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 pcpadmin@grampianscommunityhealth.org.au

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