

**WPCP - Partnership
Member Agencies**

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



NEWSLETTER

Issue 38 (2009) -
September 25th

SAILABILITY FORUM

2nd October 2009

Wimmera Regional Sports Assembly
17 McLachlan Street, Horsham

To all previous committee, volunteers and interested groups, you are invited to this lunchtime forum to discuss the hope of getting the Sailability Program up and running again.

The aim of this forum is to establish if our community wants to have this wonderful program as a sustainable program within the Wimmera Region.

For more information contact David Terry or Sam Story on 5382 4599 or email projects@wrsa.org.au

NURSE SCHOLARSHIP PROGRAM AND MENTAL HEALTH POSTGRADUATE SCHOLARSHIP SCHEME

(During 2009-10, the Nurse Scholarship Program and Mental Health Postgraduate Scholarship Scheme will be consolidated into the Nursing and Allied Health Scholarship and Support Scheme)

Which Funding Agreement Applies to you?

Australian Government funded scholarships are now available for people who:

- Want to study to be a registered nurse and have lived for a minimum of five years in rural and remote Australia;
- Are either a registered or enrolled nurse or midwife and want to undertake Continued Professional Education and live/work in rural and remote Australia;
- Are registered nurses and want to study Mental Health;
- Are registered nurses and want to study to be Nurse Practitioners;
- Want to regain nurse or midwifery registration in Australia.

If you answered YES you could be eligible for an Australian Government Scholarship.

For more information and to download an application form please visit Royal College of Nursing, Australia at www.rcna.org.au

RCNA Fund Administrator: free call number 1800 117 262, email scholarships@rcna.org.au

2008 STATE OF VICTORIA'S CHILDREN REPORT

The 2008 State of Victoria's Children Report (with a focus from birth to 18 years) was released recent and is now available at the following link:

www.education.vic.gov.au/about/directions/children/annualreports.htm

Wimmera Volunteers Blog - "Recognising Victoria's Volunteers"

Can be found at: www.wimmeravolunteers.blogspot.com/2009/09/recognising-victorias-volunteers.html

NATIONAL YOUTH WEEK GRANTS 2010

National Youth Week is your chance to celebrate all the wonderful contributions you make to our communities - I urge you to take party and enjoy yourselves".

James Merlino - MP Minister for Youth Affairs

In partnership with the Australian Government and beyondblue: the national depression initiative, the Victorian Government is providing National Youth Week grants to fund events that celebrate and recognise the contribution of young Victorians to their community.

National Youth Week is an annual, week-long celebration of young people (aged 12 - 25) throughout Australia. It is a joint initiative of the Australian, State and Territory Governments. National Youth Week 2010 - Live it Now! Will be held from 10th to 18th April.

Grants of up to \$2000 or \$5000 are available. Examples of previous projects include:

- Arts focused events, photography exhibitions, mural creation and publication of youth magazines.
- Sporting events, such as soccer tournaments and basketball competitions.
- Festivals with live bands, stalls and competitions, workshops and forums such as learning how to dance and digital storytelling.

Applications must be submitted by 5pm on Friday 30th October 2009 and can be submitted online at www.grants.dpcd.vic.gov.au or by email grantapplications@dpcd.vic.gov.au

WALKTOBER IS ON AGAIN...

And connect Australia invites your organisation to be involved.

Kinect Australia want to encourage more people to walk - of all ages, be it fast or slow, individually or as part of a group, for transport, or for exercise, leisure or pleasure.

Walktober is a terrific platform for promoting walking and its benefits - for health, transport, recreation and the environment. Across the entire month Walktober supports local government, community groups and organisations to hold a range of walking activities for their community.

This year Walktober is also stirring up a bit of friendly rivalry with a light-hearted competition between local council areas, with the Community Challenge supported by VicHealth. The Challenge for your community is to 'set the pace' and have the most events registered within your municipality on the Walktober website.

For more information and how to get involved visit www.walktober.com.au

WOMEN'S HEALTH GRAMPIANS NEWSLETTER

September 2009

To view the newsletter please visit www.whg.org.au and click on the Newsletter Link.

In this edition:

- Annual General Meeting.
Celebrating Rural and Regional Women - **Wednesday 7th October from 12.30pm**
Grains Innovation Park - featuring launch of the Wimmera and Grampians Pyrenees
Women's Action Plan - performance by the Wimmera Women's Circus
RSVP to 1800 013 432 or adminb@whg.org.au
- AWHN 2010 Conference abstracts.
- Gambling - is it affecting someone you know?
- Invitation to join the WHG Board.
- Altered opening hours for the Ballarat Office.
- Voice FM Schedule.

CURRENT GRANTS OF INTEREST

- **IIOF Foundation Grant** (G04708) for disadvantaged families, children, aged care; youth. Visit www.iooffoundation.org.au for further information.
- **Gillette Champions Grants** (G05227). Aims to give men across Australia a chance to be champions in their own right in the areas of: Innovation & Design; Sport & Adventure; Entrepreneurship; Local Community. For males between 18 and 34 years of age. Visit www.gillette.com.au under the entertainment tab for further information.
- **Victorian Volunteer Small Grants** (G03251). This ongoing Department of Planning & Community Development grant is available to help community organisations develop a vibrant volunteer culture where everyone can participate. For more information visit www.grants.dvc.vic.gov.au.
- **Emergency Grant to replace Essential Sports Equipment** (G00120). Sport & Recreation Victoria are offering to assist local sport and active recreation clubs and organisations who need to replace essential sports equipment that has been lost or destroyed as a consequence of fire, flood, significant storm event, theft or criminal damage. Visit www.grants.dvc.vic.gov.au for further information.
- **Junior Landcare Grants Program** (G02386). Landcare Australia has grants available to assist groups, including schools, with environmental projects which help young people to participate and be involved in their local community. Further information from www.landcareonline.com.
- **The Myer Foundation - G4 Fund (Small Grants)** (G03085) supports youth focused and driven strategies across a variety of areas. Visit www.myerfoundation.org.au for more information.
- **Community Enterprises in Small Towns Initiative Grants Program** from Business Victoria has an ongoing opportunity to help small towns with the establishment of sustainable community enterprises. This is particularly relevant where business and for profit industry can no longer be sustained in those communities. Visit www.business.vic.gov.au for more information.
- **DonorTec** provides donated software and hardware from companies such as Microsoft and Cisco to eligible Australian non profit groups with Income Tax Exempt Status. Via this program you can get the latest products each year e.g. Microsoft Windows Vista www.donortec.com.au
- **Respectful Relationships** (G05245) from the Dept of Families, Housing, Community Services and Indigenous Affairs has funding of up to \$1.1 million dollars for projects which are to be implemented from January 2010.
- **Sponsorship - Programs and Events** (S04681) from the Department of Planning and Community Development has ongoing to support programs and events through sponsorship.
- **Victorian Community Support - Overview** (G03155) also from the Department of Planning and Community Development is also offering ongoing grants of up to \$500,000 to support communities and organisations that create facilities and networks of lasting impact in specific local neighbourhoods or across the entire state.
- **OHS Equipment Grants** from Victorian Council for Social Service along with the WorkSafe Community Sector Prevention Fund Project through the distribution of Occupational Health and Safety. The grants will support not-for-profit community service organisations in Victoria to improve workplace health and safety through the purchase of equipment and/or modifications to address identified OHS hazards. For further information visit www.communityohs.org.au/ohs-equipment-grants/

GRAMPIANS TEXTURE FEBRUARY 20 - 25

An exciting concept in contemporary textile forums - Halls Gap

Grampians Texture is a unique opportunity for textile artists to develop their passion of expression in one of Australia's most beautiful natural environments.

Set in Halls Gap in the stunning Grampians National Park, a myriad of workshops are offered under the inspiring direction of local, national and international tutors. Ranging from felting to printing, stitching to dyeing, jewellery to book making there is an opportunity for a wide variety of artistic choice. A number of tutors in the program do not have their own web site but a quick Google will give you the opportunity to see more of their work.

Lunch will be provided at all workshops. Choose the style of accommodation that you require from camping to 5 star luxury. Halls Gap Visitor Information Centre 1800 065 599 can assist you with accommodation or check the accommodation specials at www.visithallsgap.com.au/grampianstexture

Workshops are either 2 day weekend or 4 day weekday workshops.

CAN I OR CAN'T I? RULES FOR FIRE DANGER PERIOD AND TOTAL FIRE BAN

Can I or Can't I?	Fire Danger Period	Total Fire Ban
Can I use an incinerator?	YES provided that you check with council about any local laws; the fire is restricted within incinerator; the air movement is 10kph or less; the area 3 meters around the incinerator is cleared of flammable material; a supply of water sufficient to extinguish the fire is available when the fire is burning and a person is in attendance at all times while the fire is alight.	NO. Incinerator use is banned during TFBs.
Can I carry out welding, grinding, soldering or gas cutting?	YES but only if a fire resistant shield or guard is in place to stop sparks; an area of least 1.5 meters is cleared of flammable material; you have a water supply or water spray knapsack containing at least 9 liters of water; a person in attendance at all times and all cut offs and hot materials are placed in a fire proof receptacle.	NO. Activities such as welding, gas-cutting, soldering, grinding, charring, extracting honey and heating bitumen produce fire and heat and are prohibited during TFB. YES. In some circumstances, CFA may issue a permit - at the discretion of the CFA.
Can I use machinery with an internal combustion or heat engine, such as tractors, slashers, excavating or road making equipment within 9 meters of any crops, grass, stubble, weeds, undergrowth or other vegetation.	YES but only if the machinery is free from faults and mechanical defects; is fitted with a spark arrester; carries fire suppression equipment.	YES. As for the fire danger period however, if possible, postpone this work, as the risk of starting fires is extremely high.
Can I use a chainsaw, plant or grass trimmer or lawn mower?	YES. In green vegetation without prescribed conditions, in vegetation that is not green the equipment must be free from faults and mechanic defects; fitted with an efficient spark arrester; have an area of at least 3 meters around the machine cleared and must have fire suppression equipment with them.	YES. As for the fire danger period however, if possible, postpone this work, as the risk of starting fires is extremely high.
Can I have a barbeque, light a campfire, or light a fire for warmth or comfort?	YES but only if the wind is not more than 10kph; the fire is lit in a properly constructed fireplace or trench; the fire is not within 7.5 metres of a log or stump; the ground and air space within 3 metres are clear, the fire and fuel used are the minimum necessary for the purpose and do not occupy an area of more than 1sq metre; a person is in attendance at all times.	YES. Barbeques that are fixed appliances, fired by gas or electricity, and built into permanent structures of brick, stone or concrete provided that the area 3 metres around is cleared; a hose connected to a water supply or a vessel with at least 10 liters of water and an adult is there at all times when the fire is alight. YES. Gas or electric fired portable barbeques provided that the barbeque is located within 20 meters of a dwelling; the area 3 meters around the barbeque is cleared; you have either a hose connected to water supply or vessel with at least 10 liters of water and an adult is present at all times.

Always seek clarification and permission from the CFA before carrying out any of these activities.

TRY MINDFUL EATING

Do you have a LOVE/HATE relationship with food? Would you like to:

- Find out why diets don't work and explore an alternative approach to eating?
- Learn how to have a positive and nurturing relationship with food?
- Understand how to control those food cravings?
- Learn how to listen to your body's signals of when to begin and when to stop eating?
- Rediscover the pleasure of using all your senses to explore, savour and taste food?
- Be able to eat what you need when you need it without guilt or fear of overeating?

Mindful eating is not a 'therapy' or a 'cure' - it's simple-to-learn life skill that will help you to break free from 'food rules' and begin to enjoy healthy, flexible, relaxed eating practices.

Thursday 19th November from 6pm to 9.30pm

(no dinner provided but there will be breaks for mindful mini-meditations and supper)

Victoria University, Flinders Lane Campus, Flinders Street Melbourne

Cost: \$77 per person

RSVP to leigh.hanham@eatingdisorders.org.au

MENTAL HEALTH WEEK AT KIRRI BARREET

4th October to 10th October

Kirrit Barreet - Aboriginal Art & Cultural Centre, Main Road Ballarat

Monday - 5.30pm - Launch of Art Exhibition by Tracy Westerman at Kirrit Barreet. Art exhibition winners to be announced and displayed in art Gallery until Thursday.

Tuesday & Wednesday - Art exhibition.

Thursday - 9am to 3pm - School sessions. 7pm to 9pm - Community session with guest speaker Richard Frankland. Refreshments include indigenous food.

Friday - 11am to 3pm - Consumer and Carer BBQ lunch. Refreshments include indigenous foods.

Bookings can be made by phoning Marilyn Gale or Jackie Mawkes on 5338 4500.

PUT ADA ON YOUR RADAR

Anxiety and Depression Awareness (ADA) Month - October 2009

Depression is common and can affect anyone at any time for many different reasons. More than one million people in Australia experience depression - however, with the right treatment most recover.

Organisations can raise awareness about depression and reduce the associated stigma so that people seek help early. How can you get involved during ADA Month:

- Nominate a 'wear blue' day at work to raise awareness of Beyondblue.
- Organise a staff morning tea and screen the Beyondblue DVD Stories of Hope and Recovery to raise awareness about depression.
- Display Beyondblue information and posters in the workplace.
- Book a Beyondblue National Workplace Program presentation or workshop for staff.
- Make Beyondblue wristbands available for staff to wear for the month.
- Change your workplace 'on hold' phone message for ADA Month (October) to include information about Beyondblue's website and information line number.
- Include a link to the Beyondblue website on the intranet and website.
- Display a Beyondblue fridge magnet at work.
- Encourage work colleagues or community groups to participate in regular physical activity for ADA month. Regular exercise can help prevent depression.

For a free ADA Month Kit visit www.beyondblue.org.au or phone 1800 226 718.

'MOTIVATION' BY LISA COSSON

Redefining Wealth

America is the richest nation on the planet. Daily, the importance and value of monetary wealth is reinforced to us - cars, celebrity, pampering, exotic travel, a desirable wardrobe, and money beyond comprehension are constantly before our eyes as the goals you "should" strive for.

Money is power, they say, but is it really?

Studies show that the wealthy are no happier than anyone else. In fact some would say people in such circumstances are even more prone to addiction, depression, and feelings of low self-worth. The real goals you should desire are a healthy body and a positive lifestyle. Eating well, exercising, and getting adequate rest gives you an edge against cancer, diabetes, heart disease, and other ailments that are wrecking our society and cutting lives short everyday.

A long, healthy life and taking care of yourself should be your new marker for wealth.

It is health that is real wealth and not pieces of gold and silver.

- Mohandas Gandhi

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

Wimmera Primary Care Partnership Office - 25 David Street, Post address: PO Box 501, Horsham 3402 - Fax: 5382 4687

Mandi Stewart - Executive Officer	mandi.s@grampianscommunityhealth.org.au	Phone: 5362 1223 or 0428144812
Geoff Witmitz - Agency Liaison Officer	geoff.w@grampianscommunityhealth.org.au	Phone: 5362 1225 or 0428358672
Donna Bridge - Agency Liaison Officer	donna.b@grampianscommunityhealth.org.au	Phone: 5362 1221 or 0429174763
Jan Hall - Project Officer	janet.h@grampianscommunityhealth.org.au	Phone: 5362 1224 or 0419475911
Taryn Marks - Project Officer	taryn.m@grampianscommunityhealth.org.au	Phone: 5362 1226 or 0458208833
Kellie Uytdehaag - Admin Assistant	pccadmin@grampianscommunityhealth.org.au	Phone: 5362 1222