

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 39 (2009) - October
1st

RIDE TO WORK DAY 2009 - OCTOBER 14th

Free Breakfast for Riders - from 8am at Roberts Place Horsham

Its that time again...register as a workplace or as an individual!

www.bv.com.au/ride-to-work/43443/

National Ride to Work Day is the perfect opportunity to have a go at riding to work. Thousands of new riders joined in last year and five months later 39% of those new riders were still riding to work.

Here are some great reasons to give riding to work to go:

1. Health - feel great and reduce your likelihood of suffering from obesity, diabetes and heart disease.
2. Save money - reduce the costs associated with driving to work or catching public transport.
3. Help the environment - reduce your greenhouse gas emissions.
4. Everyone is doing it! Avoid traffic jams and commuter congestion by joining the bike rider's evolution.

RSVP for breakfast to Bill Lovel on 5382 5607 or email wtc@wimmvol.com.au

SINGING FUN FOR EVERYONE

If you always wanted to have a go at singing but never had the chance then Sing Australia is for you! Sing Australia's primary goal is to encourage people to sing. There are no auditions, no requirements to read music and no singing experience is necessary. We make singing fun!

Sing Australia is a national network spread throughout Australia. We sing a wide range of songs, in various styles. There is an opportunity to take part in fun performances, national gatherings and tours across Australia and overseas.

Horsham group meets on Mondays at 7.30pm (except public holidays) at the Uniting Church Meeting Room - 10 Pynsent Street, Horsham.

For further information phone 5382 3752

HEALTH COACHING AUSTRALIA IN HORSHAM

Monday 23rd and Tuesday 24th November
2 Day Health Coaching Training

The cost of this course is usually \$850 per person, however due to funding from General Practice Victoria, it is being offered at the heavily subsidised cost of \$50 for Practice Nurses and \$250 for Allied Health Professionals.

The Introduction to health coaching is designed for Health Professionals who experience challenges with patients relating to compliance, adherence or self management of chronic conditions/care plans.

This course will provide you with techniques for giving treatment advice in a way that lowers patient resistance; motivating patients to take responsibility and want to change and helping patients to be more successful when they do want to change.

For more information email m.tippet@westvicdiv.asn.au or phone 5381 1756.

2009 HACC CONFERENCE - CARING FOR OUR COMMUNITY

Wed 28th and Thu 29th October - Halls Gap

A conference for home care, personal care, respite care, activity workers, home maintenance, volunteers, volunteer coordinators, social support workers and volunteers, and food services workers from Home and Community Care (HACC) services in the Grampians Region.

What's on in 2009 - Professional Boundaries - Active Clients Restorative Practice - National Relay Service (Vic Deaf) - Heat Stress and Hydration - Medication Assistance - Elder Abuse - Infection Control - Work Safe Working Alone - Tai Chi Art Therapy Salsa Dancing - Stress Management - and much much more!

All enquiries to Cathy Faull, HACC training Coordinator on 5334 1500 or email hacked@bdnh.com.au

STEPS TO SECURING YOUR FINANCIAL FUTURE

Free practical workshops for women across Victoria
Warracknabeal - Thursday 15th, 22nd and 29th October and 5th November
From 6.30pm to 8.30pm - Warracknabeal Neighbourhood House

Women's financial health is affected by:

- Living longer than men.
- Earning less than men.
- Working in lower paid and casual jobs.
- Taking time out of the workforce to have and care for children.
- Retiring from the workforce with about half as much money as men.

The workshop programs are open to all women with a regular income who are keen to:

- Explore money habits.
- Pick up practical ideas for boosting savings.
- Manage credit and debt.
- Set financial goals.

Session One - getting started explores your relationship with money, your views on money management and the importance of financial independence.

Session Two - What can you do shows you how to plan, manage your budget and tips for boosting your savings.

Session Three - what will you do learning how to set short, medium and long term financial goals and exploring investment options that work for you.

Session Four - going forward lets do it offers practical steps to reaching your financial goals and tips on finding the information and resources you need.

To register visit www.qvwc.org.au or phone 8668 8106 for more information.

EFFECTIVE GRANTS MANAGEMENT CONFERENCE 2009

Wednesday 25th November - Melbourne

Seeking, administering and managing grants is not what it used to be. Whether you're a grant maker or grant seeker, today's economic climate and regulatory reforms have shifted both expectations and requirements. Service delivery, the rigor applied to grant making, limited funding, and the acquisition and management of grants are all key challenges in today's environment.

This year's 'Effective grants management' conference will cover everything from grants planning to execution helping you get to grips with the changing landscape and achieving better outcomes through new levels of collaboration.

To register phone 1300 857 705 or visit cpaaustralia.com.au/cpd

NAME THE VOLUNTEER OF THE YEAR IN VICTORIA

Do you know an organisation in your community that has supported its volunteers doing amazing things?

Is there someone who has displayed outstanding leadership in volunteering and made a real difference in the community?

If yes - nominate them now for the 2009 Premier's Community Volunteering Awards. Prizes of \$5,000 will go to support the work of metropolitan and regional winners in each category.

For further information, please call 1800 092 032 or nominate online at www.awardsaustralia.com/PCVA

HARROW BUSH NURSING CENTRE ANNUAL GENERAL MEETING

Monday 19th October from 8pm

At Harrow Bush Nursing Centre

Guest Speaker: Diana McDonald

The following Committee of Management members offer themselves for re-election to a 3 year term:
Kylie McClure - Tari Sondhu - Peter Johnson - Jennifer Ellis

Nominations are also called for two Committee of Management member vacancies for a one year term each.

For nomination forms or to RSVP please contact the Centre on 5588 2000 or email admin@hbnc.org.au

KITCHEN GARDEN PROGRAM DVD BY STEPHANIE ALEXANDER

Wimmera PCP through the Smiles 4 Miles project has the "Kitchen Garden Program" by Stephanie Alexander DVD for loan. The DVD provides a guide of the program which is the development of vegetable/edible gardens to enable cooking with the food grown.

The "Kitchen and "Garden" become the classrooms!

If you would like to be inspired and loan this DVD please email
pccadmin@grampianscommunityhealth.org.au

For more information visit www.kitchengardenfoundation.org.au

GENDER AND DIVERSITY ANALYSIS IN HEALTH & HUMAN SERVICES

Tuesday 6th October from 10am to 1pm - Hume Global Learning Centre, Broadmeadows

We know that gender interacts with other factors to influence health and wellbeing and patterns of illness as do health seeking behaviours specific to different groups of women and men. We also know that there has been increased recognition of diversity and 'difference' within the Victorian community. Diversity not only includes ethnicity but also age, disability, socio-economic status, aboriginality and sexuality.

Gender analysis assesses the real or potential impact that a policy, program or service may have on diverse groups of women and men, in order to inform more effective policy, program or service development and delivery.

This practical workshop aims to understand the gendered patterns of behaviour which affect the health and wellbeing of women and men. It will assist participants consider gender implications through an organisation's planning cycle and will provide practical resources, a local snapshot of gendered health and human services issues, good practice and case studies to assess current initiatives and plan sustainable responses.

RSVP to ozlem.acik@dhs.vic.gov.au or for more information phone 9096 7244.

COMMUNITY SAFETY MONTH 2009

Working together for a safer community!

You are invited to the
 Official opening launch of the 13th year of Community Safety Month
 By the
 Minister for Police and Emergency Services, The Hon Bob Cameron MP
 At Federation Square on **Thursday 1st October from 12.30pm to 1.30pm**

The opening will be followed by lift refreshments at arintji café.

RSVP to either noel.redmond@police.vic.gov.au or vscn.vscn@rch.org.au

LIVING WITH FIRE EXPO

What will you do to prepare for this fire season?

Prepare. Act. Survive - Fire Ready

11th October from 12noon to 4pm

An interactive day for the whole community.
 Haven Hall - Haven (just out of Horsham)

Come along to pick up skills, information and practical advice on how to prepare your property so it can protect you and your family each fire season. From noon:

- Fire fighting equipment, property preparation, practical demonstrations.
- Free BBQ lunch plus activities for the kids.
- Fire ready properties open for inspection.

1pm presentation on plant selection by gardening expert Ted Brown. Agencies on site to answer your questions: CFA, DSE, HRCC, GWM Water.

Free draw for holiday valued at \$1500. Sponsored by ACE Radio. Drawn at 2.30pm. Winner to collect prize at the draw.

For more information contact Mary Bignell, HRCC on 5381 0266.

PLANTING GUIDE FOR FRESH VEGETABLES

September - Beetroot, broad beans, broccoli, cabbage, carrots, cauliflower, celery, lettuce, peas, potatoes, radishes, shallots, silverbeet, spinach, Swedes and turnips.

October - Beetroot, broad, bush and climbing beans, broccoli, brussel sprouts, cabbage, capsicums, carrots, celery, cucumbers, eggplant, lettuce, peas, potatoes, pumpkins, radishes, shallots, silverbeet, spinach, Swedes, tomatoes and turnips.

PRIMARY HEALTH WEEKLY BULLETIN - 24TH SEPTEMBER

The latest edition of the Primary Health Weekly Bulletin is now available at:
www.dhs.vic.gov.au/rhacs/ph_bulletin/_nocache?src=email&id=240909

In this edition:

- Short course: An introduction to primary care research.
- Primary health care conference.
- Peer to Peer: Supporting young women to recognise, respond to, and challenge violence against women.
- Workshop: gender and diversity lens.

EATING DISORDERS: THE WAY FORWARD FOR AUSTRALIA

Eating Disorders Victoria is proud to be a member of the National Eating Disorders Collaboration (NEDC), which is funded by the Australian Federal Government Department of Health and Ageing.

The NEDC is developing a framework to guide the Australian government on the prevention, promotion, early intervention, treatment and management of eating disorders. We need the input of health professions, people with a lived experience of an eating disorder, family members or carers of a person with an eating disorder, and community members with a particular interest in this area of concern.

Internet Forums - Live Chat - 30 Sep, 7 Oct, 14 Oct from 8pm to 9.30pm

Online forums are being held to seek community opinion and input. These will be held using the Eating Disorders Victoria Chatroom, and everyone is welcome to take part. The discussion will be based on key questions.

Register online at www.edann.org/forums

Australian National Eating Disorders Workshop - Saturday 24th October
 Canberra - register online at www.anedw.edetails.com.au

For more information email nationalworkshop@thebutterflyfoundation.org.au

SOCIAL WORK TWILIGHT SEMINAR - HELPING FARMING COMMUNITIES MANAGE CHANGE

Thursday 29th October from 6pm to 7.30pm - Warrnambool

This presentation looks at the importance of understanding Rural/Remote Communities, the challenges facing and inspiring communities, families/individuals to make change in spite of the doubts that can and will arise throughout the journey.

The event is free of charge but for catering reasons please RSVP to Lesley-caron.veaton@deakin.edu.au

SCHOOL GARDEN GRANTS OPEN UNTIL 20TH OCTOBER

The Australian Government has committed \$12.8 million to fund kitchen and garden infrastructure for the Stephanie Alexander Kitchen Garden National Program in up to 190 government primary schools across Australia. Infrastructure grants of up to \$66,000 per school will be allocated in grant rounds over a four year period.

For more information and the application pack see:
www.kitchengardenfoundation.org.au/grants-national.shtml

2009 HEALTH PROMOTION BEST PRACTICE FORUM

Thursday 15th October from 9.15am to 3.30pm
 Palms Banquet Room - Best Western Swan Hill Resort

For more information please contact Sally Miller on 5434 5880 or email sally.miller@dhs.vic.gov.au

FREE ASU TRAINING - THE NEW FAIR WORK LAW - HOW WILL IT AFFECT YOU?

Horsham - Tuesday 1st December from 10am to 12pm

The Fair Work Act which became law on 1 July 2009, is a major overhaul to workplace relations in Australia. Key changes in the Fair Work Act will significantly impact on workplaces, employers and employees, and how you approach collective bargaining, the role of unions and your rights and obligations under unfair dismissal laws.

To register please phone Heather Robertson on 9342 3441.

'MOTIVATION' BY LISA COSSON

Speaking Up With the Tough Questions

Many people ask the wrong questions, which can hinder their work.

That's why it is so important to ask the right questions - to get the right answers!

Everyone fears looking stupid in front of other people. No one wants to ask a silly questions and get laughed at. But not asking a question that needs an answer can have consequences that might be just as embarrassing or detrimental.

If you're thinking about it, chances are that someone else is curious too. Your own fears can paralyse you, but deep down if the shoe were on the other foot, you probably wouldn't make fun of someone else for asking questions. Don't take the hard way and suffer through mistakes, speak up and clear up any confusion!

Do not be afraid to ask dumb questions. They are easier to handle than dumb mistakes!
Unknown.

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