

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 Regional Library Corp.



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 3 (2010) -
January 22nd

WORKING WITH PEOPLE FROM A REFUGEE BACKGROUND

Tuesday 9th February - Auditorium, Horsham Campus, University of Ballarat

Part 1 - 2pm to 3pm

Information suitable for general audience (community groups, police, education, people from churches etc.)

3pm - afternoon tea

Part 2 - 3.15pm to 5pm - Information for health providers

The Sessions will address: the global, Australian and local picture regarding refugee settlement; some experiences faced by refugee clients prior to arrival in Australia; trauma and the refugee experience - the psychosocial impact; health consequences and implications for referral and practice; settlement opportunities and challenges; strategies to support recovery; and relevant services and resources.

Facilitators - Karen Werner and Therese Meehan.

For a flyer please email pccadmin@grampianscommunityhealth.org.au or to RSVP email karenw@bchc.org.au or phone Karen on 5338 4500, Jan on 0458 596 260 or Mandy on 0408 826 727.

INAUGURAL AUSTRALIAN OBESITY SUMMIT

Monday 29th and Tuesday 30th March
Sydney

One of the greatest public challengers confronting Australia and other industrialised nations is the obesity epidemic.

In an effort to relieve the cost of obesity the public health system and the Australian Government is investing millions of dollars in the prevention and management of obesity related chronic disease. Ongoing obesity research and review of public health policies presents opportunity to discuss insights.

For more information call Tina on (02) 9080 4300 or email tina.larsen@informa.com.au

FEBFAST...ARE YOU UP FOR THE CHALLENGE?

Join Grampians Community Health in FebFast!

FebFast is an Australian-created community health and wellbeing challenge and fundraising initiative that encourages people to give up alcohol during February!

Proceeds from the 2010 fundraising efforts will be shared amongst the Australian Drug Foundation (that operates nationally), YSAS (the Youth Substance Abuse Service) in Victoria, The Ted Noffs Foundation in NSW and the ACT, Master Hospital's Adolescent Drug and Alcohol Withdrawal Service in Queensland and FEBFast's grants program for smaller grass-roots organisations.

For more information visit www.febfast.com.au

So why not do your body a favour, take a break from the booze this February and reflect on your past consumption behaviours, lose weight and save money!

Want to support the GCH FebFast Team without giving up the grog? Contact Jules Walker for more information on 5358 7400 or email Julie.w@grampianscommunityhealth.org.au

CLAIRVOYANT LIBRARIAN TO VISIT HORSHAM WITH SUMMER READING PREDICTIONS

Tuesday 2nd February from 2.30pm to 4.30pm

Horsham Library, 28 McLachlan Street

Bookings phone 5382 5707 or email Horsham.library@wrlc.org.au

Maura the clairvoyant librarian will deliver reading consultations to predict the perfect summer reading book when she visits Horsham on Tuesday 2nd February. Maura will draw on her natural psychic abilities and use her famous reading machine to find the right book for every reader during her 28 town Victorian tour.

Maura's tour forms part of the 2009-10 Summer Read program developed by the State Library of Victoria in collaboration with the Public Libraries Victoria Network. The program celebrates the diversity of Victorian writing and encourages Victorians to enjoy a good book over summer. In addition to Maura's predictions, 28 participating libraries will stock 10 Victorian books on the Summer Read list, catering for a diverse range of tastes from fans of true crime to lovers of literary fiction.

The Summer Read book list and detailed events calendar are available online at siv.vic.gov.au/goto/summer-read

INTERNET ADDICTION AND SELF HARM

Internet addiction has been linked to self-harming amongst teenagers!

In a recent article in the Age by Nick Miller, internet addiction has been linked to double the normal levels of self-harming among high school students, in a new study that was published on the 3rd of December 2009.

The research led by Dr Lawrence Lam of the University of Sydney's faculty of medicine, was published in the journal Injury Prevention.

If you want to ready more of the story go to www.theage.com.au/technology-news/internet-addiction-linked-to-self-harming-among-teens

INVITATION TO HACC ABORIGINAL SERVICE COORDINATION WORKSHOP & NETWORKING LUNCH

Goolum Goolum Aboriginal Cooperative invites you to a workshop and networking lunch as part of the Strengthening Home and Community Care in Aboriginal Communities Strategy. The Strategy aims to increase access to a range of services of Aboriginal people, strengthen HACC services responses to Aboriginal communities and ensure appropriate and sustainable HACC services to Aboriginal communities across Victoria.

Wednesday 11th March from 11.30am to 2.30pm

Board Room, Goolum Goolum Aboriginal Cooperative, 42 Hamilton Street, Horsham

Aims:

- To discuss the potential range of services that may be available to support the health and wellbeing of older Aboriginal community members in the Wimmera area.
- To provide local agency staff with an understanding of the cultural issues for local elders.
- To collaborate with other agencies to develop a shared understanding of the support systems which need to be developed for older Aboriginal people living in the Wimmera region.

RSVP to John Gorton on 5381 6333 or 0423 175 357 or email john.gorton@goolumgoolum.org.au

WOMEN'S HEALTH GRAMPIANS JANUARY NEWSLETTER

Download from www.whg.org.au

In this issue:

- 10 point plan for Victorian Women's Health 2010-2014.
- Ovarian Cancer Australia.
- WHG in partnership with Ballarat District Division of GP.
- Elizabeth King - McGrath Breast Care Nurse in Horsham.
- Dragons Abreast Ballarat.

REGIONAL HEALTH PROFESSIONALS' FORUM SERIES

Wednesday 3rd March from 10am to 4pm
Function Room, Chalambar Golf Club Ararat

50% of primary schools and early childhood services in Victoria are now involved in the Kids - 'Go for your life' Award Program.

These forums are for any health professionals interested in, or currently working to, promote children's healthy eating and physical activity. Those that attend will learn more about this statewide health promotion program and understand the role that health professionals can play.

Gain knowledge and confidence in how you can assist schools and services to get involved and complete the Award Program; network with others in your region using the Program and learn from their challenges and success.

For more information contact Tarli on 9635 5537 or email tarli.oconnell@cancervic.org.au

ALLAN WADE - RESPONSE BASED PRACTICE

2 Day Workshop - 15th & 16th March 2010 - 9.30am to 4.30pm
Mecure Ballarat, 613 Main Road - Cost \$300

The response based workshop has been developed by Allan and his colleagues Linda Coates and Nick Todd on Vancouver Island, Canada. It is based on the observation that victims invariably respond to and resist violence and that perpetrators take steps to conceal and suppress these acts of resistance.

By focusing on a client's responses, their actions and experience can be explored to elicit a more complete and accurate account of their resistance to violence and oppression. The workshop offers an understanding of response based ideas that can be used in a variety of direct service settings such as Therapy and Counselling, Youth, Child Protection, Housing, Family Violence, Men's Accountability (offender treatment, and Health Care Services.

Allan Wade has a PhD in Psychology from the University of Victoria (Canada). Some of his research interests are:

- The nature of violence and resistance.
- Social responses to victims and perpetrators of violence.
- Connection between violence and language.

Allan is currently Adjunct Associate Professor of Social Work in the department of Social Work at the University of Victoria. Allan is also a cofounder and Director of the Centre for Response-Based Practice.

Early Bird Registrations before 16th February - email jlevaillant@cafs.org.au

VODAPHONE FOUNDATION AUSTRALIA - WORLD OF DIFFERENCE

The Vodafone Foundation Australia are giving 5 Australians the incredible opportunity to work for the charity of their choice for one year. To enable you to do this they will pay your annual salary (up to \$50,000) and expenses (up to \$25,000).

The Charity must have deductible gift recipient status (DGR).

How to apply - complete the online application form at www.vodafone.com.au/personal/aboutvodafone/worldofdifference/applicationform/index.htm describing how you will make a world of difference.

Submit your application of between 500 to max 2000 words before the 7th of Feb. The short listed applicants will be selected and contacted before the 26th February.

SAFE - SELF ABUSE FINALLY ENDS

Is offering a 2 day workshop - **An Introduction to Working with Individuals who Self-Abuse**

Berwick 10th & 11th March
Essendon 25th & 26th March

Chirnside Park 22nd & 23rd March
Benalla 28th & 29th April

Cost: \$330. For more information email safeinoz@wideband.net.au or phone 0417 303 505 or 0433 085 367

CURRENT GRANTS OF INTERESTED - WIMMERA VOLUNTEERS

The Myer Foundation - G4 Fund (Small Grants) - Max per grant \$5000. Closes 5th Feb. Purpose: The G4 Small Grants Program aims to be responsive to community needs and supports projects that benefit the Australian community and are conducted within Australia, have young men and women, aged 12-25, as participants, drivers or targets of the initiative and are small, discrete initiatives with a total project budget of up to \$30,000 that meet the needs of the community. For more information visit www.myerfoundation.org.au

Victorian Volunteer Small Grants - Max per grant \$5000. This is an ongoing grant. Purpose: The Victorian Volunteer Small Grants are to encourage local community to attract new volunteers from diverse backgrounds and create new volunteering. The focus of these grants is to increase diversity among Victoria's volunteers and within Victoria's organisations. More information is available from the Department of Planning and Community Development at www.dpcd.vic.gov.au

GrantGuru - a free online resource to assist groups to find funding. Visit www.community.grantready.com.au

Grants@DPCD - Government grants information page. Visit www.dpcd.vic.gov.au/web18/dvcgrants.nsf

Community Funding Centres - Online resource centre to assist groups with writing funding applications and sourcing current grants. Visit www.ourcommunity.com.au/funding

Fundseeker Magazine - a free online version and a hardcopy subscription version of a new Australian magazine for the community sector, this has interesting articles, tips, advice, and stories from the fund-raising world. Note that only subscribers can receive or win monthly offers and prizes. Access either version from www.fundseeker.com.au

Our Club, Our Future - Sporting Uniform Grants Program 2009-10 - Max per grant \$1000. Purpose: to provide small not-for-profit sporting clubs and groups with funding towards team uniforms. More information is available from www.grants.dvc.vic.gov.au

TOWARDS 2020: COLLABORATION, DOING IT BETTER IN 2020

25th & 26th March 2010
Warrnambool

The Conference, Towards 2020: Collaboration - doing it better by 2020, delivers a dynamic range of speakers including Professor Tony Attwood, world renowned expert on Autism and Asperger's Spectrum Disorder. Tony will deliver two sessions on the 25th March being:

- Managing Feelings: Cognitive Behaviour Therapy to manage anxiety, sadness and anger.
- Cognitive Abilities: A different way of thinking and learning profile.

For more information visit www.communitysouthwest.com

BE-NET-WISE - A CYBER SAFETY PROJECT

Be Net Wise is a cyber safety project with a twist, it's not about whether you can twitter, text or bebo, it's about supporting kids to make safe choices. Supporting the most vulnerable kids to protect themselves in the modern world.

Workshops are happening all around Victoria so sign yourself up to help give children and young people in out of home care and alternative education the same opportunities that other kids have.

Research tells us that vulnerable offline equals vulnerable online and we know that children and young people in and out of home care and alternative education sector are amongst the most vulnerable in our community. We need to help to develop training packages and tools to help you, your staff and carers to Be Net Wise and empower the children and young people you work with to make safe choices on and offline.

For information on signing up please contact Lauren Oliver Project Manager at Berry Street on 9429 9266 or email loliver@berrystreet.org

INAUGURAL THIRD SECTOR WOMEN'S NETWORKING LUNCH

Tuesday 16th March

Melbourne Convention and Exhibition Centre

The event will bring together the women of the not-for-profit sector from professional and industry associations, member benefit organisations, community groups, advocacy groups, charities and foundations to celebrate International Women's Day.

The lunch will be opened by Senator Ursula Stephens, Parliamentary Secretary for Social Inclusion and the Voluntary Sector.

Keynote speaker Clare Martin, former Northern Territory Chief Minister and current CEO of ACOSS, will discuss her decision to join the not-for-profit sector and how she managed the transition from political life. There will also be music thanks to the wonderful Tania de Jong, Soprano with Pot-Pourrie and founder of not-for-profit Creativity Australia.

All profits from the event will be donated to the International Women's Development Agency, an Australian not-for-profit that has been creating positive change for women and their communities in the Asia Pacific region for over 20 years.

Places are strictly limited so please register at www.celebratethirdsectorwomen.com.au

YVONNE LUKE ABORIGINAL YOUTH JUSTICE SCHOLARSHIP

The Indigenous Training and Recruitment Initiative (INTRAIN) Yvonne Luke Aboriginal Youth Justice Scholarship has been introduced to increase employment opportunities in the youth justice sector for Aboriginal and Torres Strait Islander people.

The Scholarship is valued at \$25,470 for full time students or pro rata for part time students and is paid on a fortnightly basis.

The scholarship is limited to Aboriginal or Torres Strait Islander applicants who are undertaking final year undergraduate, postgraduate or diploma studies in the areas of youth justice, health and community services.

Applications close Friday 12th February. For more information visit www.dhs.vic.gov.au/careers/employment-programs/indigenous-scholarships/yvonne-luke

LUNG HEALTH PROMOTION CENTRE AT THE ALFRED - 2010 COURSES

- Asthma Educator's Course
- Presenting & Educating with Confidence
- Smoking Cessation Facilitators Course
- Using Positive Psychology for Life and Work
- Paediatric Respiratory Update
- Asthma Management Update
- Non Invasive Ventilation Acute Management
- Respiratory Clinical Update
- Respiratory Course
- Managing COPD - There IS something you can do!
- Spirometry Principles & Practice
- Introduction to Spirometry Workshop

For more information and for dates please email lunghealth@alfred.org.au or visit lunghealth.org

FESTIVE RECYCLING - PLANET ARK

Between Christmas, New Year and Australia Day, Australian produce more recycling than any other time of the year.

Planet Ark are encouraging everyone to have a clean and green festive period - visit www.festiverecycling.planetark.org

'MOTIVATION' BY LISA COSSON

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.

John Burroughs, essayist and naturalist

Making the Most of Every Day and Every Hour

If he felt this way at the start of the 20th century, imagine what he would think today. We have the freedom to do more now than ever before. But more options can bring more frustration, because we still see all of the things we don't have time for. Before you plan another day/week/month/year, write this thought at the top of the paper: I Cannot Do Everything!

It's a truth that applies today even more than it did 100 years ago. Life becomes easier when you accept the fact that you will never be able to do everything you want. Once that happens, you can start to look at what you want to do the MOST, and plan accordingly.

Priorities bring peace of mind. They help you relax, knowing that you're doing all you can by making the most of your opportunities. Low priorities are seeds of wasted time. And days don't need any help getting shorter.

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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