

## 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 40 (2009)

October 9th

## NEW CWA BRANCH IN HORSHAM

A group of young women in Horsham are starting a new Branch of the Country Women's Association (CWA).

An information night will be held on **Thursday 15th October** at 7.30pm at the CWA Hall on the cnr of McPherson and Smith Streets. All women are welcome to come along and learn about the CWA and see if they would be interested in joining.

Bronwen Clark has been involved with the CWA for several years, and is currently the President of her Branch in Ballarat. "The CWA offers a wide range of opportunities for young women today. I've made some great friends, learnt new skills and had a lot of fun during my time in the CWA" she said.

The CWA is more than a place for older ladies to come and knit - it's more than that and the CWA has a proud history of helping women lead the way in caring for the communities.

The impetus for the formation of an evening branch in Horsham comes from Narelle Hanrahan, who believes young women have a really important role to play in the CWA.

The Horsham evening branch will be supported by other CWA branches in the district, in particular the Drung South and Horsham branches. For more information please contact Bronwen Clark on 0422 135 229.

## PROBLEM GAMBLING PROFESSIONALS WEBSITE

The Problem Gambling professionals website supported by the Department of Justice has been recently launched. This website provides information, guidance and resources to help health and welfare professions identify problem gambling clients and effectively respond to their needs. Visit:

[www.professionals.problemgambling.vic.gov.au](http://www.professionals.problemgambling.vic.gov.au)

## 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/](http://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](mailto:wtc@wimmvol.com.au)

## COMMUNITY HUBS FORUM 3

Governance and Community Engagement Including Consulting with Children

Friday 20th November 2009

Sails on the Lake - Wendouree Parade, Ballarat

With Anthony Semann - Director of Semann and Slattery

RSVP by Thursday 12th November to Anita Doyle on 5338 4775 or email [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

## GUARDIANSHIP AND ADMINISTRATION

Information for Professionals

17th November from 10.30am

Sunnyside Lutheran Retirement Village - Community Centre  
Trinity Drive - Horsham

Guardianship and Administration involves the protection of adults who have a disability and who need a substitute decision-maker.

The Office of the Public Advocate (as investigator or guardian), State Trustees Limited (as administrator) and VCAT (Victorian Civil and Administrative Tribunal) Guardianship List (having the authority to make protective orders) each has an important role.

Experienced representatives of these organisations will present an information session for persons involved in medical and allied health, social work and other relevant professions.

The session will cover when and how best to access these organisations and what else professionals can do for the cognitively impaired. The session is free and will run for up to 90 minutes, with time for questions and general discussion.

For more information or to register please phone Robin Bloxwich on 9628 9027 or email [Robin.bloxwich@justice.vic.gov.au](mailto:Robin.bloxwich@justice.vic.gov.au)

## MORE ON RIDE TO WORK DAY....

Wimmera PCP encourages our Active Transport project members to take up the challenge to Ride to Work next Wednesday 14th October. The Active Transport project members include:

- Wimmera Regional Sports Assembly
- Grampians Community Health
- Murtoa Neighbourhood House, SLAAM
- Rural Northwest Health
- Wimmera Uniting Care
- HARP - Wimmera Health Care Group
- Horsham Rural City Council
- West Wimmera Health Service
- Hopetoun & District Neighbourhood House
- Wimmera Health Care Group
- Wimmera Primary Care Partnership
- Dunmunkle Health Services
- Wimmera Volunteers
- Karkana
- HCAC - Horsham North Community
- Horsham Art Gallery (HRCC)
- Hindmarsh Shire Council

## REFURBISHED PERSONAL COMPUTERS

An opportunity for not-for-profit groups in our area to purchase at significantly reduced prices refurbished personal computers.

Visit: [www.greenpc.com.au/catalog/8](http://www.greenpc.com.au/catalog/8)

## JOIN ANTI-POVERTY WEEK - 11TH TO 17TH OCTOBER

This week focuses on poverty around the world, especially in the poorest countries about also in wealthier countries such as Australia.

The aim of the week is to:

- Strengthen public understanding of the causes and consequences of poverty and hardship around the world and within Australia.
- Encourage research, discussion and action to address these problems, including action by individuals, communities, organisations and governments.

The Poverty Line provides one way to indicate the extent of low income and disadvantage. Other indicators of hardship commonly used include: access to services such as dental care when needed; the ability to raise \$500 in an emergency; the ability to take a holiday once a year and the ability to send your children on school excursions.

Figures for Australia in 2006:

- 50% of median income for single adult was \$281 per week.
- 2,210,000 people were living below the poverty line.
- 412,000 children were living below the poverty line.
- 60% of median income for a single adult was \$337.
- In 2004, poverty was 2.4% higher in nonmetropolitan areas compared to metropolitan Australia.

Data from Australia Fair: Update on those missing out published by Australian Council of Social Service 2007).

## UNDERSTANDING MULTIPLE SCLEROSIS

Presented by the MS Society of Australia  
Julie Sleeman (Community Health Nurse) and Cheryl Morris  
(Grampians Regional Community Support Worker)

**Tuesday 13th October - Grains Innovation Park Horsham from 1pm to 3pm**

Multiple Sclerosis (MS) is the most common neurological condition affecting young people in Australia. It is a chronic, degenerative disease of the central nervous system, affecting more women than men.

This session will provide:

- An overview of MS and the invisible symptoms that people with MS can experience.
- Discussion of the impact of symptoms, including fatigue and cognition, how symptoms interact and why they fluctuate.
- Management strategies within your setting will also be discussed in relation to your clients.

Target: All HACC workers inc. volunteers. Great session for all those who care directly for MS clients and for those who make referrals for MS clients.

Fee: \$11 - light refreshments provided.

RSVP to [hacc@bdnh.com.au](mailto:hacc@bdnh.com.au) or phone 5334 1500.

## GIRLS NIGHT IN SHH!!.....SECRETS WOMEN'S BUSINESS



Horsham Library  
**Wednesday October 28th from 7pm**

\$5 Donation...wear something pink!  
Supper provided...Di Bell make-overs in 5 minutes!  
Linda Murray Indyou Fashion...quiz and prizes!  
RSVP to 5382 5707

## GLOBAL FINANCIAL CRISIS - "HARDSHIP WHO'S NEXT?"

Monday 12th October from 1pm to 3pm

CAFS, Ludbrook House, Lydiard Street North, Ballarat

A local response to the Global Financial Crisis - "Hardship, Who's Next?" Being held during Anti-poverty week to encourage discussion and action to reduce hardship and poverty.

Are you involved at a local level responding to people who have recently experienced hardship due to the financial crisis? Would you like to hear case studies from workers who are responding to a new demand on services? Would you like to promote your service and share information with other service providers? Then this forum is for you. Space is available for you to bring a display and brochures to promote your service.

For more information phone 5337 3333.

## HEALTH PROFESSIONALS' PERCEPTIONS OF CHILDREN'S FAVOURITE FOODS

Researchers at Curtin University (Western Australia) and the University of Western Australia are studying food preferences of Australian children.

As professionals working in the health field, we would like to know your perceptions of what foods children would identify as their "favourites". You are invited to participate in the research by completing a short on-line survey which can be accessed by visiting:

[www.surveymonkey.com/s.aspx?sm=fHrOByiGUJryb28XWBRPKQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=fHrOByiGUJryb28XWBRPKQ_3d_3d)

Your participation is greatly appreciated. All questions can be directed to Rob Donovan Professor of Behavioural Research - Curtin University on 08 9266 4598 or email [r.donovan@curtin.edu.au](mailto:r.donovan@curtin.edu.au)

## ACTIVE AGEING NETWORK (AAN) PRACTITIONER FORUM

Wednesday 11th November from 10am to 4pm

The Abbotsford Convent - \$15 pp

In conjunction with the Office of Senior Victorians, YMCA Victoria has established and is managing the Active Ageing Network in partnership with Council on the Ageing (COTA) Victoria to work with key stakeholders to support the sector to increase the number, range and capacity of evidence-based and sustainable physical activity programs for older people, particularly from disadvantaged groups and in areas of disadvantage.

Afternoon sessions consist of practical exercises using limited and simple equipment; exercise adherence strategies and motivation techniques; attracting and retaining participants, with a focus on older people from disadvantaged groups and areas of disadvantage; partnerships and collaboration around strength training programs.

For further information about the AAN or questions about the forum, please contact Elizabeth Charalambakis at [Elizabeth.Charalambakis@ymca.org.au](mailto:Elizabeth.Charalambakis@ymca.org.au) or phone 0431 112 214.

## PRIMARY HEALTH WEEKLY BULLETIN - 1ST OCTOBER

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=011009](http://www.dhs.vic.gov.au/rhacs/ph_bulletin/_nocache?src=email&id=011009)

In this edition:

- Health Promotion Conference: Learning and sharing through evaluation.
- Graduate Certificate: Primary health care research.
- Seminars: Addressing health inequalities.
- Australian journal of primary health special issue: partnerships in primary health care.
- Community health priority tools.

## HACC TRAINING - INTRODUCTION TO CULTURAL DIVERSITY

**Thursday 12th November from 1pm to 3pm**  
BEST Community Development - Ballarat

**Tuesday 17th November from 1pm to 3pm**  
Grains Innovation Park - Horsham

This module introduces health and community workers to key migrant and diversity concepts such as acculturation, ethnicity, race and culture. CEH offers a wide range of modules that cover cultural diversity, beliefs, communication, assessment, service delivery and evaluation.

For more information and to register contact Cathy Faull at Ballarat District Nursing & Healthcare on 5334 1500 or email [hacced@bdnh.com.au](mailto:hacced@bdnh.com.au)

## DARE 2B DIFFERENT - CHANGE MANAGEMENT WORKSHOP

Presented by Women in Business and Regional Development Inc.

**Monday October 12th** - Gramac Solutions, Hedley Street Mount Gambier - Cost: \$33

Dealing with and managing change and uncertainty is one of the major challenges each of us face in our business and personal lives. Understand the various stages of change such as denial, resistance, exploration and commitment; identify why people resist change; recognise the major mistakes business make when undertaking change and how to avoid these; the cost of socially and professionally resisting change; the business benefits of fully embracing change and identify the personal traits and skills required to aide the process of change and encourage others to come along for the ride.

RSVP to [Dare2BDifferent@bigpond.com](mailto:Dare2BDifferent@bigpond.com) or phone 0418 835 744.

## CASA TRAINING - RESPONDING TO SEXUAL ASSAULT - LEVEL 1

**Thursday 12th November from 9.30am to 12.30pm**  
BHS Queen Elizabeth Centre Ballarat - Cost \$25 pp

Research indicates that 1 in 3 women and 1 in 6 men experience sexual assault at some time in their lives. Therefore, it is likely that anyone working in health or human services will at some time work with people affected by sexual assault.

This workshop will cover the impact of childhood and adult sexual assault; commonly held societal beliefs about sexual assault; responding to disclosure of sexual assault; how to effectively support and advocate for a victim/survivor; a brief introduction to understand and working with trauma response.

This training aims to meet a range of educational needs in the area of sexual assault and trauma and is highly relevant to workers from a variety of fields. It is also relevant to experienced counsellors who wish to develop specific sexual assault counselling expertise.

For more information phone 5320 3933.

## OCTOBER EDITION OF GO FOR YOUR LIFE NEWSLETTER

[www.goforyourlife.vic.gov.au/gfylnews](http://www.goforyourlife.vic.gov.au/gfylnews)

In this edition:

- Welcome Walktober!
- Last chance to register for the People, Places and Partnerships Conference 2009.
- 2009 Victorian Seniors Festival.
- Ride2School program.
- 2009 Sport and Recreation Awards.
- National Nutrition Week....plus much much more!

## 'MOTIVATION' BY LISA COSSON

What you really learn from hardships!

**Suffering is the tuition one pays for a character degree.**

Richard M Rayner, M.D.

Perhaps you think this isn't very 'positive' sounding but I find it helps people (patients and friends) put hardship, which is inevitable, to good use", says Richard. "People can use their suffering either to gain character or become bitter. The ones who choose bitterness live a long, slow death. The ones who choose character truly live."

Richard is right on the money. Happiness and sadness don't happen to use - they come from within. The story of your life will be written with or without your help. The next chapter is happening while you read this. Will you wait to see what it says later, or will you help write it?

We all live through a mix of 'bitter & sweet' situations throughout a lifetime...what comes from within when you handle hardships.

Lisa Cosson - Westvic Division of General Practice  
 5381 1756 - 0418 106 439 - [l.cosson@westvicdiv.asn.au](mailto: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](http://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](mailto:pccadmin@grampianscommunityhealth.org.au)

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