

**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 41 (2009)

October 19th

IS YOUR CHILD ATTENDING KINDER OR PREP IN 2010?

Monday 26th October

Goolum Goolum Community & Playgroup Room
Transport provided by Goolum Goolum Ph: 5381 6333

You are invited to attend the Transition to Kindergarten to Primary School Parent Forum. The children will have activities arranged in the Playgroup Room designing their own Art Smocks and a Library Bag of goodies. Lunch is provided.

Information session for parents. The Best Start to Kinder and School.

Free Library Bag, Books & Puzzle - Free Attendance Kit -
Free Lunch Box & Water Bottle.

I'M A SINGLE LADY & I'M LOOKING FOR A SINGLE MAN!

For Your Information

A forum Theatre Show - where questions are asked and the answers explored LIVE!

Thursday 22nd October from 10am to 11.30am and 6pm to 7.30pm
Masonic Lodge Horsham

Friday 23rd October from 1pm to 2.30pm
Nhill Community Centre

Finding Love...Finding Sex...Do you have a disability?
"Is it me or is it just (insert name of your town here)"
What stops us finding intimacy? What keeps us going?

For more information phone 5382 1919 or see Awakenings Arts Festival

RIDE TO WORK A SUCCESS IN HORSHAM



Wimmera Transport Connections, in partnership with Wimmera Regional Sports Assembly and Wimmera PCP, have held a successful Ride 2 Work breakfast in Horsham. It was the second annual ride held in Horsham. Sponsors for the event were Horsham Cyclery, Bakers Delight, Wimmera Wheels, Coles Horsham and GWM Water.

Organisers of the event were impressed with the numbers that came along considering the weather, with over 40 riders from various businesses in Horsham attending. Many of the riders came along together as a work team and a couple of riders rode from Murtoa, they started at 6am which was an extraordinary effort. A couple from Milang in SA who were on their way to Warrnambool dropped in on their bikes for the breakfast and there was even a staff member from Wilson and Bolton who rode in from Natimuk.



For more information on Ride to Work Day please contact Bill Level at Wimmera Volunteers on 5382 5607.

2009 WIMMERA SCHOOL FOCUSED YOUTH SERVICE APPLICATIONS

Last Date for Applications is November 20th

Would you like to know more about the Wimmera School Focused Youth Service and the Brokerage funding process? Come along to a relaxed and informal Information Session at Wimmera Uniting Care on **Wednesday 4th November at 4.30pm**. Please RSVP via email susang@wimmera.unitingcare.org.au or phone 5362 4016.

If this day is not convenient, please contact Susan to arrange another time.

VICTORIAN YOUTH EMPOWERMENT MODULE

Mind Matters Professional Development

Monday 9th November from 9am to 4pm

Grampians DEECD, 109 Armstrong Street, Ballarat

This module is designed to increase staff and students understanding of youth empowerment concepts and the benefits associated with authentic engagement of young people within a whole school approach to mental health promotion. Participants explore their beliefs about youth, power and empowerment and the role of adults in supporting youth empowerment processes.

The skills required for successful youth empowerment and the planning considerations within the MindMatters Implementation model will be discussed. An overview of MindMatters action in the area of youth empowerment will be shared. An introduction to the Mindmatters Youth Empowerment Process (YEP) will be presented.

For further details email Vivienne.archdall@curriculum.edu.au

ABC DAY 2009 MINI-FIELD OF WOMAN

Monday 26th October from 9.30am

Courtyard - Council Offices Urquhart Street, Horsham

9.30am - Placement of Pink Ladies by Members: Reflection Time

10.15am - Mayor, Cr. Gross conducts opening ceremony. Walk to RSL in McLachlan Street Assemble in Function Room - 11am - Our Wimmera Speaker Dr. Yvonne Cymbalist on Breast Cancer - 12pm - Dinner

1.30pm - Afternoon program. Our Jane McGrath BC Nurse - Liz King - 2pm - Coffee

RSVP to Marcia on 5382 4630, Carol 5382 2875 or Lorraine 5382 7594

WIMMERA 'ACTIVE PLACES' PROJECT WORKER

0.5EFT 24 month contract - based in Horsham

SACS Award Community Development Worker Class 2B

Are you an enthusiastic and motivated person who is committed to health promotion and passionate about physical activity?

Grampians Community Health is auspicing a project which aims to encourage young people and families who are rurally and socially isolated to engage in physical activity on a regular basis, while increasing the capacity within their communities for ongoing exercise options. Initially focusing on the Horsham area, and based at Nexus Youth Centre, the project worker will work in partnership with Wimmera Regional Sports Assembly and local Wimmera communities to develop accessible and sustainable activity programs. A recognised qualification in physical education/human movement or community development is preferred along with excellent communication, planning and networking skills.

Position Description available from www.grampianscommunityhealth.org.au Applications addressing the key selection criteria should be sent to Jill Miller, CEO, Grampians Community Health, 40 - 44 Wimmera Street, Stawell 3380 or email jill.m@grampianscommunityhealth.org.au

Applications close 5pm Friday 30th October and for more information phone Marianne on 5362 1200 or Julie on 5358 7400.

AGRICULTURAL HEALTH AND MEDICINE - 5 DAY INTENSIVE COURSE

The National Centre for Farmer Health (NCFH) will present an essential training opportunity to improve understanding of the health issues faced by farmers, their families and workers.

The agricultural Health and Medicine unit will be offered for the first time as a 5 day intensive curriculum from **February 22nd to 26th 2010** in Hamilton and will accommodate both health and agricultural professionals. The unit is offered at a postgraduate level, through Deakin University School of Medicine and is an elective for many postgraduate qualifications. It will also provide continuing education points for nurses, general practitioners and veterinarians.

Learn about the poor health on the 'other side of the fence' and it's impact on agribusiness and production, gaining a fresh perspective on the underlying agricultural health issues and help improve the health outcomes of farming men, women and children.

For more information or scholarship, please contact Dr Scott McCoombe, National Centre for Farmer Health on 5551 8533 or email scott.mccoombe@deakin.edu.au or ncfh@wdhs.net.au

CONTINUING PROFESSIONAL DEVELOPMENT FOR ALLIED HEALTH

Leadership Seminars: Communication Style and Conflict Resolution and
 Team Work: Group and Organisational Effectiveness

Thursday 19th November

11.30am to 12.30pm - Communication Style and Conflict Resolution

1.15pm to 2.15pm - Team Work

Cost: Free - Venue: Westlander Conference Centre, Stawell Road Horsham

Contact: Melanie Tippet - Westvic Division of GP 5381 1756 or m.tippet@westvicdiv.asn.au

Register online at www.cpdfforalliedhealth.org

WIMMER SAFETY GROUP - 2009 WORKSAFE WEEK BREAKFAST

Monday 26th October from 7.30am to 9am

Grain Innovation Park - Natimuk Road Horsham

Cost: Free - includes cooked breakfast

One of the most popular sessions of WorkSafe Week 2008 will be held in Horsham as part of this year's program. You and your colleagues are invited to attend this workshop and breakfast which is an initiative of the Wimmera Safety Group in partnership with Worksafe Victoria.

Now that you are a manager or supervisor, what do you have to do about health and safety in your workplace? This interactive session will provide you with essential information about handling OHS in your workplace. This event is a must for those who have been newly appointed as a manager or supervisor and have accountability to implement and work under OHS policy and procedures.

It will provide you with the opportunity to meet informally with like minded people to discuss OHS issues, learn of the latest developments in OHS and network with a range of people from industry and business.

This free event is being sponsored by WorkSafe Victoria - to assist with catering please register online at www.worksafe.vic.gov.au For enquiries call Karen Fuller at Wimmera HUB on 5382 5111 or email Karen@hub.org.au

PRIMARY HEALTH WEEKLY BULLETIN - 16TH OCTOBER

The latest edition of the Primary Health Weekly Bulletin is now available at:
www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=161009

In this edition:

- Regional workshops: have your say on best practice in clinical education.
- Symposium: prevention is the cure - health realities for immigrant and refugee women.
- Presentation: myalgic encephalomyelitis / chronic fatigue syndrome.
- Reminder: addressing health inequalities seminar.

PRIMARY HEALTH CARE RESEARCH AND DEVELOPMENT GRANTS

The Primary aim of the Department of Health and Ageing Researcher Development Program (RDP) is to increase the number and range of people with knowledge and skills in primary health care evaluation and research.

Placements are offered at the end of the year, and successful applicants start in January to undertake research projects for part-time over 9 to 12 months. Supervision, mentorship, regular research meetings and training part of the research capacity building program offered to RDP fellows and scholars.

RDP fellowship applications are currently open for 2010 and are coordinated through the VicPHCRED coordinator. The application deadline is **Monday 26 October 2009**. For more information go to www.vicphcred.monash.edu.au/rdp/

Priority research areas: marginalised populations, chronic disease management, culturally and linguistically diverse groups, Aboriginal health, e-health, inter-professional collaborative practice.

For more information please contact Anna Chapman on 8575 2246 or email anna.chapman@med.monash.edu.au

TALK, POETRY READING AND Q&A

Friday 24th October from 2pm to 4pm
Horsham Regional Library - FREE Event

Sandy Jeffs has been suffering from schizophrenia for more than half her life. Her brain creates voices and visions only she experiences. Sandy writes poetry, engaging, fresh, original and humorous to express her struggle. She has just released her third book and has appeared on Andrew Denton.

REGIONAL HEALTH PROMOTION WORKSHOP

Thursday 22nd October from 10am to 4pm
Gum San - The Great Hall - Lambert Street, Ararat

Looking back, looking forward...Health Promotion celebrations and inspirations

The Department of Health invite you to join regional colleagues for an opportunity to reflect upon our health promotion journey and the road ahead.

- Case studies - Department of Health and Agency presentations.
- Guest Speakers - hear directly about the impact of health promotion.
- Networking and mentoring opportunities.
- Resource sharing (swap meet style)

RSVP to Julian Harvey on 5333 6014 or email julian.harvey@dhs.vic.gov.au

SUSTAINABILITY STAR-TER KIT

EW Tipping Foundation have just launched their SustainAbility Star-ter Kit: a complete tool kit of information, activities, and resources for people with disabilities living in group homes, and their support staff and service providers, to implement household sustainability. The toolkit is freely available online at www.tipping.org.au/difference/asset_id/11/cid/16/parent/0/t/difference/title/sustainab-tool-kit

LINKS TO NEW DEPARTMENT OF HEALTH SERVICE COORDINATION MANUALS

- Victorian Service Coordination Practice Manual 2009 www.health.vic.gov.au/pcps/downloads/sc_pracmanual2.pdf
- Good Practice Guide 2009 www.health.vic.gov.au/pcps/downloads/good_practice.pdf
- Continuous Improvement Framework www.health.vic.gov.au/pcps/downloads/continuous.pdf
- Poster or Consumer's Pathway through Service Coordination www.health.vic.gov.au/pcps/dowloads/consumer_pathways.pdf
- Service Coordination Tool Templates 2009 User Guide www.health.vic.gov.au/pcps/downloads/sctt_user_guide09.pdf

ADOLESCENT DEPRESSION

A symposium for psychologists and other workers with young people.

11th November from 1pm

Kino Cinema, Collins Place, City of Melbourne

Chair: Dr Michael Carr-Gregg PhD MAPS

For more information and to register visit www.psychology.org.au/Events/EventView.aspx?ID=5365

ABUSE BY CHILDREN TOWARDS THEIR PARENTS

Saturday 31st October from 12.30 to 4.30pm

University of Ballarat - Mt Helen Campus

Sgt Joe Cahir - Family Violence Advisor, Victoria Police

Helen Landau - Anglicare - Box Hill

This event is free of charge however, if possible please register by Wednesday 25th October by either calling or emailing the following details:

Your name - email address or contact phone number - attending from an organisation or a parent/guardian/friend to Samantha Hettihewa on s.hettihewa@ballarat.edu.au or Jeannine le Vaillant jlevaillant@cafs.org.au

Anecdotal evidence suggests a recent rise in violence towards parents from children and young people. Although the behaviours involved often resemble other forms of family violence, conceptualising this as family violence presents problems and existing services are often at a loss as to how to deal with these families. Melbourne psychologist, social worker and family therapist Eddie Gallagher has been working with these families for the past fifteen years and has data on a clinical sample of 250. He has also reviewed the scant, but often contradictory, literature available on the topic. He sees two main types of families, in roughly equal numbers: those where there has been past domestic violence; and indulgent, caring parents with a temperamentally difficult child who dis-empowers his or her parents with a variety of abusive behaviours. He sees parenting as only one part of the puzzle and believes that automatic parent blaming, which reinforces parents guilt and confusion, makes these situations worse.

ALCOHOL AND OUR TEENS - INTERACTIVE FORUM

Information session for parents, youth and community Members

Tuesday 27th October from 7pm to 9pm

Central Park Club Rooms - Napier Street Stawell

Special guest Drink Wise CEO Chris Watters will be there to discuss issues around binge drinking, party safe and abuse, along with other local speakers.

For further information contact Chelsea on 5358 8700

2010 AHPA Conference - WALKING THE TALK TOGETHER

2010 AHPA National Convention - Partnerships for Health Promotion

Save the Date - **30th May to 1st June 2010** - The Sebel and Citigate Hotel, Melbourne

Call for papers - is now open, the closing date for abstracts is Monday 30th November 2009.

Submit your abstract online at www.conferenceco.com.au/AHPA

For enquiries call (02) 6292 9000

FESTIVAL OF LIGHTS - INDIAN FESTIVAL

Saturday 31st October from 7pm - FREE Entry - Sawyer Park, Soundshell Horsham

Bollywood dance workshop, classical and bollywood Indian performances, Indian Cuisine, light and sounds show, fireworks and firecracker display, Indian Beer, Spices and Indian Recipes, Henna Body Painting plus much much more. Bring the family along for a spectacular evening.

'MOTIVATION' BY LISA COSSON

Are you your own obstacle?

Are you trying to stick to a fitness plan, improve a relationship, eliminate fast food from your diet, or be a better parent?

Whatever your goal, was there a time when you thought you couldn't do it? This is a natural reaction when things get tough. It's easier to find ways to justify your actions than to get over the hurdle.

This week, eliminate the hurdles and barriers you've created. If you find yourself saying, "I can't" or "I don't have time", then re-analyse your goal. If you really want to achieve it, then make the time or take a different approach (get up earlier, stay organised, learn the skills). Find time for you and your goals.

Most barriers to your success are man-made. And most often, you're the man who made them.

Frank Tyger

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

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