

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 42 (2009)

October 26th

IS YOUR ORGANISATION READY FOR THE HEAT?

Do you have a heatwave plan for your organisation/consumers?

If yes, ensure your program is up to date and ready to enact if need be.

You may find the following links useful for information to printout and circulate amongst your organisation:

- Visit www.betterhealth.vic.gov.au
- Go to Fact Sheets and then...
 - ◊ Child Safety - Hot Weather
 - ◊ Child Safety In the Car
 - ◊ Heat Stress and Heat-Related Illness
 - ◊ Hypothermia
 - ◊ Water - a Vital Nutrient

For frail aged and disabled, visit:

- www.health.vic.gov.au/hacc/publications/index.htm#h

7 day forecasts can be accessed from the Bureau website:

- www.bom.gov.au/weather/vic/maps/vic-forecast-map-7-day.shtml

Council planning (scroll down to the Heatwave Planning Guide:

- www.health.vic.gov.au/environment/climate/heatwave
 - ◊ This site also provides a hyperlink to The Victorian Heatwave Strategy heat alert system being developed to notify local councils and departmental staff of impending heat waves. The Department monitors the Bureau of Meteorology website for seven-day maximum and minimum temperatures. When the 'threshold' is reached, a heat alert is issued. A 'threshold' is when the temperature is likely to impact on the health of the community and regional thresholds are currently being developed for Victoria.

You may find it useful to bookmark:

- www.dhs.vic.gov.au/emergency

OPENING OF THE 2009 NATI FRINJ FESTIVAL

6pm Friday 30th October - Natimuk Market Square

Festival with the Hay and Thespian Mardi Gras, Welcome to Country, Night Food Market and Fantastic Choones!

LINKS TO THE NEW DOH SERVICE COORDINATION MANUALS

These Manuals can also be found on the HP Page of the Wimmera PCP website
www.wimmerapcp.org.au

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 of Consumer's Pathway through Service Coordination

www.health.vic.gov.au/pcps/downloads/consumer_pathways.pdf

Service Coordination Tool Templates 2009 User Guide

www.health.vic.gov.au/pcps/downloads/sctt_user_guide09.pdf

WOMEN'S HEALTH GRAMPIANS OCTOBER NEWSLETTER

Click on the newsletter link at www.whg.org.au

Topics include:

- October is Breast Cancer Awareness Month.
- Working together to increase Koori women's breast screening rates.
- Pink Ribbon Day - 26th October.
- Being Breast Aware.
- McGrath Foundation Breast Care Nurses.
- Voice FM Schedule.

GRANT'S OF INTEREST - FROM WIMMERA VOLUNTEERS

Gillette Champions Challenge Grant:

- www.gillette.com.au/en-au/index.shtml#/home/championsgrants/en-AU/index.shtml

Provincial Victoria Sponsorship Program for Local Events:

- www.business.vic.gov.au/BUSVIC/GAP/PC_61852.html.svGAP_PC_50736,svgapkeep=Y

OHS Equipment Grants for Not-for-profit groups:

- www.communityohs.org.au/ohs-equipment-grants/

Men's Shed Program 2009-2010

- www.grants.dpcd.vic.gov.au/web18/dvcgrants.nsf/allDocs/D3B246BCB4A875ACCA2576460014789D

Mental Health Conference Funding Program:

- www.mhca.org.au

Global Fund for Women:

- www.globalfundforwomen.org/cms/apply-for-a-grant/asia.html

Active After-School Communities Program:

- www.ausport.gov.au/participating/schools_and_juniors/aasc

INVITATION - WOMEN, LEADERSHIP AND CLIMATE CHANGE NATIONAL FORUM

Tuesday November 10th from 9.30am to 4.30pm

RACV Club, 501 Bourke Street Melbourne

GLASS (Gender, Leadership and Social Sustainability) research unit at Monash University is convening a national forum to highlight the impacts of climate change on rural women in Australia and the leadership women are demonstrating in adapting to change. It will also identify women's capacity development needs in relation to climate change.

With so much research, policy development and activity currently underway around climate change and climate variability it is critical that women's voices are heard in the debate and women's experiences are valued and leveraged. The forum seeks to build on the growing momentum women like you have created by continuing to learn and to lead in your communities.

The priorities established at the forum will provide new and important information for policy makers on the ways rural women are adapting through this period of intense and major change and helping their families and communities adapt and it will also highlight the key areas that need further support.

Preliminary Program

- Setting the scene - the politics, policy and action.
- Outlining the key themes.
- What's happening already - some case studies.
- Small group discussion - to capture and prioritise issues and learning.
- Development of priorities.
- Summary and Close

For more information contact kerri.whittenbury@med.monash.edu.au

CLIMATE FOR CHANGE: AGEING INTO THE FUTURE

International Federation on Ageing - 10th Global Conference
Melbourne 3 - 6 May 2010

Conference Speakers: - Dr John Beard, Dr Joel Sadavoy, Dr Elizabeth Broderick, Mr Allan Hatton-Yeo, Dr Alexandre Kalache, Mr Peter Matwijiw, Dr Katy Auty, Mary Crooks.

Abstract Submission: 30th November 2009.

For more information email ifa2010@arinex.com.au or visit www.ifa2010.org

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?

Nominate them now for the 2009 Premier's Community Volunteering Awards. Prizes of \$5000 will go to support the work of metropolitan and regional winners in each category.

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

AN EVENING WITH OLYMPIC CYCLIST SHANE KELLY

Saturday 14th November from 6.30pm - Horsham Cycling Clubrooms
Tickets \$30 each or \$300 for tables of 10 - includes 2 course meal

Shane will be joined by local cyclist Mark O'Brien and will talk about their life experiences as elite cyclists.

All funds raised will support WHCG - for tickets phone Stephen on 0439 820 480 or Shauna on 0417 313 270.

DINNER AND BEYONDBLUE PRESENTATION - FREE

Wednesday 28th October 2009 at 5.45pm to 9.30pm
Murtoa Mechanics Hall - Supper Room - 35 Donald Street, Murtoa

We have all be impacted by unwanted change, and flow-on effects it has within our community. Understanding and recognising this on-going pressure which results in feelings of stress and anxiety can sometimes be difficult.

If you are concerned about your own well-being, or the health of someone you care about, this presentation may help.

Presented in an interactive format by a Beyondblue Accredited Rural Workforce Trainer, this event will focus on rural communities/workplaces and will provide information, via DVD presentation and open discussion.

Topics covered include:

- What are depression and related disorders and how common are they?
- What are causes of depression and how can it be effectively managed?
- What is it like to live with depression?
- How to recognise depression and related disorders.
- How to approach someone you may be concerned about.

For more information phone Pam Kingwell on 5362 3206 or 0428 348 293.

PRIMARY HEALTH WEEKLY BULLETIN - 22nd 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=221009

In this edition:

- Gender and diversity analysis in health and human services.
- Upcoming 'Go for your life' forums.
- Information seminar: Master of Public Health.

PROBLEM GAMBLING AND CO-MORBIDITIES

This seminar is aimed at new and experienced practitioners. The session will explore the latest information about a range of conditions commonly found to be co-morbid with problem gambling. These conditions include depression, alcohol and other substance abuse, anxiety and personality disorders. The session will begin by reviewing some recent large scale and very credible studies that have demonstrated the relationship between these conditions, and will examine the implications of these findings for interventions. Interventions considered range from screening in primary health care settings and a particular emphasis on single site/multiple site or single practitioner/multiple practitioner models of treatment. The Flinders urge reduction model of PG intervention will be highlighted.

To register contact Jan Davis on janette.davis@med.monash.edu.au or phone 8575 2235.

VICTORIAN YOUTH EMPOWERMENT MODULE 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 more information or to register visit www.mindmatters.edu.au/default.asp

TWO DAY TRAIN-THE-TRAINER COURSE IN NO BULL SUPPORT

Monday and Tuesday 9th & 10th November
Brunswick Business Incubator, Gravel Room, 420 Victoria Street Brunswick

Day 1:

- A detailed explanation of the structure, content and process for the NB Support Workshop.
- Opportunities to practice and reflect on facilitation styles and strategies.
- Resources you will need to facilitate the program.
- Debriefing about your own experiences and networking with others.

Day 2:

- Each participant will have the opportunity, along with a co-presenter, to present one component of the workshop and to facilitate an exercise or other activity along with that presentation.
- Coaching and feedback focused on strengths and developmental needs in training will be provided by the Bourverie trainers.

No Bull is a half day workshop designed to educate and support lay people who have contact with families and individuals affected by natural disasters, such as drought and bushfires. "No Bull Support" aims to provide training and skill development on: how to engage with distressed people and conduct conversations on tough topics related to extreme personal difficulties; various ways of supporting someone in trouble; when and how to provide referral options; and attending to oneself and one's own family during tough times.

For more information or to book please email c.neil@latrobe.edu.au

RESEARCH PROJECT - DROUGHT, CLIMATE CHANGE AND RURAL ADJUSTMENT

An opportunity exists for two PhD Students to join a research project titled Drought, Climate Change and Rural Adjustment: Tracking the Destinations of Existing Farmers. This project, funded by the Australian Research Council's Linkage Scheme, involves researchers from Victoria, Melbourne, Monash and Sydney Universities in partnership with the Government of Victoria's Department of Treasury and Finance. The aim of the project is to understand the connections between drought-related farm restructuring and the livelihood decisions of farmers.

Of the three PhDs that will be attached to the project, two commence in 2010. One of these will be based at Monash University (Department of Social Work) under the supervision of Professor Margaret Alston and focus on on-farm gender and household scale restructuring. The other will be based at the University of Sydney (Human Geography, School of Geosciences) under the supervision of Assoc Prof Bill Pritchard and focus on agricultural business restructuring. The third, based at Victoria University, will commence in 2011 and be supervised by Dr Sally Weller. It will focus on farm exits and consequent internal migration patterns. It is anticipated that the three students will work cooperatively in related projects.

Each appointment will attract a PhD scholarship (circa \$26k annually) supplemented by up to 8 hrs part-time work per week.

Please contact the relevant CI's for further information and application details:

- Sally Weller - sally.weller@vu.edu.au
- Bill Pritchard - b.pritchard@usyd.edu.au
- Margaret Alston - Margaret.Alston@med.monash.edu.au

YMCA'S ACTIVE AGEING NETWORK STRENGTH TRAINING AUDIT

In conjunction with the Office of Senior Victorians, the YMCA has established and is managing the Active Ageing Network (AAN) in partnership with Council on the Ageing (COTA) Victoria. The AAN aims to work with key stakeholders to support the fitness and health sectors 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.

One of the main objectives of the Active Ageing Network is to facilitate the development of a high-quality, accessible, sustainable strength training program for people aged 50 years and over in every local government area (LGA) by 2010. The information you provide in this survey is important, as it will highlight the distribution of strength training programs for people 50 years and over throughout Victoria, including gaps in service provision. The information will assist the YMCA and COTA to facilitate the development of a strength training program for older people in every local government area.

The survey can be found at www.zoomerang.com/Survey/?p=WEB229RBSAQOEC

TAKE A BREAK CAMP - PORTLAND - JAN 18TH TO 22ND 2010

Available to families and couples from communities affected by the drought, this fully catered camp offers an opportunity to have a short break holiday where accommodation and meals are provided at no charge. For more information contact 9251 5246 or visit www.takeabreakcamps.org.au

A STUDY OF GAMBLING IN VICTORIA

The research study A Study of Gambling in Victoria - Problem Gambling from a Public Health Perspective is now released and available on the Department of Justice website. You may access the report via the link below:

www.justice.vic.gov.au/wps/wcm/connect/DOJ+Internet/Home/Gambling+and+Racing/Research+and+Research+Measuring+Problem+Gambling

WIMMERA VOLUNTEERS - NEW BLOG POST

www.wimmeravolunteers.blogspot.com/2009/10/how-will-jsa-affect-volunteering.html

How Will JSA Affect Volunteering

'MOTIVATION' BY LISA COSSON

A Story of Priorities and A Jar - tips for squeezing more into your life by Julie Isphording, former Olympian

A professor of philosophy stood before his class with some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks about two inches in diameter. He then asked the students if the jar was full.

They agreed it was full.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly and watched as the pebbles rolled into the open areas between the rocks. The professor then asked the students again if the jar was full.

They chuckled and agreed that it was indeed full this time.

The professor picked up a box of sand and poured it into the jar. The sand filled the remaining open areas of jar. "Now," said the professor, "I want you to recognise that this jar signifies your life. The rocks are the truly important things, such as family, health and relationships. If all else was lost and only the rocks remained, your life would still be meaningful. The pebbles are the other things that matter in your life, such as work or school. The sand signifies the remaining "small stuff" and material possessions.

If you put sand into the jar first, there is no room for the rocks or the pebbles. The same can be applied to your lives. If you spend all your time and energy on the small stuff, you will never have room for the things that are truly important.

Pay attention to the things in life that are critical to your happiness and well-being. Take time to get medical check-ups, play with your children, go for a run, write your grandmother a letter. There will always be time to go to work, clean the house, or fix the disposal. Take care of the rocks first - things that really matter. Set your priorities. The rest is just pebbles and sand.

Finding the time in the day for fitness or participating in other athletic endeavors should be considered a "rock" for us all. Physiologically, working out releases endorphins in the body. These endorphins are natural pain-relievers produced by the body. This is what gives us the natural high experienced after a workout. This natural high has the potential to positively influence our daily interactions by making us feel better about ourselves. Make fitness a rock solid priority in your life and reap the benefits.

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 - l.cosson@westvicdiv.asn.au

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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