

**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 43 (2009) - November
5th



Strategic Directions 2009 - 2012

Come and help Wimmera PCP
Launch our Partnerships Strategic
Directions and to celebrate the work
of our partners in 2009....

Thursday 10th December
From 12.30pm - 3.30pm

At Sylvania Park Mohair Farm
East Road, Horsham

(8 minutes out Williams Road)

RSVP 4th December 2009 to
pcpadmin@grampianscommunityhealth.org.au
Or phone (03) 5362 1222.



INTRODUCTION TO CULTURAL DIVERSITY

Horsham - Tuesday 17th November from 1pm to 3pm
Also in Ballarat on the 12th November

Presented by the Centre for Culture, Ethnicity & Health

This module introduces health and community workers to key migration and diversity concepts such as acculturation, ethnicity, race and culture.

Key Learning Outcomes:

- Understand the key links between culture and health.
- Understand the impact of migration and settlement on individual health.
- Discuss individual and cultural differences and what constitutes 'identity'.
- Explain the impact of personal cultural interpretations on service provision.
- Demonstrate an openness to employing culturally appropriate strategies for working with people from CALD backgrounds.

Target: all HACC workers including volunteers.

Fee: \$11. Light refreshments provided.

RSVP to 5334 1500 or email hacced@bdnh.com.au

NATIONAL YOUTH WEEK REGIONAL ASSESSMENT WORKSHOPS

Monday 16th November - Stawell Media Centre, Stawell - from 10am to 3pm

This workshop will provide you with information about how funding decisions are made by government and training to assess applications for funding.

The workshop will cover:

- What government grants are.
- How funding decisions are made.
- Assessment criteria and what to look for in making an assessment.
- How to fill out the assessment sheets.

To register please contact 9208 3209 or email Rebecca.morecroft@dpcd.vic.gov.au

NATIONAL YOUTH WEEK GRANTS

In partnership with the Australian Government and Beyondblue: the national depression initiative, the Victorian Government is providing National Youth Week grants to fund events that celebrate and recognise the contribution of young Victorians to their community.

National Youth Week Grants 2010 aim to:

- Promote positive images of young people.
- Ensure young people can participate in the planning and delivery of all National Youth Week activities.
- Be inclusive and accessible for young people in the local community (eg. Those with disabilities, indigenous, rurally isolated, culturally and linguistically diverse and recently arrived refugees).
- Showcase young people's talents, contributions and achievements to the community.
- Assist young people to express their ideas and provide opportunities to have their voices heard within the community.

Grants of up to \$2000 or \$5000 are available.

For more information visit www.grants.dpcd.vic.gov.au

ASIST TRAINING IN BALLARAT

12th and 13th November

Applied Suicide Intervention Skills Training.

There are a few vacancies left for this training that is being facilitated by Michelle Cowie Scott and Kevin Pitcher - at a cost of \$220.

For more information visit www.livingworks.org.au

VICHEALTH'S 2009/10 ACTIVE CLUB GRANTS ARE NOW OPEN!

Through this year's scheme VicHealth will provide grants of up to \$2500 to clubs/organisations to purchase:

- Sports safety equipment.
- Essential sporting equipment/items.
- Volunteer and club training.
- Portable sun shade.

Close date for applications is 4th December.

Small incorporated sporting clubs and active recreation organisations are eligible to apply, especially those that target the Indigenous population, people with a disability, culturally and linguistically diverse communities, and people from low socio-economic communities.

This year, sport and recreation organisations are invited to apply for this grant online through VicHealth's website: www.vichealth.vic.gov.au/active club

EVERY DAY WITH ADHD

The first edition of the Every Day with ADHD Newsletter is now available at:
www.everydaywithadhd.com.au

Inside this issue:

- What has changed in 20 years.
- Transition made easier.
- The Role of Expectations.
- School Holiday ideas.
- A positive to build on.
- What people have said.
- What will be happening in 2010.
- Workshop Calendar for Term 1, 2010.

New by request:

- 4 hour practical behaviour management session - each participant has the opportunity to take away a working behaviour management program that can be implemented immediately in their environment.
- 2 day train the trainer workshop for professionals - this workshop is designed for professionals who are interested in conducting parenting courses for children with ADHD, Specific Learning Disabilities or Challenging behaviours.
- Individual sessions - 1:1 sessions dealing with individual's concerns regarding behaviour management of ADHD.

2 FORUMS CONDUCTED BY THE PRIMARY HEALTH BRANCH

The first one will look at the relationship between Community Health and MBS on **November 18th**. This is a current topic looking at how to extend community health services where can. One agency in this region is trialing a model of extended allied health services via the private providers and use of MBS so if people are unable to attend but would like more information contact Judy Perkins on 5333 6087.

The second forum will be conducted by the Central office, will examine the evaluated and updated Demand Management priority tools. The tools have been trialed over the last 2 years with an evaluation conducted earlier this year. This has resulted in some updating of the work. The tools provide agencies with a method to support their demand management work and it is expected that all primary health funded agencies will be utilising this strategy to manage demand and waiting list. Two workshops will be conducted in the region, one in Ballarat on the **7th December** and one in **Horsham on 8th December**.

For more information visit www.health.vic.gov.au/communityhealth/demand/prioritytools.htm

INDOOR HOCKEY

Come and Try Session

Thursday November 12th from 6pm to 7pm

Competition starts Thursday November 19th

At Horsham Lanes and Games, Jenkinson Avenue

Games from 5.45pm to 7.15pm - ends Thursday 11th February 2010

Mixed teams of 5 people - \$4 per player each week.

For more information visit horshamhockey.com.au or phone 0427 116 948

PRIMARY HEALTH WEEKLY BULLETIN - 29th 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=291009

In this edition:

- Forum: client service models, but not as you know them - Medicare and community health services.
- Course: agricultural health and medicine.
- Reminder: vendor information forum.

REFORMED INDIGENOUS EMPLOYMENT PROGRAM

Indigenous Cadetship Support

What is Indigenous Cadetship Support?

Indigenous Cadetship Support links full-time students undertaking a diploma, advanced diploma or their first undergraduate degree with employers who can give them work placements and ongoing employment once they finish their studies.

What is the role of a cadetship employer?

Cadetship employers:

- Provide paid work placements of 12 weeks for each year of the cadetship.
- Support the cadet through their study and work placements, giving professional guidance and mentorship.
- Employ cadets under an appropriate industrial instrument.
- Intend to offer ongoing employment to the cadet once they successfully complete their cadetship.

What assistance is available under Indigenous Cadetship Support?

Students are eligible if they:

- Are enrolled in a diploma, advanced diploma or their first undergraduate degree course.
- Are enrolled for full-time study at a TAFE college, or other registered training organisation or university located within Australia.
- Identify as an Australian Aboriginal or Torres Strait Islander and,
- Are accepted as such by the community in which they live, or have lived.

Which employers are eligible:

Employers are eligible if they:

- Are able to support the cadet during the cadetship.
- Are able to provide paid work placements that would complement a prospective cadet's course of study.
- Have the capacity to provide continuing employment on successful completion of the cadetship.

How to apply?

You can register online at the Indigenous Cadetship Support website or call the Indigenous Employment Line on 1802 102 or visit www.deewr.gov.au/indigenous

CHANGES TO REFERRAL/PATHWAYS INTO HOMELESSNESS SERVICES

Information Sheet

Through the Victorian Government Initiative of Opening Doors, pathways into homelessness and housing services have been reconfigured to create more transparency and efficiency of service access for people at risk of and already experiencing homelessness.

In Grampians local homelessness and housing support providers (Transitional Housing Management, Supported Accommodation Assistance Programs and Social Housing & Advocacy Support Programs) have worked together to create visible and coordinated Entry Points into their homeless support services.

What is the role of an Entry Point? These coordinated Entry Points have been established in key locations and will provide an initial assessment of people's housing and support needs. The Entry Points may then make referrals into other homelessness and housing support services as appropriate.

Where are the Entry Points? Horsham - Wimmera Uniting Care - 185 Baillie Street, Horsham. (03) 5362 4000. Effective Monday 9th November - Monday to Friday from 9am to 5pm. Stawell - Wimmera Uniting Care - 14 Sloane Street, Stawell. (03) 5358 3922. Effective Monday 7th December - Part time.

24 Hour Statewide Homelessness Assistance Number - people experiencing homelessness can also access homeless support via the new statewide phone service. Calls to this number are free from landlines only, mobile phone callers will be charged at their normal phone plan rate. **1800 825 955**. 9am to 5pm - callers will be diverted to their nearest available Entry Point. All other times, callers will be connected to a statewide call centre with access to local resources.

Further information regarding the Opening Doors framework can be found at www.housing.vic.gov.au Alternatively you are invited to contact Denise O'Dowd on denise.o'dowd@dhs.vic.gov.au or phone 5333 6812.

SENIORS RIGHTS VICTORIA

Seniors Rights Victoria is the primary, government-funded destination for older Victorians, their friends and family members seeking information and support relating to elder abuse. Our experienced legal advisers and advocates provide a welcoming and confidential environment in which to discuss experiences and plan a course of action. Our services acknowledge the multicultural diversity of Victoria, ensuring access for people of all abilities and nationalities.

We honour the trust shown to use and respect the choices our clients make. With our support, older Victorians are empowered to end situations of financial, physical and emotional abuse, regaining confidence and control of their lives.

Help end Elder Abuse in Victoria - Elder Abuse is any act which causes harm to an older person and is carried out by someone they know and trust, such as family friends.

Phone 1300 368 821 or visit www.seniorsrights.org.au

ALAN HOPGOOD'S SERIES OF COMEDY HEALTH PLAYS

HealthPlay is a collection of 6 short Comedies written by Alan Hopgood on otherwise challenging health issues such as prostate cancer, geriatric sex, palliative care, widowhood and diabetes (men and women). The HealthPlays are currently touring community venues across Victoria.

To view the Plays or find out more information visit www.healthplay.com.au

VILLAMANTA DISABILITY RIGHTS LEGAL SERVICE INC.

Villamanta Disability Rights Legal Service Inc. is a Victorian state-wide community legal centre that works on disability related legal and justice issues. In the area of casework they work mainly for people who have an intellectual disability.

In the past they have provided Community Legal Education and training sessions to employees with a disability. Training is free to people who have a disability and covers whole of life issues such as the importance of having a vote, legal will and having a say. The training usually takes 1-2 hours and can be arranged for a time that best suits the organisation. Training provides the opportunity for many people with an intellectual disability to gain access to the law and most importantly, understand their basic legal rights.

For further information phone 5229 2925 or email legal@villamanta.org.au

NOVEMBER EDITION OF 'GO FOR YOUR LIFE' NEWSLETTER

www.goforyourlife.vic.gov.au/gfynews

In this edition:

- Get Wiggling for the Great Australian Run.
- 2009 'Go for your life' South West Games.
- RACV Energy Breakthrough.
- 'Go for your life' Free Fruit Friday.
- 'Go for your life' Health Start in Schools Grant 2010.
- Nutrition Australia - Healthy Canteens.
- Plus much much more...

HEALTHCARE LEADERSHIP DEVELOPMENT THROUGH RESEARCH IN RURAL AND REGIONAL VICTORIA

The Windermere Foundation is offering special grants of up to \$15,000 to be used in 2010 to assist healthcare leadership development through research in rural and regional Victoria. The focus in 2010 will be on "team-based Primary Health Care for Chronic Conditions".

The Foundation is calling for applications by 27th November. A copy of the application form can be obtained from Donna Bridge at donna.b@grampianscommunityhealth.org or for further information contact Lesley Irving on lirving@evenbuchanan.com.au

'MOTIVATION' BY LISA COSSON

Are you taking life too seriously?

When was the last time your doctor told you to stay home and watch "Seinfeld"? Or suggested a night out at the circus? Or told you to play fetch with a dog?

It probably hasn't happened, but the day may not be far off. Laughter and fun are great ways to break down the walls of stress, preventing both mental and physical damage.

Play time loosens up joints constricted by tension and poor posture. It brightens your attitude and is a healthy outlet for the most troubled thoughts. Even during our time off, it seems like we still spend a lot of time working - as a handyman, chauffer, mechanic, negotiator, therapist, cook, activist, or whatever is called for.

Next time you're starting to feel the strain, think about how long it's been since you just played for the fun of it. It might be longer than you think. Then go buy yourself a toy.

There ain't much fun in medicine, but there's a heck of a lot of medicine in fun.

Josh Billings, 19th Century Humorist

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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