

## 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  
23rd

## 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](http://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](http://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](http://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](http://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](http://www.dhs.vic.gov.au/emergency)

## SNAKE BITE - FIRST AID

**Do not wash, cut or such the wound!**

- Keep patient calm and still. Movement will increase venom flow.
- Promptly apply a firm broad crepe or compression bandage around the limb over the area of the bite .
- Bandage from the fingers or toes (as appropriate) working upwards, ensuring you cover the entire limb as far as you can go.
- Do not apply any tighter than you would for a sprained wrist.
- When the bandage is complete, MARK THE AREA OF THE BITE SITE with either a pen/marker or with a small snip of the bandage with the scissors to the location (this allows the doctor to quickly locate the bite site without removing the bandage in order to undertake a 'venom detection test'.
- Immobilise bitten limb with a sling (triangular bandage) and/or splint, then improvise; i.e. bind one leg to the other with bandages or a belt; use a folded newspaper for an arm splint.
- Where possible bring vehicle to patient.
- Seek medical attention immediately.
- Monitor pulse and breathing. If either cease apply mouth-to-mouth or CPR until medical attention arrives.
- Do not try to catch or kill the snake as hospitals are able to identify snakes from venom samples taken from the bit site.

**Do not walk the patient - do not remove the bandage at any stage  
- do not apply a tourniquet.**

## YOUTH INTERACT CONFERENCE

9th April 2010

The Youth InterACT Conference aligns with the National Youth Week (NYW) each year every year. The conference, aims to inform and engage young people in a variety of topical issues and exciting activities, whilst providing them with an opportunity to give feedback to the ACT Government. It provides young people with opportunities to engage in activities, decision-making and informative forums as well as community and government events.

The conference is focused on generating discussion on issues that impact on young people, promote youth inclusion, participation and feedback to government on issues of importance to young people.

Forum topics addressed during the Youth InterACT Conference Redefine 09 were:

- Cyber bullying.
- A binge drinking culture.
- Youth Mental Health and Wellbeing.
- The perception of youth in the media.
- Environment - a climate for change.

For more information visit [www.youth.act.gov.au/cms/index.php?page=yi\\_conference](http://www.youth.act.gov.au/cms/index.php?page=yi_conference)

## RAISING THE VOICE FOR WOMEN

The Minister for the Status of Women, Tanya Plibersek, is calling for applications from organisations to form national alliances that will represent the broad range of views of women across the country.

The Australian Government will provide around \$200,000 per year for each new national women's alliance over the next three years.

As many voices as possible are wanted to be heard, especially those who in the past have found it difficult to engage in advocacy and decision making. The national women's alliances will play a key role in ensuring that women become strong and effective advocates, able to engage with the broader community and influence government.

Women's organisations are encouraged to come together to form alliances that voice the interests of Australian women, helping build a contemporary women's movement. Alliance of non-government women's organisations are invited to apply for funding to contribute to government policy debate and decision making, particularly around the government's priorities to increase women's economic security and ensure women's equal place in society.

For more information visit [www.fahcsia.gov.au/sa/women](http://www.fahcsia.gov.au/sa/women) or phone 1800 008 612.

## MENTAL HEALTH FIRST AID COURSE - WIMMERA HUB

21st and 22nd January 2010 - Wimmera HUB

This course covers helping adults in mental health crisis situations and/or in the early stages of mental health problems.

Crisis situations covered are: suicidal behaviours, acute stress reaction, panic attacks and acute psychotic behaviour. Mental Health problems covered are: depression, anxiety disorders, schizophrenia and bipolar disorder.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

To register phone Wimmera HUB on 5382 5111 or email [scc@hub.org.au](mailto:scc@hub.org.au)

## YOUR CHRISTMAS FUNNY...

Why is Christmas just like a day at the office? You do all the work and the fat guy with the suit gets all the credit.

## MY OATH CAMPAIGN

Check out the 2009 campaign by the White Ribbon Foundation of Australia [www.myoath.com.au](http://www.myoath.com.au)

The 'My Oath' campaign was launched at the 4th Annual White Tie Gala Dinner in Sydney on 10 September and is asking all men to 'swear never to commit, excuse, or stay silent about violence against women'.

Prime Minister Kevin Rudd called on all men to take action to end violence against Women: 'Every man, in every walk of life, all of the 10 million males in Australia, should swear on November 25.'

All men are encouraged to go online and swear.

## SPECIAL EXHIBITION OF HAND MADE, DISTINCTIVE WORK

**Friday 27th Nov from 5 to 8pm and Saturday 28th Nov from 10am to 4pm**

Top End Artists Studio - 7 Firebrace Street Horsham - Upstairs

Textiles, Jewellery, Ceramics, Knitting, Quilts, Sock Toys, Bags, Drawings, Prints, Painting, Cards, Teacup Succulents, Home Cooked Mini Xmas Cakes, Yo-Yo's, Brandied Fruit Salad plus much more...

Start your Christmas shopping with beautiful creative gifts. For more information phone 0428 825 971.

## EVALUATING AND SUSTAINING COMMUNITY PARTNERSHIPS WORKSHOP

**Wednesday 2nd December** - VACSAI, 171 Smith Street, Fitzroy

This session will be tailored to Aboriginal Best Start and generic sites working with Aboriginal communities.

**Monday 7th December** - Gariwerd Room, Dept. Education and Early Childhood Development, 109 Armstrong Street, Ballarat.

This workshop is to present the Platforms 'Guide to Evaluating and Sustaining Community Partnerships' and to explore and share your experiences in this area.

The Session will:

- Provide participants with the Platforms 'Guide to Evaluating and Sustaining Community Partnerships'
- Lead participants through the Guide, incorporating real examples
- Share the successes, learning and challenges of participants
- Allow for conversations and the development of further links.

For more information contact [beststart@edumail.vic.gov.au](mailto:beststart@edumail.vic.gov.au)

## FAIR HEALTH FACTS 2009 - Report

[http://www.health.vic.gov.au/pcps/downloads/fair\\_health09.pdf](http://www.health.vic.gov.au/pcps/downloads/fair_health09.pdf)

The 15 summary indicators presented in this report together provide a brief but comprehensive picture of fair health in Victoria. Where reliable data are available, the Victorian average is compared to the experiences of four populations groups identified by A Fairer Victoria. Those groups are: socio-economically disadvantaged, Indigenous, residents of rural and regional areas and people from non-English speaking backgrounds.

The indicators have been organised into four sections that reflect a model of cause, potential change and current action.

## PRIMARY HEALTH WEEKLY BULLETIN - 20th NOVEMBER

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=201109](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=201109)

In this edition:

- New: Environments for Health supporting publications.
- 'Go for your life' forum: men's health and physical activity.
- Survey: 'Go for your life' information centre.
- New resources available on the Integrated Chronic Disease Management Clearinghouse

## VACANCIES - SCOPE SPECIALIST SERVICES

Early Childhood Intervention Specialist / Paediatric Therapist / Early Childhood Intervention Teacher - Grade 2 position - Horsham - Full Time/Part Time

Scope Specialist Services provides services to a range of customers and clients through out Victoria. We currently have an opportunity for a suitably qualified person to develop and establish services in the Horsham area. The successful applicant will work closely with local networks in a range of community settings.

Position in Early Childhood Intervention and School Support is open to:

- Occupational Therapist
- Educational Advisor
- Speech Pathologist
- Psychologist
- Physiotherapist

Relevant tertiary qualifications in one of the following areas is mandatory: Special Education/Early Childhood Education; Psychology; Occupational Therapy; Physiotherapy; Speech Pathology. High level of communication and negotiation skills are essential. Experience in pediatrics is essential. Experience in working with families, and children with autism is desirable. Full and part time applications considered.

The appointment is subject to a satisfactory Police Check for Disability Care and a Working with Children Check.

Location: Horsham

Contact: For information and a position description contact Susan Hall on 0400 194 234 or via email: [shall@scopevic.org.au](mailto:shall@scopevic.org.au) Written applications should be sent to Christine Brooks, Scope, Shannon Park Centre, Cnr Balcombe Road & Shannong Avenue, Newtown 3220 or [cbrooks@scopevic.org.au](mailto:cbrooks@scopevic.org.au)

## LAUNCH & INFORMATION SESSION - WOMEN GATHERING AFTER THE FIRES

**30th November from 10.30am**

Angliss Conference Centre, Cnr King & Latrobe Streets Melbourne (Building A, Level 5)

Women Gather after Fires (WGAF) is funded by VBRRRA and is based on the project, Women Gathering, Women's Health Goulburn North East has been implementing around the Hume Region. WGAF is a simple, but invaluable concept which is available to your bush first affected community.

Women are invited to a two day workshop where they are given skills and opportunity to develop an idea for a Women Gathering group in their own community. They are then able to access funding to support a group of their choosing - easiest application process ever. They meet together with other women for a minimum of 6 times, doing what they want to do, where and when they want to meet.

RSVP is essential to Karen on 5722 3009 or [whealth@whealth.com.au](mailto:whealth@whealth.com.au)

## MILLIONS MORE TO GIVE CHILDREN BEST START TO LIFE

From the Minister for Children & Early Childhood Development

Early childhood partnerships in disadvantaged communities have been strengthened thanks to a \$2.5 million Brumby Labor Government funding boost.

Minister for Children and Early Childhood Development Maxine Morand said the extra funding for the Best Start program was part of the Government's commitment to support children regardless of personal circumstance or postcode.

The Best Start Program is aimed to improve the health, development, learning and wellbeing of children from birth to 8 by building partnerships between councils, early childhood services, parents and local communities. There are now 30 Best Start partnerships operating in Victoria, including 6 with Aboriginal communities, ensuring children are receiving every opportunity to grow and thrive with the support of early childhood services and their local communities.

For information on the Best Start Program in the Wimmera, please contact 0407 856 198, or to read more of the article visit [www.premier.vic.gov.au/component/content/article/8738.html](http://www.premier.vic.gov.au/component/content/article/8738.html)

## CONFERENCE SKILLS WORKSHOP

Conference Guidelines, Presentation Skills, Creating Posters and Abstract Writing

The Australian Health Promotion Association's 2010 Conference will be held in Melbourne on 20th May to 2nd June. To promote the conference and support people to be involved, the association is hosting a workshop to provide an opportunity to develop and refine your skills in a variety of areas relating to presenting your work at conferences.

This workshop will be particularly useful for new practitioners in the field, as well as those who have not previously presented at conferences.

It will cover a variety of conference preparation topics and will include guest presentations, workshop discussions and reflective practice.

The Workshop will include:

- Conference presentation information and guidelines from the AHPA Conference Organising Committee.
- Preparing and delivering dynamic conference presentations.
- Reflective session and tips on writing abstracts.
- Networking over light afternoon tea and refreshments.

**Tuesday 1st December from 2 to 4.30pm**

Melbourne Multicultural Hub - Elizabeth Street Melbourne

Cost: \$25 AHPA Members, \$40 non members

RSVP to [ahpavic@bigpond.com](mailto:ahpavic@bigpond.com) by Friday 27th November

## THE BIGGEST WALKERS - ULTIMATE CHALLENGE

**Monday 14th December 7 - 7.30am**

Join in for a Community Walk to end your 8 week Biggest Walker Challenge. 15km course, however if you want to walk a shorter distance feel welcome to set your own challenge. We can discuss a route and starting times with you.

Morning Tea for participants at 11am and presentations of weekly and workplace awards at 11.15am. Morning tea and walk starting point at the Elsie Bennett Centre, Edenhope & District Memorial Hospital.

Must RSVP by 3rd December in order to ensure support services adequate to the number of participants are provided and information pack also.

Come along even if you have not participated in the 8 week challenge. Hope to see you all there.

A joint initiative of Lowan Rural Health Network Community Health Nurse: Cath McDonald, Edenhope & District Memorial Hospital Community Health Nurse Pauline Kelly, West Wimmera Shire Youth and Sport and Recreation Officer Sarah Vanzini.

Sponsored by Grampians Primary Care Partnership Enquiries Cath 5585 9845 and Pauline 5585 9827.

## PROFESSIONAL DEVELOPMENT FOR HEALTH CARE WORKERS

This nationally accredited competency in Aged Care Training has been specifically designed for all workers, caring for people with dementia. The comprehensive 3 day course, provides high quality dementia specific training. Education is delivered by Professionals who are experts in the Dementia field.

This course provides:

- A course unit in the Cert III or an Elective Unit in the Cert IV in Aged Care. An accredited unit of competency CHCAC319A "Provides support to people living with dementia".
- Practical strategies for caring for people living with dementia.
- A professional development certificate, awarded to those participants who successfully complete the program.
- Participants are provided with a resource manual.

Training in 2010: Warrnambool - March, Ararat - May, Ballarat - February.

For more information contact Sarah Dalton on 9815 7839 or [dce@alzvic.asn.au](mailto:dce@alzvic.asn.au)

## 'MOTIVATION' BY LISA COSSON

### Is procrastination curable?

Procrastination. Putting off until tomorrow what you could do today.

Is there a more counterproductive habit? It causes more stress and anxiety than the Grinch in December. Procrastination solves nothing and usually makes things worse. It piles up unfinished business and preoccupies the dark corners of your brain. You hope the pile will disappear but for some reason it doesn't.

The worst part is that once we put off things we'd rather not do, we start to delay the fun stuff as well. How many times have you said 'no' to an opportunity because you had to take care of something you put off earlier? How many lost opportunities can you accept?

Let's make action a habit instead. Today, focus on your toughest hurdle first. Get just that one thing out of the way and enjoy the rest of the day. Be firm and don't let yourself off the hook. After all, it's not going away. Follow that one strategy and you'll be surprised how the momentum carries through the rest of the day. Do it now!!

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 [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

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