

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 Regional Library Corp.



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 46 (2009) - December 11th

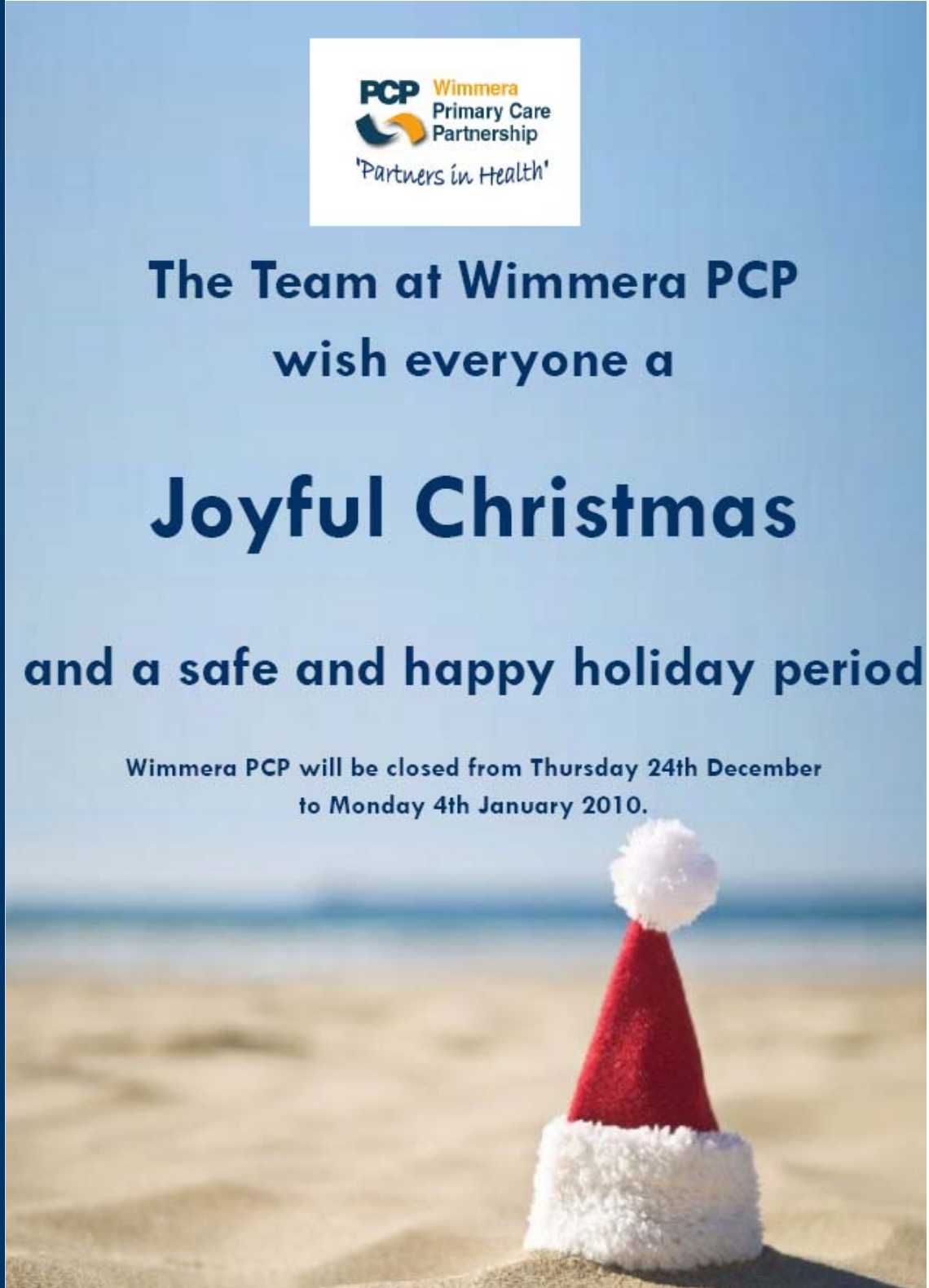


## The Team at Wimmera PCP wish everyone a

# Joyful Christmas

## and a safe and happy holiday period

Wimmera PCP will be closed from Thursday 24th December to Monday 4th January 2010.



## COMING TO THE HORSHAM ART GALLERY

### The Gallery Ark

This is a National Gallery of Victoria Touring Exhibition featuring some of the NGV's most appealing works of art.

Animals have fascinated children and artists alike in cultures around the world for many thousands of years. Indeed, it is for this reason that *The Gallery Ark* represents all parts of the NGV's Collection: Asian Art, Aboriginal and Oceanic Art, International and Australian Art, and Fashion and Textiles.

*The Gallery Ark* brings together works made by artists from across the world to explore the differing relationships we share with the animals around us. Perhaps what is most interesting about this menagerie is that, in looking at these works, we learn as much about ourselves as about the animals. For as communication between different species (including humans) is limited or even non-existent, we cannot know exactly what it is that animals feel. Instead, artists project their beliefs, their hopes and their fears onto their animal subjects, presenting us with insights of times past and present.

For children especially, *The Gallery Ark* provides an easy access point to many different cultures through various representations of animals and the enduring sense of wonder they engender in people across the world.

**Horsham Regional Art Gallery from December 22nd to February 28th**

## WALK AGAINST WARMING GLOBAL DAY OF ACTION

**12th December 2009**

12th December is D-Day for the planet as world leaders in meet in Copenhagen to do a global deal on climate change.

While they talk the talk, we're walking the walk all over the world, from New York to Tokyo, Mumbai to Paris and all over Australia. So get your walking shoes on and be part of the most important Walk Against Warming ever.

Walk against Warming events this Saturday 12 December - very [www.walkagainstawarming.org](http://www.walkagainstawarming.org)

## EXCELLENCE IN INDIGENOUS HEALTH AWARDS

**The Inaugural Excellent in Indigenous Health Awards** will celebrate the inspirational work being done to improve the health outcomes of indigenous people.

If you are involved in a program or initiative that is bringing us closer to closing the gap we invite you to make a submission. Initiatives deemed to have made an outstanding contribution will be recognised at the Awards Gala Dinner, The Mecure Hotel Brisbane, 30th March 2010.

Please visit [www.indigenoushealthawards.com](http://www.indigenoushealthawards.com) for further information.

## DVD LAUNCH - MYTHBUSTERS: YOUNG PEOPLE AND SEXUAL ASSAULT

Ballarat Centre Against Sexual Assault

**Monday 14th December 2009** from 4.30pm  
Mojo Professional Photography, 32e Basement, Doveton Street North Ballarat

RSVP to [casa@bhs.org.au](mailto:casa@bhs.org.au) or phone 5320 3933

## LAUNCH OF 2010 HEALTHY CITIES CONFERENCE REGISTRATION & CALL FOR PAPERS

The 2010 Healthy Cities Conference will be held at Stamford Plaza Brisbane on the 12th and 13th of July 2010. Next years conference will be held over two days, with optional tours being conducted on the 14th July 2010 throughout Brisbane and surrounding areas. The Conference will be a platform for Government and Industry sector professionals to discuss causes, effects and solutions that relate to population health, sustainability, natural resource management, transport, climate change and urban design. The Conference will examine the prerequisites for a "Healthy City".

The conference program will feature distinguished international and national keynote presenters. Three concurrent sessions being held in the conference program will offer participants the opportunity to present latest research and topics of interest.

We invite you to submit an abstract to [www.healthycities.com.au/submit\\_abstract.asp](http://www.healthycities.com.au/submit_abstract.asp) or register at [www.healthycities.com.au/registration\\_fees.asp](http://www.healthycities.com.au/registration_fees.asp)

## LAUNCH: ONLINE CULTURAL ORIENTATION PLAN FOR HEALTH PROFESSIONALS

Many health professionals have little or no knowledge of the post-colonial legacies and cultural values of Aboriginal people, yet the impact of poor understanding undermines respect and compounds communication barriers. In recognition of this and the importance of two-way communication in health care, a project sponsored by WA Country Health Services and Disability Services Commission, and undertaken by the Combined University Centre for Rural Health, has resulted in the development of an **Online Cultural Orientation Plan!**

The Package, inclusive of information, videos, activities and links to further resources, consists of five self directed learning modules:

- Culture, self and diversity.
- Aboriginal history.
- Working with Aboriginal people.
- Providing clinical services.
- Improving cultural security.

This does NOT replace local cultural orientation and education programs. Rather, it's a generic program providing a framework of information and associated links that can assist health professionals to develop a deeper understanding of Aboriginal cultural values and practices, and promote culturally secure practice.

You can access the Cultural Orientation Plan at [www.lms.cucrh.uwa.edu.au/moodle/](http://www.lms.cucrh.uwa.edu.au/moodle/)

## PRIMARY HEALTH WEEKLY BULLETIN - 10TH DECEMBER

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=101209](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=101209)

In this edition:

- Well proud: A guide to gay, lesbian, bisexual transgender and intersex inclusive practice for health and human services.
- New resources: Workforce capability framework toolkit.
- Electronic newsletters: Active Media and Active Inform.
- 'Go for your life' men's health and physical activity forum.

In the old days, it was not called the Holiday Season; the Christians called it 'Christmas' and went to church; the Jews called it 'Hanukka' and went to synagogue; the atheists went to parties and drank. People passing each other on the street would say 'Merry Christmas!' or 'Happy Hanukka!' or (to the atheists) 'Look out for the wall!'

## AUSTRALIAN COMMUNITY KITCHENS WEBSITE

[www.communitykitchens.org.au](http://www.communitykitchens.org.au)

The Australian Community Kitchens website has been updated and is being relaunched with a range of new features to make it more accessible and user-friendly. Some of these new features include:

- Listing ALL Australian Local Government Areas as regions so that users can access information that is specific to their location (sorted by postcode);
- Updated information about Community Kitchens to reflect the learnings of the past four years;
- More detailed listings of specific Community Kitchen groups including the mapping of Kitchen locations using Google Maps; and
- New detailed recipe listings including; cost, number of servings, time taken and the option to attach photo's.

To make the site as useful as possible, we encourage all people involved in Community Kitchens around Australia to make their contributions by;

- Registering as users;
- Uploading or updating their Kitchen details;
- Uploading their favourite Community Kitchen recipes to share with others;
- Discuss all things related to Community Kitchens on the online Discussion Forum; and
- Taking a leadership role by becoming 'Regional Administrators' for the website (contact [admin@communitykitchens.org.au](mailto:admin@communitykitchens.org.au) for more information).

The aim is to have ALL Community Kitchens in Australia listed on the website so that people all over the country can link into a Kitchen in their area!

## SOME EXTRA MOTIVATION...BY LISA COSSON

### Setting a Plan in Motion

Short of winning the lottery, the idea of coming into wealth or power overnight is nearly impossible.

Not that it is impossible to be successful, but it involves a lot of hard work, time, overcoming of obstacles, and dedication to achieve. You can't expect success to just fall into your lap. Often, you have to pour time and tears into reaching it.

Set your goals, formulate a plan for getting from Point A to point B (and C, D and E), and go for it! Let your perseverance and drive be the foundation for achievement.

**It takes twenty years to become an overnight success.**

- Eddie Cantor

## AND SOME MORE...

### Surrounding Yourself with the Right People

It's easy to recognise a perfect candidate for your support team. Just look for someone who has a way of making everyone else around them better: someone who succeeds by developing other people and letting them in on the fun; someone who is genuinely happy when other people succeed.

That's the person you want on your side. The pages of history are heavy with tales of the misguided who were proven wrong while insisting something couldn't be done. Why put up with that? Believe in your goals enough to know that you shouldn't stomach people who don't. It's okay if you're the only one who believes in your dream.

But someone who truly believes in YOU should help you believe that if anyone can do it, you can.

**Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you, too, can become great.**

- Mark Twain, writer and satirist

# CHRISTMAS TIPS TO REDUCE THE STRESS

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

Christmas is typically one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness can all combine to undermine our best intentions. Some practical suggestions can help you reduce your 'Christmas Stress'.

## Budgeting for Christmas

For many of us, the Christmas aftermath includes massive credit card bills that can take months to clear. Christmas doesn't have to be a financial headache if you plan ahead. Stress reduction strategies include:

- As early as you can in the New Year, work out a rough budget of expected Christmas costs. Don't forget 'hidden' expenses such as food bills and overseas telephone charges.
- Calculate how much disposable income you have between now and Christmas. A certain percentage of this can be dedicated each week (or fortnight or month) to covering your expected Christmas costs. Don't be discouraged if the amount seems small. If you save \$5.00, \$10.00 or \$20.00 per week over a year, it can provide you with a hefty nest egg.
- If your nest egg isn't enough to cover your estimated expenses, perhaps you may need to refigure your Christmas budget to a more realistic amount.
- If you have trouble keeping your hands off your Christmas next egg, consider opening a 'Christmas Club' account.

## Presents

If you have a large circle of extended family or friends to buy gifts for, it can be very costly. You might be able to reduce the stress and cost of Christmas for everyone if you suggest a change in the way your family and friends give presents. For example, you could suggest that your group:

- Buy presents only for the children.
- Have a Kris Kringle, where everyone draws a name out of a hat and buys a present only for that person.
- Set a limit on the cost of presents.

## Christmas Shopping

According to a recent study by Roy Morgan Research, around 60 per cent of Australians dislike Christmas shopping, just 20 per cent plan their shopping expeditions, and the majority of us (nearly 75 per cent) often come home without a single purchase for our efforts. Stress reduction strategies for successful Christmas shopping include:

- Make a list of all the gifts you wish to buy before you go shopping. If you wait for inspiration to strike, you could be wandering aimlessly around the shopping centre for hours.
- Buy a few extras, such as chocolates, just in case you forget somebody or you have unexpected guests bearing gifts.
- If possible, do your Christmas shopping early - in the first week of December or even in November. Some well organised people do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.

## Relationships

Stress, anxiety and depression are common during the festive season. If nothing else, reassure yourself that these feelings are normal. Stress reduction strategies include:

- Don't expect miracles. If you and certain family members bicker all year long, you can be sure there'll be tension at Christmas lunch.
- Avoid known triggers. For example, if politics is a touchy subject in your family, don't talk about it. If someone brings up the topic, use distraction and quickly move onto something else to talk about.
- Use relaxation techniques, such as deep breathing or focusing on your breath, to cope with anxiety or tension.
- Family members involved in after-lunch activities (such as cricket on the back lawn) are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- People under stress tend to 'self-medicate' with alcohol, cigarettes and other drugs. Try to remember that drugs can't solve problems or alleviate stress in the long term.

## General health and wellbeing

Some other ways to keep your stress levels down include:

- Try to be moderate - it may be the season to be jolly, but too much food and alcohol is harmful, and drink driving is a real danger and illegal. If you can't (or don't want to) step off the social merry-go-round, at least try to eat and drink in moderation.
- Get enough sleep - plan for as many early nights as you can.
- Keep moving - keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.

## 'MOTIVATION' BY LISA COSSON

### What do you want to be when you grow up?

People have a funny way of rising up to meet the challenge of their responsibilities when they're given a chance and the right motivation.

They already know what needs done, and that it's their job to make sure it happens. Parenthood, for one, can make people grow up pretty quickly. The thing is, you don't have to wait for a young 'un to appear before you have responsibilities like this. We all have them.

You have goals that need to happen, a difference you need to make. At home, at the office, in the community, with your friends - wherever you are, whatever your role, there's something that needs to be done.

Who's going to drive it forward if not you? Who else is going to take it upon themselves to see it through? Can you rely on yourself to be there when it counts the most? Yes you can - by doing what you know is right.

**The value of marriage is not that adults produce children but that children produce adults.**

*- Peter de Vries, novelist and editor*

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## 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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