

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 3 (2010) -
January 29th

ART IS...ELEMENTAL

Horsham Arts Festival - 19th to 27th March 2010

Nine days of events and activities:

- Australian Scholars - emerging young singers at Wesley Performing Arts Centre February 2010.
- 'Times Four' - local artists works in public spaces.
- Award winning singer/songwriter - Neil Murray at the Wander Inn, Wartook.
- Caberet comedy - Ms K in "Hotspell".
- Grey matters forum.
- Morning melody.
- Music, performances and art displays.
- Drought stories at the Horsham Library.

See the website for more about Art is...elemental www.artis.wimmera.com.au or contact the Festival office on 5381 0298 or email artis@wimmera.com.au

SPORTSLINK IS BACK!

Sportslink is a state wide sport and active recreation database. The New Sportslink site will provide sporting and community groups the opportunity to further promote their activities to the broader community. Once groups have entered their details, they can personalise the password to make it easy for group members to access the site.

Groups and clubs can also subscribe to pages via Sportslink. For example, the Grants page which provides members with an email alert when there are new additions to the page. This is a great way to keep abreast of all the new grants.

There are many other features with the new Sportslink so please take some time to peruse the site. If your group doesn't already receive Sport e-news, subscribe now to receive the latest information from across the region.

For more information phone Sam Witmitz at Wimmera Regional Sports Assembly on 5382 4599 or email picsar@wrsa.org.au

MANAGER - GOROKE COMMUNITY HEALTH CENTRE

The West Wimmera Health Service, situated in the Wimmera District of Victoria, offers an exciting opportunity to an enthusiastic and motivated Registered Nurse, who will be responsible for the operational management of Goroke Community Health Centre.

Essential - Registration with the Nurses Board of Victoria as a Division 1 Registered Nurse, previous management experience, demonstrated leadership ability, commitment to service excellence, good interpersonal and communication skills.

Desirable - Postgraduate qualifications in management, and computer literacy.

- An attractive salary and benefits package will be negotiated with the successful applicant.
- Suitable applicants will be offered Salary Sacrifice, assistance with relocation and initial accommodation.
- Goroke is a rural township situated 5 hours from Adelaide and 4 hours from Melbourne.
- It offers excellent educational facilities, sporting opportunities and social interactions.

Further information, and position description is available from and written applications directed to Martha Karagiannis, Manager Community and Allied Health, on 5391 4293 or email mkaragiannis@wwhs.net.au Applications close Friday 5th February 2010.

LANDLORD SEMINARS

Free Information Session - **21st April - from 5.30pm to 7.30pm**
 Horsham State Government Offices, 2nd Floor, 21 McLachlan Street Horsham

Consumer Affairs Victoria is offering free training sessions for new and established landlords.

Subjects to be covered include:

- Choosing the right tenant.
- Better manage your investment under residential tenancy law.
- Dealing with issues as they happen.
- Know the law.
- Consumer Affairs Victoria Services available to landlords.

RSVP to Joy Hall on 0417 515 516 or email joy.hall@justice.vic.gov.au

POINTS OF DEPARTURE: BUILDING ADVOCACY FOR IMMIGRANT AND REFUGEE WOMEN

25th February 2010 from 9am to 2pm

What will participants learn by attending this Seminar? This seminar will focus on the settlement and health-related challenges faced by immigrant and refugee women from both established and newly arrived communities. How our knowledge of these issues influences advocacy will also be explored. The Seminar will also underscore that for effective advocacy to be achieved, the voices of immigrant and refugee women must be heard.

Who will benefit from participating in this Seminar? Health and allied professionals, welfare and community development workers, social workers, teachers, students and those with an interest in the health and wellbeing of immigrant and refugee women.

Guest Speakers: Dr Pauline Gwatirisa - Health Promotion and Research Project Officer and Hatice (Hutch) Hussein - Manager of the Advocacy, Innovation & Marketing Unit at Spectrum Migrant Resource Centre.

To RSVP email reception@mcwh.com.au or phone 9418 0999.

TV BOOTCAMP 2010

29th & 30th March and 6th to 9th April 2010
 Ballarat Learning Exchange, Camp Street Ballarat

Ballarat's first TV Boot Camp for artists with disabilities is being presented by yum productions in partnership with the City of Ballarat and St Lawrence with funding from the TAC Small Grants Fund.

Ten artists will have the chance to work closely with mentors drawn from the television industry, (mostly people with disabilities), to develop and produce one half hour TV show for national broadcast on the Community Television Network.

Artists will have the opportunity to choose an area of specialisation from five being offered in this project: on-screen presentation, writing, camera, technical production and production management.

For artists with disabilities interested in TV production.

For more information contact Erin McCuskey on 5331 7625 or email erin.mccuskey@yum.vic.edu.au

PUBLIC FORUM ON DEPRESSION

Tuesday 9th February 2010 - BBQ Tea from 6pm, forum from 6.30 to 8.30pm
 Community Centre, Anzac Park, Scott Street Warracknabeal

After recent suicides and attempted suicides, we as a community need to do something to improve awareness of mental health services in our area. It has also been apparent the enormous amount of people suffering depression which also affects their partners and family. The Chairman of Beyond Blue Mr Jeff Kennett will be speaking at the forum along with Dr Donal Liu, some local depression sufferers, and other supports.

RSVP for catering purposes to gavin@morrow.net.au or csolly@yarriambiack.vic.gov.au

MEN'S LEARNING & WELLBEING

A one day forum, hosted by the University of Ballarat
 In collaboration with National Seniors Productive Ageing Centre, Western Australia Department
 of Education & Training, Australian Men's Sheds Association, Victorian Men's Sheds
 Association and Queens University Belfast, Northern Island

Friday 26th February from 9.30am to 4.30pm
 Old Chemistry Building C, SMB Campus, Lydiard Street Ballarat

Morning theme: Why bother about men's learning and wellbeing?

- Introduction to the 'big picture' on age and sex discrimination across the life course.
- Panel discussion: Why bother about men's learning and wellbeing?
- Breakout sessions: what do we know from research and practice about what keeps men well and learning?
- Victorian Men's Sheds Association Meeting.

Afternoon theme: Research men's learning and wellbeing.

- Launch of research reports and presentation of key findings.
- Overview of the spread of men's sheds and benefits in Australia.
- Breakout discussions: What is happening elsewhere? Where to from here?

Registration with Jan Watson on 5327 9702 or email j.watson@ballarat.edu.au

Other details from Barry Golding on 5327 9733 or email b.golding@ballarat.edu.au

OTHER IMMIGRANT & REFUGEE WOMEN'S HEALTH AND WELLBEING SEMINARS

Sexual And Reproductive Health for Young Immigrant and Refugee Women - 27th May 2010

This seminar will focus on sexual and reproductive health for young immigrant and refugee women. What are the issues affecting young immigrant and refugee women's health? Issues explored will include: lack of choice in reproductive health decisions; unplanned pregnancy; early marriage; unsafe abortion; infertility and pregnancy complications (miscarriage, stillbirth, premature birth); and STIs (Chlamydia, HIV). Participants will also learn where and how to access culturally and linguistically relevant resources.

Prevention of Violence Against Immigrant & Refugee Women - 26th August 2010

This seminar will discuss primary prevention of violence against immigrant and refugee women. What is primary prevention of violence? How can we empower immigrant and refugee women in relation to violence prevention and protecting themselves? What preventative actions can be implemented? Barriers limiting accessibility to violence prevention programs will be discussed. Available Resources and prevention programs will be covered.

Workplace Health for Immigrant and Refugee Women - 25th November 2010

This seminar will address issues that immigrant and refugee women face in the workplace and the implications for their health and wellbeing. Issues include: stress, anxiety, fatigue, asthma, backache, workplace violence and bullying, and discrimination. How increased work intensification combined with casualisation of work impacts on immigrant and refugee women's health will also be featured. Information and support services available to immigrant and refugee women will be covered. Seminar highlights will include immigrant women sharing their experiences regarding workplace issues and coverage of available resources and networks.

For more information on these seminars email reception@mcwh.com.au or phone 9418 0999

WIMMERA PCP 2010 DESK CALENDAR

Have you received one of the Wimmera PCP Desk Calendars but have mistaken it for a CD...

The 2010 Wimmera PCP Desk Calendar is housed in a CD case and has a front cover that looks like this (picture at left) and would have been sent to partners with the Wimmera PCP Strategic Directions. Also check the back of the calendar sleeves for detailed information on Wimmera PCP projects.

If anyone would like a Wimmera PCP Desk Calendar please email pccadmin@grampianscommunityhealth.org.au



INQUIRY INTO THE EXTENT AND NATURE OF DISADVANTAGE AND INEQUITY IN RURAL AND REGIONAL VICTORIA

On 25 November 2009 the Legislative Council resolved that the Rural and Regional Committee undertake an Inquiry into the Extent and Nature of Disadvantage and Inequity in Rural and Regional Victoria.

The reference requires the all-party Committee to inquire into, consider and report on disadvantage in the state, and in particular, to:

- Examine current evidence of disadvantage in rural and regional Victoria with a view to identifying the social groups most affected by disadvantage;
- Identify any gaps and weaknesses in methods for measuring, recording and capturing information on disadvantage and inequity in rural and regional Victoria;
- Identify the key factors of disadvantage and inequity in rural and regional Victoria, such as access to education, health care, employment opportunities, housing affordability and transport;
- Identify the geographical locations in rural and regional Victoria where disadvantage is most severe with a view to prioritising these areas for future action by Government;
- Identify rural and regional areas of significant disadvantage and inequity that may be masked by the comparative prosperity of surrounding areas;
- Investigate the impact of social and economic trends on the future of rural and regional Victoria in the context of disadvantage;
- Examine current Government responses to rural and regional disadvantage;
- Identify priorities for action by Government to tackle key rural and regional disadvantage issues;
- Examine measures taken at a local level to combat problems of hardship and disadvantage; and
- Investigate approaches in other jurisdictions to combat rural and regional disadvantage.

The committee will be calling for submissions shortly, and will conduct a public consultation program early in 2010.

For more information visit www.parliament.vic.gov.au/rrc/inquiries/irrd/default.htm

INTERNATIONAL MENTAL HEALTH CONFERENCE

Wednesday 18th to Friday 20th August
Holiday Inn Surfers Paradise

Depression & Anxiety: Who, What, Where, When and How?

The ANZMH Association last visited Anxiety and depression as a major conference theme in 2000. In the past ten years diagnosis and treatments of both conditions have evolved considerably supported by improved funding and support from State and Federal Governments.

- Who are the leaders in the fields of depression and anxiety research and service provision?
- What new treatments have been developed that are recognised as evidence based treatments?
- Where to from here? What further developments are under consideration? What advances can we expect in the next ten years? What changes do we need to implement in the workplace to promote and provide better management of anxiety and depression?
- When and under what conditions are treatments and programs likely to be successful?
- How are Governments developing policy to help with the ever increasing number of clients reporting with these conditions? How are new approaches being trialed?

The conference will be structured to provide practice updates on the treatment of depression and anxiety over different phases of the life cycle (from childhood to older adults).

Abstracts to be submitted to www.vision6.com.au/ch/279s3c2/1079414/924ae16mcc.asp

For more information contact Sophie Secombe on (07) 5528 2501 or email conference@anzmh.asn.au

NEW ROYAL CHILDRENS HOSPITAL VACS FUNDED PSYCHIATRY CLINIC

A new RCH VACS funded Psychiatry clinic is now open for business/referrals.

Details are at www.rch.org.au/emplibrary/mhs/Publication_VACS.pdf

TECHNOLOGY, ARTS AND SOCIAL CONNECTION SCHEME

The Technology, Arts and Social Connection Scheme is an innovative new program which will support creative initiatives that promote participation, health and wellbeing messages through community engagement in the digital environment.

Guidelines and application forms will be available from www.vichealth.vic.gov.au/en/Funding-Opportunities/Funding-Open.aspx

MENTAL HEALTH ADVICE LINE

1300 280 737

A Mental Health Advice Line is a new State Wide Victorian phone service that provides immediate, expert mental health advice from registered mental health professional, 24 hours a day, 7 days a week.

The service, staffed by mental health professionals will be available from any landline in Victoria for the cost of a local call or mobile phone at standard rates.

A person may call about themselves or about another person like a family member or friend.

FAIR WORK OMBUDSMAN

From the 1st of January 2010 the Fair Work Information Statement is to be provided to all new employees by their employer as soon as possible after the commencement of employment. Fair Work Australia is a national workplace relations tribunal established under the Fair Work Act 2009.

Fair Work Australia is an independent body with the authority to carry out a range of functions relating to the safety net of minimum wages and employment conditions, enterprise bargaining, industrial action, dispute resolution, termination of employment and other workplace matters. This statement provides basic information on matters that will affect your employment.

Contact the Fair Work Infoline on 13 13 94 or visit www.fairwork.gov.au

2010 WESTPAC COMMUNITY TREASURERS AWARDS

These awards are now open for nominations and are designed to show appreciation for the immense contribution community treasurers make to not-for-profit groups.

Awards will be given for treasurers in three budget groups:

- Small organisations - annual income less than \$10,000.
- Medium organisations - annual income between \$10,000 and \$250,000.
- Large organisations - annual income over \$250,000.

Entries will be judged on how well the treasurer fulfils the duties of ensuring good financial management, good financial governance and good financial outcomes.

The winner in each class will win \$5000 for their community group and an impressive trophy to recognise their achievements. In addition, every eligible nominee will receive a Certificate of Nomination, recognising their significant contribution to the Australian community sector.

Nominations must be received by 5pm on March 12th, with winners to be announced in April. Nominate your treasurer at www.ourcommunity.com.au/treasurersawards

SOCIAL DETERMINANTS OF INDIGENOUS HEALTH

Working Beyond the Health Sector - **30th & 31st March 2010, The Mecure Hotel Brisbane**

Addressing the Aboriginal and Torres Strait Islander definition of health, the conference examines factors such as housing, education, family, community and self esteem to improve health.

For more information phone Elias on (02) 9239 5785 or visit www.improvingindigenoushealth.com

'MOTIVATION' BY LISA COSSON

If you chase two rabbits, both will escape.
 - unknown author

Dividing Your Attention Between Two Dreams

One essential goal-setting strategy is to be as specific as possible about your desires.

Write out your goals and formulate a detailed plan about how you are going to achieve this goal. Baby steps are important, but keep them focused.

Often we are pulled in many directions at once. It is important though, to devote time and effort to a single goal at a time to avoid distraction that can lead to putting forth less effort.

Take time to put down some of your 'spinning plates' and track your progress over time.

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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