

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 5 (2010) -
February 5th

KEEPING COMMUNITY SPORT RELEVANT

Club Development Breakfast Forum
Vicsport CEO Mark McAllion

Tuesday February 16th, 2010 from 7.30am to 9am

Horsham Sports & Community Club - Cost: \$10 per club member

Come and join us for a hot breakfast and learn how your club can better position itself into the future. If you don't attend any other club development forum this year, then this is the one your club shouldn't miss.

With 18 years of sports administration experience behind him, Mark joined Vicsport as CEO in January 2009. Mark's administrative background is predominantly in the community Sport and Game Development areas, having worked with Cricket Victoria, Cricket Australia and Tennis Australia. Most recently Mark was CEO of Softball Australia. At this forum Mark will cover:

- Recruiting and retention of players/volunteers.
- Game strategy development for your club.
- Pathways.
- Keeping community sport relevant.

RSVP to 5382 4599 by February 12th.

FINANCIAL ASSISTANCE FOR GROUPS AND COMMUNITY ORGANISATIONS

Applications are invited for financial assistance by groups and Community Organisations within Horsham Rural City for the 2010/2011 financial year.

Your group MUST submit its application on a 'grant/donation application form' available from Horsham Rural City Council at the Civic Centre in Roberts Avenue Horsham and by visiting the HRCC website www.hrcc.vic.gov.au (click on general enquiries then grants).

Alternatively, you can phone 5382 9776 to speak to Finance Manager, Heather Proctor of Grants Officer, Susan Surridge.

Applications close February 26th 2010.

MUM'S TENNIS PROGRAM

How to have fun, get fit and socialise for only \$15.

Monday 8th February to Friday 12th March

At Central Park Tennis Club - Baillie Street Horsham.

This is a 5 week group coaching program that is open to beginners and those who would like to resume tennis. Improve your health, have fun and get fit; meet and socialise with other mothers; alleviate the burden of having to find childcare - enroll your child in tiny tots program and receive expert tennis coaching.

Contact Natalie on 5347 0101 for more information.

LIVING WITH TEENAGERS

For parents of teenagers and community workers.

Monday 15th February 2010 - From 1pm to 3pm

East Wimmera Health Centre - 52 North Western Road, St Arnaud

RSVP to Kay Longdrigan on 5358 7400

The Remlaw Fire - Our Stories from Black Saturday

On Sunday 7th February from 3pm to 4.30pm at Horsham Library

Family and friends most welcome.

EXPLORING OUR FUTURE BEYOND 2010

Information Series designed by DPI and locals for the people of Hopetoun & District

Increase your community's resilience to change through knowledge. Learn something new. Discover new and exciting opportunities for your business and community.

The event aims to bring farming families, business owners, service providers and residents together to share knowledge, discuss change and keep up-to-date new technologies.

Marketing & Farm Enterprise Options - Forum/Workshop - **Tuesday 9th February from 10am to 3pm** - Gateway BEET Hopetoun

- Marketing refresher - contracts, feedtests, vendor declarations, arbitration clause.
- Assessing opportunities from the Wimmera Mallee Pipeline - Cattle & Lamb Finishing.
- Fodder Industry and market update: producing quality hay for your target market; future market opportunities.

RSVP to Lucy Stott on 5355 0539 by 4th February.

Soil Savvy & E Mapping - am field visit, pm workshop - **Wednesday 17th February from 8.30am to 4pm** - am: McMillan's Shearing Shed, Yaapeet-Kenmare Road; pm: Gateway BEET Hopetoun

- DPI Healthy Soils Project Paddock Visit.
- What can we learn from the 2009 trials?
- Future plans for the soil trials.

pm

- Group-based E Map workshop.
- Variable rate technology.

RSVP to Heather Drendel on 5383 2205 by 15th February

Succession Planning & Green Eggs Case Study - Presentation & Discussion - **Monday 15th March from 5.30pm to 9pm** - Gateway Beet Hopetoun.

- Making a farm business Succession Plan - why and how? Margaret Willett, Dwyer and Willett Lawyers.
- Green Eggs - why and how Shelley and Allan Green of Great Western became award winning egg producers.

RSVP to Cathy Schroder on 5.83 3001 by 11th March.

Carbon Trading - theory to practice. Future energy in Victoria - Forum/workshop - **Tuesday 30th March from 5pm to 9pm** - Gateway Beet Hopetoun

- Demystify carbon trading and offset options.
- Carbon neutral businesses - what's in it for you?
- Conducting your own carbon audit.
- The future of energy production in Victoria.

RSVP to Lucy Stott on 5355 0539 by 25th March.

Demographics & Change - Opportunities and Challenges for our Future - Presentations and Discussion - **Wednesday 14th April from 6pm to 9pm** - Mallee Bush Retreat Lake Lascelles

- Population trends for Hopetoun and District - the story of change.
- Community Photographic Exhibition.
- Unveiling of children's Future change mural.
- What are the future community needs for Hoptoun & District? Defining Sustainability for your district.
- Thinking about your future through the Progress Association's Hopetoun 2020 Vision.

RSVP to Michelle Wellington on 5083 3595 or Sue Afford on 5083 3408 by the 7th April.

RESPONDING TO ELDER ABUSE

Wednesday 10th February from 1pm to 4pm

Ballarat

Learning Outcomes: this workshop is designed to give workers an understanding of what is elder abuse and the skills to deal with these situations. It aims to build skills required to confidently respond to disclosures of abuse and to make appropriate referrals.

Covers indicators, assessment, responding to disclosure and referral pathways.

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

AUSTRALIAN COMMUNITY KITCHEN FORUM

Expressions of interest are currently being sought for an Australian Community Kitchens Forum. Since the last Victorian State-wide Forum in November 2007, the project has grown on a national scale. We endeavour to create a forum that will be beneficial to those already involved with a Community Kitchens project, as well as those who want to find out more about the concept.

Wednesday 14th April from 10.30am to 3.30pm
VicHealth - 6 Pelham Street Carlton

Please register by emailing jmccartan@phcn.vic.gov.au or phone 9784 8582.

BUILDING HOPE: ARE YOU SUPPORTING A PERSON WITH AN EATING DISORDER

Saturday 6th, 13th and 20th March from 2pm to 6pm
Thyme Cottage, 5 Banyan Street Warrnambool

The Building Hope Workshop comprises 3 x 4 hour sessions over 3 weeks for partners, family members, friends and parents of a person with an eating disorder to learn new skills.

This workshop builds empathy, promotes understanding, shows you how to use reflective listening skills, recognises that consistent, compassionate and calm communication assists your loved one with recovery and a collaborative problem solving approach enhances the idea that change is possible.

To enhance your learning in the workshop we strongly recommend you read 'Skills Based Learning for Caring for a Love One with an Eating Disorder' by Prof Janet Treasure et al. The workshop is based on Professor Treasure's research on the motivational style of treatment of people with an eating disorder.

RSVP to 9885 6563 or email edfv@eatingdisorders.org.au

SUPPORTING WOMEN THROUGH THE SYSTEM

Family Violence Protection Act 2008 - 2 day training program for Family Violence Workers

24th & 25th February - Melbourne

DVRCV, together with Women's Legal Service Victoria has developed this 2-day program on the Family Violence Protection Act 2008.

The training provides an overview of the Australian Legal System as a whole; and identifies:

- What sort of laws apply in family violence cases and where family violence cases are dealt with in that system.
- How to support women to access protection under the new Family Violence Protection Act 2008, including information about Intervention Orders; Rules of Evidence; Family Violence Safety Notices; Women's rights under the new Act; Children and intervention orders; exclusion orders and tenancy issues.

For enquires contact DVRCV on 9486 9866.

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



OHS EQUIPMENT GRANTS - FINAL GRANT ROUND OPEN SOON

VCOSS has the opportunity to participate in the WorkSafe Prevention Fund Project over the last two years through the distribution of OHS equipment grants. The OHS Equipment Grants will allow not-for-profit community organisations to improve workplace health and safety by accessing funds to purchase equipment and/or modifications to address identified OHS hazards in their organisation.

Organisations can use the one-off grants (of up to \$5000 including GST) towards the purchase of equipment and/or modifications that will eliminate or reduce risks to health and safety.

Applications for the FINAL round of equipment grants will be accepted from March 1st until March 31st. To find out all you need to know about the grants priority areas, eligibility and how to apply visit www.communityohs.org.au/ohs-equipment-grants/

MEASURING FAMILY VIOLENCE IN VICTORIA

Thursday 29th April in Horsham/Ararat

Family violence is a significant pathway into homelessness for Victorian women and children. Domestic Violence Victoria and the Council to Homeless Persons, together with the Family Violence Interdepartmental Committee and the SAFER research team, will host a series of half-day regional workshops on measuring family violence in Victoria and working with family violence data.

Workshops are relevant to practitioners in the homelessness, housing and family violence sectors and will:

- Provide an introduction and overview of the latest data on family violence in Victoria.
- Provide an overview of how to utilise relevant data to inform policy and enhance service provision and management.
- Outline developments in state-wide data collection and analysis and explore the limitations of family violence data.

For more information phone 9419 7445, email admin@chp.org.au or visit www.chp.org.au

RIDE2SCHOOL PROGRAM

The Ride2School Program is a behaviour change program which aims to increase the number of students walking and riding to school. Ride2School encourages healthy lifestyles by increasing students' physical activity levels.

It's good for:

- Their health
- Their education
- The environment
- And the family budget

Register free today at www.bv.com.au/ride2school/

GAMBLING RESEARCH AUSTRALIA REPORT

Electronic release of a Gambling Research Australia Report titled:

The definition and predictors of relapse in problem gambling undertaken by the Flinders Behaviour and Health Research Unit, Flinders University, Adelaide.

The report is available for downloading from the GRA website at www.gamblingresearch.org.au

FEBRUARY EDITION OF 'GO FOR YOUR LIFE' NEWSLETTER

www.goforyourlife.vic.gov.au/gfynews

In this issue:

- Back to school...healthy lunchbox snacks.
- Ride2School Day March 17th.
- Launch of the 'Active Masters Program' - Wheelchair Sports Victoria.
- Life! Taking Action on Diabetes...plus much much more.

TOOLS FOR RUNNING A MEN'S HEALTH NIGHT

Have you got all the tools to run a men's health night?

To help support organisations running men's health events throughout 2010, including during International Men's Health Week, Andrology Australia provides a range of free resources.

What resources are available? The Andrology Australia Men's Health Education Kit is available at no cost to organisers considering running a men's health event including tips templates and interactive men's health presentations.

Posters and flyers promoting key men's health messages are also available to help you raise the awareness of men's health. These resources are developed specifically for International Men's Health Week each year, but may also be used at other times of the year.

Men's Health Week is from the 14th to 20th June, 2010.

For more information visit www.andrologyaustralia.org

GENDER AND CRIME REPORT

The Australian Institute of Criminology has released the following publication: 'Mental health, abuse, drug use and crime: does gender matter?' by Lubica Forsythe and Kerryn Adams.

Using data from the Australian Institute of Criminology's Drug Use Monitoring in Australia program, this report examines the direct relationship, mediated by gender, between mental health, prior experiences of child abuse, drug use and offending.

The paper is available at www.aic.gov.au/publications/current%20series/tandi/381-400/tandi384.aspx

OVERVIEW OF AUSTRALIAN INDIGENOUS HEALTH STATUS UPDATED

The overview of Australian Indigenous health status has been updated and is now available. The overview uses the most up-to-date information to provide a comprehensive examination of Aboriginal and Torres Strait Islander health, including specific information on:

- Births
- Mortality
- Hospitalisation
- Selected health conditions (chronic and infectious conditions), and
- Health risk factors.

For more information visit www.healthinonet.ecu.edu.au/about/news?nid=78

'WIMMERA ACTIVE PLACES' PROJECT WORKER

Brooke Nuske is the new 'Wimmera Active Places' project worker with Grampians Community Health. This project aims to increase the participation rates of young people and families from rurally isolated and disadvantaged areas in regular physical activity. Brooke will work with Nexus Youth Centre and in the first year will focus on the Horsham area, working alongside Wimmera Regional Sports Assembly, Horsham North Community Action Centre and Wimmera Primary Care Partnership to develop accessible and sustainable activities which continue after the duration of the program. Year 2 of the project will focus on rural community in the Wimmera Region.

Brooke comes to GCH as a graduate of the Bachelor of Human Movement at the University of Ballarat and also has a Graduate Diploma in Exercise for Rehabilitation at Victoria University. Growing up on a farm just out of Dimboola, Brooke knows what it is like to be a teenager growing up in a region where there are few opportunities to become involved in activities that stray from the mainstream competitive sports such as football and netball, which was seen as a valuable asset for the position.

The 'Wimmera Active Places' program is funded through the Victorian Government's 'Go for your Life' Active Places Program, which supports increased involvement in physical activity through community based projects. It is through being involved in regular physical activity that can give people a sense of belonging, and physically active and healthy people are more likely to participate in other aspects of the community. **If you'd like to find out more, contact Brooke at Nexus on 5362 1500.**

'MOTIVATION' BY LISA COSSON

Understanding Happiness

Happiness is a state of mind, not a way of life or a destination that you'll reach one day.

Bumps in the road of life are to be expected, and we cannot let them ruin our days. We often think that if a combination of factors would just fall into place THEN we would finally be happy. Satisfaction can only come from within, through truly accepting yourself, your life, and your circumstances.

During this life you'll have many hard days - long work days, sleepless nights, worry about your future, etc. This week, think about the joys of your life. Find creative ways to enjoy the little bumps in the road.

A great obstacle to happiness is expecting too much happiness.

- Bernard de Fontanelle, French Writer

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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