

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 6 (2010) -  
February 10th

## YOUTH MENTAL HEALTH FIRST AID COURSE

2 Day Course - attendance is required on both days  
From 9am to 5pm

### Warracknabeal - Tue 30th & Wed 31st March

Warracknabeal Neighbourhood House  
'At the Landt'  
2 Cox Street - Warracknabeal

### Horsham - Wed 2nd & Thu 3rd June

Wimmera Business Centre  
Darlot Street - Horsham

The course covers the following crisis situations and mental health problems:

- Suicidal behaviours.
- Self-harm.
- Acute stress reaction.
- Panic Attacks.
- Acute psychotic behaviours.

Mental Health problems:

- Depression.
- Anxiety disorders.
- Psychosis.
- Substance use disorders.
- Eating disorders.

The Youth Mental Health First Aid Course looks at how the Mental Health First Aid Action Plan can be applied to a range of mental health problems and mental health crisis situations in adolescents. Its aim is to guide adults in how to provide initial support to adolescents and assist them to get appropriate professional help.

This workshop is FREE however \$50 will be charged for non-attendance to ensure places are used.

RSVP to [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au) for both workshops or phone 5362 1222.

## AQUABACKS

Do you suffer from back pain?  
Are you interested in exercising in water?

Aquabacks is designed for people suffering from back pain to participate in a new low impact water exercise class developed to improve pain, prevent exacerbations and increase physical activity.

**This program will run on Mondays at Horsham Aquatic Centre**  
Commencing at 10.30am for 45 minutes

What will it involve:

- You will need to fill out a questionnaire before commencing Aquabacks to help determine whether the program is right for you.
- A cost of \$6 per class.
- Depending on your medical history, you may need to obtain a clearance from your physiotherapist or doctor.

If Aquabacks interests you, please contact the YMCA on 5382 2576.

This program was made in partnership with Wimmera Health Care Group.

## MINDMATTERS PROFESSIONAL DEVELOPMENT

**2nd June** - Students Experiencing High Support Needs in Mental Health

**12th August** - Transitions

**2nd September** - Teaching and Learning for Engagement

Grains Innovation Park - Natimuk Road Horsham

**Staff wellbeing** - this module looks at the critical role that staff health and wellbeing plays in the life of the school as a whole.

The Staff Wellbeing model will be used to explore a range of materials and strategies to improve staff wellbeing. The Workshop explores personal health and wellbeing, interpersonal processes for the individual and the site as well as the professional aspects of people's work that relates to health and wellbeing.

**Students Experiencing High Support Needs in Mental Health** - how do we support students experiencing mental health difficulties by using a whole school approach?

Staff involved in working closely with these students examine proactive and strategic planning as well as supporting their own mental health and wellbeing. A range of promotion, prevention and early intervention strategies are considered. Focus areas include: referral pathways, transitions, agency networks, re-entry, confidentiality, case management and inter-professional collaboration. This PD is usually a 2 day workshop, however, it is being run as a 1 day to enable staff to attend who cannot be released for 2 days.

**Transitions** - Transitions are a part of life and yet they are times when school staff and students can lose their connection with school. This module explores a range of transitions for students and school staff including between schools, regions, cultures, health agencies, work, training and care facilities. Participants will use a set of principles to successfully plan for successful transitions for school community members.

For more information contact Vivienne Archdall - State Project Officer at [Vivienne.archdall@curriculum.edu.au](mailto:Vivienne.archdall@curriculum.edu.au)

Register online at [www.mindmatters.edu.au](http://www.mindmatters.edu.au)

## CHRONIC DISEASE GROUP

Do you suffer from any of the following conditions?

- Heart problems.
- Respiratory problems.
- Diabetes.
- High blood pressure.
- Osteoporosis.

Are you interested in a class specifically tailored to suit your needs?

A low impact, low intensity class designed to help improve chronic disease and health and wellbeing.

**The program will run on Mondays at Horsham Aquatic Centre**

Commencing at 1.30pm for approximately 1 hour

What will be involved?

- You will need to fill out a questionnaire before commencing the class to help tailor the program to suit you.
- A cost of \$40 for 6 weeks of programming.
- Depending on your medical history, you may need to obtain a clearance from your physiotherapist or doctor.

If the Chronic Disease Group interests you, please contact the YMCA on 5382 2576 for more information.

This program was made in partnership with the Wimmera Health Care Group.

## THE STORM GLASS

A maverick puppet theatre work featuring three larger than life size human puppets, and a dead horse, Storm Glass the potential Melbourne Cup winning thoroughbred. The story is of a family caught up in dreams of material success and pride, who struggle to communicate and get tempted by life's quick fixes; booze, affairs and one eyed self interest. Funny, absurd, thought provoking.

**Wesley Performing Arts Centre - 12th & 13th February - tickets at door**

## SCHOLARSHIPS AVAILABLE FOR COMMONWEALTH SUPPORT PLACES

### Masters of Health Science

Attention all Rural Health Professionals

The Masters Health Science 2010 (Rural) may be just right for you. Do you want to:

- Study part time from home to suit your work and family commitments?
- Choose a course work or research combination?
- Complete research in your own professional field?
- Increase your effectiveness in rural health?
- Develop better patient care through inter-professional practice?
- Apply evidence based practice to real clinical settings?
- Choose from further study options such as drug & alcohol in rural communities, Indigenous health or explore how climate change may be affecting health on a broad scale.

The Masters of Health Science (Rural) is managed from the Monash Department of Rural and Indigenous Health. For more information visit [www.med.monash.edu.au/srh/mudrih](http://www.med.monash.edu.au/srh/mudrih)

Enquiries can also be made by email to [cathy.beamish@med.monash.edu.au](mailto:cathy.beamish@med.monash.edu.au)

## PCP ICDM WORKSHOP

24th February 2010 in Melbourne

This workshop will provide an opportunity for participants to listen to speakers and very skilled facilitators to:

- Learn tips for strategically communicating the work of PCP's with a focus on preparing an effective and inspiring case study about ICDM activities.
- Explore opportunities for strengthening partnerships through the use of data including, but not limited to, a focus on using the results from the 2009 Service Coordination and ICDM survey plus the new General Practice Profiles being provided to every PCP by General Practice Victoria.

This workshop is designed for PCP's specifically the following to attend - PCP staff members responsible for ICDM and Lear or member of PCP's ICDM working groups.

For more information email [kate.gilbert@health.vic.gov.au](mailto:kate.gilbert@health.vic.gov.au) or phone 9096 0290.

## PRIMARY HEALTH WEEKLY BULLETIN

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=080210](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=080210)

In this issue:

- Updated fees policy for HACC and Primary Health Programs.
- Responding to the mental health impacts of drought: Planning and practice guide.
- Heatwave resources.
- The 'Dark side of tanning' campaign hits Victoria.
- 'Go for your life' Men's Health and Physical Activity Forum.
- Short course: an introduction to primary care research.
- Workshop: ABHI-PCIP in Victoria.
- Chomping on reform: improving the delivery of oral and dental health care.
- Foundation House semester 1 training calendar.
- 'Go for your life' information centre calendar.
- Call for papers: Health Issues Centre journal.
- Updated online calculator for measuring cardiovascular disease risk.
- Perinatal mental health in culturally and linguistically diverse groups.
- International Day Against Female Genital Mutilation.
- Action to provide pain relief.

## CHOMPING ON REFORM: IMPROVING THE DELIVERY OF ORAL AND DENTAL HEALTH CARE

Thursday 3rd and Friday 4th June in Melbourne

A collaboration of the Australian Healthcare & Hospitals Association and Change Champions

This Seminar and Policy Think Tank is designed to challenge existing funding, policy and service delivery paradigms for oral and dental health. Take part at the cutting edge and join the reform process by submitting an abstract to present.

This Policy Think Tank will include presentations from key public sector figures in dental care, summarising the AHAA recommendations and future implementation of major oral health reform. Separate working group sessions will provide an opportunity to develop more detailed implementation plans for Commonwealth and state/territory proposals.

The seminar will highlight strategies for:

- Improving access to and managing demand for public oral and dental care.
- Integrating oral and dental care into general healthcare and wellbeing.
- Improving preventive oral and dental care programs.

Showcase innovations programs and projects with demonstrated outcomes that have:

- Impacted waiting times for oral and dental care.
- Improved quality, safety and efficiency of service delivery with a particular focus on service integration and coordination of care.
- Focussed on preventive programs.
- Addressed workforce challenges including recruitment, retention, education and training.

For further information email [change.champiiions@bigpond.com](mailto:change.champiiions@bigpond.com) or visit [www.changechampions.com.au](http://www.changechampions.com.au) or [www.aushealthcare.com.au](http://www.aushealthcare.com.au)

## DEMENTIA EDUCATION AND INFORMATION

Alzheimer's Australia Vic is offering a range of FREE innovative workshops, courses and sessions throughout March for Families and Friends caring for a person with Dementia.

Introduction to Dementia & Services	3rd March
Mild Cognitive Impairment: What this diagnosis means for you	3rd March
Responding to Behaviours of Concern: A problem solving approach	9th March
Friends & Companions of People Living with Dementia	23rd March
Considering Residential Care	24th March
Introduction to Dementia & Services	25th March

Courses being offered to Health Care Professionals working with people with Dementia:

Younger Onset Dementia	1st March
Facilitating a Carer Support Group	2nd March
Behavioural & Psychological Symptoms of Dementia: A problem solving approach	4th March
Depression & Dementia	4th March
Intimacy, Sexuality & Dementia	10th March
Dementia Education for Care Managers: Community & residential Introduction	16th & 23rd March
P4 - Practical & Preventative Dementia Care	17th & 24th March

For more education sessions visit [www.alzheimers.org.au](http://www.alzheimers.org.au)

For more information phone 9815 7808 or email [edu@alzvic.asn.au](mailto:edu@alzvic.asn.au)

## RURAL HEALTH CONFERENCE, HEALTH AT THE HEART OF THE COMMUNITY

Call for papers! Abstracts must be submitted by 15th March 2010.

Visit [www.rh2010.com.au/call-for-papers.php](http://www.rh2010.com.au/call-for-papers.php)

Conference being held in Ballarat from the 21st to 23rd April 2010.

## THE COMING OF THE NURSE PRACTITIONER

A twilight education session presented by the Grampians Regional Palliative Care Team

**Monday 1st March from 6.30pm to 8.30pm**

Education Resource Centre, BBH, Ballarat Health Services  
Drummond Street North, Ballarat

Are you interested in advanced clinical practice or in the extension of nursing roles within your team? Have you ever wondered what else is out there to support your practice? This session will be open to all nurses, managers, educators and clinicians in the areas of palliative care, aged care, emergency, ICU, oncology, renal, stroke and mental health.

Speakers include Tara Haneveld, Nurse Practitioner Project Worker and Regina Kendall, Nurse Practitioner Candidate, GRPCT.

Cost: Grampians Region \$15, other \$25.

RSVP to [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au) or phone 5320 3553

## DIVERSITY IN HEALTH TO EXPLORE CULTURAL COMPETENCY IN PROBLEM GAMBLING TREATMENT

The Diversity in Health Conference will explore culturally inclusive ways to treat gambling problems. The conference includes a specialist Problem Gambling stream, chaired by Mary Gavranic of Multicultural Gambler's Help Program.

The conference will include a keynote panel on culturally responsive treatment services. Using examples from Australia and overseas, gambling experts will address:

- Ways to overcome cultural and linguistic barriers to service access.
- The impact of migration and settlement as risk factors.
- Alternative models of service delivery.

Problem gambling service providers are encourage to attend and contribute to the discussion.

To register for Diversity in Health at early bird rates visit [www.ceh.org.au/dih-registration.aspx](http://www.ceh.org.au/dih-registration.aspx)

## CREATING TOMORROWS LEADERS TODAY

### WANTED!

Do you know any 18 to 25 year olds who are:

- Bright
- Articulate
- Energetic
- Have initiative.

You do! Why not get them involved with RYLA to develop their leadership potential. The 2010 RYLA event at Kangarooie promises to be bigger and better than ever - get your local youth involved.

RYLA is a residential seminar held from the 5th to 10th April 2010. It is run by a dedicated and professional team of RYLA leaders who have a passion for working with young people and seeing them develop to their fullest potential.

Sessions include - Developing your potential as a leader; current leadership issues for young people; public speaking and communication skills; goal setting; motivation; developing self confidence and self esteem; career guidance; outdoor activities; special presentation dinner and concert.

The fun starts early in 2010. Participants will gather at the Cobden Mini Railway Station between 1pm and 3pm on Monday 5th April before proceeding on-masse to Kangarooie. A rang of fun activities will be available at the Mini Railway Station.

For more information visit [www.ryla9780.com](http://www.ryla9780.com) or [www.kangarooie.com](http://www.kangarooie.com) or email [drob2@tpg.com.au](mailto:drob2@tpg.com.au) or [drob@netconnect.com.au](mailto:drob@netconnect.com.au)

## 'MOTIVATION' BY LISA COSSON

### Seeing the Wonder in the Smallest Details

What do you appreciate and what do you ignore? Is a sunrise any less special because its image wouldn't make on a magazine cover? Is any day less precious because, in your mind, "nothing special" happened?

For some reason, it's hard to be impressed with anything these days. Driving a car is a source of strain instead of wonder. The internet is already old news. Quick - when was the last time you paid attention to a space shuttle flight? Remember when that was all people could talk about? Once you take something for granted, you also take the life out of it. When nothing is "special", boredom and gloom aren't far behind.

Look around where you're sitting right now, and try to see it for the first time, like a child would. Think about the human potential that created the stuff in the room. Think about the miracles of nature right outside your window. Think about how amazing it is that you're even here to see it.

**There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is.**

Albert Einstein, physicist

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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