

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 7 (2010) -
February 17th



A celebration of women's **strength, courage** and **diversity**



Join in our
Celebrations on
9th March 2010

Horsham Regional Art Gallery
Wilson Street, Horsham
From 7.30pm



Enjoy local and international
stories
View the Drought & Women's
Stories Exhibition
Supper Provided



RSVP for catering purposes to Emily Delahunty at Women's Health Grampians Emily@whg.org.au or Kellie at Wimmera PCP on 53621 222 or email peacelmin@grampianscommunityhealth.org.au

POSITIVE BODY IMAGE GRANTS

Round 4 of the Positive Body Image Small Grants are now open.

The 'Go for your life' grants fund community based activities that build self esteem and promote positive body image and healthy lifestyle choices. Applications targeting diverse groups of young people, particularly aged 12 to 25 years are encouraged. Applications close on Monday 22nd March 2010.

Apply online at www.grants.dpcd.vic.gov.au/web18/dvcgrants.nsf/AllDocs/E372E87DFC3B98FECA2572950083B2A3

RHIZOME PILOT

Bringing People, Art and Technology Together

Thursday February 18th - Horsham

Building Internet and Social Technology skills of participants by engaging them in art projects that utilise both traditional and innovative approaches to image making.

The Rhizome Pilot is a creative community of artists and participants from remote regions who use Skype and Facebook to 'meet' and share the art they have created.

This workshop aims to develop support and facilitate create expression, training in technology and opportunity for social connectivity between people with disabilities from across the region. Interested participants may include: men at risk from suicide or depression, women experiencing domestic violence, young people suffering the effects of substance abuse and/or mental illness. Those with physical disabilities such as the hearing impaired, visually impaired or ABI and related issues.

The purpose of the workshop is to:

- Inform and inspire participants to share (poetry, reflective writings, imagery, sound, photographs, drawings etc) via technology.
- Convey to the participants that artworks have the power to impact on, connect and resonate with others.

For more information phone Jeanette McWhinney on 0423 520 167 or Vivie-Anne Fazzalori on 0404 060 052.

For bookings phone Wimmera HUB on 5382 5111.

FRUIT & VEG PROGRAM 2010

As part of the Victorian Government's Kids - 'Go for your life' initiative, Home Economics Victoria is pleased to offer Victorian primary schools an exciting opportunity to participate in a free, healthy eating workshop. With a focus on fruits and vegetables, these Fruit & Veg workshops will provide schools with FREE resources and practical strategies for promoting healthy eating. We invite two teachers and a parent/canteen representative from each Victorian primary school to attend. The 2010 workshops will be held throughout Victoria during February and March.

The aim of the Fruit & Veg Program is to increase the consumption of fruit and vegetables among primary school-aged children by providing opportunities for them to plan, prepare, taste and be creative with these foods. The training and resources provided by the program encourage primary schools to employ a whole-of-school approach to health, thereby playing an important role in the promotion of nutrition through both community and curriculum.

For more information contact Jane Hill, Fruit & Veg Coordinator on 9888 2240 or email fruitveg@hev.com.au

DIAMONDS IN THE DUST

Bringing Women Together in Drought Affected Communities

Come along to this outstanding event which is dedicated to you - the rural and farming women who face the many daily challenges, decisions and opportunities posed by the ongoing drought.

We know the drought is not over, so join us at the magnificent gardens at Ercildoune to be acknowledged, inspired and to escape for a little while.

Sunday 21st March 2010 - from 11am to 4pm

\$25 per tickets - buffet lunch including wine

Keynote speakers:

- Annette Allison, Royal Flying Doctors Service
- Margaret Harrison, Wheat Farmer, Founder & Director Mungindi Music Festival
- MC - Janine McKenzie, ABC Radio

Private access to the rarely open historic gardens - health check - information bag for each woman.

For more information and to RSVP visit www.diamondsinthedust.com.au

CERTIFICATE I, II & III IN MUMGU-DHAL TYAMA-TIYT

Message Stick Knowledge
Learning Pathways for Australian Aboriginal & Torres Strait Islander Youth

Induction Day - **Monday 1st March from 11am**
Bert Williams Aboriginal Youth Services—Thornbury
Training Starts Tuesday 2nd March

Swinburn University - TAFE Division, in partnership with Victorian Aboriginal Community Services Association Limited and Bert Williams Aboriginal Youth Services, will deliver the Certificate I, II & III. This training will be delivered and assessed by qualified facilitators and supported by BWAYS indigenous staff.

The customised materials and culturally appropriate training will build on existing knowledge and experience to provide nationally accredited qualification.

For more information please email Linda.bamblett@vacsal.org.au or meason@swin.edu.au or phone 9484 5310 or 9214 6435.

UNWANTED SPECTACLES (GLASSES) FOR PAPUA NEW GUINEA

Do you have an unwanted pair of spectacles?
Do you have a pair sitting in a drawer somewhere that haven't been worn since you got your new ones?

If yes, then these glasses can make an enormous difference to the quality of life for many of the villagers in Papua New Guinea. (via school trip 2nd term holidays)

If you have glasses to donate please
or drop them in at 25 David St Horsham—Mandi Stewart at Wimmera PCP: 53 621 223

CONSUMER CENTRED HEALTH CARE: POLICY INNOVATION AND EMPOWERMENT

National Conference 22 - 23 March 2010

This key national conference over two days will explore the emerging agenda of consumer-centred health care. It is an event not to be missed for anyone with a passion for reforming our health system so that consumers and their families are at the centre of the system - in practice as well as in rhetoric.

The conference is being held in Angliss Conference Centre in Melbourne's CBD and will have a strategic focus on implementing system change in these fields over the next few years.

Day 1 will outline the emerging agenda and explore opportunities and scenarios in various fields.

Day 2 will explore challenges in implementation, with a focus on innovation in care coordination, budget holding and opt-in health plans for communities and consumers with common interests.

To download the program visit www.partnerships.org.au/2010Program.htm or to register visit www.partnerships.org.au/FORMS/NationalConference2010RegistrationForm.htm

PRIMARY HEALTH WEEKLY BULLETIN - 12th Feb

www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=120210

In this issue:

- Chronic Disease Incentive and Innovation Projects 2010.
- Workshop: Using case studies and data to strengthen partnerships.
- Training: Talking to women about breasthealth.
- Registrations open: 2010 Loddon Mallee Allied Health Conference.
- Seminar: Spirituality and human service provision practice.
- Facilitator training: The Book Well Program.

SUCCESSFUL DISTANCE MANAGEMENT WORKSHOP

Thursday 22nd April 2010 from 9am to 5pm
Melbourne

The workshop considers the opportunities and challenges posed by managing people effectively at a distance by looking at human relationships and how they are developed; the differences and similarities between people that make this more or less difficult and compares developing relationships with and without regular face-to-face contact.

For more information visit www.peopleinaid.org/events/314.aspx

ABC'S SEARCH FOR 30 ABC MULTIMEDIA PRODUCERS

ABC Open is a project aimed at interacting with and engaging regional audiences online. It will offer people the chance to participate in ways that have never existed before, shining a spotlight on regional Australia through text-based stories, blogs, photography, video, and audio published online and on new platforms. 50 digital jobs have been created to help bring those stories and issues to the world.

A nationwide search has begun for the first 30 of the best and brightest multimedia producers to drive the ABC Open Project. We're looking for creative people who can tell stories and who are able to share these skills with their communities. Based in regional offices around the country, these producers will be working at developing new ways of engaging and interacting with audiences in their local areas. They'll be active in their communities and have ideas about how to develop online participation.

More information about the project and jobs is online at www.abc.net.au/open

EVIDENCE & EVALUATION WEBSITE

The Prevention & Population Health Branch have recently migrated their evidence and evaluation website to the external Victorian Government Health Promotion website. The information provided on this site is one way that the Branch provides support to the health promotion and disease prevention workforce to make better use of research evidence and to improve how programs are evaluated.

The website aims to do this by:

- Providing tools and guidelines.
- Acting as a repository or link for evidence syntheses and evaluations.
- Providing links to selected external sources of evidence.

The website can be accessed at www.health.vic.gov.au/healthpromotion/evidence_evaluation/index.htm

Prior to moving the website all content was reviewed and updated. Additional resources have also been placed on this site. On the 'Evidence and evaluations tools' page new resources include:

- How to use qualitative research evidence when making decisions about interventions;
- Understanding program logic;
- Guideline for evidence summaries for health promotion and disease prevention interventions; and
- Impact and outcome indicators for nutrition, physical activity and obesity programs.

The list of agreed indicators is intended to complement the Evaluation framework for health promotion and disease prevention projects. Tools for measuring the indicators and example evaluation plans will be added as they become available.

On the 'Evidence of intervention effectiveness and cost-effectiveness' page you can access the rapid review of workplace interventions to prevent chronic disease. Newly completed rapid reviews will be placed on the site as they become available.

To know more or to give feedback on the website contact Dr Michelle Haby on 9096 5829 or email evidence.evaluation@health.vic.gov.au

DISABILITY AND AGED CARE EDUCATION AND TRAINING

Training held at venues or in the workplace.

Understanding elder abuse - 3 hour session
Responding to elder abuse - 3 hour workshop
How to work with older people who are compulsive hoarders - 3 hour session
Capacity: what is it and how do we assess it? - 3 hour workshop
Self-determination versus risk: keeping the balance - 3 hour session
Older adults and depression - 3 hour session
Participating in court proceedings - 3 hour workshop
The legal system in operation for aged care workers - 3 hour session
Aged care legal framework - 3 hour workshop

For more information contact selina@dacet.com.au or phone 0431 453 950.

REGIONAL HEALTH PROFESSIONALS' FORUM SERIES

'Kids - 'Go for your life'

For health promotion officers, dietitians and allied health, school nurses and DEECD, local governments, sports assemblies, maternal and child health, and project officers.

50% of primary schools and early childhood services in Victoria are now involved in the Kids - 'Go for your life' Award Program. These forums are for any health professionals interested in, or currently working to, promote children's healthy eating and physical activity. Those that attend will learn more about this statewide health promotion program and understand the role that health professionals can play.

Gain knowledge and confidence in how you can assist schools and services to get involved and complete the Award Program; network with others in your region using the Program and learn from their challenges and success.

Grampians - Wednesday 3rd March

Bendigo - Monday 22nd February

For more information phone 9635 5537 or email tarli.oconnell@cancervic.org.au

HACC TRAINING IN HORSHAM

Assessment and Interviewing Skills - Wednesday 14th April from 9.30am to 4pm
Grains Innovation Park, Natimuk Road Horsham

The following areas will be covered in this workshop: The purpose of assessment and the skills of assessment - the skills of the interviewer - how to interview in a respectful and effective manner - the different phases of the interview - keeping the person being interviewed on track - dealing with difficult behaviour in the interview.

How to set up and run groups - Thursday 15th April from 9.30am to 4pm
Grains Innovation Park, Natimuk Road Horsham

The following areas will be covered in this workshop: Deciding upon the purpose of the group - developing inclusion and exclusion criteria - managing intake - choosing and running activities - managing large groups of people including during outings - dealing with challenging behaviour in the group - tips for staff in working effectively as a team when running a group.

Effective Communication - Thursday 25th March from 1pm to 4pm
Grains Innovation Park, Natimuk Road Horsham

We are continually giving and receiving feedback. While it is easy to take feedback personally, the goal is to see it as a learning opportunity. Feedback can reinforce existing strengths, keep goal-directed behaviour on course, clarify the effects of behaviour and increase recipients' abilities to detect and remedy errors on their own. The focus of this session is to look at improving the way we deliver and receive feedback in the workplace in an assertive and proactive manner. Participants will learn the 5 key elements of communication, 3 styles of communicating, assertiveness training, the do's and don'ts of 'Giving and Receiving Feedback'.

For more information or to book for the training phone 5334 1500 or email hacc@bdnh.com.au

'MOTIVATION' BY LISA COSSON

Insight into Learning

Every season in life is full of learning experiences. One step leads to the next and we can draw on the past and walk confidently through trials as our wisdom grows. Our thoughts eventually turn into our habits, which determine where our lives go.

Put your dreams in capable hands - **your own!** Don't let the 'wisdom of the world' become the internal voice that guides you.

What has your own life taught you? What experiences have brought you to where you are now? Think about what it takes to overcome the roadblocks in your life. What skills do you need in order to achieve your goals? Take a writing class to jumpstart the book you've always wanted to write, or research a trip to the country you have longed to visit.

The common denominator for all successful people is having the right tools to realise the goals.

There is no difference between living and learning...it is impossible and misleading and harmful to think of them as being separate.

- John Holt, author

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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