

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 8 (2010) -  
February 24th

## WPCP OUT AND ABOUT



Taryn Marks from Wimmera PCP with Federal Health Minister Nicola Roxon after presenting her with the Wimmera PCP Calendar which highlights PCP Member Agency Projects. Also in the Photo is in Nicole from Women's Health Grampians. The photo was taken at Federal Community Cabinet in Ballarat on the 18th of February.

## CREATING & PLANTING VEGETABLE PATCHES IN SMALL PLACES

**Monday 22nd March from 2pm to 4pm**  
Horsham North Foundry Gardens - Community Garden

With local organic vegetable producer Reg O'Connor who will talk about:  
Selecting Plants, Plant Nutrients, Managing an established veggie patch

If you would like to come along or would like to learn more about having a vegetable plot at the community garden please call Melissa at the Horsham Community Action Centre on 5381 2077 or email [melissad@hcac.com.au](mailto:melissad@hcac.com.au)

This event is a partnership activity with the Art Is...Elemental Festival

## YOUTH MENTAL HEALTH FIRST AID COURSE

**Warracknabeal - March 30th & 31st March**  
9am to 5pm both days (attendance is required on both days)

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 covered:

- 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. If you would like to attend, RSVP to 5362 1222 or email [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au) This course is also being offered in Horsham in June.

## Check out on the back page:

Upcoming event/training/workshop information for Horsham City, Hindmarsh, Yarriambiack and West Wimmera.

## HOW TO CONSULT YOUR COMMUNITY

In Wimmera PCP's Integrated Health Promotion Plan for 2009 - 2012, agencies identified that they will require some skills and tools to undertake community consultation in particular with disadvantaged community members. This will be especially useful in the planning stages of developing health promotion interventions with our communities that address community need.

Therefore, Wimmera PCP have organised a "How to consult your community" workshop to be delivered in the Wimmera.

**15th April from 9.30am to 12.30pm - Westlander Motor Inn, Horsham**

The workshop will cover - how do you start a community consultation - different ways of undertaking consultation with communities - tools that can assist - examples of effective consultations.

RSVP to [donna.b@grampianscommunityhealth.org.au](mailto:donna.b@grampianscommunityhealth.org.au) or phone 5362 1221.

## ARTS GRANT WRITING WORKSHOP

**Friday 26th March from 3pm to 5pm**

Meeting Room, Level 1 - 43 Firebrace Street, Horsham

Co hosted by Art Is...Elemental Festival

Susan Strano from Regional Arts Victoria will run a hands on information session on writing successful arts grant applications. She will discuss arts funding applications in general, including budgets, support materials, writing the application and sourcing useful resources. A practical session for artists, community groups and agencies.

RSVP by 19th March to Joe Toohey, Regional Arts Victoria on [jtoohey@rav.net.au](mailto:jtoohey@rav.net.au) or 9644 1809

## WIMMERA PCP MEMBER AGENCIES AT THE FIELD DAYS

### Hot Options to Check Out Your Health at the Wimmera Machinery Field Days

**HOT  
OPTIONS  
TO CHECK  
OUT YOUR  
HEALTH**

Attendees at the 2010 Wimmera Machinery Field Days will be able to shop around for some health bargains with over 11 member agencies collaborating in the **Hot Options to Check Out Your Health** health promotion event.

Visitors to the Field Days will have the opportunity to learn more about local services and steps to good health. A health arcade, hot red sale signs and sale balloons will make it easy for visitors to find each site involved throughout the pavilions.

There will also be the opportunity to have your blood pressure and hearing tested, learn about family and child services, men's health, women's health, keeping your brain active and well, how to be connected in your community and learn about physical activities in the region. You can even have a head massage and manicure.

Visitors will be given a shopping list to visit each health shop and those that visit all the **Hot Options to Check Out Your Health** sites will go into draw for prizes ranging from accommodation, fuel and meal vouchers to good books.

It is all part of Wimmera Primary Care Partnership's partnership approach to improving overall health and wellbeing of our region. Agencies include Wimmera UnitingCare, Wimmera Health Care Group, Wimmera Community Options, Carer's Respite, West Wimmera Health Service, Wimmera Regional Library Corporation, Grampians Community Health, Wimmera Neighbourhood Houses Network, Dunmunkle Health Services, Wimmera Regional Sports Assembly, Women's Health Grampians, Direct2Care, Wimmera Men's Shed Network and Wimmera Hearing Society.

Free to good home: 1 1/2 year old female Labrador cross border collie. Full vaccines, registered, micro-chipped and de-sexed. Much loved pet, friendly and lovable. Very quiet! Owner moving interstate.

Phone Manique on 0439 891 101 or email [manique.b@grampianscommunityhealth.org.au](mailto:manique.b@grampianscommunityhealth.org.au)

## VOLUNTEERING & PARTICIPATION PORTAL SURVEY

Victorian Governments new Volunteering and Participation Portal (Website) is a key part of Victoria's Volunteering Strategy 2009. The portal aims to consolidate the wealth of information and services already available for volunteer-based organisations and their volunteers into a one-stop shop of info, resources and collaborative tools.

The Department of Planning and Community Development are currently working with peak bodies and volunteer-based organisations to find out more about the functionality and content that would benefit them on the new website. As part of this project we have developed an online survey that looks specifically at the information needs of volunteer-based organisations to help them with things like attracting, recruiting, supporting and retaining volunteers and managing their organisations on a daily basis.

The survey will be live until Monday March 1st at [www.surveymonkey.com/s/volunteeringportal](http://www.surveymonkey.com/s/volunteeringportal)

If you have any inquiries please contact Luella on 9208 3353 or email [Luella.paine@dpcd.vic.gov.au](mailto:Luella.paine@dpcd.vic.gov.au)

## WANTED! NEW BOARD MEMBERS FOR WIMMERA HUB

Wimmera HUB are on the search for new Board members to join their COMMUNITY OWNED not for profit organisation. If you have an interest in Adult Learning and in supporting community organisations to identify and reach their full potential, then they need you!!!

Wimmera HUB has been around for 36 years and over this time has grown significantly to meet the education needs of the community and business/industry. And now its time for Wimmera HUB to move forward and build new community partnerships, strengthen existing partnerships and respond to the learning needs of the Wimmera, including our rural and isolated communities.

The commitment? One Monday a month from 5pm to 6pm...that's it!

If you, or a representative of your organisation would like to express an interest in representing community on our Board, please contact **Eddie Hadzig - Executive Officer on 5382 511 or 0429 825 110.**

We hope you will consider being a part of a NEW WIMMERA HUB in 2010!

## Art Is...Elemental

**March 19th** is a Party in May Park with a celebration and acknowledgement of the valuable contribution made by volunteers across the Wimmera. Your organisation is invited to have a promotional stand at the park on this night to promote what you do in the community and acknowledge your own volunteers. For more information contact Michelle Pitman at Wimmera Volunteers on 5382 5607 or email [vmp@wimmvol.com.au](mailto:vmp@wimmvol.com.au)

The Art Is Festival team are also seeking interested youth to become involved in a drumming workshop on the night. Artists are currently constructing the drums, but would appreciate interested youth to come on board and assist in developing and promoting the workshop throughout the region. Please Call Meg on 5381 0297 or 0407 324 860 for more information.

## STOP TRAVELLING CON MEN

Consumer affairs Victoria is running a campaign warning residents about travelling con men. Travelling con men particularly target the elderly, they go from door to door offering 'cheap' home repair services.

After pressuring people for cash up-front they disappear. A Crime Stoppers Victoria commercial is currently being screened and information posters and brochures detailing this issue are available by phoning Consumer Affairs Victoria on 1300 558 181.

## PRIMARY HEALTH WEEKLY BULLETIN - 19th Feb

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=190210](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=190210)

In this issue:

- Rural Health Conference: Health at the heart of the community.
- Reminder: Chronic Disease Incentive and Innovation Projects 2010 - 2011.

## DIVERSITY NEWS

The Victorian population is highly diverse across dimensions such as disability, gender, indiginity, faith, ethnicity, language, age and sexual identity. This bulletin promotes policy, program and service development and delivery that recognises and responds to the diversity of the Victorian population, with a particular focus on gender, culture, ethnicity and refugee status, language, and sexual and gender identity.

This requires two complementary approaches:

- Supporting and promoting diversity, including accessible and appropriate service delivery, and
- Reducing discrimination, marginalisation and disadvantage.

The bulletin is compiled by the following portfolios:

- Women's health and wellbeing.
- The Ministerial Advisory Committee on Gay Lesbian, Bisexual, Transgender and Intersex health and wellbeing.
- Cultural and linguistic diversity.
- Refugee health and wellbeing.
- Language services.
- Men's health and wellbeing.

**Diversity News** aims to provide a regular and consolidated summary of relevant diversity activity in Victoria, as well as a snapshot of research, resources and upcoming events.

If you would like to subscribe to Diversity News please email [diversity@health.vic.gov.au](mailto:diversity@health.vic.gov.au)

## WIMMERA WOMEN'S CIRCUS

### Join the Circus!

Are you interested in joining the Wimmera Women's Circus?  
Would you like to be challenged?

Circus is for women of all ages and experiences...helps with flexibility...meeting and getting to know great women...gives you more confidence in trying new things...keeps your bits moving...

Members meet Tuesdays at 5pm for fitness sessions and to practice circus skills.

For information ring Ann on 0447 324 766 or Liz on 5383 8207



## CELEBRATE INTERNATIONAL WOMEN'S DAY

March 8th 2010

International Women's Day, held each year on 8 March, provides an opportunity for us to celebrate women's achievements, raise awareness of women's issues and encourage continued action to redress inequalities.

In 2010 the theme for IWD is 'Equal rights, equal opportunity: Progress for all.'

In Victoria this year, the focus will be on women's leadership and representation and on celebrating the achievements of Victorian women in all aspects of life.

To help community groups and organisations celebrate and promote awareness of International Women's Day, IWD posters and ribbons featuring the colours of violet, green and white are available from the Office of Women's Policy. Visit [www.women.vic.gov.au](http://www.women.vic.gov.au)

### Don't Forget - International Women's Day Celebrations in Horsham

9th March 2010 - Horsham Regional Art Gallery, Wilson Street from 7.30pm

Enjoy local and international stories...view drought and women's stories exhibition  
Supper provided.

RSVP to Emily at [Emily@whg.org.au](mailto:Emily@whg.org.au) or [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au) or phone 5362 1222.

## LOW CARB BEER - DID YOU KNOW?

Low Carb beers are nothing but a marketing ploy to make you think you can drink beer guilt free and not have to worry about getting that 'beer gut'. The reality is the bulk of the energy content in beer or any alcoholic drink for that matter comes from alcohol itself (ethanol).

Beer only has 2 - 4g of carbs per 100ml which is insignificant. 1 gram of carbs gives you 16kj of energy where alcohol gives you 29kj of energy...do the math.

Check out your favourite beer on the MEHN nutrition page's 'Beer Chart of Truth' at [www.mehn.org.au](http://www.mehn.org.au) (Information Tab).

MEHN is the Men's eHealth Network who produce a website all about Men's Health. They also produce a quality newsletter that you can download from their website [www.mehn.org.au](http://www.mehn.org.au)

## FREE ONLINE TUTORING SERVICE FOR STUDENTS

Central Highlands Regional Library provides a free online tutoring service for students and you can join on-line, even if you do not live in the usual library catchment.

The library subscribes to a service called Yourtutor which connect students via the Internet to qualified, expert tutors for individual conversations about homework, assignments, exam preparation and study questions.

The tutors are experts in English, maths, science, assignment research and study skills and are online from 4pm to 8pm, Monday to Friday. Students can connect to the tutors from home using their own computer. Help is immediate, professional, secure anonymous, and free to library members (join online). Tutors are all Australian educated and are certified teachers, professional tutors, post graduates and advanced undergraduates at Australian universities. They can review specific homework and assignment questions with students using features like controlled chat, an interactive whiteboard and shared web browsing.

Visit the library [www.chrlc.vic.gov.au](http://www.chrlc.vic.gov.au) and click on the links, or for further information phone Jenny Schmidt on 5332 2615.

## NAME THE VOLUNTEERS OF THE YEAR IN VICTORIA

Do you know an organisation in your community that has supported its volunteers doing amazing things? Is there someone who has displayed outstanding leadership in volunteering and made a real difference in the community?

Nominate them now for the 2010 Premier's Community Volunteering Awards. Prizes of \$5000 will go to support the work of metropolitan regional winners in each category. Nominations now open for:

Community Volunteering Achievement Award - Community Volunteering Leadership Award - Young People's Community Participation Award - Community Volunteering New Technology Award

Nominations close 24th March. Nominate online at [www.awardsaustralia.com/pcva](http://www.awardsaustralia.com/pcva)

## FOOD FUTURES: AN AUSTRALIAN APPROACH

20 - 21 April - Canberra

Setting the Scene...Rethinking Australia's future...Drivers for change...  
Australia's future security is dependent on food.

Online conference registration at [www.phaa.net.au/FoodFuturesConference.php](http://www.phaa.net.au/FoodFuturesConference.php)

## POSITIVE BODY IMAGE GRANTS

Round 4 of the Positive Body Image Small Grants are now open for applications and will close 22nd March 2010. Applicants are encouraged view guidelines and to apply on-line at [www.grants.dpced.vic.gov.au](http://www.grants.dpced.vic.gov.au)

## 'MOTIVATION' BY LISA COSSON

### Do you follow what your heart craves?

As odd as it sounds, sometimes our logical minds can hold us back.

Have you ever wanted to attempt a new career, run a marathon, or start your own business? Our brains might scream at us that it is safer to do what has been tried and true in the past, but don't let the fear of the unknown stop you!

We all spend a lot of time worrying and little time examining the calling of our own hearts. What are you passionate about? Is there a way that you can honour these feelings in a responsible way? Trying new things can be terrifying, but following our passions can make us feel alive and become some of our most memorable moments in life. The thrill of love, the depths of grief, and the joys of a new career...all would be impossible without passion.

**What reason weaves, by passion is undone.**

- Alexander Pope

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 - [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

### Upcoming events in Horsham City, Hindmarsh Shire, West Wimmera Shire & Yarriambiack Shire

To access information regarding these events visit [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au) and click on the event calendar

9 Mar	International Women's Day Celebrations	Horsham
15 Mar	Succession Planning & Green Eggs Case Study	Hopetoun
16 Mar	Case Notes & Record Keeping	Edenhope
19 - 27 Mar	Art is...Elemental	Horsham
25 Mar	Effective Communication	Horsham
22 Mar	Creating & Planting Vegetable Patches in Small Spaces	Horsham
26 Mar	Arts Grant Writing Workshop	Horsham
30 - 31 Mar	Youth Mental Health First Aid Course	Warracknabeal
30 Mar	Carbon Trading - Theory to Practice, Future Energy in Victoria	Hopetoun
14 Apr	Demographics & Change - Opportunities & Challenges for our future	Lake Lascelles
14 Apr	Assessment & Interviewing Skills	Horsham
15 Apr	How to consult your community	Horsham

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 [pccpadmin@grampianscommunityhealth.org.au](mailto:pccpadmin@grampianscommunityhealth.org.au)

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