

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 9 (2010) -
March 3rd

INTERNATIONAL WOMEN'S DAY CELEBRATIONS

9th March from 10.45am to 3pm
Brambuk Cultural centre, Halls Gap

You are invited to join in celebrating Koori Women in the Grampians Region

Activities include guest speakers, lunch, bush tucker, discovery walk and meeting new people.

A free bus will be leaving Goolum Goolum Aboriginal Cooperative Horsham at 9.30am. (and also Ballarat)

For more information email darcy.atkinson@justice.vic.gov.au or phone 4301 7147.

"MAD, BAD OR SAD?"

The Practice of Care

Wednesday 21st April from 9.30am to 4.30pm

Uniting Church Hall, Pynsent Street Horsham

Free to all carers - free to staff of Wimmera Uniting Care - \$10 for all other participants

Gregory's depth of knowledge in this area combined with his fresh and enthusiastic presentation style make this a workshop not to be missed for every professional working with challenging kids.

TOP SECRET WOMEN'S BUSINESS

Dimboola Women's Health Night

Thursday March 11th

Dimboola Secondary College from 7pm to 10pm

Nibbles and refreshments supplied.

You are warmly invited to an evening of activities about women' health fitness, and most important of all...fun!

When women, food, and conversation are mixed together great things can happen. Don't miss an evening by women for women.

Speakers include:

- Sandy Anderson - Women's Health Nurse/Health Promotion Coordinator with Women's Health Grampians.
- Liz King - McGrath Breast Nurse, Wimmera Health Care Group.

Entertainment will be Tania Walters, a local belly dancer. Who knows, by the end of the night you could be belly dancing!

Come along and celebrate International Women's Day.

Check out on the back page:

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

HARMONY DAY - 21 MARCH 2010

Managed by the Department of Immigration and Citizenship (DIAC), Harmony Day celebrates the cohesive and inclusive nature of our nation and promotes the benefits of cultural diversity.

The continuing message of Harmony Day is 'Everyone Belongs'. It's about community participation, inclusiveness, respect and a sense of belonging for everyone.

The 2010 theme is 'Express Yourself'. This gives you the opportunity to share with others the importance of diversity in your workplace, school and community through action, performance, fashion and food.

DIAC supports a range of community events and activities held to celebrate Harmony Day by providing free promotional products. For more information on how to be involved visit:

www.harmony.gov.au/harmony-day/whats-it-all-about.htm

HEART WEEK 2010 - 2ND TO 8TH MAY

During Heart Week 2010, the Heart Foundation will urge all Australians to better identify the warning signs of heart attack. Symptoms can vary and they may not always be severe. Some people do not experience chest pain at all.

Help raise awareness about the warning signs of heart attack during Heart Week.

If you would like to hold your own event or set up a display in your workplace, please register for a Heart Week Kit which includes posters, brochures and balloons by Friday 12th March 2010 at www.heartfoundation.org.au/heartweek

For more information call our Health Information Service on 1300 362 787.

SITUATION VACANT - PRIMARY HEALTH COORDINATOR

At Central Highlands Primary Care Partnership
.6 - 1.0 EFT

Are you passionate about improving the health and wellbeing of the community?

Central Highlands Primary Care Partnership team is looking for a dynamic person to work on the development of integrated chronic disease initiative across the Central Highlands Region.

The successful applicant will require excellent communication, facilitation and project management skills, as well as an understanding of the primary health sector.

The position will be for a two year contract with the potential for extension.

Written applications addressing the selection criteria, and with the names of at least two referees, should be marked Confidential and forwarded to:

Central Highlands Primary Care Partnership
15 Violet Grove
Wendouree VIC 3355

For further information or to obtain a PD phone Helen Wade on 5338 4770 or email helenw@chpcp.org.au

LATEST NEWSLETTER FROM WOMEN'S HEALTH GRAMPIANS

www.whg.org.au

In this edition:

- International Women's Day March 8
- Wimmera Field Days
- Welcome Kate Souter
- Mental Health Advice Line
- Polycystic Ovarian Syndrome Support Groups
- Emily's List Empowering the Community Sector - Political Skills Training
- Why wear t-shirts with pride.

INDIGENOUS REGIONAL FORUMS

The Victorian Government, in partnership with Victorian Indigenous communities, invite you to attend one of three Indigenous Regional Forums. An opportunity for Indigenous people to come together with government to consider and discuss issues affecting our communities.

Featuring guest speakers and Indigenous leaders across Australia. Help shape the future of our communities.

Friday 5th March - Ballarat
Mercure Ballarat Hotel

Friday 12th March - Traralgon
Quality Inn Latrobe Convention

Friday 26th March - Melbourne
Rydges on Swanston

For the latest program and guest speaker updates go to www.dpccd.vic.gov.au/RegionalForums

For additional information contact Inala Cooper on 9658 4696.

DIVERSITY IN HEALTH 2010

7 - 9 June - Melbourne Exhibition Centre

22 million Australians...230 countries of origin...200 languages...Making health accessible to everyone.

Australia's premier multicultural health conference will cover:

- Maintaining cultural integrity and patient care and service delivery.
- The right to health and its related entitlements.
- Impacts of eHealth on disadvantaged communities.
- Specialist sessions on aged care, health literacy, mental health, refugee health and more.
- Multiculturalism and its impact on wellbeing.

For more information visit www.diversityinhealth.com.au

INTERNATIONAL WOMEN'S DAY CELEBRATIONS CONT.

The DEOR Women's Network in partnership with the Horsham Evening Branch of Country Women's Association invite all Women of the Wimmera to celebrate International Women's Day

Tuesday March 9th

Bull and Mouth Hotel's Refurbished Dining Room

Guest Speakers - Janet Heard - Regional Skilled Migration Manager (WDA) &
Yoko Cross - Formerly of Japan, now Horsham Resident

Two course meal \$20 per association or network member, \$25 per non member

RSVP to Across Events Management on 0400 425 254 or email across@netconnect.com.au

2nd RURAL & REMOTE MENTAL HEALTH SYMPOSIUM

Winds of Change: New Perspectives on Rural and Remote Mental Health
September 29th & 30th - Canberra

The conference will explore new perspectives within the P4 parameters, policy initiative, primary interventions, promoting recovery, preventing relapse by way of individual conference papers, keynote presentations and workshops.

Call for abstracts is now open at www.vision6.com.au/ch/11035/2dcs142/1144137/5cebb02p.asp

PRIMARY HEALTH WEEKLY BULLETIN - 25th Feb

www.dhs.vic.gov.au/rhacs/ph_bulletin/nocache?src=email&id=250210

In this issue:

- Conference: Governance and service quality for health and community services.
- Launch of the health promotion and disease prevention evidence and evaluation website.
- Training: How can the internet help you manage your health?
- New resource on women and physical activity.

THE PERFECT LUNCHBOX?

Victorian School Canteen Association Blog

Read about how the VSCA describe a perfect lunchbox. Also access resources for school canteens.

www.vsca.org.au/Blog/Blog.htm

FREE DEAF AWARENESS TRAINING

The Deaf Community is a minority cultural group within Australia that has its own language: Auslan (Australian Sign Language). **Deaf Awareness Training** aims to provide the wider community, organisations, businesses, schools and services with appropriate and relevant information about Deaf people and how they are part of a wider Deaf community and how they participate and interact with the general community.

Most importantly, Deaf Awareness Training is about providing knowledge and strategies for improving the interaction between Deaf and hearing people and usually runs from one to two hours with groups of 10 to 30 people.

The content of each session can vary according to the audience and context. Generally information is provided on:

- Deaf culture and community
- Language and communication strategies
- Working with someone who is Deaf
- Issues/barriers that Deaf people face
- Devises
- National Relay Service
- Other available services
- Basic Auslan/ fingerspelling.

This training has been made free due to a general grant from ANZ Trustees Percy and Ruby Haddy Foundation until June 2010. The funding covers costs such as Auslan interpreting, travel, resources and accommodation for the training team.

For more information contact 9473 1181 or email rai@vicdeaf.com.au

MAKE POVERTY HISTORY ROAD TRIP 2010

In May 2010, young people from across the nation are road tripping to Canberra to make poverty history. Be part of the experience that brings together a generation of young people who know what a world without extreme poverty can exist. Create the world you want to live in by:

- Spending a week travelling to Canberra with 1000 other passionate young people.
- Participating in media stunts such as flash mobs.
- Generating political change through meeting with MP's.
- Speaking at schools and meeting with businesses to raise awareness.

Get on board the road trip of a lifetime to make poverty history! For further details visit www.theROADTRIP.com.au or email info@theoaktree.org

INTEGRATED CHRONIC DISEASE MANAGEMENT ONLINE CLEARINGHOUSE

The Integrated Chronic Disease Management Online Clearinghouse is a resource to support the work of all providers of integrated chronic disease management programs and initiatives.

The Clearinghouse allows practical resources and tools, plus brief explanations of their development and use, to be uploaded to a website by their authors where others can then search and access them. The clearinghouse then provides a systematic and sustainable way for organisations implementing chronic disease programs and initiatives to be able to access the largely unpublished resources, tools and reports of work produced by other organisations providing chronic disease initiatives. View the Clearinghouse at www.clearinghouse.adma.org.au

CONSIDERING GENDER AND MENTAL HEALTH

Friday 26th March - Women's Health Victoria, Melbourne

This workshop is offered by Women's Health Victoria.

Considering Gender and Mental Health will cover:

- Why is gender important in mental health?
- DHS gender and Diversity Lens.
- Case study: Mental health related hospitalisations and gender.
- Depression: a gender analysis.

The workshop is designed for professionals working in a range of areas including:

- Health and social policy.
- Health promotion and community development.
- Health and support services.
- Women's health.
- Community health.
- Local and state government.

More information on WHV workshops can be found at www.whv.org.au/what-we-do/workshops

NEW UV EXPOSURE AND HEAT ILLNESS GUIDE

Victorian sports participants will be better protected from UV exposure and heat under new guidelines developed by SunSmart and Smartplay. The *UV Exposure and Health Illness Guide* was launched in February and aims to help the Victorian sporting community take a balanced approach to UV and prevent and manage heat illness.

Playing sport and active recreation are common activities where people get sunburnt, especially adolescents. This can cause skin damage (from tanning and sunburn) and increase the risk of skin cancer. Sporting clubs can play a very important role in managing UV exposure throughout the year.

Anybody who is active should also prepare for hot conditions or run the risk of heat injury. Heat illness can become a problem if sports personnel are unaware of how to prevent and manage it. This lack of knowledge could potentially place sport participant's health at risk.

This Guide ultimately assists sports participants and administrators recognise and manage potentially dangerous weather situations. Within the Guide you will find up to date information on UV exposure and heat illness, tips for creating, reviewing and implementing local guidelines, a UV exposure and heat illness checklist and real-life examples.

The Guide checklist can be downloaded as a modifiable version, providing an easy to use resource which can be adjusted to reflect the particular regulations and policies of your sport and local environment. It can assist you to identify when an event or training should be cancelled or modified and strategies that can be used to prevent injury and illness to players, spectators, coaches and officials.

The guide is supported by a variety of resources from SunSmart and Smartplay. This includes publication articles, pre written articles that can be used in newsletters, on your website and in other club communications to help you raise awareness and reduce the risks of overexposure to UV and heat illness.

To download the Guide, modifiable UV exposure and heat illness checklist, tips on how to use the checklist and publication articles visit www.smartplay.com.au The Guide, checklist and tips can be found under resources, policies/guidelines and the publication articles are under media.

A link to the Guide will be available on the Wimmera PCP Website at www.wimmerapcp.org.au under documents and links.

GO FOR YOUR LIFE NEWSLETTER

www.goforyourlife.vic.gov.au/gfylnews

In this issue:

Play time outside school time
Great Aussie Camp Out
February highlights
What's happening in March.

1000 bikes student leadership reward
Lessons they can sink their teeth into - marketfresh schools
Forums and information sessions

'MOTIVATION' BY LISA COSSON

The Secrets of Positive People

Positive people tend to have many similar characteristics, such as respecting everyone's contribution to a project and knowing during hard times that things will get better. They have the power to make that change happen, an understanding that their attitudes can directly affect outcomes, and a commitment to increasing positive thoughts and diminishing negative ones.

Are you putting effort towards becoming a more positive person?

Avoid complaining when things are turning sour, realise that the negatives and the positives in life will level out, and take responsibility for life and actions. You are the only person responsible for your attitude - and your life.

You can complain because roses have thorns. Or you can rejoice that thorns have roses.

- Ziggy

Lisa Cosson - Westvic Division of General Practice - 5381 1756 - 0418 106 439 - 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 and click on the event calendar

9 Mar	International Women's Day Celebrations	Horsham
9 Mar	International Women's Day Celebrations	Halls Gap
11 Mar	Top Secret Women's Business	Dimboola
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
21 Apr	"Mad, Bad or Sad" The Practice of Care	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

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