

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 23 (2010) - June 9th

## Council Supports Mums of Multiple Births

A new program has been developed by Horsham Rural City Council to support families who have experienced multiple births. Council and their maternal and child health team have been very proactive in developing this program after identifying community demand to help mums of multiple births.

Mrs Sam Stoll has been appointed the coordinator of the Multiple Births Volunteer Support Program. Under the program volunteers will help new families with everyday tasks such as washing, cooking and feeding of babies and the larger extended family.

Training of volunteers will start in early July. Anyone interested in being a part of the multiple births volunteer support program can contact Sam Stoll by email at [mbv@hrcc.vic.gov.au](mailto:mbv@hrcc.vic.gov.au) or phone the Council on 5382 9712 to register their details.

The program is working with regional agencies including Wimmera Uniting Care, Wimmera Volunteers and the Australian Multiple Births Association.

## The Basic Critical Incident Stress Management Course

**Monday 21st & Tuesday 22nd June from 9am to 4.30pm**  
Horsham Uniting Church Hall, Pynsent Street

This course has been updated, so even if you have previously undertaken this training, it will be extremely valuable to do it again.

For costs and information contact Marianne Hendron at Grampians Community Health on 5362 1200 or email [marianne.h@grampianscommunityhealth.org.au](mailto:marianne.h@grampianscommunityhealth.org.au)

## Introduction to Health Coaching for Health Professionals

**12th & 13th July & 1 day review & update 10th November**  
8.30am to 5pm each day - The Great Hall, Gum San Ararat

Presented by Health Coaching Australia for Link Steering Committee

This two day workshop is intensive in its content and practice components. The practical sessions develop health coaching skills in the context of exploring and changing participants' own health behaviours. This adds a personal and challenging dimension to participants' skills development.

The training is conducted with a focus on health behaviour change for the management of obesity, diabetes, cardiovascular disease and other chronic conditions. Competency in basic communication and counselling skills is assumed.

Cost \$250 per participant - working in an agency from within Ararat City and Northern Grampians Shire. \$500 if not within. For registration and enquiries contact Stacey Newman by phoning 5352 6225 or email [stacey.n@grampianscommunityhealth.org.au](mailto:stacey.n@grampianscommunityhealth.org.au)

## Quiz Night in Horsham for Drug Action Week

**24th June from 7pm** - Horsham Sports and Community Club

\$14.50 pp - includes pizza or pasta from 6pm and snacks, tea and coffee during the game - drinks available from the bar

Nine rounds of questions with a bonus round - tables of 10, make up a team or single bookings. Great prizes to be won and maybe even a few surprises.

RSVP by 18th June to Mary Barnes at Grampians Community Health on 5362 1200 or email [mary.b@grampianscommunityhealth.org.au](mailto:mary.b@grampianscommunityhealth.org.au)

## Mental Health First Aid Course in Nhill

**Monday 28th & Tuesday 29th June** - Nhill Neighbourhood House, Macpherson Street

Mental Health First Aid is a 12 hour course which teaches first aid skills for mental health crisis situations and early stages of mental health problems. Cost \$50

To book or for more information email [rascals\\_mum@hotmail.com](mailto:rascals_mum@hotmail.com) or phone Deb Armstrong on 0417 393 559.

## Rachel Berger in Hold the Pickle

**Thursday 1 July from 7.30pm** - Wesley Performing Arts Centre

Rachel Berger opens the door of her parents' delicatessen and delivers stories of heartbreak, loss and longing, fear and belonging. OH, and schnitzels!

But there's more...the art of survival; the frightening cost of war, not only upon those directly affected, but on the succeeding generation; the struggle of immigrants to rebuild their lives; the birth of the cosmopolitan culture that has at long last become an integral part of our lives and the ways in which parents can unwittingly traumatise their own children.

Well known as a comedian and performer, Berger takes us on her parents' journey from war-torn Europe to 1960s Melbourne, hundreds and thousands sandwiches and vegemite.

Tickets available online at [wesleypac.com.au](http://wesleypac.com.au) or Harvey World Travel ph 5382 6699.

## Wimmera Mallee Future Living Expo

**5th & 6th November 2010 - Horsham Secondary College Hall**

A regional event combining information, demonstration and participation to inform, consult and engage individuals, families and businesses in contributing to a sustainable future.

Call for Expressions of Interest: Sponsors and Exhibitors

This will be a regionally focused event designed to:

- ◆ Attract homeowners and families to learn about sustaining living.
- ◆ Provide information so that people can take practical action.
- ◆ Encourage local action and good value for money ideas for reducing energy, water and waste.
- ◆ Connect local residents with groups and organisations providing assistance, advice and subsidies.

The forum will bring world class information on sustainability and climate change to the Wimmera Mallee. The focus will be:

- ◆ Adapting to climate change in a sustainable way,
- ◆ Meeting the challenges of socio-economic and environmental change, and
- ◆ Adapting to new opportunities in lifestyle, business and agriculture.

All enquiries can be directed to Dean Robertson at Wimmera Mallee Sustainability Alliance no 5391 4417 or email [drobertson@hindmarsh.vic.gov.au](mailto:d Robertson@hindmarsh.vic.gov.au)

## 2010 Family Camp for Deaf/Hearing Impaired Children & Their Families

**15, 16 & 17 October 2010 - Roses Gap Recreation Reserve**

\$77 for family, \$33 for grandparents if sharing hut, \$25 helpers & single people

For more information contact Sue Ward at Wimmera Hearing Society on 5382 1770.

## Woolworths Fresh Food Rescue

Fresh Food Rescue is supporting food relief organisations putting food on the tables of those in need. In 2010, a total of \$2 million is available to help expand fresh food operations, so more people can access healthy, nutritious food. As such, grants will be available for infrastructure needs like refrigerators, storage and equipment.

To be eligible for a Fresh Food Rescue grant an organisation must be an existing community partner of the Woolworths Fresh Food Rescue program or running an established fresh food rescue program with the potential to partner with a local Woolworths store currently not on a program and be able to demonstrate sustainable operations.

Applications can be made online and full terms and conditions can be found at [www.woolworths.com.au](http://www.woolworths.com.au)

## National Disease Management Conference

Thursday 19th & Friday 20th August - Crown Promenade, Melbourne

Key themes for the 2010 National ADMA conference "Chronic Disease Management and Future of the Australian Health System" include:

- ◆ Disease Management and the Health Reform Agenda
- ◆ Investment in DM by Australian States and Territories and the Private Sector
- ◆ Models of Care (Chronic Care Model, Patient-Centred Medical Home Model, Guided Care)
- ◆ Indigenous health initiatives
- ◆ E-health and technology
- ◆ Building bridges between tertiary and primary care (super clinics, integrated care & community care centres);
- ◆ The consumer perspective.

Other streams include self management; initiatives for elderly chronic disease patients and programs/services which have demonstrated outcomes in quality, clinical outcomes, cost effectiveness and efficiency.

For more information or to register your place visit [www.adma.org.au/Conference2010/2010ConfProgram.pdf](http://www.adma.org.au/Conference2010/2010ConfProgram.pdf)

## 'Go for your life' Newsletter

[www.goforyourlife.vic.gov.au/gfylnews](http://www.goforyourlife.vic.gov.au/gfylnews)

In this edition:

- ◆ Nominate now for the Victorian Senior of the Year
- ◆ Kick-start your training with fruit
- ◆ Winter warmers
- ◆ Fruit & Veg launch wrap-up
- ◆ Loddon-Mallee Road Trip
- ◆ Free Skiing for Grade 5 Students this Winter
- ◆ What's happening in June.

## Obesity Prevention Short Course

28th June to 2nd July - Deakin University Geelong Waterfront Campus

This course is a comprehensive 5 day course of lectures, activities and workshops based on adult learning principles. It will be hosted by local obesity prevention experts and staff involved in community-based obesity preventions programs include Be Active Eat Well, Romp & Chomp, and Fun 'n' Healthy in Moreland.

The course is designed for managers and practitioners working in physical activity and/or nutrition promotion including staff from the fields of health promotion, community health and public health; and for GPs, dietitians, nurses, teachers, physical activity practitioners, government staff and others working/interested in the area of physical activity, nutrition and the promotion of healthy weight in communities.

The focus of the course is obesity prevention in young populations i.e. birth - 18 years. It uses a population health approach.

The course provides:

- ◆ Fundamental understanding of the obesity epidemic and its impact.
- ◆ The evidence base for obesity prevention.
- ◆ Best practice principles for obesity prevention initiatives.
- ◆ Frameworks for understanding the determinants of obesity and strategies for action.

Cost: Full cost \$1600. An optional evening session is available on Wednesday 30th June - 3 course dinner with guest speaker Dr Andre Renzaho presenting on 'Migration and acculturation issues in obesity prevention'.

For more information email [admin@co-ops.net.au](mailto:admin@co-ops.net.au) or visit [www.co-ops.net.au](http://www.co-ops.net.au) and follow the links to professional development section.

## 2010 Victorian Public Healthcare Award

Entries are now being called.

Don't miss your opportunity to be part of the sixth annual Victorian Public Healthcare Awards, honouring Victoria's most outstanding health services, exceptional initiatives and most dedicated clinical, research and health workforce.

Celebrating the best in health - visit [www.health.vic.gov.au/healthcareawards](http://www.health.vic.gov.au/healthcareawards)

## Women's Health and Wellbeing Strategy

The Victorian Government has identified the development of Victoria's third Women's Health and Wellbeing Strategy as an action in the 2010 Statement of Government Intentions.

The development of this new strategy will support improvements in health status for Victorian women, provide leadership for the sector during the next four years 2010-2014, and build on work progressed via the previous two strategies ensuring that current effort is maintained in key areas.

A consultation process has commenced and you are invited to participate. Please visit the website at [www.health.vic.gov.au/vwhp/wellbeing/index.htm](http://www.health.vic.gov.au/vwhp/wellbeing/index.htm) for more information and to download a copy of the Consultation Paper and Response Form.

Close date for submissions is Friday 5pm 25th June 2010. Submissions are to be sent to: [diversity@health.vic.gov.au](mailto:diversity@health.vic.gov.au)

## Heywire - Open for New Stories

Are you looking for a way to get your media story out to a wider audience? Heywire is open to young people aged 16 - 22 years of age who create their own story about life in Australia outside the major cities.

The story can be created in any form of media: text, video and audio.

Successful stories are presented on the ABC through ABC Radio, Triple J and [abc.net.au](http://abc.net.au) and winners also attend the Heywire Forum in Canberra in February.

It's an opportunity for young Australians to create outstanding media content and be chosen to attend the prestigious Heywire Forum in Canberra. The Heywire Forum is a chance for the participants to develop outstanding ideas and proposals that will create change in their local communities.

For more information visit: [www.blogs.abc.net.au/heywire/competition-heywire.html](http://www.blogs.abc.net.au/heywire/competition-heywire.html)

## Continuing to Support Young Australians to Reach Their Full Potential

The Youth Development and Support Program was launched last year and offers funding to eligible non-government or not-profit organisations to support projects that inspire young Australians to achieve their full potential. Funding allows community organisations the chance to build innovative projects that will support young Australians to become confident, skilled and engaged adults.

This year organisations can apply for two streams of funding. Stream 1 offers grants of up to \$40,000 and is targeted at community-based organisations to provide opportunities for young people in their local communities. Stream 2 offers grants of up to \$70,000 and is open to national youth organisations operating in more than one jurisdiction. Organisations applying in this stream will provide opportunities for young people from across Australia to become involved in community-based activities or to engage in initiatives that are across state borders through national youth organisations.

Organisations have until Friday 9th July to lodge their applications for funding. For further information visit [www.youth.gov.au](http://www.youth.gov.au)

## EXT1D - Exercise with Type 1 Diabetes

Whether you're a newbie to exercise, an athlete wanting to improve your performance, or just wanting to drop those kilos, this is one new website you absolutely must check out.

Filled with lots of practical tips and tools, this Australian-based site aims to help people with Type 1 diabetes understand and enjoy exercise. Plus, it's been developed by someone who has Type 1 themselves!

The site's tools do have a yearly subscription cost, but you can 'try before you buy' with a free membership sampler. Make sure you check it out at [www.ext1d.com.au](http://www.ext1d.com.au)

## New 'Better Health Channel'

Better Health Channel is the Victorian Government's award-winning health website. It has a great new look and new features to make finding reliable health information easier. Promote the Better Health Channel at your workplace or health event and go into the draw to win some prizes.

Read more at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/new-better-health-channel/nocache?src+email&id=270510](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-better-health-channel/nocache?src+email&id=270510)

## Men's Health Week 2010

June 14th to 20th

[www.menshealthweek.com.au](http://www.menshealthweek.com.au)

- ◆ Register your men's health week events on the official Calendar via the 'Events' page on the website.
- ◆ Posters - a limited number of Men's Health Week 2010 posters are available in A3 size. These attractive posters have room to add information about your own event.

## The Victorian Carer Card Program

Most people will know someone who is a carer. Carers include people like foster carers, kinship carers and primary carers. They can be a carer of a person with a disability, a severe or chronic medical condition, a mental illness or someone who is frail aged or in need of palliative care. Foster carers and kinship carers also provide care to vulnerable children who are unable to live with their own parents. Providing care affects people in many profound ways - financially, socially and emotionally and can present many challenges that can impact on the wellbeing of the carer.

In recognition of the significant social and economic contribution that carers make, the Victorian Government is introducing the Victorian Carer Card. The Carer Card is a discounts and benefits care created to recognise the sacrifice and contribution of an estimated 140,000 primary carers - people who devote their lives to caring for those who are unable to care for themselves. The Carer Card will offer practical discounts to carers on a range of products and services, such as public transport; retail; leisure; education and health and wellness.

For more information on the Victorian Carer Card Program visit [www.carercard.vic.gov.au](http://www.carercard.vic.gov.au) or phone 1800 901 958.

## Launch of New Access to Justice Website

An innovative new website has been launched as part of a comprehensive package of measures to improve access to justice in the community.

The new website, located at [www.accesstojustice.gov.au](http://www.accesstojustice.gov.au) will provide all Australians will seamless access to information about legal assistance and related services in their local area. All people need to do is enter their postcode or suburb and they will get comprehensive information and contact details of local legal services such as Legal Aid, Community Legal Centres, Family Relationship Centres, and Dispute Resolution Services. The website will also provide a link to lawyers who operate in each State and Territory as well as relevant laws to enable people to understand their options early, in order to prevent or resolve their disputes before they escalate or become entrenched.

## Driving Miss Daisy

**Saturday 17th July from 7.30pm - Wesley Performing Arts Centre**

When Daisy (Debra Lawrance - Home & Away), an elderly Jewish widow, crashes her car, her son Boolie (Tamblyn Lord - Explorations, Macbeth) decides she is no longer fit to be behind the wheel. Against her protests he hires Hoke (Brian Davison - Of Mice & Men), an African American chauffeur. From this unlikely union, a heart-warming friendship ensues. Set in Atlanta their relationship spans over 20 years, growing from rocky beginnings to deep friendship. This theatre production of Driving Miss Daisy is based on the Academy Award Winning film.

Tickets are available online at [www.wesleypac.com.au](http://www.wesleypac.com.au) or at Harvey World Travel on 5382 6699.

## FOX, adapted from the book by Margaret Wild

**Tuesday 27th July at 1.30pm - Wesley Performing Arts Centre**

An enchanting new musical theatre work based on the award-winning Australian children's book by Margaret Wild. FOX is a story of friendship, betrayal and transformation. During a perilous bush fire, Dog, with his missing eye, rescues the injured Magpie. He nurses her back to life and they become firm friends. When a Fox appears, friendship and safety are threatened and Magpie must make a choice between her two companions. A beautiful production featuring theatre, puppetry and a haunting operatic score.

Tickets are available online at [www.wesleypac.com.au](http://www.wesleypac.com.au) or at Harvey World Travel on 5382 6699.

## 'Motivation' by Lisa Cosson - 5381 1756 [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

One of the most wonderful things about having a positive attitude is the number of people it touches, many times in ways you'll never know.

Recently, I stopped by a convenience store to get a newspaper and pack of gum. The young woman at the check-out counter said, "That'll be five dollars please," and as I reached into my wallet, the thought occurred to me that a newspaper and gum didn't quite make it to five dollars. When I looked up to get a "re-quote", she had a big smile on her face and said, "Gotcha! I got to get my tip in there somehow!" I laughed when I knew I'd been had. She then glanced down at the paper I was buying and said, "I'm sick and tired of all this negative stuff on the front pages. I want to read some good news for a change." She then said, "In fact, I think someone should just publish a Good News Newspaper - a paper with wonderful, inspirational stories about people overcoming adversity and doing good things for others. I'd buy one everyday!" She then thanked me for coming in and said, "Maybe we'll get lucky tomorrow; maybe we'll get some good news," and she laughed. She made my day.

The following day after my business appointments, I dropped by the same store again to pick up bottled water, but a different young lady was behind the counter. As I checked out I said, "good afternoon" and handed her my money for the water. She said nothing - not a word, not a smile...nothing. She just handed me my change and in a negative tone, ordered..."Next".

It hit me right between the eyes: two people, same age; one made me feel great, and the other, well, made me feel that I had inconvenienced her by showing up. By the choices we make, by the attitudes we exhibit, we are influencing lives every day in positive or negative ways...our family, our peers, our friends, and even strangers we've never met before and will never meet again.

So when you brush your teeth every morning, and get ready for work, ask yourself this important question, "Who do I want to be today?" "The Grouch" or "The Good News Girl?" Your answer will go a long way toward determining your success in business and in life.

**Upcoming events in Horsham City, Hindmarsh, West Wimmera and Yarriambiack Shires.** To access any of these events click on the name to be taken to the event information on the Wimmera PCP Website.

11 June	Quality & Risk Forum	Ararat
18 June	Dove BodyThink	Horsham
21 & 22 June	The Basic Critical Incident Stress Management Course	Horsham
24 June	Quiz Night for Drug Action Week	Horsham
28 & 29 June	Mental Health First Aid Course	Nhill
28 & 29 June	The Appreciative Manager: Leading & Mentoring Your Team for Success	Horsham
1 July	Rachel Berger in Hold the Pickle	Horsham
6 July	Helping Pregnant Smokers to Quit	Horsham
6 July	Kutcha Edwards 'Yuyukatha'	Horsham
12 & 13 July	Introduction to Health Coaching by Health Professionals	Ararat
17 July	Driving Miss Daisy	Horsham
27 July	Fox - adapted from the book by Margaret Wild	Horsham
3 & 4 Aug	Goal Setting and Care Planning	Ararat
12 Aug	Transitions	Horsham
13 & 14 Aug	Menopause The Musical	Horsham
2 Sept	Teaching & Learning for Engagement	Horsham
5 & 6 Nov	Wimmera Mallee Future Living Expo	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 [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

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