

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 24 (2010) - June 15th

Free Loan Gophers

Wimmera Volunteers have two gophers available for users to loan whilst visiting Horsham. There is no charge for using the gophers. Advance bookings are essential by phoning 5382 5607.

The Term 'Indigenous'

The National Aboriginal Community Controlled Health Organisation membership passed a resolution in November 2009 that the term "Indigenous" is inappropriate and that the sector refers to 'Aboriginal' and 'ACCHSs' rather than "Indigenous Health Services".

It was resolved that the NACCHO refer to the term Aboriginal in all correspondence, speeches and cease use of the word Indigenous except in an International context.

For more information visit www.vaccho.org.au or phone Jaynaya Williams on 9419 3350.

Yu-Gi-Oh! Tournament

Are you the next king of games? Find out as you put your skills to the test and compete against various duelists for the title of Horsham's YU-GI-OH Champion.

Monday 28th June - Horsham Library

Junior Division - Ages 12 and Under from 10am to 1pm - \$8 entry - Format Traditional
Open Division - Ages 10 and Over from 10am to 5pm - \$10 entry - Format Traditional

Sign up at Toyworld and receive a free rare card on the day of the tournament.
Late entrants may be accepted on the day.

For further information contact Simon on 0439 758 462
or email enigmasims@hotmail.com

The Dimboola Play - A Raising Dust Event

Save the Date - Saturday 24th July from 7pm
Dimboola Football Clubrooms

Keep an eye on this newsletter for more details soon!

Applying for a Schools First Award

The Schools First program provides:

- Financial recognition of success in establishing effective school-community partnerships; and
- Financial support to build stronger school community partnerships.

This year 108 school-community partnerships will benefit from Schools First with over \$5 million committed. Any school in Australia can apply for a Schools First Award.

There are two types of School First Awards: Impact Awards and Seed Funding Awards. The application forms for both the Impact and Seed Funding Awards are now available on the Schools First Website: www.schoolsfirst.edu.au/sf-award-application-login

Applications open on Monday 28th June and need to be submitted online by 5pm on Friday 30th July.

Australian Indigenous Health/InfoNet

Helping to close the gap by providing the evidence base to inform practice and policy in Indigenous Health
www.healthinfonet.ecu.edu.au

The Australian Indigenous Health/InfoNet is a national innovative Internet resource that aims to inform practice and policy in Indigenous health by making the evidence base readily accessible. The Health/InfoNet is helping to 'close the gap' in health between Indigenous and other Australians.

The resource is a 'one-stop info-shop' for people interested in improving the health and wellbeing of Indigenous Australians. It makes published, un published and specially-developed material about Aboriginal and Torres Strait Islander health information available to people involved in the area to enhance their knowledge and skills, and improve their practice and/or policy work. Access to all information on the site is free and available to everyone.

Check it out at the website listed above.

VSCN/AIC Conference

Young People, Risk & Resilience: The challenges of alcohol drugs and violence
7-8 March, Melbourne

The Australian Institute of Criminology and the Victorian Safe Communities Network will hold an important two-day conference to discuss the nature and extent of young people's involvement in alcohol, other drugs and violence, and to share the experiences of young people and practitioners in reducing risks and increasing resilience to these potentially harmful activities.

Major themes for the conference will include:

- ◆ Understanding the nature and extent of young people's involvement in alcohol and other drug use, and the motivations for their use.
- ◆ Understanding the nature and extent of young people's involvement in violence.
- ◆ Identifying effective programs and initiatives to reduce young people's risk and increase their resilience.
- ◆ Case studies from practitioners and young people on outcomes achieved.

The call for abstracts from those working with young people in the fields of alcohol and drug services, education, criminal justice, health and welfare, and police and emergency sectors, is now open.

To find out more about the event, visit the conference website at www.aic.gov.au/en/events/aic%20upcoming%20events/2011/vscn.aspx or contact the Conference Coordinator at aic.events@aic.gov.au

Ideas for Funding

AEI Community Grants

Australian Ethical

Funding: Various Closes 1st July

Purpose: To donate 10% of profit to useful charitable, benevolent and conservation projects.

Website: www.australianethical.com.au/apply-community-grant

Make the Difference: Future2

Funding: Three grants of \$10,000 may be awarded to the applications considered by Future2 trustees to be the most deserving of support. Of these three, the project considered most outstanding may be awarded a further grant of \$20,000.

Closes: 31st July

Purpose: To support the financially underprivileged and to enable the financial planning profession, and others linked to it, to give back to the community from which they draw their livelihood.

Website: www.future2foundation.org.au/public_panel/index.php

Grandel Charitable Trust

Funding: Various ongoing - you must have DGR status

Purpose: to support charitable activities by charitable organisations.

Call for an expression of interest form (02) 8564 1288

Optus Connecting Communities Grants Program

Funding: Max per grant \$5000, min \$1000 - closes 30th July - you must have DGR status

Purpose: to provide grants to not for profit community organisations to help reduce social isolation for those in need and reconnect disengaged youth.

Website: www.optus.com.au/aboutoptus/About+Optus/Corporate+Responsibility/Our+Community/Community+Programs/Connecting+Communities+Grants+Program

Phone: 1300 729 320

Stress Down Day

Help Lifeline Telephone Counsellors support people in crisis throughout Australia. In its third year, Lifeline Australia's annual stress awareness and fundraising event is set to remind us all to take the time and de-stress our lives. Lifeline is asking everyone to throw them a lifeline and wear your slippers to work, dress up or dress down on **Friday 23rd July** and raise funds for Lifeline while stressing down.

You can register your workplace or school on www.stressdown.org.au

Sporting Grants Currently Available

Emergency Grant: Sporting & Recreation Equipment

Provider: Sport & Recreation Victoria

Funding: max per grant \$2000 - ongoing

Purpose: Provide assistance to local sport and active clubs and organisations to replace essential sports equipment that has been lost or destroyed as a consequence of fire, flood, significant storm event, theft or criminal damage.

Website: www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/allDocs/2CFC619A12339D4BCA2571800026272F

Email: grantapplications@dvc.vic.gov.au

Community Facility Funding Program - Major Facilities

Funding: Max per grant \$500,000 - ongoing

Purpose: To help community organisations develop a vibrant volunteer culture where everyone can participate.

Website: www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/AllDocs/E229124C83F924E9CA2575F40016BDD6

Email: grantapplications@dvc.vic.gov.au

Country Football & Netball Program - Department of Planning and Community Development (VIC) - Ongoing

Purpose: To assist grass roots country football and netball clubs to develop facilities in rural, regional and outer metropolitan locations.

Website: www.grants.dvc.vic.gov.au/web18/dvcgrants.nsf/AllDocs/DAD93AE594516637CA25717D000D6EB5

Email: grantapplications@dvc.vic.gov.au

Sport Incentive Program

Provider: Australian Sports Commission

Funding: Various - ongoing

Purpose: To assist in the development of sport in Australia by providing funding for potential and current projects.

Website: www.asf.org.au/news/sport_incentive_program_guidelines

Local Sporting Champions Programs

Provider: Australian Sports Commission

Funding: Grants of \$500 for successful individuals candidates and \$3000 for successful team applications - ongoing

Purpose: to provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at an official national sporting organisation endorsed state or national sporting competition.

Website: www.ausport.gov.au/participating/schools_and_juniors/juniors/get_involved/local_sporting_champions

Email: juniorsport@ausport.gov.au

Facility Loan Scheme

Provider: Tennis Australia

Funding: Max per grant \$80,000 - ongoing

Purpose: to financially assist affiliated Australian Tennis Clubs, Centres and Associations to upgrade, replace or improve their tennis facilities, by providing low interest loans.

Website: www.tennis.com.au/pages/default.aspx?id=4&pageId=13351

Contact Details: 9914 4000

Healthy Relationships

A Healthy Relationship is when:

- ◆ You have fun with each other
- ◆ You are able to be yourself
- ◆ You can have different opinions and interest
- ◆ You can listen to each other
- ◆ You are able to compromise, say sorry, talk arguments out
- ◆ You don't have to spend all your time with each other
- ◆ You feel able to spend time with others or alone

Remember, different people want different things from a relationship - **a healthy relationship is built on Respect!**

The Ministerial Taskforce on Aboriginal Affairs

The Ministerial Taskforce on Aboriginal Affairs has been created to focus government efforts on closing the 17 year life expectancy gap that exists between Aboriginal and non-Aboriginal Victorians.

To find out more visit www.dpcd.vic.gov.au/aboriginaltaskforce

Local Member of Parliament Lobbying Kit

The Victorian Youth Mentoring Alliance have launched a simple lobbying kit to help youth mentoring programs make contact with their local Member of Parliament.

The package includes a sample letter to assist programs in making contact as well as information about:

- ♦ Influencing Members of Parliament
- ♦ Communicating your message to your local MP
- ♦ Tips for meeting with your local MP

You can access the new kit at www.youthmentoringvic.org.au

Indigenous Leadership Program

The Department of Families, Housing, Community Services & Indigenous Affairs (FaHCSIA's) Indigenous Leadership Program aims to develop the leadership capacity of Aboriginal and Torres Strait Islander men, women and youth.

Participants on the program benefit from an interactive learning environment where they are supported to develop a vision for the future and encouraged to engage in planning to achieve that vision. They learn more about themselves, meet new people, share ideas, develop new skills and gain unique experiences to grow their potential as leaders.

Participants will have the chance to meet and work with Indigenous people from across Australia to participate in leadership activities, discuss Indigenous issues and develop important networks.

Register online for the 2010-11 National Indigenous Leadership Program at www.fahcsia.gov.au/sa/indigenous/progserv/leadership/Pages/indigenous_leadership_development_opportunities.aspx

Risking All - Stories of Vietnamese Gamblers

"Risking All" is a collection of confronting honest stories from people within the Vietnamese Community who have lost families, homes and freedom as a result of problem gambling. Community Educators - keen to reach out to those at risk - decided to conduct a writing competition on gambling, open to all Vietnamese people. They were invited to tell their stories about problem gambling and the impact it had on their lives.

The competition produced outstanding stories and poems written about the experiences of gambling from across Victoria, one woman even wrote from prison.

The stories have been collected and printed into a booklet in both Vietnamese and English. To read some of the stories visit www.newaustraliamedia.org/node/132

The next challenge is to turn the stories into a piece of drama/theatre in collaboration with the Vietnamese community. Stage two of the project is dependent of funding, worker's capacity, time and commitment.

Grant Links

The following websites have detailed information regarding available grants:

- ♦ For the latest state government grants in Victoria, visit Grants at DPCD www.grants.dpcd.vic.gov.au
- ♦ For the latest federal government funding visit www.grantslink.gov.au
- ♦ For a guide to community grants for all states/territories, visit www.aph.gov.au/library/intguide/sp/spgrants.htm
- ♦ Australia's only consolidated grants information service is the Easy grants newsletter. Subscribe at www.ourcommunity.com.au

An Introduction to Working with Individuals Who Self Abuse

\$330 - this is a pre-requisite for the 3 day 'Facilitating the SAFE in Oz Consumer Program

Chirnside Park - 12 & 13 July
Foster - 15 & 16 July
Benalla - 4 & 5 August
Langwarrin - 12 & 13 August
Narre Warren - 16 & 17 August
Melton - 19 & 20 August

For more information or to book email safeinoz@wideband.net.au or phone
Di on 0417 303 505 or Annie on 0433 085 367

Consumer Advisory Committees - One Day Forum

Tuesday 27th July - Victoria University Conference Centre, Melbourne

A unique opportunity for all those involved in Consumer Advisory Committees to share and exchange information about good practice, discuss current issues, and contribute to developing strategies and innovation.

\$30 cost for consumers and \$80 for health professionals including refreshments and lunch.

To register your interest email info@healthissuescentre.org.au

A VOICe for Organic Women

Victorian Organic Industry Committee (VOICe), has successfully secured funding from the Federal Government to develop leadership skills for women in organic agriculture. With the Assistance of a team of well known rural women leaders, VOICe plans to deliver a program supporting women develop their businesses and enable greater participation of women in the organic industry.

The program will be designed around adult learning principles and include workshops and networking dinners.

Sunday 18th July to Wednesday 21st July at Central Springs Inn, Daylesford.

Expression of interest close Friday 25th June.

Contact Karen on 5728 1924 or email contact@mybeechworthsecretary.com.au

Caring for Carers: Depression, Anxiety and the Impact of Caring

Live Satellite Television Broadcast on channel 4 - **Tuesday 29th June at 8pm**
Repeated broadcast Friday 2nd July at 12.30pm on channel 23

There are nearly 2.6 million people in Australia who are carers. Carers provide unpaid care and support to people who have a disability, mental illness, chronic condition, terminal illness or who are frail. These people may not call themselves 'carers'; they are partners, parents, siblings, relatives, other family members and/or friends. Carers come from diverse socio-economic and cultural backgrounds. They may be working or studying, as well as providing care. They may be any age. Caring can be a demanding role that requires mental and physical energy, commitment and dedication.

Carers in outer regional and remote areas experience higher rates of disability or a long-term health condition themselves, and are more likely to experience financial hardship than carers in major cities. Indigenous people in rural and remote Australia are also more likely to be carers than non-Indigenous people in these areas.

This program covers two main areas:

- ♦ Firstly, it discusses the experiences and particular challenges for carers supporting a person with mental health problems. The importance of carers as part of the care team, and useful strategies for supporting a person with a mental illness are included.
- ♦ Secondly, the program acknowledges the impact of caring on the carer's physical and mental health. It assists health practitioners to develop practical ways to support and encourage carers to look after themselves. Support, counselling and respite services are also examined.

Panel of Speakers:

- ♦ Chair Dr Norman Swan - Presenter of the Health Report on ABC Radio National
- ♦ Ms Josephine Battaglini: Social Worker, Royal Darwin Hospital NT
- ♦ Mr John McGrath: Carer, Deputy Chairman, Beyondblue, VIC
- ♦ Dr Christopher Mitchell: General Practitioner, President, RACGP, NSW
- ♦ Ms Linda Rosie: Project Manager, Mental Health Council of Australia, ACT

Tips to Gambling Responsibly

Most people would agree that gambling is meant to be fun and should be kept in control. As a form of entertainment, gambling can be an enjoyable activity, just like going to the movies or out for dinner.

To help ensure that gambling doesn't get out of hand, always remember:

- ◆ Don't chase your losses. Walk away.
- ◆ Don't let gambling take over your life.
- ◆ Set yourself a limit and don't exceed it.
- ◆ Gamble for the fun of it, not the money or the win.

A few practical tips to keep in mind:

- ◆ Include gambling in your budget planning, as you would for other forms of entertainment.
- ◆ Leave your credit cards at home.
- ◆ Designate a certain amount of time to play, and stick to it.
- ◆ Enjoy this activity with friends and family who share and support a responsible approach to gambling.

If you think you have a Gambling Problem, a Problem Gambling Financial Counsellor can offer help. They can provide a thorough financial assessment including an overview of debts, expenses and assets; assist to negotiate when you cannot pay your debts, bills or fines; assist to negotiate with creditors; assess your financial situation; provide information on bankruptcy; help with budgeting, provide information about possible government assistance and refer you to other organisations who may be able to assist. Phone Wimmera Uniting Care Gamblers Help Financial Counselling (03) 5382 6789 or Grampians Community Health Gamblers Help Counselling: Carol - Horsham (03) 5362 1200.

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.

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 June	Yu-Gi-Oh Tournament	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
24 July	Dimboola Play	Dimboola
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

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