

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 25 (2010) - June 23rd

Project Worker .8 EFT (2 year contract)

The Wimmera Primary Care Partnership is seeking a project worker to undertake a **Closing the Gap on Aboriginal Health** project based with the PCP in Horsham, this position involves working with partner agencies across the Wimmera as well as with local Aboriginal communities.

To undertake this role successfully you will need to have a working knowledge of Aboriginal culture. You will also need knowledge and experience in the planning, delivery and evaluation of health and/or community development programs. Well developed consultation skills as well as excellent verbal and written communication skills are also required.

For a position description or further information please contact WPCP Executive Officer, Ms Mandi Stewart on 5362 1223 or request a PD via email mandi.s@grampianscommunityhealth.org.au

Applications close on Monday 5th July 2010.

Liverpool Care Pathways (LCP) Forum

Tuesday 27th July - Pyrenees House, EGHS Ararat
From 10.30am

Guest speakers will be from other Consortia who have successfully implement LCP.

Part of the forum is to establish a special interest group for the Grampians region. The aims of the group can include:

- ◆ Support to key workers by the establishment of a special interest group;
- ◆ Develop a regional approach to the development of the pathway and "how it looks";
- ◆ Training can be run regionally and so is far more cost effective;
- ◆ Work in the centre for Palliative Care and their special interest group;
- ◆ Jointly apply for funding for implementation resources.

Who should attend? Anyone interested in implementing LCP in their service.

RSVP to Gwenda McManus at gpcareconsort@gmail.com

Free WiFi at the Library

Your local library now has free WiFi access with the installation of a wireless hotspots across the region. Bring your laptop in and get login details from staff. One hour sessions are available.

The wireless hotspots are up and running at Dimboola, Edenhope, Horsham, Kaniva, St Arnaud, Stawell and Warracknabeal and will be installed at Nhill in the middle of June.

Horsham Men's Shed Hiatus

The Horsham Men's Shed will be taking their annual winter break as from the 18th of June and will recommence on Tuesday the 7th September 2010.

If you have any enquiries please contact Geoff on 0428 358 672.

Wanted Urgently - Childcare Worker

Must hold Diploma of Children's Services Qualifications

6 Month Contract, working Monday & Friday from 8.45am to 12.15pm

Commence 12th July to 17th December

Phone Bonnie 5385 2785 or email slaamurt@bigpond.net.au for more information.

Short Story Competition

Writers of all abilities are encouraged to enter the Wimmera Regional Library's 2010 Short Story Competition. Sections are:

- ♦ Teen (12 to 18 years)
- ♦ Open

Word limits apply: Teen section not more than 1000 words and open section not more than 2000 words. Entrants must be members of the Wimmera Regional Library.

Entries close on 8 September with announcement of winning entries and presentation of prizes to be held 13 October. Pick up an entry form at your local library or via the webpage www.wrlc.org.au

Type 1 Diabetes Network New Website

The Type 1 Diabetes Network is delighted to launch a Brand New Website at www.d1.org.au

Two years in the making, the new website contains:

- ♦ More than 300 pages of stories and articles all about Type 1 diabetes.
- ♦ Health Professionals section full of resources.
- ♦ Revamped Starter Kit for newly diagnosed adults.
- ♦ Polls and Forums to keep abreast of what people with Type 1 are talking about today.
- ♦ Blog and comment option - add your comments and read live responses to our stories and articles.
- ♦ YouTube Channel - with our pick of videos about Type 1 Diabetes, with more to come...

Aboriginal Study to Work Program

The Department of Human Services and the Department of Health are seeking enthusiastic Aboriginal people looking for exciting career opportunities in the department.

They are looking for Aboriginal people who:

- ♦ Are interested in working for either department.
- ♦ Work well with others.
- ♦ Have good communication skills.
- ♦ Are good at solving problems; and
- ♦ Have a willingness to learn.

Prior experience or qualifications are not required. Anyone from school leavers to the mature aged care encouraged to apply. Applications close at 5pm on June 30th, 2010.

For more information visit: www.dhs.vic.gov.au/operations/careers/aboriginal/employment-programs/aboriginal-study-to-work-program

Victorian Autism Conference 2010 - Live via videoconference to Horsham

5h & 6th August - University of Ballarat

Register at www.victorianautismconference.com.au

Learn more about best practice strategies and their implementation for supporting individuals with an Autism Spectrum Disorder. The conference is designed to provide strategies to meet the needs of an individual across the life-span, and will be covering themes relating to early childhood, primary years, adolescence and adulthood. Participants at the conference will have the opportunity to attend sessions based on the most relevant age group.

Wimmera Uniting Care is proud to be a regional partner for this conference and should anyone require any promotional material to circulate to any contacts/networks please contact Anna Potter at annap@wimmera.unitingcare.org.au

Seniors Movie Day - an invite for all Seniors

Thursday 24th June at 10am

Movie - Robin Hood

Tea and Coffee available - lunch will also be available at 12.30pm at Thipatiy Coffee Lounge. The cost is \$10 each and will include a main, dessert and tea or coffee.

Bookings are essential to Jackie Bennett on 5382 9741 - Please also let Jackie know if transport is required.

The Line - What is it? And what happens when you cross it?

www.theline.gov.au

What exactly is The Line? And what happens when you cross it? This website is all about the line and the kind of behaviour that goes over it.

Sometimes there's no argument about where to draw the line. There are some things you should just never do. In Australia, we're united as a community about things that are unacceptable. Like violence, rape and abuse. These are things that should never happen, which is why we have laws against them.

On the up side, we're also pretty united about what it takes to create happy and healthy relationships. There are some things that always work, like loving and respecting each other, being considerate, listening, and trying to understand the other person's point of view.

So whilst everyone agrees that violence is crossing the line, sometimes the line can be blurry. With things like bagging someone out to your mates, or texting someone 300 times a day. At the end of the day, where you draw the line is up to you. Explore the site and find a whole heap of stuff that will help you decide.

This website is aimed at school kids but has sections for parents and teachers also. Some of the information on the website includes:

- ♦ How to draw the line.
- ♦ Crossing the line.
- ♦ Respecting the line.
- ♦ Images by people who know what it feels to cross the line or had the line crossed with them.
- ♦ Information on the relationship Helpline.
- ♦ Information for Parents and Teachers including fact sheets on Building Better Relationships, Bullying, Online Behaviour, TXTing/SEXTing.
- ♦ The Line Indigenous Campaign
- ♦ Plus a Blog titled Share The Line. The Line Blogger is a writer, commentator and social media lover, who loves life, people and relationships but realises that in 2010 the boundaries within relationships are more unclear than ever before. Here is where kids can share their own thoughts on relationships and learn from the experiences of others. By doing this they'll help each other understand where different people draw The Line.

Problem Gambling Resource Kit for Health & Welfare Workers

The Problem Gambling Resource Kit has been developed to assist a range of health and welfare workers respond to problem gambling in their day-to-day work. This resource kit addresses the information needs of a range of health and welfare workers, based on the findings of a needs analysis conducted early in the project. The topics covered are the priority areas identified during consultations, and the format has been designed for ease of access and quick navigation.

The kit has also been developed in conjunction with Gamblers Help services. These services are the primary source of problem gambling advice and support, and offer assistance to problem gamblers, people at risk of problem gambling, their friends and families through a Victoria-wide service network.

They also provide a range of services to health and welfare workers to support them in managing clients who may have gambling problems, and to raise awareness of problem gambling issues.

For more information contact Kerry O'Brien on 9296 1294.

Cosentino's Distortions

Thursday 29th July at 7.30pm - Wesley Performing Arts Centre

Australia's own Cosentino presents for the first time ever: Distortions - an intimate and personal cabaret magic show. See him as you've never seen him before, watch as he leads you on a journey through the mysterious and in-depth world of close-up magic and escapes. Cosentino's incredible dexterity, combined with acts of mentalism and intense demonstrations will astound you. Witness first hand staggering acts of mind and body manipulations captured live. A show not to be missed.

Tickets available online at wesleypac.com.au or Harvey World Travel on 5382 6699.

Wail Nursery - Closing Down Sale

All Week from Sunday 20th June to Thursday 24th June

From 9am to 4pm (closed Wed afternoon)

Phone 5389 1733

Nominate a Food Marketing Campaign in the 6th Annual Fame & Shame Awards

The 2010 Fame & Shame Awards are your opportunity to tell Australia's food manufacturers that you are fed up with unhealthy food and drink marketing targeting children.

The Parents Jury are calling on you to tell them about any food and drink advertising or promotional campaigns you have seen this year which target children. This can include TV, radio and print advertising, in-store promotions, on-pack competitions and giveaways, food websites or games, viral marketing, sports sponsorship/endorsements or promotions within schools.

Visit www.parentsjury.org.au/surveys/survey.asp?ContainerID=2010_fame_shame_awards_nominations

More Ideas for Funding

AMP Community Fundraising Program

Funding: Max per grant \$10,000 - ongoing

Purpose: AMP Financial Planners are encouraged to organise a fundraising event in conjunction with a local charity to raise money for a project that will benefit their local community. The AMP Foundation will then match half of what is raised up to \$10,000. For more information visit www.amp.com.au or phone (02) 9257 5334.

The Myer Foundation - G4 Fund (Small Grants)

Funding: Grants are capped at \$5,000 and are generally made for a 12 month period only. The requested amount may be part of a project budget of up to \$30,000. Closes 7th July 2010.

The G4 Small Grants Program only supports small community based organisations.

Purpose: to contribute to the wellbeing of young Australians aged 12-25. For more information visit www.myerfoundation.org.au or phone (03) 9207 3040.

Sunshine Foundation Grants

Funding: Max per grant \$10,000 - minimum per grant \$500. Closes 1st July 2010.

Purpose: to support projects which help alleviate human suffering, attend to matters of social need, advance the frontiers of knowledge and enhance the quality of life. For more information visit www.mutualtrust.com.au or phone (03) 9605 9500.

Dance Extravaganza at Horsham Town Hall

July 3 2010 - Theme 'Come as you were'

Eight couples will vie for the coveted crown of The Last Dance Extravaganza to raise money for the Horsham Town Hall redevelopment. Get your tickets for this entertaining evening at Horsham Rural City Council for \$40.

Learn to Dance with Mark Wilson from Dancing with the Stars.

This will be the last big event held at the Horsham Town Hall before redevelopment.

HACC Training - July Courses

Into to First Aid for Mental Health

Presented by Paula Duffy, MentalHealthWorks Consultancy

Horsham - **Thursday 22nd July from 9.30am to 4.30pm**

Wimmera Hub Conference Room, 39 Urquhart Street

Ballarat - Thursday 15th July from 9.30am to 4.30pm - Sebastopol Bowling Club

This program will cover the symptoms, risks and management strategies for Depression, Anxiety, Psychosis, and Personality Disorders, in order to provide an understanding of behavioural indicators towards mental health issues that may confront HACC workers.

The Professional Supervisor

Presented by Carol O'Meara, Diverse People Solutions

Horsham - Day 1 - **Tuesday July 20th**, Day 2 - **Tuesday August 17th - from 9am to 4.30pm**

Ballarat - Day 1 - **Tuesday August 31st**, Day 2 - **Tuesday October 12th - from 9am to 4.30pm**

This program is designed to provide those in a supervisory role with the knowledge and skills needed for effective team and task management. Goals will be set on each training day, to be analysed and developed at the following workshop. Day 1 and 2 will be offered in 2010, Day 3 will be offered in Semester 1, 2011.

Bookings for both can be done by emailing hacc@bdnh.com.au

RCNA Community and Primary Healthcare Nursing Conference

24th to 26th October - Call for abstracts

This nursing event is proudly organised by RCNA, Australia's peak professional nursing organisation. The RCNA Community Primary Health Care Nursing Conference Scientific Committee is calling for abstracts, reflecting the diversity of practice and research areas, which profile:

- ◆ Models of primary health care
- ◆ Innovation
- ◆ Leadership
- ◆ Future reforms.

The conference streams will be based on the four priority directions for change identified in the draft Primary Health Care Strategy: improving access and reducing inequity; better management of chronic conditions; increasing the focus on prevention; and improving quality, safety, performance and accountability.

For further information contact Margaret Whitrow, Events Manager on 1800 061 660 or email events@rcna.org.au

View the conference details at www.rcna.org.au/conferences/cphcc/welcome

Aboriginal Women Who have Experienced Family Violence Needed for Media Advocacy Training

Have you ever wanted to speak out about family violence? To raise awareness; to challenge the ignorance and indifference of the wider community? Have you felt frustrated by some of the inaccurate or sensationalised reporting of family violence by the media?

The Women's Domestic Violence Crisis Service of Victoria has received funding to expand it's successful media advocacy project to include the voices of women from aboriginal communities who have experienced family violence or who support those who have experienced family violence.

For a copy of an expression of interest form please contact Jane Ashton no 9928 9614 or email jane.a@wdvcs.org.au

Health Professional Survey about Reality Check: the online community of people with Type 1 Diabetes

Health Professionals are invited to take part in a brief, anonymous online survey which will take approximately 10-15 minutes to complete.

The survey is seeking information from people who are:

- ◆ Health professionals with experience of working with people who have Type 1 diabetes; and
- ◆ Familiar with the Reality Check website and online community.

If you are interested in taking part, the research team would welcome your input to this important research. Please visit www.surveymonkey.com/s/rcevaluation

If you have any questions, contact Colleen Clarke at The Type 1 Diabetes Network on 0414 281 539 or email colleen@d1.org.au

Primary Health Weekly Bulletin - 18th June 2010

www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=170610

In this edition:

- ◆ Submissions open: Women's Health and Wellbeing Strategy 2010-2014
- ◆ Gender Impact Assessment: Women and Diabetes
- ◆ Training: Stanford Model of CDSM Leader Training
- ◆ Workshop: Managing falls in the community

In last weeks edition:

- ◆ Survey: ADMA Integrated Chronic Disease Management Clearinghouse
- ◆ Update: Service Coordination Tool Template Revision Project
- ◆ Survey: 'Go for your life' Information Centre
- ◆ Presentation: Squalor and compulsive hoarding

Body Image a Big Concern for Aussie Teens

A recent online survey involving Australian teens aged 12 to 18 years found that 40% of participants had dieted and 71% worried about their body image. The survey of nearly 2000 teenagers, conducted in February by Habbo (www.habbo.com.au) found that:

- ◆ 27% of respondents claimed they were happy when they looked in the mirror.
- ◆ 33% had either had an eating disorder or had known someone with an eating disorder.
- ◆ 50% said yes when asked whether unhealthy body images are depicted in society, 38% said sometimes.
- ◆ 43% of the media and 27% of models were found to be most responsible for promoting unhealthy body images.
- ◆ 33% believed that ensuring healthy sized models and ambassadors are used in all media is the best way to increase awareness about a healthy body image.
- ◆ 31% said that more education was needed in schools to increase awareness and 13% said the showing programs on television that promote a healthy outlook was needed.
- ◆ 36% have experienced bullying about their body image - either personally or through their friends experiences. They believed that it was a main contributor to their insecurities.
- ◆ 51% said that if body image concerns did eventuate into an eating disorder they would try to talk to a family member or friend and see if they can help.
- ◆ 27% said that if they had an eating disorder they would tell a responsible adults, parent, teacher or Counsellor.

The survey suggests that teens in Generate Z are wary of the pressures around them to have a certain type of body image. They realise that the body images being promoted are unhealthy and that to be healthy is not necessarily to be skinny. The concerning thing is that they are still dieting, they are not happy with their own body images and they feel pressure to adhere to what's being promoted in the media and other channels of influence.

Helpline 1300 550 236 or email help@eatingdisorders.org.au

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.

24/6	Quiz Night for Drug Action Week	Horsham	3,4/8	Goal Setting and Care Planning	Ararat
24/6	Seniors Movie Day	Horsham	5,6/8	Victorian Autism Council Conference - Live Stream	Horsham
28/6	Yu-Gi-Oh Tournament	Horsham	12/8	Transitions	Horsham
28,29/6	Mental Health First Aid Course	Nhill	13,14/8	Menopause The Musical	Horsham
28,29/6	The Appreciative Manager: Leading & Mentoring Your Team for Success	Horsham	2/9	Teaching & Learning for Engagement	Horsham
1/7	Rachel Berger in Hold the Pickle	Horsham	5,6/11	Wimmera Mallee Future Living Expo	Horsham
3/7	Dance Extravaganza	Horsham			
6/7	Helping Pregnant Smokers to Quit	Horsham			
6/7	Kutchu Edwards 'Yuyukatha'	Horsham			
12,13/7	Introduction to Health Coaching by Health Professionals	Ararat			
17/7	Driving Miss Daisy	Horsham			
24/7	Dimboola Play	Dimboola			
27/7	Fox - adapted from the book by Margaret Wild	Horsham			
27/7	Liverpool Care Pathways Forum	Ararat			
29/7	Constentino's Distortions	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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