

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



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 26 (2010) - July 1st

## Community Forum to Discuss Disability Access Issues

The Wimmera Health Care Group invites you to attend this community forum!  
 Are you interested in improving accessibility for people with a disability?  
 Do you have any experience with disability issues?  
 Are you interested in improving accessibility for people with disabilities?

The Wimmera Health Care Group is in process of creating a 'Disability Action Plan' and they need your input.

This plan will provide strategies to ensure that the Wimmera Health Care Group takes account of the needs of people with disabilities when planning and delivering services. The Plan will strive to ensure that people with a disability have full access to our services, infrastructure and employment opportunities. The Plan will also encourage full participation of inclusion for people with a disability.

This is your opportunity to have your say - please come along!

**Wednesday 4th August from 10am to 11.30am**

Morning tea provided

Horsham Sports & Community Club - Baillie St Horsham

RSVP to Tony Tuohey on 5381 9338 or email [tony.tuohey@whcg.org.au](mailto:tony.tuohey@whcg.org.au) by Monday 2nd August for catering purposes.

## NAIDOC Week - 4th to 11th July

NAIDOC stands for the National Aboriginal and Islander Day Observance Committee and its origins can be traced to the emergence of Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians. Today NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions of Indigenous Australians in various fields. This years theme is **'Unsung Heroes - Closing the Gap by Leading Their Way.'**

What's happening in Horsham:

- ◆ NAIDOC Day Luncheon - Free lunch (for Aboriginal & Torres Strait Islanders) at Horsham Sports & Community Club for 10 to 18 year olds (soft drinks only) on **Wednesday 7th July from 12.30pm to 2.30pm.** RSVP to Graham by 2nd July on 5381 6301 - transport available.
- ◆ NAIDOC Day Pool Party - free (for Aboriginal & Torres Strait Islanders) for 0 to 9 year olds at the aquatic centre. Kids 3 and under must be accompanied by a parent (will not be free for parent). **Tuesday 6th July from 1pm to 3pm.** Food provided. RSVP to Graham by 5th July on 5381 6301 - transport available.

## 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](mailto:mandi.s@grampianscommunityhealth.org.au) Applications close on Monday 5th July 2010.

## HEALTH PROMOTION COORDINATOR - FULL TIME

### Grampians Pyrenees PCP

12 month contract with the possibility of extension. Salary packaging is available through the employing agency.

The Grampians Pyrenees Primary Care Partnership is seeking to recruit an enthusiastic person to support the integration of health promotion strategies and programs across its members.

The successful applicant will hold a tertiary qualification in public health or equivalent. The position requires an understanding of the Primary Care System in Victoria, the needs of rural people and the principles of community development.

The Health Promotion Coordinator will demonstrate a commitment to collaborative partnerships, between agencies and government and between community service organisations.

The position is based in Ararat, and requires some travel throughout the catchment area of Northern Grampians Shire, Ararat Rural City and the Pyrenees Shire. A car is provided for work related travel.

A position description is available at [www.grampianspyreneespcp.org.au](http://www.grampianspyreneespcp.org.au) or by phoning 5352 6227. All applications should address the Key Selection Criteria in a separate document, cite three current referees, be received no later than Thursday July 15th and be addressed to Stacey Newman, Acting Executive Officer, Grampians Pyrenees Primary Care Partnership, [stacey.n@grampianscommunityhealth.org.au](mailto:stacey.n@grampianscommunityhealth.org.au), 60 High Street, Ararat 3373.

## Wimmera Uniting Care Financial Assistance

### NILS Program

Provides interest-free loans between \$800 and \$1000 for 12 to 18 month terms for individuals or families living on low incomes for the purpose of purchasing essential household items such as whitegoods, hot water services, education equipment, etc. It's a community based program that enables people to access fair, safe and equitable credit for the purchase of goods and services. As at 31st May 2010, 408 loans have been written using the NAB capital in the Wimmera Area. There is still over \$250,000 available to provide assistance to the local Government areas of Horsham Rural City, Hindmarsh Shire, Northern Grampians Shire, West Wimmera Shire, Yarriambiack Shire, Birchip and Donald districts!

### StepUP Program

Is a not-for-profit personal loan scheme which provides loans of up to \$3000 at an interest rate of 3.99% for people who, for a range of reasons, are not able to access mainstream credit to purchase those goods and services many of us take for granted such as a car, fridge, home computer or that much needed dental work.

In addition, based on learnings from these loans products and feedback from our community partners, a matched savings program was developed.

### AddsUP Program

Is a scheme open to people who have successfully repaid their StepUP or NILS loan. Once \$300 is saved, NAB will 'once off' match every dollar up to \$500! For example, a person who saves \$400 in their account will receive an additional \$400 from NAB, taking their savings balance to \$800.

These fantastic Microfinance Programs have only been made possible by a partnership between Good Shepherd Youth & Family Service, Wimmera Uniting Care and NAB.

For more information contact Alison Butler - Loans Officer, Wimmera Uniting Care on 5362 3202 or email [alisonb@wimmera.unitingcare.org.au](mailto:alisonb@wimmera.unitingcare.org.au)

## Women's Health Grampians June 2010 Newsletter

[www.whg.org.au](http://www.whg.org.au) (click on the newsletter link)

In this edition:

- ◆ Dragons Abreast - IBCPC Regatta June 2010
- ◆ Women's Health Grampians welcomes feedback
- ◆ What's on
- ◆ Website review
- ◆ Elder abuse
- ◆ Women's Health & Wellbeing Strategy 2010
- ◆ Ballarat's Great Women

## Granting Men the Opportunity to Build a Shed

Senior Victorian men are encouraged to get involved in their community, with the opening of the fourth round of Men's Sheds funding. The Victorian Government welcomes applications to help meet the cost of building a new shed or modifying an existing building.

Apply online at [www.dpcd.vic.gov.au](http://www.dpcd.vic.gov.au) by 21 July 2010 to receive a grant of up to \$50,000 and support men's health and wellbeing.

## 175 History Grant Project

2010 is the 175th Anniversary of the founding of Melbourne as a city and the first European settlement in what was to become the State of Victoria and to mark this historic milestone the Victorian Government has launched the Victorian 175 History Grant Program. Grants will be available to record, publish and commemorate the origins and founding stories of Victoria's many and diverse communities, including indigenous communities, and the stories behind individuals or organisations that have contributed to our State.

Projects might include on-line projects providing board access to local history information, the preparation and printing of local history books, the recording of accessible oral histories, the preparation and display of travelling exhibitions and the conservation, cataloguing and improved accessibility of documents and objects.

Applications close July 16 and guidelines and application forms are available from [www.prov.vic.gov.au/communitycollections/victoria175](http://www.prov.vic.gov.au/communitycollections/victoria175)

## 'Opening the Gates on Farmer Health' - Conference

**Abstracts close 1st August**

Take this opportunity to be part of this dynamic conference.

- ♦ Promote the expertise in your organisation.
- ♦ Learn about the latest developments in the sector.
- ♦ Share the podium with international keynote speakers.
  - ♦ Professor Kelley Donham, Department of Occupational & Environmental Health, School of Public Health, University of Iowa.
  - ♦ Ms Linda Syson-Nibbs, FFPH, MPhil, BAhons, RMN, RN, HV, Co founder and trustee of the Farming Life Centre in Derbyshire UK
- ♦ Participate in a conference that will highlight the diverse issues that affect farming communities.

The conference will take a cross sectoral approach and abstracts from diverse disciplines are being submitted.

Upload an abstract and register now at [www.farmerhealth.org.au](http://www.farmerhealth.org.au)

Conference Date - **11th to 13th October** - Hamilton

For more information contact Sally Stevenson on 5551 8587 or email [sally.stevenson@wdhs.net](mailto:sally.stevenson@wdhs.net)

## Third Sector Women's Leadership Seminar

**Wednesday 21st July from 9am to 4pm**

Rydges on Swanston, Carlton

The Seminar will bring established and aspiring leaders in Australia's not-for-profit sector together, providing a forum for women to hear from mentors, discuss ideas and network.

The program:

- ♦ Keynote address - Carol Schwarts AM, a leading philanthropist and businesswoman, Chair of Our Community, board member of the Sydney Institute and a director of Social Ventures Australia.
- ♦ Inspiring speakers including Jo Swift, CEO of Kids Undercover and Patrizia Torelli, Chair of OnSide Victoria.
- ♦ An interactive workshop, Leadership Development - Truth or Myth, with SACS Consulting Managing Director Andrew Marty.
- ♦ Networking opportunities with industry colleagues during morning and afternoon tea, and a buffet style lunch.

For more information phone Stephanie on 9248 5175 or email [conferences@gs-press.com.au](mailto:conferences@gs-press.com.au) Places are limited so visit [www.celebratethirdsectorwomen.com.au](http://www.celebratethirdsectorwomen.com.au) to register your interest today.

## Semester 2 Programs for Education Staff Working with Koorie students

G-TEN - Grampians Regional Teacher Education Network

### **Being culturally aware and culturally competent in the Koorie Context**

Aboriginal Cultural Awareness explores some of the basic concepts behind Aboriginal culture and the impacts of trans-generational trauma that has been passed down through the generations. Participants will learn why it is important to have this knowledge and understanding when working with Aboriginal people. The session will explore how we can ensure that our environments and practices are culturally appropriate for both children, parents/caregivers, staff, and what you can do to contribute this by being culturally competent.

Presented by Jamie Lowe & GR Wannik team

**Wednesday 4th August - Horsham and Wednesday 28th July - Ballarat**

From 4.30pm to 6.30pm - cost nil G-TEN member schools \$100

### **Koorie English Literacy Program**

The Koorie English Literacy Program was developed in response to Koorie students coming to secondary school with very low literacy skills, which were inhibiting their academic success. Although the differences between Koorie English and standard Australian English may seem elusive to non-Koories, it is important that teachers, Koorie educators and Koorie students be taught that they are different but that both are valuable.

The program highlights the differences between Koorie and Standard English and shows how each has its own linguistic patterns and how its use depends on where, when and with whom, communication takes place.

The program will address:

- ♦ What is Koorie Literacy?
- ♦ Language, silence, gesture
- ♦ How does speaking the Koorie language impact on the learning of Koorie students?

Presented by Marlene Atkinson, from the Moiduban tribe of the Bangerang people, and a qualified secondary teacher.

**Wednesday 25th August - Horsham and Wednesday 1st September in Ballarat**

From 4.30pm to 6.30pm - cost nil G-TEN member schools \$140

### **Writing IEPs for Koorie Students**

Wannik, Learning Together - Journey to Our Future, DEECD's new education strategy for Koorie Students, requires all government schools to develop an individual education plan (IEP) for every Koorie student. This G-TEN program will ensure you are familiar with the principles and guidelines for developing an individual learning plan and the key elements of an effective IEP individual education plan. Primary Literacy Coaches will present some examples of IEPs they have been using, which comply with the DEECD requirements for an effective IEP, while being of practical value to teachers, parents and students. IEP templates used by other Regions will also be shared.

Presented by Julie Miller & Grampians Region Coaches.

**Thursday 28th October - Horsham and Monday 18th October in Ballarat**

From 4.30pm to 6.30pm - cost nil G-TEN member schools \$100

To register for any of the three programs go to [www.pd-online.com.au](http://www.pd-online.com.au)

## **Elyne Mitchell Rural Women's Writing Award**

Commemorating Elyne's life and work, and has been established to encourage rural women to write their stories.

Categories:

- ♦ Open - women over 25 years of age (\$1000 prize)
- ♦ Emerging writers - women 15 - 25 years of age (\$500 prize)
- ♦ Upper Murray writers - local women residents of either Towong Shire or Tumbarumba Shire over 15 years of age (\$500 prize).

Terms and Conditions:

- ♦ All entries must have a specific reference to an Australian rural experience. Entries may be fiction or non-fiction. The theme for 2010 is 'Successful Journeys'.
- ♦ Entries must not exceed 2,500 words.
- ♦ Every entry attracts a non-refundable fee of \$10.

For more information email [entries@elynemitchell.com](mailto:entries@elynemitchell.com)

## Lymphoma - Twilight Education Session

**Monday 5th July from 6.30 to 8.30pm**

Education Resource Centre, BBH, Ballarat Health Services - Drummond Street North

Dr Geoffrey Chong - Medical Oncologist presents via videoconference on palliative care treatment options and the management of lymphoma.

Angela Meaney from the Leukaemia Foundation will provide information on the support and services that the Leukaemia Foundation can offer this client group.

RSVP to [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au) or phone 5320 3553 for more information.

## If Not Dieting Health Professional 2 day Training Program

**Presented by Dr Rick Kausman**

The If Not Dieting health professional training program assists doctors, nurses, dietitians, psychologists, social workers, and other allied health professionals, to effectively help patients achieve and maintain a healthy weight.

Not only does this exciting workshop draw from the most current world research in the field of weight management and eating behaviour, but incorporates Dr Rick Kausman's 20 years of practical and unique experience in this field, and importantly, from the experiences of thousands of his patients. The content of the training program also has input from other members of the 'if not dieting' team including psychologists, dietitians, a social worker, nurse and physiotherapist.

The training program is full of practical information, delivered through a mixture of formats including a number of eating awareness activities. There will be plenty of time for discussion, and importantly, many patient quotes and stories to help participants to get a strong sense of how patients and clients are feeling about this health issue, in order to support them to make long term sustainable change. Each participant will also receive the 2010 if not dieting training manual containing important references and copies of key journal articles.

**Thursday 2nd and Friday 3rd September from 9am to 4.30pm**

The Treacy Conference Centre, Parkville Melbourne

Early bird rate available to 16th July - \$605

RSVP to Louise Wigg at [louise@ifnotdieting.com.au](mailto:louise@ifnotdieting.com.au) or phone 9482 2106. You can also register and make payment online at [www.ifnotdieting.com](http://www.ifnotdieting.com)

**Keeping the Fire Burning! If not dieting past participants follow up sessions**

**Thursday 21st October from 7.30pm to 9.45pm**

The Treacy Centre, Parkville Melbourne

The if not dieting team is very excited to present 'Keeping the Fire Burning!' a follow up session to the If not dieting health professional training. This session is designed to:

- ♦ Assist in keeping the if not dieting concepts alive in your work and life
- ♦ Hear keynote presentations from experts in the field
- ♦ Provide opportunities to network with other like minded health professionals
- ♦ Hear case studies presented by past participants
- ♦ Q & A with a panel of experts including Dr Rick Kausman, Dr Samantha Thomas and Professor Susan Paxton.

RSVP to Louise Wigg as above.

## Celebrate National Aboriginal and Islander Children's Day - 4th August 2010

All those working with Aboriginal and Torres Strait Islander children are encouraged to celebrate National Aboriginal and Islander Children's Day. This years theme is 'Value My Culture, Value Me'. For more information visit [www.snaicc.asn.au/news/view\\_article.cfm?loadref=8&id=269](http://www.snaicc.asn.au/news/view_article.cfm?loadref=8&id=269)

## Primary Health Weekly Bulletin - 24th June 2010

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=240610](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=240610)

In this edition:

- ♦ Call for abstracts: community and primary health care nursing conference
- ♦ Call for abstracts: opening the gates on farmer health conference.

The Australian Employment Covenant (AEC) is a national industry-led initiative which will bring Australians together to break the vicious cycle of unemployment and poverty and amongst Indigenous Australians. The AEC advocates a 'learn or earn policy' for all Australians who have the capacity to work. Nowhere is this more critical than to those members of the Indigenous community who currently exist on welfare. The AEC is the first initiative of its kind and represents a significant commitment to providing the majority of Indigenous Australians, who are capable of and prepared to work, with a real opportunity to achieve their full potential as productive members of Australian society.

The AEC is a three-way commitment between the Australian Government, Employers and Indigenous people.

#### Goals

1. Short term, skills based training programs based on employers' needs to prepare job seekers for the workforce.
2. The provision of 50,000 workplace mentors, the heroes, to provide support to new workers.
3. Placement of 50,000 Indigenous people into work with sustainable employment.

#### Information for Indigenous Australians

As a participant, you will sign up to the AEC and commit to undertake training and then employment with AEC Employers. Upon meeting the requirements of training and participation, you will be guaranteed a job by a participating employer. Once in the workforce, you will be closely supported by a mentor in a one on one relationship.

#### Information for Employers

This uptake commitment is to accurately reflect the operational needs of your business. That is, the placement of AEC workers is anticipated to fill opportunities that arise in the normal course of business activity and staff turnover. You will work together with the AEC implementation team and Government to determine the specific requirements of training according to skills level and geographic location. Your business will be required to provide support to volunteer workplace mentors whom assist new workers into sustainable employment and offer an immediate contribution to your business.

Visit [fiftythousandjobs.com.au](http://fiftythousandjobs.com.au) or phone 1300 346 325 for more information

**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.

3/7	Dance Extravaganza	Horsham	4/8	Community Forum to Discuss Disability Access Issues	Horsham
6/7	Helping Pregnant Smokers to Quit	Horsham	4/8	Being culturally aware & culturally competent in Koorie Context	Horsham
6/7	Kutcha Edwards 'Yuyukatha'	Horsham	5,6/8	Victorian Autism Council Conference - Live Stream	Horsham
6/7	NAIDOC Day Pool Party	Horsham	12/8	Transitions	Horsham
7/7	NAIDOC Day Free Lunch	Horsham	13,14/8	Menopause The Musical	Horsham
12,13/7	Introduction to Health Coaching by Health Professionals	Ararat	25/8	Koorie English Literacy Program	Horsham
17/7	Driving Miss Daisy	Horsham	11-13/10	Opening the Gates on Farmer Health Conference	Hamilton
27/7	Fox - adapted from the book by Margaret Wild	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
27/7	Liverpool Care Pathways Forum	Ararat			
29/7	Constentino's Distortions	Horsham	2/9	Teaching & Learning for Engagement	Horsham
3,4/8	Goal Setting and Care Planning	Ararat	5,6/11	Wimmera Mallee Future Living Expo	Horsham
24/7	Dimboola Play	Dimboola			

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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