

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 27 (2010) - July 7th

Grampians Region Health Promotion Forum

Tuesday 17th August from 9.30am to 4pm

Halls Gap Valley Lodges and Conference Centre - 406 Grampians Road

Keynote speaker: Mr Peter Gordon - Principal of Gordan Legal, recently presented at the Australian Health Promotion Association 19th National Conference. Peter has been at the forefront of smoking and health litigation in Australia and has worked for asbestos victims for 20 years. A former AFL director, and President of Footscray Football Club, Peter has been a Director of the Victorian Health Promotion Foundation (VicHealth) since 2005 and the Chair of the Australian Community Centre for Diabetes.

Forum includes:

- ◆ Case studies and discussion
- ◆ Workshops
- ◆ Networking opportunities
- ◆ the forum will have the honour of hosting two VicHealth Board members: Mr Hugh Delahunty and Mr Peter Gordon

For a registration form email julian.harvey@health.vic.gov.au or Judith.perkins@health.vic.gov.au

National Youth Week Poster Competition

The theme for National Youth Week 2011 is locked in, and so they are now looking for young designers to design the artwork!

The poster competition is now open to all young people aged 12 to 25 and not already working profession in the design industry. To enter, you need to design a creative poster that incorporates the words 'Own It' - the theme for National Youth Week 2011. Your poster should reflect the fun, celebratory nature of NYW.

The winning entry will be used to promote National Youth Week 2011 across Australia, giving you national attention for your design. Not to mention there is a cash prize of \$2000 for the winner and \$1000 for the runner up.

Last year's winner was 19 year old Andrew Preace from Victoria who's artwork has since been used to promote NYW across Australia, on posters, postcards, community service announcements and the NYW website.

Competition closes Sunday 25th July. For more information visit www.youthweek.com/2010/comps/nyw-poster-competition

Ready for Tomorrow

Ready for Tomorrow: A blueprint for regional and rural Victoria has been released by Victorian Premier John Brumby and Regional and Rural Development Minister Jacinta Allan and can be found at www.rdv.vic.gov.au/about-us/blueprint

This document outlines 5 key strategies:

- ◆ Investing in skills and young people
- ◆ Backing jobs and industry
- ◆ Building infrastructure, connecting communities,
- ◆ Supporting the regional and rural way of life, and
- ◆ Planning better regions - a new partnership.

Grampians Texture

26 February to 3 March 2011 - Halls Gap

Come and join other textile/art enthusiasts for the annual Grampians Texture: part festival - part forum. Fifteen fantastic tutors are offering a range of 2 and 4 day workshops, covering topics of felting, soft sculpture, jewellery, printing, stitching by hand and machine, knitting, book making, fabric and fibre.

Treat yourself to a great experience!

Tutors are Cheryl Bridgart, Teresa Dair, Lynn Ferguson, Jeanette De Nicolis Meyer, Judy Dominic, Philomena Hall, Robyn Henwood, Rose Kingsmill, Anita Larkin, Carolyn Lewin, Felicity Matthews, Rachel Meek, Adele Outteridge, Liz Powell, Emma Shirgwin.

For more information visit www.grampianstexture.com.au

The Centre Scholarship Program

The Centre for Excellence in Child and Family Welfare; funded by Barbara Heine & Alex Sewell Fund; and managed by the Ian Potter Foundation. The Scholarship is for young people known to the Centre's member organisations; under the age of 25 only. Young people can include those who are currently or were previously in out-of-home care, or those who are accessing or have accessed support services from member organisations.

6 scholarships; for 4 young people wanting to engage in university studies and 2 young people intending to undertake a TAFE program. This standard arrangement could be varied at the discretion of the Centre's selection committee. Scholarships are merit-based, non-repayable and open to young people planning to study full-time. A University scholarship is for a maximum of 4 years. A TAFE scholarship is for a maximum of 2 years. Scholarships will be awarded for one course only.

For more information email monica.millgate@cway.asn.au

Horsham Poet's Book Launch

Judy Hazeldene's third book **The Third Verse** will take place at the Horsham Library on **Friday 16th July at 7.30pm**—all welcome

Jude is a Horsham based poet (and member of our HP network) who many would know from her poetry reading across the Wimmera including International Women's day. This is Judy's third collection of poetry published.

Volunteer Tutor Program

Saturday 17th July from 9am to 5pm
Horsham Library, 28 McLachlan Street

The Volunteer Tutor Program helps newly arrived migrants and refugees learn English with a tutor in the home or community location. Come along if you would like to be trained to assist new arrivals in your community who are learning English?

For more information contact Jan Schmidt-Loeliger on 0458 596 260 or email loeliger@vic.chariotnet.au or phone 0419 215 747.

Gene Peterson Live, A Rhythmic Celebration

Friday 6th August from 7.30pm - Wesley Performing Arts Centre Horsham

Witness master musician, Gene Peterson, take percussion to a new level in this phenomenal rhythmic extravaganza. In this exhilarating production, Peterson combines astounding drumming with humorous novelty acts and showcases his ability to make music from kids toys, office equipment, kitchen utensils and junk. Amazing acrobatic, hip-hop and tap dancers from Brisbane's Raw Dance Company and percussion genius Seleni Seluci are also awesome. All the family will enjoy this event.

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

Song of the Soul

A motivational writing workshop for women longing in their hearts to write

Thursday 22nd July - Melbourne

Song of the Soul is for all of us who would love to write a book but...

Author Stephanie Dale will ferry us gently into the realm of the soul, where we will visit that longing and become familiar with the distant call that keeps nagging us to write. Stephanie is an award winning journalist who has dedicated her life to the call of her soul. She is the author of *My Pilgrim's Heart: A woman's journey through marriage and other foreign lands*, which is enjoying its second print run. Her second book, *Hymn for the Wounded Man* will be published later this year.

Join in an afternoon of conversation, inspiration and motivation as you explore the Song of the Soul.

Bring with you a notebook and pen and get ready for a journey to wherever your pen takes you!

For more information and to register visit www.trybooking.com/GBV or email inforequests@wire.org.au

Helping Someone with Post-natal Depression

Helping family, friends and partners

Tuesday 27th July from 1.30pm to 3.30pm in Melbourne

Hosted by Helen Rimington, this seminar looks at depression generally, the transition to parenting and common experiences and recovery stories. We will also look at the impact on families and provide a range of strategies that people around the person with depression may use in order to look after themselves and the person they care about.

Helen is the Director of Family Wellbeing at Drummond Street Services. She has worked with parents for 10 years and currently works as a parenting educator with an interest in mental health and a casual trainer at BeyondBlue. Helen's background is in education, mental health and she has a special interest in families. Helen has two children herself and delivers the session with humor and a relaxed style.

This session is designed for people around people with post natal depression.

For more information and to register visit www.trybooking.com/GBV or email inforequests@wire.org.au

HACC Training

Intro to First Aid for Mental Health

Presented by Paula Duffy, MentalHealthWorks Consultancy

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

Ballarat - **Thursday July 22nd 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. Suitable for all HACC workers. Cost \$33.

The Professional Supervisor

Presented by Carol O'Meara, Diverse People Solutions

Horsham - Wimmera HUB

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

Ballarat - Sebastopol Bowling Club

Tuesday August 31st from 9am to 4.30pm, 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 workshop. Day 3 will be offered in Semester 1, 2011.

Goal Setting & Care Planning (Full 2 day training program)

Presented by Dr Jean Tinney, Cluaida Meyer, Jenny Schwarz & Janet Cobden under the auspices of the National Ageing Research Institute

Ararat - August 3rd & 4th from 9.30am to 4.30pm

The aim of this program is to equip participants with the skills to use consistent, strategic and reflective approaches to goal setting and care planning.

To RSVP or for more information on any of this training email hacc@bdnh.com.au

Reducing Hospital Readmissions & Discharge Planning Conference

Identify, Predict and Prevent Unplanned Readmissions - **26th & 27th July - Melbourne**

A practical, case-study lead conference covering:

- ◆ Strategies for reducing the risk of unplanned readmissions.
- ◆ Measuring and analyzing readmission rates.
- ◆ The impact of e-health implementation on readmission rates.
- ◆ Reducing readmissions of elderly patients.
- ◆ Chronic disease management in the community.
- ◆ Medication management initiatives.
- ◆ The role of hospital pharmacists.
- ◆ Discharge planning in rural areas.
- ◆ The role of GP Superclinics.
- ◆ Discharge planning for drug and alcohol patients.
- ◆ Remote patient monitoring.
- ◆ The legal implications of early discharges and much more.

Register now by visiting www.iir.com.au/readmissions/dm or email info@iir.com.au

\$695,000 for Veterans' Affairs

Recently it was announced that \$695,413 in funding will support initiatives that promote good health and wellbeing for veterans and widows across Australia. The funding, made available through the Australian Government's Veteran & Community Grants program, would benefit some 11,600 members of the veteran community. The money will go to initiatives such as Men's Sheds, Day Clubs and the social activities organised by RSL sub branches - which all make a big difference to veterans lives. Also initiatives that encourage healthy, social and active lifestyles for the veteran community will benefit.

Local and community organisations interested in applying for funding should visit www.dva.gov.au/grants or contact their nearest DVA office on 133 254 or 1800 555 254.

Mental Health First Aid Course

21st & 22nd July from 9am to 3.30pm

Department of Education & Early Childhood Development, 109 Armstrong Street North, Ballarat

First aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

For more information on the course visit www.mhfa.com.au - to register for this course email annew@bhs.org.au or phone Anne Watson on 5320 3030.

Catalpa

Wednesday 4th August from 7.30pm - Wesley Performing Arts Centre, Horsham

In 1876 six Fenian prisoners were liberated from Fremantle Prison in Western Australia. The True story of the whaling ship Catalpa, and her astonishing captain George Anthony, has been described as one of the most extraordinary prison escapes of all time. A mission that spanned the globe and culminated in the rescue of six Irish political prisoners from Fremantle Prison in 1876.

A little known chapter of Australian convict history, this richly lyrical show builds into an astonishingly gripping tapestry, a ripping yarn brought to life by word and sound alone.

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

Third Sector Women's Leadership Seminar

Wednesday 21st July from 9am to 4pm - Carlton

The Seminar will bring established and aspiring leaders in Australia's not-for-profit sector together. It is a must-attend event for anyone interested in the development of women's leadership in Australia's not-for-profit sector. The program includes a keynote address by Carol Schwartz AM, a leading philanthropist and businesswoman and Chair of Our Community, Jo Swift, CEO of Kids Undercover and Patrizia Torelli Chair of OnSide Victoria will also speak at the event.

For further details and to register visit www.celebratethirdsectorwomen.com.au

Stroke of Genius

Put on your thinking cap and help make stroke a thing of the past.

The National Stroke Foundation is 'celebrating the brain' and the genius inside us all with the launch of Stroke of Genius, a new fundraising campaign. Stroke of Genius is an online competition inviting Australians to share their bright ideas. A Stroke of Genius is an idea, big or small and when it strikes, can change our lives forever.

Enter your Stroke of Genius idea to be in the running to win one of the fabulous prizes on offer including:

- ♦ A luxury holiday to Thailand
- ♦ An apple Macbook Pro or
- ♦ 1 of 4 Nintendo DS Consoles and Brain Training packs.

The public will vote online to determine Australia's favourite Stroke of Genius. Every vote made requires a \$1 donation to the National Stroke Foundation.

Submit your Stroke of Genius idea now, its free to enter and the competition closes 31st July 2010.

Stroke is not only a debilitating loss of brain function and control, but it is a loss of ideas and a loss of the future.

To find out more visit www.strokeofgenius.com.au

Fighting Fair (Level 1)

Mediation and conflict resolution Training - Melbourne
August 19 & 20

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills be presented and practiced. The course can be utilised in many different areas of conflict e.g. client work, workplace disputes and interpersonal conflict.

The training is endorsed by the Australian Association of Social Workers and the Australian Psychological Society.

Learning outcomes:

- ♦ Identify factors contributing to possible causes of conflict and barriers to resolution.
- ♦ Identify the different levels of conflict and approaches to conflict situations.
- ♦ Identify the conditions under which mediation is an appropriate intervention and how it differs from the counselling process.
- ♦ Identify where mediation fits as an alternative dispute resolution process.
- ♦ Identify the skills, qualities and attitudes that a mediator requires.
- ♦ Identify the underlying concepts and principles of the mediation process.
- ♦ Identify and demonstrate an understanding of the 5 stage mediation model.
- ♦ Identify the various cultural considerations when mediating with culturally and linguistically diverse or Indigenous communities/families.
- ♦ Identify and demonstrate characteristics of a mindful mediator.

For more information visit www.fightingfair.com.au

The Artistry of Facilitation: Training Groups

September 15 & 16 - South Yarra

The Artistry of Facilitation is an engaging and dynamic 2 day course that will assist workers to explore the theory and practical aspects of facilitating training groups. The course will ensure workers have the knowledge, practical skills and confidence in preparing, delivering and reviewing training sessions. The training will also focus on becoming an artist of facilitation - in particular, the subtle techniques and aspects of facilitation.

For more information visit www.groupfacilitation.com.au or email scott@groupfacilitation.com.au

Primary Health Weekly Bulletin - 2nd July 2010

www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=020710

In this edition:

- ♦ 'Go for your life' promoting physical activity for all abilities resource.
- ♦ Training: supporting same-sex attracted women from immigrant and refugee communities.
- ♦ Foundation House training calendar - semester 2 2010
- ♦ Training: Recognise and respond to family violence

'Motivation' by Lisa Cosson

Cultivating what gives you joy

The easiest way to identify what our heart wants is to examine the feelings that surface when we relate to that subject. Do you find solace when picking up your journal to write a daily reflection? Does time spent with your family thrill you to tears? What feelings arise when you chase own the things that make your heart flutter?

True happiness comes when we routinely engage in positive activities that we love. Take a look at your life as a whole. Pursue the things that make you feel alive and fill you with joy and healthy balance.

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it!

- Goethe

Getting out of your comfort zone

Trying new things can give you a real zest for life. Pushing beyond your comfort zone in a responsible way helps you grow confidence and creativity that you can apply to your everyday life. Do not let fear control what you do (or don't do).

While taking risks can be scary, doing nothing is a big mistake, as it produces nothing fruitful within you. There is a direct relationship between the things that we achieve and the effort we put forth to obtain them. To reach the fruit, you have to climb the tree first!

And then the day came, when the risk to remain tight in a bud was more painful than the risk it took to blossom.

- Anais Nin, Danish diarist

Lisa Cosson - 0418 106 439, email l.cosson@westvicdiv.asn.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.

12 & 13/7	Introduction to Health Coaching by Health Professionals	Ararat	5,6/8	Victorian Autism Council Conference - Live Stream	Horsham
16/7	Horsham Poet's Book Launch	Horsham	6/8	Gene Peterson Live, A Rhythmic Celebration	Horsham
17/7	Volunteer Tutor Program	Horsham	12/8	Transitions	Horsham
17/7	Driving Miss Daisy	Horsham	13,14/8	Menopause The Musical	Horsham
20/7	The Professional Supervisor - Day 1	Horsham	17/8	Grampians Region Health Promotion Forum	Halls Gap
22/7	Intro to First Aid for Mental Health	Horsham	17/8	The Professional Supervisor - Day 2	Horsham
24/7	Dimboola Play	Dimboola	25/8	Koorie English Literacy Program	Horsham
27/7	Fox - adapted from the book by Margaret Wild	Horsham	2/9	Teaching & Learning for Engagement	Horsham
27/7	Liverpool Care Pathways Forum	Ararat	11-13/10	Opening the Gates on Farmer Health Conference	Hamilton
29/7	Constentino's Distortions	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
3,4/8	Goal Setting and Care Planning	Ararat	5,6/11	Wimmera Mallee Future Living Expo	Horsham
4/8	Catalpa	Horsham	26/2	Grampians Texture	Grampians
4/8	Community Forum to Discuss Disability Access Issues	Horsham			
4/8	Being culturally aware & culturally competent in Koorie Context	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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