

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 28 (2010) - July 14th

Last Free Course Through WPCP for 2010

YOUTH MENTAL HEALTH FIRST AID

2 Day Course

(attendance is required on both days)

The course covers the following crisis situations and mental health problems:

- Suicidal behaviours
- Self-harm
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviours

Mental Health problems covered:

- Depression
- Anxiety disorders
- Psychosis
- Substance use disorders
- Eating disorders

The Youth Mental Health First Aid Course looks at how the Mental Health First Aid Action Plan can be applied to a range of mental health problems and mental health crisis situations in adolescents. Its aim is to guide adults in how to provide initial support to adolescents and assist them to get appropriate professional help.

This workshop is FREE however \$50 will be charged for non-attendance to ensure places are used.

YMHFA 2 Day Course
Thursday 12th and
Friday 13th August 2010

Golden Grain Motor Inn
6 Dimboola Road, Horsham

From 9am to 5pm

Parking next door behind car wash -
gate through to Motor Inn.

RSVP by 30th July 2010

pcpadmin@grampianscommunityhealth.org.au

Or phone 5362 1222

Funded by Wimmera Primary
Care Partnership



Wimmera Counsellors Directory

The Wimmera Counsellors Directory is currently being updated by Wimmera Primary Care Partnership. If you would like to have your details included in the Directory which features Social Workers, Counsellors and Psychologists from the surrounding areas please send Kellie an email at pcpadmin@grampianscommunityhealth.org.au

Once completed the Directory will be forwarded with a Wimmera PCP Newsletter and will be available on the Wimmera PCP Website.

Horsham Poet's Book Launch

Judy Hazelden invites anyone who appreciates poetry to join her for the informal launch of her third book **The Third Verse** at the Horsham Library on **Friday 16th July at 7.00pm**

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.

PLEASE NOTE THE TIME CHANGE FROM LAST WEEKS NEWSLETTER

Value My Culture, Value Me

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

When children know their culture is valued, they know that they are valued. Let's give them every opportunity to experience and connect with the richness of their culture - and build a strong sense of self from the start.

Show your support for National Aboriginal and Islander Children's Day by holding and registering an event at www.snaicc.asn.au/children or download a registration form and fax it to (03) 9489 8044. Visit the website also to order your launch kits; download activity sheets and additional resources and to find out more about NAICD.

Fair Go, Racism is Not Funny, Play By the Rules

Following a series of racial comments both in rugby league and AFL over recent weeks, the head of one of sport's premier 'fair play' programs is concerned the problem runs far deeper than a few wisecracks. Any comment that is derogatory, insulting or offensive is disrespectful and saying it as a joke is no defence and that everyone in sport has a responsibility to see that their sport is welcoming and inclusive.

Racism is hurtful, damaging and pointless - and it can also be lawful. There's no place for it in sport and sport offers a wonderful opportunity to put our differences aside and engage in friendly and sometimes fierce competition with people regardless of their backgrounds, skin colours or the language they speak - sport can be a great leveler.

Play By The Rules offers online training, information and resources for clubs and sporting organisations to ensure everyone involved in sport can do so in enjoyable, safe environments, free from discrimination or harassment. The website is a unique partnership between the Australian Sports Commission, Australian Human Rights Commission and all state and territory sport and recreation and anti-discrimination agencies.

For more information visit www.playbytherules.net.au

Go for your life Global Children's Challenge

The Global Children's Challenge is a health initiative designed to get children from all over the world active, and instill in them the habit and importance of daily exercise for the rest of their lives. Facilitated by teachers within classrooms, the Global Children's Challenge empowers children to change their relationship with exercise, their bodies and the environment.

The benefits extend beyond making exercise easy and fun - it could compliment the curriculum, covering everything from geography and social studies to history and technology.

The challenge is for Grades 4-6 and is completely free with no cost incurred by the Government, school, child or parent. This is possible as the program has been sponsored by the Global Corporate Challenge.

The aim is to involve 25,000 Victorian school children. The Global Children's Challenge starts on 22 September 2010.

Find out more at www.gccjunior.org

Accommodation and Care for Older People in Victoria - Grant

To provide accommodation and care to older people in Victoria. The program funds projects in Victoria which support older people through:

- ◆ Building and refurbishment costs and costs of equipment associated with the provision of accommodation for older people.
- ◆ Assisting the aged disadvantaged to achieve a better quality of life.

Max grant \$20,000. Preference will be given to projects in rural Victoria and those with demonstrated community support. Some preference will be given to rural Victoria and provincial cities.

Organisations which provide accommodation and care for older people can apply.

Visit www.anz.com.au/personal/private-bank-trustees/trustees/apply-grant/trusteesprograms

'Go for your life' Newsletter

Available at www.goforyourlife.vic.gov.au/gfylnews

- ◆ Promoting Physical Activity for All abilities.
- ◆ Active Girls Breakfast.
- ◆ Healthy goals grow healthy kids.
- ◆ Kinds in the kitchen

Ride Away from Diabetes

Ride Away from Diabetes is a unique opportunity for participants or graduates of a Life! Taking Action on Diabetes course to improve their fitness and wellbeing and accomplish a personal achievement - completing the Great Victorian Bike Ride.

The successful applicants will be supported to prepare and then participate as a team in the Great Victorian Bike Ride in a fun and supportive environment - at no cost. 4000 riders will cycle through picturesque landscape in central Victoria from 27 November to 5 December 2010. All meals and camping accommodation will be provided free along with support to achieve your goal, discounted YMCA membership and a team cycle jersey, total value over \$900.

For more information visit www.diabetesvic.org.au/Getinvolved/Fundraisingevents/GreatVictorianBikeRide2009/tabid/350/Default.aspx

Walking Area Coordinator Training

Are you a professional interested in administering walking groups in your area? Or would you like some additional support to make your existing groups more sustainable and less time intensive? We can help you to set up and maintain walking groups in your local community. As an Area Coordinator, you will receive training, ongoing assistance, support and resources from the Heart Foundation.

- ♦ An easy effective and cost-efficient way to implement walking groups in your community.
- ♦ An active role in increasing regular physical activity in Australia to prevent potential health problems.
- ♦ A step-by-step guide to implement a quality, sustainable and proven program - 80% retention rate of walkers.
- ♦ A wide range of resources to establish and maintain walking groups in your community.

Thursday 12th August from 10am to 12 noon

Heart Foundation, Melbourne

To book phone Tara on 9321 1515 or email tara.henderson@heartfoundation.org.au

Bowel Cancer - Polyps and All

Prevention, screening, diagnosis and management of bowel cancer workshops for General Practitioners and other Health Professionals.

Wednesday 28th July from 6.30pm to 9pm

Baxter Theatre, ERC Ballarat Health Services Drummond St, North Ballarat

Almost 90% of bowel cancers can be cured if detected at an early stage. Despite this more than 1,000 Victorians lose their lives to the disease each year - a figure that is over three times the state road toll.

The workshop will answer questions like:

- ♦ What is the National Bowel Cancer Screening Program?
- ♦ What role does general practice play in the NBCSP?
- ♦ How effective are FOBTs in detecting bowel cancer?
- ♦ What are the current clinical practice guidelines for colorectal cancer?
- ♦ What are potential clinical issues around treatment and investigation of bowel cancer?
- ♦ How can we communicate and promote prevention messages to patients?

Guest speakers will include Mr Bruce Stewart - Colorectal Surgeon, Dr Ian Hamilton - Gastroenterologist and Jacqui Harvey, Community Health Nurse.

RSVP by Thursday 23rd July to Philippa Davis on 9635 5049 or email Philippa.Davis@cancervic.org.au

Back Care Training

August 10th from 1pm to 4pm - Ballarat - Coinda Centre, Learmonth Rd Wendouree

Presented by Juliette Choong, Ballarat Community Health Centre

Back care covered: no lift Policy, Getting in and out of the car safely, bending, stretching simple back care exercise.

Suitable for all HACC staff - \$11 (for HACC staff)

RSVP to hacc@bdnh.com.au

HACC Training

Dementia Education for Direct Care Workers

Ararat - Tuesday September 14th from 1pm to 4pm - Ararat RSL, Red Poppy Function Room

Presented by Andre Italia, Alzheimers Australia, Vic - Suitable for Community Care Workers, planned activity groups and lifestyle staff - Fee \$11 for HACC staff

Meaningful Activities for Men

Ararat - September 15th from 9.30am to 12.30pm - Ararat RSL, Red Poppy Function Room

The aim of this session is to provide support and inspiration for ideas and activities which encourage communication and new ways of engaging men living with dementia. Case studies and examples will be used.

Presented by Andre Italia, Alzheimers Australia - Suitable for Diversional Therapists, planned activity groups and lifestyle staff - Fee \$11 for HACC staff

Referring to Allied Health Services

Horsham - November 2nd from 9am to 12.30pm - Venue to be confirmed

Ballarat - November 3rd from 9am to 12.30pm - Ballarat Learning Exchange, 36 Camp Street Ballarat

This program is designed to clarify the roles of occupational therapy, physiotherapy, dietician, speech pathology, podiatrist and counselling. Allied Health Professionals will explain who their key targets are, how they prioritise urgency and how HACC staff can best refer clients to them. - Fee \$11 for HACC Staff

Professional Boundaries

Horsham - October 27th from 9am to 12 noon - Wimmera HUB

Ballarat - November 4th from 9am to 12 noon - Sebastopol Bowling Club

Through case scenarios workers will have the opportunity to workshop how to maintain professional boundaries with HACC clients and their families. Workers are encouraged to bring their own 'boundary dilemmas' to actively problem solve during the training.

Key content: What are professional practice boundaries? Organisational policies and procedures that guide HACC; the helping domain - balancing caring and independence; knowing your limitations - when to say no; tools to maintain effective practice boundaries.

Presented by Kim Repcak, Sensory Education & Advocacy Services - suitable for all HACC workers including volunteers - Fee \$11 HACC staff.

Working with the Sensory-Impaired

Horsham - October 27th from 1pm to 4pm - Wimmera HUB

Ballarat - November 4th from 1pm to 4pm - Sebastopol Bowling Club

The aim of this program is to provide home care staff with information and experiential learning activities to assist them in supporting people with sensory loss.

Key content: awareness of the 4 main age related eye conditions; understanding of the impact each condition has on a person's daily living; utilising rehabilitation strategies to assist and support people with daily tasks; communication techniques when supporting a person with sensory loss; awareness of the sighted guide technique used to support and guide a person with sensory loss.

Suitable for all HACC workers including volunteers - fee \$11 for HACC workers.

Natural Relaxation Techniques

Ballarat - September 8th from 9.30am to 12.3pm - Sebastopol Bowling Club

Presented by Meredith Brain, registered Massage Therapist. This program is designed to assist with de-stressing and relaxation.

Key content: breathing techniques, aromatherapy, massage and Chi Gong for personal health.

Suitable for all HACC staff - fee \$11

**To book for any of these sessions or any questions email hacced@bdnh.com.au
or phone Michelle Graffeo on 5334 1500**

2nd Annual International Arts & Health Conference

16 - 19 November 2010 - Melbourne

The Art of Good Health and Wellbeing, 2nd Annual International Arts & Health Conference will present best practice and innovative arts and health practice and programs, examples of effective healthcare promotion, methods of project evaluation and data from scientific research. This year's Conference will include a focus on arts and health programs and health promotion for children and youth; the built environment, design and health; while maintaining a core focus on mental health and creative ageing.

For more information visit www.artsandhealth.org/

Building Inclusive Sports Grants 2010 - 2012

The Building Inclusive Sport Grants aim to develop new inclusive and innovative sport and recreation opportunities for people with a disability in Victoria. The grants will support new ideas and solutions that encourage greater participation in sport & recreation.

Grants of up to \$80,000 over two years are available for projects targeting people with a disability to develop new mainstream, ongoing participation opportunities and pathways; develop new active sport and recreation opportunities for people with a mental illness or an Autism Spectrum Disorder; and create new volunteering opportunities in areas such as coaching, officiating, governance and administration.

Applicants must adopt a partnership approach, with at least one Access for All Abilities provider, and the project must be a new innovative idea or strategy that has the potential to be replicated if successful and will be sustainable beyond the life of the two year funding.

For more information and to make an application visit www.dpcd.vic.gov.au/web18/dvcgrants.nsf/AllDocs/CEDEAOC903390DE6CA25773400088A54

ANZ Staff Foundation Grants

The ANZ Staff Foundation aims to fund small projects (preferred amount of up to \$5000) in the following areas:

- ◆ Skills and independence: give people the skills to manage their lives and provide them with independence.
- ◆ Environment: assist communities to conserve resources and protect the environment.
- ◆ Local initiatives: innovative projects from local community organisations.
- ◆ Capacity building: to assist organisations to build their capacity (especially in rural areas).

Further information can be found at www.anz.com.au/aus/aboutanz/Community/Programs/STaffFound.asp

R E Ross Trust Grants

There are no maximum or minimum amounts for which grants may be sought but the vast majority of grants made are under \$30,000. To be eligible to apply, the applicant must:

- ◆ Be an organisation; applications will not be accepted on behalf of individuals;
- ◆ Have an ABN; and
- ◆ Be operating in Victoria or proposing to use the grant funds for the benefit of Victorians.

For more information visit www.rosstrust.org.au

The Global Fund for Women Grants

To support women's groups that advance the human rights of women and girls. Funding ranges from \$5000 to \$50,000 per year for operating and re-granting expenses. First-time grant awards generally range from \$5000 to \$25,000 per year.

For more information visit www.globalfundforwomen.org/apply-for-a-grant

Primary Health Weekly Bulletin - 9th July 2010

www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=090710

In this edition:

- ◆ Forum: leadership in challenging times
- ◆ New resource: outcomes from the VIEW 2010 workshop
- ◆ Conference: COTA living longer living stronger

Rural Health Continuing Education Stream Two Grants

The Rural Health Continuing Education program, funded by the Australian Government through the Department of Health and Ageing, supports qualified health professionals living and working in rural and remote Australia to undertake continuing professional development activities.

Stream Two is to provide grants for continuing professional development, multi-disciplinary training or Inter-Professional Learning and orientation activities that meet the needs of Aboriginal and Torres Strait Islander Health Workers, allied health professions, general practitioners and nurses and midwives living and practicing in rural and remote areas of Australia.

Further details, including guidelines, priorities and the application forms, are available on the RHCE website at www.rhce.ruralhealth.org.au

Questions can be directed to RHCE@ruralhealth.org.au or Freecall 1800 987 440.

Grampians Region Health Promotion Forum

Tuesday 17th August from 9.30am to 4pm

Halls Gap Valley Lodges and Conference Centre - 406 Grampians Road

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

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.

16/7	Horsham Poet's Book Launch	Horsham	12&12/8	Youth Mental Health First Aid	Horsham
17/7	Volunteer Tutor Program	Horsham	13,14/8	Menopause The Musical	Horsham
17/7	Driving Miss Daisy	Horsham	17/8	Grampians Region Health Promotion Forum	Halls Gap
20/7	The Professional Supervisor - Day 1	Horsham	17/8	The Professional Supervisor - Day 2	Horsham
22/7	Intro to First Aid for Mental Health	Horsham	25/8	Koorie English Literacy Program	Horsham
24/7	Dimboola Play	Dimboola	2/9	Teaching & Learning for Engagement	Horsham
27/7	Fox - adapted from the book by Margaret Wild	Horsham	14/9	Dementia Education for Direct Care Workers	Ararat
27/7	Liverpool Care Pathways Forum	Ararat	15/9	Meaningful Activities for Men	Ararat
29/7	Constentino's Distortions	Horsham	11-13/10	Opening the Gates on Farmer Health Conference	Hamilton
3,4/8	Goal Setting and Care Planning	Ararat	27/10	Working with Sensory Impaired	Horsham
4/8	Catalpa	Horsham	27/10	Professional Boundaries	Horsham
4/8	Community Forum to Discuss Disability Access Issues	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
4/8	Being culturally aware & culturally competent in Koorie Context	Horsham	2/11	Referring to Allied Health Services	Horsham
5,6/8	Victorian Autism Council Conference - Live Stream	Horsham	5,6/11	Wimmera Mallee Future Living Expo	Horsham
6/8	Gene Peterson Live, A Rhythmic Celebration	Horsham	26/2	Grampians Texture	Grampians
12/8	Transitions	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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