

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 29 (2010) - 21st July

## Wimmera Fun Run - Community Fun Run/Walk

**Sunday 15th August** - Anzac Park Warracknabeal  
9am - 9.45am Registration - 10am Start

Individual and team entry - 3km, 5km and 7km course  
Age groups: 12 & under, 16 & under, 17+ and 50+

Registration on the day or at Fagan Auto 26 Wool Cock Street or  
Jono & Johno 140 Scott Street in Warracknabeal.

Team entries: four people per team. All team members must compete in the same event. Winners will be the team with the best average time. Team members are still eligible for individual prizes.

## Horsham North News

North Foundry Gardens Working Bee - **25th July 2010**

Northfest - Family Fun Festival - **Saturday 13th November 2010**

For more information contact the Horsham Community Action Centre on 5381 2077 or email [davet@hcac.com.au](mailto:davet@hcac.com.au)

## Youth Mental Health First Aid

2 Day Course - **Thursday 12th & Friday 13th August - 9am to 5pm**  
Horsham Fire Station  
(please note change of venue from Golden Grain Motor Inn)

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.

The cost of this workshop is covered by Wimmera Primary Care Partnership.

RSVP by 30th July to [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au) or phone 5362 1222.

## Elder Abuse Community Information Sessions

**Horsham** - Thursday 2nd September

**Nhill** - Wednesday 1st September

**Edenhope** - Wednesday 1st September

**Warracknabeal** - Tuesday 31st August

**Ararat** - Thursday 19th August

**Ballarat** - Tuesday 24th August

Information sessions for members of the community and carers.

To register or for more information contact Loki McIntyre on 5352 6200 or email [loki.m@grampianscommunityhealth.org.au](mailto:loki.m@grampianscommunityhealth.org.au)

## 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.

## Life after Cancer

Free forums for people who have completed cancer treatment, and their family and friends.

**Horsham - Tuesday 17th August** - Horsham Sports & Community Club, 179 Baillie St

**Ararat - Monday 16th August** - Chalambar Golf Course, Golf Links Road

From 5.30pm to 8.30pm

These interactive forums with health professionals will cover:

- ◆ Coping with feelings after treatment
- ◆ Returning to a 'new normal' after cancer
- ◆ Exploring reactions and needs of those close to you

Call 131120 or email [cis@cancervic.org.au](mailto:cis@cancervic.org.au) to register your interest today. Registration essential.

## When Cancer Wont Go Away

Free forums for people whose cancer has advanced, and their family and friends.

**Horsham - Tuesday 17th August** - Horsham Sports & Community Club, 179 Baillie St

**Ararat - Monday 16th August** - Chalambar Golf Course, Golf Links Road

From 10am to 1pm - Lunch will be provided

These interactive forums with health professionals will cover:

- ◆ Treatments and medical support
- ◆ Living with uncertainty
- ◆ Financial and legal issues
- ◆ Support services

Call 131120 or email [cis@cancervic.org.au](mailto:cis@cancervic.org.au) to register your interest today. Registration essential.

## The Dimboola Play

Presented by Raising Dust Inc.

**July 24th at 7.30pm** - Dimboola Football Clubrooms

Tickets: \$60 members, \$70 non-members - Includes entry, 3 course meal, complementary drink on arrival and wine throughout the evening.

Come and see Australia's most performed play in its hometown.

Dress 1950's Formal - drinks at bar prices

One bus running \$20 from Stawell and Ararat and \$10 from Horsham

RSVP's to [rsvp@raisingdust.com.au](mailto:rsvp@raisingdust.com.au) or phone 0435 623 845

For more information visit [www.thedimboolaplay.com](http://www.thedimboolaplay.com)

## 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 28th July - Horsham

Please note the change of date from 4th August

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)

## All Indigenous Steering Group

Expressions of Interest are currently sought from Aboriginal and Torres Strait Islander people living in Victoria. Three positions are available on a twelve person, all Indigenous Steering Group. The steering group will oversee the development of a conceptual framework and program methodology that will support Aboriginal and Torres Strait Islander Victorians to strengthen culture.

Express your interest by completing an application form at [www.aboriginalaffairs.vic.gov.au](http://www.aboriginalaffairs.vic.gov.au) by July 30th.

If you have any questions please contact Alana Marsh at [Alana.marsh@dpced.vic.gov.au](mailto:Alana.marsh@dpced.vic.gov.au)

## Applied Suicide Intervention Skills Training (ASIST) Version X

25th & 26th August from 9am to 5pm

Seminar Room 2, QE Centre, Ascot Street South, Ballarat

Are you ready, willing and able to intervene in a suicide? Do you need to learn suicide first-aid?

This is a two day intensive, participatory course which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

ASIST was developed by Livingworks and training has been widely used in Australia since 1995. ASIST is also used in many other countries including Canada, Norway, the USA, NZ and the UK. Find out more at [www.livingworks.org.au](http://www.livingworks.org.au)

The outcome - be better prepared to:

- ◆ Recognise the invitation to help
- ◆ Reach out and offer support
- ◆ Review the risk of suicide
- ◆ Link with community resources
- ◆ Work with persons at risk to develop a safe plan

RSVP to Ann Watson at [anew@bhs.org.au](mailto:anew@bhs.org.au) or phone 5320 3030.

## Feedback on Potential Boundaries for Medicare Locals & Local Hospital Networks

Nicola Roxon has announced the public release of the final version of Carla Cranny's report on Primary Health Care Organisations boundaries, commissioned by AGPN. The full report is now available for download from the YourHealth website [www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/Content/AGPNSubmission](http://www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/Content/AGPNSubmission)

The Commonwealth is now beginning community consultations on these draft boundaries; at the same time the boundaries of Local Hospital Networks are currently being negotiated between the Commonwealth, States and Territories. States and Territories will also consult with stake holders LHN boundaries. Following this initial consultation phase (closing 30th September) the Commonwealth, States and Territories will produce a combined set of government-endorsed LHN and PHCO boundaries for further consultation. The Commonwealth and States and Territories have committed to finalising and agreeing the Medicare Local Boundaries and the Local Hospital Network Boundaries by the end of 2010.

Submissions on both Medicare local and Local Hospital Network boundaries can be provided via the web at [www.yourhealth.gov.au/medicarelocal](http://www.yourhealth.gov.au/medicarelocal)

## Mental Health Hotline Opens

All Victorians now have access to a 24 hour Government Mental Health Advice Line. One in five Victorians are affected by mental illness each year and many more will feel its impact through family, friends and colleagues.

The service is for people who can't put a name to their experience but know that something's not right and don't know where to get help and information. For example, it could help a father who is concerned his daughter might have an eating disorder, or the daughter who doesn't know how to handle her dad's forgetful and erratic behaviour.

People who have a mental health issue or concern for their family or friends can call the line for fast access to reliable information and referrals from trained mental health professionals.

The Mental Health Advice Line can be contacted on 1300 280 737 for the cost of a local call from anywhere in Victoria. Visit the Mental Health Advice Line Website at [www.health.vic.gov.au/mhal](http://www.health.vic.gov.au/mhal)

## Welfare Rights Unit - Centrelink Help

The Welfare Rights Unit is funded by the Commonwealth Government to support people with Centrelink issues. It provides FREE independent advice on ANY Centrelink matter, including payments, entitlements and appeals.

For telephone advice ring 9416 1111 or 1800 094 164, Monday to Friday from 9.30am to 12.30pm or email [welfare@welfare.org.au](mailto:welfare@welfare.org.au)

## An Introduction to Working with Individuals Who Self Abuse

**4th & 5th November or 8th & 9th November**

Mildura Rural City Council, Committee Room - 76 Deakin Ave

\$330 - light refreshments and lunch will be provided.

For more information contact Di Wines on 0417 303 505 or Annie Slacombe on 0433 085 367

## Tenants Rights - Tenants Responsibilities

**Tuesday August 17 from 10am to 1pm**

Consumer Affairs, 206 Main St Ballarat

Do you see clients who are in tenancy crisis and do not know their rights? Would you like to provide more help?

If you would like to provide better support, then this FREE 3 hour session is for you.

You will receive:

- ◆ Clarification of what your role might be in giving tenancy support.
- ◆ Skills to determine when and how to seek expert tenancy advice.
- ◆ An understanding of the most common tenancy issues.
- ◆ An introduction to relevant sections of the Residential Tenancies Act 1997 (Vic).
- ◆ Tips on how to help tenants maintain their tenancy or find alternative accommodation.
- ◆ The manual "Tenancy Rights & Responsibilities - For Workers in Community Service organisations.

For more information or to RSVP contact Helen Besley at [Helen@civ.org.au](mailto:Helen@civ.org.au)

## Real Kids in an Unreal World

Building Resilience and Self Esteem in Today's Children

Maggie's seminar will explore how the 10 essential building blocks will build resilience and self esteem for all children from birth to 12. These building blocks improve the cognitive, psychological, emotional and social health of children for life. Her information, insightful and entertaining seminars inspire parents to make small changes for young children - small things that become big things later in life. Seminars are for parents, teachers, health professionals and family consultants and counsellors.

**Thursday 29th July from 7pm to 9pm**

ACU Acquinas, 1200 Mair Street, Ballarat - \$5 per ticket at the door.

For bookings phone 5335 9507 or 5332 1250 AH.

## Veteran Best Practice: Working Well with Older Veterans, War Widows & DVA

Free Seminars - **Ararat 24th August**

The Department of Veterans' Affairs (DVA) warmly invites representatives of your organisation to attend an Aged Veteran Best Practice seminar. These popular seminars are conducted nationally for aged care providers and developed with industry input. The aim is to increase provider knowledge and awareness of older members of the veteran community, their health entitlements and services available. The veteran community makes up a large proportion of aged care service recipients, and has been assigned Special Needs Status under the Aged Care Act.

The response to the seminars has been very positive, with creative approaches to veteran issues resulting from attendance. In many cases attendees have provided a valuable internal resource for their agency, with an increased knowledge of veteran issues and DVA service. An important outcome has also been increased awareness and appropriate usage of DVA contacts and resources. Participants will have the opportunity to discuss how to optimise support for veterans, and meet DVA representatives.

The seminar is suitable for community and residential aged care providers, discharge planners, allied health professionals, community nurses, practice and health managers and social workers.

The program will include: introducing older veterans & their health issues; working with the Veterans' Affairs Network; allied health services; rehabilitation appliances program; respite services; convalescent care; veterans' special needs status; pharmaceutical entitlements of veterans; commemoration and grants; working with ex-service organisations; veterans' home care; community nursing; repatriation transport scheme; HomeFront falls prevention program.

Bookings are essential no later than two weeks prior to seminar to [agedseminar@dva.gov.au](mailto:agedseminar@dva.gov.au) - put the Location and Date in the subject line of the email. Seminars also available in Bendigo 16th September, Colac 30th September, Geelong 20th and 27th October and Melbourne 26th October and 1st December.

## Young People: Gender Identity & Relationships

**Thursday 21st October from 11.30 to 3.30pm**

McCallum Community Centre, 29 Learmonth Street Ballarat

Presenter Maria Pallotta-Chiarolli

For more information contact Emma Mahony on 5327 2850 or 0439 019 584

## Board Members: Roles, Responsibilities, Liabilities and Protections

**14th September from 11am to 2.30pm**

Beaufort Community Development Centre, Cnr Pratt & Lawrence Street

This 'back to basics' training presented by PilchConnect is suitable for new not-for-profit board/committee of management members or existing boards or committees that want a refresher on the role and legal responsibilities that come with running an effective community organisation in Victoria.

This training seminar will cover:

- ◆ An overview of the effect of 'incorporation' on a community organisation, and what 'incorporation' means for board and committee members?
- ◆ The legal status of the Rules or Constitution of a community organisation?
- ◆ The role of board or committee of management members in a community organisation, and their legal responsibilities?
- ◆ The potential liabilities of committee or board members, and what legal protections are available?
- ◆ Simple actions a board or committee of management member can take to ensure they comply with the law and protect themselves from liability?

This seminar will encourage questions and active participation from attendees. Attendees will work in small groups on practical, hypothetical scenarios which are common to many community organisations. For more information contact [emma.richardson@vcoss.org.au](mailto:emma.richardson@vcoss.org.au) or phone 9654 5050.

## Primary Health Weekly Bulletin - 16th July 2010

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/ nocache?src=email&id=160710](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/ nocache?src=email&id=160710)

In this edition:

- ◆ Seminar: Heatwaves and health - from impact to harm prevention
- ◆ Call for abstracts: public health and harm reduction conference
- ◆ Free whooping cough vaccine for parents of newborns

## Reaching the 'Hard to Reach'

Living Longer Living Stronger Annual Conference

**Thursday 26th August from 9.30am to 4pm** - Victoria University, Level 12, 300 Flinders Street Melbourne

For a conference program or to RSVP contact Mitsuko Penberthy on 9655 2108 or email [enquire@cotavic.org.au](mailto:enquire@cotavic.org.au)

## Supporting the Healthcare Workforce: Innovations in OH&S

**18th & 19th November** - Rydges on Swanston, Melbourne

To register online or have more information visit [www.changechampions.com.au](http://www.changechampions.com.au)  
(scroll down to the seminar name)

**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.

24/7	Dimboola Play	Dimboola	17/8	Life After Cancer	Horsham
25/7	North Foundry Garden's Working Bee	Horsham	17/8	When Cancer Wont Go Away	Horsham
27/7	Fox - adapted from the book by Margaret Wild	Horsham	19/8	Elder Abuse Community Information Session	Ararat
27/7	Liverpool Care Pathways Forum	Ararat	31/8	Elder Abuse Community Information Session	W/beal
28/7	Being culturally aware & culturally competent in Koorie Context	Horsham	1/9	Elder Abuse Community Information Session	Nhill
29/7	Constentino's Distortions	Ararat	1/9	Elder Abuse Community Information Session	Edehope
3,4/8	Goal Setting and Care Planning	Horsham	2/9	Teaching & Learning for Engagement	Horsham
4/8	Catalpa	Horsham	2/9	Elder Abuse Community Information Session	Horsham
4/8	Community Forum to Discuss Disability Access Issues	Horsham	14/9	Dementia Education for Direct Care Workers	Ararat
5,6/8	Victorian Autism Council Conference - Live Stream	Horsham	15/9	Meaningful Activities for Men	Ararat
6/8	Gene Peterson Live, A Rhythmic Celebration	Horsham	11-13/10	Opening the Gates on Farmer Health Conference	Hamilton
12/8	Transitions	Horsham	27/10	Working with Sensory Impaired	Horsham
12,13/8	Youth Mental Health First Aid	Horsham	27/10	Professional Boundaries	Horsham
13,14/8	Menopause The Musical	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
15/8	Wimmera Fun Run - Community Fun Run/Walk	W/beal	2/11	Referring to Allied Health Services	Horsham
17/8	Grampians Region Health Promotion Forum	Halls Gap	5 ,6/11	Wimmera Mallee Future Living Expo	Horsham
17/8	The Professional Supervisor - Day 2	Horsham	13/11	Northfest	Horsham
24/8	Working Well with Older Veterans, War Widows	Horsham	26/2	Grampians Texture	Grampians
25/8	Koorie English Literacy Program	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](mailto:pcpadmin@grampianscommunityhealth.org.au)

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