

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 31 (2010) - 9th August

Contestant Call

Do you think you have what it takes to be Horsham's budding **Master Chef**

If you are aged between 18 and 26 and enjoy cooking and would like a fun afternoon then register to take part in this competition

Heat 1 - **Saturday 28th August**

Heat 2 - **Friday 3rd September**

Heat 3 - **Saturday 11th September**

Heat 4 - **Friday 17th September**

Contact Sarah McLean at Wimmera UnitingCare on 0429 027 533
Or 5362 4021 for more details

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.

State Government Community Consultation - Bushfires Royal Commission Final Report

As you may be aware, the Government has announced that it supports 59 of the 67 Bushfires Royal Commission recommendations in principle.

The State is now undertaking consultations on the remaining recommendations. Communities that may be directly affected are invited to share their views at one of the 21 meetings across the state.

Meeting dates (local) are:

Horsham - Tuesday 10th August from 6.30pm to 8.30pm
Horsham Sports & Community Centre, Baillie Street

For community members who cannot attend a session but would like to have a say can email feedback to the Premier, John Brumby at john.brumby@parliament.vic.gov.au

For more information visit www.premier.vic.gov.au

"100 Women" - Celebrating Women's Leadership

An event not to be missed! Save the date!

Thursday 9th September - Grains Innovation Park, Horsham

Dinner with Guest Speaker Jaala Pulford who is a Upper House Member for Western Victoria Region, Parliamentary Secretary for Regional and Rural Development, Industry and Trade

Cost and more information to follow in the coming weeks!

Mind Matters Professional Development - Transitions

Thursday 12th August - from 8.45am

Grains Innovation Park, Horsham

Transitions are a part of life and yet they are times when school staff and students can lose their connection with school. This module explores a range of transitions for students and school staff including between schools, regions, cultures, health agencies, work, training and care facilities. Participants will use a set of principles to successfully plan for successful transitions for school community members.

Register at www.mindmatters.edu.au

Partners in Prevention

Working with young people to prevent violence against women

Wednesday 11th August - Queen Victoria Women's Centre

Registration closes 5th August

This years Partners in Prevention annual forum looks at the implications of new media technologies for both contributing to violence and creating opportunities for prevention.

There are still places available, registrations now at www.dvrcv.org.au/pip/

Making Your 40s Fabulous

Webcast by The Jean Hailes Foundation for Women's Health

Wednesday 1st September at 7.30pm

www.jeanhailes.org.au/webcast/iondex.php?option=com_acymailing&ctrl=url&urlid=4&mailid=25&subid=1263

Featuring Dr John D'Arcy, Dr Rosie King & Dr Elizabeth Farrell discussing hormonal changes, contraception, libido, emotional health and preventative health measures

Young People: Gender Identity and Relationships

SAVE THE DATE

Thursday 21st October 2010 - from 11.30am to 3.30pm

McCallum Community Centre - 29 Learmonth Street Ballarat

Presenter: Maria Pallotta-Chiarolli

For more information contact Emma on 5327 2850

BeyondBlue Workshops and Dinners

Dates and venue's below - more information to come:

Hopetoun - 6th October 2010

Horsham - 9th November 2010

Jeparit - 26th October 2010

Birchip - 29th March 2011

For more information contact Pam Iles at pami@wimmera.unitingcare.org.au

Women's Health Grampians Latest Newsletter

www.whg.org.au

In this edition:

- ◆ Jan Hall - new Horsham Office Health Promotion Worker
- ◆ Dragon's Abreast Ballarat's Adventure to Peterborough, Canada
- ◆ National No Interest Loan Scheme Forum
- ◆ Free Wifi at your local library
- ◆ Ballarat's Great Women
- ◆ Pregnancy, birth and baby help line
- ◆ Koori Women's Day in Dimboola
- ◆ Join BreastScreen, Cervical screening and Bowel Screening project for Koori Women in the Ballarat area.

The 2011 Australian RIRDC Rural Women's Award

What is the RIRDC Rural Women's Award?

Australia's pre-eminent Award that recognises and encourages rural women's contributions to primary industries, resource development and rural Australia.

While the Award acknowledges past achievements, it is focused on the future and provides rural women with financial and practical support to implement their visions for primary industries and rural Australia, and to enhance their leadership and representative capacities.

The Award provides an amazing opportunity to further your own professional development, to make a tangible difference and to inspire others. You could become one of the seven state and territory winners and go on to become the Australian winner.

For each state and territory winner, a \$10,000 bursary is the major prize to support your professional development, by providing you with the resources to develop your vision into a new project or initiative that will benefit primary industries and rural Australia.

Who can enter?

The Award is open to all women involved in primary industries and resource development. Don't be shy about entering yourself, many people do and we encourage you to. You can also nominate someone provided you have their written consent. You don't need formal qualifications to enter.

For more information visit www.ruralwomensaward.gov.au

Gamblers Help Peer Connection

Volunteers Needed

Volunteers are being sought for two groups:

- ♦ People who have successfully managed their own gambling and have not gambled for a minimum of 12 months and,
- ♦ Friends, partners and family members who have successfully managed the impact of someone else's gambling problem

The Peer Connection program is a telephone peer support service that puts people in touch with others who have had a similar problem gambling experience or who have experienced and had to deal with the consequences of a close family member's problem gambling.

Please contact the Peer Connection Service access hotline on 1300 133 445 or email PCintake@bchs.org.au to register your interest.

Employer Funding Guide for Aboriginal Employment

The Department of Health is committed to building the Aboriginal workforce in Victoria by increasing Aboriginal employment training opportunities. To assist the health and community services sector there are a number of programs that can support workforce recruitment and retention within their organisation. Below is an employer/employee incentive guide to assist managers and human resources staff to develop Aboriginal workforce capacity.

Commonwealth Government: Australian Apprenticeships Centre incentives - Commencement \$1500, Completion \$2500, Mature-age \$750, School based \$750/\$750, Disability support \$140.30 per week wage support.\

Visit www.australianapprenticeships.gov.au for more information.

Department of Employment Education and Workplace Relations: Indigenous wage subsidy - \$4400/\$1100/\$1100 (full time), Indigenous Cadetship Support - Up to \$14,100 per annum.

For more information visit www.deewr.gov.au/Indigenous/Employment/Programs/Pages/IndigenousWageSubsidy.aspx

Department of Human Services/Department of Health: Victoriaworks for Young People (formally the Youth Employment Scheme) - \$4500/\$7500/\$1800, Aboriginal Study to Work Program \$4000.

For more information visit www.dhs.vic.gov.au/operations/careers/employment-programs/youth-employment-scheme and www.dhs.vic.gov.au/operations/careers/aboriginal

Skills Victoria: Training subsidy and full cost of training.

For more information visit www.skills.vic.gov.au

Body Image and Eating Disorders in Schools Workshop 2

Preventing Eating Disorders and Promoting Positive Body Image in Schools: A Whole Schools Approach

Thursday 19th August from 9am to 12.30pm
Victoria University, Flinders Street Campus - Cost \$66

To register email edfv@eatingdisorders.org.au or call 9885 6563

Visit www.eatingdisorders.org.au/education/calendar-of-events.html for more workshop information

For Aboriginal Torres Strait Islander Young People

Our Mob, Our Future, Our Talent - Gathering for Aboriginal and Torres Strait Islander Young People is being hosted by the Victorian Indigenous Youth Advisory Council and the Koori Justice Unit.

The Gathering will be an opportunity for you to:

- ◆ Meet other young black fellas.
- ◆ Showcase your talents.
- ◆ Celebrate your culture and heritage and;
- ◆ Provide you with access to information about career pathways, educational and employment opportunities.

There will be interactive and cultural workshops, information stalls, prizes to be won, performance by Tjimba and the Yung Warriors and Indigenous Hip Hop Performers, Traditional Dancers and lots more...

The MC for the day will be the one and only Uncle Kutcha Edwards and a bbq lunch will be provided. This is a state-wide event for all Aboriginal and Torres Strait Islander young people in Victoria to attend.

Friday 27th August from 9.30am to 3.30pm
Darebin Arts Centre, Corner of Bell Street & St Georges Road, Preston

For more information contact Tim Kanoa on 9267 3788 or Clarisse Slater on 9267 3714 or free call 1300 727 176

Human Services Directory Training

The Human Services Directory provides online information about Victorian providers of Human Services for practitioners and service providers. The department has an expectation that funded service providers will keep their information up to date. To support agencies in this training has been organised for delivery in Ballarat on **Wednesday 15th September** at the Department of Health, 35 Armstrong Street South, Ballarat.

To book your place contact jeff.dobell@dhs.vic.gov.au Please include your name, position, agency, phone and email and whether you would like to attend a 1.30pm session or 3.30pm session.

Introducing the National Male Health Policy

The recent release of the first National Male Health Policy is a great step forward for men's health. The policy brings focus to a range of men's health issues that for too long have been truly out of the spotlight.

One of the most important aspects of the policy is its consideration of the genetic, social, environmental and genetic facts as well as the biological factors that influence the health and well-being of Australian men. The policy's whole-of-life viewpoint also recognises the need to establish a longitudinal study to identify the determinants of male health across the lifespan.

For more information visit www.health.gov.au/malehealthpolicy

An Important Health Message for Women...from Women

Heart disease only happens to older men - True/False

False - it kills almost as many women

The risk of heart disease increases after menopause - True/False

True - and you don't have to be overweight or unfit

Breast cancer is the biggest killer of Australian women - True/False

False - heart disease kills four times as many women

Heart disease is the number one killer of Australian women - eight out of ten women don't know that heart disease is their number 1 killer. Heart disease risk increases for women 45+ and most don't know it. Go **Red** for women is the Heart Foundations campaign to raise awareness of heart disease in women to help women reduce their risk.

For more information visit www.goredforwomen.org.au

Together we can improve the health of Australian women!

Continence Awareness Week

1st to 7th August

Think your sitting on a problem? The theme for Continence Awareness Week 2010 is bowel health!

Bowel issues have the potential to significantly lower our quality of life. Constipation, soiling, diarrhea, uncontrolled wind, straining, odour and clean-up problems can be embarrassing so its understandable that bowel problems are often kept secret, even from our doctors.

Many people coping with this health condition decide that confining themselves to home is easier than taking the risk of embarrassment in a social setting. Reducing the stigma around this taboo topic is a big step towards preventing and treating bowel problems across every age group: children, young men and women, new mothers, middle-aged and older people.

Its important people think about their bowel function and talk to their doctors. The Continence Foundation of Australia is urging people to find out more and not simply accept poor bowel function as 'normal'. These days, there's a lot that can be done to improve your bottom line.

For more information visit www.continencevictoria.org.au

Calling All Young People

Do you want more access to technology?

If you have ever been in Resi, Foster Care, Kinship Care or Alternative Education, tell us about what technology means to you

The stuff you tell us will help us improve access to technology for you and others in care or alternative education.

Visit www.surveymonkey.com/s/you_networking_survey and tell us

Alternatively ask your worker for the survey or phone Elissa at Berry Street on 9429 9266

Promoting Positive Body Image and Healthy Eating

Thursday 12th August from 7pm to 8.30pm

Council Chambers, Civic Centre, Moonee Valley Council - 9 Kellaway Ave

Presenter: Dr Naomi Crafti

Includes tea and coffee and light refreshments. To register email jo.macreadie@eatingdisorders.org.au

Visit www.eatingdisorders.org.au/education/calendar-of-events.html for more event information.

August Edition of 'Go for your life' Newsletter

www.goforyourlife.vic.gov.au/gfylnews

In this issue:

- ♦ Have you got all the right moves - VicMoves 2010
- ♦ Free Wheelchair Basketball Hoops 'Come and Try' sessions
- ♦ Take the Gutsy Challenge
- ♦ Active Ageing Network Practitioner Forum
- ♦ Older Adults Fitness Instructor Register
- ♦ Chicken recipes
- ♦ Healthy canteens menu assessments
- ♦ July highlights
- ♦ What's happening in August?

Primary Health Weekly Bulletin - 30th July 2010

www.dhs.vic.gov.au/rrhacs/ph_bulletin/ nocache?src=email&id=300710

In this edition:

- ♦ Seminar: prevention of violence against immigrant and refugee women.
- ♦ Training: Flingers Program of Chronic Condition Self Management.
- ♦ Reminder: Public health and harm reduction conference.

‘Motivation’ by Lisa Cosson

The Dangers of People Pleasing

No matter how hard you try, no matter how many hours you spend pondering and planning, and regardless of making your hardest efforts, you absolutely cannot please everyone. It is impossible.

So do yourself a favour and stop now before you drive yourself further towards insanity. There are many drawbacks to being a people-pleaser. A big one is that you often put yourself in a position of subservience. Sometimes you even put yourself last, which helps no one.

Remember that helping yourself and doing what you feel is important should be valued. Find worth in your own opinions and viewpoint, and don't let your desire to please others compel you to keep yourself in the background. Falling short of perfection only proves that you are a normal human being.

I don't know the key to success, but the key to failure is trying to please everybody.

Bill Cosby, comedian

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.

10/8	Bushfire Royal Commission Final Report	Horsham	9/9	100 Women Celebration	Horsham
12/8	Transitions	Horsham	11/9	Heat Three - Masterchef	Horsham
12,13/8	Youth Mental Health First Aid	Horsham	14/9	Dementia Education for Direct Care Workers	Ararat
13,14/8	Menopause The Musical	Horsham	15/9	Meaningful Activities for Men	Ararat
15/8	Wimmera Fun Run - Community Fun Run/Walk	W/beal	17/9	Heat Four - Masterchef	Horsham
17/8	Grampians Region Health Promotion Forum	Halls Gap	27&28/9	Mental Health First Aid	Kaniva
17/8	The Professional Supervisor - Day 2	Horsham	6/10	BeyondBlue Workshop & Dinner	Hopetoun
17/8	Life After Cancer	Horsham			
17/8	When Cancer Wont Go Away	Horsham	11-13/10	Opening the Gates on Farmer Health Conference	Hamilton
19/8	Elder Abuse Community Information Session	Ararat	26/10	BeyondBlue Workshop & Dinner	Jeparit
24/8	Working Well with Older Veterans, War Widows	Horsham	27/10	Working with Sensory Impaired	Horsham
25/8	Koorie English Literacy Program	Horsham	27/10	Professional Boundaries	Horsham
28/8	Heat One - Masterchef	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
31/8	Elder Abuse Community Information Session	W/beal	2/11	Referring to Allied Health Services	Horsham
1/9	Elder Abuse Community Information Session	Nhill	5 ,6/11	Wimmera Mallee Future Living Expo	Horsham
1/9	Elder Abuse Community Information Session	Edehope	13/11	Northfest	Horsham
2/9	Teaching & Learning for Engagement	Horsham	26/2	Grampians Texture	Grampians
2/9	Elder Abuse Community Information Session	Horsham	9/11	BeyondBlue Workshop & Dinner	Horsham
3/9	Heat Two - Masterchef	Horsham	29/3	BeyondBlue Workshop & Dinner	Birchip
7/9	Volunteer Information Sessions	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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