

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



Did You Know?

On the back page of the Wimmera PCP Newsletter is a local event calendar?

The Event Calendar only lists events that have been featured in the newsletter that are happening locally in the future.

Did you know that when you click on the event name in the Event Calendar you will be taken into the Wimmera PCP Website where you can view all information you need to about that event?

So if you have forgotten to write down details of a local event and you'd really like to attend - or even if you have booked but can't remember the time or location - click on the link on the back page of the newsletter.

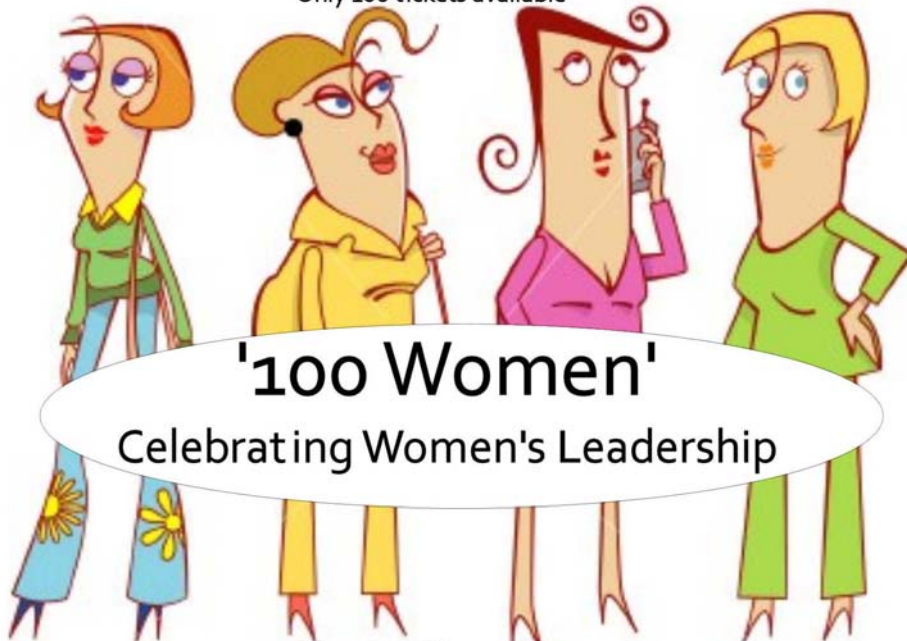
Alternatively, visit www.wimmerapcp.org.au and click on the Calendar of Events on the front page.

Thursday September 9th

From 6pm to 10pm - Grains Innovation Park Horsham

Comedian/MC: Monica Dullard

Only 100 tickets available



'100 Women'
Celebrating Women's Leadership

Guest Speakers:

Jaala Pulford - Member for Western Victoria -
(Parliamentary Secretary for Industrial Relations)

Emma Kealy - CEO Edenhope & District Memorial Hospital

Leadership Wimmera Past & Present Participants: Inspiring Women to Participate/Lead

Mandi Stewart, Lindi Muller, Angela Murphy & Pam Clark:
Women in Local Government - Panel Presentaion

Tickets including Dinner \$20 - available from Horsham Rural City Council Reception
Roberts Avenue, Horsham - RSVP: Monday September 6th to
danielle.hanson@hrcc.vic.gov.au or phone 5382 9712

Dispute Settlement Centre of Victoria

For problems to do with:

- ◆ Common neighbourhood disputes
- ◆ Body corporate
- ◆ Workplace disputes
- ◆ Family matters (no family law)
- ◆ Clubs and organisations
- ◆ Town planning
- ◆ Environmental disputes
- ◆ Business disputes
- ◆ Civil disputes/court action
- ◆ Motor vehicle accident damage
- ◆ Or other problems.

The Dispute Settlement Centre of Victoria now based in Horsham servicing Ararat, Northern Grampians and the Wimmera Regions - phone Sharon on 5382 5166 or Freecall 1800 658 528

CAMHS and Schools: Working Effectively Together

Schools are invited to attend by The Department of Education and Early Childhood Development, Catholic Education Office and Ballarat Health Services, Psychiatric Services - Child & Adolescent Mental Health Services

An Orientation to Protocols for Collaboration

Tuesday 5th October from 12pm to 4pm

Nil cost - Grains Innovation Park - 110 Natimuk Road Horsham

Program aims:

- ◆ To build effective relationships between CEO and DEECD student services staff, school based Wellbeing staff and CAMHS.
- ◆ To increase understanding of each service's intake criteria and decision making processes from initial referral to case closure.
- ◆ TO provide an orientation to the protocol document by applying it to case examples. The scenarios are aimed at clarifying collaborative responses to issues such as anxiety, depression, suicide, deliberate self harm, conduct disorders and early psychosis.

Facilitator: Kate Skilbeck—Psychologist and Training Consultant

DEECD will process all registrations on their PDOnline link www.pd-online.com.au

Wimmera Volunteers Small Grants Program 2010 - Round 2

Small Groups and Organisations contribute an enormous amount to communities with our region. In recognition of and to support these groups, Wimmera Volunteers are making available \$14,000 to small groups to assist with some of the operating costs.

Amounts of up to \$500 are available.

Application forms are available from Wimmera Volunteers at 20 Firebrace Street, Horsham or by visiting www.wimmvol.com.au

Applications close 17th September - for further information contact 5382 5607.

Blokes Night Out

Presented by Edenhope Hospital Community Health

Tuesday 21st September - Edenhope Football Clubrooms

4pm to 6pm - FREE Health Assessments (Blood Pressure, Blood Glucose, Waist & Weight)

6pm - FREE BBQ, Bar Open

7pm - Speakers - Bernard Denner: Men's Health Education & Advocate both national and internationally. He is a regular promoter of men's health on regional ABC Radio. Find out what you need to know about Heart disease, cancer, health & wellbeing, doctors, relationships and sex.

Horsham Businessman: Brett Adams previously from Charam, Motivational Speaker, Bootcamp Survivor, Hear all about his life changes.

Local Chef: Andrew Saunders speaking on his own health improvements.

\$2 donation at the door - to book phone 5585 9900 by September 14th

Making Your 40's Fabulous: Your Hormones, Your Libido, Your Health

Women are invited to attend Women's Health Grampians and Wimmera Health Care Groups free online health information seminar at **7pm on the evening of September 1st** at Wimmera Health Care Group Conference Room, Baillie Street Horsham.

National organisation, the Jean Hailes Foundation for Women's Health has joined with Women's Health Grampians and Wimmera Health Care Group to make some of Australia's leading women's health experts accessible to women right across Australia.

Jean Hailes gynaecologist Dr Elizabeth Farrell, Sexual Health Physician Dr Rosie King and Dr John D'Arcy will provide women with the latest evidence-based information on some of the health issues that face women in their 40s.

For more information and to book please contact Jan Hall on 5362 1402.

'Motivation' by Lisa Cosson

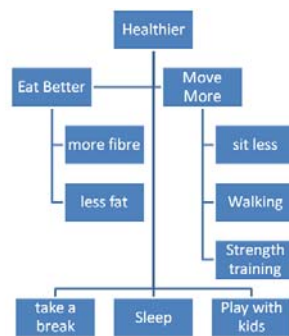
It appears to me that many of us reach crossroads in our personal maintenance for better health these days, mainly due to our busy agendas or do you think it is simply just another excuse! Things do tend to take priority over our personal health and fitness. But why should they?

Well you know what - we let them...then the alarm bells finally go off when our bodies and minds give us feedback in the form of illness, stress, size/shape, soreness or sadness etc...(so then we look for a cure).

Just like a car we all need to invest time in preventing breakdowns, we have our cars checked for clean oil, filters, brake fluid, our wheels balanced. Our pets also get loads of love and maintenance (walks, water, great food, cuddles and attention). When was the last time you took your system for a bit of a run, checked that what you were feeding yourself with was the best fuel for health, made sure you were allowing enough time for good quality sleep or rejuvenation or simply just invested some time surrounding yourself with people that make you feel good.

Are you missing opportunities for maintaining a healthier you? The opportunities that you have been holding back from because you are comfortable maybe? Are we truly happy when comfortable?

How ready are you to work on something new, something that might take you out of your comfort zone, but lead you into a state of glory! How important is it for you personally to achieve some change, given everything else currently going on in your life?



Do you always have Net under you?

Living life without a net can be just what we need to step outside of ourselves and make the choices need most.

As we create the life of our dreams, we often reach a crossroads where the choices seem to involve the risk of facing the unknown versus the safety and comfort of all that we have come to trust. We may feel like a tightrope walker, carefully teetering along the narrow path to our goals, sometimes feeling that we

are doing so without a net. Knowing we have some backup may help us work up the courage to take those first steps, until we are secure in knowing that we have the skills to work without one. But when we live our lives from a place of balance and trust in the universe, we may not see our source of support, but we can know that is there.

If we refuse to act only if we can see the safety net, we may be allowing the net to become a trap as it creates a barrier between us and the freedom to pursue our goals. Change is inherent in life, so even what we have learned to trust can surprise us at any moment. Remove fear from the equation and then, without even wondering what is going on below, we can devote our full attention to the dream that awaits us.

We attract support into our lives when we are willing to make those first tentative steps, trusting that the universe will provide exactly what we need. In the process we can decide that whatever comes from our actions is only for our highest and best experience of growth. It may come in the form of a soft landing, an unexpected rescue or an eye-opening experience gleaned only from the process of falling. So rather than allowing our lives to be dictated by fear of the unknown, or trying to avoid falling, we can appreciate that sometimes we experience life fully when we are willing to trust and fall. And in doing so, we may just find that we have the wings to fly.

When we believe that there is a reason for everything, we are stepping out with the safety net of the universe, and we know we will make the best from whatever comes our way.

Lisa Cosson - Project Officer - Westvic Division of General Practice - phone 0418 106 439 or email l.cosson@westvicdiv.asn.au

Fewer Kids Are Cycling

Herald Sun - www.heraldsun.com.au/news/national/fewer-kids-are-cycling/story-e6frf716-1225798960954

The days of children riding bikes in the street could be a thing of the past - the number of kids cycling fell from 68% in 2006 to 60% this year.

All other pastimes with the exception of the internet - watching TV, playing video games, reading, and homework - stayed the same. While fewer kids are riding bikes their internet use has jumped from 65% to 79%, research by the Australian Bureau of Statistics reveals. Reasons could be that parents look at our congested urban environment with its heavy traffic and aggressive drivers and conclude there's no room for kids on bikes and little margin for safety if they are. Kids are also online more because digital entertainment including the internet and games are much more compelling these days.

Also parents are working longer hours and they have less time to stay home and supervise their kid's bike riding.

To view the full story click on the link above.

Fundraiser to Support Pakistani Flood Victims

Friday 10th September - 7.45pm - The Nhill Community Centre

Termed by the UN as a bigger humanitarian crisis than the Tsunami and Haiti earthquake combined and labeled as the biggest emergency on planet earth - you can help by showing your solidarity and support for this noble cause by attending the screening of the film

Slumdog Millionaire

Tickets \$10 adults, \$7 students - tickets include coffee and cake after the film

Tickets available at the door on the night or phone Nisreen Lotia on 5391 1133

Supported by Hindmarsh Shire Council & The Wimmera Regional Library

Understanding Mental Health & Wellbeing

An Introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention

Wednesday 6th October 2010 - 9.30am to 3.00pm
University of Ballarat - Horsham Campus, Baillie Street - Room M39
Lunch provided

This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet) to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings.

The workshop will cover:

- Concepts of positive mental health
- Influences on mental health (including social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Status of the evidence
- Overview of mental health promotion, prevention of ill-health and early intervention
- Applications to clinical and community settings
- Examples of evidence-based interventions

This workshop is suitable for people working in government and non government organisations that have a focus on mental health, and is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for mental health.

For more information contact Donna Bridge on (03) 5362 1221 or to RSVP email pcpadmin@grampianscommunityhealth.org.au



Places are strictly limited to 25. This workshop is FREE however \$50 will be charged for non-attendance to ensure places are used.

Department of Health Social Science - Short Courses

The Department of Health Social Science introduces four Short Courses to run in 2010. Conducted by Academics with strong professional experience. These Short Courses are aimed at professionals and students who wish to add to or build skills in a specific area of Health Science.

Health Literacy - 14th to 17th September at Monash Caulfield Campus

- ◆ To enhance the impact and effectiveness of health communication practice, policy and planning
- ◆ Explore the concept of health literacy; examine how health literacy is related to enhanced individual, community and system outcomes
- ◆ Provide insight and examples about how health literacy outcomes can be enhanced, examine current approaches to the implementation and/or development of best practice
- ◆ Working on your own policies, and understanding what this may mean for your own practice and approach to policy and planning.

Evaluation in Health Promotion - 11th & 12th November at Monash Caulfield Campus

- ◆ Teaches skills to design and undertake the evaluation of health promotion projects
- ◆ Explores fundamental decisions which guide evaluation planning and have an opportunity to use and discuss a practical evaluation planning tool
- ◆ Explore challenges inherent in the evaluation of projects of different scales and with diverse population groups.

Health Promotion - 13th to 17th December - Monash Conference Centre, Collins Street Melbourne

- ◆ Designed to increase understanding of health promotion principles and practices, core health promotion processes of planning, development, selection strategies, implementation and evaluation of programs.
- ◆ Promotes contemporary skills in partnerships, alliances, use of settings and dissemination
- ◆ Case studies and exercises provide practical applications of the theoretical concepts and frameworks.

For further information on these courses or to register contact healthsocialscience@med.monash.edu.au or visit www.med.monash.edu.au/healthsci/shortcrse/schedule-2010.html

Stepping Out on Gender-Based Violence

Wednesday 22nd & Thursday 23rd September from 9am to 4.30pm

Chapel Hall, Melbourne City Conference Centre, Lonsdale Street

Cost \$125

This Community Learning Seminar aims to provide staff from community, education and support organisations with an opportunity to learn about 'Stepping Out on gender based violence', a new prevention program currently being trialed in four Victorian secondary schools. Staff will receive professional development in the area of gender-based violence in secondary schools.

Stepping Out has been developed by CASA House and is a model for a whole school approach to the prevention of gender-based violence. The model focuses on six key areas of action which should be considered as part of a whole school approach.

For enquiries contact Emily Maguire on 8668 8127 or email Emily.maguire@thewomens.org.au

The State of Victoria's Children 2009 Report

Released last week the report reveals an unacceptable level of racism directed at Indigenous young people. One in five aged 15 to 24 have experience discrimination in the past year. Indigenous young people say in the report that discrimination is common in the justice system, schools, in health services, on the sports field and even in retail. Something is clearly wrong when many young people report that even a trip to the shops carries fears of racial discrimination, taunts or bullying.

To view the report visit www.vichealth.vic.gov.au/en/Resource-Centre/Media-Centre/Opinion-pieces/Current/Health-of-Indigenous-young-people-should-be-top-priority.aspx

Building Hope Workshop

This workshop comprises of 6 x 2 hour sessions over 6 weeks for partners of a person with an eating disorder to learn new skills.

Every Wednesday commencing 13th October, continuing 20th, 27th - 3rd, 10th & 17th November at Drummond Street Relationship Centre, Carlton. From 6pm to 8pm. Cost \$93.50 per person or \$137.50 per couple.

For more information email edfv@eatingdisorders.org.au or phone 9885 6563

Swine Flu - is back...

Human swine flu is a highly contagious respiratory disease caused by a new strain of influenza virus. Symptoms of human swine flu include a fever (temperature above 38 degrees), cough, sore throat, aches and tiredness. Human swine flu is also known as human swine influenza, influenza A (H1N1) virus or H1N1 influenza 09.

If you have flu-like symptoms, you should stay at home and attend work or school. Young children should be kept home from child care. Drink plenty of fluids and rest.

Human swine flu, like seasonal flu, can make underlying medical conditions worse. A potentially life-threatening complication of human swine flu is pneumonia. Some of the symptoms of pneumonia may include fever, general malaise (feeling tired and unwell), rapid breathing, breathing difficulties, cough, chest pain, loss of appetite, abdominal pain, headache, blue coloured skin around the mouth caused by lack of oxygen.

If you have symptoms then consult your doctor. Also, don't wait for swine flu to hit - visit your doctor today for a Human Swine Flu Vaccine.

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.

31/8	Elder Abuse Community Information Session	W/beal	6/10	Understanding Mental Health & Wellbeing	Horsham
1/9	Elder Abuse Community Information Session	Nhill	11-13/10	Opening the Gates on Farmer Health Conference	Hamilton
1/9	Elder Abuse Community Information Session	Edehope	15/10	Mental Health Week FREE Golf Day	Drung
1/9	Making Your 40's Fabulous	Horsham	16/10	Jardwa Kids Market	Horsham
2/9	Wimmera Biodiversity Seminar	Laharum	26/10	BeyondBlue Workshop & Dinner	Jeparit
2/9	Teaching & Learning for Engagement	Horsham	27/10	Working with Sensory Impaired	Horsham
2/9	Elder Abuse Community Information Session	Horsham	27/10	Professional Boundaries	Horsham
3/9	Heat Two - Masterchef	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
6/9	Hitting the Target in Locust Control - Warracknabeal	Rainbow	2/11	Referring to Allied Health Services	Horsham
7/9	Volunteer Information Sessions	Horsham	5 ,6/11	Wimmera Mallee Future Living Expo	Horsham
7/9	Hitting the Target in Locust Control - Edenhope	Kaniva	13/11	Northfest	Horsham
9/9	100 Women Celebration	Horsham	9/11	BeyondBlue Workshop & Dinner	Horsham
10/9	Grampians Mental Health Carer Conference	Halls Gap	29/30 11	Bridges Out Of Poverty	Ararat
10/9	Fundraiser to Support Pakistani Flood Victims	Nhill	26/2	Grampians Texture	Grampians
11/9	Heat Three - Masterchef	Horsham	29/3	BeyondBlue Workshop & Dinner	Birchip
14/9	Dementia Education for Direct Care Workers	Ararat			
15/9	Meaningful Activities for Men	Ararat			
17/9	Heat Four - Masterchef	Horsham			
21/9	Blokes Night Out	Edenhope			
27&28/9	Mental Health First Aid	Kaniva			
5/10	CAMHS & Schools: Working Effectively Together	Horsham			
6/10	BeyondBlue Workshop & Dinner	Hopetoun			

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

Wimmera Primary Care Partnership Office - 25 David Street, Post address: PO Box 501, Horsham 3402 - Fax: 5382 4687

Mandi Stewart - Executive Officer	mandi.s@grampianscommunityhealth.org.au	Phone: 5362 1223 - 0428144812
Geoff Witmitz - Agency Liaison Officer	geoff.w@grampianscommunityhealth.org.au	Phone: 5362 1225 - 0428358672
Donna Bridge - Agency Liaison Officer	donna.b@grampianscommunityhealth.org.au	Phone: 5362 1221 - 0429174763
Jan Hall - Project Officer	janet.h@grampianscommunityhealth.org.au	Phone: 5362 1224 - 0419475911
Kellie Uytdehaag - Project Officer	pcpadmin@grampianscommunityhealth.org.au	Phone: 5362 1222
Abby Cooper - Project Officer	abby.c@grampianscommunityhealth.org.au	Phone: 5362 1226 - 0458 208 833