

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 37 (2010) - 27th September

Women's Health Grampians AGM

Wednesday 20th October - Ballarat Regional Multicultural Centre
102 English Street, Ballarat

Dragons Abreast Ballarat also presenting a Year of Advocacy and Action

10.30am AGM - Light Lunch Provided

Families welcome - free transport will be available from Horsham

RSVP to adminb@whg.org.au or phone 1800 013 432 by October 14th

National Down Syndrome Awareness Week

The week of Monday 11th October is National Down Syndrome Awareness Week and to promote awareness the Wimmera Down Syndrome Support Group are joining in with others to hold a **Buddy Walk** along the Wimmera River on Sunday morning **October 24th at 10.30am** which is the last day of the Awakenings Festival.

The walk will conclude with a BBQ. Supporters who would like to join with others to do the 3km walk will need to register at www.downsyndromevictoria.org.au

Carers & Former Carers Writing Group

4th Wednesday of the Month - from 2pm to 4pm
Horsham Library, Mibus Centre - 28 McLachlan Street, Horsham

20/10 - 24/11 - 22/12 - Afternoon tea provided

For more information phone Mary Dalglish on 5382 5707 or
Theresa Mellings on 5381 9336

Nar-Anon Family Groups

Do you have a loved one who is using drugs? NAR-ANON family groups provide support to friends and families of drug users.

Talk to others with the same problem; learn to understand the drug user; reduce trauma in your home; regain control in your life.

Horsham Weekly Meeting - **Monday Nights from 8pm to 9.30pm**
Day Care Centre, Wimmera Health Care Group - off Arnott Street

For more information phone Kate on 0427 861 978 or visit www.naranon.com.au

Business Leaders Breakfast - Changes to Equal Opportunity Act

Wednesday 29th September from 7.30am to 8.30am
Paraphernalia Café - 27 Firebrace Street, Horsham

Changes to the Equal Opportunity Act that come into effect in August 2011 will affect all Victorians, particularly employers, businesses, goods and service providers, the education sector and clubs.

Meet the Victorian Equal Opportunity and Human Rights Commissioner for an open dialogue and hear how the Commission can help you prepare for changes.

A complimentary breakfast will be served. RSVP to Priscilla.white@veohrc.vic.gov.au or phone 9032 3406

New DVD Taking Control: Diabetes, Depression & Anxiety

BeyondBlue: the national depression initiative, in association with Diabetes Australia (Vic) has produced a FREE DVD aimed at helping people with diabetes, their carers and health professionals to recognise the symptoms of depression and anxiety.

The DVD features interviews with:

- ♦ People who have type 1 or type 2 diabetes and depression and/or an anxiety disorder - and a carer
- ♦ Health professional including a psychologist and an endocrinologist.

They talk about how to manage both diabetes and depression/anxiety and have tips for taking control of these conditions. The FREE DVD can be ordered online at www.beyondblue.org.au or by calling the Beyondblue info line 1300 224 636.

Girls Night In

15th October from 7pm to 11pm - Horizons - 28 Urquhart Street, Horsham
Cost \$5 donation to Cancer Council

All girls aged 16 to 26 - movie, mini massages, facials, mocktails and chocolate!

RSVP to Sarah McLean on 5362 4021 or mobile 0429 027 533

Women and Money

Steps to securing your financial future - 27 FREE four week courses for women across Victoria

October – November 2010

In October and November 2010 the QV Women's Centre in partnership with the Victorian Government's Office of Women's Policy and WIREWomen's Information is running 27 free Steps to Securing Your Financial Future four week courses for women.

Each four week course covers essential money management information and includes practical tools, activities and resources. Each course is delivered by a local community facilitator with up to 18 women meeting over two hours each week. The course covers:

- ♦ 'Getting Started' explores your relationship with money, your views on money management and the importance of financial security.
- ♦ 'What can you do?' shows you how to plan, manage your budget and tips for boosting your savings.
- ♦ 'What will you do?' learn how to set short, medium and long term financial goals and explore investment options that work for you.
- ♦ 'Going forward – Let's do it!' Practical steps to reaching your financial goals and tips on finding the information and resources you need.

Thanks to the Financial Planning Association of Australia for their support. Places are limited. Register on line www.qvwc.org.au

Family Violence Protection Act 2008 - Support Women Through the System

20th and 21st October - Ballarat - 9.15am to 4.30pm - \$70

Domestic Violence Resource Centre Victoria, together with Women's Legal Service Victoria have developed a 2 day program on the Family Violence Protection Act 2008.

The training provides an overview of the Australian Legal System as a whole; and identifies:

- ♦ What sort of laws apply in family violence cases and where family violence cases are dealt with in that system.
- ♦ How to support women to access protection under the new Family Violence Protection Act 2008, including information about Intervention Orders; Rules of evidence; Family Violence Safety Notices; Women's rights under the new Act; Children and intervention orders; exclusion orders and tenancy issues.

For enquiries phone 9486 9866.

We Are Looking for More Local Events for our Newsletter

The Wimmera PCP Newsletter goes out to over 250 Health Professionals all over the region - if you are within either Horsham Rural City, Hindmarsh Shire, West Wimmera Shire or Yarriambiack Shire then we would love to advertise your Social/health/farming/rural event.

Please email your event details to pcpadmin@grampianscommunityhealth.org.au

Current Grant Information

The Victorian State Government has recently released its **"Ready for Tomorrow: A Blueprint for Regional and Rural Victoria"** strategy. For further information on the strategy can be found at www.rdv.vic.gov.au/ready-for-tomorrow/blueprint

Country Action Grant Scheme: Max per grant \$5000. Phase 2 applications close 1st March 2011. Purpose: to increase the capacity of sport and recreation organisations in regional and rural Victoria. Funding will be provided for one of the following project types; initiatives that help organisations operate more effectively; funding for attendance at relevant training courses; initiatives to help organisations provide accessible sport and active recreation opportunities for members of the local community. For more information visit www.grants.dvc.vic.gov.au

Victorian Volunteer Small Grants: Max per grant \$5000. This is an ongoing grant. Purpose: to encourage local communities to attract new volunteers from diverse backgrounds and create new volunteering. The focus of these grants is to increase diversity among Victoria's volunteers and within Victoria's organisations. For more information visit www.dpcd.vic.gov.au

Community Funding Centre: Online resource centre to assist groups with writing funding applications and sourcing current grants. Go to www.ourcommunity.com.au/funding

Australian Directory of Philanthropy: Organisations with Deductible Gift Recipient can access this funding resource via a local Wimmera Regional Library branch. If you are members with Wimmera Regional Library Corporation, you can book access to the directory from any computer. The Directory provides up to date information for 350 philanthropic trusts and organisations and could be a useful source of funding for community projects. The directory is not available in hard copy anymore but is available via annual subscription online. Visit www.wrlc.org.au to access the service or www.philanthropy.org.au to subscribe directly.

The R.E. Ross Trust: no max amount per grant. Ongoing. Purpose: to provide funding for projects that have a positive impact on people's lives. Visit www.rosstrust.org.au

MacPherson Smith Community Alliance: Applications close 31st October. Purpose: to assist small rural and regional communities participating in the Community Building Initiative. The grants will provide assistance towards funding CBI project outcomes that have been identified by the rural communities through their community planning process. Visit www.msca.hmstrust.org.au

Safety Outdoors

Presented by the Royal Children's Hospital Safety Centre
Tuesday 9th November from 9am to 12.30pm
The Royal Children's Hospital Ella Latham Meeting Room - \$50

With summer on its way, outdoor activities are a great way for children to warm their winter bones, boost their Vitamin D levels and get the physical activity they need. When family activities start to move outdoors and the holiday season commences the risk of injuries changes dramatically.

Safety promotion messages need to focus on these increased risks. Risks around water include rips when swimming at the beach, drowning in inland waterways or paralysis from diving into shallow water. Along with these risks, farm injuries are also quite prevalent. It is important to stress the need for safe play areas for children in and around waterways, farm motorcycles, horses, tractors and machinery, and other related hazards is a high priority. Farm injury prevention is gathering considerable momentum in Victoria as an increasing number of organisations and community groups are discovering the need for it to be a priority.

For more information visit www.rch.org.au/safetycentre/workshop.cfm

Addressing Alcohol and Other Drug Issues in Your Community

Wednesday 6th October from 4pm - Robert Clarke Centre, Botanical Gardens, Gillies Street, Lake Wendouree

Session 1 - Young People and Alcohol Related Harm
Session 2 - Alcohol Management & Policies in Sports Clubs

RSVP to adf@adf.org.au

An RSVP must be completed for the Club Liquor License Seminar incorporating Licensees First Step Training Accreditation Session.

Sally Isaac Award

For the first time in 2010, the National Year of Women in Local Government, the Sally Isaac Award will recognise a young woman, or group of young women, making an outstanding contribution to the community by implementing principles of the Victorian Local Government Women's Charter. Applications close on Monday 4 October 2010.

Contact Linda Bennett at the WPILG Coalition Secretariat on linda@vlga.org.au or phone 9349 7904 for assistance and enquiries.

Cultural Diversity in Ageing in the Grampians Region

22nd October from 9.30am to 2pm - Ballarat Town Hall

This FREE seminar is aimed at enhancing knowledge and skills in providing effective aged care to older people from culturally and linguistically diverse backgrounds. It targets professionals working with ageing CALD clients throughout the region.

Topics covered:

- ♦ Cultural Diversity and Intergenerational Practice in Aged Care
- ♦ Engaging Communities of Elderly People from CALD Backgrounds
- ♦ Culturally Responsive Aged Care: A Whole-of Organisation Approach
- ♦ How to Work with Interpreters in Community and Residential Care Aged Care Settings
- ♦ Strategies and Resources to Support Culturally Appropriate Aged Care

To register email k.romeo@brmc.org.au or phone 5332 5941

Consumers Reforming Health 2011 Conference

18th to 20th July 2011 - Melbourne

Health Issues Centre will host the inaugural international conference for community engagement in health care. The Conference is a forum developed specifically for those with interest in involving consumers in health policy and process. The conference upholds the essential principle that consumer participation is fundamental for health development, clinical governance, community capacity building and health outcomes.

The program aims to demonstrate and enhance this proposition by exploring the experiences, frameworks and practical strategies of participation in a number of health sectors among a diverse range of relevant stakeholders. It intends to broker some new learning on core principles for future change.

For more information visit www.consumersreformhealth.asnevents.com.au/

Australian Indigenous Health InfoNet - Yarning Places

Yarning places are electronic networks that enable people with an interest in Indigenous health to share information, knowledge and experience - even when they live in different States, Territories and regions, come from different sectors (such as health, education and justice), and work for different organisations.

By combining quality, up-to-date web-based information resources with yarning places they aim to create 'one stop info-shops' for people working, studying or interested in various Indigenous health issues. When you join a yarning place - membership is free - you will have access to electronic services that assist members to network, yarn and share information and experiences online:

- ♦ The e-mob list provides members' contact details (permission is obtained beforehand).
- ♦ The e-yarning board is an electronic board for discussion and debate about relevant issues.
- ♦ The e-message stick is an email list which enables a member to reach all members with one email.

For more information visit www.healthinonet.ecu.edu.au/

BreastScreen Australia Monitoring Report 2006-07 and 2007-08

The Australian Institute of Health and Welfare has released a new report and supplementary data tables. Breast cancer is the second most common cause of death from cancer in Australian women. The report is the tenth report presenting national statistics on key program activity, performance and outcome indicators for BreastScreen Australia, which aims to reduce mortality and morbidity from breast cancer through detecting cancers early. Since BreastScreen Australia commenced in 1991, mortality from breast cancer has decreased steadily. Further, more than half of all invasive breast cancers detected by BreastScreen Australia are small, with small breast cancers associated with increased treatment and options and improved survival.

Download the report at www.aihw.gov.au/publications/index.cfm/title/11751

Young Professional Provincial Cadetship Program

The Young Professional Provincial Cadetship Program contributes to economic development through the growth of a skilled regional workforce and growing, sustainable population into the future.

For students who move away from regional Victoria to study, the Young Professionals Provincial Cadetships program will provide the opportunity to undertake a paid work-based cadetship in a field related to their study, in regional Victoria, during the semester break. The program provides a direct link to employment and an ongoing connection with regional Victoria for students who have moved away to undertake their preferred course of study.

The program will also assist regional businesses to attract skilled workers and to meet short-term employment needs. It will provide financial assistance to support the business in employing a student. This program builds on the highly successful Rural Skills Cadetship program which has helped over 160 students to work in regional firms during their break from studying at university of TAFE.

Higher education and VET students who are originally from Victoria's 48 rural and regional areas, studying full-time and outside the region from which they originate, are eligible for the program.

To find out more visit www.rdv.vic.gov.au/community-programs/young-professional-cadetship-program

World Contraception Day - September 26

The first contraception pill was released in the US in May 1960 and in Australia six months later. Today, it is used by around 100 million women world wide. The aim of World Contraception Day is to raise awareness of contraception and need to reduce high levels of unplanned pregnancy. The theme for 2010 is **Your Responsibility**.

Facts...

- ◆ Contraception must be used correctly every time to significantly reduce the risk of unplanned pregnancy.
- ◆ Over half of all women have experienced an unplanned pregnancy.
- ◆ One in five women using contraception at the time of their unplanned pregnancy were using more than one method.
- ◆ Over half of all women consider the prevention of sexually transmissible infections when choosing their method of contraception.
- ◆ **One in three young people globally are having sex without contraception.**
- ◆ **Most Year 10 and 12 students report using a condom the last time they had sex.**
- ◆ **Half of all sexually active Year 10 and 12 students reported always using a condom when they had sex.**

For more information visit www.fpv.org.au

Arthritis Victoria Scholarship Program 2010

Arthritis Victoria is a peak consumer organisation in Victoria for people with musculoskeletal conditions, offering a range of services and programs for consumers and health professions. They are seeking committed and enthusiastic PhD scholars to explore ways in which Arthritis Victoria can improve the health outcomes of our consumers. Using several sources of data and information, a total of eight research priorities were identified by Arthritis Victoria. The following are Arthritis Victoria's three top research priorities for 2009-2011:

- ◆ The out of pocket expense associated with managing chronic musculoskeletal conditions include prescription and non-prescription medications, allied health services, alternative therapies and exercise programs. In combination, these expenses compromise consumers' health, wellbeing and quality of life.
- ◆ Understanding the needs and experiences of consumers with musculoskeletal conditions in rural and remote areas.
- ◆ Better understanding of the needs and experiences of younger and working age adults with musculoskeletal conditions.

To apply for a scholarship and download the guidelines visit:

www.arthritisvic.org.au/pages.asp?d=5A4C5A717251477C7008060F070307

Health Conferences

National Centre for Farmer Health Inaugural Conference - 11th October to 13th October - Hamilton Victoria

www.farmerhealth.org.au/conference

Creating a Healthier Future: Population Health Approaches to Planning - Melbourne Victoria

14th & 15th October - www.vha.org.au

National Forum on Safety and Quality in Health Care - Canberra - 25th & 26th October

www.sapmea.asn.au/conventions/forumsghc2010/index.html

'Motivation' by Lisa Cosson

Let Your Confidence Shine - Insecurities...we all have them - what we think we see about another person is usually what they want us to notice.

At some point in our life there may come a time when we feel insecure about ourselves. We might judge our ability to do something or feel self-conscious about the way we look. It does not matter how this feeling manifests in our life, but it is important to be aware of our thoughts and how they impact our view of ourselves. Once we remember that insecurities are a normal part of life for everyone - even those who appear to be extremely self-assured - we may find it easier to step back from the uncertainty that lies within and take a more realistic look at ourselves.

The desire to improve or better ourselves is a natural response that arises when we begin to compare our lives to those of other people. It might seem, for example, that we do not have nearly as much going for us as our neighbour, best friend, or co-worker. In truth, what we think we see about another person is usually what they want us to notice. They may be putting on a mask, trying to make things in their lives seem better than they are. If we were to look at their lives a little more closely, we would also realise that they are human, full of glorious imperfections that make them who they are. Recognising this may take some time at first. Should we, however, feel our uncertainties begin to surface, taking deep breaths while at the same time acknowledging each one of our gifts will help us become more centred. Doing this allows us to see the wonders that lie within and lets our inner beauty shine forth into the world all the more brightly.

When we hold up such a detailed mirror to our lives and weigh ourselves against others, we are not able to see the things that make us truly unique. Giving ourselves permission to appreciate all the universe has given us, however, will make us feel more secure about ourselves and more able to use our gifts to their fullest.

Enjoy being you and what you have...

Lisa works at Westvic Division of General Practice and can be contacted at lcosson@westvicdiv.asn.au or phone 5381 1756 and 0418 106 439.

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.

29/9	Business Leaders Breakfast	Horsham	12/10	Bullying and Methods of Intervention	Stawell
29/9	Rainbow Hair for Foster Care	W/beal	15/10	Mental Health Week FREE Golf Day	Drung
29/9	Locust Meeting	Marnoo	15/10	Girls Night In	Horsham
30/9	La Prima Opera	Horsham	16/10	Jardwa Kids Market	Horsham
30/9	Seniors Movie and Meal	Horsham	20/10	Women's Health Grampians AGM	Ballarat
3/10	Wartook Gardens Open Garden	Wartook	20/10	Carers & Former Carers Writing Group	Horsham
5/10	CAMHS & Schools: Working Effectively Together	Horsham	26/10	BeyondBlue Workshop & Dinner	Jeparit
6/10	BeyondBlue Workshop & Dinner	Hopetoun	27/10	Working with Sensory Impaired	Horsham
6/10	Understanding Mental Health & Wellbeing	Horsham	27/10	Professional Boundaries	Horsham
6/10	Circus Trick Tease	Horsham	28/10	Writing IEPs for Koorie Students	Horsham
8/10	Scared Weird Little Guys	Horsham	2/11	Referring to Allied Health Services	Horsham
8/10	WHCG Day Centre Open Day	Horsham	5,6/11	Wimmera Mallee Future Living Expo	Horsham
8/10	Locust Meeting	Ararat	9/11	BeyondBlue Workshop & Dinner	Horsham
8-10/10	Wimmera Art Show and Sale	Horsham	13/11	Northfest	Horsham
11/10	E-Referral DCA - Connectingcare Roadshow	Ararat	29/30 11	Bridges Out Of Poverty	Ararat
11/13/10	Opening the Gates on Farmer Health Conference	Hamilton	26/2	Grampians Texture	Grampians
13/10	Ride to Work Day	National	29/3	BeyondBlue Workshop & Dinner	Birchip

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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