

Benetas



Community Axis



Dunmunkle Health Services



Edenhope & District Memorial Hospital



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 42 (2010) - 8th November



## WORKING WITH PEOPLE FROM A REFUGEE BACKGROUND

Wimmera Primary Care Partnership & Facilitators **Karen Werner & Therese Meehan** invite you to this informative workshop

**TUESDAY 16TH NOVEMBER 2010**

Auditorium, Horsham Campus, University of Ballarat - Baillie Street

11.00am to 2.30pm  
Including Lunch

**For further information contact**

Mandi Stewart on (03) 5362 1223 or email [mandi.s@grampianscommunityhealth.org.au](mailto:mandi.s@grampianscommunityhealth.org.au)

The sessions will address:

- The global, Australian and local picture regarding refugee settlement.
- Some experiences faced by refugee clients prior to arrival in Australia.
- Trauma and the refugee experience - the psychosocial impact.
- Health consequences and implications for referral and practice.
- Settlement opportunities and challenges.
- Strategies to support recovery.
- Relevant services and resources.

**Karen Werner** is a Refugee Health Nurse at Ballarat Community Health Centre. Her role is to increase refugee access to primary health services and to improve the response of health services to refugee needs.

**Therese Meehan** is a Counsellor and Rural Liaison Coordinator at Foundation House, which provides support for refugees and asylum seekers to recover from the experience of torture and abuse, while helping them to rebuild their lives in a safe environment.

**RSVP by Fri 13th November to** [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)



## Wimmera PCP 2011 Calendar Refills

Would you like a Wimmera PCP 2011 Calendar to refill your case from last years calendar?

Did you miss out on last years calendar and would like one this year?

Email [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au) to place your order for this free calendar highlighting WPCP & Partner Programs

Please specify whether you only need a refill in the email.

## Go Home on Time Day

Wednesday 24th November

Do you find yourself working back late? Never quite getting out the door on time? Are there never enough hours in the day to do all the things you need or want to do? Well, **Go Home on Time Day** on November 24 is your chance to win back some work/life balance!

Anyone can get a personalised leave pass from the website and invite their colleagues, friends and family to participate. Visit [www.gohomeontimeday.org.au/info](http://www.gohomeontimeday.org.au/info) to find out about why go home on time, the health consequences of overwork and ways to get involved.

## Victorian Women's Trust Annual Grants Program 2011

The Victorian Women's Benevolent Trust funds ground-breaking projects that advance conditions for Victorian women and girls and lead to long-term, socially progressive change. In 2011, the General Grants Program has a primary focus on safety for women and girls, through projects that provide breakthrough approaches that tackle violence against women. Applications are especially welcomed from rural and regional, Indigenous, disability and migrant women's organisations.

Applications are encouraged to address the area of focus, however they are also interested in applications for projects that address economic, cultural or social discrimination experienced by Victorian women and girls. Application details and form are available at [www.vwt.org.au/store/files/1288516416.pdf](http://www.vwt.org.au/store/files/1288516416.pdf) or for more information email [anne@vwt.org.au](mailto:anne@vwt.org.au) or phone 8641 0422.

## Maternal and Child Health Line

24 hours a day, 7 days a week

The Maternal and Child Health Line is a telephone service available to families with children, from birth to school age, throughout Victoria. It is staffed by qualified maternal and child health nurses who provide information, support and advice regarding child health, nutrition, breast feeding, maternal and family health and parenting.

They are able to connect culturally and linguistically diverse families to female interpreters from the Translating Interpreter Service. They are also available to connect hearing or speech impaired callers who have access to the National Relay Service.

Call **13 22 29** throughout Victoria for the cost of a local call.

## FunFlight

FunFlight is a not-for-profit volunteer organisation that offers children and teenagers touched by adversity or a life changing illness an opportunity to see Horsham from the air together with their families.

Sunday 14th November

Individuals and families interested in participating in the event can phone Phil Proctor on 5382 4106 by Wednesday 10th November.

## Getting On, Not Getting Down

Wednesday 17th November from 6pm

The Church of Christ, Horsham - cnr Urquhart & Baillie Streets

Ballarat Health Services Mental Health Service will present a free public forum featuring 6 experts talking about Depression. Information relating to a range of mental health prevention, intervention and postvention services will be on display.

The panel of experts will comprise:

- ♦ Dr Abdul Khalid
- ♦ A consumer
- ♦ Ms Tamara Irish
- ♦ A family carer
- ♦ Ms Janice Chalmers
- ♦ Mr Stuart Hall

For more information phone Jackie Crowe on 5320 4100 or email [jackiecr@bhs.org.au](mailto:jackiecr@bhs.org.au)

## Yarriambiack White Ribbon Day 2010

A community free of violence

In 1999, the United National General Assembly declared November 25 the International Day for the Elimination of Violence Against Women and the White Ribbon has become the symbol for the day.

Today hundreds of thousands of white ribbons are worn by men and women across Australia - men at work; men and women in all Australian police forces; men in national and local sporting matches and organisations; men in the media; men and women in politics; men in the defence forces; men and women in capital cities and in rural and regional Australia.

**November 25th from 12pm to 1.30pm**

BBQ lunch - gold coin donation  
Neighbourhood House, 36 McDonald Street Murtoa

## Dedication of Nurses Memorial

Horsham RSL are holding a special service on Remembrance Day dedicated to the women who served in all conflicts including the Second World War. A special memorial will be unveiled after the 11am service. The memorial is being dedicated to the Australian Nursing Sisters and members of the Australian Women's Army Service, Women's Auxiliary Australian Air Force and the Women's Royal Australian Naval Service who helped servicemen from the Horsham District.

**Thursday 11th November at 10.30am**

Sawyer Park Cenotaph

## Wimmera Health Care Group AGM

**Wednesday November 17th at 7.30pm**

Grains Innovation Park - Natimuk Road, Horsham

Guest Speaker: Debra Cerasa - CEO, Royal College of Nursing  
Organisational change as a result of a new strategic direction: a case study

RSVP to [ceo@whcg.org.au](mailto:ceo@whcg.org.au) or phone 5381 9200

## National Heart Foundation's Healthier Catering

The Heart Foundation's Guide to Healthier Catering is a guide to serving healthier food and drinks when catering for a group or organisation. A few simple changes can make a big difference to the food served at your events, proving healthier is still delicious.

To view the latest publication go to <http://www.heartfoundation.org.au/SiteCollectionDocuments/HW%20CAT%20A%20Healthier%20Serve.pdf>

## A Deadly Gathering - Allan Wade Community Workshop

**6th & 7th December - Halls Gap**

"A Deadly Gathering" is a community strengths workshop for Aboriginal & Torres Strait Islander people living in the Grampians Region. The day and a half response based workshop, developed by Allan Wade and his colleagues, will look at issues surrounding family violence in the context of colonialism, past and present.

It will also offer community a central holistic gathering point to open discussion to assist in finding solutions for forward momentum in addressing a common grief and pain in the Community.

Workshop includes morning tea, lunch, afternoon tea, dinner, one night accommodation at Brambuk Backpackers and transport from Ballarat, Horsham and Stawell.

Allan Wade has a PhD in Psychology from the University of Victoria (Canada). Some of research interests are: the nature of violence and resistance, social responses to victims and perpetrators of violence and connection between violence and language.

RSVP to Kiewa Lovett on 0438 593 410 or email [kiewa.lovett@dhs.vic.gov.au](mailto:kiewa.lovett@dhs.vic.gov.au)

## Healthcare Leadership Development through Research in Victoria

Focusing on the health of vulnerable children and youth

The Windemere Foundation is pleased to offer one or more Special Grants of up to \$15,000 to be used in 2011 to assist healthcare leadership development through research in Victoria focusing on the health of vulnerable children and youth. Each grant will support an early to mid career healthcare clinician, manager or researcher to undertake a research project directed at the development, introduction and/or evaluation of new practices, models and interventions to improve health in Victoria. The Foundation does not require the research project to lead to an academic award. The focus in 2011 is on: Health of vulnerable children and youth.

Applicants should have received their entry level health qualification/registration within the last ten years, be an Australian citizen or permanent resident, and be resident in Victoria. They should briefly describe their research project and how it will benefit the health of the community in Victoria. A budget should be included together with a letter of support from the supporting institution, which should if possible indicate ethics approval. Referee reports will also be sought for shortlisted candidates to ascertain how the work will strengthen the leadership capacity of the applicant.

For more information email [lirving@evansbuchanan.com.au](mailto:lirving@evansbuchanan.com.au)

## Foster Carers Come from all Walks of Life

Foster Care is the temporary care of a child or young person within your home, during a time when they cannot live with their own families. It provides a stable, secure and safe home environment for children and young people who cannot remain in their own homes. Carers form part of a team of people that support these children to stay safe and well cared for.

Children or young people can be in care for just a few nights, weeks or years, depending on the circumstances, with foster carers able to choose whether they would like to provide short or long-term care.

Reuniting children with their families if and when safe to do so is a high priority. Foster carers may play an important role in helping this to happen.

**Who can be a foster carer?** Foster carers are ordinary people from all walks of life, backgrounds, ages and experiences. Anyone who can offer a child in need a secure, loving home is eligible to become a foster carer. All you need is commitment to children, a willingness to undertake training and comprehensive background checks, and the eagerness to give it a go.

You will receive training to develop your skills and to learn about children who have lived within troubled family relationships. It's important to understand why children may behave as they do and to be patient and perceptive in dealing with their needs.

**How do I become a Carer?** Call the Foster Care Hotline on 1800 013 088 or visit [www.fosterabrighterfuture.com.au](http://www.fosterabrighterfuture.com.au) to find out how.

## Fighting Fair (level 1) - Mediation & Conflict Resolution Training

November 15th & 16th - Melbourne

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills will be presented and practiced. The course can be utilised in many different areas of conflict e.g. client work, workplace disputes and interpersonal conflict. The training is endorsed by the Australian Association of Social Workers and the Australian Psychological Society. It attracts 24 CPE points through the AASW and 14 Generalist PD points through the APS.

For more information contact Scott Dutton on 0425 837 756 or email [fightingfair@bigpond.com](mailto:fightingfair@bigpond.com) - to register visit [www.fightingfair.com.au](http://www.fightingfair.com.au)

## Northfest 2010 - Family Fun Day

**Saturday 13th November** - North Foundry Gardens from 11am to 4.30pm

Dancing, live music, give aways, petting zoo, fun activities, jumping castle  
Bbq, food & drink, bike & hotrod display

Drug and Alcohol Free Event

## Working with People from Culturally and Linguistically Diverse (CALD) Backgrounds

A great opportunity to hear Therese Meehan from  
The Foundation for Survivors of Torture and Trauma

**Monday 15th November - 2.30pm to 5pm**  
Delacombe Community House , 102 Leawarra Crescent

The global, national and local picture  
Refugee experiences  
Trauma and the refugee experience - the psychosocial impact  
Settlement - opportunities and challenges  
Strategies to support recovery  
Resources and networks

For more information email [garry.argent@brace.com.au](mailto:garry.argent@brace.com.au) or phone 5333 3700

## Working with People from Culturally and Linguistically Diverse (CALD) Backgrounds

**Friday 19th November - 9.30am to 12pm**  
Delacombe Community House , 102 Leawarra Crescent

Presenter Deb Whitecross from Deb Whitecross Enterprises

Deb is an experienced workshop facilitator in many areas including cultural awareness. With Deb you will explore intercultural competence or more simply the ability to interact effectively with people of different cultures. This workshop is perfect for people who are new to working with people from CALD communities including people working with Koori groups. If you work or involved in:

- ♦ Customer service and reception for community organisations
- ♦ English volunteer tutoring - primary, secondary and adult
- ♦ New to training CALD students
- ♦ Community groups with CALD members

Then this workshop is for you. The practical and interactive workshop will explore the:

- ♦ Awareness of your own and others cultural worldview
- ♦ Effective communication methods
- ♦ Different cultural practices and worldviews
- ♦ Practical tips to take back to your organisation

For more information email [garry.argent@brace.com.au](mailto:garry.argent@brace.com.au) or phone 5333 3700.

## Primary Health Weekly Bulletin

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/\\_nocache?src=email&id=031110](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=031110)

In this edition:

- ♦ Advocacy in Health Promotion Workshop
- ♦ Workplace Health for Immigrant and Refugee Women
- ♦ Heart Foundation Walking - Area Coordinator Training
- ♦ New resources to support mental health promoters
- ♦ 2010 Training Grants for Enrolled Nursing, Allied Health Assistance, Clinical Supervision and Management now open
- ♦ Women's Health Victoria Issues Paper: Women and Food Insecurity

## Diabetes Management at End of Life

**Monday 6th December from 6.30pm to 8.30pm**  
Education Resource Centre, BBH, Ballarat Health Services, Drummond Street Nth, Ballarat

With Trish Dunning - Diabetes Educator, Barwon Health. Trish is the Inaugural Chair in Nursing at Deakin University and is a Diabetes Educator with Barwon Health. She has worked extensively with people at the end of life in terms of managing their diabetes adequately to ensure a peaceful death. Trish has also been integral to the development of Clinical Practice Guidelines for Diabetes Management at End of Life which will be shared on the night.

Video link available via regional hospitals. To RSVP email [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au) or phone 5320 3553.

## Motivation - by Lisa Cosson

### Outside the Comfort Zone - Things We Don't Want to Do

Putting off doing what scares us and brings up fear only creates more obstacles in our lives!

Most of us have had the experience of tackling some dreaded task only to come out the other side feeling invigorated, filled with a new sense of confidence and strength. The funny thing is, most of the time when we do them, we come out on the other side changed and often wondering what we were so worried about or why it took us so long. We may even begin to look for other tasks we've been avoiding so that we can feel that same heady mix of excitement and completion.

Whether we avoid something because it scares us or bores us, or because we think it will force a change we're not ready for, putting it off only creates obstacles for us. On the other hand, facing the task at hand, no matter how onerous, creates flow in our lives and allows us to grow. The relief is palpable when we stand on the other side knowing that we did something even though it was hard or we didn't want to do it. When we cling to our comfort zone, never addressing the things we don't want to face, we cut ourselves off from flow and growth.

We all have at least one thing in our life that never seems to get done. Bringing that task to the top of the list and promising ourselves that we will do it as soon as possible is an act that could liberate a tremendous amount of energy in our lives. Whatever it is, we can allow ourselves to be fuelled by the promise of the feelings of exhilaration and confidence that will be the natural result of doing it.

I love this and I often recall a poem that I once read that told me to do something every day that scares you! Go ahead get a little uncomfortable, get a little messy who knows what the outcome might be...it could be a very very rewarding one!

#### What is one thing you can do today that you haven't wanted to do because it scares you?

Lisa can be contacted on (03) 5381 1756, 0418 106 439 or by email [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.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.

10/11	Breakfast Seminar for Health Professionals	Horsham	6/7 12	A Deadly Gathering	Halls Gap
11/11	Natural Relaxation Techniques	Horsham	9&10/2	Community Development Short Course	Horsham
13/11	Northfest	Horsham	26/2	Grampians Texture	Grampians
15/11	Wimmera Volunteers AGM	Horsham	29/3	BeyondBlue Workshop & Dinner	Birchip
16/11	Intro to First Aid for Mental Health	Horsham			
16/11	Working with People from a Refugee Background	Horsham			
16/11	Carers Expo	W/beal			
17/11	Getting on, Not Getting Down	Horsham			
17/11	Wimmera Health Care Group AGM	Horsham			
25/11	Yarriambiack White Ribbon Day	Murtoa			
28/11	Natimuk Bike Trail - Ride to Mount	Natimuk			
29/30 11	Bridges Out Of Poverty	Ararat			

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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