

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 44 (2010) - 29th November



We would like to invite you to join us to reflect on the work of our partnerships during 2010 and to celebrate PCP's 10th year concluding with lunch by the Wimmera River

Where: Horsham Angling Clubrooms (behind the Soundshell)  
When: Thursday 9th December  
Time: 11.30 am to 2pm

RSVP by 3rd December to [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)  
Ph: 5362 1222

## IT Enables: Life Choice Aspirations

Program now available at [www.vicnet.net.au/ictdwg](http://www.vicnet.net.au/ictdwg)

This free event is focused on how technology can assist people with disabilities. IT enables will be held at the State Library of Victoria Conference Centre between 9am and 5pm on Thursday 2nd December.

A range of organisations supporting people with disabilities will have stalls in Experimedia between 10am and 2.30pm

Please register on 8664 7001 or email [ictdwg@vicnet.net.au](mailto:ictdwg@vicnet.net.au)

## 2010 Active at all Ages Awards

### Aims:

- ♦ To increase awareness of the range of sporting and active recreational activities in which older people participate.
- ♦ To recognise the contributions of older people as participants, role models and volunteers in sporting and active recreational activities.
- ♦ To recognise and promote good practice by sporting and active recreational clubs and groups in engaging older people.

For more information visit [http://matrix.milura.com.au/cotavic/healthy\\_and\\_active\\_ageing/active\\_at\\_all\\_ages\\_awards](http://matrix.milura.com.au/cotavic/healthy_and_active_ageing/active_at_all_ages_awards)  
Nominations need to be completed by Tuesday 14th December and emailed to [activemanager@cotavic.org.au](mailto:activemanager@cotavic.org.au)

## Volunteer Vacancies

**Weed & Vermin Management Volunteers** - A Wimmera nature reserve at Dimboola requires volunteers who can assist with weed and pest management. Work with the team to clear the reserve of rabbits and other vermin, control weeds using a weed brush and hoe and assist in seasonal native plant searches. The reserve is gaining a solid reputation as a eco-tourism enterprise.

**Stroke Ambassadors** - Volunteers who are passionate about community health are invited to become ambassadors for the National Stroke Foundation. Full training will be provided early in 2011 and the role is a twelve month commitment. Stroke Ambassadors conduct simple speaking engagements to community groups and organisations on how to prevent the likelihood of stroke in all age groups.

**Computers for Seniors Tutor** - If you can use a computer, you may be able to assist older members of the community learn the basics. The role is based in Warracknabeal. As a valued volunteer you will show seniors how to use a computer mouse, conduct a search on the internet, use email and other basic computer functions. There is training available.

**Companions and Activity Assistants** - Volunteers are wanted in the areas of social and entertainment areas at an aged care facility in Minyip. If you enjoy a friendly chat, listening to others, being of assistance where appropriate, then this could be the right volunteering role for you. You could make a big difference in the quality of life for others. Consider becoming a Companion or Activity Assistant Volunteer today.

**Customer Service** - A fantastic little charity gift shop in Kaniva utilises the talents of their valuable volunteers in creative and exciting ways. All types of volunteers from the creatively crafty to those with administration skills are welcome. Can you spare a few hours to serve customers, make an attractive display, assist with the bookwork or build the business through a marketing strategy? Volunteers make a difference in the Kaniva community through this enterprise!

**English Language Mentors** - Make friends with new arrivals to the Hindmarsh Shire. Support them as they practice their conversational English with you. Your contribution in this growing volunteer opportunity will make an enormous difference to people from diverse backgrounds, helping them to integrate into the community. It's a lovely way to meet new people and learn about other cultures. Full support and training are available.

**Men's Activity Assistant** - A Horsham retirement home is seeking energetic and hands-on men to assist with craft activities alongside other men in the home. If you're a bloke who enjoys a yarn and is handy with woodworking tools, then your skills and time would be highly valued and appreciated.

**Drivers** - The community always needs willing volunteers to become drivers in a range of diverse organisations and positions. If you have a full licence and a good driving record, there may be a volunteer driving role that will suit your interests.

**Short-term Volunteer Opportunity** - Are you at a loose end on Christmas Day? Could you contribute some of your time to serve a Christmas Lunch to those who don't have family or friends? The Uniting Church in Horsham holds a Christmas Luncheon for socially isolated community members each year. Volunteers are welcome to become part of the festive atmosphere and give generously of their time and smiles to make everyone's Christmas a special and joyful occasion for 2010.

To enquire about any of these volunteer opportunities phone Michelle at Wimmera Volunteers on 5382 5607

## Makers Christmas Market

**Saturday 4th December - 9am to 1pm**

Outside Horsham Library, McLachlan Street Horsham

A beautiful selection of handcrafted, homemade, homegrown, creative goodies....bags & purses, felt, jewellery, painted glassware paintings, patchwork, photography, prints, biscuits, slices, dressings, relishes, preserves plus much more...

## Child & Youth Mental Health Service System Re-Design Project

This project is a whole of Grampians region approach to improving the way that mental health support and services are provided to children and youth people 0-25 years and their families and carers. Funding was provided from State Government as one of two pilot projects one metro and one regional.

There is a consortium of 16 agencies across the Grampians region that include: Ballarat Health Services - Mental Health Services; Ballarat & District Division of GP; WestVic Division of GP; Central Highlands PCP; Central Highlands GP; Grampians Pyrenees PCP; Wimmera PCP; Ballarat Community Health; Centacare; Wimmera UnitingCare; Grampians Community Health; Ballarat & District Aboriginal Cooperative; Goolum Goolum Aboriginal Cooperative; Budja Budja Aboriginal Cooperative; Grampians Region Department of Education & Early Childhood Development; Catholic Education Officer - Ballarat Diocese. However, in reality there are many more agencies involved in the project which is the development of a whole of region approach.

As the project is large the project structure is comprised of the Consortium with an Executive for day to day operations; and a Regional Partnership Group which provides an opportunity for those not involved in the original submission to have input into the project as well as a number of operational working groups progressing the workplan.

The role of consumers and carers is also very important in any redevelopment of a project and following on from initial mapping of consumer/carer networks/opportunities in the consortium members, further work has been occurring in meeting with consumers and carers across the region.

For further information on the project on how your agency can be involved contact Project Lead, Adrienne Annear on 5329 3047 or email [adrianea@bhs.org.au](mailto:adrianea@bhs.org.au)

## Healthy Communities Grants

'Get Active. Get Fit. Stay Healthy. Avoid Preventable Diseases.'

The Minister for Health and Ageing, Nicola Roxon, has called for grant applications for innovative community based programs that encourage and support people to adopt and sustain healthier lifestyles. \$23 million is on offer to Local Governments across the country to run innovative healthy lifestyle programs that have a focus on supporting adults who are not in the paid workforce.

Local Governments, consortia of Local Governments and established regional organisations of councils can apply through the current application round which will close on 4th February 2011. Information on how to apply will be available at [www.healthyactive.gov.au](http://www.healthyactive.gov.au) For more information email [COAGHealthyCommunities@health.gov.au](mailto:COAGHealthyCommunities@health.gov.au) or phone (02) 6289 4381.

## The Victorian Aboriginal Suicide Prevention & Response Action Plan

The action plan is the Victorian Government's strategy to prevent and reduce the incidence and impact of Aboriginal suicide and self-harm. The Plan sets out the Victorian Government's current, and identifies strategies for further action in four priority areas:

1. Prevention through building resilience.
2. Improving access to care and support for those at risk.
3. Improving the response to crisis and to the community post suicide.
4. Improving the evidence base, data collection and analysis.

A component of the plan includes "Encourage Department of Health regions to develop programs through the Closing the Gap Victorian Implementation Plan that focus on building resilience, and strengthening community supports and activities for young people".

To view the plan visit [www.health.vic.gov.au/mentalhealth/suicide/vasprap.htm](http://www.health.vic.gov.au/mentalhealth/suicide/vasprap.htm)

## Agricultural Health and Medicine Scholarships

The National Centre for Farmer Health is offering the successful Agricultural Health and Medicine Unit HMF701 again in 2011. Enrolments are open and scholarships are being offered to assist students. This 5 day intensive program covers topics relating to the agricultural sector including trauma, zoonotic diseases, respiratory health, vision and hearing injuries, pesticide and veterinary hazards, mental health and remote emergency medicine.

**28th February to 4th March** - Western District Health Service, Hamilton

For more information visit [www.farmerhealth.org.au](http://www.farmerhealth.org.au)

## Launch of the Victorian Women's Health & Wellbeing Strategy 2010-14

The goal of the strategy is to improve women's health and wellbeing over the next four years with a focus on identified populations with poorer health outcomes where targeted approaches are required. The strategy's development has been guided by an Advisory Committee and informed by a state-wide consultation undertaken during May to July 2010.

The strategy continues work on priorities related to mental health, sexual health and reproductive health, and interdepartmental work on violence but has a new imperative to tackle avoidable illness and death affecting Victorian women.

The strategy focuses on women's health within mainstream health services and identifies opportunities for health services to work together to improve women's outcomes. It highlights the importance of starting early - supporting young women from 12 years of age to develop positive health values and resilience identifies differences among and between women, focusing on those with poorer health outcomes addresses women's health and wellbeing across the lifespan.

If you would like further information about the strategies please contact Penelope Robinson on 9096 7244 or to download an electronic copy of the strategy visit [www.health.vic.gov.au/vwhp/wellbeing](http://www.health.vic.gov.au/vwhp/wellbeing)

## Professional Development Portal - AOD and Mental Health Sectors

The National Drug Foundation has just launched its professional development portal - a one-stop-shop for people currently working or looking for work in the alcohol and other drug (AOD) and mental health sectors.

The new professional development portal can be accessed through the Australian Drug Information Network and includes information on:

- ◆ Conferences and events
- ◆ Training and development
- ◆ Networks and news
- ◆ Memberships, and
- ◆ Employment opportunities.

ADIN is a powerful search engine that brings together essential websites relating to AOD as well as mental health, and searches them for areas of interest. Providing quality assured information, ADIN is the essential tool for health professionals.

Visit [www.adin.com.au](http://www.adin.com.au) to access the new portal.

## Disco and Celebration at the BAAAARN!

Featuring:

BBQ Tea - 5.30 to 6.30pm - Red Faces - 6.30 to 8.30pm - Disco featuring DJ Tim - 8 to 11pm

**Friday 3rd December** - \$5 tea, \$5 disco  
The Wool Factory, 134 Golf Course Road Horsham

## Congratulations to Michael Bailey - Horsham Aquatic Centre, YMCA

Wimmera PCP would like to congratulate Michael Bailey for being awarded the YMCA Manager of the Year at the YMCA Victoria's annual staff and volunteer awards ceremony in Melbourne at the start of November.

The award is a high honor that is given to individuals who have demonstrated outstanding leadership and innovation in the YMCA and local community. YMCA Victoria has over 130 managers and employs around 5000 staff. Michael received his award in recognition to him providing exceptional leadership in all areas of the Centre and the Horsham community and his vision and innovation has seen an overall increase of participation, ensuring more community members than ever before are now enjoying regular physical and social activity through the centre.

Once again - congratulations Michael.

## HACC Training Calendar - 2011

For more information email [hacc@bdnh.com.au](mailto:hacc@bdnh.com.au)

February in Horsham - Professional Supervisor Day 3, Strategies for Coping with Change

April in Horsham - Effective Volunteers

May in Horsham - Professional Boundaries; Working with the Sensory-Impaired

## SafeTALK - Training for Trainers Ballarat

7th & 8th December - Ballarat - cost \$1000

Register at [www.livingworks.org.au](http://www.livingworks.org.au) - click on become a trainer tab.

### What is safeTALK?

safeTALK is a half-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide safer community.

To be a safeTALK trainer you should have completed an ASIST workshop; are a skilled presenter; have good group facilitation skills; and are committed to promoting suicide safety through open and direct talk about suicide.

For more information email [info@livingworks.org.au](mailto:info@livingworks.org.au) or phone (02) 6215 9499.

## Resource Kit for Consumers Travelling for Health Care

The Department of Health recently launched a resource kit for consumers travelling for health care. The resource kit for consumers travelling for health care is a culmination of work developed over the past two years by the Health Issues Centre, consumers and health services. Asking questions can be hard when you are worried about your health or that of a family member. But you need clear information about travel support options in order to make decisions about your health care. This checklist will help you to explain your needs to health care providers.

Your health care journey will usually start with your GP. They may refer you to a visiting private or public specialist, to an outpatient clinic or treatment in a hospital in the regional centre or Melbourne. You may have to travel there and back a few times. You may need a short or long stay in hospital. After treatment, you will need to return home and you may need to travel to receive ongoing care from your local health care providers.

This resource kit is intended to inform, inspire and connect health services at all levels, primary and acute, rural, regional and city in their efforts in providing care to rural consumers and their families who travel for health care and includes initiatives by health, transport and community services. The initiatives are creative, flexible and responsive to the complex needs of rural consumers travelling for health care.

Visit [www.health.vic.gov.au/consumer/rural\\_consumers.htm](http://www.health.vic.gov.au/consumer/rural_consumers.htm)

## 3rd Rural & Remote Mental Health Symposium

14th to 16th November 2011 - Mercure Ballarat

You are invited to submit an abstract for the above event which will examine the impacts and outcomes of social, financial and environmental issues on Mental Health Patients and their Service Providers in Rural & Remote communities in Australia. Symposium streams will also delve into Treatments, Policy and Funding, Research, Community Resilience, Planning & Prevention and Building Capacity.

Invited speakers include:

- ♦ The Hon Simon Crean MP - Minister for Regional Australia, Regional Development and Local Government
- ♦ Martin Turnbull - Director, Mental Health Reform Strategy: Department of Health VIC
- ♦ Prof Patrick McGory Australian of the Year 2010 - Centre for Youth Mental Health at the University of Melbourne
- ♦ Dr Helen Berry - Deputy Director of CeRAPH
- ♦ Prof David Lyle - Head of Department of Rural Health Broken Hill
- ♦ Dr Norman Swan - Producer & Presenter, The Health Report ABC
- ♦ Dr John Setchell - General Manager Health Services, Royal Flying Doctors Service
- ♦ Janet Devlin - Coordinator, Mental Health and Community Engagement Programs at the Spencer Gulf Rural Health School

Expressions of interest can be submitted at [www.anzmmh.asn.au/rrmh11](http://www.anzmmh.asn.au/rrmh11)

## Christmas Survival Tips #1

**Stay off the snacks** - Around Christmas time, many of the kilos packed on are due to snacks that lie around the house. Go easy on the chocolates and nuts, they are full of kilojoules and are unnecessary when you are also enjoying large meals! As a substitute, have bowls of fruit available (grapes and berries are good) and help fill kids' stockings with an orange or apple, too.

## PAWS Christmas Fundraiser



*Sadie Cooper -*  
Photo by Abby

**Are you as excited as Sadie is about having her photo taken with Santa?**

A Horsham PAWS Christmas fundraiser will see Pets from all over the Wimmera have their picture taken with Santa.

**December 4th**  
6pm to 8pm  
Weir Park BBQ Area

Proceeds of the event will go to Horsham PAWS - People for Animal Welfare and Support.

Photographs by Jane Murray - bookings to 0458 687 820.

BYO sausage sizzle and all dogs to be on leads.

Cost of photo \$19.90 - includes two 5x7 prints or one 8x10 print. Other options

### Wanted

Does anyone have a power cord/pack for an ACER laptop please...

If yes - email [donna.b@grampianscommunityhealth.org.au](mailto:donna.b@grampianscommunityhealth.org.au) or phone 5362 1221

**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.

1/2 12	Youth Mental Health First Aid Course	Haven	26/2	Grampians Texture	Grampians
1/12	Lake Hindmarsh Project	Jeparit	16/3	Motivational Interviewing	Horsham
3/12	Disco - dinner & red faces	Horsham	29/3	BeyondBlue Workshop & Dinner	Birchip
4/12	Makers Christmas Market	Horsham			
4/12	PAWS Christmas Fundraiser	Horsham			
6/7 12	A Deadly Gathering	Halls Gap			
9/12	Wimmera PCP Lunch/Presentation for Agencies	Horsham			
9&10/2	Community Development Short Course	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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