

*Wishing everyone a very  
Safe & Peaceful Christmas*



*From Mandi, Geoff, Donna, Kellie, Abby & Jan at*



*and their pets...*



## NEWSLETTER

Issue 45 (2010) - 15th December

### Postponement of Wimmera PCP's 10th Year Celebrations

Due to the recent rains and consequent flooding of some agencies...we decided to postpone our celebrations scheduled for the Horsham Angling Clubrooms on Thursday 9th December until early 2011.

Stay tuned to the newsletter for the new date of celebrations!

### Wimmera PCP Christmas Closing Times

Wimmera Primary Care Partnership will be closed from Thursday 24th December to Tuesday 4th January 2011.

### 2011 Wimmera PCP Desk Calendar

The 2011 Wimmera PCP Desk Calendar's will be available by the end of this week - don't forget to get your order in if you would like a refill for your calendar case from last year.

Please email [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au) to order your refills and complete calendar.

### Nomination Form for People Requiring Christmas Toys

To save people travelling long distances across the West Wimmera, toys are being delivered directly to the ones in need. Areas in and around Kaniva, Nhill, Rainbow, Jeparit and Goroke are covered by the Salvation Army Kaniva and Toy Nomination forms can be obtained by emailing [david.boughton@aus.salvationarmy.org](mailto:david.boughton@aus.salvationarmy.org)

## WPCP - Partnership Member Agencies

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	

## WHAT IS EXCITING AND NEW IN THE GRAMPIANS REGION

## HOME AND COMMUNITY CARE & COMMUNITY AGED CARE

### PROGRAMS??

HACC & Community Aged Care

Grampians Region HACC and Community Aged Care now has a website to provide you with access to existing State/Federal information and to showcase our local and regional agreements, projects, services and innovative ideas.

You can Access this website through the Big Red Button on any of the following Grampians Region Primary Care Partnership websites:

Central Highlands PCP: <http://www.chpcp.org/>

Grampians Pyrenees PCP: <http://www.grampianspyreneespcp.org.au/>

Wimmera PCP: <http://www.wimmerapcp.org.au/>

The Wimmera PCP is the host organisation for this website – thanks to all PCPs for working together to develop this new addition.

If you would like to have your HACC organisational material available on the website please email it to: [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

If you are a non-HACC service provider and would like material relevant to HACC and Community Aged Care linked to the website please email your site address to: [pcpadmin@grampianscommunityhealth.org.au](mailto:pcpadmin@grampianscommunityhealth.org.au)

Your site may then be included in the Important Links to Other Organisations.

### Other New Material

Also included on this website are tools and material developed for use by HACC organisations, these include:

**Grampians Region Outcome of Referral/Assessment Form** – this is found under the red button marked Grampians Region LAHA then go to Grampians Region LAHA Tools

**Grampians Region Service Provider Home Safety Checklist** – this is also found under the red button marked Grampians Region LAHA (go to Grampians Region LAHA Tools).

Whilst both of these forms have been linked to the HACC Assessment Services we encourage any HACC Service Provider to utilise the forms when assessing worker safety in relation to client assessment/home contact and following completion of an assessment when providing feedback to the referring organisation.

If you would like to provide feedback on the website, require more information on any material on the website or would like to discuss the potential inclusion of material on the website please contact Robyn Fletcher, HACC Regional Project Worker on 0409 960 445.

## Call to Action on Diabetes

The International Diabetes Federations (IDF) Call to Action on Diabetes was launched in Beijing on World Diabetes Day - an appropriate launch pad given that China now has around 92 million people with diabetes and another 148 million with pre-diabetes.

To download the document visit:

[www.phaa.net.au/documents/email/CalltoActiononDiabetesPublishedversionIDF.pdf](http://www.phaa.net.au/documents/email/CalltoActiononDiabetesPublishedversionIDF.pdf)

Pages 8-10 base the advocacy on less obvious impacts of diabetes including its detrimental effect on human development - MGDs, security and sustainability.

The Call represents the first of the IDF's major initiatives to profile the far reaching social and economic impacts of diabetes in the lead up to the 2011 Un High Level Meeting on NCDs scheduled for September 2011. IDF is also leading a global NCD Alliance of diabetes, heart, cancer, and the lung and tobacco NGO which are working collectively to put pressure on the UN for tangible outcomes from next year's UNHLM.

## Scholarship Program - Bendigo & Adelaide Banks

The Bendigo and Adelaide Bank is running a scholarship program again. Ballarat and the Grampians districts meet the regional/rural criteria so may be a good opportunity for the young students in the district to apply.

Full details can be found at [www.bendigoadelaide.com.au/public/in\\_the\\_community/2011\\_scholarships.asp](http://www.bendigoadelaide.com.au/public/in_the_community/2011_scholarships.asp)

To be eligible for consideration, the following criteria must be met:

- ◆ You are an Australian citizen or permanent resident
- ◆ You will be an undergraduate in 2011 (and this is your first attendance at an Australian university/college)
- ◆ You are a school leaver (or have taken a gap year)
- ◆ You can demonstrate the disadvantage that is preventing you from taking up the opportunity of this further study
- ◆ You are from a rural or regional area and you must move away from the family home
- ◆ You are an outstanding student and can demonstrate extensive community involvement

## Mental Health Websites for Young People

[www.ybblue.com.au](http://www.ybblue.com.au) - The youth website of Beyondblue: the national depression initiative. Focusing on depression, anxiety and substance use-related disorders, this site is aimed specifically at young people and provides information, tips, personal stories and links.

[www.headroom.net.au](http://www.headroom.net.au) - Headroom: Information and advice on how to look after the mental health of children and young people. This site is for children, young people, their families and friends and includes information on bullying, stress, problem solving and friendship.

[www.kidshelp.com.au](http://www.kidshelp.com.au) - Kids Help Line: Email and web counselling for children and young people aged between five and 18 years.

[www.somazone.com.au](http://www.somazone.com.au) - Somazone: Young people-focused information about drugs, sex, mental health, body image and relationships.

[www.itsallright.org](http://www.itsallright.org) - Story-based information, advice and referrals for young people with a friend or family member who has a mental illness.

[www.climateschools.tv](http://www.climateschools.tv) - Provides health education courses which aim to help students to gain knowledge about their health and wellbeing.

## Creating a Stronger You

**Commencing Thursday 10th February 2011** - Hopetoun Gateway BEET - 9.30am to 11.30am

**Commencing Thursday 10th February 2011** - Beulah Business Centre, 77 Phillips Street - 1pm to 3pm

A program designed to help individuals and carers develop resilience and coping strategies to combat depression and anxiety.

Do you know someone who may suffer from depression or anxiety? If so, come along to dispel myths. It is not a weakness. It is something you or your friend/family can manage. Find out how...

Wimmera UnitingCare is running a 5 week program that will equip you with knowledge and strategies whilst providing a fun and relaxed atmosphere.

Contact Pam Iles for more information on 0428 348 293.

## Online Project Showcase

The Australian Women Donors Network has officially launched the Online Project Showcase. The online portal is designed to assist both organisations who deliver programs for women and girls, as well as the funding community who are looking for organisations to support in 2011 and beyond. There is no charge to use the system.

To view the portal click through the front page link at [www.womendonors.org.au](http://www.womendonors.org.au) Please ensure you read the Guidelines before commencing, so you are aware of criteria and advice provided before adding or perusing projects. There are currently five projects on the Showcase, and we expect there will be many more over the coming weeks and into the New Year.

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

March 3rd & 4th 2011

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 eg 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 13 generalist PD points through the APS.

Learning outcomes - on completing the 2-day course, participants will be able to:

- ♦ Identify factors contributing to possible causes of conflict and barriers to resolution
- ♦ Identify the different levels of conflict and approaches to conflict situations
- ♦ Identify the conditions under which mediation is an appropriate intervention and how it differs from the counselling process
- ♦ Identify where mediation fits as an Alternative Dispute Resolution process
- ♦ Identify the skills, qualities and attitudes that a mediator requires
- ♦ Identify the underlying concepts and principles of the mediation process
- ♦ Identify and demonstrate an understanding of the 5-stage mediation model
- ♦ Identify the various cultural considerations when mediating with Culturally and Linguistically Diverse or Indigenous communities/families
- ♦ Identify and demonstrate characteristics of a mindful mediator

For further information visit [www.fightingfair.com.au](http://www.fightingfair.com.au)

## Enjoy the Holiday Season by Drinking Responsibly with your Family and Friends

The Alcohol Education & Rehabilitation Foundation (AER Foundation) encourages Australians to stay safe and look out for their mates by drinking responsibly during the holiday season. Research shows the risks associated with irresponsible drinking are real, with around two million Australians claiming they knew someone who injured themselves or has harmed as a result of excessive alcohol consumption last Christmas holidays.

The AER Foundation-commissioned national study conducted by Galaxy Research also found that as many as 1.3 million Australians had directly experienced abuse or violence arising from excessive drinking over that same period. A recent report into alcohol-related harm inflicted on people other than the drinker found that as many as 70% of Australians had been negatively affected by the drinking of a stranger. This can be anything from noise and public nuisance, to verbal abuse, through to traffic accidents and physical and sexual assault.

AER Foundation Director Professor Ian Webster, said "Look out for your family and friends and know when to call it a night. If you're driving, plan ahead and remove the temptation to drink and drive because if you're consuming more than one standard drink every hour, you could be putting yourself at risk of being over the legal driving limit. If you think you're going to drink, agree on a non-drinking driver for the night and take turns whenever you go out. Otherwise make use of public transport if it's convenient."

### Don't be afraid to set your own rules:

- ♦ Try a 1+1 strategy to slow down. You could follow each alcoholic drink with a water, juice or soft drink.
- ♦ Most wine glasses are bigger than a standard drink; sometimes up to three in a single glass, so be aware of how large your glass really is.
- ♦ Avoid 'topping up' because it's much easier to keep track of how much you've had to drink if you finish one drink before starting the next.
- ♦ Don't get into drinking games, rounds or shouts as you can often find yourself drinking even more to 'keep up' with the crowd.
- ♦ Be active and dance to avoid sitting in one spot and continually drinking.
- ♦ Drink light beer or other low-alcoholic drinks.
- ♦ Sip your drinks slowly rather than gulping them down.
- ♦ Avoid eating salty snacks that make you thirsty like chips and peanuts.

### Be supportive:

- ♦ When you're throwing a party, always provide some food and nibbles for your guests and try not to drink on an empty stomach.
- ♦ Have a variety of drinks available, including fruit 'mocktails', soft drinks, sparkling water and light beer.
- ♦ Reassure your friends and family that it's okay if they don't feel like drinking.
- ♦ Don't encourage people to get intoxicated, especially if they've already had too much.
- ♦ We know that the safest option is not to drink alcohol while pregnant, so don't encourage pregnant friends or family to drink.
- ♦ Look out for your mates and know when it's time to call it a night.

## More Motivation - by Lisa Cosson

### Putting Our Tools to Use...brining inspiration into form

Many of us have so many life tools we have learned, but sometimes we forget to use them. Revisit your toolbox. Every craftsperson has a toolbox full of tools and a number of techniques to help them bring inspiration into form. In the same way, throughout our lives, we have discovered our own life tools and techniques - the ways and means that have helped us create our lives up to this point. Sometimes we forget about the tools and skills we've acquired, and we wonder why we aren't moving forward. At times like these, it might just be a matter of remember what we already know, and rediscovering the tools we already have at our disposal.

Have a great day, go ahead and pull out one of the tools you haven't used for a little while. It may just create some new motivation for you.

## Teens Facing Challenging Times

A major research report, released by The Foundation for Young Australians (FYA), reveals that young people continue to feel the negative impacts of the global financial crisis, despite Australia's economic recovery overall.

How Young People are Faring (HYPAF) is the pre-eminent national report on the learning and work situations of young Australians. The 2010 report shows that the number of teenagers not in full-time education or work remains as high now as in 2009, when it spiked as a result of the global economic downturn. The proportion of 'disengaged' teenagers has stayed at 16.4%, meaning that around 246,000 teenagers are not in full-time education or work.

The report is available at [www.fya.org.au](http://www.fya.org.au)

## Motion: Arts, Physicality and Connection Program

The Victorian Health Promotion Foundation (VicHealth) is inviting expressions of interest from organisations who wish to undertake arts activities that build social connection and increase physical activity within the community.

Grants of up to \$75,000 are available to support initiatives by arts and cultural organisations, and their partners, for projects taking place over a period of up to 18 months commencing 1 April 2011. Expressions of interest applications close Monday 20th December.

For more information visit [www.vichealth.vic.gov.au/motion](http://www.vichealth.vic.gov.au/motion)

## Online Resources for Clients from CALD Backgrounds Experiencing Problem Gambling

The Problem Gambling Strategy's Community Education Team in collaboration with the CEH Multicultural Gambler's Help program have added LOTE resources to both the professionals and the public problem gambling websites. The problem gambling public site now has a 'Help in Other Languages' section divided by language here:

- ♦ [www.problemgambling.vic.gov.au/help-for-gamblers/in-other-languages](http://www.problemgambling.vic.gov.au/help-for-gamblers/in-other-languages)

The professionals site has CALD pages in the services section here:

- ♦ [www.professionals.problemgambling.vic.gov.au/gamblers-help-services/cald-services](http://www.professionals.problemgambling.vic.gov.au/gamblers-help-services/cald-services)

And the brochures and resources section here:

- ♦ [www.professionals.problemgambling.vic.gov.au/brochures-resources/languages-other-than-english](http://www.professionals.problemgambling.vic.gov.au/brochures-resources/languages-other-than-english)

## Kitchen Garden Grants

Don't miss your school's opportunity to become a part of the Stephanie Alexander Kitchen Garden Program. Thousands more children will soon be growing, cooking and eating their own food at school thanks to an expansion of this innovative and successful health promotion model.

The Victorian Government recently invested an additional \$1.1 million in the Kitchen Garden Program, to boost the number of schools funded under the 'Go for your life' Kitchen Garden Project with Stephanie Alexander. The additional funding will provide 14 Victorian schools with grants of up to \$62,500 each to contribute to the costs of building a kitchen and a garden, and employing specialist staff.

Grant opportunities for Phase 3 of the 'Go for your life' Kitchen Garden Project with Stephanie Alexander are now open - visit: [www.kitchengardenfoundation.org.au/our-schools-program/funding-opportunities](http://www.kitchengardenfoundation.org.au/our-schools-program/funding-opportunities)

## Medicare Locals - Proposed Boundaries

The Australian Government has committed to establishing a national network of primary health care organisations, known as Medicare Locals. A working draft of proposed boundaries for Medicare Locals is now available.

The draft boundaries are based on work commissioned by the Australian General Practice Network and released for consultation on 1 July 2010. This work provided a comprehensive analysis of local primary health care services. About 120 submissions were received in response to this work.

There will also be consultations with state and territory governments on the draft boundaries, with the aim of reaching agreement on final boundaries for Medicare Locals and Local Hospital Networks by the end of 2010.

If other parties have outstanding comments on the draft boundaries, these should be provided to [medicarelocal@health.gov.au](mailto:medicarelocal@health.gov.au)

For more information visit [www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/Content/MedicareLocalsProposed](http://www.yourhealth.gov.au/internet/yourhealth/publishing.nsf/Content/MedicareLocalsProposed)

## Regular Exercise 'Cuts Disease Risk' - The Age 16/11/10

Regular exercise cuts the risk of more than 20 illnesses, a review found on Monday. The chance of major diseases, including colon cancer, heart disease, diabetes, osteoporosis and stroke are all reduced with weekly exercise, according to the study published in the International Journal of Clinical Practice.

Apart from not smoking, being physically active is the most powerful lifestyle choice an individual can make for improved health outcomes," said the author, Leslie Alford from the school of physiotherapy at the University of East Anglia.

The review found it is never too late to start taking exercise, with older people seeing benefits from regular activity. Guidelines are that people should aim for 150 minutes per week of moderately intense physical activity, such as brisk walking for 30 minutes five days a week.

To read more visit [www.theage.com.au/lifestyle/wellbeing/regular-exercise-cuts-disease-risk-20101116-17v1a.html](http://www.theage.com.au/lifestyle/wellbeing/regular-exercise-cuts-disease-risk-20101116-17v1a.html)

## Nursing Network on Violence Against Women

16 - 18 February 2011 - Auckland, New Zealand

Substantial progress has been made in raising awareness about violence against women and children, publicly and within health and social services locally, nationally and internationally. The complexity of violence against women and children begs collaborative partnerships and innovations to create social change to halt its existence. Stopping violence requires the various stakeholders working in the area of violence against change to work in partnership to achieve sustainable change. This conference is an excellent international opportunity for nurses, social workers, mental health workers, physicians, community organisations, policy workers, police, and justice workers working in the area of violence against women and children to come together and share their knowledge, experience and work.

For more information visit [www.confer.co.nz/nnvawi/](http://www.confer.co.nz/nnvawi/)

## AIC Conference - Young people, risk & resilience: The challenges of alcohol, drugs & violence

7 - 8 March 2011 - Melbourne

The Australian Institute of Criminology and the Victorian Safe Communities Network will hold this two-day conference to discuss the nature and extent of young people's involvement in alcohol, other drugs and violence, and to share the experiences of young people and practitioners in reducing risks and increasing resilience to these potentially harmful activities. The call for abstracts from those working with young people in the fields of alcohol and drug services, education, criminal justice, health and welfare, and police and emergency sectors, is now open.

For more information visit [www.aija.org.au/Child%20Protection/Call%20for%20Papers.pdf](http://www.aija.org.au/Child%20Protection/Call%20for%20Papers.pdf)

## Friendly Faces Helping Hands Website

This website has been designed to network rural communities and its people to the major hospitals and health facilities. It provides information on accommodation, parking, cheap eats, childcare and other facilities that are located around each metropolitan hospital as well as links to support networks, social workers and counsellors.

For more information visit [www.friendlyfaces.info](http://www.friendlyfaces.info)

## Motivation - by Lisa Cosson

**A Sign of Imbalance** - overachieving and overreaching...

In general, an overachieving lifestyle is not balanced. What changes can you make to slow down and feel more joy?

If we find that we cannot allow ourselves to experience and enjoy the present moment, putting pleasure off into some distant future, it may be a sign that we are being driven to achieve more than is truly necessary. Pushing ourselves beyond the point of exhaustion, or to the exclusion of important people in our lives, robs us of true and meaningful joy. Once we make the connection to the eternal part of us, it can nourish us and allow our priorities to shift from chasing after an elusive feeling to being fully present in the moment so that we can live our lives in the now.

Lisa is the Physical Activity Officer at WestVic Division of General Practice and can be contacted on 0418 106 439 or by email [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.au)

## Snapshots! Changing the Way We See People with Mental Illness

Misunderstanding and stigma have a major impact on people with mental illness. SANE Australia today launches a new initiative to help reduce this stigma - Snapshots - through which people can get to know people affected including family and others who care.

Reducing stigma makes an important contribution to improving the lives of people with mental illness - from better understanding and support from politicians and decision-makers, through to changed attitudes from neighbours, workmates and others, and genuine inclusion in society.

Using interviews and photographs, Snapshots invites you to get to know these ordinary - yet so extraordinary - Australians, who reveal what it is like to experience mental illness from the inside, and share their honest insights into recovery and the importance of connections with other people.

Snapshots aims to provide hope and encouragement by demonstrating how people can live full active lives when managing mental illness.

Visit [www.sane.org/snapshots](http://www.sane.org/snapshots)

**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.

10/2	Creating a Stronger You	Hopetoun
10/2	Creating a Stronger You	Beaulah
26/2	Grampians Texture	Grampians
16/3	Motivational Interviewing	Horsham
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](mailto:pcpadmin@grampianscommunityhealth.org.au)

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