



# Wimmera Primary Care Partnership

### Meet Our Members

- Access For All Abilities 
- Community AXIS 
- Dunmunkle Health Services 
- Edenhope & District Memorial Hospital 
- Goolum Goolum Aboriginal Co-Operative 
- E. W. TIPPING FOUNDATION 
- Grampians Community Health Centre 
- Harrow Bush Nursing Centre 
- Hindmarsh Shire Council 
- Horsham Rural City Council 
- Horsham Regional Arts Association 
- Salvation Army Family Services 
- Karkana Support Services 
- Rural Northwest Health 
- Murtoa & District Neighbourhood House 
- University of Ballarat 
- WestVic Division of General Practice 
- West Wimmera Health Service 
- West Wimmera Shire Council 
- Wimmera Southern Mallee LLEN 
- Wimmera Regional Sports Assembly 
- Wimmera Uniting Care 

## INNER STRENGTH BUILDING PROGRAM

Are you interested in learning strategies to manage anxiety and depression?

Dunmunkle Health Services and SLAAM are running an 8 week program that will equip you with strategies whilst providing a fun and relaxed atmosphere.

The Inner Strength Building Program commences Tuesday May 6th and will continue to be run on Tuesday's until June 24th.

Meeting times are from 9am to 12pm in the supper room at the Mechanics Hall, Duncan Street, Murtoa. Gold coin donation towards morning tea.

Places are limited so please call Jodie or Maxine at Dunmunkle Health Services on 5362 0414 to confirm your interest.

Assistance with transport may be possible for participants outside of Murtoa. Please discuss when booking.

## MEN'S BEHAVIOUR CHANGE PROGRAM

Supporting Men to Address Issues of Family Violence

The program provides men with the opportunity to address inappropriate behaviours and learn new ways that are respectful & non-abusive.

The program includes: individual assessments; 12 week education/discussion group; facilitation by male & female facilitators.

The Program is on Mondays from 4.30pm to 6.30pm starting Monday 5th May 2008 at Grampians Community Health Centre, 25 David Street Horsham.

To find out more information on this program please call:

Grampians Community Health Centre  
(03) 5362 1200

-  Wimmera Health Care Group
-  YMCA, Horsham Aquatic Centre
-  Womens Health Grampians
-  Wimmera Hearing Society
-  Wimmera Volunteers
-  Hopetoun & District Neighbourhood House
-  Yarriambiack Shire Council

## SUPPORTING DROUGHT AFFECTED CLIENTS EFFECTIVELY

Many farm businesses are finding their situations have changed dramatically as a result of drought and dry years. This training will enable you to:

- Gain skills in how to support clients.
- Identify the skills of the helper.
- Understand the common mistakes and learn how to avoid them.
- Learn how to identify those who may be at particular risk and how to make appropriate referrals.
- Learn how to support individuals who may be acutely emotionally distressed.
- Understand the difference between emotional support and counselling.
- Learn how to protect yourself and avoid vicarious trauma.

This training session is delivered by Dr Sue Green of David Cherry and Associates, Clinical Psychologists and training consultants.

Two sessions are being offered - the morning session is designed for accountants and financial advisors - the afternoon session is more general.

When: Wednesday 16th April 2008  
 Times: 9am to 12pm - Morning session  
 12.30pm to 4pm - Afternoon session  
 Cost: Free  
 Venue: Buloke Room, Grains Innovation Park, 110 Natimuk Road Horsham  
 RSVP: To Kellie at Wimmera PCP on (03) 5362 1222 or email [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

## LEARNING ARTS WIMMERA - WORKSHOPS IN 2008

**Creative Volunteering - Undertake Marketing - Sunday 20th April** from 9.30am to 4.00pm  
 Cost \$15 - Wimmera HUB Theatre. This workshop will concentrate on developing a marketing plan suitable for not-for-profit and cultural organisations.

**Creative Volunteering - Develop Funds & Resources - Sunday 4th May** from 9.30am to 4.00pm  
 Cost \$15—Wimmera Hub Theatre. This workshop will focus on developing strategies and preparing proposals for funding, sponsorship and other resourcing options.

**Technical Training - Lighting - Sat & Sun 17th & 18th May** from 9.30am to 4.00pm  
 Cost \$30 - Nexus Youth Centre. Learn about lantern types, basic electrical and lighting theory, rigging and de rigging, focusing, lighting desks and moving lights.

**Technical Training - Sound - Sat & Sun 14th & 15th June** from 9.30am to 4.00pm  
 Cost \$30—Nexus Youth Centre. Learn about the basics of PA components, sound path including mic level, line level and amplified signal, electrical and audio theory, PA set up, tuning etc.

**Regional Festival Conference - Sun 20 July** from 9.30am to 4.00pm  
 Cost \$15 - Murtoa Mechanics Hall. Revitalise - Re-energise - Renew. Keynote speaker Major of Welling Shire Cr Darren McCubbin.

All bookings and enquiries to Wimmera HUB on 5382 5111 or visit [www.hub.org.au](http://www.hub.org.au)

Lunch will be provided at all workshops.

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## WOMEN'S NETWORK GRAMPIANS

Wednesday 14th May 2008 from 9.30am to 3.30pm  
Ballarat Lodge, Main Road Ballarat

Keynote speakers:

- Minister Maxine Morand, Minister for Women's Affairs Victoria.
- Ms Brenda Boland, Regional Director DHS—Grampians Region

Registration and full program enquiries please call Women's Health Grampians on 5322 4100.

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## AMONGST BALLARAT'S FINEST - BOOK

**Amongst Ballarat's Finest** profiles 113 women from past and present, nominated by their own community as women that should be recognised for their civic and political contribution to Ballarat.

Relatively few of these stories are recorded in any other form, due largely to the women's modest and humble nature, this book has been developed by Women's Health Grampians to record and recognise their contribution.

Cost \$15.

To get your copy please phone 5322 4100 or email [adminb@whg.org.au](mailto:adminb@whg.org.au)

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## \$10,000 GRANTS FOR FARMERS TO INNOVATE

There are two category of grants: "Farmer Group Projects" with up to \$10,000 available for projects designed to tackle sustainability issues arising from drought and "Innovation grants" with up to \$5,000 available for innovative projects which help develop or implement good ideas to improve the sustainability of farming practices and overcoming the impact of droughts.

Landcare Farming Program Manager Shane Norrish believes that the best ideas for dealing with tough conditions come from farmers on the land. "We know that farmers in many places are struggling with drought, new ideas and ways of farming are needed to adapt to our increasingly unpredictable climate and best ideas come from the farmers who have to tackle tough conditions on a daily basis".

"The grants will give farmers the cash they need to put new ideas into action. These ideas don't need to be rocket science. For example the grant could go towards trialing different perennial fodder species." The grants are available for farmers in areas declared eligible for "Exceptional Circumstances" assistance.

The "Farmer Group Projects" funding is open to all farmer groups and is not restricted to members of Landcare Groups. Applications are encouraged from producer groups and from regional farming groups with a natural resource management interest.

The "Innovation Grants" are aimed at helping farmers develop good ideas covering areas like technology, machinery and farm layout. Innovative ideas for sharing information about successful strategies for managing drought are especially welcome.

For further information please contact Peter Scott on (02) 9412 1040.

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## SELF-MANAGEMENT MAPPING

Wimmera PCP would like to extend a thank you to the agencies that worked to complete the DHS Self Management Mapping survey.

DHS have now collated this research and a snapshot of this is included below for your interest.

Approach	Number trained	Number providing self management support using the approach	Additional Comments
Flinders Model	670 (only 140 accredited)	388	Majority are not using the prescribed tools.
Stanford Model	258	174	74 groups held across Victoria.
Motivational Interviewing	686	505	This may include some duplication of the Flinders trained staff.
Health Coaching	396	301	This incorporates the psychological based health coaching and the COACH model.

**Major disease stages** that the various approaches are being used to support was reported to be:

- Mixed and multiple chronic diseases.
- Type 2 diabetes.
- Cardio-vascular disease.
- Respiratory disease.

Data at the agency level is not currently captured to indicate INTENSIVE self management support is being provided to the client, hence it is not possible to indicate a proportional representation of client populations or actual client numbers.

**Key challenges** identified in implementing a self-management approach include:

- Access to training (and cost).
- Organisational systems change to support implementation of self-management approach (management support).
- Need for management training to increase understanding of self-management support in practice and what is required to embed in an organisation.
- Systems to facilitate/support practitioners in implementing/developing skills acquired through the training.
- Increased knowledge of psychosocial support services (and develop/strengthen partnerships).
- Increasing awareness and understanding of self-management support in health sector.
- Increased awareness and understanding of self-management support of clients (this is often the point where clients disengage from the EliCD program).
- Completing priorities of clinicians.
- Paradigm shift of working with client derived goals and ensure best practice achieved.
- GP referral to self-management support programs.

**Key enablers** to successfully embedding self-management support approaches include:

- Providing access to training in self-management support.
- Management support for self-management as part of ICDM.
- Clinician willingness to change practice.
- Establishing a system to identify clients who would benefit from self-management support.

For more information on Self Management Mapping please contact:

Donna Bridge  
 Agency Liaison Officer—Wimmera PCP  
 5362 1221  
[donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

## AGED CARE SPECIFIC PALLIATIVE CARE WORKSHOP

Presented by the Grampians Regional Palliative Care Team

**Monday April 28th** from 9.00am to 4.00pm  
Education Resource Centre, Ballarat Health Services

Speakers:

Dr Greg Mewett, Palliative Care Physician

- Pain and symptom management.
- Nausea and vomiting in the aged care setting.

Dr Juli Moran, Director of Palliative Care Services Eastern Health

- Advanced dementia.
- End stage cardiac failure.

Karen Boucher, Mundipharma

- Norspan and opioid use in the aged care setting.

For more information or to book in for this workshop please call 5320 3553  
or email [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

## WIMMERA FAMILY VIOLENCE PREVENTION NETWORK

### Meeting Dates

**Wednesday April 23rd** at Wimmera Uniting Care

**Monday 9th June** at Grampians Community Health Centre

**Wednesday 27th August** at Wimmera Uniting Care

**Monday 13th October** at Grampians Community Health Centre

**Monday 22nd December** at Victoria Hotel

For more information please contact Jeanine Jones on 5358 7400  
or email [jeanine.j@gchc.org.au](mailto:jeanine.j@gchc.org.au)

## STROKESAFE SEMINAR KIT

- All in one package designed for health professionals to deliver a primary prevention stroke seminar to their community.
- Contains presentation with speakers notes on CD Rom, presenter's guide, evaluation forms, promotional flyer, fact sheets and strokesafe handouts.
- Great activity for annual quality plans or community education session you don't have time to prepare for.
- Plan, promote, deliver and evaluate a seminar with minimal preparation.

To purchase the Strokesafe Seminar Kit please contact the National Stroke Foundation on 9670 1000 or visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au)

## YOUR REGION DYNAMIC AND DIVERSE

The evidence from the 2006 Census Regional Forums - Grains Innovation Park

**Tuesday 22nd April** from 9.30am to 12.30pm - Lunch provided.

Further inquiries phone 9638 9541 or register at  
[www.dpccd.vic.gov.au/urbanandregionalforums](http://www.dpccd.vic.gov.au/urbanandregionalforums)

## APRIL EDITION OF ACTIVE MEDIA & ACTIVE INFORM

The April edition of Active Media can be accessed at:

[www.goforyourlife.vic.gov.au/hav/articles/nsf/pages/Active\\_Media?OpenDocument](http://www.goforyourlife.vic.gov.au/hav/articles/nsf/pages/Active_Media?OpenDocument)

Please use this link to access the April edition of Active Inform:

[www.goforyourlife.vic.gov.au/hav/articles/nsf/pracpages/Active\\_Inform?OpenDocument](http://www.goforyourlife.vic.gov.au/hav/articles/nsf/pracpages/Active_Inform?OpenDocument)

This edition of Active Inform features information on the Green Gym program, which is designed to encourage people to get fit and meet new people while enjoying fresh air and sunshine. The content is provided by Conservation Volunteers Australia.

## RURAL HEALTH CONFERENCE 2008

**30th April to 2nd May 2008 - Bendigo**

The conference theme will be chronic disease including: the role of health services in health promotion and the prevention of chronic disease; how to respond to chronic disease as a coordinated health system; workforce implications of chronic disease prevention and management.

For more information visit [www.ruralhealth2008.com.au](http://www.ruralhealth2008.com.au)

### FEEDBACK ON THE NEWSLETTER

This newsletter is intended to inform partners and community of a range of events and activities and news which may be relevant. In order to make this newsletter relevant and informative, it is important for the WPCP to receive your input and feedback. For example, have you found the newsletter useful? Do you have any suggestions for future editions? Please email, telephone or fax comments/suggestions or if you wish to unsubscribe to WPCP Admin.

Email: [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

Telephone: (03) 5362 1222 Facsimile : (03) 5382 4687

### Wimmera PCP Diary Dates

#### April

<b>10th</b>	3pm	PCP Executive Meeting	12.30pm	HP Network Meeting
<b>16th</b>	12.45pm	Chronic Disease Management Group		
<b>21st</b>	10am	Secrets to Successful Newsletter Workshop		

#### May

<b>8th</b>	3pm	PCP Executive Meeting	12.30pm	HP Network Meeting
<b>14th</b>	12.45pm	Chronic Disease Management Group		

**For further important dates please visit our website at**

**[www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)**

### Wimmera Primary Care Partnership Office

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