



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 

LIVING WITH TEENAGERS

Being apparent is one of the most important jobs. If you would like to get together with other parents to share ideas, brush up on skills and learn some new ones, come along.

This is an enjoyable and practical program to help parents understand and cope better with the challenges of rearing teenage children.

Topics discussed:

Parenting teenagers, teenage development, parental wellbeing, building and maintaining positive relationships, communication, limit setting, boundaries and strategies, reconciliation and self care.

Time: 7pm to 9pm
 Dates: April 22nd, 29th and May 6th (3 nights)
 Venue: Nexus Youth Centre
 Bookings: Cherie Ladlow 5362 4031
 Louise Smith 5362 4084


THE BIGGEST WINNER'S

Presented by Marietta Mehanni

Marietta is an award winning Australian presenter with over 18 years of teaching experience in both land and water based group exercise.

The aim of these workshops is to enhance fitness leaders' skills and techniques to deliver innovative, fun, effective safe exercise options allowing all participants to be the 'biggest winners'.

Date: Tuesday 17th & Wednesday 18th June 2008
 Day 1: Land based training (evening aqua master class Tuesday 6pm)
 Day 2: Aqua based training (including information session at 9am...How to become an aqua instructor)
 Time: 9am to 5pm Tue, 9am to 3pm Wed.
 Venue: Horsham Aquatic Centre
 Cost: \$125 per day or \$200 for both days
 RSVP: Friday 30th May to Horsham Aquatic Centre 5382 2576

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

HACC - 2 DAY FORUM FOR ASSESSMENT STAFF, COORDINATORS & MANAGERS OF GRAMPIANS HACC FUNDED SERVICES

April 29th and 30th at Colonial Best Western Motel, Halls Gap

Tuesday 29th from 10am to 1pm

Regional Quality Improvement Forum

- Presentations from Australian Healthcare Associates AHA and Australian Council on Healthcare Standards ACHS.
- Overview of Regional and Statewide results of standards assessments.
- Presentations from local agencies.

Tuesday from 2pm to 5pm and Wednesday from 9am to 12pm

Implementation of the HACC Personal Care Policy including medication management in the community - issues and options for Grampians HACC services.

Agenda will include:

- Clarification of current practices and policies in Grampians region.
- Separate workshop groups for nursing and CCW issues including documentation issues, scope of practice, service coordination opportunities.
- Presentation from Aged & Community Care Victoria - A Quality Improvement approach.
- Presentations from selection of: MAV, Nurses Board, Division of GPs.
- DHS Central Office presentation on HACC Personal Care Policy.
- Presentations of existing frameworks/guidelines developed by Barwon Health, WA Dept of Health, BDNH.
- Communication issues—Heather Liubicich.

Wednesday 1pm to 3pm

HACC Assessment Designation

- Common practice issues and service coordination.
- Areas for development of regional projects.

Cost \$100 for meals & accommodation, including conference dinner. No fee payable if not requiring accommodation or meals.

All enquiries to Karen Walsh - HACC Training Coordinator on 5334 1500 or 0400 069 881 or email hacked@bdnh.com.au

INDIGENOUS ISSUES—HORSHAM

Tuesday 6th May 2008 - from 9.30am to 4.30pm

Cost \$27.50 per day - email hacsadmin@britafe.vic.edu.au for registration

Indigenous persons are significantly over represented in the homelessness population. In addition to the disadvantages borne by all groups with lower than average income levels, indigenous people must deal with an array of specific problems that range from poor health to racism and discrimination than the broader community. This workshop will assist participants to develop an awareness of issues affecting indigenous people within their services and look at ways of more appropriate meeting the needs of indigenous clients.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) VERSION X

Ballarat Base Hospital Education Centre
Thursday 1st and Friday 2nd May 2008
From 9am to 5pm

Cost \$220

Are you ready, willing and able to intervene in a suicide?

Do you need to learn suicide first-aid?

A two day intensive, participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

Most people considering suicide signal and share their pain. Training can help us see, hear and respond to these invitations. It can provide the confidence to ask about suicide if we are concerned about someone's safety.

The ASIST workshop helps people apply suicide first aid in many settings.

To find out more information and to register please contact Anne Watson on 5320 3030 or email anew@bhs.org.au

YOUNG PEOPLE & THE INTERNET - 'WARMING UP CYBERIA'

24th April from 9am to 12noon

Videoconference from the Royal Children's Hospital
Venue: CAMHS Ballarat, Sebastopol Community Health Centre,
Wimmera Health Care Group Education Centre

For registrations please call 9927 7777 or register online at www.gthevents.com

Did you see 60 Minutes on 13th April? It covered young people, the internet and cyberspace bullying. It also showed how easy it was for someone to get someone's myspace password (16 seconds) and get into their page. Young people are spending heaps of time on the internet and we need to know more about the mental health issues.

6TH BIENNIAL STATE CONFERENCE

Call for abstract submissions

Palliative Care - Beyond the Boundaries
Thursday 23rd and Friday 24th October 2008

Abstracts welcome from all who work (either occasionally or regularly in all care settings) with people requiring palliative care. Abstracts for short oral presentations (approx 15 mins), should relate to the conference theme and be linked to one of the following categories.

Symptom management (focus on non cancer diagnosis).	Self care in the workplace.
Improving care for the elderly.	Grief and loss.
Community resilience.	Workforce issues.
Psychological support.	Volunteers.

Email for more information to info@pallcarevic.asn.au

CULTURAL AWARENESS AND LANGUAGE SERVICES TRAINING 2008

Training Module 1—The Refugee Experience

The training aims to improve the responsiveness of our service system to the special needs of refugees and to increase the skills and knowledge of practitioners who work and interact with refugees, especially those who are survivors of torture and trauma.

Dates: Tuesday April 29th 2008 - for staff working with children and youth
Thursday June 12th 2008 - for staff working with adults
Time: 9.30am to 2pm
Venue: State Government Office, Cnr Mair & Doveton Street Ballarat. Level 1 Conference Room.

Training Module 2—Cultural Diversity and Communication Awareness

This module creates opportunities for staff to enhance their cross-cultural communication skills and to assist them to operate successfully in a linguistically and culturally diverse environment.

Dates: Wednesday May 21st 2008 from 10am to 12pm
Thursday June 5th 2008 from 1pm to 3pm
Venue: Doherty Ballarat Lodge, 613 Main Road Ballarat, Victoria Conference Room 1
RSVP: For either training modules to Jim McIvor, DHS Grampians Region
5333 6079 or email j.mcivor@dhs.vic.gov.au

KNOW YOUR NUMBERS

Become a pressure partner and help to reduce high blood pressure in your community. The program aims to convey a simple message about the importance of having regular blood pressure checks and to understand the consequences of high blood pressure and stroke in the community.

Testing stations will be set up throughout various community locations and will provide an opportunity for people to check their blood pressure and receive information about how to reduce their risk of stroke.

When is it happening? 'Know your numbers' will run from 25th to 31st October 2008.

What help will you get? Once you officially register to become a pressure partner, you will be provided with all the necessary information to support the set up and running of a pressure station.

A planning manual and pressure station kit will be sent to you and will include a digital blood pressure machine, campaign resources and guidelines for blood pressure checks.

By getting involved you can help to provide a valuable community service activity; help to identify people at early risk and reduce their risk of stroke; spread an important awareness message and reduce misconceptions about blood pressure and create contacts and networks in your local community.

To register or to find out more information contact the National Stroke Foundation on 9670 1000 or visit www.strokefoundation.com.au

'GO FOR YOUR LIFE' POSITIVE BODY IMAGE GRANTS

Applications for the 'Go for your life' Positive Body Image Grants are now open. The grants fund community-based activities that promote positive body image messages, healthy lifestyle choices and build self esteem.

Grants of \$5,000 are available for projects that target young people from 12 to 25 years and actively involve them in the management of the project.

Who can apply?

Victorian community-based and not-for-profit organisations, secondary schools and local government can apply for funding provided that they have a legal status such as:

- An incorporated body, co-operative or association.
- An ABN; or can apply through another organisation that has legal status.

Applications are encouraged to demonstrate how young people will be linked to other relevant projects and activities in the community.

What type of projects might be funded?

- Skill development for young people such as leadership, informal support and mentoring and peer support.
- Innovative activities conducted either in school or out of school that stimulate young people and can produce tangible materials that can be shared with others.
- The media in the portrayal of body image.
- Practical programs to encourage healthy eating and physical activity.

Applications must be submitted online at www.grants.dpcd.vic.gov.au by **Friday 18th April 2008**. For more information please contact 1300 366 356.

WOMEN'S FORUM - WOMEN'S NETWORK GRAMPAINS

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

Key note speakers:

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

Registration and full program enquiries to Women's Health Grampians on 5322 4100 or DHS on 5333 6224.

PRIMARY HEALTH WEEKLY BULLETIN

The latest edition of the Primary Health Weekly Bulletin is now available at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/bulletin100408.htm?src=email&id=100408

In this edition:

- Clinical governance in community health forum.
 - The alcohol and other drug (AOD) brief interventions project.
 - What is the research agenda for the primary and community health sector?
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PREMIER'S ACTIVE FAMILIES CHALLENGE

The third edition of the Premier's Active Families Challenge e-bulletin is available online at:

www.goforyourlife.vic.gov.au/hav/articles.nsf/docs/bulletin_3?Open

In this edition:

- Thousands of families taking the active Challenge.
- Families work hard to do their 30 minutes a day.
- Have a laugh for the Challenge.
- Families make the most of free YMCA activities.
- Keep everyone motivated.
- Follow the Sports Minister's progress.
- Getting active at Casey Fields.

WOMAN IN THE CORNER

Seen in Darlot Street, Horsham Rural City Council parking inspector (by laws officer) commuting on one of the four HRCC Active Transport bikes.

Well done to HRCC for promoting the Active Transport to all their workers.

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

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

Wimmera PCP Diary Dates

April

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

May

8th	3pm	PCP Executive Meeting	12.30pm	HP Network Meeting
14th	12.45pm	Chronic Disease Management Group		
21st & 22nd		MHFA (Youth Focus) training Edenhope		
29th & 30th		MHFA (Youth Focus) training Nhill		

Wimmera Primary Care Partnership Office

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