



Wimmera Primary Care Partnership

SUPPORTING DROUGHT AFFECTED CLIENTS EFFECTIVELY

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 

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 pccadmin@gchc.org.au

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

STRENGTH TRAINING FOR OLDER ADULTS - GRANTS

Grants are now available for Seniors 'Go for your life' Strength Training for Older Adults Development Program 2008.

Grants of up to \$25,000 are being offered for the development of a strength training program for older adults in local government areas that currently do not have a program. If the LGA in which you are located does not have a strength training program for older adults you may be interested in taking advantage of this unique opportunity.

Application forms are available on the Department of Planning and Community Development Grants website at www.grants.dpcd.vic.gov.au

STATWIDE PARTNERSHIP DEVELOPMENT PROGRAM

Strengthening Partnerships through Leadership

Grampians Region - 12th or 13th May 2008

Leadership teams, including PCP member agency leaders, will have the opportunity to progress in depth conversations about the need for and art of establishing effective partnerships and the capacity to manage competing demands by working together.

Workshops will:

- Challenge thinking about what being in a partnership means.
- Provide a variety of lenses from which PCP agency leaders can develop and deepen the philosophy/foundation for the local partnership.
- Provide abundant opportunity for meaningful discussion with the PCP agency leaders - the implications of the models and the opportunities that new ways of thinking present.
- Establish a "below the line" approach to partnership conversations.
- Assist with "next steps" in each PCP's development journey.

Specific topics to be covered during the day include:

- How real conversations occur.
- Creating the environment for getting things done together.
- Establishing genuine shared purpose.
- Simple choice points for making alliances/partnerships work.
- Managing changes in multi-organisation environment.
- Influencing without direct control.
- Balancing short term and long term objectives and other similar tensions.
- Managing political/bureaucratic realities.
- Bringing new partners into existing partnerships.

Target Audience

PCP member agencies, potential new PCP members, PCP Executive Officers/staff and relevant DHS Regional staff.

Where: Horsham Golf Club
When: 12th May 2008, 9.30am to 4.30pm

Where: McCallum Disability Services, 29 Learmonth Street Alfredton
When: 13th May 2008, 9.30am to 4.30pm

RSVP to John Koopmans at john.koopmans@dhs.vic.gov.au or phone 5333 6020 by Friday, 2 May 2008.

WARMING UP CYBERIA - YOUNG PEOPLE AND TECHNOLOGY

Presented by the Royal Children's Hospital

24th April 2008 - 8.45am to 12pm

Wimmera Health Care Group Education Centre
Baillie Street Horsham

CAMHS Conference Room
Room 111, Ascot Street South, Ballarat

Community Health Centre
Vickers Street, Sebatopol

Register online at www.gthevents.com.au or email enquiries@telehealth.com.au

Cost will be \$16.50 to cover videoconferencing costs.

MEN'S BREAKFAST - WARRACKNABEAL

Wednesday 23rd April, 2008

From 7.15am to 8.45am
Community Centre, Anzac Park
Guest Speaker: Dr Donald Liu
Topic: Sleep Apnoea

Free Cooked Breakfast

Bookings are essential for catering purposes.

Phone Julie on 5396 1223 or Betty on 5396 1265 or email julie.mills@rnh.net.au

LIVING WITH TEENAGERS

Being a parent is one of the most important jobs. If you 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 include:

- Parenting teenagers.
- Teenage development.
- Parental wellbeing.
- Building and maintaining positive relationships.
- Communication.
- Limit setting, boundaries and strategies.
- Reconciliation.
- Self Care.

Where: Horsham (Nexus Pyncent St)

When: April 22nd, 29th and May 6th (3 Tuesday sessions - all need to be attended)

Time: 7pm to 9pm

Bookings: Cherie Ladlow 5362 4031 or Louise Smith 5362 4084

COMMUNITY KITCHEN FORUM

A community kitchen is a group of people who gather to socialise and cook delicious, affordable and nutritious meals. Community kitchens operate across the world as an innovative approach to promote healthy eating, development of personal skills and social support networks within the local community.

For more information on Community Kitchens please visit www.communitykitchens.org.au

A community kitchen forum is being held at
East Grampians Health Service
Pyrenees House - St Arnaud

8th April 2008, from 9.30am to 11.30am

RSVP to Rachael Cooper on 5352 9327 or email rcooper@eghs.net.au

MEN'S HEALTH NIGHT

Don't wait until your wheels fall off.....Value your asset - YOU!

Tuesday 8th April 2008

Horsham Sports & Community Club

Start 7.30pm

Cost: Donation upon entry

Guest Speakers

Bernard Denner - Men's Health Specialist

Stan Alves - AFL Legend

Dr Jim Thompson - Local GP

To book phone Natalie on 5362 1241

CARERS FUNCTIONS

The "Men as Carers Gathering" flier has been posted to individual male carers registered with Wimmera Carer Respite Centre and the "Mystery Trip" flyer has been posted to individual carers also registered with Wimmera Carer Respite Centre.

If anyone would like to register please contact the Intake Worker on (03) 5381 9318.

HINDMARSH NETWORK MEETING

The next meeting of the Hindmarsh Network will be held on Monday 7th of April at Jeparit Hospital Day Centre from 12.00pm to 2.00pm, including lunch provided by West Wimmera Health Service.

Organisers look forward to seeing as many of you as possible at this meeting to spend time networking and sharing information. It will be a valuable time in assisting everyone to work more collaboratively and effectively in providing services to our community.

PHYSICAL ACTIVITY AND HEALTHY EATING INFOLINE

Standard Service

The 'Go for your life' Infoline is a key support service for the Victorian Government's 'Go for your life' initiative. The Infoline sources and disseminates physical activity and healthy eating information to the general public. Trained health professional staff provide basic advice and help to connect callers to local opportunities and services.

Information is sourced from an extensive suite of directories, databases and online resources, including the 'Go for your life' website and delivered via an integrated web platform and database. The breadth of resources used by the Infoline staff ensures each caller receives individually relevant information that will assist them to become healthy and active, wherever they are in Victoria.

Ongoing Support/ Telephone Health Coaching

As a quality assurance and support mechanism, each caller to the Infoline is offered a follow up call, one month after the original call. This is to ascertain the usefulness of the information provided and to establish if an individual's level of health awareness has increased based on the information received. This is also an opportunity to explore if the caller was able to action some sort of behaviour change and to assess the barriers and facilitators in that process.

An exciting new counselling component has been incorporated into the Infoline service. This enables individuals that meet a certain set of criteria to access ongoing behaviour change support for up to 6 months. Calls will be scheduled at 0, 1, 2, 4 and 6 months. Trained operators conduct evidence based health coaching utilising motivational interviewing, goal setting, problem solving and other strategies tailored specifically to the needs of the individual caller.

To connect to healthy and active information and opportunities in your locality phone 1300 739 899.

For further information about the Health Coaching service contact David Menzies, Kinect Australia General Programs Manager on 8320 0100.

DISCONTINUATION OF DENTAL MBS ITEMS

The Commonwealth Government is discontinuing the Medicare dental items available for people with chronic conditions and complex care needs referred through a GP EPC Care Plan.

Patients who have commenced will be able to continue to receive Medicare benefit for dental services provided up to and including 30th June 2008.

Medicare dental items will be closed to new patients after 30th March, 2008.

This is the first step in establishing the Government's new Commonwealth Dental Health Program, which will be introduced from 1st July 2008. The Government is replacing the limited chronic care dental scheme with a scheme that addresses public dental waiting lists and will provide up to one million additional services.

For comprehensive information about the end of the items and the transition arrangements visit www.health.gov.au/internet/main/publishing.nsf/Content/Denta+Care+Services

GPs and Dental Practitioners can call the Medicare Provider Enquiry line on 132 150 or visit the website www.medicareaustralia.gov.au

Patients can call the Medicare Patient Enquiry Line on 132 011.

NEWS ALERT FROM THE STEPHANIE ALEXANDER KITCHEN GARDEN FOUNDATION

'Go for your life' grants for Victorian Schools with primary enrolments are now open. Applications close 9th May 2008. Read more about the grants at: www.kitchengardenfoundation.org.au/grants.shtml

Grant Information Sessions will be held around Victoria from the 7th to 10th of April 2008. For full details visit the website listed above.

A session is being held at Wendouree Performing Arts Centre, 1220 Howitt Street, Wendouree on **Wednesday 9th April** from 1.30pm to 3.00pm.

A tour of Kitchen Garden facilities at Wendouree Primary School will follow the session.

To find out more on the Stephanie Alexander Kitchen Garden Foundation please phone 8415 1993 or visit the website www.kitchengardenfoundation.org.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

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		

For further important dates please visit our website at www.wimmerapcp.org.au

Wimmera Primary Care Partnership Office

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