
























August 15th,, 2008



# Wimmera Primary Care Partnership

## Wimmera Primary Care Partnership Member Agencies

- Access for all 
- Abilities 
- Benetas 
- 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 
- Hopetoun & District Neighbourhood House 
- Horsham Rural City Council 
- Horsham Regional Arts Association 
- Karkana Support Services 
- 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 

## BATTLE OF THE BANDS

Nexus is calling on all bands to register for the Battle of the Bands competition.

**Saturday 16th August**

From 7pm onwards - Nexus Youth Centre

Cost: \$5 entry

This is a drug, alcohol and smoke free event!

To register please call 5362 1500

## GUESS WHO'S COMING TO WOOMELANG?

I am a well known radio personality and men's health expert.

All fathers are invited to come along with their sons aged 10 to 16 years to join me for two nights on the

**27th of August and 10th September**

At the Woomelang Football Club Rooms.

Free BBQ tea at 6.30pm - mothers also welcome to attend.

Woomelang Bush Nursing Centre and Wimmera PCP present the opportunity for fathers and sons to come along and meet **Mr Bernard Denner, ABC Radio** and Mr Danny Stone from EWHS for a fun and educational evening.

## REMEDIAL MASSAGE & MYOFASCIAL RELEASE

**24th August 2008** from 9.30am to 5pm

HUB Theatre - fee \$67 (conc \$59)

This one day workshop will cover more advanced massage techniques (both relaxation and remedial), trigger point therapy and also focus on myofascial release. Emphasis placed on specific techniques covering neck, should and back pain. The workshop will also cover trigger point therapy, which makes reference to referred pain patterns and its principals of application. Participants need to have completed an introduction message course.

Please bring 3 towels and a pillow to class. BYO lunch.

To book for this session please call the HUB on 5382 5111 or email [scc@hub.org.au](mailto:scc@hub.org.au)

Wimmera Hearing Society



Wimmera HUB



Wimmera Regional Sports Assembly



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



## COME AND TRY FOOTBALL AND NETBALL

**Sunday August 17th**

11am - Skills Session, 12pm - Friendly Game, 1pm - BBQ Lunch  
Cost \$10 (includes lunch)

Where: Taylors Lake Football & Netball Club, Dock Lake

- Skills sessions are available to both males and females who wish to improve their skills in football or netball.
- All abilities are welcome to come along, have a go and have fun!
- Rules will be modified to ensure safety to all those participating.
- There may be opportunities to take on roles such as umpires, scorers, etc.

Supporters and spectators welcome.

RSVP to Stuart Hall on [taylorfnc@yahoo.com.au](mailto:taylorfnc@yahoo.com.au)

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## THE GIANT WALK: CAN YOU HELP WALK AUSTRALIA IN THE RECORD BOOKS?

Australia is attempting to break the Guinness World Record for the most number of people walking 1 km simultaneously. We need over 231,635 people walking to break the record.

The Giant Walk - Guinness World Record Challenge is on in Australia on **Monday 1st September 2008** at 2pm.

Victorians can do their bit to help break the record by organising a group and registering for The Giant Walk.

For more information visit [www.thegiantwalk.com.au](http://www.thegiantwalk.com.au) (click on the Victoria section). The Victorian Government's 'Go for your life' initiative is supporting The Giant Walk in Victoria - come along and show your support and be part of the record-breaking event!

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## THE DEMENTIA ESSENTIALS

A free course for all workers caring for people with dementia.

**Fridays 5th, 12th and 9th of September** - all 3 days are compulsory.  
From 9.30am to 4pm at Conference Room, Ballarat Learning Exchange

Topics include:

- The Nature of Dementia.
- Effective Communication.
- Therapeutic Approaches to Communication.
- Activities for Living and Pleasure.
- Understanding Behaviour of Concern.
- Developing Effective Responses to Behaviours of Concern.

The training delivers an accredited unit of competency (CHCAC15a) "Provide Care Support Responsive to the Specific Nature of Dementia" which is a core unit in the Cert III or an Elective Unit in the Cert IV in Aged Care Work.

For more information and bookings please contact Monica no later than August 28th on 8534 5433 or email [scti.admin@silvercircle.com.au](mailto:scti.admin@silvercircle.com.au)

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## KERRI TEPPER TABLE TENNIS TOURNAMENT

The Horsham Table Tennis Association wishes to extend a friendly invitation to any players wishing to participate in the 13th Annual Kerri Tepper Table Tennis Tournament for people of all abilities.

For the past 12 years, competitors have traveled from across the state to attend this annual tournament.

**Sunday 31st August, 2008**

10.30 Start, 12.30pm BBQ lunch, 4pm conclusion

Maydale Pavilion, Horsham Showgrounds off McBryde Street

Cost \$10 to compete, \$5 for BBQ lunch

Parents, Carers, Friends and Spectators all welcome to support competitors and enjoy the BBQ lunch on the day!

RSVP by 20th August to Jeff Pekin on 5382 1034 or email [bevpekin@bigpond.com](mailto:bevpekin@bigpond.com)

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## DAY ON THE LAKE - FATHERS DAY

**Sunday 7th September** from 11am to 5pm

Western Beach, Lake Albacutya

(15 minutes North of Rainbow in the Victorian Mallee)

Artists:

- Circle of Friend Independent Artists:
  - ⇒ Arkie Williams
  - ⇒ Michael Lemmer
  - ⇒ Drew Sutherland
  - ⇒ Mick Trembath

Local supporting artists:

- Members of Lazy Farmers Sons - Ben Gosling and Shane Rose along with Alison Ey and The 1999's.

Other activities include:

- Jumping castle.
- Face painting.
- Clowns.
- Catering provided by local community groups.

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## 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/nocache?src=email&id=060808](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=060808)

In this edition:

- Oral Health Promotion Clearinghouse.
  - If not dieting training program for healthy weight management.
  - VHA One Day Forum: Strategic Implications of an Ageing Community.
  - Patient Safety and Credentialing.
  - Skills for Working with Refugee survivors: Follow-up Practice Seminar.
  - Impact of Integrated Health Promotion.
  - Is your organisation prepared for a local emergency?
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## MEN AS CARERS PROGRAM BLOKES FOOTY TRIP

### **Sunday 24th August - St Kilda v's Adelaide Crows**

Telstra Dome - Melbourne

Departing Horsham at 9.10am from Federation Building, 3 Robinson Street Horsham  
Returning 10pm

Blokes to provide own lunch, dinner and refreshments.

Please book through Wimmera Community Options on 5381 9336 and  
advise if any respite is required.

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## CULTURAL AWARENESS IN THE WORKPLACE

The Wimmera Development Association Regional Skills Migration Initiative would like to invite all Horsham businesses and community service providers to a cultural training day.

Theme: 'Cultural Awareness in the Workplace'  
featuring Francis Williams from the Ballarat Multicultural Centre.

**Thursday 9th September 2008** from 9am to 12pm  
Venue to be advised - morning tea will be provided.

Please RSVP by 22nd August to:  
5381 6505 or email [jheard@wda.org.au](mailto:jheard@wda.org.au)

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## MANAGING PROJECTS SUCCESSFULLY

This workshop covers the fundamentals of project management as an approach to delivering goals. Participants will learn how to identify and evaluate problems within their own projects before they occur.

**Tuesday 9th September** from 9.30am to 4.30pm  
Board Room, Pyrenees House, Ararat Hospital.  
RSVP to 5334 1500 or email [hacked@bdnh.com.au](mailto:hacked@bdnh.com.au)

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## OPTUS CONNECTING COMMUNITIES GRANTS

Optus is encouraging Not for Profit organisations and Optus employees nationally to apply for grants of up to \$5000 to reduce social isolation for those in need and reconnect disengaged youth in the community through the Optus Connecting communities Grants Program.

Australian Not for Profit community organisations working in the following areas are eligible to apply for a grant.

Disengaged Youth—are adolescents and young adults (up to the age of 25) who have become disengaged from society due to lack of education, skills training and employment opportunities; homelessness; substance abuse; and poverty.

Social isolation - encompasses social, physical, emotional and geographic isolation. Grant applications should demonstrate how projects will promote and enhance social inclusion such as building social networks, increasing participation in community or family life, or providing access to services such as health and education.

For full grant guidelines/criteria and application forms please visit [www.optus.com.au](http://www.optus.com.au) and enter connecting community grant program in the search field.

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## ST LUKE'S TRAVELLING TOOLSHED

**10th & 11th November** from 9.30am to 4.30pm  
Peart Wing, 102 Lydiard Street South, Ballarat

Cost: \$100 (homeless services) \$200 (other services)

Russell Deal conducts this interactive two day workshop showcasing a range of Innovative Resources' seriously optimistic materials; card packs, books, stickers, and other resources that have grown out of St Luke's strengths-based services to individuals, families, schools and communities. The Skills gained from the workshop can be used in various settings with clients, teams, supervision and with organisations.

RSVP to Leeanne Nicholson on 5337 2726 or email [lnicholson@unitingcareballarat.com.au](mailto:lnicholson@unitingcareballarat.com.au)

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## MIND MATTERS PROFESSIONAL DEVELOPMENT - TRANSITIONS

**Thursday 21st August** from 9am to 4pm  
Tracy Centre, 126 The Avenue Parkville

Transitions are a part of life and yet there are times when students can lose their connection with school.

This module explores a range of transitions for students (and staff) including: between schools, health agencies, work, training and care.

Participants will use a set of principles to plan for successful transitions.

For further emails please email [Vivienne.archdall@curriculum.edu.au](mailto:Vivienne.archdall@curriculum.edu.au) or [Brendan.hallinan@curriculum.edu.au](mailto:Brendan.hallinan@curriculum.edu.au)

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## APPLIED SUICIDE INTERVENTION SKILLS TRAINING TUNE-UP

Developed by Living Works Education Inc

**Thursday 27th November** from 9am to 1.30pm

Education Resource Centre, Ballarat Health Service  
Cost: \$66

This half day ASIST Tune-Up will review each aspect of the 2 day ASIST X workshop. ASIST X is the current version that has been delivered in this region for the last 4 years. It revised the previous ASIST in terms of latest research, current clinical practice and the evaluations from previous ASIST workshops. The Tune-Up will also provide participants with a valuable networking opportunity and a chance to support each other in what is a very difficult area of practice.

For more information on this training please contact Anne Watson on 5320 3030 or email [anew@bhs.org.au](mailto:anew@bhs.org.au).

Note: to attend you must have completed the 2 day training.

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# 'MOTIVATION FOR LIFE' from LISA

## WHAT NATURE TEACHES US ABOUT SILENCE

Too often we speak before we think and not listen nearly as much as would benefit us!

Today, examine situations where you might learn something by listening instead of talking. Some people can be challenging to relate to: a nosy mother-in-law; overbearing boss or co-worker; or simply your child wanting your attention. Instead of justifying your feelings or explaining your point of view, use effective yet concise words and then wait for a reply.

Good leaders are always marked by being good listeners.

When a friend needs to talk, resist the urge to give advice right away and just listen. We have an obligation to tame our tongues and give people the courtesy of being an attentive and engaged listener. Wouldn't you want the same respect?

Everyone deserves to be heard. Give that thoughtfulness to someone this week!

**Nature gave us one tongue and two ears so we could hear twice as much as we speak!**  
Epictetus, philosopher

Lisa Cosson - Westvic Division of General Practice  
Phone: 5381 1756 Mobile: 0418 106 439  
Email: [l.cosson@westvicdiv.asn.au](mailto:l.cosson@westvicdiv.asn.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

<b>September</b>				
<b>11th</b>	12.30pm	HP Meeting	3.30pm	PCP Executive Meeting
<b>October</b>				
<b>9th</b>	12.30pm	HP Meeting	3.30pm	PCP Executive Meeting
<b>15th</b>		Ride to Work Day		

For further important dates please visit our website at [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

### Wimmera Primary Care Partnership Office

25 David Street, Post address: PO Box 501, Horsham VIC 3402

Phone: 5362 1222 Fax: 5382 4687

**Mandi Stewart** - Executive Officer

[mandi.s@gchc.org.au](mailto:mandi.s@gchc.org.au)  
0428144812, 5362 1223

**Donna Bridge** - Agency Liaison Officer

[donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)  
0429174763, 5362 1221

**Bindy McDonell-Lees** - Heatwave Project Officer

[bindy.m@gchc.org.au](mailto:bindy.m@gchc.org.au)  
0458 208 833, 5362 1226

**Jan Hall** - Project Officer

[janet.h@gchc.org.au](mailto:janet.h@gchc.org.au)

**Geoff Witnitz** - Agency Liaison Officer

[geoff.w@gchc.org.au](mailto:geoff.w@gchc.org.au)  
0428358672, 5362 1225

**Carolyn Russell** - Project Officer

[carolyn.r@gchc.org.au](mailto:carolyn.r@gchc.org.au)  
0428 553 735, 5362 1224

**Kellie Uytdehaag** Admin Assistant

[pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)  
5362 1222