

August 1st, 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



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



THE ORAL HEALTH OF RURAL POPULATIONS IN AUSTRALIA SYMPOSIUM

Shepparton - 26th September

The disparity between the oral health of people living in rural areas in Australia and metropolitan populations is striking.

- People living in rural areas are more likely than urban dwellers to report avoiding eating food due to dental problems.
- Rural adults are one and a half times more likely to have no natural teeth than the general population.
- A person living in rural Australia is less likely to have visited a dentist in the last 12 months than someone living in an urban area.

This symposium will look at the explanations and experiences behind these facts and statistics, and consider strategies to reduce the country-city divide in oral health. This event is suitable for oral health professionals, health and public health professionals, medical doctors, hospital and clinic directors, educators, policy makers, students and those with an interest in rural health issues.

For further information visit www.crcoralhealthscience.org.au

USING MBS TO EXPAND THE RANGE OF SERVICES OF YOUR CLIENTS

This forum will focus on practical models of care that use the Medical Benefits Schedule to:

- Expand the range of services available to community health clients and;
- Enable more effective engagement of general practice in care.

You will discover what it takes to put together these new models of care. You will be able to discuss ways to use the MBS with providers who have already implemented viable models of care to provide:

- Better care planning.
- Access to private allied health and;
- Health assessment and prevention activities.

19th August 2008 - 9.45am to 4pm
Old Library, Level 1, 50 Lonsdale Street, Melbourne

Read more: www.dhs.vic.gov.au/rrhacs/ph_bulletin/using-the-mbs/ nochache?

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



MEN'S HEALTH PROMOTION FORUM, MELBOURNE

Saturday 9th August, 2008

9am to 5pm - Melbourne Convention Centre
2 Clarendon Street

For general public and health professionals.

Prostate Cancer Foundation of Australia in conjunction with the Commonwealth Bank, is pleased to invite you to attend the Men's Health Promotion Forum for men and women of the general public and health professionals.

Please register online at www.prostate.org.au
Any questions please email enquiries@prostate.org.au

FAMILY PLANNING SERVICE PROVISION IN RURAL VICTORIA: PERCEPTIONS & EXPERIENCES

Research is currently being conducted in the area of family planning service provision in rural Victoria, in particular in the Grampians region. This research is being undertaken by Julie Kruss, Community Psychology Masters Student, Victoria University and with the support of and in collaboration with Women's Health Grampians.

The research aims to document experiences and perceptions of the facilitators and barriers to accessing family planning services and how any barriers affect the psychosocial health of women, and the ability to make timely decisions about the continuation of a pregnancy. This study is important because so many women need to access family planning services during their lives, and they need to do so in a timely manner.

They would like to know about your experiences and feelings as a rural health professional in dealing with women who may need to access family planning services. They would also like to ask your opinion on what can be done to reduce any barriers.

If you are willing to be interviewed, please contact Julie Kruss on 0438 516 699 to express your interest in participating in the project, or to ask any questions you may have about the research. Julie can also be emailed on Julie.kruss@live.vu.edu.au

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=230708

In this edition:

- Interested in finding out how to develop an assistant workforce?
- Knowing her better: a series of training modules about immigrant and refugee women and sexual and reproductive health.
- Getting started: involving consumers on committees.
- Short Courses in Public Health and Clinical Research.
- The Way Forward: a new strategy for community care.

CRITICAL BREAKING POINT: THE EFFECTS OF DROUGHT

The final report for **Critical Breaking Point: The effects of drought and other pressures on farming families** is available at www.bcg.org.au

2008 AUSTRALIA & NZ ADOLESCENT HEALTH CONFERENCE

Pre Conference Forum Wednesday 5th November (time TBA)

Effective violence prevention with young people: What works? How do we do it?

New knowledge and understandings indicate that violence in young people is preventable. But what violence prevention approaches are effective and how can they be applied?

Following on from 'Facing the Hurst: Preventing violence in Young People' in 2007, this pre-conference forum will focus on practical approaches and examine the opportunities and challenges for implementation.

This forum will include presentations from several key researchers and practitioners in the area of youth violence, and will also include a hosted panel discussion with audience Q & A.

To register for further information go to www.adolescenthealth08.com/pre-conference-forum.php

Details of the 2008 Australian & New Zealand Adolescent Health conference can be found at: www.adolescenthealth08.com/index.php

NEW 1800 NUMBER FOR GAMBLING COUNSELLING

A new national 1800 number for telephone phone counselling services across all Australian states and territories has been established to help tackle problem gambling.

The new national number for problem gambling counselling services is:

1800 858 858

The new initiative will provide an opportunity for jurisdictions to share community-awareness campaigns and ensure Australians across the country have the same easy access to problem gambling services.

The new national 1800 number will eventually replace all existing phone counselling numbers for people with gambling-related problems across Australia. Callers will be linked automatically to the counselling service provided within the state they are in, so for instance Victorians, will still be linked automatically to the Gambler's Help Line service provided by Turning Point.

It is important to note that the existing 1800 156 789 number will continue to coexist alongside the new number (probably for a number of years) until the new number is thoroughly entrenched throughout the community and all promotional and campaign materials.

If you have any queries concerning this initiative, please contact Jeffrey Milne, Problem Gambling Strategy, Office of Gaming and Racing, Department of Justice on 8684 1942.

CONSUMER PRICE INDEX JUNE 2008

Is available at:

www.abs.gov.au/ausstats/abs@.nsf/mf/6401.0/OpenDocument

The Australian Social Trends, 2008 is available at:

www.abs.gov.au/ausstats/abs@.nsf/mf/4102.o?OpenDocument

SELF-ABUSE FINALLY ENDS

You are invited to join in this dynamic training initiative that has proven so successful in the cessation of self-abuse. SAFE in Oz will launch nationwide during October and November 2008. We will then unveil an exciting and innovative treatment program for consumers and training for professionals in a two day workshop;

An Introduction to Working With Individuals Who Self Abuse

The cost of the 2 day workshop will be \$275 per person.

The principles of SAFE in Oz are passionate and committed to resolve the issues relating to individuals who self-abuse. Our vision can only be achieved by building an extensive network to develop their pathway to recovery. We would therefore appreciate your support by distributing this invitation to pertinent professionals in the pursuit of self-abuse finally ending.

Who should attend?

Mental health workers, carers who work with individuals who self-abuse, youth workers, drug and alcohol workers, student counsellors, teachers, GP's, psychologists, counsellors, and anyone who wishes to better understand self abuse.

For more information visit www.safeinoz.com.au or email safeinoz@wideband.net.au

IF NOT DIETING HEALTH PROFESSIONAL 2 DAY TRAINING PROGRAM

The Person Centered Approach to Healthy Weight Management: helping people achieve and maintain a healthy weight.

Presented by Dr Rick Kausman & Co-facilitated by Janet Lowndes (psychologist)

This program assists Doctors, Nurses, Dietitians, Psychologists, Social Workers and other Allied Health Professionals, to effectively help patients achieve and maintain a healthy weight.

Not only does this exciting workshop draw from the most current world research in the field of weight management and eating behaviour, but incorporates Dr Rick Kausman's 20 years of practical and unique experience in this field, and importantly, from the experiences of thousands of his patients. The training program is full of practical information, delivered through a mixture of formats, including a number of eating awareness activities.

Accreditations and Endorsements

This 2 day training program is accredited by: The Royal Australian College of General Practice: Active Learning Module, 40 Category 1 points.

Thursday 4th and Friday 5th September 2008

9am to 5pm - The Treacy Conference Centre
126 The Avenue, Parkville

\$605 - fee includes morning tea, lunch and afternoon tea, training booklet
and a set of If Not Dieting resources.

A Workshop for the General Public is being held on

Tuesday 2nd September from 9am to 1pm

Cost: \$77

For more information or to register for these events
email Rachel@ifnotdieting.com.au or phone 0438 193 936

PROMOTING PHYSICAL ACTIVITY FOR ALL ABILITIES

An information pack has been developed from the 'Go for your life' Promoting Physical Activity for All Abilities forum conducted by Kinect Australia in June 2008. It presents an overview of speakers' presentations at the forum, as well as related resources. It contains information to support the range of stakeholders currently working to create environments that promote physical activity across settings for all people. Also includes links to the full presentations.

Download the information pack at:

www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Go_for_your_life_Physical_Activity_Forums?open

SHORT COURSE ON PUBLIC HEALTH PREPAREDNESS

Plan, Train, Practice: Getting your organisation ready for emergencies.

A two day course for leaders and managers of large and small organisations, clinics, office practices. Organised by the School of Public Health, La Trobe University.

Monday 18th and Tuesday 19th August 2008

La Trobe University City Campus
215 Franklin Street, Melbourne

The World Health Organisation acknowledges that disasters are increasing in number and intensity, and urges that individuals, organisations and health systems will need to include these evolving threats in comprehensive efforts to protect health. Crisis in china, Banda Aceh, New Orleans, Bali and Darfur have stunned the world, whilst Australia routinely endures floods, fires, and storms.

Less commonly occur explosions and major chemical spills, and the risk of emerging diseases and pandemics are always on the horizon. The impacts can be varied and unexpected. Many lessons are to be learned from those who have experienced these events, but the best approach is to be prepared.

At the completion of this two day course, the participant will have a complete outline for a local emergency plan, staff training schedule and exercise template.

Course Cost: \$450

Please lodge expression of interest, and direct further enquiries to:

Dr Liz Hanna, School of Public Health, La Trobe University
Email: l.hanna@latrobe.edu.au phone: 9479 5788

CERES ON THE FOOD MILES PROGRAM

This program was about research into the cost of Transporting of food from production to end sale point and the energy efficiencies on all areas of transport from planting to sale. The research has given good data for 29 commonly consumed products and shows an analysis of buying locally and overseas.

There are a number of websites listed for additional information:

www.ceres.com.au

www.aspo-australian.com.au

www.acufonline.org.au

www.ethical.org.au

www.energy.bulletin.net

'MOTIVATION FOR LIFE' from LISA

Poise in the Face of Frustration

Whether waiting to see a change on the scale, dealing with your co-workers, or diligently putting in work and feeling unappreciated; losing your patience is very easy to do!

By exercising patience with all people, you are allowing them to become better and to learn on their own through gentle guidance.

One healthy byproduct of self control in the face of frustration is that it usually leads to encouragement and enhancement of your relationships. Happy families and friendships thrive on patience and learning. It may take time to learn, but the results are well worth it!

Patience is the key to paradise - Turkish proverb.

Lisa Cosson - Westvic Division of General Practice
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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

July				
28th	10.30	Wimmera Men's Shed Network Meeting		
August				
6th	10am	Shared Interest Group Meeting		
13th	11.30am	Diabetes Working Group Meeting	1pm	Chronic Disease Reference Group
14th	10am	HP Performance Measures	12.30pm	HP Meeting
	2.30pm	District Nurses Network Meeting	3.30pm	PCP Executive Meeting
30th & 31st		CAREERS EXPO - Longeranong		

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

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