

August 22nd, 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



NEW WIMMERA PCP WEBSITE

We are excited to announce that the new Wimmera PCP Website is up and running.

We invite everyone to go and have a look at the website and any feedback will be greatly appreciated. If you find that something doesn't work (links etc) or if there is some information that you think would be useful to include please email pcpadmin@gchc.org.au and let us know.

Our aim is for the website to be a useful tool for member agencies, health professionals and the wider community.

The website can be found at:

www.wimmerapcp.org.au

WALK TO WORK DAY

Friday 3rd October

'Walk to Work Day' is a nationwide event encouraging Australians to walk to, or part of the way to work.

Keep your eye out on this newsletter for businesses hosting a 'Healthy Breakfast' for employers that walk to work.

WHAT'S ON IN MURTOA

Birds in the Bush - ladies night out.
September 5th at Supper Room, Duncan St
Bookings 5385 2785

Murtoa's Big Weekend
October 3, 4 & 5 - Art & Poetry entries out now.
Poetry closes 29th August & Art closes 5th September.

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



GICS SUPPORTIVE CARE CONFERENCE

Horsham - **21st November 2008**
Grains Innovation Park

Some of the keynote speakers:

- Jane Jones - DHS
- Dr Greg Mewett - Ballarat Health Services
- Professor Love - University of Ballarat
- Sheila Hirst - Sheila Hirst Consulting
- Sue Wiley - Ballarat Centrelink
- Doreen Ackermann - Cancer Council Victoria

Registration Free
To register phone 5320 4782 or email sarahg@ghs.org.au

VICTORIAN WHEAT MARKETING INFORMATION SESSIONS

Horsham - 18th September

Get the most out of the new system with FREE Information Sessions.

New wheat marketing arrangements came into force on 1st July 2008. To help growers make the most of the new arrangements, the Victorian Farmers Federation and the Grain Growers Association, in partnership with the Australian Government, are holding free information sessions.

The sessions will explain the changes to the wheat marketing arrangements and provide growers with information about their marketing choices.

The new wheat marketing arrangements present fresh opportunities for growers. The sessions will help growers manage the challenges and take advantage of the opportunities by providing access to practical and expert advice.

To register contact:

Jayne Gleed on 9207 5538 or email jgleed@vff.org.au

THE GIANT WALK

Victoria is participating in this exciting event, aimed at reclaiming the Guinness World Record for the most number of people walking simultaneously, as well as encouraging people to be physically active.

As Walk Together Grant projects, I strongly encourage you to share the below information amongst your walking groups and get them to organise groups and register!

If you have any queries about The Giant Walk contact:

Visit: www.thegiantwalk.com.au
Phone: 1300 739 899
Email: goforyourlife@dhs.vic.gov.au

ABORIGINAL FAMILY VIOLENCE & SEXUAL ASSAULT CORE TRAINING

29th & 30th September and 1st October

The Foundry Hotel Complex, 366 High Street Bendigo

This course provides the opportunity for Aboriginal and non-Aboriginal workers to explore together their understanding of, and responses to, family violence.

This course offers a model that is focused in individual strengths rather than on deficits. It raises awareness of the social/cultural context in which family violence is located, exposes the inadequacies of individualistic explanations and explores the issues surrounding family violence and the practical implications of these.

It promotes the interventions that prioritise the safety of women and children and locates responsibility for violence entirely with the perpetrator.

This course uses some ideas from narrative therapy and is experiential.

Cost: \$300 - morning and afternoon tea and lunch provided.

For more information please contact the Centre Against Sexual Assault on 5441 0430 or email casa@casalc.com.au

RURAL RESPONSES TO FAMILY VIOLENCE & SEXUAL ASSAULT IN ABORIGINAL COMMUNITIES

25th & 26th September

The Foundry Hotel Complex, 366 High Street Bendigo.

Aboriginal communities have identified reducing family violence and sexual assault as a priority.

Non-aboriginal workers are often uncertain about the most helpful ways to respond and may be hampered in responding by misconceptions about Aboriginal communities.

This course provides an interagency forum in which to explore respectful and culturally sensitive responses to aboriginal clients affected by family violence and sexual assault.

Cost: \$200 - morning and afternoon tea and lunch provided.

For more information please contact the Centre Against Sexual Assault on 5441 0430 or email casa@casalc.com.au

NATIONAL RIDE TO WORK DAY 2008

Registrations are now open for National Ride to Work Day

Wednesday 15th October

Cycle in to the FREE Horsham Community Breakfast at
Civic Centre Courtyard, Urquhart Street Horsham
From 8am to 9am

RSVP to wtc@wimmvol.com.au or phone 5382 5607

Register your workplace to be in the running to win some great prizes!

2008 TRAINING PROGRAMS FOR HEALTH PROFESSIONS

Presented by Baker IDI the Heart and Diabetes Institute

27th & 28th October - 2 day intensive diabetes program

- Intensive diabetes update covering management of type 1 and 2 diabetes, diabetes complications, hyperglycemia and hypoglycemia, nutrition, monitoring of diabetes control and insulin delivery devices.
- Suitable for GP's, Community Health Nurses, Allied Health, Practice Nurses, Diabetes Nurse Educators.
- \$420 full fee or \$400 early bird before 26th September.

27th to 31st October - 5 day comprehensive diabetes program

- Comprehensive diabetes program covering all facets of diabetes care.
- Suitable for GP's, Community Health Nurses, Allied Health, Practice Nurses, Diabetes Nurse Educators.
- \$680 full fee or \$650 early bird before 26th September.

Fri 17th October morning - Eating disorders and Type 1 diabetes (presented in collaboration with Mayfield Education and Diabetes Australia - Vic.

- Half day workshop exploring eating disorders in Type 1 diabetes, psychological issues, team approach to management and management strategies.
- \$85 full fee or \$75 early bird before 19th September.

Fri 17th October afternoon - Diabetes ketoacidosis (DKA) (presented in collaboration with Mayfield Education and Diabetes Australia - Vic.

- Half day workshop looking at risk factors for diabetes ketoacidosis, management in the acute care setting and follow up after discharge.
- \$85 full fee or \$75 early bird before 19th September.

For further information or to obtain a registration form for any of these courses visit www.bakeridi.edu.au or contact Christine McGregor - Training Program Coordinator on 9258 5053 or email Christine.mcgregor@bakeridi.edu.au

MEN'S BEHAVIOURAL CHANGE PROGRAM

The Men's Behavioural Change Program is running another group in Horsham, starting on **September 22nd**.

The group will run every Monday night at 25 David Street from 4.30pm to 6.30pm over a 12 week period.

Men wishing to access the group will need to contact Grampians Community Health centre on 5362 1200 to arrange an assessment of their suitability to the group. Contact persons are Frank Kean, Tanya Mitchell and David Henwood.

Some one to one support will be available to men who, for whatever reason, may not be suited to the groupwork approach.

The group is open to men from across the region and there is no financial cost for involvement. The program is designed to assist men who use violence against others, predominantly women and children, to take responsibility for their actions and learn new, and non-violent behaviours.

The underpinning principle of the program is the safety of women and children and referrals will be taken from Courts, Police, DHS and other intermediary agencies as well as self-referral.

INDIGENOUS AUSTRALIANS: SAFE AND COMPETENT COUNSELLING PRACTICES CONFERENCE

22nd & 23rd September 2008

The Melbourne Eastern Metropolitan Region Indigenous Family Violence Action Group, Indigenous Healing Service and the Eastern Regional Family Violence Committee are pleased to present a conference that invites exploration of current ideas of culturally competent counselling practices to the Indigenous community - practices that are located within a context of violence and intergenerational trauma.

With a particular reference to culture and the effects of intergenerational trauma keynote speakers will focus on:

- Cultural competence - what is it and how to acquire it.
- Effective counselling practices with Indigenous clients and communities.
- Contemporary evidence based trauma and violence practice identity and cultural paradigms.

In addition, there will be an evening concert featuring Archie Roach and Ruby Hunter.

The conference will be relevant to counsellors, caseworkers, family violence workers, outreach workers, workers with children, managers, and others working to address the wellbeing of the Aboriginal population.

For all enquiries regarding this conference please call 9329 6400 or email s.sweetman@happenings.com.au

ACCREDITED QUALIFICATIONS IN CUSTOMER CONTACT / CALL CENTRE OPERATIONS

In response to the 'teleworking' initiative of Foundation of Australian Agricultural Women (FAAW) to link employers with skilled women from rural and remote areas who can work from home, Aspin (a training consultancy organisation who employs teleworkers based all over Australia) is delighted to be able to offer nationally accredited qualifications.

This course seeks to enhance the employability of rural and remote women as skilled teleworkers in a range of industry areas.

The qualifications are Certificate II and III in Customer Contact. Training is to be provided FREE of charge to eligible women.

Key benefits of the course are:

- The ability to complete the qualification at home via online learning and some face to face start up workshops in regional centres.
- Improved access to home based or remote worker employment opportunities.
- Attainment of a nationally recognised qualification.
- A pathway into higher qualifications.

Aspin is now seeking expressions of interest from participants who are interested in enrolling. For more information or to download the expression of interest form, visit the FAAW website at www.faaaw.org.au

'MOTIVATION FOR LIFE' from LISA

What leaps of faith are you willing to take?

Trying new things can give you a real zest for life. Pushing beyond your comfort zone in a responsible way helps you grow confidence and creativity that you can apply to your everyday life.

Do not let fear control what you do (or don't) do? While taking risks can be scary, doing nothing is a big mistake, as it produces nothing fruitful within you.

There is a direct relationship between things that we achieve and the effort we put forth to obtain them.

To reach the fruit, you have to climb the tree first!

And then the day came, when the risk to remain tight in a bud was more painful than the risk it took to blossom.

Anais Nin, Danish Diarist

Lisa Cosson - Westvic Division of General Practice

Phone: 5381 1756 Mobile: 0418 106 439

Email: 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

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

Wimmera PCP Diary Dates

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

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

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