

August 29th, 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 

## SINGING LEADERS TRAINING DAY

A skills development and networking day for new and experienced singing leaders and their support crew.

**Saturday September 13, 2008**

Mortlake College, Hood Street Mortlake

Cost: \$33 or \$22 concession. Includes catering.

Applications and information to Community Music Victoria

Email [cmv@netspace.net.au](mailto:cmv@netspace.net.au) or phone 9662 1162

## SINGING GROUPS ACROSS THE WIMMERA

Do you know of or are you part of a singing group or choir in the Wimmera?

If so, could you please email [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au) or phone 5362 1222 to let us know the details - where, who, when etc.

## ACTIVE TRANSPORT

Wimmera Primary Care Partnership and Member Agencies promote cycling as 'Active Transport' where staff use cycling as a mode of transport for local and short trips whilst at work. It encourages staff to use a bicycle for these local trips to increase physical activity (instead of using cars).



### Current PCP Members who are part of the Active Transport Program:

- Wimmera Sports Assembly
- Hopetoun & District Neighbourhood House
- Grampians Community Health Centre
- Murtoa Neighbourhood House, SLAAM
- Hospitals Admission Risk Program
- Horsham Community Action Centre
- Horsham Rural City Council x 4 bikes
- West Wimmera Health Service x 2 bikes

- Wimmera Health Care Group
- Dunmunkle Health Services
- Rural Northwest Health
- Wimmera Volunteers
- Karkana Support Services
- Hindmarsh Shire Council
- Wimmera Uniting Care

For more information contact Donna Bridge: 53 621 221

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



## HOW TO DEVELOP ACCESSIBLE INFORMATION

**Wednesday 3rd September, Friday 24th October and Monday 1st December**

From 10am to 4.30pm

September & October sessions at Scope Box Hill, 830 Whitehorse Road

December session at Scope Glenroy, 177 Glenroy Road

This full day workshop will take you through the steps to consider when developing Easy English. This is an interactive workshop. You will have time to begin your own Easy English document or brochure. Please bring along a document or information that you have identified as needing to be developed into an accessible format.

Handouts will include: Easy English Writing Style Guide and Checklist.

Suitable for anyone who will be writing Easy English documents, fliers and brochures etc.

Cost: \$176 per person

Contact Communication Resource Centre - Scope for more information on 9843 2000 or email [crc@scopevic.org.au](mailto:crc@scopevic.org.au)

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## NEW FAMILY VIOLENCE SUPPORT GROUP

At Grampians Community Health Centre

The Grampians Community Health Centre is starting a Family Violence Support Group. This group is aimed at bringing together women and children who are/have experienced family violence.

Highlights of the group are:

- Support and understanding.
- Non-judgmental environment.
- Social connectedness.
- Therapeutic aspects.
- Recreational activities.
- Bringing together mothers and their children on occasions.

The group will get together for two hours every fortnight for recreational and therapeutic activities. The group is kicking off with a lunch meeting, to get to know each other at:

The Brix Hotel, Stawell on **Thursday 11th September** from 11.30am  
RSVP by 9th September to the number listed below.

This will be followed up with an all expenses paid trip to Melbourne for a night of fun at Witches in Britches Theatre Restaurant. This will be an overnight trip, leaving on Thursday 18th September and returning on Friday 19th September. This trip will be for a maximum of 10 women, so get in quick.

Please advise your support worker of your interest or contact Jeanine at GCHC on 5358 7415.

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## TIPS FOR WORKING WITH RELUCTANT, RESISTANT OR HOSTILE YOUNG PEOPLE

The 'What every worker needs to know....' training series.  
By Orygen Youth Health Training Services

**17th September 2008**

From 9.30am to 3pm at Orygen Youth Health - Conference Room  
25 Poplar Road, Parkville - light lunch and refreshments provided.

This workshop explores the challenges of engaging and working with young people. The session will focus on the importance of building a collaborative relationship and will explore useful strategies to manage difficulties in the worker-client relationship.

At the completion of this workshop you will be able to:

- Describe potential threats and strategies to the engagement of young people.
- Adopt a non-blaming approach when working with challenging clients.
- Identify ways of managing hostile, threatening or aggressive behaviour and maintaining client/worker safety.

To register visit [www.orygen.org.au](http://www.orygen.org.au) or for more details phone Nazan on 9342 3744 or email [training@orygen.org.au](mailto:training@orygen.org.au)

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## A NIGHT FOR BLOKES - MEN ONLY

**Wednesday 17th September**

Nhill Lutheran Church Hall - BBQ tea at 6pm, program commences at 7pm  
Cost: Gold coin donation

### Program:

- Six Degrees of Diabetes: a short play written by Alan Hopgood AM. A humorous performance about 3 middle aged men, who have indulged in the 'good life' - eating, drinking to excess, for many years and need to make some hard decisions about their health.
- Bernard Denner: Men's Health education and advocate. Bernard makes health fun, he is an experienced and entertaining speaker.
- Alan Hopgood AM: Award Winning Australian Playwright. Alan will provide an interesting and humorous overview of his experience in dealing with Prostate Cancer.
- Dr Shoaib Manawar: Tristar Medical Group. Dr Manowar will discuss access to GP's and highlight that 'you don't have to be sick to go to a GP'.

**Ladies - send your bloke!**

Bookings essential for catering purposes - please register with Joylene Rhode on 5391 4267 by Monday 15th September.

For more information contact Lesley Robinson on 5391 4207 or Wendy Altmann on 5391 4221.

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## NATIONAL RIDE TO WORK DAY 2008

**Wednesday 15th October**

Cycle in to the FREE Horsham community breakfast at the Civic Centre Courtyard, Urquhart Street, Horsham from 8am to 9am

RSVP to [wtc@wimmvol.com.au](mailto:wtc@wimmvol.com.au) or phone 5382 5607

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## COMMUNITY CLUB DEVELOPMENT AND RETAINING VOLUNTEERS

Are you ready to take a positive step towards improving your club, organisation and group?

The 'Boost Wimmera' network is here to help you! Boost Wimmera is a network for Wimmera clubs, organisations and groups to share, resource, support and strengthen volunteers and volunteering.

### FREE Information Sessions

Community Club Development with Di Trotter (Wimmera Regional Sports Assembly)  
and  
Retaining Volunteers with Brian Mannix (Wimmera Volunteers)

Monday Sep 15	Goroke (Goroke Community Health Centre, Natimuk Rd)
Thursday Sep 18	Jeparit (Jeparit Community Pavilion, Sands Av)
Monday Sep 22	Warracknabeal (Warracknabeal Central, 130-136 Scott Street)
Thursday Sep 25	Horsham (Horsham Rural City Council reception area, Roberts Ave)
Monday Sep 29	St Arnaud (Northern Grampians Shire Council Perry Room, Napier St)

Times: All information sessions commence at 6.30pm (refreshments & supper provided)

Registrations: Registrations are required one week prior to session. For any enquiries and/or to register for an information session phone Marcy on 5382 5607 or email [share@wimmvol.com.au](mailto:share@wimmvol.com.au)

## 5 DAY CORE HEALTH PROMOTION SHORT COURSE

**15, 21 and 22nd October, 5th & 6th November**  
From 9.30am to 5pm - Colac Area Health Service - Cost FREE

This course is a practical introduction to the principles and practice of health promotion for those without any formal qualifications in health promotion. The course content reflects the latest developments in health promotion and applies these to the current health policy environment, with current planning and funding frameworks used as practical examples. The course aims to increase participants confidence to integrate health promotion into their practice.

Registrations are by expression of interest. Further information including the registration form can be found at [www.sggpcp.com/events/index.htm](http://www.sggpcp.com/events/index.htm)

## GIRLS NIGHT IN - PINK NIGHT 2008

Come and enjoy a night out with the girls raising much needed funds for those suffering with cancer in the community. Proceeds from the night go towards the cancer council and the community account.

Featuring live music from **PAUL CHRISTIOPHER**

**15th November 2008**  
At Mecca Hall, Rainbow - starting at 6.30pm till late

Theme: Pink, wear it! Cost: Ladies \$20, Men \$25 - 2 course meal provided - BYO drinks  
Bookings for tables of 10 would be essential for catering purposes,  
but not necessarily Miss Pink 2008, Raffle, Auction, Spinning Wheel  
Prizes for best dressed and most pink.

For more information call Kellie on 5395 1433 or Renee on 5395 1111

## CARING IS NO ACCIDENT

Presented by the National Ageing Research Institute

A Free half day forum is being held on

**Monday 15th September**

From 1.30pm to 4.15pm at Lederman Hall, George Skerritt Wing

Queen Elizabeth Centre, Ascot Street South, Ballarat

Bookings essential

RSVP by Monday 8th September to:

Carolyne Jones on 8387 2614 or email [c.jones@nari.unimelb.edu.au](mailto:c.jones@nari.unimelb.edu.au)

### What is included:

- What falls prevention evidence is there for community dwelling older persons and within residential care settings?
- What is the 'Caring is no Accident' project all about?
- What influences falls risk among care recipients living at home with an informal carer?
- How are the carers faring with regards to health and well-being?
- How well did carers and care recipients manage accidents over the 12 month study period?
- What was the impact of residential respite care?
- What implications do these findings have?
- Launch of resources for carers.

### Who will benefit from attending?

- Policy makers.
- Carer agency representatives.
- Community organisation representatives.
- Residential facility staff.
- Formal care workers.
- Falls prevention researchers.

## ADULT LEARNERS WEEK - 1st to 8th September

Come along for a FREE BBQ Lunch at the  
Horsham Community Action Centre on

**Thursday 4th September 2008** between 11am and 2pm

Caylie Price, the Employment and Learning Coordinator from the Horsham Community Action Centre and staff from Wimmera HUB will be available to chat to you about training pathways, courses available at Wimmera HUB and possible funding options.

Everyone is welcome!

## 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=210808](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=210808)

In this edition:

- Impact of Integrated Health Promotion: Aboriginal health case study.
- Are you providing help to teenage parents?
- Overdose Awareness Day 2008.
- Indigenous Australians: Safe and Competent Counselling Practices Conference.

# 'MOTIVATION FOR LIFE' from LISA

## Tending Two Shops

People can be hard to deal with. Are your co-workers constantly annoying you? Does your neighbour rake his leaves into your yard every Autumn? Is your child high-maintenance and needy? Often we let our frustrations and anger towards people and situations prevent us from seeing the larger picture.

Try looking at the circumstance from the other person's point of view. Your overbearing co-worker might just be trying to emulate you by asking a million questions. Perhaps your neighbour doesn't really know where his property line ends and where yours begins. Your child may need more individual time with you, instead of competing with siblings.

No person's personality can be summed up entirely by one negative trait or action. So next time someone cuts you off in traffic or swipes the idyllic apple you were eyeing at the store, remember that everyone is less-than-perfect sometimes.....including you!

Know your role in people's lives and continue to be positive and mature. After all, we all do things that are worthy of a good tongue lashing sometimes!

*Sometimes you look at a person and see a cynical snake. Someone else sees a joyful lover.  
You're both right!*

*Rumi, poet*

Lisa Cosson - Westvic Division of General Practice, Phone: 5381 1756 Mobile: 0418 106 439,  
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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](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

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