



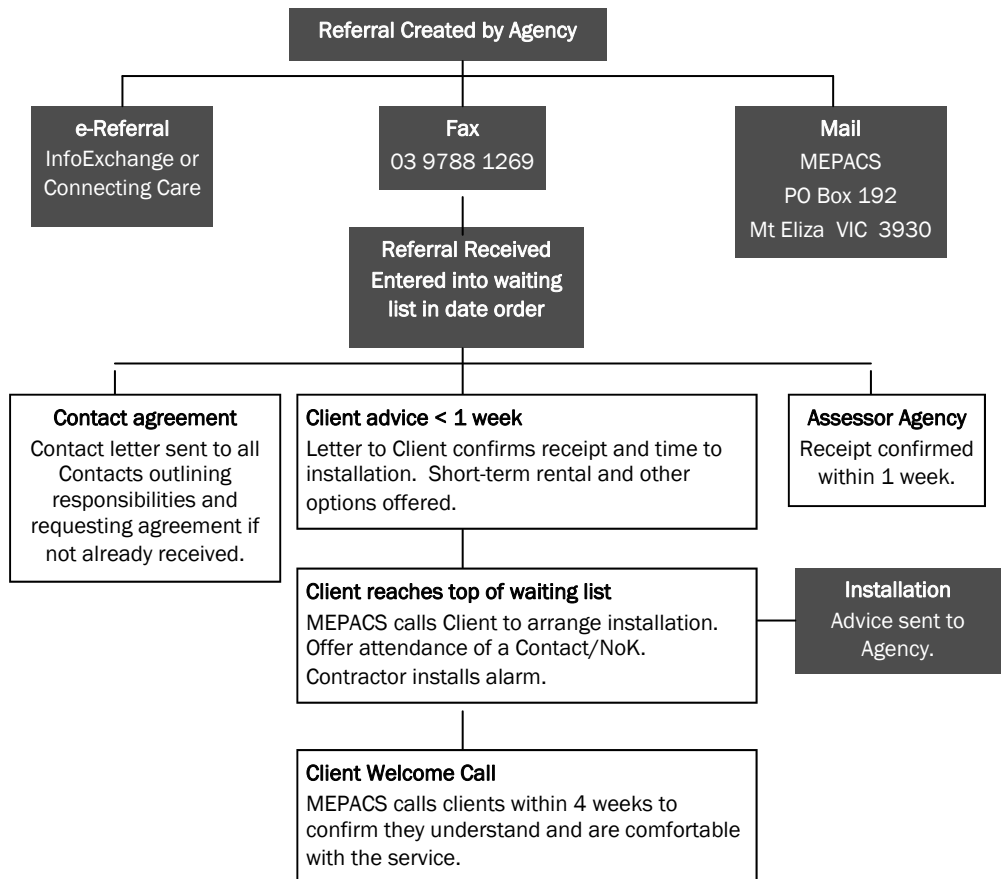
## Wimmera Primary Care Partnership

### 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 

## CONTACT INFORMATION FOR ASSESSORS AND AGENCIES - MEPACS

### Your Personal Assistance Call Service



### How to call the MEPACS Liaison Team

Barwon-South Western Region, Grampians Region	
Loddon Mallee Region	03 9788 1567
Eastern Metro Region	03 9788 1256
Hume Region, Gippsland Region	03 9788 1338
Southern Metro Region	03 9788 1378
North & Western Metro Region	03 9788 1566

MEPACS Monitoring Response Centre - Phone: 1800 451 300

Wimmera Hearing Society 

Wimmera Regional Sports Assembly 

Wimmera Uniting Care 

Women's Health Grampians 

Yarriambiack Shire Council 

Wimmera HUB 

Wimmera Southern Mallee LLEN 

Wimmera Volunteers 

Woomelang District Bush Nursing Centre 

YMCA, Horsham Aquatic Centre 

## WALKING FOR HEALTH FORUM INFORMATION PACK

This information pack by Kinect Australia provides an overview of the Walking for Health Forum.

This forum focused on the latest research on walking development, infrastructure, the international Charter for Walking and Walking at a community level.

To view the pack visit [www.vicfit.com.au/fitness/DocLib/Pub/DibKubDetail.asp?IngDocLibID=467](http://www.vicfit.com.au/fitness/DocLib/Pub/DibKubDetail.asp?IngDocLibID=467)

## SOUTHERN GRAMPIANS & GLENELG PCP - EXECUTIVE OFFICER WANTED

**Part-time or Full-time (0.8 to 1.0 EFT—\$70k package incl. super and car)**

### EXECUTIVE OFFICER

Play a leadership role in increasing capacity and integration of community health and wellbeing services.

We are looking for an experienced manager with the ability to lead our award-winning Primary Health Partnership based in Hamilton, Western Victoria. The successful applicant will need to have the ability to seek out innovative solutions to rural primary health issues by motivating and facilitating great working relationships between community agencies.

The Primary Care Partnership is an alliance of twenty agencies working in collaboration to improve service co-ordination, health promotion and integrated planning in the catchment area. Key focus includes health promotion, chronic disease management, service coordination and integrated planning. The diversity of work includes coordinating responses to drought, climate change, alcohol misuse, problem gambling and encouraging arts participation.

High level leadership, communication and influencing skills are essential. You will have excellent project management skills, partnership building experience and the ability to bring diverse groups together to focus on outcomes. Experience in the primary care field is preferred but not essential.

Applications for this position, together with a Curriculum Vitae including details of three referees should be forwarded to the Human Resources Department, Western District Health Service, PO Box 283, Hamilton, 3300 or email: [human.resources@wdhs.net](mailto:human.resources@wdhs.net) by **Friday 12th December, 2008**.

## “READING” BY Rhonda Pohlke

Hosted by the Horsham Library

From her book “First she lived: the Journey of Eliza Lipson Allan”

**Friday 12th December at 1pm**

Followed by afternoon tea.

The subjects of her book - Eliza Lipson Allan is a British migrant, and who was one of the first settlers in the Wimmera District. This promises to be an entertaining afternoon.

## LINK AND LEARN: A NEW VICTORIAN HEALTH PROMOTION FOUNDATION GRANTS PROGRAM

VicHealth is offering the Link and Learn Program in 2008-09 to allow community based organisations to access external expertise to support development of evidence based health promotion strategies.

Specifically, this program is designed to provide small grants to community organisations for health promotion projects that build organisational skills, identify solutions to existing problems and identify strategies that can affect change. The grants will enable knowledge exchange and brokerage that leads to evidence based policy and practice. This may include bringing in external experts to facilitate skill building in areas such as project planning, advice on health promotion strategies, literature reviews on best practice, and assistance in preparation of submissions.

This grant is open to small to medium community based organisations, who are members of a PCP and whose main role is health promotion.

Grants of up to \$10,000 are available. Closing date for expression of interest is due on Monday 19th January 2009.

For further information visit [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

## FUNNY THRILLS AND MOTOR SKILLS

Do you want to improve your child's motor skills without completely throwing them off???

Looking for a fun and exciting way to do it???

The look no further! Through the Horsham Aquatic centres "Funny thrills & motor skills" we offer a wide variety of games and exercises to increase concentration, balance, coordination, flexibility, and of course motor skills.

Classes are developed for primary school aged children.

This program is a great way to start your child's development through sports and social interaction.

**On Wednesdays at the Horsham Aquatic Centre, YMCA**

For more information please contact Chris on 5382 2576.

## PRIMARY HEALTH WEEKLY BULLETIN - 27 NOVEMBER

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/\\_nocache?serc=email&id=271108](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?serc=email&id=271108)

In this edition:

- Attracting youth to the health and community services industry.

## SEMINARS HOSTED BY TONY MORRISON

Presented by Take Two and Berry Street

**Thursday 29th January 2009**

To be held at The Centre, Ivanhoe - 275 Upper Heidelberg Road, VIC 3079

### **Seminar 1: 9.30am to 12.30pm - Assessing and Motivating Families for Change**

**This seminar will:**

- Identify the importance of assessing parental motivation with special reference to working with high risk situations.
- Present a model of change and motivation.
- Consider the impact of the worker on the service user's motivation.
- Consider the impact on multi-disciplinary systems on service user motivation.

### **Seminar 2: 1.30pm to 4.30pm - Understanding & Leading Inter-agency Partnerships**

**This seminar will:**

- Explore the definitions, levels and purposes of partnership working.
- Identify the key challenges in partnership working.
- Present a conceptual framework and critical ingredients for effective partnership working.
- Consider partnership requirements for leadership.

For details and registration forms please email Melissa Thurley on [mthurley@berrystreet.org.au](mailto:mthurley@berrystreet.org.au)

## HANDBALL - PROFESSIONAL DEVELOPMENT CLINIC

**Tuesday 9th December from 1.30pm to 4.30pm**

Venue to be announced - cost \$50 (includes 3 hr handball session plus resources)

The Wimmera Regional Sports Assembly is inviting individuals, organisations or representatives from schools to register as a participant in the Handball Development Clinic run by the Handball Federation of Victoria on Tuesday 9th December.

The 3 hour clinic (practical and theory) will cover aspects of the game including:

- What is handball?
- The values of handball.
- Game rules.
- Skill sessions.

For more information please contact Rachel Hatley on 5382 4599 or visit [www.handballvictoria.com.au](http://www.handballvictoria.com.au)

## VICHEALTH UPCOMING EVENTS

To view or add an event go to [www.vichealth.vic.gov.au/events/](http://www.vichealth.vic.gov.au/events/)

Coming up this month:

- When Cancer wont go away.
- Sexuality and cancer: Free Cancer Council seminar.
- 3 Day Short Course in Health Promotion Evaluation
- Plus much more....check out the website for more details.

## MORE FROM LISA.....

### **“Movement is a medicine for creating change in a person’s physical, emotional and mental states:**

‘Physical activity as a medicine’....if your GP prescribes medication and encourages you to take a full dose of a prescription drug, I would imagine that most of us would follow their advice.

Think of physical activity as a dose of medicine....if you can get all the benefits that research tells us....will you take 1/3 of the optimal dose? Physical Activity should be no different!....TAKE THE FULL DOSE. Slowly building up 5-10 mins daily....one step at a time.

Benefits of active living and being physically active:

- Reduces blood pressure.
- Decreases heart rate.
- Increases ‘good’ cholesterol (HDL).
- Enhances physical function & independent living in older persons.
- Reduces anxiety & depression.
- Reduces insulin needs.
- Increase muscle mass.
- Increases physical function.
- Builds confidence & self esteem.
- Improves flexibility.
- Reduces total body fat.
- Reduces ‘bad’ cholesterol - (LDL).
- Reduces triglycerides.
- Reduces the risk of heart attack, diabetes, some cancers, depression & osteoporosis.
- Enhances feeling of wellbeing.
- Enhances performance of work, recreation & sport activities.
- Increases mineral bone density.
- Increases resting metabolism.
- Increases energy levels.

There is a dose-response relationship with physical activity or a graded linear relationship between volume of physical activity and health status.

Source: American College of Sports Medicine, Benefits of regular physical activity and/or exercise.

**Have a great day....keep it moving!**

## MALE VOLUNTEERS WANTED TO HELP REDUCE VIOLENCE IN OUR COMMUNITY

The Men’s Referral Service provides telephone counselling, information and referrals for men who are making their first moves towards ending their violent and abusive behaviour towards family members, and they are offering men the opportunity to become volunteer Telephone Counsellors.

The training is a Graduate Certificate in Social Science - Male Family Violence and is accredited through Swinburne University of Technology and the MRS.

An information evening is being held on **Thursday 4th December from 7pm to 9pm.** For more information please phone 9428 3536 or email [mrs@ntv.net.au](mailto:mrs@ntv.net.au) or visit [www.mrs.org.au](http://www.mrs.org.au)

## 'MOTIVATION FOR LIFE' from LISA

### Are you paying attention to your health?

If you want to be around to enjoy your growing family, it's never too late to start taking care of your body. Whether or not "skillfullest" is a word, Thomas knows the value of prevention versus treatment.

You have a better chance or survival by using the doctor that keeps you out of the hospital in the first place. Why wait for symptoms to show up before you start paying attention? By then, it may be too late.

Remember the major goals and the people that you're living for. Are you really willing to risk missing out because you didn't take precautions?

You'd be amazed at how some basic, simple everyday nutrition and fitness choices and actions make a big difference in staying on your feet. Injuries and disease are a steep price to pay when many can easily be avoided.

**He who cures a disease may be the skillfullest, but he that prevents it is the safest physician.**

*Thomas Fuller, British clergyman and author*

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)

### Wimmera PCP Diary Dates

December

3rd	11.30am	Diabetes Lifestyle Program Meeting @gchc.
	1pm	Chronic Disease Reference Group Meeting
5th	10am	Wimmera PCP Partnership Breakup @ Mt Arapiles
11th	10am	PCP Planning - Integrated Community Health Plan @ Golf Club

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

The Wimmera Primary Care Partnership newsletter is compiled from information from organisations and partner agencies who provide details of upcoming events. Information is received and published in good faith and although every effort is made to only publish current information, we cannot however control cancellations or change of workshop dates, or accuracy of information provided to us. If you need further details about any of the information included in this newsletter, please contact the people individually listed in that information.

If you would like to input and feedback on this newsletter; have suggestions for future editions; or you would like to subscribe or unsubscribe please contact Kellie on 5362 1222 or email [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

### Wimmera Primary Care Partnership Office

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