








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 

RURAL COMMUNITY COUNSELLING PROGRAM

The Rural Community Counselling Program is offered by Wimmera Uniting Care to assist individuals and families with their emotional difficulties. The program aims to strengthen the capacity of individuals and families to function effectively in the community.

A number of professional trained family/generalist counsellors work within the program across the Wimmera Region.

Office based outreach services are provided across the Shires of Hindmarsh, West Wimmera, Yarriambiack and the townships of Donald and St Arnaud.

- The service is free of charge.
- Home visits and appointments at other venues can be arranged.
- There are no special or formal referral processes.
- The service is confidential.
- Privacy will be maintained.
- Financial Counselling also available.
- Please contact your GP if you have any other concerns.

Phone: 1800 112 177

MANAGING DIABETES IN THE CHRISTMAS SEASON

- Consult your doctor and dietitian before Christmas about a suitable holiday diet.
- Host Christmas lunch at your home so you have suitable foods available.
- Bring suitable foods and drinks with you when eating at other people's homes.
- Substitute low-calorie drinks for alcohol, fruit juice and non-diet soft drinks.
- Socialise away from the bar and the buffet table.
- Don't give in to people pressuring you to eat something that's not healthy for you.

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



WHAT'S IN SEASON - DECEMBER

The following fruit and vegetables are at their best and cheapest this month.

Fruit - banana's, cherries, honeydew, orange, raspberries and strawberries.

Vegetables - asparagus, beanshoots, beetroot, broccoli, cabbage, capsicum, cauliflower, celery, cucumber, leek, lettuce, mushrooms, rhubarb, spinach, spring onion and zucchini.

For a list of healthy recipes containing these in-season fruits and vegetables, please visit:

www.betterhealth.vic.gov.au/bhcv2/bhcrecipes.nsf/InSeasonView/InSeason?OpenDocument&month=12

OCCUPATIONAL HEALTH AND SAFETY EQUIPMENT GRANTS

For the Victorian Community Sector

About the Grants:

The OH&S Equipment Grants will enable Victorian, non-government, not-for-profit Community Sector Organisations (CSOs) to improve workplace health and safety.

COSs will use the one-off grants (of up to \$5000 including GST) towards the purchase of equipment and/or modifications which will eliminate or reduce OHS risks.

To apply for a grant you will need to show VCOSS what you need by following these steps:

- Identify the equipment through a Safety Action Plan or Written recommendation by a staff elected Health Safety Representative or other trained OHS professional.

How do you apply?

- Identify the OHS equipment/modifications needed.
- Contact VCOSS to discuss submitting an application (this needs to be done to be considered).
- Obtain three quotes from three different companies for equipment/modifications sought.
- Download an application form from www.vcoass.org.au/what-we-do/OHS/index.htm
- Print off and complete application form.
- AIn the form, evidence of need and associated documents to Laura Mondon, VCOSS, Level 8, 128 Exhibition Street, Melbourne VIC 3000.

DECEMBER ISSUE OF THE 'GO FOR YOUR LIFE' NEWSLETTER

The December edition of the 'Go for your life' subscriber newsletter is available online at www.goforyourlife.vic.gov.au/gfylnews

In this issue:

- 'Tis the season to keep active.
- Indulging the healthy way.
- On the road again...
- Fawkner kids celebrate a healthy lifestyle.
- A new year of events.
- What's happening in December.

Visit the 'Go for your life' website at www.goforyourlife.vic.gov.au

AUSTRALIAN SPORTS COMMISSION'S COMMUNITY SPORT NEWSLETTER

To be on the mailing list for this newsletter please email michelle.ainsworth@ausport.gov.au

Keep up to date with programs, projects and news from community pools, schoolyards and sporting ovals all across Australia.

GRAMPIANS MENTAL HEALTH CONFERENCE 2009

Where's The Evidence? A conference for mental health professionals.

Tuesday 17th March and Wednesday 18th March 2009

Confirmed speakers:

- **Professor Bruce Tonge** - Head of the Monash University School of Psychology, Psychiatry and Psychological Medicine, Chairperson of the Monash Department of Psychological Medicine and Professor and Head of Monash University Centre for Developmental Psychiatry and Psychology.
- **Professor Malcolm Hopwood** - MD (Melb), MPM, FRANZCP is an Associate Professor in Psychiatry at the University of Melbourne. He is also the Director of the Brain Disorders Program and the Veterans Psychiatry Unit at Austin Health.
- **Dr Craig Hassad** - Senior Lecturer at Monash University's Department of Community Medicine and General Practice.
- **Associate Professor Nancy Pachana** - is a clinical psychologist and neuropsychologist who has received extensive specialist training assessing and treating older adults. She is currently a senior lecturer and Deputy Head of School at the School of Psychology at University of Queensland.
- **Dr Cheryl Dissanayake** - Director of the Olga Tennison Autism Research Centre at La Trobe University.
- **Mr Arana Pearson** - is a musician and writer who became involved in mental health service sector some years after his own experience of using mental health services in New Zealand.

Registration Kits and Program available. For further information please contact Kelvin Wilson on 5336 7900 or email Kelvin.wilson@centacareballarat.org.au

UPDATING CONNECTING CARE

We all know what a great resource Connecting Care is but what everyone needs to remember is to make sure they update their own or their organisations details whenever there is a change so that information remains current and correct at all times. **Could everyone please remember to do this.**

PRIMARY HEALTH WEEKLY BULLETIN - 4 DECEMBER

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=041208

- Victorian Primary Health Care Strategy Consultations

CPD FOR ALLIED HEALTH NEWSLETTER

The program for 2009 will offer additional features to the website, including Clinical Supervision Resource and Network Program and Discipline-Specific CPD access. Although the new program for clinical supervisors is incorporated in the CPD for Allied Health website, at this stage it will only be accessible to Victorian site users.

The program offers regular workshop meetings in each region, web access to recorded sessions and downloadable information, and an online discussion forum. Also, due to the need for discipline-specific CPD access a Victorian-based pilot has commenced that will be evaluated in June 2009.

Further information will be made available to Victorian site users in due course.

Recent Presentations/Recordings Now Online

Conflict Management, Teamwork and Time Management Presentations provided by Mr Stephen Duns, Director of SuccessWorks, were recorded in Bendigo in November and can be accessed at www.cpdforalliedhealth.org

Upcoming Presentations

Stress in the health workforce: building resilience.

Venue: Western District Health Service (Hamilton Campus), Education Centre

Date: 3rd February 2008

Format: In person presentations

Time: 2pm to 3pm

Presenter: Assoc Prof Adrian Schoo

Contact Deb Smith at Deborah.smith@wdhs.net or phone 5551 8343 to register or register online at www.cpdforalliedhealth.org

NATIONAL HEALTH WEEKS - CALENDAR

[Visit www.health.nsw.gov.au/events/calendar/](http://www.health.nsw.gov.au/events/calendar/)

This website lists all National Health Weeks and when their on, contact phone numbers and website links.

HEALTHY RECIPE IDEAS

For a list of healthy recipes visit the Better Health Website at:

www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/bhc_recipes?opendocument&source=homepage&linktype=Recipes-More&ppnl=Recipes&ppos=More

Hundreds of nutritious, easy to prepare and tasty recipes. You can select meal types, special dietary requirements, and use the interactive shopping list to create a list of ingredients you need from any of the healthy recipes.

Specific dietary requirements include dairy free, egg free, gluten free, nut free, high in calcium, high fibre, high folate, high iron, high energy, easy to swallow, low salt and vegetarian.

BEAT THE SUMMER HEAT

With summer here, anybody who is active needs to prepare for the hot conditions or run the risk of heat injury. Children especially need to prepare as they are at a greater risk due to their bodies responding less efficiently to heat, feeling hotter and having greater difficulty getting rid of heat from their body.

To help active children and adults exercise safely this summer, Smartplay offers these timely tips:

- Stay hydrated by drinking water before, during and after exercise.
- Schedule your activity to avoid the hottest part of the day.
- Take rest breaks, in the shade if possible.
- Wear light coloured, lightweight and loose fitting clothes that allow easy evaporation of sweat from the skin. Wear sunglasses, 30+ sunscreen and a hat.
- Reduce the duration and intensity of your warm up to minimise an increase in body heat and temperature.
- Clubs should have flexibility from competition rules about clothing to allow children and young people to feel more comfortable in hot weather. This includes allowing hats when hot, even if they are not part of regulation uniform.
- Do not take part in strenuous activity if you have recently experienced a high temperature, infection, diarrhea or vomiting.
- If you have a medical condition such as asthma, diabetes, a heart problem, epilepsy or obesity, are taking medication, or are pregnant; you may experience difficulties exercising in the heat. If unsure you should seek advice from a sports medicine professional.
- Persons suffering from heat illness can recover rapidly with assistance - laying down in a cool place, removing excess clothing, wetting skin or using ice packs, and drinking cool water. However if symptoms do not improve, seek medical assistance.

For more advice on how to exercise safely this summer visit www.smartplay.com.au

NATIONAL HEALTH WORKFORCE TASKFORCE

The following information and discussion papers are available on the NHWT website by following the links on www.nhwt.gov.au

- Workforce Innovation and Reform: Caring for Older People - Funding for Demonstration Projects and Information Dissemination (available now).
- Workforce Innovation and Reform - Caring for Older Australians Discussion Paper.

Funding for Demonstration Projects and Information Dissemination.

- Funding for innovative aged care workforce projects has been advertised in The Australian (health section) on Saturday 29th November 2008.
- Proposals are invited from not-for-profit, private and public providers of innovative services for older people in two categories:
 - ◇ Demonstration projects addressing workforce innovation.
 - ◇ Dissemination of information through publication, sharing of tools, guidelines and frameworks and/or workshops or conferences.

'MOTIVATION FOR LIFE' from LISA

Is your worrying holding you back?

Once film negatives are exposed to the light of day, they're ruined! In the same way, once you see your worries for what they are - self-inflicted doubts - their power disappears.

If you give your doubts and fears too much development time, they'll take hold and start to colour all of your thinking in a negative light. Pessimists have more health problems, are less productive, and are generally unhappier than optimists.

People that don't worry as much spend more time coping with the realities of life and less time occupied with would-be problems. To get rid of worry, think more confidently. Know that you can handle anything that comes along. Know that with loss comes opportunity. Know that things generally have a way of working out.

Stay out of the dark room and picture something better, something loaded with colour.

Worry is the darkroom in which negatives are developed!

Lisa Cosson - Westvic Division of General Practice

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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

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 pccpadmin@gchc.org.au

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