



Wimmera Primary Care Partnership

CHRONIC DISEASE REFERENCE GROUP UPDATE

The Chronic Disease Reference Group meets regularly to discuss and work towards developing partnerships for enhancing care provided to people with chronic conditions and their carers in the Wimmera.

Our work so far has included:

- Issues for our region identified.
- A platform for shared understanding and language between organisations who work in chronic disease.
- Mapping Services in our region starting with Diabetes. Diabetes mapped October 2007. 89 services available in the Wimmera.
- Flinders Model of Self-management training delivered August 07 identifying Risk Factors for our community.
- Showcase ActiveScript Program WestVic Division GPs.
- Focus on early prevention.
- Case Study of Coordinated Care model used in the Hospitals Admission Risk Program (HARP).
- Initial contact and initial needs identification models shared, gaps recognised and working towards solutions.

The group meets monthly and we encourage involvement from all workers who work in chronic disease from prevention through to complex care needs. A Diabetes Working Group has also been formed to address issues identified in through our mapping of services and any workers who have an interest in diabetes are encourage to attend.

For more information please contact Donna Bridge at Wimmera PCP on (03) 5362 1221 or email donna.b@gchc.org.au

IT'S NOT TOO LATE TO JOIN FEBFAST

FEBFAST is a community education and awareness campaign that invites people to do something good for their own bodies, and someone else's by sacrificing their alcohol intake for up to one month, during February.

Participants are sponsored by friends and family, with funds distributed to organisations that support you people struggling with substance use.

For more information see www.febfast.com.au

Meet Our Members

- Access For All Abilities 
- 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 
- Horsham Rural City Council 
- Horsham Regional Arts Association 
- Salvation Army Family Services 
- Karkana Support Services 
- Rural Northwest Health 
- Murtoa & District Neighbourhood House 
- University of Ballarat 
- WestVic Division of General Practice 
- West Wimmera Health Service 
- West Wimmera Shire Council 
- Wimmera Southern Mallee LLEN 
- Wimmera Regional Sports Assembly 
- Wimmera Uniting Care 

-  Wimmera Health Care Group
-  YMCA, Horsham Aquatic Centre
-  Womens Health Grampians
-  Wimmera Hearing Society
-  Wimmera Volunteers
-  Hopetoun & District Neighbourhood House
-  Yarriambiack Shire Council

RURAL ISSUES - A HEALTH PROMOTION PLANNING WORKSHOP

.Rural adjustment, climate change and drought pose important issues for health services to consider in their health promotion planning. A two day workshop will be held with day one on

February 28th, 2008 and day two on March 13th, 2008. Both days will start at 10am and will conclude at 4pm. The workshop will look at planning to help Health Professionals to deal with these changes. The Department of Human Services Health Promotion Framework will be used. (Pre reading will be available if you are unfamiliar with the framework).

For more information on this workshop please contact Mandi Stewart at Wimmera PCP on (03) 5362 1223 or email mandi.s@gchc.org.au

To book a place at this workshop please email pcpadmin@gchc.org.au before Friday 21st March, 2008.

PRACTICAL WORKFORCE SOLUTIONS REDESIGN ROADSHOW

Better skills, Best Care One-day Workshop Invitation

The one-day workshop has been developed to provide practical information and tools for health and community services across Victoria.

Key questions:

- Are nursing and allied health workforce issues impacting on your service?
- Are you seeking local solutions for local needs?
- Would you like to become a part of a workforce redesign network?
- Would you like to know your way around the new Health Training Package?
- Do you want to learn how to engage a registered training organisation (RTO) and tailor training packages to your service needs?

Workshop venues and dates:

| | | |
|-----------|---------------------------------|--------------------|
| Colac | Colac Health Service (room TBC) | 25th February 2008 |
| Casterton | Casterton Memorial Hospital | 26th February 2008 |
| Horsham | Horsham RSL | 27th February 2008 |
| Ararat | East Grampians Health Service | 28th February 2008 |

To secure a place in one of these workshops please book online at:
www.health.vic.gov.au/workforce/skills.htm

Please note bookings are essential as numbers are limited.

If you have any questions please don't hesitate to contact the Workforce Innovation Team on (03) 9096 7941 or email work-force@dhs.vic.gov.au

WOMEN'S HEALTH DINNER

AKA The Superwoman's Survival Feast!

Monday March 3, 2008

Harrow Mechanics Institute Hall. \$12.50 per person plus free drink on arrival!

Come and hear what Melbourne Psychologist Dr Janet Hall, local GP Dr Greta Prozesky and Faye Gumley have to say about communication, relationships, sex, and the health and wellbeing of you!

Dr Janet hall is an INFOTRAINER who presents in a humorous way. She is a clinical psychologist, hypnotherapist and sex therapist. She is also author of 8 books and has appeared on the ABC's 'Glasshouse' programme.

Presented by Harrow Bush Nursing Centre To book call (03) 5588 2000 or email admin@hbnc.org.au

WANT TO HAVE FUN, BE ACTIVE AND SPEND MORE TIME WITH YOUR FAMILY?

Take the 30 minute Challenge!

We all know that every little bit helps when it comes to health of your family. And pulling the kids away from the TV or computer can be a challenge.

That's why the Victorian Government has created the Premier's Active Families Challenge. It's a new 'Go for your life' initiative program and aims to improve the physical activity levels, health and wellbeing of families.

Families can complete the Challenge by doing at least 30 minutes of physical activity a day for 30 days between 9th March and 20th April 2008. You can do the activity on your own or as a family.

To participate, register online visit www.goforyourlife.vic.gov.au after February 22nd or phone 1300 73 98 99 then collect your free Challenge booklet in the Herald Sun on Tuesday 4th March.

As a registered participant you'll get ideas on fun things to do, events to get involved in, a chance to win prizes and a completion certificate. You will also receive offers such as 15 free visits to YMCA and discounts at Rebel Sport. The Herald Sun free Challenge booklet includes a diary to help keep track of your family's activity during the Challenge.

So go on, get active and take the Challenge.

For more information visit www.goforyourlife.vic.gov.au or call 1300 73 98 99.

SPORTS FOR FUN

Horsham Aquatic Centre, YMCA—Cost \$4 per session - please book
Mondays from 4pm to 5.30pm (school terms only),

- Are you aged between 5 and 12?
- Would you like to try sports such as goalball, sitting volleyball, boccia, polybat or table cricket?
- Is having a go more important than winning?
- Would you like to play sports different than the usual sports?

Sports for Fun is just that - Fun with different games played each week focusing on participation rather than winning and creating an awareness of what it is like to have various disabilities.

For enquiries phone Sally Pymer - Programs Officer
Horsham Aquatic Centre YMCA on (03) 5382 2576 or email sally.pymer@ymca.org.au

PRACTICE GUIDELINES: WOMEN AND CHILDREN'S FAMILY VIOLENCE COUNSELLING AND SUPPORT PROGRAMS

FREE Half Day Forum - Come and celebrate the launch.

Friday 29th February 2008 from 9.00am to 12.30pm
Function Hall, Jasper Hotel - 489 Elizabeth Street Melbourne

Followed by an interactive session on a survivor's view of counselling facilitated by Margo Scott, Training co-ordinator, Domestic Violence & Incest Resource Centre, with panel members Robyn Miller, Professor Cathy Humphreys and Jo Howard.

RSVP to Katherine Anastasiou on (03) 9196 0225 or email Katherine.Anastasiou@dhs.vic.gov.au

MINISTER RE-AFFIRMS COMMITMENT TO RURAL AND REMOTE HEALTH

The Minister for Health and Ageing, Nicola Roxon, has re-affirmed the Rudd Government's commitment to improving the health of people living in rural and remote areas.

She will start the process by implementing pre-election promises that include additional funding for the Medical Specialist Outreach Assistance Program, expanding the John Flynn Scholarships Scheme for medical students to undertake clinical training in the bush, and introducing a scholarship program for undergraduate allied health students.

"Minister Roxon also indicated the desire to develop a longer term vision for rural health," said Professor John Wakeman, Chair of the National Rural Health Alliance who met the Minister in Alice Springs Wednesday.

"There was also a strong commitment to address Indigenous health inequalities by adopting an inclusive approach. The Minister indicated there will be opportunities through the activity of the Health and Hospitals Reform Commission, the current rural workforce audit, the Australian Health Care Agreements and the 2020 meeting in Canberra in April, to take a longer term view of improving rural health outcomes," Professor Wakeman said.

The Alliance looks forward to working with the Health and Hospitals Reform Commission in developing a national health plan that includes an explicit strategy for rural, regional and remote areas.

"There is a real sense of optimism and opportunity for developing a longer term and systematic approach to improving services, and the circumstance, of people living in rural and remote Australia", said Professor Wakeman.

"We look forward to working with the Minister and the Department of Health and Ageing, as well as other agencies and professional groups, to reach our goal of providing equal health for all Australians by 2020".

For further information contact:
Professor John Wakeman, Chair on 0417 884 182
Marshal Wilson, Media on 0419 664 155
Visit www.ruralhealth.org.au

COMMUNITY OF PRACTICE WORKSHOP

A Community of Practice workshop titled 'Integrated Chronic Disease Management: models and approaches that support cross agency care' has been planned in consultation with the Early Intervention in Chronic Disease reference group. The day will be facilitated by Marie Gill and there will be a variety of people involved in this work discussing various approaches they have used to progress cross agency care. The day has been structured to enable the maximum possible opportunity for discussion and sharing of learnings.

Tuesday 26th February 2008 from 10.30am to 4pm (registration at 10am)
Level 1 Conference Centre, DHS, 50 Lonsdale Street Melbourne

The target audience for the Community of Practice is:

- Program managers and clinicians involved in the EliCD, diabetes self-management and Aboriginal Health Promotion and Chronic Care Partnership initiatives.
- Divisions of General Practice staff involved in the initiatives outlined above.
- Primary Care Partnerships staff working in the Integrated Chronic Disease Management area.

For further information call Caroline Frankland on (03) 9096 6934 or email caroline.frankland@dhs.vic.gov.au

WADE IN THE WATER NATIONAL LAUNCH

Supports Breast Cancer Network Australia

On Sunday 17th February 2008 the Sing Australia, Ararat choir's launch of Wade in the Water will be hosted in support of Breast Cancer Network Australia (BCNA), the peak national organisation representing Australians personally affected by breast cancer. All donations collected at the National Launch of Wade in the Water will be donated to BCNA.

The My Journey Kit, a free kit developed by women with breast cancer for women with early breast cancer, provides information regarding treatment and support services. BCNA's goal is to provide the My Journey Kit to all Australian women diagnosed with breast cancer.

If you or someone you love has been recently diagnosed with breast cancer call 1300 785 562 or visit www.bcna.org.au for a free My Journey Kit.

Corporate and community fundraising activities have enable BCNA to launch a new resource, for women diagnosed with secondary breast cancer. The Hope & Hurdles Pack, is available for free to women living with secondary breast cancer. Women can order their free Pack by calling 1300 887 340 or by visiting www.bcna.org.au

When: Sunday 17th February 2008
 Where: LenZone! Youth Resource Centre, 103 Barkly Street Ararat
 Time: 3pm
 Cost: Gold coin donation.
 Contact: Francesca Suffield on (03) 5352 3266

LET'S TALK PAIN AND PALLIATIVE CARE

Presented by Grampians Regional Palliative Care Team
 A Twilight Education Session

Guest Speaker - Dr David Brumley, Palliative Care Physician

Monday 3rd March 2008 from 6.30pm to 9.00pm
 Education Resource Centre, Ballarat Base Hospital
 Drummond Street North, Ballarat
 Cost Grampians Region \$10, Other \$20

For more information or to RSVP contact Bernadette Matthews on (03) 5320 3553
 or email bernadette@bhs.org.au

PALLIATIVE CARE STUDY DAY - PERSONAL CARE ATTENDANTS AND PALLIATIVE CARE

Topics will include:
 Looking after the dying person.
 Nutrition and hydration in the last days.
 Looking after yourself.

Wednesday 26th March from 10.30am to 2.00pm (light lunch provided)
 Grains Innovation Park, Natimuk Road Horsham
 Cost: \$30 Grampians Region, \$50 Non Grampians Region

For more information or to RSVP contact Bernadette Matthews on (03) 5320 3553
 or email bernadette@bhs.org.au

PRIMARY HEALTH WEEKLY BULLETIN - 7TH FEBRUARY

The latest edition of the Primary Health Weekly Bulletin is now available at:
www.dhs.vic.gov.au/rrhacs/ph_bulletin/bulletin070208.htm

In this edition:

- Primary health program fees and income bands updated.
- Mental health Council of Australia grants.
- A focus on fruits and vegetables - Healthy Canteen workshops.
- Building Relationships with CALD Families and Communities - training.
- Conduct Tai Chi classes for people with Arthritis—training course.

ICE - “IN CASE OF EMERGENCY” CONTACT NUMBER

We all carry our mobile phones with names and numbers stored in it's memory , but if we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes there are hundreds of numbers stored but which one is the contact person in case of an emergency.

The concept of “ICE” is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person who should be contacted during an emergency under the name “ICE”.

If you have more than one contact in case of an emergency, simply save them as ICE1, ICE2, ICE3 etc.

The concept was thought up by a paramedic who found that when he went to scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He thought it would be a good idea if there was a nationally recognised name for this purpose.

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

February

| | | | |
|------|---------|---------------------------------|----------------------------|
| 13th | 12.45pm | Chronic Disease Reference Group | |
| 14th | TBA | PCP Executive Meeting | 12.30pm HP Network Meeting |

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

Wimmera Primary Care Partnership Office

25 David Street, Horsham 3400. Post address: PO Box 442, Horsham VIC 3402
Phone: 5362 1222 Fax: 5382 4687

Mandi Stewart - Executive Officer mandi.s@gchc.org.au 0428144812, 5362 1223

Geoff Witmitz - Agency Liaison Officer geoff.w@gchc.org.au
0428358672, 5362 1225

Donna Bridge - Agency Liaison Officer donna.b@gchc.org.au
0429174763, 5362 1221

Carolyn Russell - Project Officer carolyn.r@gchc.org.au
0428 553 735, 5362 1224

Kellie Uytdehaag Admin Assistant pcpadmin@gchc.org.au