



# Wimmera Primary Care Partnership

## RURAL ISSUES - A HEALTH PROMOTION PLANNING WORKSHOP

### 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  
Private General Support - Wimmera Community Development
- 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 

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 are being held at the Cycling Clubrooms, McPherson Street Horsham and will commence at 10am and 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](mailto:mandi.s@gchc.org.au)

To book a place at this workshop please email [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au).

## INTRODUCTION TO HEALTH COACHING FOR HEALTH PROFESSIONS: 2 DAY WORKSHOP

26th & 27th May 2008 - 8.30am to 5pm at Horsham Golf Club  
Presented by Lisa Densley & Rebecca McPhee of Health Coaching Australia

Who should attend this course: nurses (community health and rehabilitation nurses, practice nurses, diabetes educators); dietitians; exercise physiologists, physiotherapists & other exercise specialists; psychologists & social workers; occupational therapists; podiatrists, speech therapists; GPs, physicians and pharmacists; program managers and other health practitioners working with patients for health behaviour change.

Places for this course will be allocated on a priority basis to organisations that fall within the Wimmera PCP catchment. Organisations that are members of the Wimmera PCP are eligible for a subsidised registration of \$200. Full registration price for non-members is \$695.

Registrations are strictly limited to 25 participants per course - registrations close on Friday 25th April, RSVP to [pcpadmin@gchc.org.au](mailto:pcpadmin@gchc.org.au)

Please contact Donna Bridge at WPCP on (03) 5362 1221 or email [donna.b@gchc.org.au](mailto:donna.b@gchc.org.au) for a detailed flyer.

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

## TRAINING PROGRAMS FOR VOLUNTEERS AND COMMUNITY ORGANISATIONS AT HUB

Creative volunteering - no limits. A Regional Arts Australia Initiative

You are invited to participate in nationally recognised and coordinated training programs for volunteers and community organisations.

### Carry Out Business Planning - Course Code CVBSP02A

This workshop outlines the steps required to develop a business plan, as well as the elements to be considered in that process. This will include the role of the budget and risk management steps as part of a business plan. Participants will complete elements of a draft business plan for their organisation during the day.

When: Saturday March 15th 2008, from 9.30am to 4.00pm

### Network within Communities - Course Code CVNWC01A

This workshop assists participants to develop their skills and the steps required to communicate with communities to attract and maintain participation. It will assist participants to identify issues that affect community networking and the audiences they can attract.

When: Sunday 16th March 2008, from 9.30am to 4.00pm

### Plan and Program Events - Course Code CVPPE06A

This workshop covers key elements of planning and programming arts and cultural events and will incorporate generating concepts for and designing an event, event planning tools, event budgeting and scheduling, programming activities and identifying risk management strategies.

When: Saturday 19th April 2008, from 9.30am to 4.00pm

### Undertake Marketing - Course Code CVMGP04A

This workshop will concentrate on developing a marketing plan suitable for not-for-profit and cultural organisations. Activities will include exploring the purpose and uses of a marketing plan, identifying target markets and developing practical actions to help your organisation to position and present itself effectively.

When: Saturday 20th April 2008, from 9.30am to 4.00pm

### Develop Funds and Resources –Course Code CVFAS03A

This workshop will focus on developing strategies and preparing proposals for funding, sponsorship and other resourcing options. It will work through developing the basics of a grant or sponsorship application for funding or other resources and get you to identify and target potential sources of support.

When: Sunday 4th May 2008, from 9.30am to 4.00pm

All courses are being held at Wimmera Hub Theatre, Urquhart Street Horsham and will cost \$15 each which includes lunch. Booking essential for all courses, please contact Wimmera Hub on (03) 5382 5111.

Other courses being offered:

Course Name	Venue	Date
Technical Training - Lighting	Nexus	Sat 18th & Sun 19th May
Technical Training - Sound	Nexus	Sat 14th & Sun 15th June
Regional Festival Conference	Murtoa Mechanics Hall	Sun 20th July 2008

Bookings for all courses through HUB on (03) 5382 5111.

## DROUGHT MEETING OPEN FOR FARMER STUDY REPORT

Yarriambiack Shire drought committee is opening its February meeting to the public to allow more people to hear findings outlines from a study into the state of Wimmera-southern Mallee farming families.

The shire's drought advisory committee, which comprises farmers and representatives or organisations who work with drought affected people, plans to meet in the Warracknabeal office function room on **February 27th at 7.30pm**.

Birchip Cropping Group CEO Alexandra Gartmann will comment on the report - The Critical Breaking Point - to the meeting.

The study looked at 60 farming families, including some in Yarriambiack Shire, in February 2007 and then questioned 20 of these farmers again in September. Researchers are again planning to interview 20 farmers this month.

The interim report aims at documenting long term impact of issues which affect farmers and their families and deals with highs and lows encountered by rural people during 2007. Consulting firm RMCG will prepare a final report after the last round of interviews.

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## FREE HEPATITIS C TRAINING

Hepatitis C continues to be an important health issue in Victoria. There are currently 56,000 Victorians living with chronic hepatitis C, that is 1 in every 100 people. It is an issue of growing importance with as many as 10,000 new infections expected in Australia in the next year alone.

Hepatitis C affects many people, and they engage in a range of services such as maternal health, youth services, drug and alcohol services, migrant resource centres and the list goes on.

Hepatitis C Victoria provides tailored education, training and health promotion across the state to:

- Enhance the capacity of services to prevent the transmission of hepatitis C.
- Assist someone to manage living with hepatitis C; and
- To address the stigma and discrimination that further isolates and marginalizes people living with this chronic illness.

We are aiming to deliver a training session in your area, and are currently assessing the need. Even for people who have completed hepatitis C training in the past, this can be a refresher to increase your confidence to provide education and support to your clients.

Please contact Emily Lenton via email at [emilyl@hepcvic.org.au](mailto:emilyl@hepcvic.org.au) if you are interested in participating local training in hepatitis C.

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## NO BULLSHIT THERAPY - ONE DAY REGIONAL WORKSHOP

With a focus on working with people affected by drought. Presented by The Bouverie Centre, hosted by Local State Funded Drought Counsellors, funded by DHS.

Horsham Uniting Church

Tuesday 26th February, from 9.15am to 4.30pm

Workshop is Free but you must register. Contact Hannah Moon at The Bouverie Centre on (03) 9385 5100 or email [h.moon@latrobe.edu.au](mailto:h.moon@latrobe.edu.au)

No Bullshit Therapy - Striving towards honesty. "An approach that is ideal for men and people who: don't like therapy; have had traumatic experiences; are reluctant to trust do-gooders; see counselling and therapy as a middle class wank; don't like being psychologised; are suspicious of the worker's agenda or motives; have had a lot of unsatisfactory treatment, counselling or therapy; and are hard to engage in therapy." Jeff Young (The Bouverie Centre).

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## ACHIEVING A DECADE - FESTIVAL FOR HEALTHY LIVING

Monday 14th April, 2008 from 2.00pm to 4.00pm  
Ella Latham Theatre - Royal Children's Hospital

The Royal Children's Hospital Integrated Mental Health Program warmly invites you to attend an event to acknowledge a decade of the Festival for Healthy Living Program and the launch of the 'Guidelines for Professional Learning' (generously funded by The Jack Brockhoff Foundation).

Copies of the 'Guidelines for Professional Learning' will be available at the event.

RSVP to Marye Hardy by 31st March via email [marye.hardy@rch.org.au](mailto:marye.hardy@rch.org.au) or telephone (03) 9345 6011. Enquiries to Harry Gelber via email [harry.gelber@rch.org.au](mailto:harry.gelber@rch.org.au) or telephone 0419 378 042.

## GENDER ANALYSIS IN HEALTH AND HUMAN SERVICES

A workshop invitation from DHS & Women's Health Victoria

Gender analysis assesses the real or potential impact that a policy, program or service may have on diverse groups of women and men, in order to inform more effective policy, program or service development and delivery.

As part of the release of the Gender and Diversity Lens as a major initiative of the Victorian Women's Health and Wellbeing Strategy, this practical workshop aims to understand the gendered patterns of behaviour which affect the health and wellbeing of women and men. It will assist participants to consider gender implications through an organisation's planning cycle and will provide practical resources, a local snapshot of gendered health and human services issues, good practice and case studies to assess current initiatives and plan sustainable responses.

Date	Venue
Tuesday 22nd April	Drum Theatre, Dandenong Town Hall, 226 Lonsdale Street <b>Dandenong</b>
Tuesday 6th May	Quality Inn Latrobe Convention Centre, 5601 Princes Highway <b>Traralgon</b>
Thursday 15th May	Royal Australasian College of Surgeons Gardens, 240 Spring St <b>Melbourne</b>
Wednesday 4th June	Geelong Conference Centre, Adams Court East <b>Geelong</b>
Thursday 26th June	The Foundry Hotel Complex, 366 High Street <b>Bendigo</b>

Cost:	Free (limited to 40 places per workshop)
Bookings:	Amanda De Zoysa email <a href="mailto:amanda.dezoysa@dhs.vic.gov.au">amanda.dezoysa@dhs.vic.gov.au</a>
Enquiries:	Meg Gulbin (03) 9096 8611 email <a href="mailto:meg.gulbin@dhs.vic.gov.au">meg.gulbin@dhs.vic.gov.au</a> Petra Begnessl (03) 9662 3755 email <a href="mailto:petra.begnell@whv.org.au">petra.begnell@whv.org.au</a>

## SAVER PLUS WORKSHOPS - BROTHERHOOD OF ST LAURENCE & THE ANZ BANK

The Saver Plus Workshops aim to assist low-income families to:

- Improve their financial literacy.
- Set and achieve savings goals.
- Establish a long term savings habit.

ANZ matches every dollar saved by program participants with \$1 (up to \$1000) towards primary, secondary or adult vocational education costs. Evaluation of the program has shown that 71% of participants continue to save the same amount more than 12 months after the program.

For further information, visit [www.anz.com/aus/corporateresponsibility2006/finltracy.asp?pageno=5](http://www.anz.com/aus/corporateresponsibility2006/finltracy.asp?pageno=5)

## VICTORIAN HACC ACTIVE SERVICE MODEL SEMINAR 2008

Monday 25 February 2008

The Victorian Department of Human Services is currently exploring a quality improvement initiative for home and community care provision that has shown considerable promise: the Active service Model (ASM). The Active Service Model is based on the premise that clients have the potential to improve their capacity and make gains in their wellbeing and that the HACC service system can facilitate this. This is not a wholesale change to the HACC program but rather a way of strengthening existing practice and building quality improvement.

Further information about the active Service Model initiative and to register for the seminar please visit [www.health.vic.gov.au/hacc/projects/asm\\_project.htm](http://www.health.vic.gov.au/hacc/projects/asm_project.htm)

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## COMMUNITIES IN CONTROL CONFERENCE 2008

Monday 16th and Tuesday 17th June 2008  
Melbourne

Pre-conference skills day - Sunday 15th June 2008

Love it or loathe it, Australia is changing: politically; environmentally; socially and economically - there is no escaping the impacts of globalisation.

Globalisation has changed the way we live, the way we organise our work in communities, our social groupings, our very way of thinking.

It has created stresses and strains, a sense of powerlessness and feelings of loss of control; but also excitement at previously unimagined opportunities, at the new ways of thinking and doing and creating, of new pathways towards true social inclusion.

Become a member of the Communities in Control movement - then take your knowledge and enthusiasm back home to your own communities to analyse, create and develop local solutions to some of the most challenging questions of our time.

Cost: \$230 for pre-conference skills day, \$285 for 2 day conference. \$485 for all 3 days.  
Venue: Moonee Valley Racing Club, Members Gate 1, McPherson Street, Moonee Ponds.

To register phone (03) 9320 6818, email [service@ourcommunity.com.au](mailto:service@ourcommunity.com.au) or visit [www.ourcommunity.com.au/cic2008](http://www.ourcommunity.com.au/cic2008)

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## SIBLING SEXUAL ABUSE - WORKSHOP

Centre for Excellence in Child and Family Welfare

This one day workshop is designed to assist professionals in understanding the dynamics, safety considerations and current clinical thinking in relation to sibling sexual abuse. It examines the process of working with child victims of intra-familial sexual abuse, young people with sexually abusive behaviour, and the particular challenges of working with both, in a family context. It looks at the costs and benefits of out of home care, how safer decisions can be made around placement, as well as family centered models for treatment. Participants will be encouraged to reflect on case examples as well as their own experiences and practice.

When: 14th March 2008, from 9.00am to 4.30pm  
Where: Level 5, 50 Market Street Melbourne  
Cost: \$220 members, \$270 non-members.  
To register: visit [www.cwav.asn.au/training/programs.htm](http://www.cwav.asn.au/training/programs.htm)

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## MULTI-STAGE GRANTS FOR YOUTH-LED GROUPS

Grants are now open for applications from youth-led groups or organisations for Partnership Grants.

The grants aim to provide an opportunity for groups and organisations to develop their own criteria in response to the needs of young people and their communities.

The partnership approach is based on developing youth-led initiatives together, using the shared resources and expertise of young people, the partner organisation and the Foundation. For further information and application forms, visit the website [www.youngaustralians.org](http://www.youngaustralians.org)

## A FOCUS ON FRUIT & VEG AND HEALTHY CANTEEN WORKSHOPS

Teachers and parents are invited to attend the Fruit & Veg sessions. Canteen managers and those involved in school food provision are invited to join the Healthy Canteen workshops. The workshops will be held in term 1 in various regions of Victoria.

For further information and bookings visit:

[www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Canteen\\_training\\_and\\_events?Open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Canteen_training_and_events?Open)

Inquiries to:

Fruit and Veg Program - Jane Hill (03) 9888 2240 or email [fruit&veg@vhetta.com.au](mailto:fruit&veg@vhetta.com.au)

Healthy Canteen Workshops - (03) 1300 854 554 or email [lclarke@nutritionaustarlia.org](mailto:lclarke@nutritionaustarlia.org)

### 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

#### February

28th Day 1 - Rural Issues - A Health Promotion Planning Workshop

#### March

12th Chronic Disease Reference Group Meeting

13th Day 2 - Rural Issues - A Health Promotion Planning workshop

13th PCP Executive Meeting

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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