



# Wimmera Primary Care Partnership

## HEATWAVE PILOT PROJECT WORKER

PART TIME (0.4 EFT) to September 30th, 2008

Flexibility will apply in negotiating a contract in order to attract the best applicant.

The Wimmera Primary Care Partnership is seeking a Project Officer to coordinate a Pilot program covering the shires of Horsham, Hindmarsh, West Wimmera and Yarriambiack.

To undertake this role successfully, you will need to have an understanding of the primary care service system and local government as well as knowledge and experience in the planning, research and report writing. You will also require sound consultation, problem solving and group process skills and experience, as well as excellent verbal and written communication skills.

The position will be based at the PCP office in Horsham but working closely with member agencies across the four shires. The successful applicant will start as soon as possible with the project report due in September 08.

Applicants must address the selection criteria contained in the position description available from WPCP Executive Officer, Mandi Stewart, on 03 5362 1223, 0428 144 812

or by requesting a PD via email [mandi.s@gchc.org.au](mailto:mandi.s@gchc.org.au)

Applications close: Thursday 31<sup>st</sup> of January, 2008.

## CARERS PROGRAM - WIMMERA COMMUNITY OPTIONS

### Upcoming Events

For more details please contact the Group & Activities Coordinator at Wimmera Community Options on (03) 5381 9318

- Men as Carers Cricket Trip** - Friday 1st February 2008
- Bernadette Glass Workshop** - Tuesday 5th February 2008
- Mystery Trip** - Wednesday 9th April 2008
- Men's Gathering** - Tuesday 22nd & Wednesday 23rd April 2008
- Annual Carers' Irish Christmas** - Wednesday 25th June 2008

### 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
-  Womens Health Grampians
-  Wimmera Volunteers
-  Yarriambiack Shire Council
-  YMCA, Horsham
-  Wimmera Hearing Society
-  Hopetoun & District Neighbourhood House

## CLEVER HEALTH - GRHANet

The GRHANet Clever Health project commenced in June 2007 and is focused on demonstrating how technology can be used to support the delivery of high quality health care across the region. The project is funded by a \$3.5million grant from the Australian Department of Broadband, Communications and Digital Economy through until 2009.

The project is working with the health services in the region to identify where the use of videoconferencing can be used to increase the access of rural people to specialised health services. The project will also support health professionals in the region to access education and training services to build and maintain their skills.

The project has several streams of activity:

1. The provision of high quality mobile videoconference units in the emergency and maternity departments of the health agencies. This will also provide more information to the health services about patients being transferred to them requiring specialised care.
2. To increase the access to Primary Mental Health care by the provision of additional videoconferencing units at sites with greater community access for use by health professionals and the community to gain secondary support from the Primary Mental Health Team and psychiatrists.
3. The project is working with education and training providers to identify the demand for training within the region using videoconferencing, internet and other support to increase access to training and competencies, reducing travel and accommodation costs for participants.
4. The project is also undertaking a range of technical changes and upgrades to the network in order to improve the reliability of the service within the region.

For further details of any of these initiatives contact Gayle Boschert, Clever Health Project Officer on (03) 5320 4049 or email [gayleb@grhanet.com.au](mailto:gayleb@grhanet.com.au)

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## BREAST CANCER WON'T WAIT - EVERYTHING ELSE CAN!

One in eight Australian women will be diagnosed with breast cancer in their lifetime. 75% of women diagnosed with breast cancer are over 50. If you find a change in your breast, see your doctor without delay. Early detection is vital to surviving breast cancer.

BreastScreen Victoria is a free service to all women between the ages of 50–69. Mammograms can find breast cancer early, before it can be felt or noticed, so its important to have one every 2 years. Nine out of ten women who develop breast cancer do not have a family history of the disease.

If you have not had a BreastScreen in the last two years, please ring 13 20 50 to book your free Mammogram at Wimmera Health Care Group, Baillie Street Horsham.

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## RURAL HEALTH CONFERENCE 2008

Wednesday 30th April 2008

Location: Bendigo

This years conference will focus on Chronic Disease with a program designed for rural health services, policy makers, researchers, academics, health professionals, leading service providers, peak organisations and public servants.

Please visit [www.ruralhealth2008.com.au](http://www.ruralhealth2008.com.au) to register your interest.

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## WARM WATER & CHAIR BASED EXERCISE LEADER TRAINING COURSE

Arthritis Victoria, a Registered Training Organisation, is holding a Warm Water and Chair-based Exercise Leader Training Course in **Horsham** from **Tuesday 6th to Thursday 8th May 2008**.

This 3 day course is ideal for allied health assistants, fitness instructors and activity/recreation officers working in rehabilitation or aged care facilities, to increase their knowledge of arthritis and how to lead gentle exercise classes.

The course is conducted by registered physiotherapists and is accredited by Kinect Australia (formerly VICFIT).

If you have staff or volunteers who would be interested in attending this course in Horsham, please contact Sandra Barry, Organisational Support Coordinator, on (03) 8531 8008 or email [sandra@arthiritsvic.org.au](mailto:sandra@arthiritsvic.org.au).

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## SUMMER READ EVENT WITH ALEX MILLER

Alex Miller  
"Landscape of Farewell"

*Max Otto is an elderly German intellectual who believes his life is all but over. Everything changes when a feisty young Australian Aboriginal academic attends Max's last lecture. Their growing friendship sets Max on a journey that would have seem unthinkable just a few weeks earlier.*

Thursday 24 January at 7.00pm  
Horsham Library, 28 McLachlan Street  
For bookings call: (03) 5382 5707

Alex Miller is twice winner of the prestigious Miles Franklin Literary Award. Born in London in 1936, he emigrated to Australia in 1952. He graduated from the University of Melbourne in English and History in 1965. He is founding member of the Melbourne Writers' Theatre.

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## BACK TO BASICS AT BERRIWILLOCK - WOMEN OPENING THE GATES TO AGRICULTURE

The Women of Berriwillock in the Mallee of North-Western Victoria invite you to join them for the 19th Annual Victorian Women on Farms Gathering.

**Friday 4th - Sunday 6th April 2008**

They will be showcasing how their farming communities face the challenges of living and farming in a climate that can be best described as variable. They will show how they have survived and thrived for several generations.

Community, faith, family and determination leave them all wanting for very little; they would like to share this with everyone over the weekend. They will be offering a varied program of experiences following their theme of "Back to Basics - Women Opening the Gates to Agriculture"

General Enquiries: Allison Watson (03) 5079 2235, Noelene Austerberry (03) 5079 2250 or email [ormonddefarms@bigpond.com](mailto:ormonddefarms@bigpond.com)

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## REVISED INCIDENT REPORTING DEPARTMENT INSTRUCTION

The Department of Human Services invites you to an  
Information Session on the  
Revised Incident Reporting Department Instruction (November 2007)

To be hosted by Grampians Region

### Horsham

5th February 2008  
2.30pm to 4.00pm  
Department of Human Services  
Level 3 Conference Room  
21 McLachlan Street, Horsham

### Ballarat

6th February 2008  
1.15pm to 2.45pm  
Ballarat Library  
Meeting Room  
178 Doveton Street North

RSVP: to Jodie Ives on (03) 5333 6958 or email [Jodie.Ives@dhs.vic.gov.au](mailto:Jodie.Ives@dhs.vic.gov.au)

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## WATCH YOUR BACK WHEN WATERING - PREVENT IS BETTER THAN CURE!

A brochure compiled as a joint collaboration between Dunmunkle Health Services and GWM Water.

### Watch your back when watering!

With tighter water restrictions in force, we ask gardeners to 'watch your back' when bucket watering.

Wrist, shoulder and back pain is more likely to occur when carrying heavy items, such as buckets and watering cans.

We encourage all age groups, especially older people, to use these simple tips to minimise the risk of injury from carting water to their garden.

- Bend your knees, not your back when lifting buckets or watering cans.
- Where possible, place a bucket on a stool or chair when filling it, so you don't have to lift it up as far when it's filled.
- Do not overfill your bucket. Carry only as much weight as you can comfortably manage.
- Use two lighter containers, rather than one heavy bucket, to distribute the load equally on each side of the body.
- To help avoid wrist and shoulder pain, half-fill your bucket to lighten the load.
- Rinse out and use 2-litre milk bottles for watering.
- Carry buckets close to your body. Holding any weight away from your body increases stress on your upper body and back.
- Water in the mornings when it's cooler and brighter.
- Keep the pathway where you are carrying the buckets free from trip hazards and choose the flattest path possible.
- Pay attention to where you place your feet to avoid a stumble.
- Do some warm up stretches before and after using buckets.
- Avoid wearing thongs.

For further information, please contact your local physician, physiotherapist, chiropractor or other health professional.

Copies of the brochure are available from:

Dunmunkle Health Services phone (03) 5363 1200, email [Minyip@dunmunkle.com.au](mailto:Minyip@dunmunkle.com.au)  
GWMWater 1800 659 961, email [info@gwmwater.org.au](mailto:info@gwmwater.org.au)

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## SIX ESSENTIAL TIPS FOR A FIT AND HEALTHY LIFE

1. The **first thing** to do is to **ask yourself**: Why are you exercising? Are you trying to get in shape for an upcoming event? A wedding perhaps or a specific sporting event. Would you like to run around with kids or grand kids? Do you want to lose weight, increase your energy, gain strength, add muscle tone and flexibility, or just feel a heightened sense of well being? If the reason you are exercising has anything to do with someone else (for example, your boyfriend or girlfriend says you need to lose weight or get in shape), you need a new reason.

It has to be for you and you alone!

2. **Set goals!** Set both a short term goal, to achieve in three to six weeks, and a long term goal, to achieve over the course of a year. Make sure your goals are achievable enough that they are not discouraging, but high enough that you have an incentive to slip the joggers on each day. It is also important that your goals are specific and directly related to your specific motivation for exercising. Surround yourself with people that will encourage and support you. Stay clear of 'pullers', you know the type. The ones that try to pull you down, when you want to try something new or do something different. I bet you can think of at least 3 'pullers' right now.
3. Find an **exercise that you enjoy**. For example Circuit Training is a great way to train.....and you can do it in your own backyard....just set up 6-10 different stations and work your way around. It offers all the benefits of other types of training (resistance, weight training, and cardio) but all in the one session. You can gain maximal results in minimal time and the variety will ensure you never get bored.
4. Why not **train with someone else**, call a mate to help hold you accountable for those daily workouts. Go on, pick up the phone!
5. **Plan** your daily exercise on your to do list and in your diary, just somewhere you will see it! Think of it as simply something you need to do before your head hits the pillow.
6. Finally, **stay with the plan**. There is every chance something may get in the way along the track, but simply push it to the side and jump back on! There is always a solution to a problem, eventually!!

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## JOIN THE SING AUSTRALIA HORSHAM CHOIR

Every Monday Night at 7.30pm

At Uniting Church Meeting Room, Pynsent Street Horsham

Join in every Monday night for a fun evening of singing and music.

Sing Australia's primary goal is to encourage people to sing. There are no auditions, no requirements to read music and no singing experience is necessary. Sing Australia choirs can be found in many towns and cities around Australia and new choirs are forming all the time.

Come along and discover the joys of singing!

For more information phone Fran McDonald on (03) 5382 3752

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## MURRAY TO MOYNE - CYCLE RELAY TEAM QUIZ NIGHT

Thursday 21st February 2008

Be seated at 6.30pm for a 7pm start

Horsham Sports and Community Club - Baillie Street Horsham

Tables for 10 or single tickets available at \$18 per person

For tickets and enquiries please call Craig Wright on (03) 5381 9309 or  
Wendy James on (03) 5381 9331

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## VICTORIAN HACC ACTIVE SERVICE MODEL SEMINAR 2008

Monday 25th February 2008 at the Sofitel Melbourne

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 ASM 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 can be found at [www.health.vic.gov.au/hacc/projects/asm\\_project.htm](http://www.health.vic.gov.au/hacc/projects/asm_project.htm)

The Victorian HACC Active Service Model Seminar is a one day event providing an opportunity to hear some of the leading national and international speakers on implementing capacity building, restorative care and wellness approaches in community care.

To register please visit the website above or email [vichaccseminar@meetingplanners.com.au](mailto:vichaccseminar@meetingplanners.com.au) or phone (03) 9417 0888.

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## UNDERSTANDING LEASE & HIRE AGREEMENTS - A GUIDE TO CLUBS

VicSport has completed an easy to follow guide to help community groups better understand their facility access agreements.

The guide can be downloaded from the VicSport website at [www.vicsport.asn.au](http://www.vicsport.asn.au)

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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: [pccadmin@gchc.org.au](mailto:pccadmin@gchc.org.au)

Telephone: (03) 5362 1222 Facsimile : (03) 5382 4687

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### 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](http://www.wimmerapcp.org.au)

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### 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](mailto:mandi.s@gchc.org.au) 0428144812, 5362 1223

**Geoff Witnitz** - Agency Liaison Officer [geoff.w@gchc.org.au](mailto:geoff.w@gchc.org.au)  
0428358672, 5362 1225

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0428 553 735, 5362 1224

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