



Wimmera Primary Care Partnership

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 

'SING AUSTRALIA HORSHAM CHOIR' PART OF AUSTRALIA-WIDE PREMIERE OF *WADE IN THE WATER - A STORY OF HOPE AND THE POWER OF SINGING*

On Sunday 17th February 2008 at 3pm, over 50 Sing Australia Choirs from around Australia will host an event in their community to launch *Wade in the Water*, an inspiring documentary that seeks to raise awareness of breast cancer and the important role singing can have in our lives.

Wade in the Water, written and directed by Linette Etheredge, tells the story of two journeys. One follows the member of 'South of the River Choir' through ABC Radio's national choir competition in 2006. The other story is one of determination and hope as the choir's founder Debi Candlish reflects on her diagnosis and treatment of breast cancer.

Of the hundreds of choirs who will participate in the event, around 50 are from the Sing Australia network. Sing Australia's founder and National Director, Colin Slater OAM, said 'I was very moved and inspired by *Wade in the Water*. It is a testimony to the powerful force of singing, to which we all have access. Singing resides in all of us. Linette has given Australians a beautifully crafted insight into this and her concept for us all to join together in song is brilliant'.

The local Sing Australia Horsham choir will be running their own *Wade in the Water* launch on Sunday 17 February at 3pm in the Uniting Church Hall in Pynsent Street, Horsham.

Please contact Fran MacDonald on (03) 5382 3752 for further information.

Check out the events section at www.wadeinthewater.net or contact Linette Etheredge on 0432 329 214 for more information on the National Launch.

More information on Sing Australia community choirs can be found at www.singaustralia.com.au

The Sing Australia Horsham choir meets every Monday (except public holidays) at 7.30pm at the Uniting Church Hall - Pynsent Street Horsham. For more information please contact Fran MacDonald on (03) 5382 3752.

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

RESEARCH TO PRACTICE FORUM - Presented by VicHealth

Community Food Action - Addressing Food

This forum is an opportunity to learn how research can inform policy to promote food security and a sustainable food system in British Columbia (BC), Canada. The speaker is Associate Professor, Aleck Ostry.

Dr Ostry currently holds a Canada Research Chair in the Social Determinants of Community Health and is a Senior Scholar with the Michael Smith Foundation for Health Research and Associate Professor at the University of Victoria, BC, Canada. He holds Masters degrees in History and Health Services Planning and a Ph.D in Epidemiology and has published a book title *Nutrition Policy in Canada, 1870-1939*, UBC Press, 2006.

Dr Ostry specialises in population health and the social determinants of health and has an active research program on food and nutrition policy. Currently Dr Ostry advises BC's Regional Health Authorities on ways to work with communities to evaluate food security projects in relation to their potential impact on health.

He is initiating a comparative food security and nutrition policy investigation with researchers in Australia as part of his ongoing program of research on public health nutrition. He also investigates the determinants of Canadians' diet and has partnered with the Ministries of Education and Health to survey all BC schools to assess the extent of "junk food" food sales and nutrition policy development in the education system. At present he is working with Department of Agriculture to map agricultural activity in the province in order to promote links between sustainable food production health eating.

Thursday 14th February 2008 from 9.30am to 11am
VicHealth, Ground Floor, 15-31 Pelham Street, Carlton South
Registration Free: RSVP to aleck@vichealth.vic.gov.au

TWILIGHT EDUCATION SESSION - COMPLEMENTARY THERAPIES

Presented by the Grampians Regional Palliative Care Team

Guest Speakers:

Phyl Graham - Meditation in Palliative Care
Marie Bajada - A Transpersonal Art Therapist, Maries works with symbols and images helping people explore their personal journey.

Monday 4th February 2008 from 6.30pm to 9pm
Drinks and Nibbles provided
Education Resource Centre - Ballarat Base Hospital
Drummond Street North, Ballarat
Cost: \$10 Grampians Region, \$20 other

RSVP to B Matthews on (03) 5320 3553 or email bernadette@bhs.org.au

ART IS.....PULLING STRINGS EVENT REGISTRATION

Does your group or organisation have an event taking place between
March 14th and March 20th?

If so, why not register your event with Art is.....pulling strings for a small fee and it will be included in the festival Programme.

For more information contact Charee Lowe on (03) 5381 0297 or email artis@wimmera.com.au

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

GWMWater 1300 659 961, email info@gwmwater.org.au (*please note that this phone number was incorrect in the last edition of the Wimmera PCP Newsletter*)

FLOAT MAKING WORKSHOP

All community groups, organisations and individuals are invited to learn about float making at a FREE weekend workshop on February 16th and 17th.

Learn great new skills from float making specialists and you could take part in the Grande Parade of Art Is.....pulling strings on March 14th. Start thinking outside of the square as emphasis will be on making floats which do not require engines.

For more information and to register your interest please contact Charee Lowe on (03) 5381 0297 or email artis@wimmera.com.au

SMILES 4 MILES - HEALTHY TIPS FOR YOUR TEETH

Important Tips About Sweet Drinks

- Children do not need sweet drinks for good health.
- Fruit and vegetable juice, soft drinks, energy drinks, flavoured milk, mineral water, cordials and sport drinks are all considered sweet drink choices.
- Encourage children to drink and enjoy water.
- Encourage children to eat fresh fruit and vegetables instead of drinking juice.
- Drinking large amounts of sweet drinks may result in:
 - ⇒ Excess weight gain.
 - ⇒ Tooth decay.
 - ⇒ Picky eating.
 - ⇒ Growth problems.
 - ⇒ Loose bowel actions.
- Avoid using a baby's bottle to settle your child to sleep.
- Encourage your child to drink from a cup from around six months.
- Start a tooth brushing routine as soon as your child's first tooth appears.
- Visit your local doctor or health centre if you have concerns about your child's health and growth.

Fruit and Vegetables - better than juice!

It is better to eat fruit or vegetables instead of juices and have a thirst quenching glass of water. Fruit and vegetable juices may be a good source of some vitamins, but the downside is they are high in natural sugars and low in fibre. If you do include juice in your child's diet, limit this to one small glass per day.

Important Tips to Encourage Children to Eat Fruit and Vegetables

- Eat and enjoy a variety of fruit and vegetables yourself.
- Focus on serving lots of different vegetables and fruit, not the amounts.
- Try and offer fruit and vegetables at each meal and snack.
- Involve children in decisions about vegetables and fruit purchasing.
- Keep offering fruit and vegetables even when children avoid eating them.
- Remember to praise your child for healthy eating.

2008 VAYSAR STATE-WIDE BILL MUIR MEMORIAL SENIOR BASKETBALL CLASSIC

Hosted by Wimmera Eagles Aboriginal Sports Club and Goolum Goolum Aboriginal Cooperative

March 7th, 8th and 9th - 2008

Venues:

Horsham Basketball Stadium
St Brigids College
Horsham College

Divisions: A and B Men's Open Age, A and B Women's Open Age

For more information contact either:
Jason Kanoa at VAYSAR on (03) 9484 5351 or
Rob Fry on (03) 5361 4000

GET FARMING WEBSITE

To register for the Get Farming newsletters; bulletins; drought updates; water, weather and climate updates; state based ezine - please visit www.getfarming.com.au/pages/register/register.php

USE MEASUREMENTS BESIDES THE SCALE

What's so motivating about numbers anyway?

Pretend for a minute that gravity doesn't exist. Everything is weightless, yet it all manages to stay on the ground. You don't know how much you weigh because scales have never been invented. How would you define your state of health? After all, you wouldn't be able to say "I need to lose 10 kilos" or "I weigh over 90kgs, so I must be overweight".

What would be your benchmark? You might still not like how you look. You might be tired of being tired all the time. You might need to trim down and take care of that blood pressure problem. You might want to avoid diabetes.

In a gravity-free world, those are all still good reasons to create healthy diet and fitness habits. Who knows, you might decide "Hey, I feel alright, and I'm healthy. If I can just maintain the habits I have, I should be okay."

The point is, you can decide for yourself what shape you're in. You don't need the scale to tell you. Unfortunately, many times we get down on ourselves simply because something as trivial as gravity tells us we're out of shape. Some people feel and look fantastic in every respect, but if the number on the scale doesn't match expectations, they're miserable. This doesn't make sense. Gravity should not be able to wield that kind of power.

In this gravity-rich reality we live in, we have a fascination with the scale. While it's good for giving you a general idea of your health, this can be the most discounting and frustrating part of a diet. Your weight can fluctuate all the time and reasons why are never completely known. Time of day, temperature, the day's activities, water level—all can skew the numbers one way or the other. In reality, you could be getting discouraged over something that's not really accurate.

To stay motivated, try finding other ways to measure your progress instead of stepping on the scale. Try some benchmarks that actually matter. Some may be tougher to measure than others, some are more subjective. But we think you'll find that these measurements can still be a lot more meaningful and motivating.

Take some of these regular measurements to stay motivated, even if the scale isn't moving:

Body Measures - dress size, waist, hips, neck, arms, fitting into favorite clothes.

Performance - more endurance during exercise, doing them at a higher level, jumping higher, walking longer, running faster, playing a sport better.

General Feeling - rate energy level, rate attitude and outlook, track how often you feel very sleepy during the day, rate your confidence level.

Health - blood pressure, cholesterol level, blood sugar level.

Intangibles - how you look, compliments you receive, how others respond to you.

Provided by Lisa Cosson—Westvic Division of General Practice

PROFESSIONAL DEVELOPMENT WORKSHOP - HOW DO I GET THEM TO TALK

31st January 2008 from 9.00am to 5.00pm
Gasworks Theatre, 21 Graham Street, Albert Park

This workshop is suited for Indigenous and non-Indigenous health workers, carers, teachers and lecturers, government staff and anyone interested in the betterment of their Indigenous relations.

For more information contact Assist hotline on (03) 9209 6777 or register online at:
www.stkildafestival.com.au/deep-listening

WIMMERA PCP MEMBER AGENCY - 'SPOTLIGHT ON SERVICES'



WIMMERA VOLUNTEERS SOCIAL SUPPORT SERVICE (A HACC FUNDED PROGRAM)

Wimmera Volunteers is funded to provide the Home and Community Care, Social Support Program with the Wimmera Region. The Social Support Program was developed to prevent isolation by providing social links for older people, people with disabilities and carers. The program seeks to provide regular contact, support and security for older people and people with disabilities who are housebound or isolated due to frailty, lack of confidence, geographic or other factors.

The goal of Social Support Services: *"To contribute to maintaining and enhancing the security, independence and emotional, social and intellectual wellbeing of people from within the Home and community Care target group who are, or are at risk of becoming socially isolated."*

The Services available include:

- Friendly visiting service
- Telelink
- Transport assistance
- Social Connections/reconnections.

For more information please contact Wimmera Volunteers on (03) 5382 5607 or call into their office at 20 Firebrace Street, Horsham.

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 Witnitz - 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