
























# 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  
Person Centred Support - Wimmera Community 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 

## A NIGHT FOR THE BLOKES - NHILL

Wednesday 23rd July 2008 from 6pm

Nhill Lutheran Church Hall

BBQ tea available from 6pm, program commences at 7pm  
Gold coin donation

### Program:

**Six Degrees of Diabetes:** a short play written by Alan Hopgood AM. A humorous performance about 3 middle-aged men, who have indulged in the 'good life' - eating and drinking to excess, for many years and need to make some hard decisions about their health.

**Bernard Denner:** Men's Health Educator & Advocate. Bernard makes health fun, he is an experienced and entertaining speaker.

**Alan Hopgood AM:** Award Winning Australian Playwright. Alan will provide an interesting and humorous overview of his experience in dealing with Prostate Cancer.

**Dr Shoib Munawar:** Tristar Medical Clinic. Dr Manowar will discuss access to GPs and highlight that 'you don't have to be sick to see a GP'.

Bookings essential for catering purposes to Joylene Rhode on 5391 4267 by Monday 21st July.

For more information contact Lesley Robinson on 5391 4207 or Wendy Altman on 5391 4221.

## TARAGO AVAILABLE FOR USE

Wimmera Volunteers have a 7 seat Toyota Tarago available to Community Groups without available transport for use within Hindmarsh, Yarriambiack and West Wimmera Shire.

Please contact the relevant Shire or Wimmera Volunteers on 5382 5607 for more information.

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



# COMMUNITY ENGAGEMENT TRAINING

**Friday 8th August - 9am to 4.45pm**  
Grains Innovation Park Horsham

## **What is Community Engagement?**

Community Engagement can include a wide range of activities such as consultation, communication, extension, education and participative democracy.

It can be described as a planned process with the specific purpose of working with identified groups of people, whether they are connected by geographic location, special interest, or affiliation or identify to address issues affecting their well-being.

## **What are the benefits?**

Many public land use and development projects rely on community support and acceptance for successful implementation. This can only come through effective engagement, where the community has had the opportunity to participate in decision making in an appropriate way.

Effective engagement can build more resilient relationships and contribute to community strengthening and capacity building. It can also reduce the incidence of community outrage.

## **What will you learn?**

- Scoping a project - considering who will be affected and what there is to negotiate.
- Stakeholder analysis - understanding the stake and level of resources, influence and power that people have.
- Considering the level of engagement for the range of stakeholders.
- Becoming acquainted with a variety of tools to use with different stakeholder groups.
- Creating community engagement plans.

For more information contact Trish Kevin on 5321 6816 or Geoff Adams/George O'Dwyer on 5233 5568.

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## 2ND AUSTRALASIAN MENTAL HEALTH AND PSYCHOSOCIAL DISASTER CONFERENCE

**22nd & 23rd October 2008**  
Brisbane

### Conference highlights:

- Anticipating the different public responses to chemical, biological, radiological and explosive attacks and natural disasters.
- Psychosocial responses to traumatic events.
- Identifying special needs for population groups and developing.
- The role of media and public communications in minimising disaster stress.
- Enhancing disaster resilience in communities and regions.
- The field response of mental health in disasters.
- Integrating mental health into large area operations.
- Psychosocial peer support programs for first responders.
- Selecting and using crisis counselling and other interventions.

For more information visit [www.disasters-psychosocial.org.au](http://www.disasters-psychosocial.org.au) or phone (02) 6161 5143.

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## HEART MOVES EXERCISE SESSION

You are invited to a FREE "Come and Try" **Heartmoves** session at

Horsham Aquatic Centre, YMCA  
53 Hamilton Street, Horsham

**Monday 28th July, from 12noon**

**Heartmoves** is a low-moderate intensity exercise program.

Regular participation in **Heartmoves** will help to:

- Better manage weight, blood sugars, blood pressure and cholesterol.
- Improve fitness, balance, co-ordination and flexibility.
- Enhance your quality of life and meet other people.

Your **Heartmoves** exercise leader is Sally Pymer - Sally is a qualified and accredited **Heartmoves** Leader who will guide you through an exercise program that is fun, safe and modified to suit you.

For more information on the **Heartmoves** program visit:

[www.heartfoundation.com.au/heartmoves](http://www.heartfoundation.com.au/heartmoves) or email [heartline@heartfoundation.com.au](mailto:heartline@heartfoundation.com.au)

To book in for this exercise program at the YMCA please call the Aquatic Centre on 5382 2576.

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## PRIMARY HEALTH WEEKLY BULLETIN - 3RD JULY

The latest edition of the Primary Health Weekly Bulletin is now available at:

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin?src=email&id=030708](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin?src=email&id=030708)

In this edition:

- First Victorian Access Points project 'Direct2Care' goes live in the Eastern Metropolitan Region.
- Victorian Transcultural Psychiatry Unit (St Vincents Hospital) Seminar and Case Presentation.
- Increase the impact of health promotion and chronic disease.....implementing QIPPS in your organisation.
- Lifting the bar: Living Longer Living Stronger into the future, Council on Ageing Victoria's Annual Conference.

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## PARTNERING ASSESSMENT WORKSHOP

A 2 hour workshop to discuss and learn from the partnership relationships and related activities within your region - for members of a partnership that includes DHS and other CSO's.

**15th July 2008**

from 11am to 1pm

Ballarat Health Services - Education Centre

Registration of interest to [tanya.nikolovski@vcoss.org.au](mailto:tanya.nikolovski@vcoss.org.au)

For more information contact:

Carolyn Wallace (VCOSS) on 9654 5050

Trish Berry (DHS) 9096 8420

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## ADVANCE NOTICE FROM VICHEALTH 'LEARNING FROM THE FIELD'

**Friday August 1st from 9am to 4pm**  
Sunshine Convention Centre, Victoria University  
460 Ballarat Road, Sunshine

This forum will present a range of contributions from food security projects across the state funded through VicHealth's **Food for All** program. Other complementary VicHealth funded projects will also be participating.

VicHealth has published a set of case studies highlighting the strategies implemented by these projects, which will be launched on the day.

**Food for All** aims to increase regular access to and consumption of a variety of foods by people at risk of food insecurity.

Attendance for this FREE event is strictly limited and by registration only. You will receive information about the program and registration details during the week of 7 July.

If you would like to be on the mailing list for this forum, forward your contact details to [scooper@vichealth.vic.gov.au](mailto:scooper@vichealth.vic.gov.au)

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## ACTIVE MEDIA BULLETIN - GO FOR YOUR LIFE

To access the July Active Media Bulletin please follow:

[www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Active\\_Media\\_July\\_2008.pdf/\\$File/Active\\_Media\\_July\\_2008.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Active_Media_July_2008.pdf/$File/Active_Media_July_2008.pdf)

In this months edition:

- Brisk walking lowers blood pressure, increases fitness in obese.
  - Non-competitive play leads to more physical activity in children.
  - Getting Australia moving.
  - Veils and Hula Hoops fit new workouts.
  - Walkable communities: Ellerslie, New Zealand, A story of Revitalisation.
  - The skinny on fat: you're not always what you eat.
  - Japan seeking trim waists, measures millions.
  - Bans, labels would tackle ticking fat bomb.
  - Confusion over five-a-day healthy eating.
  - In praise of the family meal.
  - Walking and primary prevention: a meta-analysis of prospective cohort studies.
  - Exercise cuts cancer deaths in men.
  - Environmental determinants of active travel in youth: a review and framework for future research.
  - Preventing walking injuries - facts and safety tips for walking.
  - Active healthy living: prevention of childhood obesity through increased physical activity.
  - The Cancer Council Australia national cancer prevention policy 2007-2009 physical activity.
  - Healthy eating & physical activity: addressing inequities in urban environment.
  - National diabetes week.
  - Free public performance and panel discussion on health, preventable diseases and diabetes.
  - Lifting the bar: living longer living stronger into the future.
  - Plus many many more.
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## PARTNERING ASSESSMENT WORKSHOP

Auspiced by the Human services Partnership Implementation Committee

A 2 hour workshop to discuss and learn from the partnership relationships and related activities within your region.

If you are a member of a partnership that includes DHS and other Community Service Organisations, we'd like to hear from you.

Who should attend: staff at all levels who are members of CSO and DHS partnerships in the region - more than one member of the partnership is encouraged to attend.

Why attend - this workshop will provide:

- An opportunity for you to share your views and experiences of DHS and CSOs partnering arrangements.
- A range of perspectives on partnerships and information on other partnerships in the region.
- A regional report for all participants outlining the partnering strengths and opportunities for improvement as an outcome from the workshop.
- Information for future partnership planning through the final state-wide assessment summary report for the Human Services Partnerships Implementation Committee.
- A good practice resource of successful partnering.

**15th July from 11am to 1pm**  
Ballarat Health Services  
this venue has videoconference facilities

Email your registration of interest to [tanya.nikolovski@vcoss.org.au](mailto:tanya.nikolovski@vcoss.org.au)

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## RESPONDING TO SEXUAL ASSAULT - LEVEL 1

**Thursday 24th July from 9.30am to 1pm**  
Ballarat Health Services - Queen Elizabeth Centre  
Cost: \$40 (morning tea provided)

Research indicates that 1 in 3 women and 1 in 6 men experience sexual assault at some time in their lives. Therefore, it is likely that anyone working in health or human services will at some time work with people affected by sexual assault.

This workshop will cover:

- Impact of childhood and adult sexual assault.
- Commonly held societal beliefs about sexual assault.
- Responding to disclosure of sexual assault.
- How to effectively support and advocate for a victim/survivor.
- A brief introduction to understanding and working with trauma response.

This training aims to meet a range of educational needs in the area of sexual assault and trauma and is highly relevant to workers from a variety of fields. It is also relevant to experienced counsellors who wish to develop specific sexual assault counselling expertise.

For more information contact Ballarat Centre Against Sexual Assault on 5320 4002.

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## 'MOTIVATION FOR LIFE' by LISA

*I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.*

- John Burroughs, essayist and naturalist -

### Making the Most of Every Day

If he felt this way at the start of the 20th century, imagine what he would think today!

We have freedom to do more now than ever before but more options can bring more frustration. This is because we still see all of the things we don't have time for!

Before you plan another day/week/month/year, write the following thought at the top of the paper: **I cannot do everything!**

It's a truth that applies today even more than it did 100 years ago. Life becomes easier when you accept the fact that you will never be able to do everything you want. Once that happens, you can start to look at what you want to do the MOST, and plan accordingly.

Priorities bring peace of mind. They help you relax, knowing that you're doing all you can by making the most of your opportunities. Low priorities are the seeds of wasted time. And days don't need any help getting shorter..

Lisa Cosson - Westvic Division of General Practice

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

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

### Wimmera PCP Diary Dates

#### July

10th	12.30pm	HP Meeting - DHS Evaluation of Integrated HP Strategy
13th	1.00pm	Chronic Disease Reference Group
23rd	11.30am	Diabetes Working Group 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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