



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



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



ARTS VICTORIA - FUNDING FOR WORK

Are you a Victorian artist or arts organisation looking for funding for your work?

Arts Victoria is calling for applications for its 2008-2009 funding programs.

Arts Victoria's programs support Victorian artists and arts companies working in all artforms. Support is available for the creation and presentation of new work, regional touring, community partnerships, education partnerships, international touring and cultural exchange.

Special support is available for contemporary musicians and bands through the Victoria Rocks program.

For further information, including application closing dates, funding guidelines and application forms, please visit www.arts.vic.gov.au or contact Arts Victoria on 9954 5000, Freecall 1800 134 894 or email artsvic@dpc.vic.gov.au.

COMMONWEALTH FUNDING OPPORTUNITIES

The Commonwealth have announced two initiatives that may be of interest to community health.

Rural Health Support Education and Training (RHSET) Program.

The program aims to contribute towards recruitment and retention of health workers in rural and remote areas through local initiatives that provide them with appropriate support, education and training. Organisations can request funding for projects that can have a budget of up to \$200,000 and that will be finalised within 12 months. Application packs for the 2008-2009 funding round can be downloaded from www.health.gov.au/tenders. Enquiries phone 1800 020 103.

Mental Health Nurse Incentive Program.

This program funds community based general practices, private psychiatric practices and other organisations to engage mental health nurses to assist in the provision of coordinated clinical care for people with severe mental health disorders. Visit www.medicareaustralia.gov.au/provider/incentives/mental-health.jsp or for enquiries call 1800 222 032.

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



2009 ART IS....FESTIVAL LOGO COMPETITION

The Art is....festival is pleased to announce the 2009 'Art is....tasty', logo design competition.

Design Brief

The Art is....festival is a 10 day community arts event celebrating emerging and regionally based arts, culture and ideas. Art is....started in 1996 by a group of Wimmera based people wanting to see some of the action happen IN our region rather than OUTSIDE.

In its 14 year history, the event has evolved and changed themes that reflect the different aspects of what art is....The key goal of the festival is to create a local Wimmera arts event that supports and encourages dynamic and regionally specific artworks and ideas. The theme for 2009 is:

Art is....tasty

The theme questions the definition of taste, what is good taste, what is bad taste and how our taste as consumers can be interpreted. Next year's festival will see one of the largest community art projects undertaken with a creative twist on Hieronymous Bosch's 'Garden of Earthly Delight' with regional artists Ratartat. Ratartat were responsible for 1999 festival masterpiece 'Balehenge'.

The festival will have school workshops involving sculptures and puppet making. The theme is in fact boundless and your imagination could be too. The Art is...logo should convey the feel and essence of the 2008 festival. It needs to appeal to a wide audience, both artists and non-artists.

Who Can Enter

This is a competition for emerging or established designers, students, artists and the community.

What to Submit

- A logo design in colour. Your logo design should include the following info:

"Art is....tasty"

Horsham, 27 March - 5 April, 2009

- Submit your design as a good quality original hard copy design (maximum size A4 page) or as an image saved onto CD, with a print out of your design attached - either will be acceptable.
- You may enter more than one design.
- All entries are to be presented no larger than A4 size.
- Please display your name, address and phone number on the back of your entry.
- All entries become the property of the Art is....festival committee.
- Festival dates and theme must be included in your design.

Send Entries To

Entries can be emailed to artis@wimmera.com.au or posted to:

Art is....festival
PO Box 323
Horsham VIC 3402

Or can be dropped in to 43 Firebrace Street, Horsham.

The winner of the 2009 festival logo competition will be announced at the Art is....AGM on Tuesday September 2nd, 2008 at the Horsham Regional Art Gallery.

NATIONAL BINGE DRINKING STRATEGY COMMUNITY LEVEL INITIATIVE FIRST FUNDING ROUND

Website: www.health.gov.au/internet/main/publishing.nsf/Content/Grant2008013136

Reference number: 2008013136

Title: National Binge Drinking Strategy Community Level Initiative First Funding Round

Description: Under the National Binge Drinking Strategy, the Department of Health and Ageing is seeking applications from incorporated community groups or local government organisations who can demonstrate the ability to develop a prevention or early intervention project with the support of other groups in your community.

Funding is available for organisations to undertake time-limited prevention and early intervention projects in city, urban, regional, rural and remote Australia. The focus of the projects will be on the prevention and reduction of binge drinking by young people, specifically in the age group 12-24 years. Selection will be merit based. Innovative projects and those representing partnerships between Community Organisations are encouraged.

An upper limit of \$150,000 plus GST (per grant) for up to two years has been set for individual project proposals. For organisations wishing to collaborate and submit a combined proposal, an upper limit of \$250,000 plus GST (per grant) for up to two years has been set for each combined project proposal.

Organisations interested in applying must address the selection criteria in the format outlined in the application form.

Project Officer Details: Kate Murray: phone 1800 209 312, email: communitylevelinitiative@health.gov.au

Closing date: 5pm on 11 August 2008.

How to submit a tender: Organisations/individuals interested in tendering must address the requirements of the invitation document which is available by registering on the website listed above.

COMMUNITY ENTERPRISE START UP GRANTS 2008

What are they?

They are available to community organisations seeking to:

- Develop new community enterprises to create employment and training opportunities for Victorian communities experiencing disadvantage in the labour market;
- Create opportunities to connect communities through economic development; and
- Develop plans that demonstrate potential for sustainable enterprises.

An initial grant of up to \$15,000 will be provided to successful organisations to work with the Brotherhood of St Laurence or Adult Multicultural Education services to undertake a feasibility assessment and begin community engagement. Additional funding of up to \$35,000 may be negotiated following outcomes of the feasibility planning.

For more information or to request an application form, please call the information line on 1300 366 356.

NATIONAL SHORT COURSE IN ENVIRONMENTAL HEALTH 2008

Offered each year since 1991, this course provides a general introduction to the concepts of risk assessment and management. Updated annually to include examples of current relevance to all those interested in environmental health including: water quality, food safety, air quality and contaminated sites. Sessions will also include real-life scenarios and a step-wise approach to issues involved in carrying out real risk assessments from experts.

This is a practical and thought-provoking 3-day workshop providing key insights and tools for organisations and individuals who are working on controversial issues involving the public or other concerned stakeholders.

For more information on this workshop please visit www.nsceh.com

PRACTICAL IDEAS FOR STRENGTHEN AND GROWING YOUR LOCAL ER PROGRAM AND VOLUNTEERS

Up-to-date information, resources, ideas, solutions, contacts.

Loads of practical ideas to strengthen and grow your local ER program and volunteers.

July 23rd - 9am to 4pm
Grains Innovation Park Horsham

Keynote Speaker: Martin J Cowling - 20 years experience with UNICEF, AFS Intercultural Programs, The Smith Family, VicRelief and CEO People First - Total Solutions. Martin is a leading international speaker on "Not-for-Profit" management and volunteerism.

Workshops:

- How do we create respectful service in our Agencies.
- Social security law and advocacy.
- Handling the dependent client.
- Working in community.

Other speakers include: Dale Nelson - Community Educator for Welfare Rights Network; Trevor Barker - 12 years experience working in ER in a small rural community; Philip Hunt - CEO VRFB, Norm Bowen - CFA Peer Support and Neil Barr - DPI.

This Forum is also being held in Ballarat on July 22nd at Anglicare Centre, Lydiard Street South Ballarat.

For more information on both forums please contact Trevor Barker on 5407 2116 or email trevorb@vrfb.com.au

To register please call Margaret Tournier on 9362 8300 or email margt@vrfb.com.au

PLANTING CALENDAR - WHAT TO PLANT IN JULE/AUGUST

Artichokes	Asparagus	Beetroot	Bok Choy	Board beans
Broccoli	Brussels sprouts	Cabbage	Capsicum	Carrots
Cauliflower	Chilli	Coriander	Leek	Lettuce
Mint	Mushrooms	Onions	Potatoes	Parsley
Parsnip	Radish	Rhubarb	Shallots	Silver beet
Snow peas	Spinach	Spring onion	Swede	Turnip

What's in season.....

Banana's	Grapefruit	Lemon	Manderine	Orange
Bean shoots	Broccoli	Cauliflower	Brussels sprouts	Carrot
Fennel	Mushrooms	Potato	Silverbeet	

FIRST VICTORIAN ACCESS POINTS PROJECT (DIRECT2CARE) GOES LIVE

Grampians Region to host next site.

On Friday 20th June 2008, the Department of Human services, in partnership with the Commonwealth government, launched a new service to help Victorians access aged-care services.

Direct2Care is a 'one stop shop' for community care delivering services for older people and their carers. The service aims to help older Victorians find and access the services they need to live fuller, more independent lives in the familiar surroundings of their own home.

The \$2.45 million Direct2Care demonstration site based in Knox is the first of 14 Access Point sites to be set up across Australia, and the service will initially provide advice to the 150,000 people aged over 65 years living in the Eastern Metro region.

The next Victorian site will be in Ballarat and will service the Grampians region. It will be auspiced by Ballarat Health services and is expected to go live later this year.

How does Direct2Care work?

People unsure of what local services exist, what they re eligible for or how to access them, can phone the Direct2Care hotline number and talk to experienced support workers.

The workers then contact local aged care services, who will in turn contact the person seeking care. Services that can be accessed include:

- Help at home with cleaning or housekeeping, and basic home maintenance.
- Help with showering or dressing.
- Organised groups with social support activities.
- Physiotherapy and eye care.
- Respite services.
- Food services.
- Friendly visiting/transport services provided by volunteers.

For more information about Direct2Care please contact Karen Kennedy at:

Karen.kennedy@dhs.vic.gov.au

Frequently asked questions can be found at:

www.health.vic.gov.au/agedcare/services/accesspoints.htm

'MOTIVATION FOR LIFE' from LISA

Awareness Through Downshifting

Often our first reaction to a stressful situation is to overcompensate and overwork to overcome whatever it is. Sometimes though, the best thing you can do is step away, take a breath, and come back to tackle the problem with a clear head. Replacing important things in your life with work only causes anxiety to build up - not to mention that it takes the joy out of life. Vacation does not have to mean physically leaving your everyday life and jet setting to the beach. Whatever relaxes you, brings more clarity, or calms your mind during times of stress can certainly be enough to rejuvenate! When logic tells you to quicken your pace and pile on the extra work, yet your heart is reminding you of the meaningful time you are neglecting with family, friends, and yourself—it's time to slow down. Often letting off on the gas for a period of time can compose and refocus your mind.

“Vacation is what you taken when you can't take what you've been taking any longer”

Lion from Wizard of Oz

And the lion was so right wasn't he! In my opinion there is no better way in my day to take a break from any stressful situations than with a good old bout of exercise.

Now I've just reached for the self coaching card and you wouldn't believe what I selected! Very appropriate considering the lion quote..... Its about **EMOTION AND COURAGE**.

“No-one has looked back sadly on a life full of experiences, but many look back wishing they had had the courage to do more” .

Some thought provoking questions on my self coaching card read:

How can I be more courageous?

If I was more courageous how would my life be different?

Whose support do I need to help me be more courageous?

Anyway, enough about me....how about you....**What makes you feel good about being you?**

Have a great day.....strive for balance.

Lisa Cosson - Westvic Division of General Practice, Phone: 5381 1756 Mobile: 0418 106 439, Email: l.cosson@westvicdiv@asn.au

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

July

23rd 11.30am Diabetes Working Group Meeting 1pm Chronic Disease Meeting

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

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