

July 21, 2008



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



COME & SEE 'THE YOUTH BUS'

You are invited to come and see the Youth Bus and listen to special guest speaker **DES HUDSON**, Leading Senior Constable, Youth Resource Officer, Victorian Police about the benefits of a youth bus to our communities.

Thursday 31st July, 2008

From 6.30pm for a FREE BBQ dinner at

NEXUS

RSVP to Launa on 5362 1200

HORSHAM NORTH HOMEWORK CLUB NEEDS YOU!

Horsham North Homework Club is in need of your support!

The need for a Homework Club to be established in Horsham North was first identified through the Aboriginal Best Start program coordinator in 2006, having identified numerous Koori children needing extra school work support outside the school environment.

The Horsham Community Action Centre Homework Club is designed to offer support to students needing assistance with school related studies. This could include:

- Support with homework assignments.
- Help with reading/writing.
- Support with accessing and/or using computers.
- Communicating with their teacher to support the work of their learning curriculum.
- Participation in group activities i.e. learning games.

Mentor support is flexible and is as much about developing trust and friendship between student and mentor as it is about supporting the student with school work.

For more information about the Homework Club at the Horsham Community Action Centre, please call

Eddie Hadzig - Horsham North Renewal Manager

Ph: 5381 2077

Mob: 0428 397 244

Email: cppo@hcac.com.au

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



PERSONAL REFLECTIONS

Horsham Regional art Gallery has a unique permanent collection of 19th century to contemporary Australian art and photography.

Carers registered as at 1st of July are invited to the Gallery,
with features of this visit being:

Alex Lyall: 1954 - 2007 special exhibition.
Wander leisurely about the gallery, guided tour of the collection, finger
food refreshments and drinks.

Tuesday 12th August

2pm to 4pm with afternoon tea

Or

7pm to 9pm with wine, drinks and nibbles.

For bookings phone Wimmera Community Options on 5381 9336

MEN AS CARERS PROGRAM BLOKES FOOTY TRIP

St Kilda v's Adelaide Crows

Sunday 24th August

Departing Horsham at 9.10am
Returning Horsham 10pm
From Federation Building, 3 Robinson Street

Included is your bus travel and Telstra Dome entry
Blokies to provide own lunch, dinner and refreshments

Please book through Wimmera community Options and advise if any respite is required.
Phone 5381 9336. Participants must be registered **carers** as of July 1st.

MOTOR NEURONE DISEASE - INFORMATION SESSION

The Grampians Regional Palliative Care Team present a twilight education session on
Motor Neurone Disease

Monday 4th August

From 6.30pm to 8.30pm - drinks and nibbles provided
Education Resource Centre, BBH, Ballarat Health Services
Drummond Street North, Ballarat
Cost: \$15 Grampians region, \$25 other

Eric Kelly, MND Coordinator for the Grampians region will present at this twilight
session. The aim is to improve participant's knowledge of disease progression,
symptom management and palliative care approaches. We will also be discussing
services available and support groups in our region, and at a State level.

For enquires or to register please call Bernadette Matthews on 5320 3553
or email bernadette@bhs.org.au

PHARMACOLOGY STUDY DAY

Monday 22nd September, 2008

From 9am to 4.30pm - Lunch provided

Education resource centre, BBH, Ballarat Health services

Cost: \$70 Grampians region, \$120 other

This study day addresses the fundamental pharmacological principles of medication management in Palliative Care. With a great appreciation of the action of drugs on body processes, participants will be able to determine the therapeutic, adverse effects, contraindications and precautions of medications for use in the Palliative Care setting. This focus will ensure that participants develop learning skills that will enable them to assess patients' needs for specific medications, administer medications, monitor responses to medications and evaluate outcomes in their practice setting.

The pharmacology study day covers the basic principles of drug action and focuses on receptor sites that mediate drug action and the physiological and biochemical mechanisms associated with the response to a drug. It investigates the ways in which drugs are handled by the body in terms of their absorption, distribution and metabolism. Actions of common therapeutic agents used in Palliative Care will be discussed in detail, including analgesics, anti-inflammatory drugs, anxiolytics and hypnotics, gastrointestinal drugs including anti nausea and constipation medication, and management of metastatic bone disease.

On completion of this study day participants will be able to:

- Use problem solving skills in understanding the effects of drugs on body processes.
- Use appropriate problem solving abilities in understanding the therapeutic and adverse effects, contraindications and precautions for medications.
- Apply knowledge gained to determine conversion rates from oral administration to parenteral administration of drugs.
- Gain understanding of medication competencies in the Palliative Care setting.

For enquiries or to register please call Bernadette Matthews on 5320 3553 or email bernadette@bhs.org.au

VICTORIA ROCKS - MUSIC EQUIPMENT GRANTS

The Music Equipment Grants 2007-2010 will provide grants to Victorian local governments to purchase music equipment for use by young people under 26 years of age to:

- Support their skill development and participation in the music industry over the next four years.
- Access opportunities to develop performance and technical skills relevant to the music industry through training, rehearsals and staging of music and cultural events;
- Encourage local governments, young people and community agencies to work in partnership to implement the Victoria Rocks program within their community; and
- Involve young people in determining the types of music performances, resources and activities they want in their communities.

The Office for Youth are considering holding an information session in the Grampians, to discuss the \$10,000 Music Equipment Grants, on Tuesday 29th July in Ararat. If anyone is interested in further information, and would be interested in attending on the 29th July, please call Maryanne Ross on 5327 2817.

Expressions of interest may be submitted to youth@dpcd.vic.gov.au or for more information call 9208 3200.

DEMENTIA AWARENESS WEEK - 2008

19th to 26th September

Alzheimer's Australia's major annual awareness campaign, Dementia Awareness Week, will kick off this year on Friday 19th September and conclude on Friday 26th September. The theme this year is 'Mind your Mind, and reduce the risk of dementia'.

To mark Dementia Awareness Week, and to coincide with World Alzheimer's Day on Sunday 21st September, Alzheimer's Australia Vic will open up its doors in Hawthorn for a 'Mind your Mind' themed Open day. The organisation will host a number of local events across rural and regional Victoria during the course of the week.

For information about Alzheimer's Week and also events that may be happening please visit www.alzheimers.org.au or phone 1800 100 500.

POSTPONMENT OF MEN'S HEALTH NIGHT IN NHILL

The Men's Health Night that was being run on

Wednesday 23rd July 2008 from 6pm

At the Nhill Lutheran Church Hall has been POSTPONED until further notice.

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

PRIMARY HEALTH WEEKLY BULLETIN - 17TH JULY 2008

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

www.dhs.vic.gov.au/rrhacs/ph_bulletin?src=email&id=160708

In this edition:

- Primary Health Policy and Funding Guidelines: Update for 2008-09.
- Healthy School Canteen Workshop.
- Adolescent violence to parents project.
- Workforce competency and chronic disease management.
- Interested in participating in the pilot of the broader changes to the Service Coordination Tool Templates?

CELEBRATING WOMEN

Women's Health Grampians 2008 Annual General Meeting

Thursday 23rd October, 2008

From 10.30am to 1pm in Ballarat (venue to be confirmed)

Speaker - Helen Szoke, CEO Victorian Equal Opportunity and Human Rights Commission

Light lunch will be provided, families welcome. A free bus will be available from Horsham.

RSVP for catering and transport purposes by Thursday 16th October to:
1800 013 432 or email adminb@whg.org.au

EVENTS ON THE VICHEALTH WEBSITE

More information on these events can be accessed by visiting www.vichealth.vic.gov.au/events

Forums/public lectures:

- Sunbury physical activity network open forum.
- Fat people eat too much? The ethics of obesity.
- Urban design lessons from Brazil.
- Food for all: learning from the field forum.
- Talking justice: a series of monthly community conversations.
- YMCA bridge project breakfast.

Seminars:

- 'Six degrees of diabetes' performance and panel discussion.
- Alcohol and young people: the role of parents.
- The beast within - staph aureus the new community pathogen.
- Workplace health initiatives.

Conferences/symposia:

- 8th international conference on grief and bereavement in contemporary society.

Short courses/workshops:

- Working together with alcohol and drug issues in culturally and linguistically diverse communities.
- HOPE workshop.
- Obesity prevention 5 day course.
- Health program evaluation.
- Common problems in clinical research.
- Ethics and good research practice.
- How to design a brilliant festival in community.
- Biostatistics for clinical and public health researchers.
- Health promotion short course (DHS).

AUSTRALIA'S FUTURE CLIMATE - REPORT PUBLISHED

Australia could experience drought twice as often and the events will be twice as severe within 20 to 30 years, according to a new report commissioned by the Australian government and produced by its Bureau of Meteorology and CSIRO.

The report entitled 'An assessment of the impact of climate change on the nature and frequency of exceptional climatic events' is intended to help prepare farmers, rural communities and Australia's primary industries for challenges of climate change.

Key findings of the report include:

- Under a high scenario, droughts could occur twice as often, cover twice the area and be more severe in key agricultural production areas;
- The current definition of 'Exceptional Circumstances', which defines areas eligible to apply for Federal Government drought assistance, is out-of-date;
- Temperatures currently defined as 'exceptional' are likely to occur, on average, once in every two years in many key agricultural production areas within the next 20 to 30 years;
- Better ways of getting information about climate change preparedness to farmers are needed.

The report can be downloaded at www.daff.gov.au/droughtpolicyreview

'MOTIVATION FOR LIFE' from LISA

Good Morning Champions....did you have your breakfast this morning?

Want your child to grow up smart, happy, and healthy? They'll be off to a good start when each day begins with a healthy breakfast. Here are a few reasons to sit down to a family breakfast each morning.

- Breakfast is food for thought. Brains run on glucose, which comes from food. After a long slumber, glucose is in short supply, and your body needs a refill. Kids who eat breakfast have longer attention spans and better school performance than kids who skip the meal.
- Breakfast is food for (good) mood. Eating a nutritious breakfast promotes balanced blood sugar levels, warding off crankiness.
- Breakfast is food for fitness. People who eat breakfast are more likely to maintain a healthy weight. Your child will have more energy to spend for physical activities, promoting a healthy body. And starting the breakfast habit early will help your child maintain the habit for years to come.

Just any old breakfast won't do. Try whole grains, fresh fruit, lean proteins, and low-fat dairy products. Avoid those highly processed "breakfast bars". If you're in a rush, opt for fresh fruit and whole-grain toast instead.

Have a great day everyone!

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

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

Wimmera PCP Diary Dates

July				
28th	10.30	Wimmera Men's Shed Network Meeting		
August				
6th	10am	Shared Interest Group Meeting		
13th	11.30am	Diabetes Working Group Meeting	1pm	Chronic Disease Reference Group
14th	10am	HP Performance Measures	12.30pm	HP Meeting
	2.30pm	District Nurses Network Meeting	3.30pm	PCP Executive Meeting
30th & 31st		CAREERS EXPO - Longeranong		

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

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