



Wimmera Primary Care Partnership

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



Wimmera Hearing Society



SISTERS DAY OUT

Aboriginal Family Violence Presentation & Legal Service Victoria invite you to a

Young Koori Womens Wellbeing Workshop

Thursday 12th June 2008

From 9.00am to 4.00pm

Uniting Church Hall, 10 Pynsent Street Horsham

Information Sessions:

Family violence

Sexual assault

Intervention orders

Family law

Victims of crime assistance tribunal

Free private legal advice.

Referrals to local service providers

Pampering & Giveaways

Hairdressing

Massage

Manicures

Show Bags

Lunch

Morning & Afternoon Tea

Face Painting & Other

Children's Activities

Registration forms available from Goolum Goolum Aboriginal Co-op or for more information email sistersdayout@fvpls.org or call Kelly on 0407 110 705 or Wanda on 0438 130 846

ACTIVE TRANSPORT PROJECT

Congratulations to West Wimmera Health Services

on becoming the 13th bike in the Active Transport Project with

Wimmera Primary Care Partnership.

If you would like to find out more on Active Transport please call Donna at Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

West Wimmera Health Service



West Wimmera Shire Council



Wimmera Health Care Group



Wimmera Hearing Society



Wimmera Regional Sports Assembly



Wimmera Uniting Care



Women's Health Grampians



Yarriambiack Shire Council



Wimmera Southern Mallee LLEN



Wimmera Volunteers



Woomelang District Bush Nursing Centre



YMCA, Horsham Aquatic Centre



AAA MEMBERSHIP AT HORSHAM AQUATIC CENTRE

A huge announcement which has been long awaited!

The Horsham Aquatic Centre YMCA and the AAA (Access All Abilities) program have been working in partnership to create a AAA Membership and are pleased to announce its release.

The membership is based on a \$16.50 fortnightly direct debit payment with an initial \$30 start up fee. The AAA membership entitles members full use of the aquatic facilities (indoor and outdoor pools), along with the use of the Health Club. An added bonus to this particular membership is a selection of specialised classes including Easy trainer, Tai Chi and Water Trainer. (Other classes may become available at a later date depending on interest and demand).

The membership is an 'off peak' membership. We encourage members to use the centre between 8am and 6pm ensuring staff availability and support. The gym will be fully supervised with qualified, experienced staff to assist members on Wednesday and Friday from 2pm to 4pm.

Conditions do apply. To be eligible to join the Aquatic Centre on the 'AAA Membership', you will need to be a recipient of the Disability Support Pension. Otherwise a letter from Centrelink or a Network Provider (such as Community Axis, APM) that states their client(s) are only able to work a maximum of 8 hours per week.

For further information or if you have any questions please contact Sally Pymer at the Horsham Aquatic Centre YMCA on 5382 2576 or email sally.pymer@ymca.org.au

INTERVENTIONS FOR FRAIL CLIENTS; EVIDENCE, ASSESSMENT & PRACTICAL STRATEGIES TO IMPROVE MOBILITY

Presented by Grampians HACC Training and Janet Cobden who is a physiotherapist with a passion for improving the mobility of older people through research, teaching and clinical practice. Janet has post-grad qualifications in Gerontology and Health Sciences, and currently works at Bendigo Health in the Transition Care and Post Acute Care Programs.

Wednesday June 18th, 2008

From 1pm to 3.30pm

Grains Innovation Park, Natimuk Road Horsham

The presentation includes:

- Current research findings on the effectiveness of interventions.
- Assessment for frailty and disability.
- Triggers for improving mobility.
- Practical applications and case studies.

Fee: HACC staff \$16.50, non HACC staff \$44, includes light lunch on arrival.

Target: Coordinators, nursing, assessment and allied health staff.

RSVP by contacting Ballarat District Nursing and Healthcare on 5334 1500 or email hacked@bdnh.com.au

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) VERSION X

24th and 25th July 2008
from 9.00am to 5.00pm
Ballarat Base Hospital Education Centre
Cost \$220

To register please contact Anne Watson on 5320 3030 or email anew@bhs.org.au

Are you ready, willing and able to intervene in a suicide?

Do you need to learn suicide first-aid?

A two day intensive, participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

Most people considering suicide signal and share their pain. Training can help us see, hear and respond to these invitations. It can provide the confidence to ask about suicide if we are concerned about someone's safety.

The ASIST workshop helps people apply suicide first aid in many settings. Participants often include:

- People concerned about family, friends.
- Counselors, teachers and ministers.
- Workers in health, welfare or justice.
- Community volunteers.
- Emergency service workers.

CHAMPIONS OF THE BUSH WIMMERA LEADERSHIP WORKSHOPS 2008

The Wimmera Young Leaders 2008 program will consist of four Leadership events in the week of 22nd to 25th June 2008. Three of these sessions will target young people up to 19 years. A fourth forum will target young people aged 20-29.

The events will enable young people to identify their ideas for increasing youth leadership in their communities. This may include the formation of a Young Leaders Team made up of young people and adult supporters to further the development of young leadership opportunities in the region and beyond.

Workshop dates:

20 - 29 year old age group:

- Sunday 22nd June from 10am to 4pm

16 - 19 year old age group:

- Monday 23rd June, Tuesday 24th June and Wednesday 25th June from 9am to 3.30pm.

For further information please contact Karen Fuller at Wimmera Hub on 5382 5111 or check out the website www.hub.org.au Applications close on Monday 16th June 2008.

These workshops are free to a limited number of participants so apply TODAY!

THE DEMENTIA ESSENTIALS

A free course for all workers caring for people with dementia

This nationally accredited competency at Cert III or Cert IV level based training is designed for all workers caring for people with dementia.

The 3 day course provides the highest quality dementia specific training from the dementia experts in a conveniently located and comfortable training venue and is fully catered, including a delicious lunch.

- The training delivers an accredited unit of competency (CHCAC15A) "Provide Care Support responsive to the Specific Nature of Dementia".
- A Core Unit in the Cert III or an Elective Unit in the Cert IV in Aged Care Work.
- Assessment for this course comprises an average of 8-10 hours of written work at home.
- Assessment can be modified for people with lower levels of English literacy.
- A statement of attainment is awarded to successful participants.
- The completed competency can be credited towards further study in Aged Care.
- This training provides practical strategies for caring for people living with dementia.

Please note: that workers who have previously attained this unit of competency through an Australian Government funded training program, and have received a Statement of Attainment for CHCAC15A "Provide Care Support Which is Responsive to the Specific Nature of Dementia" are **ineligible** to participate in the course.

Topics include:

- The Nature of Dementia
- Effective Communication
- Therapeutic Approaches to Communication
- Activities for Living & Pleasure
- Understanding Behaviours of Concern
- Developing Effective Responses to Behaviours of Concern

Friday 5th, 12th & 19th September 2008

All three days compulsory

9.30am to 4pm - Conference Room, Ballarat Learning Exchange

For more information and bookings please contact Monica no later than August 28th on 8534 5433 or email scti.admin@silvercircle.com.au

VICHEALTH UPCOMING EVENTS

Access information at www.vichealth.vic.gov.au/events

Forums/Public Lectures:

- Talking Justice: A series of monthly community conversations.
- Promoting Men's Health using Musculoskeletal Therapy and Nutrition.
- Body Positive Workshop

Seminars:

- Local creativity and environmental change: a creative research approach to strengthening community resilience.
- Figures or pictures: use of GIS and mapping in CIV
- Preparing for change in an ageing society.

COMPARISON OF CYCLING WITH OTHER ACTIVITIES

Did you know that to maintain good health, Australian adults should get moderate physical activity (that makes you huff and puff a bit) for at least 30 minutes per day on most, if not all, days of the week.

To lose weight this needs to increase to at least 60 minutes per day and may need to be combined with a calorie controlled diet to achieve a negative energy balance, that is when more energy is expended than consumed.

The choice of activity will depend on personal interest, level of fitness, level of impact and so on. Also, some people may wish to combine their activity with travel by, say, walking to the shops or cycling to work.

The chart below is designed to help you assess those choices.

Typical Activities	Calories used / min (70kg person)	Body Impact	Speed of Travel	Cardiovascular Fitness	Benefits
Jogging	10.2	High	5-10km	Medium/High	Good for weight loss, hard on knees and back
Walking	4.2	Low	4.8km/h	Low	Low impact, not optimal for weight loss, useful, can substitute car trips up to 3km
Swimming (laps at moderate pace)	10.8	Very Low	NA	Medium/High	Not optimal for weight loss, very low impact, great aerobic fitness
CYCLING Exercise	9.6	Low	20km/h	Medium	
CYCLING Racing or Leisure	12	Low	24km/h	High/Vigorous	Weight loss, low impact, aerobic fitness, can be a substitute for car trips of up to 20km, can save money and time.
CYCLING Training/Racing (no drafting)	19.2	Low	>32km/h	High/Vigorous	
CYCLING (stationary bike)	8.4	Low	150 watts	Moderate	Low impact, aerobic fitness.
Contact sport (eg rugby)	12	High	NA	High	Good all round fitness, chance of injury dependant on the sport.
Other (eg tennis)	8.4	Medium	NA	Medium/High	Good all round fitness. Social activity which enhances motor coordination.

JUNE EDITIONS OF ACTIVE MEDIA & ACTIVE INFORM

Active Media:

www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Active_Media?OpenDocument

Active Inform:

www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Active_Inform?OpenDocument

VICHEALTH UPCOMING EVENTS

Access information at www.vichealth.vic.gov.au/events

Conferences/Symposia

- Connecting schools and Communities: exploring the use of schools and community facilities for creative community outcomes.
- Community and policy based obesity prevention interventions: what is needed to achieve sustainable change?
- 8th international conference on grief and bereavement in contemporary society.

Short courses/Workshops:

- Research with vulnerable populations.
- The short course: promoting mental health & wellbeing.
- Working together with alcohol and drug issues in culturally and linguistically diverse communities.
- HIA/SIA Short Course.
- What's new in pain management.
- Ethnographic and qualitative research methods.
- HOPE workshop.
- Injury Epidemiology and Prevention.
- Obesity Prevention 5 day course.
- Scoping the Evaluation.

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

June			
12th	12.30pm	Health Promotion Bus Tour	3:30pm PCP Executive Meeting
18th	12.45	Chronic Disease Reference Group	
19th & 20th		Michelle Bridges in Horsham	

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

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