



Wimmera Primary Care Partnership

NEW WIMMERA PCP MEMBERS

The Wimmera Primary Care Partnership would like to welcome:

Woomelang Bush Nursing Centre And Benetas

As new members to our now 31 member partnership.

Mandi Stewart
Executive Officer
Phone: 5362 1223
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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 
- 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 

INTRODUCING MICHELLE BRIDGES

Planet Feel Good Health Clubs has invited Michelle Bridges to the region. The personal trainer with a 'take no prisoners' attitude and well-honed techniques, Michelle will share with you:

- Key tools to easy weight loss.
- Which works better for you cardio or weight training?
- Essential nutrition tips to keep the weight off permanently.

Thursday June 19th

General Public 7pm to 8pm - \$25

VIP 6pm onwards - \$40 (drinks & nibbles, front seats)

Wesley Performing Arts Centre, Roberts Avenue Horsham
Tickets from Planet Feel Good in Stawell Road Horsham.

Contact Lisa Cosson on 0418 106 439 or
Melissa Goldsmith on 0419 520 980

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

FAMILY VIOLENCE INTEGRATED RESPONSE SEMINAR

Presented by The Magistrates' Court of Victoria and The Courts and Tribunals Unit

Red Poppy Function Room - Ararat RSL
74 - 76 High Street

Friday 13th June 2008 from 10.30am to 3.00pm
Registration at 10.15am - lunch provided

Speakers - Morning Session

Phil Brown and Loren Matheson (Family Violence Resource Officers for the Grampians Region), Ingrid Harris (D & M Lawyers) and Sgt Joe Cahir (Family Violence Advisor).

Phil and Loren will speak about the court process of applying for an intervention order from making the complaint to having the matter heard in court, and debunk a few myths about intervention orders and other family violence related matters. Ingrid will speak about the legal aspect of obtaining an intervention order and Family Law Issues. Joe will speak about Holding Powers and the police protocols and procedures.

Afternoon session:

Michael Brandenburg and Jacinta Wainwright (Child and Family Services) will present about **Collusion in our Work - Working and Supporting Family Members and Avoiding Collusion.**

RSVP by the 5th of June as places are limited to Loren Matheson on 5336 6200 or 5336 6240, or email loren.matheson@justice.vic.gov.au

THE POWER OF PARTNERSHIPS - Working Together to Create Healthier Communities

17th and 18th November, 2008 - Melbourne

The power of partnerships conference will examine the potential that can be unlocked through effective partnerships and explore current and future partnership innovation.

So come and tap in to the power of partnerships.

For more information contact Adele Hamlyn on 9096 6150 or email adele.hamlyn@dhs.vic.gov.au

SMOKING COST CALCULATOR

Work out how much you spend on cigarettes per year. If the health risks of smoking are not enough to convince you to quit, think about how much of your pay is going up in smoke each week. What could you do for yourself or family with the extra money.....

A person that smokes 15 cigarettes a day spends over \$2000 per year - that is \$20,000 over ten years.....

To calculate your costs of smoking or for more information please visit the Better Health Website at www.betterhealth.vic.gov.au

COMMUNITY DEVELOPMENT WORKER - ALZHEIMER'S AUSTRALIA

Leonie Dibdin is the Community Development Worker for Alzheimer's Australia and is situated at 6 Read Street Horsham. Her contact hours are between 9am and 5pm and can be contacted by phoning 5381 9395.

Leonie offers free information sessions on the last Wednesday of every month, from 1.30pm to 3.30pm in the CRC lounge in the Arapilies Building at Wimmera Health Care Group and the 'Wimmera Dementia Support Group' operates on the 2nd Wednesday of each month from the same venue at the same time.

Leonie also works as a family support worker with the local memory clinic and offers a free 2 hour consultative time from the Tristar Medical Centre in Horsham from 10am to 12pm on the 1st Tuesday of each month. Anyone concerned with problems with their own memory, or that of a friend or family member, may make an appointment at this time to discuss their concerns and the referral process to the local memory clinic.

The Memory Lane Café is also available for carers and the person they are caring for who has memory problems. This is a social afternoon held at the Oasis Café in Wilson Street Horsham on the 1st Wednesday of each month starting at 1.30pm.

THE OCCASIONAL COUNSELLOR - presented by David Cherry, Psychologist and Trainer

Tuesday 24th June from 9.00am to 4.30pm
Grains Innovation Centre, Natimuk road Horsham

Workers who are not employed or trained as counselors may find themselves in a counselling role from time to time when they are called upon to give support to individuals who are distressed, bewildered, angry or confused.

The workshop is aimed at introducing the participants to simple, practical strategies for assisting their clients, including making appropriate referrals, while clearly remaining within their existing role.

Suitable for coordinators, assessment workers, allied health and district nurses from all HACC services.

For more information please call 5334 1500 or email hacked@bdnh.com.au

PRIMARY HEALTH WEEKLY BULLETIN

The latest edition of the Primary Health Weekly Bulletin is available at:
www.dhs.vic.gov.au/rrhacs/ph_bulletin/bulletin290508.htm?src=email&id=290508

In this edition:

- 9th International Conference on Grief & Bereavement in Contemporary Society.
- Melbourne 'Go for your life' Physical Activity Forum: 11th June.
- Gippsland Regional 'Go for your life' Physical Activity Forum: 25th June.
- The power of partnerships - Working together to create healthier communities conference.
- How you can contribute to the discussion on Ageing in Victoria.

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

Wednesday June 18th, 2008 from 1.00pm to 3.30pm
Grains Innovation Park, Natimuk Road Horsham

Presented by Janet Cobden, 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.

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.

For more information please call 5334 1500 or email hacked@bdnh.com.au

SUSTAINABLE HOUSE TOUR

Sunday June 15th from 1.15 to 4.30

With a variety of rebates available and a plethora of products and services, it is no longer the realm of hippies or the wealthy to make their homes earth friendly or sustainable.

Everyone can make a contribution to reducing our greenhouse gas emissions says Phil Stranger whose renewable energy powered home at Moyston will be part of a sustainable house tour organised by the Ararat Energy Savings Project and the Ararat greenhouse Action Group.

Phil has been on solar power for 20 years and has recently erected a wind turbine to supplement the solar power. Several households in Ararat who have installed Solar Panels, Solar HWS and adopted sustainable design features and 5 star energy ratings will be visited. This will be followed by a visit to see the sustainable living practices and philosophies that have been incorporated into John summers and Alana Woods new RAL home at Moyston and Phil Strangers home.

The free tour will be on Sunday June 15th and a bus has been hired to transport tour participants around, leaving from the Town Hall Ararat at 1.15pm and returning by 4.30pm.

The event is free but people will need to book a place on the bus by phoning Jane Marriott on 5355 0233 or email jmarriot@ararat.vic.gov.au



HACC TRAINING BY VIDEO CONFERENCE 2008

Thursday July 17th from 1.00pm to 3.3pm - **Dementia and Changes in Sexual Behaviour**

Thursday August 21st from 1.00pm to 3.00pm - **Understanding & Managing Epilepsy**

Thursday September 18th from 1.00pm to 3.00pm - **Neuromuscular Disorders**

Thursday October 16th from 1.00pm to 3.30pm - **Maximising musculoskeletal health: an update on the management of osteoarthritis and osteoporosis**

Thursday November 20th from 1.00pm to 3.00pm - **Asthma**

To be involved check on the GTH Events website to see if a site that's accessible to you is available. Visit www.gthevents.com.au

EXPRESSION OF INTEREST: PEER SKILLS - FACILITATOR TRAINING PROGRAM

Thursday 17th & Friday 18th July 2008

Robert Clark Centre, Botanical Gardens Ballarat

Day 1: 9am to 5pm, Day 2: 8.30am to 4pm

Trainer: Franscesca Le Jeune, Peer Skills Manager Qld

Lifeline Community Care Cost: \$275

The program was developed as a response to the recognition through calls to Kids Help Line, that young people often turn to their fellow students for support in difficult times before they turn to parents, counselors or school staff. The workshop is designed to acknowledge and build on existing skills. This 2 day program trains appropriate facilitators to deliver the program to young people.

Priority will be given to those who have:

- A strong commitment to working with young people and understand the issues they face.
- Practices that are Child Centered.
- Experience in group facilitation.
- An understanding of adolescent development.
- The ability to incorporate the Peer skills program into the work you do with young people.

For more information please contact Anne Watson on 5320 3062 or email anew@bhs.org.au

GNOCCHI - SPINACH & FETA WITH ITALIAN TOMOATO SAUCE

Ingredients: 300g baby spinach leaves, washed and trimmed, 350g marinated feta, 40g grated parmesan, 1 egg, 2 tsp fresh thyme finely chopped, 1/2 cup plain flour, freshly ground black pepper. **Italian tomato sauce:** 2 tblsp olive oil, 2 cloves garlic finely chopped, 1 x 400g can tomatoes chopped, 1/2 cup vege stock, 1/4 cup white wine, pinch sugar, freshly ground black pepper, 2 tblsp basil leaves finely chopped.

Method: preheat oven to 120°, line a baking tray with non stick paper, place spinach leaves in saucepan with 2 tblsp of water bring to the boil, cover and simmer briefly. Drain and rinse and squeeze out excess water. Please the spinach, feta, parmesan, egg and thyme in a food processor—process till combined, add pepper to taste. Mix mixture with flour until just combined and divide into 12 dumplings. Cook the darlings in salted water for 6 minutes—serve with sauce.

FREE VIDEOCONFERENCE WORKSHOP - ANDROLOGY AUSTRALIA

Andrology Australia will be running a FREE video conference workshop for GP's during International Men's Health Week 2008 on 'Engaging Men in General Practice'.

The aim of the workshop is to provide new knowledge and communication strategies for GP's to effectively engage men in discussing their health and wellbeing including sensitive issues.

The interactive workshop will be facilitated by Dr Alan Wright and the development of the content will include input from collaborative partners, James Smith and Dr Raie Goodwach.

Wednesday 11th June 2008 from 7pm to 9pm

To participate please contact your local Division of GP to see if they are already registered or register with GTH Events on 9927 7777 or email events@gthevents.com

WHAT'S IN SEASON?

Fruit

Banana, Grapefruit, Lemon.

Vegetables

Beenshoots, broccoli, carrots, cauliflower, fennel, mushrooms, potatoes, pumpkin, silverbeet.

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

Wimmera Primary Care Partnership Office

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