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## 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 

## COMMUNITY RECYCLING PROGRAM COMPUTERS NEEDED URGENTLY!

The Horsham Community Action Centre have run out of computers in the Community Recycling Program. The computers that are recycled are prepared by community volunteers and are sold at a low cost to people on low incomes. To date they have distributed well over 100 computers into the community.

If you or your organisation has any spare computers in any condition that you no longer need, we would love to hear from you.

Please call Eddie at the Horsham community Action Centre on 5381 2077 or 0428 397 244. Eddie can also be emailed at [cppo@hcac.com.au](mailto:cppo@hcac.com.au)

## CAREERS EXPO 2008

Wednesday 30th & Thursday 31st July  
Field Days Site at Longerenong

The **Careers Expo** has been successfully bringing vocational information to Wimmera and South Mallee students, families, school leavers, job seekers and people considering a career change for the last 22 years.

In 2007, 3000 students from 20 secondary schools, both in and around the region attended the 98 exhibitors, 20 'Try-a-Trade' exhibitors & 56 information sessions.











**The Wimmera PCP invites our partner agencies to be part of a collaborative approach to show students what regional employment is available should they choose to go on to further study.** Research indicates that students from regional areas are more likely to seek work and remain in regional areas.

We propose to put together a jobs available board that lists the jobs recently vacant in PCP partner health and community organisations. We aim to show the variety and number of jobs available in the sector once training is completed. At the 2007 careers Expo there was a fantastic array of information on training but little on what work is available in the region once training is complete.

This approach aims to attract students to consider working in the health and community sectors in our region. If students can see the scope of work that is available for them at the end of their training they may be more likely to stay and work here.

What we need from you: copies of recent vacancies in your organisation (or permission to print these from your website).

For more information please contact Donna on 5362 1221 or email [donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

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| 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            |

## RESEARCH STUDY ON BREAST CANCER

Nicole Johnson is a PhD candidate at La Trobe University, Bendigo currently conducting research for her thesis topic 'A Study of Young Rural Women and Breast Cancer Risk'. What it means to young women to have a family history of breast cancer and/or be at high risk for breast cancer is currently under-researched in Australia and Internationally. It is hoped that this study will make a valuable contribution to the knowledge about, and the health and wellbeing of young rural women in this situation.

Nicole is searching for rural women aged between 18 and 34 who have women in their family who have been diagnosed with breast cancer and/or are at high risk themselves for breast cancer, to be part of this study.

If you fit the research requirements and are interested in taking part, please contact Nicole on 5444 7818 or email [n.johnson@latrobe.edu.au](mailto:n.johnson@latrobe.edu.au)

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## GETTING YOUR INFORMATION OUT THERE!

Do you have a community event that you would like advertised all over the region?  
Follow the links below to register your event on the various Community Noticeboards.

### **Southern Cross Television**

[www.southerncrossbroadcasting.com.au](http://www.southerncrossbroadcasting.com.au)

(click on Community Connect Button)

### **WIN Television**

[www.wintv.com.au/community.php](http://www.wintv.com.au/community.php)

### **Prime Television**

[www.primetv.com.au/i-cms.isp?page=1.10.70](http://www.primetv.com.au/i-cms.isp?page=1.10.70)

New members need to register - free service

### **ABC Local Radio**

[www.abc.net.au/westernvic/news/events.htm?section=add](http://www.abc.net.au/westernvic/news/events.htm?section=add)

### **MIXX FM Horsham**

[www.theradio.com.au/CommunityEventForm.aspx?Station=Mixx\\_FM\\_Horsham](http://www.theradio.com.au/CommunityEventForm.aspx?Station=Mixx_FM_Horsham)

### **3WM Horsham**

[www.theradio.com.au/CommunityEventForm.aspx?Station=3WM\\_Horsham](http://www.theradio.com.au/CommunityEventForm.aspx?Station=3WM_Horsham)

### **The Wimmera Mail-Times**

Email [newsdesk@mailtimes.com.au](mailto:newsdesk@mailtimes.com.au), by Friday 9am for inclusion in the Take Note Community Page or Fridge Door Section featured in Wednesday's edition of the paper.

### **West Wimmera Advocate**

Email [advocate@netconnect.com.au](mailto:advocate@netconnect.com.au) with any information by 5pm Monday.

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## CORE PERSONAL SUPPORT & FINANCIAL ASSISTANCE FACT SHEETS

DHS are please to announce that their core Personal support and Financial Assistance fact sheets have been reviewed and translated into 15 community languages. All are available on their website for download in pdf.

[www.dhs.vic.gov.au/emergency/publications/other-languages](http://www.dhs.vic.gov.au/emergency/publications/other-languages)

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## GCHC KICKS OFF DRUG ACTION WEEK 22ND - 28TH JUNE

### Positive Start to Drug Action Week 2008

A record 550 events will take place across Australia this week as part of Drug Action Week 2008. The Parliamentary Secretary to the Minister for Health and Ageing, Senator the Hon. Jan McLucas officially launched Drug Action Week 2008 on behalf of the Prime Minister, on June 16th in the Mural Hall at Parliament House in Canberra.

With the overarching theme of **Alcohol is a drug Too!** Drug Action Week aims to raise community awareness of alcohol and other drug issues, and to recognise the achievements of the frontline workers in the alcohol and other drugs sector.

### What is Drug Action Week?

It's a week of activities held nationally to raise awareness about alcohol and other drugs issues in Australia. The week also aims to highlight the achievements of the dedicated individuals who work within the Alcohol and Other Drug sector to reduce alcohol and drug-related harm.

It is also an initiative of the Alcohol and other Drugs Council of Australia (ADCA) providing individuals, organisations, and communities with the opportunity to initiate and coordinate activities that promote awareness of alcohol and other drugs.

Each year a diverse range of voices including State/Territory Alcohol and Other Drug organisations, non-government organisations, community groups, the education sector, and the media join with ADCA to speak-out about alcohol and other drug related issues.

GCHC is running a number of activities during Drug Action Week 2008:

- Displays at Horsham Plaza and Stawell TAFE Campus all week.
- GCHC workers providing information and education to schools through the Tribal Youth programs.
- **Monday 23rd June** - Judging of the Colouring competition in Primary Schools (being judged by Greg O'Connor and Jodie Mathews) and the Poetry Competition (being judged by Rod Case and Mandi Stewart) for year 9 students within the Wimmera, Northern Grampians, Pyrenees and Ararat Rural City centres.
- **Thursday 25th June** - Open Day at GCHC 11.30am to 2pm at 25 David Street Horsham - we are inviting community members, organisations and anyone who would like to come and visit our centre for a **FREE LUNCH** and chat with our staff about our services we provide to the community, enjoy the hands on activities and also have access to the latest information and resources around Alcohol and other Drugs.
- **Friday 27th June** - Member of Parliament, Hugh Delahunty, MP, will be at the Horsham Plaza at 11am - come and have a chat, put your thoughts forward on the hot issue of binge drinking within our community. You will be able to view all the winners of our poetry and colouring competitions.
- **Friday 27th June** - in conjunction with Horsham Community Action Centre - a fun event consisting of live band **Blockparty and the Joyful Emo's** plus pool, Xbox, PS2 (guitar hero and singstar comps) air hockey, and other activities. Café is open and cappuccino machine (the NEXUS bomb!) and hot chips. FREE mocktails to tantalize the taste buds also available. Night commences at 7pm and concludes at 10pm. Friday Night Live is at Nexus on the last Friday of each month.

ADCA and the Grampians Community Health Centre encourages everyone within our community to get involved and raise awareness - together we can make a difference and help to reduce the damaging effects of alcohol and drug use in our communities across Australia.

## WORK ON A PRIMARY CARE STRATEGY IS FULL POTENTIAL

Media Release from the National Rural Health Alliance Inc.

Professor John Wakerman, Chair of the National Rural Health Alliance, says the comprehensive review of primary care and Medicare, announced on the 11th of June by Minister Roxon, is a decision of major potential importance for the health of people in rural and remote areas. The Alliance is delighted that the External Reference Group for the work will be chaired by Tony Hobbs, a GP obstetrician at Cootamundra.

"We welcome the Government's recognition that the current primary care system often works poorly, especially in times of acute doctor shortage, in rural and remote communities and in low income areas," Prof Wakerman said.

"In rural and remote communities, current Medicare expenditure per person lags well behind the national average, in spite of health being poorer overall in those areas".

"We need to ensure that the skills of all health professionals are available to people regardless of where they live, and that payment is from the public purse for those who have clinical need but cannot afford to buy private services or do not have local access. This may be through Medicare or other means," he said.

In its recent submission to the National Health and Hospitals reform Commission the Alliance argues that people should have access, at no-cost or low-cost, to whichever clinician can cost-effectively and safely provide each of the clinical interventions required.

Doctors are overworked in many areas and some of them have had to close their books. Many of them will welcome this inquiry - hoping for changes that will allow them to focus on the patients requiring their care. At the same time the primary care system should ensure physiotherapist can get quick and subsidised access to their services.

Health professionals should adopt a team approach as far as possible and ensure that patients have ready access to the right treatment with minimal red tape. This approach to primary care already exists in some rural and remote areas, but there is insufficient investment in its infrastructure and staff.

Access to regular dental care is a major primary care need that requires much more attention. This is the area of most disadvantage for many rural, low income and indigenous people.

The review might also look at student recruitment, training and incentive issues, to ensure that future health professionals are attracted to areas where they are most needed.

For further information please call John Wakerman on 0417 884 182.

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## MEN'S HEALTH NIGHT - LAHARUM FOOTBALL CLUBROOMS

**June 24th**

Bar open and BBQ tea at 6.30pm - Entertainment begins at 7.30pm

**Speakers will discuss doctors, health, prostate cancer, well-being and sex:**

Bernard Denner, men's health educator and advocate - Bernard is an experienced and entertaining speaker who makes health fun.

Dr Rob Taylor, GP with degrees in Exercise Physiology and Human Nutrition - Rob is a local resident, World Champion Rogainer, lifelong bushwalker, rock climber and long distance runner.

For more details phone 0438 377 453 or email [bebbie.macinnes@hrcc.vic.gov.au](mailto:bebbie.macinnes@hrcc.vic.gov.au)

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## PHD SCHOLARSHIPS IN POPULATION HEALTH

The National Centre for Epidemiology and Population Health at The Australian National University aims to achieve effective health-promoting policies, social equity and environmental sustainability. Its research is driven by a rich blend of large population studies, targeted field studies, innovative secondary analyses of existing data sets and novel health projections to inform forward-looking health policies aimed at preventing future illness. This research takes NCEPH into priority areas such as climate change and health, preparedness for pandemic influenza, and work stress and health.

Students at NCEPH study in a supportive environment and have the opportunity to participate in multidisciplinary groups and large research projects that may involve extensive national and international collaboration.

Generous scholarships are now available to undertake research on a variety of important social and environmental influences on population health, within the Centre's main research themes.

In addition, a number of scholarships will be awarded for PhD study on the following topics:

- Thermal extremes, heatwaves & health in urban, rural and remote Australia.
- Climate change influences on emergence & spread of infectious disease.
- Drought, drying & rural health & community wellbeing in Australia.
- Household hotbods. The impact of heat on Australian's daily lives, their health and wellbeing.
- Long term consequences of RSi.
- Modeling infection disease control.

Additional funding is available for fieldwork and conference attendance on all scholarships. Some scholarships have a very generous top up.

For more information please contact [NCEPH.Student.Office.@anu.edu.au](mailto:NCEPH.Student.Office.@anu.edu.au) or visit [www.nceph.anu.edu.au](http://www.nceph.anu.edu.au)

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## KEEPING CONNECTED CONFERENCE

Young People, Identity and Schooling Conference  
21st July - Royal Children's Hospital

Keeping Connected is an ARC Linkage funded project of the Centre for Adolescent Health at the Royal Children's Hospital and the Melbourne Graduate School of Educational University of Melbourne, in partnership with the RCH.

The conference is a one-day event designed to provide professional development for teachers and other education and health professionals working with young people who have experienced disruption to their schooling following illness or accident. It will profile research in progress for the Australian Research Council (ARC) "Keeping Connected" project. The conference will advance understandings of the educational issues faced by young people with a health condition. The event will provide an opportunity to engage with other professionals working with students in similar situations and to learn more about the support provided to students by the RCH Education Institute.

For more information on the project visit: [www.edfac.unimelb.edu.au/keepingconnected/](http://www.edfac.unimelb.edu.au/keepingconnected/)






For more information on the conference visit:  
[www.edfac.unimelb.edu.au/keepingconnected/conferences.html](http://www.edfac.unimelb.edu.au/keepingconnected/conferences.html)

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## CHOICE WEBSITE

The Choice website has some interesting and interactive pages providing product reviews of popular food items for adults and children. The Choice Food for Kids website [www.choicefoodforkids.com.au](http://www.choicefoodforkids.com.au) has an array of food categories: breads and spreads, breakfast cereals, quick meals and fast food, savoury snacks, sweet snacks and desserts and drinks. You can see at a glance, levels of total fat, saturated fat, sugar and sodium. For example:

### NESTLÉ Milkybar Dairy Snack

	Nutrients	per 100g	How much?
	Total fat	8.3 g	 OK
	Saturated fat	6.2 g	 A lot
	Sugars	16.8 g	 A lot
	Sodium	51 mg	 A little

There are many pages detailing other products. The page: [www.choice.com.au/viewArticle.aspx?id=104609&catId=100286&tid=100008](http://www.choice.com.au/viewArticle.aspx?id=104609&catId=100286&tid=100008) shows the levels of fibre in popular breakfast cereals and page: [www.choice.com.au/viewArticle.aspx?id=104577&p=7&title=Interactive+lunchbox](http://www.choice.com.au/viewArticle.aspx?id=104577&p=7&title=Interactive+lunchbox) has an interactive lunchbox.

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

For further important dates please visit our website at [www.wimmerapcp.org.au](http://www.wimmerapcp.org.au)

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