



# Wimmera Primary Care Partnership

### 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  
Private Carer Support - Wimmera Community Development
- 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 

## MEN'S HEALTH NIGHT

Don't wait until your wheels fall off.....Value your asset - YOU!

**Tuesday 8th April 2008**  
Horsham Sports & Community Club  
Start 7.30pm

Cost: Donation upon entry

### Guest Speakers

Bernard Denner - Men's Health Specialist  
Stan Alves - AFL Legend  
Dr Jim Thompson - Local GP

To book phone Natalie on 5362 1241

## RURAL HEALTH CONFERENCE - BENDIGO

**30th April to 2nd May**

Abstract Submission Now Open!

The third biennial rural health conference will focus on chronic disease, including current issues and strategies for rural health services.

Submissions for abstract close on 20th March 2008 at 5pm AEDT.

Conference themes will include:

- The role of health services in health promotion and the prevention of chronic disease.
- How to respond to chronic disease as a coordinated health system.
- Workforce implications of chronic disease prevention and management.

Submit abstracts at [www.tmpwave.com/ruralhealth/reg](http://www.tmpwave.com/ruralhealth/reg)

For conference updates and for more information and to register your interest please visit [www.ruralhealth2008.com.au](http://www.ruralhealth2008.com.au)

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|  Wimmera Health Care Group  |  YMCA, Horsham                           |
|  Womens Health Grampians    |  Wimmera Hearing Society                 |
|  Wimmera Volunteers         |  Hopetoun & District Neighbourhood House |
|  Yarriambiack Shire Council |  |

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## THE TWO OF US.....

A candid conversation with Hugh and Mary Delahunty

**Wednesday March 19th**

Wesley Performing Arts Centre—Roberts Avenue Horsham  
Bar open at 7pm for a 7.30pm start

Free event. Tickets at the door. Supper provided.

A Grey Matters event. Grey Matters is a series of ongoing, free community forums, discussions and information sessions and is part of the 2008 Art Is....Pulling Strings Festival.

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## NATIMUK FARMERS MARKET

Quarterly food and performance event.

Sunday March 23rd - Easter Weekend  
Sunday June 8th - Queen's Birthday  
Sunday September 14th - Gaining Momentum Festival  
Sunday December 14th

9am to 1pm - opposite Natimuk Hotel

All stallholders grow, bake, produce or catch what they sell. No on-selling. No craft. Left Bank arts precinct will run each market day - Nati creek. Buy art directly from artists.

BYO Shopping bags. Enquires phone 5387 1123 or 5344 9311

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## SMALL GRANTS FOR SMALL COMMUNITIES

Up to \$5,000 is available per application from a total pool of \$850,000 through a new grant scheme from the Foundation for Regional and Rural Renewal.

Communities with less than 10,000 people will be given priority and applications that support the following areas will also be given preference:

- Community hardship in drought affected areas.
- Retention of young people.
- Resettlement of immigrants in rural Australia.
- Community infrastructure.

To be considered applications must be for a charitable purpose (benefit the whole of the community). These scheme covers all states and territories. For further information visit [www.frrr.org.au](http://www.frrr.org.au)

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## HAIRDRESSING AS A CAREER - FREE COURSE

Francapelli Academy are offering the Certificate III in Hairdressing for free. To find out how come to one of their free workshops on the 9th of April at either:

Nexus Youth Centre from 10.30am to 12pm or Ararat Town Hall from 3 - 4.30pm

Bookings essential on 5362 1200

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## NO STRINGS ATTACHED - COCKTAILS FOR SINGLES

**Thursday 20th March at 6.30pm - Horsham Regional Art Gallery**

Part of the 2008 Art Is....Pulling Strings Festival

Make new friends over a cocktail or two in the relaxed atmosphere of the Gallery.

People of all ages and interests welcome.  
Cost \$20 includes drinks and a light meal

Start at the gallery with drinks and a light supper, then move to Wesley Performing Arts Centre to watch (at your own expense) ARIA award guitar virtuosos, Slava and Leonard Grigoryan, and/or join the Art Is....festival crowd celebrating the wind-up of the festival at the Commercial Hotel.

For bookings phone Merle or Leticia on 5362 2888 or email [hrag@hrcc.vic.gov.au](mailto:hrag@hrcc.vic.gov.au)

## WARM WATER AND CHAIR BASED EXERCISE LEADER TRAINING

**Tuesday 6th to Thursday 8th May 2008**  
YMCA, Horsham Aquatic Centre

Arthritis Victoria, a Registered Training Organisation, is holding a Warm Water and Chair-based exercise Leader Training Course in Horsham.

This 3 day course is ideal for allied health assistants, fitness instructors and activity/recreation officers working in rehabilitation or aged care facilities, to increase their knowledge of arthritis and how to lead gentle exercise classes.

The course is conducted by registered physiotherapists and is accredited by Kinect Australia (formally VICFIT).

If you have staff or volunteers who would be interested in attending this course in Horsham, please complete and return the enclosed application form or contact Sandra Barry, Organisational Support Coordinator on 8531 8008 or email [sandra@arthritisvic.org.au](mailto:sandra@arthritisvic.org.au)

Further information can also be found at [www.arthritisvic.org.au](http://www.arthritisvic.org.au)

## HEALTHY SANDWICH IDEAS FOR CHILDREN'S LUNCHES

For parents struggling for suggestions to include some variety in their children's sandwiches, here are some suggestions:

Lean ham, low fat cheese and tomato sauce or salsa.	Roast beef and salad.
Chicken and coleslaw (made with low fat dressing).	Egg and lettuce.
Chicken, cucumber, lettuce, tzatziki or avocado.	Low fat cheese and avocado.
Chicken, avocado and lettuce and alfalfa.	Baked beans and tomato.
Tuna, corn, grated vegetables and salsa	Ricotta, banana and honey.
Left over roast vegetables with ricotta or low fat cheese.	Peanut butter and celery.
Crunchy peanut butter, sultanas and alfalfa.	Peanut butter and carrot.
Banana, peanut butter and cinnamon.	

Remember to keep sandwiches with meat, cheese etc cool for safety!

## SUPPORTING THOSE EXPERIENCING DISENFRANCHISED GRIEF

Friday 4th April 2008 from 9.00am to 4.30pm  
BEST Community Development Ballarat  
Presented by Greg Roberts

This workshop will explore the topic of Disenfranchised Grief and the growing awareness of the types of loss that people can have grief experiences through. The workshop will discuss grieving styles and how they can impact of the disenfranchised nature of grief and will also look at effective strategies for professionals who are working with those experiencing Disenfranchised Grief.

Designed for professionals working with those experiencing disenfranchised grief such as, teachers, counselors, nurses, therapists, psychologists and other allied health professionals.

### Learning Outcomes

At the conclusion of the workshop participants will be able to:

- Discuss the concept of Disenfranchised Grief and it's implications for the grief experience.
- Identify the range of experiences which can be disenfranchising for grieving people.
- Identify appropriate clinical interventions to assist those experiencing Disenfranchised Grief.

Cost: \$175, ACGB Member \$140. Morning tea, lunch and afternoon tea provided.

To register contact the Australian Centre for Grief and Bereavement on 9265 2100 or email [info@grief.org.au](mailto:info@grief.org.au)

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## DIABETES SELF MANAGEMENT

Ongoing monitoring, support, guidance and basic education for people recently diagnosed with type 2 diabetes.

If you have been diagnosed with Type 2 diabetes during the previous 12 months, make an appointment to see the Wimmera Health Care Group Community Nurse.

The Wimmera Health Care Groups Community Health Nurse will help you monitor and stay on top of your diabetes.

Make an appointment through the Community Nurse at  
25 David Street Horsham by phoning 5362 1243.



One of our newest additions to the Active Transport bike fleet, the WHCG HARP team with their new bike.

## DISCOVERY GRANT SCHEME 2008

**Closing date 5pm Monday 24th March 2008**

The Discovery Grant Scheme 2008 is intended to foster emerging ideas and conceptual research within the following areas:

- The prevention of chronic disease.
- Workplace health promotion.
- Alcohol harm reduction.
- Economics of health promotion.
- Application of information technologies to health promotion.

VicHealth is offering one year grants through this scheme to promote collaboration across disciplines, sectors and areas of expertise. These grants are specifically designed to support early exploration of novel research that has the potential for improving population health in Victoria.

There is a total pool of \$350,000 available for this scheme. There are two separate types of grants you may apply for:

### **Small Grants**

These grants of up to \$5,000 are to allow researchers to engage additional expertise such as technical specialists, community stakeholders, policy or practitioners to help generate new research proposals that will contribute to improve public health or health promotion policy, or a future application for alternative and ongoing funding.

### **Research Project Grants**

These grants of up to \$75,000 are for researchers to undertake initial exploratory research, in conjunction with community stakeholders, to facilitate a future application for competitive research funding.

For further information visit [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

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## DVIRC TRAINING

### **Not Seen or Heard: the Effects of Domestic Violence on Children - Accredited**

9, 16, 30 April - \$75 SAAP, \$225 non-SAAP

### **Intro to Domestic Violence - Accredited**

18, 19, 25 & 26 June - \$100 SAAP, \$300 non-SAAP

### **DV & the New Family Law Act**

7 & 8 May - \$50 SAAP, \$150 non-SAAP

For enquiries about any of the training listed please call DVIRC on 9486 9866 or email [dvirc@dvirc.org.au](mailto:dvirc@dvirc.org.au)

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**Woolworths Fresh Food Kids Community Grant's Program** is giving grants of up to \$5000 to community groups for projects that help primary school aged children lead healthier, more active lives.

For more information visit:

[www.freshfoodkids.com.au/staging/content.php?page=5\\_community&mute=false](http://www.freshfoodkids.com.au/staging/content.php?page=5_community&mute=false)

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## SMOKING CESSATION FACILITATORS COURSE

This 2 day program is based on the work of Renee Bittoun and the successful Smoking Cessation Clinics run by Colac Area Health service and Eastern Health.

It is a must for health professionals working with people who are addicted to cigarette smoking.

Dates: Thursday 17 - Friday 18 April      Thursday 24 - Friday 25 July  
Thursday 30 - Friday 31 October

Time: From 9.00am to 4.30pm

Venue: Ashley Ricketson Centre, Caulfield General Medical Centre

Cost: \$425

**Registration:** Please register early as places on the course are limited. To register please contact the Lung Health Promotion Centre at The Alfred on 9076 2382 or via email at [lunghealth@alfred.org.au](mailto:lunghealth@alfred.org.au)

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The following is an excerpt from the July 1943 issue of Transportation Magazine. This was written for male supervisors of women in the work force during World War II.

**“Be tactful when issuing instructions or in making criticisms. Women are often sensitive; they can’t shrug off harsh words the way men do. Never ridicule a women - it breaks her spirit and cuts off her efficiency”**

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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](mailto:pcpadmin@gchc.org.au)

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

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### Wimmera PCP Diary Dates

<b>April</b>			
<b>10th</b>	3pm	PCP Executive Meeting	12.30pm HP Network Meeting
<b>16th</b>	12.45pm	Chronic Disease Management Group	
<b>May</b>			
<b>8th</b>	3pm	PCP Executive Meeting	12.30pm HP Network Meeting
<b>14th</b>	12.45pm	Chronic Disease Management Group	

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

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### Wimmera Primary Care Partnership Office

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