



Wimmera Primary Care Partnership

SECRETS OF SUCCESSFUL NEWSLETTERS

A free one day workshop is being held for anyone involved in editing or developing a community newsletter.

Monday 21st April 2008 from 10am to 3pm
Horsham Golf Club - Golf Course Road

Facilitated by Sally Goldstraw - Morning tea and lunch provided

For more information on this workshop please contact Mandi Stewart at Wimmera PCP on 5362 1223 or email mandi.s@gchc.org.au

To book a place at this workshop please email pcpadmin@gchc.org.au


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 

MENTAL HEALTH FIRST AID COURSE - YOUTH FOCUS

Wed 16th & Thu 17th April
Horsham Golf Club
Golf Course Road Horsham
From 9am to 5pm

Thu 29th & Fri 30th May
Nhill Uniting Church Hall
Victoria Street Nhill
From 9am to 5pm

Wed 21st & Thu 22nd May
Edenhope Business Centre
55 Elizabeth Street Edenhope
From 9am to 5pm

Coming to **Murtoa** Late 2008

Coming to **Warracknabeal** early 2009


Mental Health problems often first develop during adolescence or early adulthood. Anyone who has frequent contact with young people will inevitably interact with someone who is developing, or who has a mental health disorder. This course looks at how the Mental Health First Aid Action Plan can be applied to a range of mental health problems and mental health crisis situations in adolescents.

For more information or to book a place at one of these courses please call Wimmera PCP on 5362 1222 or email pcpadmin@gchc.org.au

Wimmera Health Care Group 

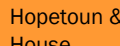
Womens Health Grampians 

Wimmera Volunteers 

Yarriambiack Shire Council 

YMCA, Horsham 

Wimmera Hearing Society 

Hopetoun & District Neighbourhood House 

SKILLS IN DEMAND - IN HEALTH & COMMUNITY SERVICES

The launch of the career resource www.hcscareers.vic.edu.au which is supported by the Department of Human Services is being held at the University of Ballarat - Horsham Campus on **Tuesday 1st April** from 11am to 1.45pm. Lunch provided.

Agenda

| | |
|---------|--|
| 11.00am | Welcome. |
| 11.15am | Regional Workforce Recruitment |
| 11.45am | DHS Funded Careers Project |
| 12.05pm | Workplace Learning - Everyone's a Winner |
| 1.00pm | Lunch |

Book your place by email at info@hcscareers.vic.edu.au

MENTAL HEALTH & PSYCHOLOGICAL ASSESSMENT OF ABORIGINAL CLIENTS

Two day workshop presented by Dr Tracy Westerman

The training will cover the following areas:

- Cultural competency in service delivery - how is this defined and measured - a profile for participants.
- Challenging the mono cultural view of mental illness - how can culture be put in an evidence based framework?
- Cultural formulation of cultural and mental illness.
- Differential cultural and clinical diagnosis - how to assess mental illness in Aboriginal clients. The difference between:
 - ⇒ Psychosis or spiritual visits.
 - ⇒ Self-harm or sorry cuts.
 - ⇒ Culture-specific grief reactions.
 - ⇒ Trauma and its manifestation.
 - ⇒ Culture-specific depression - what are the key indicators?
 - ⇒ The nature of Aboriginal suicides - assessment and intervention.
- Interventions - traditional and mainstream approaches - what is the best 'fit' for your client.
 - ⇒ Using mainstream interventions with culture bound and mental illnesses.
 - ⇒ Effective counseling, engagement and interventions with Aboriginal clients.
- Conducting valid and reliable assessments of Aboriginal people.
- Psychological Assessment - what is happening in the field? What are people using to assess Aboriginal clients?
- A unique psychological test for Aboriginal clients - accreditation in the Westerman Aboriginal Symptom Checklist - Youth (aged 13-17 years).

Dates: Brisbane 18 & 19 June, Cairns 24 & 25 July, Perth 6 & 7 August, Brisbane 28 & 29 August, Sydney 23 & 24 September, Darwin 16 & 17 October, Melbourne 30 & 31 October and Adelaide 13 & 14 November.

For more information call (08) 9362 2036 or email ips@ips.iinet.net.au

FOR THOSE KEEN TO PLANT THEIR OWN VEGETABLES

Planting calendar - What to plant in March

Beetroot, broad beans, broccoli, brussel sprouts, cabbage, carrots, cauliflower, Chinese cabbage, curry leaf, dill, endive, leeks, lettuce, mushrooms, onions, parsley, parsnip, radicchio, radish, rhubarb, rosemary, silver beet, shallots, spinach, spring onion, sweet potatoes, turnips.

WIMMERA WEST GRAMPIANS NEIGHBOURHOOD HOUSE NETWORK COLLECTIVE INC.

Names and Addresses of Network Members

| | | |
|--|---|--|
| <p>Ararat Neighbourhood House 56 Cambell Street PO Box 49 Ararat 3377 Phone/Fax: 5352 1551 Email: achlc@netconnect.com.au</p> | <p>Horsham Community House Inc Ruth Bloomfield - Coordinator 4 Pearl Street Horsham VIC 3400 Phone: 5382 5352 Fax: 5382 2117 Email: hch@netconnect.com.au</p> | <p>Warracknabeal Central Michael Greenleaf - Manager Scott Street PO Box 249 Warracknabeal 3393 Phone: 5398 2469 Email: wnhlc@netconnect.com.au</p> |
| <p>Murtoa Neighbourhood House SLAAM Bonnie Faull - Coordinator McDonald Street PO Box 26 Murtoa VIC 3390 Phone: 5385 2785 Fax: 5385 2724 Email: slaamurt@bigpond.net.au</p> | <p>St Arnaud Neighbourhood House Heather Brassington - Coordinator 34 Alma Street PO Box 51 St Arnaud VIC 3478 Phone: 5495 3300 Fax: 5495 1451 Email: stanh1@iinet.net.au</p> | <p>Hopetoun & District Neighbourhood House Sue Afford—Coordinator Austin Street 75 Lascelles Street Hopetoun 3396 Phone: 5083 3408 Email: hopetoundnh@bordnet.com.au</p> |
| <p>Stawell Neighbourhood House Inc Tamara Peachey & Penelope Ridd - Coordinator's 42 Sloane Street PO Box 374 Stawell VIC 3380 Phone: 5358 3500 Fax: 5358 5185 Email: dropin@netconnect.com.au</p> | <p>Nhill Neighbourhood House Inc Kylee - Centre Manager Wed-Fri Karlie Price - Centre Manager Mon- Wed 80 McPherson Street PO Box 119 Nhill VIC 3418 Phone: 5391 21963 Fax: 5391 2191 Email: nhillnh@netconnect.com.au</p> | <p>Link (Kaniva) Kathryn Paparella - Coordinator PO Box 31 Kaniva VIC 3419 Phone/Fax: 5392 2865 Email: kanivalc@bigpond.net.au</p> |
| <p>Harrow Neighbourhood House Anne Pekin - Harrow Bush Nurse Blair Street PO Box 103 VIC 3317 Phone: 5588 2000 Email: bnharrow@netconnect.com.au</p> | <p>Rainbow Neighbourhood House Helen Hunter - Coordinator 9 Eddie Street Rainbow VIC Phone: 5395 1428 Fax: 5395 1679 (Helen home)</p> | <p>Wimmera West Grampians Neighbour- hood House Network Collective Inc Tammy Peachey - Networker Phone/Fax: 5356 2536 Email: wwg@netconnect.com.au</p> |

POSITIVE BODY IMAGE GRANTS

The Office for Youth has recently opened the next round of Positive Body Image Grants.

The grants provide Victorian Government funding to community-based activities that promote positive body image messages, healthy lifestyle choices and build self esteem to support young people within their communities.

Applications close Friday 18th April.

For more information visit the Youth's website at www.youth.vic.gov.au

The following fruit and vegetables are at their best and cheapest in March: Apple, Banana, Blackberries, Blueberries, Grapes, Nashi, Nectarine, Orange, Peach, Pear, Plum, Tomato, Strawberries, Watermelon, Asparagus, Beans, Bean Shoots, Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Celery, Cucumber, Eggplant, Lettuce, Mushrooms, Potato, Pumpkin, Snow Peas, Spring Onion, Sweet Corn, Turnip, Zucchini.

HEPATITIS C VICTORIA

Hepatitis C Victoria is Victoria's peak body for people affected by hepatitis C funded to provide a range of workforce development and support services. They are an independent, charitable, community-based membership organisations providing a progressive health promotion service, information, support, education and training, as well as referral and advocacy services.

Educational Workshops

Hepatitis C Victoria offers a range of education and training options, and all their educational workshops aim to achieve the following objectives:

- Increase the understanding of hepatitis C as a public health issue.
- Identify transmission risks within a broader social context, such as cultural background, gender, age and socio-economic status.
- Increase access to hepatitis C testing, treatment and counselling services.
- Explore and identify the psychosocial issues for people living with hepatitis C and their support networks.
- Promote positive health outcomes for people living with hepatitis C.
- Challenge individual attitudes and broader societal structures that may stigmatise and discriminate against people affected by hepatitis C.

Educators will tailor education and training sessions based on the size of the group and the needs of the participants.

For more information please contact Emily Lenton on 0438 191 219, 9385 9105 or visit www.hepcvic.org.au

3rd BIENNIAL NATIONAL CONFERENCE ON ANXIETY & DEPRESSION

Thursday 3rd and Friday 4th April 2008
Melbourne Exhibition & Convention Centre

For more information and to register online visit www.reconnexion.org.au or phone 9886 9400

5th WORLD CONFERENCE ON PROMOTION OF MENTAL HEALTH AND THE PREVENTION OF MENTAL AND BEHAVIOURAL DISORDERS

The World Conference on Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders is an international biennial conference that will be held at the Melbourne Convention Centre, Australia from [September 10th to 12th, 2008](#).

The Conference will highlight activities that contribute to promoting individual and community mental health and wellbeing and also aims to show the mental health and wider community that the promotion of mental health and the prevention of mental illness is no longer on the margins of a health debate.

The Conference is organised by VicHealth, The World Federation for Mental Health, The Clifford Beers Foundation and the Carter Center Mental Health Program. It is supported by the World Health Organisation, AUSEINET and the Global Consortium for Prevention and Promotion in Mental Health.

For program details go to www.margins2mainstream.com

PERSONAL SUPPORT - PROFESSIONAL DEVELOPMENT

This one day course is designed to build on the existing professional training and skills of debriefers, defusers and practitioners who currently work with emergency affected individuals and families. Topics covered include:

- Understanding the emergency affected individual.
- Practical tools for providing personal support.
- Supporting other staff.
- Handling difficult contacts.
- Looking after yourself.

This course is conducted by Dr Rob Gordon, Consultant Psychologist for the Department of Human services and a specialist in disaster management. The format of the day involves a mixture of lectures, small group work and exercises.

Suggested participants would be debriefers, defusers and other relevant practitioners. To be eligible for enrolment you must have either completed the Introduction to Personal Support (conducted by DHS), have a relevant qualification or have relevant experience in the field.

Course Dates and Venues

| | | | |
|--------------|-----------|------------|------------|
| 22 April | Bendigo | 21 May | Ballarat |
| 11 June | Dandenong | 25 June | Melbourne |
| 9 July | Geelong | 23 July | Box Hill |
| 17 September | Dandenong | 21 October | Wangaratta |
| 18 November | Ballarat | | |

For more information visit:

www.dhs.vic.gov.au/emergency/training_program/personal_support_prof_dev

SUSTAINABLE CITIES ROUND TABLE

Monday 17 March

6 - 8:30pm (including drinks)

Yasuko Hiroaka Room, Sidney Myer Asia Centre, the University of Melbourne

RSVP ESSENTIAL - email fedwards@unimelb.edu.au

The *Sustainable Cities Round Tables* showcase local environmental initiatives and encourage networking for people working in urban sustainability issues across the government, academic, industry and community sectors. The theme for the next event is '**mobility**' - which includes looking at innovative new ways of sustainable transport, travel, movement and connection.

Confirmed speakers and topics include:

Daniel from the Conservo Biofuel service station

Dr John Grant, walkable cities expert

Bruce Herbes, 3D maps for pedestrians

David Fewchuk, Aurora solar cars

Bill from Human Powered Cycles

Dianne Moy and Kathleen Turner, VEIL, connecting quarter schools

Paul McKay from Cyclovia; and

Marie Watt, artist both exhibiting and presenting her artwork about traffic

Please RSVP your name and organisation to fedwards@unimelb.edu.au Attendees are also welcome to bring along promotional materials of their sustainability initiatives.

VICTORIAN WOMEN ON FARMS GATHERING

Back to Basics at Berrivillock
Women opening the gates to Agriculture

April 4th, 5th and 6th

The Women of Berrivillock in the Mallee of North-Western Victoria invite you to join them for the 19th Annual Victorian women on Farms gathering.

They will be showcasing how their farming communities face the challenges of living and farming in a climate that can be best described as variable. They will show how they have survived and thrived for several generations.

For more information please call Allison Watson on 5079 2235 or email ormondefarms@bigpond.com

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.

“General experience indicates that “husky” girls - those who are just a little on the heavy side - are more even tempered and efficient than their underweight sisters.”

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

| | | | |
|--------------|---------|---|----------------------------|
| April | | | |
| 10th | 3pm | PCP Executive Meeting | 12.30pm HP Network Meeting |
| 16th | 12.45pm | Chronic Disease Management Group | |
| 21st | | Secrets to Successful Newsletter Workshop | |
| May | | | |
| 8th | 3pm | PCP Executive Meeting | 12.30pm HP Network Meeting |
| 14th | 12.45pm | Chronic Disease Management Group | |

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

Wimmera Primary Care Partnership Office

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