



# Wimmera Primary Care Partnership

## MENTAL HEALTH FIRST AID COURSE - YOUTH FOCUS

### 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 

**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

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 [pccpadmin@gchc.org.au](mailto:pccpadmin@gchc.org.au)

## MAKING A DIFFERENCE CHILD ORAL HEALTH IN THE WIMMERA

**We want to hear YOUR ideas about how to improve the oral health of children!**

The Royal Children's Hospital, The University of Melbourne, The Murdoch Children's Research Institute and Wimmera Primary Care Partnership invites you to discuss these issues.

Invited keynote speaker: Associate Professor Mark Gussy  
 Facilitators: Professor Elizabeth Waters and Ms Carolyn Russell

**When:** Tuesday 24th June, 2008

**Time:** 3-5pm

**Where:** Grains Innovation Park, Natimuk Road Horsham

**RSVP:** to Elisha Riggs at [eriggs@unimelb.edu.au](mailto:eriggs@unimelb.edu.au) or phone 8344 0911 by Friday 20th of June.

-  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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## RURAL LEADERSHIP FORUMS

### Presented by Raising Dust

This series will provide you with the tools to challenge the status quo, be motivated to break out of the mould and have a great time meeting new people.

**May 23rd 2008**

At the Stawell Entertainment Centre  
6.30pm - finger food provided.

Learn how to use financial planning to your benefit and also be inspired by two motivated young locals from Dimboola and Stawell who have had a go and made it happen!

Individual Workshop Price: \$25 for members, \$30 for non members

RSVP to [enquiries@raisingdust.com.au](mailto:enquiries@raisingdust.com.au) or phone 0439 722 985

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## REACTING DIFFERENTLY

### A Workshop with Carers Victoria

**Monday 26th May 2008**

12pm to 2.30pm - light lunch included  
Horsham Uniting Church, 10 Pynsent Street Horsham

Or

7.00pm to 9.30pm - light supper provided  
Horizon Services, 28 Urquhart Street Horsham

Bookings essential for catering purposes to Lindy Muller on 5381 9336

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## BLUEPRINT FOR EARLY CHILDHOOD DEVELOPMENT AND SCHOOL REFORM

The Victorian Government's decision to integrate children and education services across Victoria into the Department of Education and Early Childhood Development provides a great opportunity to improve services to better support the needs of children and families in the future.

Consultation forums have been held across Victoria. There is still an opportunity to contribute to the discussions and provide feedback.

The Early Childhood Development Discussion Paper, the School Reform Discussion Paper and submission proformas are available from the website:

[www.education.vic.gov.au/about/directions/blueprint2008/default.htm](http://www.education.vic.gov.au/about/directions/blueprint2008/default.htm)

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## SHOW YOUR SUPPORT FOR MEN'S HEALTH

Andrology Australia has free resources available for events or displays to be held during International Men's Health Week 2008 (June 9 -15).

To order resources online for International Men's Health Week 2008 visit the Andrology Australia website [www.andrologyaustralia.org](http://www.andrologyaustralia.org) All resources are available at no cost.

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## EXPRESSIONS OF INTEREST WOMEN WITH A DISABILITY FAMILY VIOLENCE LEARNING PROGRAM

### Would you like to be involved?

DHS is developing and implementing a new learning program for workers in the disability services and family violence sectors. They are currently calling for interested people to participate in the program.

A number of key Victorian government policies have identified the need to increase effectiveness of responses to family violence. In particular, facilitating access for women with a disability to family violence support services has been identified as a key area of focus.

The Disability Services Division is developing a two-part learning program to assist staff in disability services implement these strategic directions and to provide for a more unified approach across the disability and the family violence sectors.

### The Learning Program

#### **A Two Day Training Workshop for DISABILITY SECTOR WORKERS**

This workshop will focus on the support needs of women with a disability experiencing family violence. The two days will occur five-weeks apart.

Target group: up to 20 participants from the disability sector including:

- Disability Client Services (DHS); and
- Disability CSOs (outreach and case managers).

#### **Facilitated Practice Forums/Communities of Practice for WORKERS IN THE DISABILITY, FAMILY VIOLENCE AND OTHER KEY AGENCIES.**

Four half-day practice forums/communities of practice will provide you with the opportunity for reflection around practice and skill development and provide the chance to network with others. The forums will occur at 3-4 week intervals.

Target group: up to 20 participants includes staff from:

- Workers from the family violence sector and other key regional agencies.
- Disability Client Services and Partnerships (DHS); and
- Disability Community Service Organisations (CSOs) (outreach case managers).

For more information on the workshop and practice forum please contact Lilly Rijneveld at [lilly.rijneveld@dhs.vic.gov.au](mailto:lilly.rijneveld@dhs.vic.gov.au) or phone 9096 2974.

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## GOING LOCAL

Creating sustainable and resilient business networks & communities - Village Well, Ethos Foundation, Ceres Community Environment Park, 100 Mile Café

Small business owners, economic development managers, business associations, architects, planners, urban design and anyone interested in creating sustainable design are invited to a workshop on **Thursday 22nd May** from 8.30am to 4pm at 100 Mile Café, Level 3, Melbourne Central. This workshop will look at the role of business in building social capital and sustainable communities.

For bookings phone 9650 0080 or email [info@villagewell.org](mailto:info@villagewell.org)

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## VICTORIAN PUBLIC HEALTHCARE AWARDS

The Victorian Public Healthcare Awards is the foremost awards program for the healthcare community. The Awards recognise the healthcare professionals responsible for groundbreaking innovations that are improving the face of Victoria's healthcare.

The Awards are open to all Victorian Government funded primary and acute healthcare providers and initiatives. This year the program expands to include innovation and excellence in public health research and programs that are funded by government and other sources.

Entries are accepted under the Premier's Awards for health service of the year and excellence awards, Minister's Awards for outstanding individuals and team achievements, and Category Awards for leading healthcare and public health initiatives. A new Department of Human Services Secretary's Award will honour an initiative that best embodies the values of the Department of Human Services.

For more information and guidelines please visit [www.health.vic.gov.au/healthcareawards](http://www.health.vic.gov.au/healthcareawards)

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## WORLD ENVIRONMENT DAY FILM NIGHT

### **The Real Dirt on Farm John**

The epic tale of a maverick Midwestern farmer. Castigated as a pariah in his community, Farmer John bravely transforms his farm amidst a failing economy, vicious rumors, and arson. He succeeds in creating a bastion of free expression and a revolutionary form of agriculture in rural America. (83 mins)

### **The Power of Community: How Cuba Survived Peak Oil**

When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half - and food by 80 percent - people were desperate. This film shows how Cuba transitioned from highly mechanized agriculture to using organic farming and urban gardens. It is an unusual look into the Cuban culture during this economic crisis. (53 mins).

**Thursday 5th June 2008**

Doors open at 6.30pm - screening starts at 7pm  
Natimuk Soldiers Memorial Hall  
Main Street, Natimuk  
\$5 entry

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## MIND MATTERS PD - INTRODUCTORY WORKSHOP

A Whole School Approach to Mental Health & Student Wellbeing  
19th and 20th June 2008 - Horsham Golf Club

The Level One MindMatters training is the introductory two day workshop looking at the Mind Matters approach to developing school and classroom health and wellbeing. Schools and relevant agencies are invited to send participants. Parents and individual professionals are also welcome.

To register please visit [www.cms.curriculum.edu.au/mindmatters/calendar/calendar.htm](http://www.cms.curriculum.edu.au/mindmatters/calendar/calendar.htm)

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## LUNCHBOX SNACK COST COMPARISON

Lunchbox Snack	Weight per serve	Cost per serve	Cost per kilogram
<b>Healthy low cost snacks</b>			
Apple	200 g (1 apple)	\$0.79	\$3.98 (5 apples)
Banana	200g (1 banana)	\$0.69	\$3.48 (5 bananas)
Carrot Sticks	100g (1 carrot)	\$0.18	\$1.88
Celery Sticks	100g (1 stick)	\$0.16	\$3.27 (1 bunch)
Mushrooms	100g	\$0.53	\$8.97
Sweet Corn	130g (1/2 cob)	\$0.44	\$3.53 (4 cobs)
Nashi	235g (1 nashi)	\$1.49	\$5.97 (4 nashis)
Watermelon	200g	\$0.25	\$1.24
Boiled Egg	59g	\$0.38	\$6.44
Popcorn—plain (make your own)	25g (popped)	\$0.06	\$2.40
Low fat yoghurt	100g	\$0.62	\$6.20
Cheese 1kg block	25g	\$0.27	\$10.70
<b>High cost, high sugar</b>			
Muesli Bar	31.3g	\$0.66	\$21.09
LCM Bar	22g	\$0.57	\$25.91
Roll-ups	15.6g	\$0.57	\$36.54
Le Snak	22g	\$0.72	\$32.73
Tiny Teddy	25g	\$0.35	\$14.00
Jelly Cup	150g	\$1.19	\$7.93
Dairy Dessert	70g	\$0.62	\$8.86
Milky Way	25g	\$0.70	\$28.00
Smarties Box	50g	\$1.88	\$37.60
<b>High cost, high fat</b>			
Smiths Chips	19g	\$0.36	\$18.95
Shapes	25g	\$0.42	\$16.80
<b>High cost snack</b>			
Popcorn (multipack)	20g	\$0.32	\$16.00
Pretzels	50g	\$0.68	\$13.60
Rice Crackers	25g	\$0.44	\$17.60
Cheese Stringers	20g	\$0.53	\$26.50

# PRIMARY HEALTH WEEKLY BULLETIN

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/bulletin010508.htm?src=email&id=080508](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/bulletin010508.htm?src=email&id=080508)

In this edition:

- Your invitation to provide input on the future of the health workforce in Victoria—workshops.
- SCTT revision 2009.
- Health inequalities in Victoria—an update from VicHealth.
- HISA Victorian Branch Conference 2008
- Communication for and with deaf and hard of hearing people—information session.
- Professional development in Women's Health.
- Inside work—building resilient professionals—forum.
- Wound management for clinicians—seminar.

If you would like to contribute to the Primary Health Weekly Bulletins please submit your articles to [weekly.bulletin@dhs.vic.gov.au](mailto:weekly.bulletin@dhs.vic.gov.au)

For all your primary care and community health needs visit:  
[www.dhs.vic.gov.au/rrhacs/primarybranch.htm](http://www.dhs.vic.gov.au/rrhacs/primarybranch.htm)

## 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

<b>May</b>				
<b>8th</b>	3pm	PCP Executive Meeting	12.30pm	HP Network Meeting
<b>14th</b>	12.45pm	Chronic Disease Management Group		
<b>June</b>				
<b>12th</b>	12.30pm	Health Promotion Meeting	3pm	PCP Executive Meeting
<b>18th</b>	12.45	Chronic Disease Reference Group		
<b>19th &amp; 20th</b>		Michelle Bridges in Horsham		

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

## Wimmera Primary Care Partnership Office

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