



# Wimmera Primary Care Partnership

## NATIONAL FAMILIES WEEK

11th to 17th May 2008

To celebrate National Families Week  
You are invited to the Wimmera Uniting Care  
Families Week Professional Breakfast

The Capitol Bistro  
Firebrace Street Horsham

**Tuesday 13th May 2008 at 8.30am**

RSVP to Jane Freak - Family Services at Wimmera Uniting Care  
Phone 5362 4020 or email [janef@wimmera.unitingcare.org.au](mailto:janef@wimmera.unitingcare.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 

## INNER STRENGTH BUILDING PROGRAM

Dunmunkle Health Services and SLAAM are running an 8 week program that will equip you with strategies to manage anxiety and depression whilst providing a fun and relaxed atmosphere.

The Inner Strength Building Program commences Tuesday May 6th and will continue on each Tuesday until June 24th.

Meetings are from 9am to 12noon in the supper room at the Mechanics Hall, Duncan Street Murtoa.

For more information contact Jodie or Maxine on 5363 0414.

## SOME CORRECTIONS FOR NEWSLETTER #15

The email address for Jim McIvor that was listed in Newsletter 15's feature about Cultural Awareness and Language Services Training was incorrect - the correct address is [jim.mcivor@dhs.vic.gov.au](mailto:jim.mcivor@dhs.vic.gov.au)

Please note that the RSVP for The Biggest Winners article that was featured in Newsletter #15 is to West Vic Division of General Practice on 5381 1756 and not the Horsham Aquatic Centre as listed.

We are sorry for any inconvenience these errors may have caused.

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

## AUSTRALIA 2020 INITIAL SUMMIT REPORT

### A Long-Term National Health Strategy - Top Ideas

Create a national preventative health agency. This independent health body would be funded by taxes on products with high social cost, e.g. alcohol, cigarettes and junk food (like a national version of VicHealth). The body would commission research, design interventions based on evidence, develop and deliver preventative health policy, and implement marketing and public health campaigns.

By 2020, the Commission's work may result in each sedentary job having to include thirty minutes physical activity a day, or every office building having to re-open stairwells to encourage their employees to walk more.

Make healthy food choices easy - by 2020, this may include:

- Delivering 'fast fruit' to primary schools, ensuring all primary school kids have fresh fruit at least once a week.
- Fresh food delivered regularly into Indigenous communities as a result of work with industry.
- Reforming food labeling with a simple 'traffic light' indicator.
- Banning marketing of junk food to children.
- Regulating the allowable content of unhealthy ingredients.

Promote better translation of Australia's research efforts into commercial and health outcomes underpinned by initial public investment supported by increased private and philanthropic investment in research and development.

This will be achieved by:

- Building Australia's skills and capacity in scientific entrepreneurship and IP management.
- Developing Australian partnerships and philanthropic partnerships (e.g. the Gates Foundation or Atlantic Philanthropies).
- Significant increases in partnership with industry.
- Integrating state and federal infrastructure funding (e.g. indirect costs of research).
- Financing and mentoring nascent health care and health technology companies.

Promote better research and translation of research into commercial and clinical benefits—for example the Bionic Eye.

Create a "Healthbook" (like Facebook) for Australians to take greater ownership of their health information and electronically share it with people they trust - for example their doctor, nurse or family members.

Introduce health literacy programs for all Australians. For example, universal first aid training would mean that by 2020 all kids will have done First Aid.

Establish a Health Equalities Commission for all Australians with a focus on Indigenous health and other disadvantaged communities.

---

## SEXTXT WEBSITE

A resource for young people to access Sexual health information is:

[www.sextxt.org.au](http://www.sextxt.org.au)

Got a questions about sex? Sextxt gives you accurate answers when you need them...all in the time it takes to send and receive a text message. Sextxt sms messages give you quick answers to those emergency questions such as what to do when a condom breaks or when you've missed a pill.

And just to make sure you get all the facts you need, the sextxt website includes additional information on sex and sexual health.

---

## LEARNING ARTS WORKSHOPS IN 2008 WIMMERA HUB

Creative Volunteering - Develop Funds and Resources  
Sunday 4th May 2008 from 9.30am to 4.00pm  
Wimmera Hub Theatre, Urquhart Street Horsham

Technical Training - Lighting  
Saturday 18th and Sunday 19th May from 9.30am to 4.00pm  
Nexus Youth Centre, Pynsent Street Horsham

Technical Training—Sound  
Saturday 14th and Sunday 15th of June from 9.30am to 4.00pm  
Nexus Youth Centre, Pynsent Street Horsham

Regional Festival Conference - 'Revitalise' - 'Re-energise' - Renew'  
Sunday 20th July from 9.30am to 4.00pm  
Murtoa Mechanics Hall

Bookings and enquires to Wimmera Hub on 5382 5111 or visit [www.hub.org.au](http://www.hub.org.au)

## LAND AND BIODIVERSITY AT A TIME OF CLIMATE CHANGE

The Hon. Gavin Jennings, Minister for Environment and Climate Change  
Is pleased to invite you to attend a workshop about the  
Land and Biodiversity Green Paper

The Green Paper aims to promote discussion on how we can best respond to the decline of Victoria's land and aquatic ecosystems and biodiversity. Feedback on the suggested approaches outlined in the Green Paper will inform the development of the White Paper, due for release in mid 2009.

The workshops provide an opportunity to:

- Find out about the Green Paper;
- Discuss aspects of the Green Paper with a range of other people interested in these issues and
- Provide feedback on Green Paper approaches and themes.

To register your interest in the workshop you would prefer to attend, please go to the DSE website at [www.dse.vic.gov.au/landwhitepaper](http://www.dse.vic.gov.au/landwhitepaper) and follow the links in the **Have Your Say** section.

### Workshop dates:

Horsham                      12.00pm to 5.00pm                      Wednesday May 7th

Other workshops in Colac, Hamilton, Bendigo and Melbourne.

### Primary Weekly Health Bulletin - 24th April 2008

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/bulletin240408.htm?src=email&id=240408](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/bulletin240408.htm?src=email&id=240408)

- The 2008 Victorian Public Healthcare Awards are now open.
- Australian Drug Foundation launches new drugs and driving website.
- Partnerships in Safer Sex and Testing Project (PSST!!)
- Professional development in Women's Health.
- What is the research agenda for the primary and community health sector?

## SEXUAL ASSAULT INFORMATION SESSION

Would you like the opportunity to learn more about some of the issues relating to sexual assault?

A free introductory session will be run by Ballarat CASA covering:

- Overview of the myths commonly held in society relating to sexual assault.
- Some of the more common effects of sexual assault experienced by victim/survivors.
- How to respond appropriately to disclosures of sexual assault.

This session will suit people working in welfare or health related fields who wish to become a little more familiar with this topic.

**Thursday 8th May 2008** from 9.30am to 11.30am

BHS Education Resource Centre (access via Drummond Street, Ballarat)

Cost: Free Bookings: Call Kirsty at Ballarat CASA on 5320 3933 or email [kirstyb@bhs.org.au](mailto:kirstyb@bhs.org.au)

---

## ON-LINE APPRENTICESHIP & TRAINEESHIP INFORMATION FOR INDIGENOUS PEOPLE

The Vic Tec site is where Indigenous people can apply online for apprenticeships and trainings, just click on the flag on the home page and then an online application/expression of interest form can be found with regard to Indigenous traineeships in:

- Business Administration
- Financial Services
- Information Technology

The website can be found at:

[www.victec.com.au/joomla/index.php?option=com\\_content&task=view&id=1](http://www.victec.com.au/joomla/index.php?option=com_content&task=view&id=1)

---

## AUSTRALIAN CHILDHOOD FOUNDATION WORKSHOPS

Trauma Beyond Words (Level 1)

Exploring the impact of trauma on children's development in the first two years of life.

Melbourne - **2nd May 2008**

Mind in Action

Playful activities for children who have experienced abuse related trauma.

Melbourne - **12th May 2008**

Tuning In

Supporting vulnerable parents to be responsive to the needs of their abused and traumatized children.

Melbourne - **30th May 2008**

Information about other Professional Development seminars will be on the website [www.childhood.org.au](http://www.childhood.org.au) in the near future. If you have any queries regarding the above workshops or would like to receive a copy of the complete 2008 training calendar, please contact Liz Alexander on 9874 3922 or email [training@childhood.org.au](mailto:training@childhood.org.au)

---

## RACISM MAKES ME SICK CAMPAIGN

Australian Race Discrimination Commissioner, Tom Calma, congratulated ANTaR (Australians for Native Title and Reconciliation) on the launch of the Racism Makes Me Sick campaign on the 21st of April.

“Australia is a country that takes pride in its indigenous peoples and the multicultural make up of its society,” said Commissioner Calma. “ANTaR’s Racism Makes Me Sick campaign is a vital reminder that racism has both physical and psychological effects on the person the receiving end.”

The Campaign draws upon research conducted by the University of Melbourne that identified the physical effects suffered by people who personally experience racism.

Three out of four Aboriginal and Torres Strait Islander people experience racism in their daily lives. The research identifies heart disease, premature births, hypertension and mental illness as negative effects of racism on the health of Aboriginal and Torres Strait Islander people in Australia.

“This campaign provides important information about the effects of racism to the public, as well as providing them with action they can take as individuals to confront the problem” said Commissioner Calma.

“There is a 17 year gap in life expectancy between Indigenous and non-Indigenous people in Australia to which racism is most definitely a contributor in many ways,” said Mr Calma. “Campaigns such as this assist us as Australians to understand the full impact of racism and to take action to stop it.”

The campaign has a website at [www.antar.org.au/racism](http://www.antar.org.au/racism).

---

## VICHEALTH UPCOMING EVENTS

To view any of these events please visit [www.vichealth.vic.gov.au/events](http://www.vichealth.vic.gov.au/events)

### Public Lectures:

- Sexual Health Forum: Explore the big issues facing young people who inject drugs.
- Talking Justice: A series of monthly community conversations.
- Mental Health Forum: Inside Work - Building Resilient Professionals

### Seminars:

- Social connection: theoretical approaches and methodological challenges.
- A poor prognosis for survey methods? Assessing the health of survey methods in social research.

### Conferences:

- 3rd Asia Pacific Nutrigenomics Conference: Diet-Gene Interaction in Human Health and Disease.
- Communities, Accessibility and the Arts
- Diabetes Management - A Team Sport

### Short Courses/Workshops:

- Promoting Mental Health & Wellbeing.
  - Go for your life Healthy Canteens Workshop Geelong Region
  - What makes a good paper? Words of wisdom and practical advice for getting your work in print.
  - Common Problems in Clinical Research
  - Ethics and Good Research Practice
-

# OSTEOPOROSIS WOMEN'S HEALTH UPDATE

For Health Professionals  
Attend in person at the RACP or attend via videoconference.

**Tuesday 20th May 2008** from 6.00pm to 8.30pm  
RACP Building 2/417 St Kilda Road Melbourne

## Presenters:

- Professor Peter Ebeling, Endocrinologist - Department of Medicine Western Hospital, University of Melbourne.
- Assoc Professor Robin Daly, Principal Scientist - Department of Medicine Western Hospital, University of Melbourne

## Topic Includes:

- Osteoporosis: under diagnosed and under treated public health problem.
- Management options.
- Preventative measures.
- Interactive Case Study

RSVP or to organise video conference call 9927 7777 or email [events@telehealth.com.au](mailto:events@telehealth.com.au)

## 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

25 David Street, Post address: PO Box 501, Horsham VIC 3402

Phone: 5362 1222 Fax: 5382 4687

**Mandi Stewart** - Executive Officer

[mandi.s@gchc.org.au](mailto:mandi.s@gchc.org.au)

0428144812, 5362 1223

**Donna Bridge** - Agency Liaison Officer

[donna.b@gchc.org.au](mailto:donna.b@gchc.org.au)

0429174763, 5362 1221

**Bindy McDonald-Lees** - Heatwave Project Officer

[bindy.m@gchc.org.au](mailto:bindy.m@gchc.org.au)

0458 208 833, 5362 1226

**Jan Hall** - Project Officer

[janet.h@gchc.org.au](mailto:janet.h@gchc.org.au)

0429 357 576, 53 621 222

**Geoff Witnitz** - Agency Liaison Officer

[geoff.w@gchc.org.au](mailto:geoff.w@gchc.org.au)

0428358672, 5362 1225

**Carolyn Russell** - Project Officer

[carolyn.r@gchc.org.au](mailto:carolyn.r@gchc.org.au)

0428 553 735, 5362 1224

**Kellie Uytdehaag** Admin Assistant

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

5362 1222