



# 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 
- 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 

## CHEAP AND HEALTHY COOKING

Come and have fun preparing and sharing quick and easy meals that don't cost an arm and a leg!

**Mondays at 11am to 1pm**  
Starting 2nd June 2008 for 4 weeks

Nhill Neighbourhood House - 80 McPherson Street  
\$15.00 to register (includes recipe book)  
\$5 per session (to cover food costs)

Facilitators: Melissa Mason and Rachel Milte  
West Wimmera Health Service Dietitians

To book contact Nhill Neighbourhood House  
Learning Centre on 5391 2196

## HORSHAM NORTH COMMUNITY GARDEN MEETING

**Thursday 29th May 2008** from 4pm  
Horsham Community Action Centre - 11 Kalkee Road

The Community Garden project is entering an exciting new stage. Come and hear where we are at, even more importantly **become involved**.

### Latest News:



They have received \$39,000 from Sport and Recreation Victoria (\$60,000 in total) to develop a creative playground in Horsham North (CMI Reserve)

And

A further \$20, 000 (Neighbourhood Renewal community Infrastructure funding) to further develop the Community Garden Project.

So there are some very exciting times ahead for our community.

Please join them, spread the word - all are welcome to attend.  
RSVP to the Community Action Centre on 5381 2077

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

## Celebrate Reconciliation Week 2008

BBQ Lunch and Walk for Reconciliation  
**Wednesday 28th May 2008**

The Barengi Gadjin Land Council, in partnership with Horsham Rural City Council, Wimmera Catchment Management Authority & Wimmera Primary Care Partnership, invite Indigenous people all members of the public to participate in celebrations to mark Reconciliation Week.

In the spirit of the Reconciliation Victoria theme for 2008, which is 'Lets Walk the Milke, Lets Reconcile', an optional 1 mile walk will be undertaken along the Wimmera River in Horsham by interested participants, culminating in a BBQ lunch at the Angling Club Rooms next to the Soundshell.

There will also be posters and information kits on reconciliation, explaining how everyone can become more involved in this important social movement.

### Program

- 11.30am Traditional Welcome & Address by HRCC Official & Wotjobaluk Elder @ Angling Club Rooms, Sawyer Park, Horsham
- 12.00pm Walk for Reconciliation along the Wimmera River (1 mile loop)
- 12.30pm BBQ Lunch @ Angling Club Rooms

Note: all walk participants will receive a free Reconciliation Badge.

Contact for more information: Gail Harradine 5381 0977

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## RELAXATION MASSAGE AND AROMATHERAPY

This one day workshop will cover aromatherapy, massage techniques (both relaxation and remedial), trigger point therapy and introduction to myofascial release.

Participants will be taught the benefits and uses of aromatic oils through massage, vaporization and blending. Massage techniques will be taught covering relaxation and remedial and emphasis placed on specific techniques covering neck, shoulder and back pain. The workshop will also cover trigger point therapy, which makes reference to referred pain patters and its principals of application.

Garry the tutor is a qualified masseur, who has been teaching massage for many years throughout Victoria. He has worked as a masseur for the AFL and Women's Golf Australia. Please bring 3 towels and a pillow to class. BYO lunch.

**Sunday 25th May, 2008** from 9.30am to 4.30pm  
Fee: \$97 (Conc. \$85) Location: HUB Theatrette - Phone: 5382 5111

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## KOORIE EDUCATION 'EVERYONE'S BUSINESS'

**Wednesday 28th May 2008** - Brambuk Cultural Centre Halls Gap  
Regional Koorie Education Conference - Some great and wonderful developments in Koorie Education linking to "Wannik" and Dare to Lead  
Guest speaker Lillian Holt: Topic "Education & Excellence"

Visit [www.pd-online.com.au](http://www.pd-online.com.au) for more information

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## OTHER RECONCILIATION WEEK ACTIVITIES IN THE WIMMERA/GRAMPIANS

### Thursday 29th May 2008

Wimmera Health Care Group  
Staff & Community to Walk a Mile  
To Reconcile around the block  
Of the Hospital - Morning tea  
Contact: Kim Galpin or Estelle  
French on 5381 9373

### Thursday 29th May 2008

Wimmera Uniting Care  
Staff and Community Afternoon Tea  
Traditional Welcome  
Contact Yvonne Dawson or Kaylene  
Clarke on 5382 6789

### 31st May 2008 - 6pm to 12.30am

Goolum Goolum Co-operative  
25th Anniversary Celebration Caberet  
Invitation only  
Contact Kiewa Lovett or Adina King 5381 6333

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## PALLIATIVE CARE WORKSHOP - AGED CARE/ PALLIATIVE CARE

### The Role of PEGs in Advanced Dementia

Regina Kendall

### Bringing Life to Death

Shirley Glover

### After Hours Guidelines for Wimmera Region

Melanie Hahne

### Wimmera Regional Update

Dr Rob Grenfell

### Pain & Symptom Management

Dr Greg Mewett

### Syringe Driver Training

Regina Kendall

### The Use of Norspan in Aged Care

Karen Bouchier

### Panel Discussion

**Monday 30th June 2008** from 9.00am to 4.00pm

Light lunch provided

Grains Innovation Park, Natimuk Road Horsham

Cost: Grampians Region \$40, Non Grampians \$80

RSVP to 5320 3553 or email [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

## NO TOBACCO DAY - FRIDAY 30TH MAY

We invite your organisation to encourage workers who smoke to be a part of a

### TOBACCO FREE DAY

Take up the challenge - cease smoking for a full day or 8 hours

Participation Draw

Completed supporter's form will be put into a draw with the major prize  
being a dinner for 2 plus other giveaways

Nominate 1 to 2 support people

Contact Launa on 0439 799 817 or Anna on 0400 170 357

Supported by Grampians Community Health Centre & Wimmera Sports Assembly

## CRISIS PAYMENTS

Crisis Payment is a one-off payment to help with the cost of establishing a new home, or to assist with the cost of securing the person's home through changing locks or repairing damage. Social Workers assess Crisis Payments for extreme circumstances (domestic and family violence).

To qualify for a payment of Crisis Payment under extreme circumstances (domestic and family violence), a customer must meet all the following criteria:

- They make a claim for Crisis Payment within seven days after the extreme circumstance occurred.
- The customer has left home and it is unreasonable to return home due to the circumstances and they have established, or intend to establish a new home, or
- They have elected to remain in their own home after being a victim of domestic or family violence and the offending family member has left or has been removed from the family home.
- They are qualified (and payable) for a social security benefit, social security pension or ABSTUDY Living Allowance.
- They were in Australia when the extreme circumstance occurred and they lodged the claim in Australia.
- They have not been paid more than four payments of Crisis Payment for extreme circumstances (domestic or family violence or other extreme circumstances) in any 12 month period.
- They have not intentionally brought about the extreme circumstance with a view to obtaining a payment of Crisis Payment.
- Are in severe financial hardship.
- They are not subject to an assurance of support (if it is unreasonable for the assure to accept the assessor's support, Crisis Payment may be payable).
- They are not subject to an eight-week non-payment period.
- They have not already received a Crisis Payment for the same extreme circumstance.
- On the day that the claim is made, they must be an Australian resident or protected Special Category Visa holder, or the holder of a specified visa subclass that qualifies them for Special Benefit.
- It may also be payable to an alleged, or actual, perpetrator of domestic violence who has been removed from the family home by police following an instance of alleged, or actual, domestic violence and who cannot remain in, or return to, the home for legal reasons. It must be verified that the perpetrator or family member actually lived with the victim in the family home immediately before being removed.

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## HOW TO GET VALUE FROM SECONDARY CASE CONFERRING BY VIDEOCONFERENCE

**Tuesday June 10th** from 10.30am to 11.30am

Presenters: Michelle Cowie-Scott and Marisha Jarecki

Senior Clinicians - Primary Mental Health Team Ballarat Health Services

Where: via videoconference from your local hospital

Who should attend: social workers, community health workers, drought counsellors,  
family counsellors.

Further information: Gayle Boschert, Clever Health Project Worker GRHAnet, email  
[gayleb@grhanet.com.au](mailto:gayleb@grhanet.com.au) or ring 5320 4049 (94049) internal

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## FAMILY CONFERENCES & DELIVERING BAD NEWS REFERRING TO A PALLIATIVE CARE SERVICE

Guest Speakers:  
Dr David Brumley, Palliative Care Physician  
Dr Greg Mewett, Palliative Care Physician

**Monday 2nd June, 2008** from 6.30pm to 9.00pm  
Drinks and Nibbles provided  
Education Resource Centre, BBH, Ballarat Health Services  
Drummond Street North, Ballarat  
Cost Grampians Region \$10, Other \$20

RSVP to 5320 3553 or [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

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## 'GO FOR YOUR LIFE' PHYSICAL ACTIVITY FORUM

**11th June, 2008**  
Treasury Theatre, Melbourne

**Promoting Physical Activity for those with Disabilities**

For more information visit [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

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## NATIONAL DIABETES WEEK - 13 to 19 July 2008

### Expression of Interest

Diabetes Australia will launch a new campaign on Sunday 13th July to mark the start of National diabetes Week 2008. The campaign will focus on family history and being overweight or obese as key risk factors in the development of type 2 diabetes. A campaign kit containing a range of new resources will be offered to health professionals to support community-based awareness activities.

A new website [www.diabetesinfamilies.com.au](http://www.diabetesinfamilies.com.au) will go live on 13 July to coincide with the launch of the campaign. You will find more information about the campaign, including an interactive type 2 diabetes **Tick Test** on the website.

For more information contact the Diabetes Australia Infoline on 1300 136 588.

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## PRIMARY HEALTH WEEKLY BULLETIN

The latest edition of the Primary Health Weekly Bulletin can be found at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/bulletin220508.htm?src=email&id=220508](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/bulletin220508.htm?src=email&id=220508)

In this edition:

- Support for members of new and emerging communities to become interpreters.
  - Intensive & comprehensive diabetes programs for health professionals.
  - Papers and presentations invited for Partnerships for Social Inclusion Conference, Melbourne 2008.
  - Communities in Control Conference, Melbourne 2008.
  - Know your numbers and keep the pressure down in your community.
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# TOURS OF COLLINGWOOD COLLEGE KITCHEN GARDEN

## Stephanie Alexander Kitchen Garden Foundation

### 2008 Tour Dates

12th June, 24th July, 14th August, 11th September, 13th November, 11th December.

First Tour: 11.30am to 12.15pm      Second Tour: 1.15pm to 2.00pm

Collingwood College is located at Corner Cromwell Street and McCutcheon Way, Collingwood.

The tours will coincide with a kitchen and garden class, and it is our intention to cause as little disruption as possible, to those classes. There will be time for questions outside of the classroom areas. The tours will be taken by staff and/or volunteers of the SAKGF and a promotional DVD about the SAKGF program will be screened prior to the visit of the kitchen and garden. There is a cost of \$5 per person per tour, to secure a place and your attendance. This money will be treated as a donation to the Foundation and will be collected on the day. Bookings will be taken on a 'first in' basis.

Please book your place for a tour indicating your preferred date, time and number attending by email: [info@kitchengardenfoundation.org.au](mailto:info@kitchengardenfoundation.org.au)

Stephanie Alexander Kitchen Garden Foundation [www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.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>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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