

November 24th, 2008



Wimmera Primary Care Partnership

- Wimmera Primary Care Partnership Member Agencies**
- Access for all Abilities 
 - Benetas 
 - 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 
 - Hopetoun & District Neighbourhood House 
 - Horsham Rural City Council 
 - Horsham Regional Arts Association 
 - Karkana Support Services 
 - Murtoa & District Neighbourhood House (SLAAM) 
 - Rural Northwest Health 
 - Salvation Army Family Services 
 - University of Ballarat 
 - West Vic Division of General Practice 
 - West Wimmera Health Service 
 - West Wimmera Shire Council 
 - Wimmera Health Care Group 

'LIFE' TAKING ACTION ON DIABETES PROGRAM AND LIFESTYLE MODIFICATION PROGRAM

Wednesday 3rd December at 11.30am

Grampians Community Health Centre - 25 David Street Horsham (prior to the next Chronic Disease Reference Group Meeting).

This session will provide more information to services on:

- What the programs are.
- Training.
- Reimbursement to health services who offer these programs.
- How the programs fit with what health services already offer.
- Eligibility and referral.

It is hoped this session will provide clear and useful information to services and generate discussion on how everyone can work together to deliver in our region. Representatives from Diabetes Australia and the Lifestyle Modification Program will be available to answer our queries.

RSVP to Donna Bridge, Wimmera PCP on 5362 1221 or email donna.b@gchc.org.au

CHRONIC DISEASE MANAGEMENT CONFERENCE

Network with key chronic disease management stakeholders.

The 2nd Annual conference and showcase where the global leaders in chronic disease management meet with Australasia's health leaders to learn, network and form relationships.

For further information visit www.terrapinn.com/2009/cdman/

SOCIAL MARKETING ONLINE COURSE

www.cdc.gov/nccdphp/dnpa/socialmarketing/training

Wimmera Hearing Society



Wimmera HUB



Wimmera Regional Sports Assembly



Wimmera Southern Mallee LLEN



Wimmera Uniting Care



Wimmera Volunteers



Women's Health Grampians



Woomelang District Bush Nursing Centre



Yarriambiack Shire Council



YMCA, Horsham Aquatic Centre



MID WEEK TENNIS TOURNAMENT

Convenors - Haven Tennis Club - Henty Highway Haven

Tuesday 9th December

From 9am - entry \$12 per player

Come along and enjoy a fun day of tennis at the Haven Tennis Courts. Organise a partner and register before 6pm on Sunday 7th December. There is a special section for men players - let us know if you would like a partner.

For registrations / enquiries phone:
Ella Bardell 5381 2271, Sue Exell 5382 6313

Rain, hail or shine the day is on!

LOCAL HISTORY GRANTS PROGRAM

Applications are open for Public Record Office Victoria's Local History Grants Program which offers grants of up to \$12,000 for individual projects that assist communities to tell their stories.

Not for profit community groups across Victoria are encouraged to apply. Previously funded local history projects include, newspaper microfilming, work on community archives, projects for community exhibitions, historical murals and book publishing. Many local sport and recreation clubs/associations and schools have successfully received grants.

Applications close on 24th November 2008.

For details, phone the grants administration officer at Public Record Office Victoria on 9348 5691 or visit www.prov.vic.gov.au/1hgp

IF NOT DIETING - HEALTH PROFESSIONAL 2 DAY TRAINING

WestVic Division of GP - calling for expressions of interest to attend.

The Person Centered Approach to Healthy Weight Management: helping people achieve and maintain a healthy weight.

Presented by Rick Kausman & Co-Facilitated by Janet Lowndes (Psychologist).

Topics include:

- Physical & emotional health risks of dieting.
- Key concepts underpinning the 'Person-centered Approach'.
- The first Consultation & Non-Hungry eating.
- Achieving Healthy Weight Management.
- Self Care for Health Professionals

Proposed date: Friday 27th & Saturday 28th March, 2009

For more information please contact Melanie Tippet, Practice Support Officer on 5381 1756 or email m.tippet@westvicdiv.asn.au

EMERGENCY VOLUNTEER SUPPORT GRANTS

The Emergency Volunteer Support Grants will provide practical help to the many Victorians and local community organisations providing voluntary emergency relief in communities that are suffering as a result of the drought.

The Victorian Government knows that volunteers and emergency relief organisations are the backbone of rural and farming communities. The length and severity of the current drought has meant that volunteers and volunteer organisations now need help to bolster their capacity to ease the personal stress of existing volunteers and to recruit new volunteers.

Application forms are available online at www.grants.dpcd.vic.gov.au Grant applications may be submitted in a number of ways.

- Online at www.grants.dpcd.vic.gov.au
- Email to grantapplications@dpcd.vic.gov.au
- Phone 9208 3680

MENTORING WORKS - WOULD YOU LIKE TO BE A MENTOR?

The Department of Human Services has funded MentoringWorks to provide a mentoring program throughout regional Victoria and MentoringWorks is providing training for experienced Allied Health workers who would like to be mentors.

Training in Ararat - please note changes in dates -

4th & 5th December from 9.30am to 4.30pm
Ararat Information Visitor Centre, Railway Station Complex, High St Ararat

Mentee Meeting

Are you an Allied Health worker....then you are eligible for a mentor.

If you would like to hear more about this free service, come to a meeting for mentees and be matched with your mentor.

Friday 5th December from 12.30pm to 4.30pm (lunch included)
Ararat Information Visitor Centre, Railway Station Complex, High St Ararat

For registrations and/or more information contact Debbie on 9486 7781
or email admin@mentoringworks.com.au

1, 2, 3 MAGIC - WORKSHOP FOR PARENTS OF CHILDREN AGED 3 - 12 YEARS

You will gain practical tips on how to get kids to stop doing the things that drive you crazy (like arguing, demanding, temper tantrums and fighting) and start doing the things you want them to do.

Learn how to manage and effectively encourage children's behaviour, with the aim of decreasing emotional stress for both the parent and the child.

Saturday 29th November from 10am to 4pm
HUB Theatrette - \$33 (fee)

For more information contact the HUB on 5382 5111

HOME WISE: APPLIANCE & INFRASTRUCTURE GRANT

Needy Victorian households have been urged to take advantage of a \$16.2 million Government initiative to help replace faulty essential home appliances.

Extreme poverty is not prevalent in Australia but it is still estimated that more than one million Australians are struggling to cope. The Government is taking action to help vulnerable Victorians and this program will provide more assistance to people struggling to repair or replace faulty essential appliances like refrigerators, hot water services, heaters and washing machines.

The grants are available to eligible holders of pensioner concession cards, Centrelink Health Care Cards or Gold Cards.

Previously known as the Capital Grant Scheme, Home Wise now allows eligible Victorians to receive an appliance every five years to two at one time every 10 years, instead of once in a lifetime. Replacement appliances are selected on the basis of energy or water efficiency to enable a reduction in energy or water consumption for the applicants household. In addition, households with five or more occupants will now be able to apply for a grant to supply and install ceiling insulation batts.

Home Wise grants through the Department of Human Services come on top of an \$82.3 million Government support package for low-income Victorians, which includes targeted concessions for essential services such as water, energy and ambulances.

Application forms for the Homewise Grant are available direction from the DHS or can be obtained from a financial counsellor or welfare agency.

For more information on concessions contact the DHS Concessions Unit Information Line on 1800 658 521.

LEADING MANGEMENT PRACTICE WORKSHOP - MELBOURNE

1st & 2nd December

CSHTA (now renamed Capabilities Plus) is offering the workshop in response to the community services and health sector being identified as requiring the fastest rate of workforce growth.

The workshops will provide practical advice on how to improve management processes, and develop skills and knowledge to support workforce growth and development.

Workshop Day one topics include career pathways, recruitment and retention, and management issues. Workshop Day two covers mentoring and coaching, individual staff development strategies and a holistic focus on addressing workplace requirements.

Cost: attendance at one workshop is \$495 or the two workshops cost \$890. For more information contact Tandiss Hatami on 9270 6619 or email info@cshta.com.au

More information can be found at www.capabilityplus.com.au

SURVEY - DISABILITIES & THE ARTS

If you have a disability and are involved in the arts, or would like to be, then the Victorian Arts & Disability Research Project seek your response to this survey. To complete the survey visit

www.surveymonkey.com/s.aspx?sm=00yYAK9_2filla4X2aFzGs5g_3d_3d

PRIMARY HEALTH WEEKLY BULLETIN - 20 NOVEMBER

The latest edition of the Primary Health Weekly Bulletin is now available at:
www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?serc=email&id=201108

In this edition:

- Greater effort needed to recruit and retain bilingual staff.
- Last chance to register for the service coordination forum.
- Conference: the power of partnerships - working together to create healthier communities.

VICHEALTH CONFERENCE SUPPORT GRANTS

The Conference Support Grants Scheme provides limited support to conferences conducted by other providers. VicHealth is interested in supporting other organisations that are facilitating knowledge transfer in the field of health promotion and public health.

VicHealth is committed to strengthening its knowledge acquisition and knowledge sharing capacity. It considers education, training and information dissemination as part of an overall knowledge transfer process.

Applications will be accepted from not-for-profit community groups and organisations, local government, education institutions and non-government organisations located in Victoria.

Small grants of between \$1000 and \$10,000 are available to organisations for the purposes of organising and implementing health promotion conferences.

Closing date for applications is on Friday 23 January 2009.

For further information please visit the following website:
www.vichealth.vic.gov.au/Content.aspx?topicID=547#cs_1367

GRANT PROGRAM STATUS UPDATE - CURRENTLY OPEN

Program Name	Closing Date
'Go for your life' Grants for Active CALD Communities	5/12/08
Restoring Community War Memorials Grants	16/02/09
Drought Relief for Community Sport & Recreation Program	27/2/09
Modernising Neighbourhood House Program	2/3/09
Country Action Grants Scheme 2009 - Phase 2	16/03/09
Victalent 2009 - Phase 2	16/03/09

Continuously Open

Country Football & Netball Program
 Emergency Grant to Replace Essential Sporting Equipment
 Emergency Volunteer Support Grants
 Victorian Community Support Fund - Building Community Infrastructure
 Victorian Community Support Fund - Planning
 Victorian Community Support Fund - Strengthening Communities
 Victorian Volunteer Small Grants

More information about these grants can be obtained from www.grants.dpcd.vic.gov.au

'MOTIVATION FOR LIFE' from LISA

Are you afraid to try or are you afraid to fail?

A well-lived life is not for the timid. The world was never meant to be approached with extra caution and fear of making mistakes. Kids know that you have to jump in feet first and be willing to take some lumps on the head if you're going to have any fun.

When did we stop trying new things? Why did we stop taking risks?

In large part, we're afraid of messing up. We've settled into our comfort zones and don't want to look like a fool to ourselves or others. What's the price we pay for our pursuit of perfection? No growth, no sense of discovery, few real experiences. The sacrifice isn't worth it.

Are there points in your life that you wish you could have back because you didn't pursue an idea or a new interest? Those chances are gone forever but you'll have more in the future to take full advantage of.

It's been said that most people don't learn much that's new past their 20s. That's an awful long time to stay stagnant. The only mistake you should be afraid to make is not trying.

To swear off mistakes is very easy. All you have to do is swear off having ideas.

Leo Burnett, advertising pioneer

Lisa Cosson - Westvic Division of General Practice

Phone: 5381 1756 Mobile: 0418 106 439, Email: l.cosson@westvicdiv.asn.au

The Wimmera Primary Care Partnership newsletter is compiled from information from organisations and partner agencies who provide details of upcoming events. Information is received and published in good faith and although every effort is made to only publish current information, we cannot however control cancellations or change of workshop dates, or accuracy of information provided to us. If you need further details about any of the information included in this newsletter, please contact the people individually listed in that information.

If you would like to input and feedback on this newsletter; have suggestions for future editions; or you would like to subscribe or unsubscribe please contact Kellie on 5362 1222 or email pcpadmin@gchc.org.au

Wimmera PCP Diary Dates

December	
3rd	11.30am Diabetes Lifestyle Program Meeting @gchc. 1pm Chronic Disease Reference Group Meeting
5th	10am Wimmera PCP Partnership Breakup @ Mt Arapiles
11th	10am PCP Planning - Integrated Community Health Plan @ Golf Club

For further important dates please visit our website at

www.wimmerapcp.org.au

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