

October 13th, 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 

PROJECT WORKER - PART TIME (0.8 EFT)



Hours and days negotiable in order to attract the best applicant.

This position involves working across a range of projects including community education. To undertake this role successfully you will need to have knowledge and experience in the planning, delivery and evaluation of health promotion and/or community development programs. You will also require sound consultation skills as well as excellent verbal and written communication skills.

For further information contact Mandi Stewart at Wimmera Primary Care Partnership on 5362 1223, or to request a position description via email Mandi.s@gchc.org.au

Applications close Monday 27th October 2008

RIDE TO WORK DAY - REGISTRATIONS OPEN

Register now for Ride to Work Day on **Wednesday October 15th**

Cycle in to the FREE Horsham Community Breakfast at Civic Centre Courtyard, Urquhart Street, Horsham

From 8am to 9am

RSVP to wtc@wimmvol.com.au or phone 5382 5607

Register your workplace to be in the running to win some great prizes at www.ride2work.com.au

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



ADHD WORKSHOPS THROUGHOUT VICTORIA

October and November

For Parents, Teachers and other Professionals

Kerry Cooney, author of the most comprehensive ADHD behaviour management book, Every Day with ADHD, and facilitator of parenting courses, workshops and seminars on ADHD for over 10 years is conducting workshops in Victoria during October and November.

The presentations are designed to offer understanding and management keys to Parents, Teachers, Early Childhood professionals, Carers, in fact, anyone who wants to understand and better manage the world of ADHD. Learn how to decrease angry and aggressive behaviour; reduce stress and anxiety; provide tools for the child's future; while giving recognition and encouragement to positive qualities.

The workshops are being conducted in the following areas:

Altona Meadows - Thu Oct	Aspendale Gardens - Wed 15 Oct	Ballarat - Wed 22 Oct
Bendigo - Mon 27 Oct	Berwick - Mon 13 Oct	Broadmeadows - Thu 9 Oct
Echuca - Thu 30 Oct	Frankston - Tue 14 Oct	Geelong - Mon 20 Oct
Greensborough - Wed 8 Oct	Melton - Tue 21 Oct	Mildura - Tue 28 Oct
Portland - Thu 23 Oct	Ringwood - Fri 10 Oct	Shepparton - Wed 5 Nov
St Kilda - Thu 16 Oct	Swan Hill - Wed 29 Oct	Wangaratta - Thu 6 Nov
Warrnambool - Fri 24 Oct	Wodonga - Fri 7 Nov	

Workshop Cost: \$30 adult, \$40 couple, \$20 pensioner.

Please register via the website at www.everydaywithadhd.com.au and visit **workshops and seminars**.

OCTOBER EDITION OF ACTIVE INFORM

The focus of this edition is the **International Walking Charter** and can be accessed by visiting: [www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Active_Inform_October_2008.pdf/\\$File/Active_Inform_October_2008.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Active_Inform_October_2008.pdf/$File/Active_Inform_October_2008.pdf)

Don't forget to register for the next forum: Walking for health: evidence and inspiration. Due October 21st.

Active Inform is a product of the 'Go for your life' physical activity

WIRE - WOMEN'S INFORMATION

Working with Women Experiencing Social and Problem Gambling

Wednesday 19th October from 10.30am to 4.30pm

Department of Justice, Level 27, 121 Exhibition Street, Melbourne

To register, please contact Rachel Haanarhan on 8684 1938
or email Rachel.haanarhan@justice.vic.gov.au

FREE ENERGY HARSHIP TRAINING PROGRAM FOR EMERGENCY RELIEF AND COMMUNITY WORKERS

Presented by Community Information Victoria Inc (CVICic) on behalf of Consumer Affairs Victoria

Friday October 24th

10 am for 10.30 start, should finish about 1.30pm

Community agencies offering emergency relief services now have access to FREE information and training programs as part of the Government's A Fairer Victoria policy and in response to the 2005 Inquiry into Financial Hardship of Energy Consumers.

As it is now mandatory for energy retailers to have hardship policies for their domestic customers in Victoria, Community Information Victoria Inc (CIVic), on behalf of Consumer Affairs Victoria, is conducting a number of training programs in metropolitan and regional Victoria by the end of 2008 for staff and volunteers who work with clients facing energy hardship.

This 3 hour training session is relevant for emergency relief workers whose role brings them in contact with people having difficulties paying their gas or electricity bills.

Topics covered include:

- The rights and responsibilities of customers and retailers.
- Understanding energy bills and ways of making payment.
- Assisting people who have payment difficulties.
- Useful information about concessions, grants, loans, rebates, and other available support.
- Disconnection.
- Complaints and useful contacts.

Participants in the training sessions will receive a practical workbook. A statement of participation will be issued to those attending training and a light lunch will be provided.

Please note that this three-hour Energy Hardship Training workshop is designed to skill relief workers and volunteers to assist people having difficulty paying their energy bills and is not to be confused with energy hardship information sessions provided by energy retail companies.

How to register: Call Heather Brassington on 5495 3300 or email stnh@gir.net.au

For further details contact Helen Besley on 9672 2007 or email helen@civ.org.au

MENTAL HEALTH FIRST AID TRAINING 2008

NMIT - Ararat

Tuesday 28th and Wednesday 29th October from 9.30am to 4pm

This course aims to improve participants' knowledge of mental disorders, reduce stigma and gain skills in helping others.

RSVP to Chantal Thomas on 5352 6204 or email chantalp@grampianspyreneespcp.org.au

ACTIVE SERVICE MODEL

This new framework is to be implement in HACCC funded programs. It is based on the premise that clients have the potential to make gains in their wellbeing and that the HACCC service system can improve its capacity to support this.

The key components of the active service model include:

1. Emphasis on capacity building or restorative care to maintain or promote a client's capacity to live as independently as possible. The overall aim is to improve functional independence, quality of life and social participation;
2. An emphasis on a holistic person-centered approach to care, that promotes clients; wellness and active participation in the decisions about care; and,
3. An attempt to provide more timely, flexible targeted services that are capable of maximizing the client's independence.

For further information on the Active Service Model, visit the website at:

www.health.vic.gov.au/hacc/projects/asm_project.htm

FARMING FOR THE FUTURE

Leadership in a Changing Climate - 31st October 2008

Breakfast

Horsham Golf Club - 7.30am start
 Guest Speaker: Professor Tim Flannery
 Cost: \$25

Forum

Longerenong College - 9am to 5.30pm
 Guest Speakers:
 Professor Tim Flannery
 Mark Wootton - Western District Farmer and Sustainability Advocate
 Scott Power - Bureau of Meteorology Climate Expert
 Plus a packed workshop program.
 Cost: \$25

Registrations for both to Wimmera Catchment Management Authority
 on 5382 1544 or email wca@wcma.vic.gov.au

GET THE BOWL ROLLING - WHEELCHAIR SPORTS VIC

People with a physical disability are encouraged to come and try lawn bowls...for an enjoyable and social day, come along and get the bowl rolling.

Wednesday 15th October

Warracknabeal Bowling Club

10am: Disability Awareness Session conducted by VIC lawn bowls champion Steve Odgers and motivational speaker Gary Connor.

11am: Light refreshments.

12pm: Try lawn bowls out on the greens with Steve Odgers

For more information call Jared on 9473 0133 or email jkeely@wsv.org.au

REGIONAL ARTS AUSTRALIA CONFERENCE



Sarah McLean from Horsham's Awakenings Festival won the inaugural Regional Arts Australia Youth volunteer award at the recent art at the heart conference in Alice Springs.

PRIMARY HEALTH WEEKLY BULLETIN

The latest edition of the Primary Health Weekly Bulletin is now available at:
www.dhs.vic.gov.au/rhacs/ph_bulletin/nocache?src=email&id=091008

In this edition:

- Disability and Health Self-Help Funding Grants for 2008-2009.
- WHOLE: A new health and wellbeing Initiative for Primary Schools.
- DHS funded services for Medicare Ineligible Asylum Seekers.

DISABILITY AND HEALTH SELF-HELP FUNDING GRANTS

For 2008-2009

The Disability Self-Help Funding Program and Health Self-Help Funding Program provide non-recurrent grants to disability and health self-help groups across the State that are not eligible for other government grants.

To be eligible for funding the self help group must:

- Be supporting people living with a disability or chronic illness;
- Be non-profit making;
- Be controlled by its members;
- Have an ongoing membership; and
- Not be eligible to apply for other government grants.

Small operating grants will be provided for one year and statewide, regional and local groups may apply.

Funding guidelines, application forms and further information on the two Programs can be obtained via the DHS website at:

www.dhs.vic.gov.au/disability/building_better_communities/self_help_funding

Applications close Friday 14th November 2008.

For further information contact Alistair Sandison on 9096 8470 or email Alistair.Sandison@dhs.vic.gov.au

'MOTIVATION FOR LIFE' from LISA

There's more to healthy than just not having a fever.

Are you healthy? This may seem like a simple question, but it's more complicated than that.

If an outside observer were to look at your daily actions, thoughts and behaviours, would she think you're a healthy person, one who eats nutritious meals, breathes correctly, gets enough sleep, and cares for his body?

These are simple things that we take for granted, but they have major impacts on your health. Do you make time to maintain good health? If you do, the you're on the right track - continuous improvement should be your goal.

If you don't make health a priority, start TODAY!

There's no time like the present to build your foundation of a healthy future.

To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

William Londen

Note from Lisa: "continuous improvement"ditch the diet mentality!!!!

Lisa Cosson - Westvic Division of General Practice, Phone: 5381 1756 Mobile: 0418 106 439,
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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

October

15th

Ride to Work Day

27th

10am

Wimmera Men's Shed Network Meeting

November

2nd

Karkana Strawberry Fair

5th

10am

Shared Interest Group Meeting

13th

12.30pm

HP Network Meeting

3.30pm

PCP Executive Meeting

Wimmera Primary Care Partnership Office

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