


October 20th, 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
Parent Centre Support Services Community Development
- 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 

RIDE TO WORK DAY

Over 70 Horsham workers took to the streets for the **Ride to Work** day on Wednesday 15th October.

They joined thousands of other 'peddlers' around Australia who cycled to work. Cyclists were rewarded with a community breakfast in the Civic Centre Courtyard in Horsham.



National Ride to Work Day provided a perfect opportunity to have a go at riding to work. Thousands of new riders joined in last year and five months later 29% of those new riders were still riding to work.

Wimmera Regional Library team, including Paula Clark who cycled in from Murtoa!

A STEP AHEAD - STORIES OF FARMING LIFE

NEW DVD

Change isn't new to farming - a quick look around any farm machinery shed proves that. But the pace of change is quickening.

Sometimes change can feel like pressure, and sometimes things are uncertain - but change can bring about innovation, new technology and also new opportunities.

Today our best farm businesses are sophisticated, productive and profitable enterprises willing to explore new ideas and adapt new practices.

This DVD tells the stories of Victorian farming families committed to their industry, who have tackled the current challenges and opportunities with optimism.

If you would like a copy of this FREE DVD, please call Kellie on 5362 1222 or email pcpadmin@gchc.org.au

There are people and resources available to help farm business, for more information call 136 186 or visit www.dpi.vic.gov.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



SUPPORTIVE CARE CONFERENCE

GRAMPIANS INTEGRATED CANCER SERVICE

Horsham - 21st November 2008 - Grains Innovation Park
Ballarat - 28th November - Novotel Forest Resort Creswick
8.30am to 5pm

What is Supportive Care?

Supportive care is an 'umbrella' term for all services, both generalist and specialist, that may be required to support people with cancer and their carers' (NICE, 2004).

The Victorian Model for Support Care incorporates the following responses to needs:

- Self-help and peer support.
- Symptom control.
- Rehabilitation.
- Palliative care.
- Psychological support.
- Information & communication.
- Social support.
- Spiritual support.
- Bereavement care.
- Practical support.

Aims of Supportive Care Forum:

GICS aims to bring together the diverse range of Supportive Care Professionals who work in the Grampians region, in an informative and friendly setting to encourage networking and to increase awareness of service provision and the DHS Framework around Supportive Care.

For more information or to register attendance please refer to the GICS website www.gics.com.au or email sarahg@bhs.org.au

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 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 03 5362 1223, or to request a position description via email mandi.s@gchc.org.au

Applications close on Monday 27th of October 2008

OCTOBER ACTIVE INFORM

Please use this link to access the October edition of Active Inform.

[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)

The focus of this edition is the International Walking Charter

NATIMUK EXERCISE PROGRAM

Weekly classes starting in Natimuk on Tuesday 21st October and running for 8 weeks

Natimuk Cross Trainer Class **Tuesdays 6pm - 7pm**

A moderate to high intensity class designed to work on cardio, strength and core stability.

Natimuk Strength and Flexibility Class **Thursdays 6pm - 7pm**

A mix of stretching, yoga and pilates

At the Natimuk Soldiers Memorial Hall

Passes available:

Trial Pass (3 classes) - \$30, 8 class pass - \$80, 16 class pass - \$150

For enquiries call Sally Pymer at the Horsham Aquatic Centre, YMCA on 5382 2576
or email sally.pymer@ymca.org.au

PLUGGING THE GAPS

Increasing victim safety and offender accountability with each response to domestic violence.

6th November 2008 from 9am to 4.30pm

All Seasons Quality Resort - 171-183 Mclvor Road, Bendigo

Cost: \$75 - no cost for Loddon Campaspe Family Violence Advisory Committee members

The Loddon Campaspe Integrated Family Violence Consortium is pleased to offer this unique opportunity to learn more about Coordinating community Responses to domestic violence with Graeme Barnes from the Duluth Abuse Intervention Program, USA.

The Duluth Model is recognised internationally as the leading tool to help communities eliminate violence in the lives of women and children. The model seeks to eliminate domestic violence through written procedures, policies, and protocols governing intervention and prosecution of criminal domestic assault cases. The Duluth Model was the first to outline multi-disciplinary procedures to protect and advocate for victims. For more information visit www.theduluthmodel.org

The Domestic Abuse Intervention Program offers training and resources based on the Duluth Model to help domestic violence workers, practitioners in the criminal and civil justice systems, human service providers, and community leaders make a direct impact on domestic violence.

To attend this workshop please contact Cheryl Munzel on 5430 3000 or email cheryl.munzel@ease.org.au

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/nocache?src=email&id=161008

In this edition:

- Sexual health at midlife: taking a sexual history, infections and contraception.
- Presentation on primary health reform

AUSTRALIAN FIRST FOR ARTISTS WITH DISABILITIES

Western Australian artists with a disability will benefit from a new \$100,000 grant program launched as part of the Disability and the Arts Initiatives (DAII).

The Grants for Artists with Disabilities is a pilot project funded in partnership with the Disability Services Commission (DSC) and managed through the Department of Culture and Arts (DCA).

Director General of the Department of Culture and the Arts, Allanah Lucas said the initiative aims to ensure people with disabilities, their families and carers can contribute and participate in arts and cultural programs.

For further information on the Grants for Artists with Disabilities is available at www.dca.wa.gov.au

WALKTOBER WALK TO SCHOOL DAY

Walktober exists to create a community motivated and able to walk safely for fun, for health and for the environment.

It's cool to walk to school!

VicHealth invites all Victorian Primary Schools to be involved in Walktober Walk to School on **22nd October 2008**. The objective is to raise awareness of the physical, environmental and social benefits of walking amongst students and to get our children walking!

Walk to school with friends and family!
Awareness of your neighbourhood!
Less traffic and pollution!
Keeps you fit and healthy!

Be a part of the fun and have the chance to win great prizes for your school. If you would like an information pack please email scooper@vichealth.vic.gov.au

See www.vichealth.vic.gov.au/walktober for details on competition entry and prizes.

MEN AS CARERS GATHERING

Thursday 20th November and Friday 21st November
 Mountain Grand Guest House - Main Road Halls Gap

Aims:

- Sharing stories and experiences.
- Offering support and wisdom to others.
- Making friendly contacts.
- Listening to the facilitators & Carer Respite Centre Staff
- Relaxing and being looked after.
- Having some fun and time out with other blokes.
- Increasing awareness of male carers needs.

Carer Contribution \$50 - includes all meals and accommodation.

For bookings and further information contact 5381 9336

BAYSIDE FILM FESTIVAL 2008

Mini Tour to Wimmera

Centre Cinema Horsham - Friday 31st October and Saturday 1st November
St Arnaud Community Cinema - Thursday 23rd October
Astor Cinema, Ararat - Thursday 23rd October

Centre Cinema Horsham Friday - 11am to 1.15pm

Features a presentation by students involved in the Bayside Youth Documentary Project, youth documentaries and award winning short films from Australia and abroad. Presented by Festival Producer, Bayside City Council's Cultural Development Officer, Anna Monea.

Saturday - 4.15pm to 6.30pm

Features a master class by Adam Zwar and an award winning short film program. Presented by Festival Artistic Director, Sally Hussey

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

Thursday 27th November from 9am to 1.30pm
Education Resource Centre, Ballarat Health Service

A two day intensive, participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

For more information or to register please phone Anne Watson on 5320 3030
or email anew@bhs.org.au

AWAKENINGS FESTIVAL PRESENTS THE GRIMSTONES

Wednesday 22nd October at 2pm and Friday 24th October at 9.30pm

Designed and created by Asphyxia, one of Melbourne's leading circus performers, the Grimstones is a gothic fairytale with a girl who dreams, a mother who sews garments with warmth and joy, a magical grandfather and a baby boy....'he has magical abilities but he will never fully grow up - he'll have the mind of a child forever'. The Grimstones is a three part puppetry show involving two story tellers who are also the puppeteers. Asphyxia will be telling the story in Auslan and her assistant Paul Dowse will be the voice.

Awakenings participants with a wristband FREE, tickets \$11 at the door.

ANGLICAN CHURCH 81ST FLOWER SHOW

Activities at the flower show include lunch, music with Don Papst, afternoon tea, raffles and guest speaker Jon Starck from Wimmera Waterwatch. Closing date for entries is 4pm Thursday 23 October.

For more information contact Joy Wickham on 5382 4535.

'MOTIVATION FOR LIFE' from LISA

Are you giving your goals your best effort?

Your dreams deserve better than a half-hearted effort. Meet your goals with a weak handshake and they'll soon be waving you goodbye. Since you probably don't want to look back on a life full of "almost made it" memories, it's time for total commitment.

Leave it all on the field, don't hold anything back. Is there anything more satisfying than pouring out your entire being, straddling the cliff, reaching your total limit, then looking up and realising that oh-my-gosh-I-can't-believe-I-really-did-it?

And is there anything more tragic than failing and realising you could have done more?

If you feel "tuned out" of your current life, that's okay. Make your first goal to build a life that you can get "in" to. Then don't look back. Make every day count and live purposefully, live energetically, live completely....**YOU ARE WORTH IT!!**

There are only two options regarding commitment. You're either IN or you're OUT. There's no such thing as life in-between.

Pat Riley, basketball coach

Lisa Cosson - Westvic Division of General Practice, Phone: 5381 1756 Mobile: 0418 106 439,
Email: l.cosson@westvicdiv.asn.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

Telephone: (03) 5362 1222 Facsimile : (03) 5382 4687

Wimmera PCP Diary Dates

October

15th Ride to Work Day

November

5th 10am Shared Interest Group Meeting

13th 12.30pm HP Network Meeting 3.30pm PCP Executive Meeting

For further important dates please visit our website at 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
0428144812, 5362 1223

Donna Bridge - Agency Liaison Officer

donna.b@gchc.org.au
0429174763, 5362 1221

Bindy McDonell-Lees - Heatwave Project Officer

bindy.m@gchc.org.au
0458 208 833, 5362 1226

Jan Hall - Project Officer

janet.h@gchc.org.au

Geoff Witmitz - Agency Liaison Officer

geoff.w@gchc.org.au
0428358672, 5362 1225

Carolyn Russell - Project Officer

carolyn.r@gchc.org.au
0428 553 735, 5362 1224

Kellie Uytdehaag Admin Assistant

pcpadmin@gchc.org.au
5362 1222