

October 30th, 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 

2008 ASIST TRAINING

Thursday 11th and Friday 12th December
 Uniting Church Hall - Horsham
 From 9am to 5pm - cost \$150

ASIST is a 2 day interactive workshop in suicide first aid. Most people considering suicide signal their distress and their intent. During this practical two-day ASIST participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. This training can help us see, hear and respond to these signs with confidence. ASIST is the most widely used suicide intervention model in the world and can be applied in many settings including: in schools, at work, with team mates, family and friends and in more formal helping roles.

This workshop is recommended for: teachers, school nurses, counsellors, workers in health, welfare and education; emergency service personnel, ministers, community volunteers and those people concerned about family and friends.











For further information and bookings please contact Susan Griffiths, Wimmera School Focused Youth Service Coordinator on 5362 4016 or email susang@wimmera.unitingcare.org.au

SPORT DEVELOPMENT FOR WOMEN PROGRAM

The Sport Development for Women Program is designed to boost the capacity of women as leaders and decision makers at all levels of sport through funding for professional development activities in sports management, coaching or officiating and attendance at a leadership workshop.

Examples of activities which may be funded include coaching or officiating qualifications, participation in key industry forums, national or international travel for a study tour or coach mentoring program, governance training or conflict resolution training.

If you would like to receive this application please telephone 9208 3333 or email info@sport.vic.gov.au

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| 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  |

INDOOR HOCKEY COMPETITION

27th November 2008 to 26th February 2009
(with a Christmas Break)

Thursday nights from 5.30pm to 7.30pm
All ages and experience welcome - sticks provided.

For more information or expression of interest contact:
Ryan Robson on 5384 8231 or email bux000@hotmail.com

TALKING TAXI'S COMMUNICATION TOOLS

Talking Taxi's features a small set of communication tools such as picture boards, personal journey cards and alphabet boards that are beneficial for passengers with a disability that affects their communication.

The tools are also useful where the passenger or driver has low English proficiency.

The tools will help reduce the confusion about destinations, payment and routes. They are available by contacting Victorian Taxi Directorate on 9320 4300 or by emailing:
vtddcommunications@doi.vic.gov.au

CAFÉ CONCERT SERIES WITH BRIC-A-BRAC

Friday 7th November at 8pm
Wesley Performing Arts Centre

The 2008 Café Concert concludes with a vibrant five piece upbeat group, Bric-a-Brac. They pay tribute to French music and also borrow music from other cultures and sing it in French anyway. The theatrical front man will have you believing that Mick Jagger always sang in French.

Bric-a-Brac's repertoire includes Parisian folklore as well as music from Louisiana, Quebec, Brittany and North Africa. They also sneak in some cleverly camouflaged renditions of great music from unlikely sources such as the Rolling Stones, Mozart and they throw a rollicking Sea Shanty for good measure.

\$25 adults / \$20 conc / \$5 student accompanied by adult. Tickets available online at www.wesleypac.com.au or from Chisholm Hi Fi on 5382 4343.

MORNING MELODY WITH HORSHAM MUSIC ACADEMY STUDENTS, TEACHERS AND FRIENDS

Monday 10th November at 11am
Wesley Performing Arts Centre

Be entertained by two pianos, duets, singing and instrumental items in the finale Morning Melody for 2008. Proceeds to St Jude's School, Tanzania, Africa.

\$10 adults / \$5 student accompanied by an adult. Tickets available online at www.wesleypac.com.au or from Chisholm Hi Fi on 5382 4343. Complimentary morning tea from 10.15am courtesy of Thipaty Coffee Lounge.

NOT ALL SADNESS IS DEPRESSION TWILIGHT EDUCATION SESSION

Monday 3rd November 2008 - from 6.30pm to 8.30pm
Education Resource Centre, BBH, Ballarat Health Services
Drummond Street Nth, Ballarat
Cost: \$15 (Grampians Region), \$25 (other)

Is it normal to be depressed near the end of life, and what might the word depression mean at that time? Dr Brumley discusses these questions and reflects on some possible approaches to care.

For more information or to register please contact Bernadette on 5320 3553
or email bernadette@bhs.org.au

ADOLESCENT HEALTH CONFERENCE

5th to 7th November 2008

This conference will focus on examining new knowledge and understandings around young people, and how we work towards improving their health and wellbeing. Whether is medical imaging, social networking or online learning, its time to share knowledge and experience across professions, disciplines and sectors.

For more information visit www.adolescenthealth08.com

PSYCHOPHARMACOLOGY WORKSHOP

For Non-Medical Mental Health Professionals - 12th February 2009 Canberra

This workshop is designed to help non-medical mental health providers develop a better understanding of psychopharmacology so they can be a more informed member of the mental health care team.

As the number of individuals being prescribed psychiatric medications grows, it becomes increasingly important for professionals to understand the positive and negative potentials of these drugs.

Workshop participants will learn about the various classes of psychiatric medications, their influence on brain function and the effect of the medication on a client's wellbeing. The effects of recreational drugs and drug abuse will also be considered.

For telephone enquiries phone (02) 6628 2901 or email www.ppled.com.au

UNDERSTANDING MOOD DISORDERS WORKSHOP

10th February 2009 - Brisbane

This workshop describes mood disorders and the impact that they can have on a person's day to day life. It outlines risk factors, warning signs and advises people of possible referral paths. It also provides participants with practical strategies that can be used to assist people who are struggling with mood disorders.

For telephone enquiries phone (02) 6628 2901 or email www.ppled.com.au

CONSULTATIONS ON AUSTRALIA HEALTHIEST COUNTRY BY 2020

Invitation to Attend - Early Notice

The National Preventative Health Taskforce appointed by Health Minister Nicola Roxon has now released a major discussion paper - Australia: the Healthiest Country by 2020 - with supporting technical reports, and is keen to consult with as many organisations, groups and individuals as possible on this and the National Preventative Health Strategy, which is the next stage in its work.

The Public Health Association of Australia has been asked to assist the Taskforce by working with many partner organisations as possible to distribute this invitation and encourages the strongest participation in order to assist the Taskforce and to demonstrate to government a keen involvement in the issues.

The discussion paper was released on 10 October 2008 and is available at:
www.preventativehealth.org.au/internet/preventativehealth/publishing.nsf/Content/discussion-healthiest

Details of the consultation can be found at www.preventativehealth.org.au

Consultations are being held (yet to be confirmed):

Dubbo - 7th November 2008	Brisbane - 24th November 2008
Sydney - 25th & 26th November 2008	Canberra - 17th & 19th November 2008
Cairns - 25th November 2008	
Adelaide - 29th January 2009	Mt Gambier - 30th January 2009
Perth - 5th February 2009	Kalgoorlie - 6th February 2009
Melbourne - 10th & 11th February 2009	Wodonga - 13th February 2009

RAISING OUR KIDS - PROGRAM

ABC - Futuremakers Series

For forty years, Child Health Expert, Professor Fiona Stanley, has dedicated her life to pulling together the right people and the right scientific tools in her organisation, Telethon Child Health Institute. The news the Institute has gathered in its 20 years existence is grim.

The Program - Raising Our Kids highlights the following statistics:

- 40% of Australian children are asthmatic.
- 65% of Australian children will be overweight or obese by 2020.
- Type 2 diabetes in children - the kind that children never used to get - is skyrocketing.
- Nearly half of Australian babies are hospitalized before they're two.
- Half a million of our children have serious mental health disorders.
- One in 10 school children drinks dangerous levels of alcohol weekly.
- One in 3 young Australian deaths is suicide.

This programme is about cutting edge science and its practical application. It's about the work of a scientific leader, and her colleagues, dedicated to results and excellence in their investigation of the complex issues affecting maternal and child health today. Shot on location in Perth, the Pilbara and Denmark this film is a confronting wake up call. To view this series visit www.abc.net.au/tv/documentaries/interactive/futuremakers/ep1/

HEALTH PROFESSIONALS' FORUM

Kids - Go for your life

Wednesday 19th November 2008

From 9.30am to 4pm - Co.As.It Conference Centre, Carlton

To attend this forum you must be a member of the Kids - Go for your life Health Professionals Network. The aim of the Network is to build a strong network of health professionals using the Kids - Go for your life Award Program. If you are currently working with early childhood services or primary schools, promoting healthy eating or physical activity or plan to in the future, join the Network and support Kids - go for your life. To become a member fill out the form at www.kidsgoforyourlife.org.au

The Forum will cover:

- Kids go for your life update.
- Setting the Scene on Move Play and Go.
- Case studies from the field.
- CALD issues relating to physical activity.
- Active Play program for under 5's.
- A physical activity resource for Primary Schools.

For all enquiries regarding the Health Professionals' Forum contact Kids - Go for your life at admin@kidsgoforyourlife.org.au or phone 9635 5639.

PRIMARY HEALTH WEEKLY BULLETIN - 23 OCTOBER

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=231008

In this edition:

- NEW...Template for Primary Health Weekly Bulletin articles.
- International congress on chronic disease self-management.
- It is better to have an artichoke than a son...The role of women in migrant communities.
- Medicare benefits schedule flipchart available online.
- National preventative health strategy discussion paper.
- Heart Foundation Local Government Awards 2008.

UNDERSTANDING DISSOCIATIVE DISORDERS WORKSHOP

24th February 2009 - Melbourne

This workshop deals with the diagnosis and treatment of individuals who satisfy diagnostic criteria for a dissociative disorder and in particular deals with those who have dissociative identity or dissociative disorder not otherwise stated and who can also be frequently be conceptualized as fitting within the spectrum of a complex trauma disorder.

The content of the material presented is calibrated to serve the needs of professions who have a familiarity with the spectrum of conditions associated with psychological trauma but who may not necessarily have a detailed knowledge of dissociated disorders.

For telephone enquiries phone (02) 6628 2901 or email www.ppledication.com.au

'MOTIVATION FOR LIFE' from LISA

How Do You React to Setbacks?

When problems come up, how do you react? Do you look for blame, or do you shoulder what you can and try to repair it? Do you throw up your hands and look for an easier way, or do you learn, adapt and keep pushing?

There's a lot of talk nowadays about 'personal responsibility'. That's great. But it's usually brought up only in finding fault.

It's true that to show 'responsibility' is to own up to your role in the problem's cause. We don't often hear about the other side of responsibility - an obligation to be part of the solution.

Even when a hardship is not your fault at all, you can - and should – do what you can to fix it.

Your skills and abilities create an obligation that only your character can fulfil.

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

Martin Luther King Jr., Civil Rights Icon

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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

November				
11th	10am	Community of Practice Meeting - Community Development @ Golf Club		
	2pm	Wimmera Drought Network Meeting @ Golf Club		
13th	12.30pm	HP Network Meeting	3.30pm	PCP Executive Meeting
17th & 18th		Partnership Conference in Melbourne		
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

Wimmera Primary Care Partnership Office

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