


October 3rd, 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 

CELEBRATING WOMEN

Women's role in equal opportunity, human rights and advocacy.

Women's Health Grampians - 2008 Annual general Meeting
Thursday 23rd October 2008 - 10.30am to 1pm
Robert Clark Resource Centre, Botanical Gardens, Ballarat

Speaker: Dr Helen Szoke, CEO
Victorian Equal Opportunity and Human Rights Commission
Women as Advocates Every Day
Equal Opportunity Act
Charter for Human Rights

Dr Szoke will be available for questions.

Followed by a celebration of the work of Women's Health Grampians including 'Amongst Ballarat's Finest' and 'Chlamy'.

Light lunch will be provided, families are welcome. A free bus will be available from Horsham.

Please RSVP for catering purposes by Thursday 16th October to 1800 013 432 or email adminb@whg.org.au

START THE DAY THE RIGHT WAY

IN THE PINK!

Grampians Community Health Centre are hosting a Breast Cancer Foundation Breakfast

At 23-25 David Street, Horsham
From 7am to 9am on Wednesday October 29th.

Cost: \$15 per person - Special Guest: Rose Sparkle

Includes fruit juice, yoghurt, fresh fruit, pancakes and strawberries, bacon and eggs, toast, tea and coffee.

RSVP to Natalie on 5362 1241 or email n.smith@whcg.org.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



SIGN THE 2008 MONSTER PETITION BANNER

This year Victorians are invited to commemorate 100 years of women's right to vote by signing commemorative banners which will tour metro, rural and regional Victoria.

The aim is to collect 30,000 signatures in acknowledgement of the achievement of the original Monster Petition, and of the commitment to pursuing equality for Victorian women in all aspects of their life.

The banners will be sewn together and displayed at the Parliament House Open Day and anniversary of women's suffrage in November 2008.

There is a banner to sign and more information about the banner at **23 David Street, Horsham (GCHC)**.

For more information please call Janine Perry on 5362 1250 or email Janine.Perry@dpcd.vic.gov.au

RISK ASSESSMENT AND RISK MANAGEMENT

Training Update - Invitation to Participate in Training

Grampians Region - Round 1
October to December 2008

The Victorian Government has contracted Swinburne University, in partnership with the Domestic Violence Resource Centre Victoria and No To Violence to undertake and design, development and delivery of the common approach to a family violence risk assessment and risk management Training Program.

Following extensive consultation with the sector and key stakeholders, development of six training programs and resource materials is now almost complete. These are based on the Family Violence Risk Assessment & Risk Management Framework and also address particular issues for CALD and Indigenous groups and clients with a disability.

In Round 1 - October to December 2008 our region has been offered:

- **Comprehensive Risk Assessment and Trainer Training.** 2 days for 12 specialist family violence participants. These participants will then be able to deliver the Identifying Family Violence sessions of up to 2 hours, to a range of local workers over the next 12 months.
- **Preliminary Risk Assessment** (half day) and **Comprehensive Risk Assessment** (1 day) alongside training for **Maternal & Child Health Nurses** (half day).

Further training sessions will be provided in your region for Round 2 and 3 between February and June 2009.

For more information please contact Jeanine Jones on 5358 7400 or email jeanine.j@gchc.org.au

The October edition of the 'Go for your life' subscriber newsletter is available online at www.goforyourlife.vic.gov.au/gfylnews

In this edition: Rev up for Romp!; Falling in love with food; Looking for some inspiration; On your bike!; October means Walktober; Master the Games; What's happening in October.

NOELINE BROWN TO LAUNCH WORLD SIGHT DAY 2008

Ms Noeline Brown, the recently appointed Ambassador for Ageing, will launch World Sight Day 2008 to raise awareness of the importance of maintaining your eye health and quality of life as you age.

More than 500,000 Australians over the age of 40 are vision impaired or blind and approximately 75 percent of their conditions were preventable or treatable.

Early detection is the key. The earlier you detect and treat a condition the more likely you are to reduce the chance of further vision impairment or blindness in later years.

The launch, which is scheduled as part of the Victorian Seniors Festival, will be held at the **Aveo Live Well Hub at 10.30am at Melbourne Town Hall on Thursday 9th October.**

PSYCHOLOGICAL FIRST AID

A workshop by Dr Rob Gordon
Saturday 11th October 2008

Bell Tower Inn - Westside 1 Room
1845 Sturt Street Ballarat
From 9am to 5pm—registration and coffee from 8.40am

There are a variety of views about the appropriate forms of assistance in the short term for those who have suffered traumatic experiences. Early intervention approaches are being subsumed under the heading of Psychological First Aid. This contrasts with both Crisis Intervention and Debriefing interventions from the previous decade.

This workshop will examine essential features of traumatic experiences and show how degrees of impact require different forms of intervention. No universal approach meets all needs and what is required is a framework to assess and respond to people at the earliest opportunity. However if the intervention is not appropriate it may be harmful.

Principles of assessment and intervention will be discussed and the place of psychological first aid, crisis intervention and debriefing, as well as early clinical intervention, will be discussed. There will be opportunities for small group discussion, case presentations and demonstrations of techniques of intervention.

Cost: \$150 (APS member), \$100 (full time student), \$250 (non APS member).

For workshop enquiries please call Suzanne McLaren 5327 9628 or email s.mclaren@ballarat.edu.au

KIDS 'GO FOR YOUR LIFE' FORUM - HEALTHY CHILDREN'S SETTINGS

Tuesday 11th November from 4.30pm to 6.30pm
Melton Town Hall, 232 High Street.

This forum is for early childhood services who are interested in promoting healthy eating and active play. The forum will equip service staff with the knowledge, skills and resources to confidently implement the kids 'Go for your life' program which encourages healthy eating and active play in children 0-5 years. For further information contact Alex Skinner on 8746 1100 or email alexs@djhs.org.au

DEPARTMENT OF FAMILIES, HOUSING, COMMUNITY SERVICES AND INDIGENOUS AFFAIRS (FaHCSIA) VOLUNTEER GRANTS PROGRAM 2008

Call for applications now open. The closing date is Friday 17th October, 2008 at 5pm.

This program is part of the Australian Government's ongoing commitment to supporting volunteering, and building social inclusion and community participation in Australian communities.

The Volunteer Grants Program 2008 provides funding for eligible not-for-profit organisations to support their volunteers and encourage volunteering by:

- Purchasing small equipment and sporting items to help their existing volunteers and to encourage more people to become volunteers.
- Contributing towards fuel costs incurred in their volunteering work, such as when using their cars to transport others to activities, deliver food and assist people in need.

See FaHCSIA website for full details on how to apply:

www.fahcsia.gov.au/internet/facsinternet.nsf/aboutfacs/programs/sfsc-vgp_2008.htm

FUNDING TO SUPPORT VOLUNTEERS ACROSS VICTORIA

Victorian Volunteer Small Support Grants of up to \$5000 are now available to not-for-profit organisations with relatively small operating budgets.

The grants are aimed at organisations wanting to increase the diversity of their volunteers and/or involve or encourage new volunteers.

Some examples of activities or projects which could be:

- A mentoring and awareness-raising program to involve people with disabilities as new volunteers in community organisations.
- A recruitment plan and advertising campaign, designed in partnership with an Asylum Seeker Resource Centre, to involve volunteers from rural New Arrival communities.
- Provide essential equipment as part of a campaign to recruit and train more local surf life saving volunteers.

To apply for a Volunteer Small Volunteer Grant visit www.grants.dpccd.vic.gov.au or call the Grants Information Line on 1300 366 356.

Applications can be submitted at any time throughout the year.

BE INVOLVED IN THIS YEARS AWAKENINGS FESTIVAL

The only regional all abilities arts festival.

Do you want to help out with this years 13th Awakenings Festival?

From 17th to 26th October

Back of Stage - Front of House - Workshops
Assist with Performances - Ushering - Office Duties
Awakenings Robert Place

Everybody is welcome. Contact 5382 1819 or
email awake@wimmera.unitingcare.org.au

'GO FOR YOUR LIFE' PHYSICAL ACTIVITY FORUM

Walking for Health: Evidence and Inspiration
Tuesday 21st October - 9am to 3.30pm
Treasury Theatre, 1 MacArthur Street, East Melbourne

Facilitated by Kinect Australia, this is one of a series of state-wide physical activity promotion forums.

The forum will be focusing on the latest research on walking development, infrastructure, the International Charter for Walking and walking at a community level. Please come prepared to be engaged in a dynamic discussion on walking.

For all enquiries phone 8320 0105 or email enquiries@kinectaustralia.org.au

VHA ANNUAL CONFERENCE - REALISING REFORM 2008

16th & 17th October - Melbourne

Australia is on the cusp of a preventative health revolution. An ageing population and the increasing prevalence of chronic and preventable diseases are exposing significant inefficiencies in Australia's health system. A reformed health system should use its finite resources efficiently to:

- Reduce the impact of modifiable chronic disease and social inequalities.
- Better manage patients across the duration of their care through wellness approaches.
- Drive improvements through enhanced data collection and communication.

As always, the VHA Annual Conference provides an opportunity for members to hear a range of speakers and express their views on policy aspirations the VHA should pursue in Victoria. The conference provides a valuable networking opportunity for health and social service professionals.

For further information or to register, please visit:
www.vha.org.au/index.html?action=viewEvent&e_id=57

SAFE TALK WORKSHOP

Developed by Living Works Education Inc

Monday 10th November 1pm to 5pm
Education Resource Centre, Ballarat Health Service
Cost \$16.50

SafeTALK is a half-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learnt to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

For more information or to register contact Anne Watson on 5320 3030
or email annew@bhs.org.au

'MOTIVATION FOR LIFE' from LISA

The Sweetness of Reflecting on a Dream

Setting goals is easy!

The tough part is putting time and hard work into realising those dreams. The energy you are willing to put forth to reach your dreams is directly related to the probability of achieving them.

Above all, be patient with the situation and with yourself. Don't lose your way by being blinded by disappointment, frustrations, and failures. Ponder the goals in your life and the obstacles you might face.

Make appropriate plans to overcome those roadblocks even before they occur. Think of the reward of reflecting on a goal you have reached, rather than one you failed to see through.

Most big dreams involve big effort!

*The things that are hard to bear, are sweet to remember.
Lucius Annaeus Seneca*

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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
9th
15th

12.30pm HP Meeting
Ride to Work Day

3.30pm PCP Executive Meeting

For further important dates please visit our website at www.wimmerapcp.org.au

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