



September 23rd, 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  
Person Centred Support Wimmera Community 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 

## Moovers & Shakers

The "Moovers & Shakers" program promotes walking as a fun way to increase physical activity and social connectedness by engaging and encouraging people in walking programs and to motivate friends and neighbours to participate on a regular basis. If you are interested in walking or you simply need motivation you re encouraged to join in on one of the following walking groups.

**Beulah** Moovers & Shakers: Tuesday 9.30am at Beulah Campus of Rural Northwest Health. Enquiries Betty on 5396 1265 or Julie on 5396 1223.

**Edenhope** Moovers & Shakers: Monday & Wednesday 4.30pm (alternative activity with difficult weather). Meeting at the corner of Lake & Mollison Streets Edenhope. Enquiries to Cath on 5585 9845.

Strut and Stroller's meet Tuesday 11am at the Elise Bennett Community Centre, Edenhope. Enquiries to Pauline on 5585 9827.

**Harrow** Moovers & Shakers: Wednesday at 7.15pm at North Harrow Reserve (alternative activity if difficult weather). Enquiries to Pauline on 5585 9827.

**Hopetoun** Moovers & Shakers: Wednesday 5.30pm and 6.30pm at Hopetoun & District Neighbourhood House, AM groups Monday, Wednesday & Friday time to be confirmed for those interested contact Sue on 5083 3408.

**Horsham Community Action Centre** Moovers & Shakers "Walking for Community Safety". Individual walking time contact Fran on 5381 2077 or at 11 Kalkee Road for more information or to register.

**Warracknabeal** Moovers & Shakers meet Tuesday 9am at Lions Park. Enquiries to Betty on 5396 1265 or Julie on 5396 1223.

What level of walking is needed to benefit health?

- Frequency - as often as possible.
- Intensity - at a moderate intensity, the equivalent of 'brisk' walking.
- Time - for a minimum of 30 minutes, ideally this should be one continuous session of activity but initially could be divided into periods of 10 or 15 minutes.

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



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## BEAUT BLOKES - WIMMERA'S MOST WANTED

Dimboola - October 10th to 12th

**Wanted - Dead or Alive (preferably alive!)  
Single Men and Women aged between 25-45**

Places are filling fast - only a few tickets remain for Beaut Blokes and Ladies

Cost: Beautblokes \$190, Ladies \$220

For more information contact Tim on 0418 366 618 or visit [www.beautblokes.com.au](http://www.beautblokes.com.au)

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## DOMESTIC VIOLENCE & THE FAMILY LAW SYSTEM

The recent reforms to the family law system have major implications for survivors of domestic violence when making post-separation parenting arrangements. This training is designed to give workers an overview of key legal and other reforms, the possible consequences of victims of domestic violence and how workers might support clients affected by these changes. It will also consider ways to support and advocate for victims who are required to use family dispute resolution, including planning for safe processes and safe parenting arrangements.

**Wednesday 15th & Thursday 16th October, 2008**

From 10am to 4pm

Magdala Motor Lodge, 3149 Western Highway, Stawell

Cost: \$50 (lunch included).

All enquiries to 9486 9866

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## RURAL SKILLS CONNECT - NEW PROJECT MANAGER

Introducing Tim Martin, project manager of Wimmera's newly launched Rural Skills Connect project.

Rural Skills Connect aims to assist farming families to recognise their wealth of skills and experience, and contribute towards opportunities to access off-farm work. Assistance with training costs will be offered to farmers, farm family members and agribusiness employees as appropriate.

The focus is to assist with developing skills or obtaining qualifications in areas that client's wish to pursue and hopefully filling skills shortages within our region.

The project is being run across the shire of West Wimmera, who are also the auspicing agency, Hindmarsh, Yarriambiack and Horsham Rural City. Tim will be traveling across the four shires on a frequent basis and we hope you will recommend him and the project to contacts in your area.

Tim can be contacted on 0429 957 643 or [timmartin@westwimmera.vic.gov.au](mailto:timmartin@westwimmera.vic.gov.au)

Rural Skills Connect is being developed over a 12 month period across the state, and aims to develop the skills of our local population. Assistance with training and associated costs is also provided, to recognise skills that already exist in our local communities.

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## AWAKENINGS FESTIVAL - OUTDOOR ACTIVITIES TIMETABLE

Activity	Day	Time	Location	Cost/Details
10 pin bowling	Sat 18th Oct	1pm - 4pm	Horsham Lanes & Games, Jenkinson Ave Horsham	\$4 per person
Aqua aerobics	Tue 21st Oct	2pm - 3pm	Horsham Aquatic Centre, YMCA, Hamilton St Horsham	\$6 per person
Tennis	Tue 21st Oct	5.15pm - 6.15pm	Central Park Tennis Club	\$5 per person
Table Tennis	Wed 22nd Oct	1pm - 3pm	Horsham Table Tennis Assoc, Maydale Pavillion	
T-Ball, Badminton, Volley Ball	Thu 23rd Oct	1pm - 4pm	The Wool Factory, 134 Golf Course Road, Horsham	
Easy Trainer	Fri 24th Oct	11.30am - 12.30pm	Horsham Aquatic Centre, YMCA, Hamilton St Horsham	\$6 per person
4 Wheel Drive around the Wimmera	Sat 25th Oct	8.30am start	Wimmera 4 Wheel Drive Club	BYO Food and Drinks (other requirements also).
Cricket Match	Sat 25th Oct	1.30pm	Between Wail Nursery & Seawinds Nursery Horsham	Spectators & volunteers welcome

All participants must register for each activity by contacting Wimmera Regional Sports Assembly on 5382 4599.

## BETTER BUSINESS FOR TRADERS FREE INFORMATION SESSIONS

Consumer Affairs Victoria is offering free training sessions for small to medium size business.

Subjects to be covered in the session include:

- \* Advertising
- \* When do I have to give a refund?
- \* What documents do I need for a lay-by?
- \* Handling customer complaints.

Interested in attending: Contact Joy Hall on 5331 6596 to find out dates and session times.

## HORSHAM NORTH COMMUNITY DAY

**Wednesday 24th September 2008**

From 10.30am to 12.30pm

Come down to the Dudley Cornell Reserve, Gertrude Street Horsham

We want to hear what you have to say about Horsham North.

Come and join in with FRE activities for the kids.....

A jumping castle, clowns and face painting!

The Community Day will also be an opportunity for you to hear about:

- The Children's Hub precinct planned for Horsham North.
- The Horsham North Community Garden Project.
- Information on the Office of Housing improvements to 44 properties project.
- Development of new community enterprises, with possibilities such as an Internet Café and recording studio.
- New employment and education opportunities for residents of Horsham North.
- New youth and mentoring projects.
- All the projects currently running out of the Horsham Community Action Centre, such as the Homework Club and the Computer Recycling Program.

Also come and hear about the enormous investment that local and state government is investing in the Horsham North Community, with representatives from the following organisations in attendance to answer your questions:

- |                              |  |
|------------------------------|--|
| * Horsham Rural City Council | * Department of Human Services                   |
| * Office of Housing          | * Department of Planning & Community Development |

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## HORSHAM COMMUNITY ACTION CENTRE SOCIAL GROUP

Is having a BBQ and get together to "Name our Group".

**Saturday 4th October starting at 12.30pm**

All Welcome - BYO Drinks & Food

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## INNER STRENGTH BUILDING PROGRAM FOR MEN

Are you interested in learning strategies to manage anxiety and depression?

Dunmunkle Health Services and SLAAM are running a 6 week program that will equip you with strategies whilst providing a fun and relaxed atmosphere.

The Inner Strength Building Program commences Wednesday 22nd October, 2008 at Murtoa Men's Shed. Times to be confirmed.

If you are interested in attending, please call Jodie or Maxine at Dunmunkle Health Services on 5363 0414 to register your interest.

Assistance with transport may be possible for participants outside of Murtoa.

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## LIBRARY SERVICE PROJECT

The Wimmera Regional Library Corporation is undertaking a project to examine the best methods of delivering library services to small towns and across the region.

The six month project will focus on small branches, the Birchip P-12 school library model, and the mobile library service. The mobile library visits 17 locations across the Wimmera on a fortnightly rotation (1200kms). Usage figures show that there is a capacity for much greater use of these services. The project will examine ways to get more people using outreach library services.

Project worker Paula Clark will be surveying both users and non-users of the service to gather information about local preferences and to examine any barriers that may be preventing people from using the existing library service. **People wanting to have input into the project can contact Paula on 0458 533 223.**

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## HORSHAM WALKING GROUP

Are you interested in regular walking but need motivation?

The Wimmera Regional Sports Assembly is seeking expressions of interest for a Horsham based walking group.

Register your interest with PICSAR Manager Kelly Hobbs on 5382 4599 or [kelly@wrsa.org.au](mailto:kelly@wrsa.org.au) by October 3rd, 2008.

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## MEET THE AUTHOR OF 'FROM FRANCE WITH LOVE'

**NADINE WILLIAMS**

"From France with Love" is A Love Story With Baggage

At the Horsham Library on  
**Wednesday 1st October at 7pm**  
Bookings phone 5382 1777

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## SUMMARY OF NEW MEDICARE BENEFITS SCHEDULE

Item Numbers: General Practice and Allied Health

A flipchart has recently been produced by the Victorian Department of Human Services with support from General Practice Victoria and the Commonwealth to serve as a valuable information resource for State-funded agencies and the general practice sector.

It is one component of a broader project being undertaken by the Department that aims to provide information and support to Victorian primary health care agencies who may be looking to build or extend evidence-based models of care that incorporate MBS item numbers. Of particular relevance are item numbers introduced in the last ten years that have a focus on the prevention and management of chronic disease and mental health problems for people living in the community.

More information about this broader project can be found at:  
[www.health.vic.gov.au/communityhealth/gps/mbs.htm](http://www.health.vic.gov.au/communityhealth/gps/mbs.htm) Information about the flipchart can be obtained by calling 9096 0291 or by emailing [peter.larter@dhs.vic.gov.au](mailto:peter.larter@dhs.vic.gov.au)

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## 'MOTIVATION FOR LIFE' from LISA

### Winning Victory Against Yourself

No one likes to lose!

The thrill of victory after competition is hard to match. But the wins that leave the most significant, long-term impressions are the ones where you win against yourself.

Beating a friend in a game of hoops is much less meaningful than setting a personal best time while running. We live in a highly competitive world, and everything around us screams that we've got to be number one in order to feel successful. Truly though, the best measuring sticks are your past and your potential - not against someone else's standards.

Raise the bar yourself!

*The best inspiration is not to outdo others, but to outdo ourselves.*

- Anonymous

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](mailto: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](http://www.wimmerapcp.org.au)

#### Wimmera Primary Care Partnership Office

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