


September 26th, 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 











GOOLUM GOOLUM HEALTH CLINIC RECEIVES ACCREDITATION

The health clinic at Goolum Goolum Aboriginal Co-operative in Horsham has just passed national accreditation standards for quality in health care. The standards, set by the Royal Australian College of General Practitioners (RACGP) cover all aspects of clinic operations including appointment systems, documentation, equipment maintenance and client follow up.

Goolum Goolum was assessed against the standards in June this year, and was successfully awarded full accreditation status following the first visit by external auditors. Goolum Goolum provides a wide range of health services to the local Koori community including a GP clinic 2 days per week, dietitian, diabetes educator nurse, optometrist, podiatrist, and maternal and child health services (addressing early childhood development). The accreditation framework ensures that all these services are provided according to best practice standards.

The accreditation process has been a long term project for Goolum Goolum. Initial preparation and planning occurred over 3 years ago with the assistance of WestVic Division of General Practice. Following the move to new premises in Hamilton Street, the organisation has been able to expand on existing programs and place increased focus on quality, while at the same time ensuring that services are culturally appropriate.

Health Services Manager Jason Hahne believes that the involvement of the entire organisation was a vital part of meeting the standards. "Achieving accreditation is the result of a lot of hard work by our doctors, practice staff and Aboriginal Health Workers. The support of the board and management at Goolum Goolum has also been crucial, as well as the support of the local Koori community. The organisation hopes to build on this success and continue to deliver a comprehensive range of health services to the Indigenous community".

- 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 

FIGHTING FAIR (LEVEL 1)

Mediation and Conflict Resolution Training
December 2nd & 3rd - Melbourne

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured 5-step mediation model and specific conflict resolution skills will be presented and practiced. The course can be utilised in many different areas of conflict e.g. client work, workplace disputes and interpersonal conflict.

This training is endorsed by the Australian Association of Social Workers (AASW) and the Australian Psychological Society (APS). It attracts 24 CPE points through the AASW and 14 Generalist PD points through the APS.

Learning outcomes: On completing the 2 day course, participants will be able to:

- Identify factors contributing to possible causes of conflict and barriers to resolution.
- Identify the different levels of conflict and approaches to conflict situations.
- Identify the conditions under which mediation is an appropriate intervention and how it differs from the counselling process.
- Identify where mediation fits as an Alternative Dispute Resolution process.
- Identify skills, qualities and attitudes that a mediator requires.
- Identify the underlying concepts and principles of the mediation process.
- Identify and demonstrate an understanding of the 5 stage mediation model.
- Identify the various cultural considerations when mediating with Culturally and Linguistically Diverse or Indigenous communities/families.
- Demonstrate communication skills that effectively facilitate the mediation process.

Cost: \$290 for AASW members, \$310 for non members.

To register log onto www.fightingfair.com.au and fill in the online registration form.

GOOD MENTAL HEALTH EXPO

Wednesday 8th October, 2008

From 6pm to 8.30pm - Central Wendouree Bowls Club
1330 Gregory Street, Lake Wendouree

Program:

- 6.15pm - Introductions
- 6.20pm - Roland Rocchiccioli
- 6.50pm - 2 course dinner
- 7.50pm - Stress Busters - Jenny Skewes

Gold coin donation.

Book by 30th September by phoning Marilyn Gale or Jackie Mawkes on 5338 4500
at Ballarat Community Health Centre.

THE SUPPORTIVE CARE CONFERENCE

For Healthcare Professionals

November 21st - Grains Innovation Park (VIDA) Horsham
November 28th - Novotel Forest Resort Creswick

For enquiries and registration email sarahg@bhs.org.au

RIDE TO WORK DAY

Just a quick reminder that National Ride to Work Day is on Wednesday 15 October, less than four weeks away.

If you haven't ridden to work before, the coming weekends are a good opportunity to pump up your tyres and get ready for the day. Maybe you could go for a ride with friends or family or do a trial run into work? For more suggestions on preparation and resources to help you plan your ride see www.bv.com.au/join-in/30046/

If you haven't registered yet, don't delay! Those who complete their registration by 30 September will go in the draw to win \$5000 worth of holidays with Island Cycle Tours.

Two other great reasons to register your interest in this event on www.ride2work.com.au today:

- GO in the draw to win one of 16 Trek bikes.
- HELP your workplace win a Trek prize hamper in the TravelSmart Workplace Challenge.

Join in the fun and be part of this huge, national event. Enjoy our local community breakfast in the Civic centre Courtyard, Urquhart Street Horsham from 8am to 9am. RSVP for numbers to wtc@wimmvol.com.au or phone 5382 5607.

GRAMPIANS TEXTURE

21 - 26 February 2009

Set in beautiful Halls Gap in the Grampians National Park

Grampians Texture will give artists the opportunity to develop their artistic practices in one of Australia's most beautiful part settings, under inspiring tuition from across Australia, West Timor and New Zealand.

Two and four day workshops will be held in and around Halls Gap.

Book the style and level of accommodation you require, whether it be camping or 5-star luxury. You have the option to cater for yourself or join other students and tutors for evening meals at one of the many restaurants in Halls Gap. Other activities include traders market and exhibitions.

Tutors include:

- | | | | |
|------------------|----------------|---------------------|----------------|
| * India Flint | * Wendy Lugg | * Ruth Hadlow | * Keith Lo Bue |
| * Rose Kingsmill | * Liz Evans | * Jan Irvine-Nealie | * Jude Skeers |
| * Colleen Weste | * Jane Siddall | * Yvonne Twining | * Mary French |
| * Susan Matthews | * Ilka White | | |

For bookings and further information email grampianstexture@gmail.com or phone 5356 4616.

Visit the website at www.visithallsgap.com.au/grampianstexture

WOMEN'S HEALTH AND WELLBEING AT MIDLIFE

22nd October from 7.30pm to 9pm
Senior Citizens, Dyer Street Rupanyup

A women's information session about midlife health including how to maintain a healthy lifestyle, health screenings, what is menopause, it's symptoms and how it is treated.

Contact Therese or Judy at Minyip Community Health Centre on 5363 1200 for all enquiries.

WORKSHOP FOR MEMBERS OF DISABILITY ADVISORY COMMITTEES AND SUPPORT GROUPS ACROSS THE GRAMPIANS REGION

How effective is your Committee or Support Group?
This is your opportunity to become more influential.

Friday 21st November 2008 - From 1.30pm to 3.30pm
Trench Room, Ballarat Town Hall, Sturt Street Ballarat, Cost: Free

The City of Ballarat DAC is hosting a workshop for all members of DACs (or similar) and Support Groups in the Grampians region.

The purpose of this workshop is to:

- Network with other like-minded people.
- Share experiences of working to affect change.
- Brainstorm how to be more influential.
- Plan for the future.

The workshop will be facilitated by Dale Sheppard, disability access consultant from 'Access Solutions National'. The morning session will be for DAC members and in the afternoon, community based access support groups will join the workshop.

Please register with Deb Whitecross on 5320 5769 or email debwhitecross@ballarat.vic.gov.au

MURTOA'S BIG WEEKEND FRI 3RD TO SUN 5TH OCTOBER

Friday 3rd October	Saturday 4th October	Sunday 5th October
Murtoa A & P 124th Annual Show	Monster Street Market McDonald Street 8am - 1pm	Writers Workshop 9am-11.30am Rabl Park Marquee
GrainCorp Art Exhibition & Official BIG Weekend Opening Mechanics Hall 8-1pm	GrainCorp Art Exhibition Open all day in Mechanics Hall	Ecumenical Church Service Mechanics Hall Supper Room 11am to 12 noon
Funny Short DVD / Films Fest Supper Rooms adjacent to Me- chanics Hall 8-10pm	K&J Baker Murtoa Cup Murtoa Race Course 12 noon	BBQ lunch Supper Room Mechanics Hall 12 noon
	Water Tower Museum & Concordia College Open 12-5.30pm	GrainCorp Art Exhibition Open all day in Mechanics Hall
	Squashed Frogs Rock Band Live Marma Gully Hotel 8pm till late	Water Tower Museum & Concor- dia College Open 12-5.30pm
	Movies in Mechanics Supper Room	Lake Marma Cycling Criterium 12-4pm
	Railway Hotel Open	Dunmunkle Sumpoiler's Museum Rupanyup Road 12-4pm
		GrainCorp Poets by the Pier Rabl Park 1-4pm
		Vintage displays at Rabl Park

NATIONAL YOUTH WEEK GRANTS 2009

In partnership with Beyondblue: the national depression initiative, the Victorian Government is providing National Youth Week grants to fund events that celebrate and recognise the contribution of young Victorians.

The grants support events that are planned and organised by young people, for young people, with assistance from partnering agencies such as schools or local councils. National Youth Week Grants 2009 aim to:

- Promote positive images of young people.
- Ensure young people can participate in the planning and development of all National Youth Week activities.
- Acknowledge the common interests of young people as well as their diverse backgrounds and experiences.
- Showcase young people's talents, contributions and achievements to the rest of the community and;
- Assist young people to express their ideas and provide opportunities to have their voices heard within the broader community.

Grants of \$2000 and \$5000 are available.

For more information please call the Grants Information Line on 1300 366 356.

Applications must be submitted by Friday 24th October 2008 and can be submitted online at www.grants.dpcd.vic.gov.au

PRIMARY HEALTH WEEKLY BULLETIN - 25TH SEPT

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=250908

In this edition:

- 2008 Victorian Public Healthcare Awards.
- Clinical placement updates.
- New SunSmart song and school competition.
- The VHA annual conference: realising reform.
- Funding for workforce development and planning.
- Improved Integrated Health Promotion Performance Measures - updated information sheet.
- 'Using Medicare' forum - presentations and case studies now online.
- Child and family health.
- Training scholarships for practice nurses are now open.
- Child and youth mental health service redesign demonstration projects.
- Intervention mapping in public health and health promotion.

PRINTMAKING WITH DAVID FRAZER

Workshops:

Saturday 4th Oct from 9am to 12 noon
Sunday 5th Oct from 9am to 12 noon

\$30 per workshop - Mechanics Hall, Duncan Street Murtoa
Bookings essential on 5385 2785

'MOTIVATION FOR LIFE' from LISA

Do we have a design for change?

Do you have a desire to lose weight, have more children, or try a new career?

If so, are you taking appropriate steps towards these desires? Often your wants turn into lip service, and because of the wishy-washy determination, you may never reach your goal.

The reality of life is that we need to change something in order get something. For example, you cannot lose weight and build a healthier body by eating what you are now and remaining at the same exercise level. Formulate a plan for success by breaking down your goal into several smaller steps to promote a more optimistic and realistic strategy!

Have a great day everyone and embrace some change somewhere, some how....you may be pleasantly surprised by the outcome.

We can't become what we need by remaining what we are.
- Max Dupree

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
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

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 Witnitz - 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