

September 5th, 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 

HEALTH & WELLBEING COMMUNITY CONSULTATIONS 2008

Between April and July 2008, 44 community consultations were held in 17 towns throughout the Wimmera.

The information gathered will inform our next integrated community health plan as well as feeding into the development of municipal public health plans.

Approximately 520 people were involved in these focus group consultations, which targeted four groups; early years, youth, seniors and the general community.

A copy of this report including raw data and emerging themes is available on our website at www.wimmerapcp.org.au/documents/index.aspx

HORSHAM ART DECORA'TEA

Sunday 7th September at 2pm

Celebrate Father's Day with a tour and display of plans of the 1938 Horsham Regional Art Gallery and adjoining Town Hall.

The afternoon's entertainment will feature live 1930's music, afternoon tea and **official launch of the review of Cultural Venues in Horsham**

RSVP: Graeme Russell on 5382 6578 or email manager@horshamtownhall.com.au

OSTEOPOROSIS: MAINTAINING HEALTHY BONES

An information session about osteoporosis including what it is, who is at risk and how can it be prevented and managed.

Presenter Dr Vivienne Whitechurch - GP with The Jean Hailes Foundation for Women's Health.

Wednesday 24th September at 7.30pm to 8.30pm
Gateway BEET, Lascelles Street Hopetoun

Please book with Julie Mills - Rural Northwest Health on 5396 1223.

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



MANAGING PROJECTS SUCCESSFULLY

Grampians HACC Training and VHIA

Tuesday 9th September from 9.30am to 4.30pm
Board Room, Pyrenees House, Ararat Hospital

Projects come in all shapes and sizes, from building a new hospital wing to producing a newsletter. Delivering any project on time and budget is a challenge; fortunately there is a wealth of tools and techniques to assist.

This workshop covers the fundamentals of project management as an approach to delivering your goals. Participants will learn how to identify and evaluate problems within their own projects before they occur.

The Trainer: David Strangward. David has consulted to many of Australia's largest organisations in banking, insurance, mining, training, and telecommunications in a variety of roles from project management, large IT systems implementation, customer relationship management, and training.

Target: Managers responsible for implementing change, new project managers or staff members that have been allocated to a project.

Fee: HACC staff \$22, non HACC staff \$99, includes full catering.

All enquiries to Karen Walsh on 5334 1500 or email hacced@bdnh.com.au

LIFE CAN BE LONELY AT TIMES.....

And sometimes hard to meet new people.

Are you over 30? Would you like to meet some new friends?

Come along to a friendly information session and help to form a new social club for the Horsham Area.

Join us for a cuppa, cake and a nice chat.

If you find smaller groups more inviting, then we hope you will pick up the phone and give us a call. We will be happy to work something out that's right for you!

Wednesday 10th September

Horsham Community Action Centre, 11 Kalkee Road
Sessions at 10am and 7pm - feel free to come along to both.

RSVP to 5381 2077

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=280808

In this edition:

- Short Courses in Public Health and Clinical Research
-

2008 BROKERAGE FUNDING APPLICATION DATES

The Wimmera School Focused Youth Service (SFYS) based at Wimmera Uniting Care (WUC) is a State Government initiative that encourages schools, youth and community agencies to develop closer links to assist young people between 10-18 years.

2008 Brokerage Funding - applications close at 5pm:

September 5 **November 7**

SFYS Regional Advisory Group Regional Priorities 2008

The Regional Advisory Group has identified regional priorities for young people accessing the School Focused Youth Service during 2008. These priority areas reflect current service gaps across the Grampians Regional and reflect the Department of Education and Early Childhood Development (DEECD) and Department of Human Services (DHS) priority areas.

These priorities will assist schools and community service organisations to develop brokerage-funded projects that are in accordance with the aim and objectives of the SFYS program.

The SFYS Program aims to:

- Decrease the risk of young people further developing behaviours that lead to self harm.
- Enhance young people's connection to schools, family, peers and/or the community.
- Facilitate collaborative structures and improve linkages between school/education sectors and the relevant youth and community services to support young people displaying at risk behaviours.

The Regional Advisory Group invites projects that will address the following:

- Socially and geographically isolated students and young people.
- Students and young people living within areas of severe hardship such as drought and bushfires.
- Students and young people living in extreme poverty with limited access to resources.
- Indigenous students and young people.
- Students and young people:
 - Where mental health is an issue in the family;
 - From culturally and linguistically diverse backgrounds;
 - With a physical, social or intellectual impairment;
 - With low self-esteem or a negative body image;
 - With limited social and recreational opportunities.

Please note that brokerage projects must be consistent with the funding criteria as outlined in Section 3 of the 'Guide to Applying for SFYS Brokerage' document. This document is provided as supporting material to the SFYS Program Guidelines 2003 that are available at: www.sfys.infoxchange.net.au

To access further information or discuss project ideas please contact Susan Griffiths on 5362 4016 or email susang@wimmera.unitingcare.org.au

SIGN UP FOR THE SMARTPLAY EFLASH

Interested in receiving the latest information on sports safety and injury prevention? Then why not sign up for the Smartplay eflash. Anyone can sign up - all you have to do is email smartplay@vic.sma.org.au with your email address. There's no better way to keep up to date!

Smartplay is Sports Medicine Australia's sports injury prevention program funded by VicHealth and the Department of Planning and Community Development (Sport & Recreation Vic).

VICHEALTH UPCOMING EVENTS

To view or add an event visit www.vichealth.vic.gov.au/events/

Forums/Public Lectures:

- Talking Justice: A series of monthly community conversations.
- Preventing cancer: how successful are we and what remains to be learned in to do better?
- Body Positive Workshop: Building Better Body Image.
- Happiness, Progress and Wellbeing: The View from Bhutan
- Therapeutic Milieu
- Vulnerable Infants.

Seminars:

- BioGrid Australia - Life science e-research outcomes.

Conferences/Symposia:

- From Margins 2 Mainstream the 5th World Mental Health Conference 2008.
- 43rd APS Annual Conference.
- The Oral Health of Rural Populations in Australia.
- WONCA Asia Pacific Regional Conference 2008.

Short Courses/Workshops:

- Creative Approaches to Cognitive Behaviour Therapy.
- Spring School 22 Sep - 3 Oct 2008.
- Building Self Esteem & Confidence with Clients.
- The Global Health Impacts of Drug Use.
- Tuning in to Kids.

Other:

- Evaluation of Mental Health First Aid Educational Materials - a Randomised Controlled Trial.
- Buzz Day.
- Australian Institute of Health Policy Studies National Citizen Engagement Forum.

VICTIMS REGISTER - VICTIMS SUPPORT AGENCY

A key purpose of the Victims Register is to allow someone who has been a victim of violent crime to be advised at key points while the offender is under sentence or (where applicable) extended supervision after completing the sentence.

All those included on the Victims Register also have a statutory right to make a written submission to the Adult Parole Board when the offender is being considered for parole or extended supervision.

Who can be placed on the register?

Inclusion on the Victims Register is voluntary and an application form needs to be submitted to the Register, Victims Register. Your application needs to name at least one prisoner/offender.

What information will I receive?

You will be given advance notice when the Adult Parole Board is to consider the prisoner's release on parole or schedules a meeting to decide what instructions and directions it will give if the prisoner/offender is made subject to an extended supervision order. You will be invited to make a written submission to the Board, as is your legal right.

For more information visit www.justice.vic.gov.au or email VictimsRegister@justice.vic.gov.au

THINKING ABOUT RIDING TO WORK, BUT NOT SURE WHERE TO START?

Try this 5 Step Prep

1. Gear Up!
 - Dig your bike out of the shed and dust it down. If you haven't ridden for a while, chances are the chain could do with some oil and the tyres will need some air. If you're not sure where to start, ask your local bike shop for advice.
2. Go for a cruise!
 - Go for a ride with the kids or invite some friends to ride with you. Check out your bike set-up and make sure you're comfortable.
3. Get the low down!
 - Talk to regular riders at work. As their advice on how to get to work, where to park your bike, where to shower (if you think you'll need to) and where to leave clothes etc.
4. Ease into it!
 - Before riding to work, consider going for a trial run on the weekend. Remember to time your ride - most people are pleasantly surprised to discover how time-efficient cycling to work can be.
5. Ride to work!
 - Enjoy your ride and celebrate when you arrive. You've achieved something you've dreamed of - fitting more exercise into your day, saving money and helping to save the planet!

Go on - Give it a go! You won't look back!

SPRING INTO EXERCISE SAFELY

With the warmer weather approaching, motivation to exercise for summer is at its peak. However, this exercise may lead to injury if a gradual approach is not taken.

Often Spring injuries are caused due to people pushing themselves too hard, too soon.

A gradual approach is the key.

To help keep your spring workout injury-free, Smartplay offers these timely tips:

- See your doctor for a check-up before embarking on a new fitness program.
- If playing a new sport, undertake training prior to competition to ensure readiness to play.
- Before exercising or playing sport practice and use the correct skills and techniques.
- Avoid doing too much, too soon. Establish a graduated exercise program.
- Do not exercise beyond your physical capabilities.
- Cut down if you experience pain. Pain is a sign that the body is not adapting to the exercise load.
- Cross-train with other sports and exercises to reduce the risk of overtraining.
- Always warm up, stretch and cool down.
- Drink water before, during and after exercise.

For more information visit www.smartplay.net/

'MOTIVATION FOR LIFE' from LISA

Is the grass truly greener on the other side?

Do you ever feel that you're always getting the short end of the stick? Or do you constantly compare your life to others' lives?

We are bombarded with daily images of the posh lifestyles of celebrities. Their expensive wardrobes and status can entice even the happiest person to drool over such luxury.

But by thinking about the world as a whole, you'll find that your own life is wealthy beyond compare. Make a short list of some of your overlooked privileges. Owning a car (or two!), having access to television, computers, drinkable water, a respectable wage at your job, and all the freedoms you enjoy that are a foreign idea to many people around the world.

Be grateful for your life and over time maybe you will see that your plot in life is someone else's "greener grass".

And isn't the grass greener in our patch of late....hope you are all enjoying the privilege of rain lately.

Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged.

Helen Keller

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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

September				
11th	12.30pm	HP Meeting	3.30pm	PCP Executive Meeting
October				
9th	12.30pm	HP Meeting	3.30pm	PCP Executive Meeting
15th		Ride to Work Day		

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

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