

September 8th, 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



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

### Womens Health Grampians 2008 Annual General Meeting

Thursday 23rd October  
From 10.30am to 1pm

Robert Clark Resource Centre  
Botanical Gardens, Ballarat

Speaker: Helen Szoke, CEO - Victorian Equal Opportunity and Human Rights Commission

- Women as Advocates Every Day.
- Equal Opportunity Act.
- Charter for Human Rights

Ms Szoke will be available for questions.

Following the AGM will be 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 and if you require transport by Thursday 16 October 2008 to 1800 013 432 or email [adminb@whg.org.au](mailto:adminb@whg.org.au)

## WALKTOBER

Its spring and Walktober is on again and is getting bigger!

Walktober starts on 1st October and runs for the entire month. YOU CAN GET INVOLVED by registering a walking event you are holding in October, by starting an event or program or by taking part in a major Walktober event!

See [www.walktober.com.au](http://www.walktober.com.au) to register your event and how to get involved.

Wimmera Hearing Society



Wimmera HUB



Wimmera Southern Mallee LLEN



Wimmera Regional Sports Assembly



Wimmera Uniting Care



Wimmera Volunteers



Wimmera Uniting Care



Woomelang District Bush Nursing Centre



YMCA, Horsham Aquatic Centre



Wimmera Uniting Care



Wimmera Uniting Care



Wimmera Uniting Care



Wimmera Uniting Care



Wimmera Uniting Care



Wimmera Uniting Care



## VOLUNTEER OPPORTUNITY

Heritagecare: Photographic collection with Horsham Historical Society

Help Horsham Historical Society to identify people and places in their extensive and fascinating photo collection.

You will be checking historic newspapers held by the Society against photos donated to the Society by the local newspaper. The resulting information about each photo will be written up on to data input sheets.

The project is of 6 months duration until 20 February 2009.

All volunteers will receive:

- Accredited Certificate in First Aid Level 1.
- Training in OH&S.
- Uniform and personal protective equipment.
- Training in recording the information held in photo collection.

Your commitment:

- Willingness to attend 2 days per week (Wednesday and Thursday) from 10am to 4pm or 2 mornings per week from 10am to 12.30pm.
- Enthusiasm for the project and heritage.
- Willingness to work in a team environment.

For further information about joining the project please contact Heather McNaught, Heritagecare Project Officer, Conservation Volunteers Australia on 5444 1966, mobile 0429 433 479 or email [hmcnaught@cva.org.au](mailto:hmcnaught@cva.org.au)

## SLOW FOOD LUNCH

Northern Grampians Drought Network  
**Wednesday 17th September**

Navarre Recreation Reserve

All those involved in drought recovery in the region are invited to attend, please join at anytime during the day's program.

### Program for the day:

10.30am to 12pm	Stawell Drought Network Meeting
12pm to 1pm	Slow Food Lunch
1pm to 2pm	Guest Speaker Carol ride "Climate Change: the reality and the psychological response".
2pm to 3.30pm	St Arnaud Drought Network Meeting

No cost. RSVP to Emily on 5358 8717 by Friday 12th September.

## ONLINE CONTINUING PROFESSIONAL DEVELOPMENT

**For Allied Health Professionals**

This website is provided by the Greater Green Triangle and is DHS funded to provide online CPD for allied Health Professionals. To access the videostreaming or VC is at no cost and there have been some great topics to view.

Visit: [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org)

## SHAPE THE FUTURE: BECOME A MENTOR

**Ararat - Wednesday 29th & Thursday 30th October**

The Department of Human Services has funded MentoringWorks to provide a mentoring program throughout regional Victoria. MentoringWorks is providing training for experienced Allied Health workers who would like to be mentors. The program is geared toward all allied health workers across all levels.

The evidence based model will introduce new skills to mentors and new approaches to the mentoring process. While the traditional one to one relationship will be present, Mentoring Circles will be the core of the model.

Research on mentoring indicates that mentors gain as much as the mentees and increase their own career satisfaction and potential.

This two day program will provide fundamental skills for mentors including:

- Utilising adult learning and communication modes.
- Applying Appreciative Inquiry.
- Using Reflective Practice.
- Facilitating mentoring circles.
- Building a mentoring relationship.

RSVP to 9486 7781 or email [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au)

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### ARE YOU AN ALLIED HEALTH WORKER?

Then you are eligible for a mentor.

Did you know that there are benefits to having a mentor? These include:

- Development of professional skills.
- Increased networking opportunities.
- Career satisfaction.
- Positive reinforcement.
- Access to resources.
- Increased self confidence.
- Access to support/guidance/counselling.

The Department of Human Services has funded MentoringWorks to provide a mentoring program throughout the state.

If you would like to hear more about this free service, come to a meeting for mentees and be matched with your mentor.

Time and Date: Thursday 30 October 2008 from 12.30pm to 4.30pm (lunch included).  
Venue: Pyrenees House, Girdlestone Street, Ararat  
RSVP: to 9486 7781 or email [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au)

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### 'GO FOR YOUR LIFE' SEPTEMBER NEWSLETTER

This newsletter can be accessed at  
[www.goforyourlife.vic.gov.au/hav/articles.nsf/docs/current\\_newsletter?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/docs/current_newsletter?open)

To subscribe to this newsletter visit:  
[www.goforyourlife.vic.gov.au/hav/articles.nsf/forms/subscribe?open](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/forms/subscribe?open)

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## THE KITCHEN GARDEN CLASSROOM: EDUCATING CHILDREN FOR A HEALTHY FUTURE

**Monday 13th October**

The Stephanie Alexander Kitchen Garden Foundation is hosting its inaugural national conference - The Kitchen Garden Classroom - at Abbotsford Convent in Melbourne.

The conference will attract a wide audience from across Australia and beyond, including members of the public, those interested in food education and childhood health, educationalists and, of course, participants from Program schools: principals, program coordinators, kitchen and garden specialists, classroom teachers and volunteers.

Tailored for the different interests of these groups, sessions will follow four themes:

- The program in practice.
- Shared learning.
- Program sustainability.
- Learning for life.

They include keynote addresses, panels, a wide range of workshops and display Kitchen and Garden classes. Expect a wealth of information, good PD, stimulating discussion, delicious food and a festive finish.

Cost per person \$170

To find out more information or download a registration form visit:

[www.secure.kitchengardenfoundation.org.au/conference/indx.shtml](http://www.secure.kitchengardenfoundation.org.au/conference/indx.shtml)

## REFUGEES, LAW, PRACTICES & CROSS CULTURAL TRAINING

**Friday 12th September**

Ballarat Business Centre, 15 Dawson St South, Ballarat  
From 9am to 4.30pm

Cost: \$120 pp, 10% discount for community organisations.  
Cost includes lunch, tea/coffee and printed material.

Speakers:

- Cross Cultural training and working effectively with interpreters - Maria Dimopoulos.
- Issues to be aware of African Refugees/migrants - Theresa Sengaaga—Ssali.
- Links to Family Violence, Family Law & Immigration - Sulaika Dhanapala.
- Community Experiences - Melba Marginson.

RSVP to 5364 2905.

## SKILLS.NET ROADSHOW

The SKILLS.NET Roadshow offers a range of free introductory internet sessions to provide beginner level training to people who do not possess the skills to use the internet.

No minimum computer skills are required, so what are you waiting for?

To book a free SKILLS.NET Roadshow training session visit [www.roadshow.skills.net.au](http://www.roadshow.skills.net.au), email [roadshow@vicnet.net.au](mailto:roadshow@vicnet.net.au) or call 1800 629 835.

## THE GOOD CITY FORUM

**24-25 September, 2008**

Bendigo

Urban hubs with a diversity of activities and good public transport access are the key element in achieving urban sustainability.

Quality multi-functional centres also support enhanced prosperity, enriched community identity and social inclusion. This has stimulated growth of cross-disciplinary techniques such as 'place management' for the enhanced and accelerated delivery of integrated urban change.

This one-day forum and pre-forum dinner will share experiences and explore merging practice and techniques. It will be conducted within Bendigo's lively city centre, a leader in adoption of innovative 'place-based' techniques and responses.

### **Who should attend:**

- Practitioners charged with delivery of enhanced activity hubs or city centres.
- Senior managers and related professionals considering 'place-based' approaches.
- Stakeholders and decision-makers involved in influencing urban features.

### **Confirmed presenters and activities to date include:**

- John Mant - provocative Sydney-based thinker and 'place management' advocate.
- Jane Monk - Chair, Priority Development Panel (Victoria).
- Brian McMahon (PB Place Making) - transit orientated development in the USA and WA.
- Chris Barrett - Mackay, Queensland.
- Plane Managers & practitioners active in metropolitan and regional centres nationwide.

### **Registration:**

Through [www.planning.org.au/vic](http://www.planning.org.au/vic)

Dinner 24 Sep \$85    Forum 25 Sep \$55

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## GENDER ANALYSIS - 2 DAY TRAINING WORKSHOP

**27-28 November 2008**

Melbourne

This workshop will provide an introduction to gender analysis and gender budgeting. Participants will consider key gender concepts and a selection of gender analysis frameworks, approaches, tools and questions.

Opportunities will be provided for participants to apply and further develop their own gender analysis skills through the application of selected tools to policy, project, service delivery and budget related case studies.

### **Who should attend:**

Staff, board members, volunteers and active members of national women's NGOs. State women's NGOs affiliated with national women's Ngoc can register through their national office. Registrations from Aboriginal and Torres Strait Islander people; people from cultural and linguistically diverse backgrounds; people with disabilities and others with diverse life experiences who are members of a national women's NGO are especially encouraged.

To register visit the UNIFEM website at [www.unifem.org.au](http://www.unifem.org.au) or email [workshops@unifem.org.au](mailto:workshops@unifem.org.au)

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# 'MOTIVATION FOR LIFE' from LISA

## Do you succumb to laziness?

We commonly procrastinate or put off an activity altogether by saying "It will get done eventually" or "Someone else will do it".

Wrong!

Being lazy and not taking responsibility are wastes of time!

Often power for change is within us, but without our efforts things would fail or go awry. You cannot rely on help from others, only what your own two hands accomplish on their own.

Hard work is a habit that needs constant attention. But be mindful that you are giving your full effort to a project. Apply yourself, value your time, and don't squander it hoping for help!

**It if is to be, it is up to me!**

*Author unknown.*

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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

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

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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