

Benetas



Community Axis



Dunmunkle Health Services



Edenhope & District Memorial Hospital



Grampians Community Health



Harrow Bush Nursing Centre



Hindmarsh Shire Council



Hopetoun & District Neighbourhood House



Horsham Rural City Council



Horsham Regional Arts Association



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



Wimmera Hearing Society



Wimmera HUB



Wimmera Regional Sports Assembly



Wimmera Regional Library Corp.



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



NEWSLETTER

Issue 5 (2011) - 8th February

Victorian Floods Appeal 2011 - Trivia Night

Friday 25th February - 7pm - Horsham Sports & Community Club

Cost: \$15 - Trivia Night

Bistro opens at 5.30 - Friday night is steak night for only \$22 with a free beer, wine or softdrink
BYO Nibbles - Great Prizes - Goods and services auction

Bookings phone 5382 6262

Council Playgroups Welcome Back

Parents and carers of children aged up to five years old are invited to come and visit Horsham Rural City Council's playgroups next week to see them in action and register for the term.

Cindy Francis, Council's Playgroup Coordinator explains that playgroups provide parents and caregivers with the opportunity to meet new people, gain support and exchange parenting ideas.

Playgroups for 2011 start up again on Monday 14th February at Horsham North Robin Street Kindergarten, with two free sessions from 10am to 11.30am and 12pm to 1.30pm. Tea and coffee provided.

The Haven playgroup also resumes on Tuesday 15th February from 10.30am to 12pm at the Haven Hall. The Haven playgroup costs \$3 per family per session to support the use of the hall and provision of morning tea.

"Council's playgroups run during school terms allowing you and your child to get involved in some fun activities and it's a great way to meet new people," Cindy said.

Playgroups allow babies, toddlers and preschoolers to socialise as they play and learn together while also providing parents and caregivers with the opportunity to meet new people and gain support in a caring and fun environment.

For more information phone Cindy on 0427 532 856 or contact your Maternal and Child Health Nurse.

Antique Evaluation Seminars - with Lester Dever

Collecting, the pitfalls of buying and selling through antique auctions; and researching items, how to sell items and where to sell them.

Horsham Library - **21st February from 12.30pm to 2.30pm**

Warracknabeal (at Shire Office) - **22nd February from 12.30pm to 2.30pm**

St Arnaud Library - **22nd February from 6pm to 8pm**

Attendance at the seminar is FREE - \$5 per item for valuations (limit of 3
Light refreshments available

Michael Meehan - Summer Reading Activities

Michael grew up in the Mallee region of north-west Victoria. He studied law at the University of Adelaide, and literature at Monash and Cambridge Universities. He has taught in universities in many countries in Europe and Asia, and is a professor and former Head of School of Communication and Creative Arts at Deakin University. His novels have been published in Australia, the UK and the US, and he won the NSW Premier's Award for Fiction in 2000 with his first novel, The Salt of Broken Tears. His latest book is Below the Styx.

Nhill Library (RSVP 5391 1684) - **Thursday 17th February at 2.30pm**

Horsham Library (RSVP 5382 5707) - **Thursday 17th February at 7.30pm**

Warracknabeal Shire Function Room - **Friday 18th February at 10.30am**

Stawell Library (RSVP 5358 1274) - **Friday 18th February at 2.30pm**

National Volunteer Week

9th - 15th May

This is an excellent opportunity to acknowledge the work of volunteers in your community. This year's National Volunteer Week shares the theme "Inspiring the Volunteer in You" alongside your long celebrations marking the United Nations 10th Anniversary of the International Year of Volunteers.

Groups and Organisations involving volunteers are invited to order lapel pins and promotional posters in preparation for National Volunteer Week. These supplies are available through www.volunteeringaustralia.org/html/s02_article/default.asp?nav_top_id=55&nav_cat_id=357 from 11am on the 22nd February 2011. These supplies are free of charge and supplies are limited so be sure to get in early.

Facing the Challenge - a Chronic Disease Conference

Hosted by Bendigo Health - Hospital Admission Risk Program

23rd March at 8.30am - Bendigo Club, 22 Park Street Strathdale
Morning tea, lunch and afternoon tea provided

A chronic disease conference for all health professionals across the spectrum of health care. Topics to be covered:

- ◆ Nurse practitioner journey
- ◆ Diabetes management in a hospital chronic disease service
- ◆ Care co-ordination for ED presenters with chronic disease
- ◆ Podiatry perspective of chronic disease
- ◆ Psycho-social management of chronic disease
- ◆ Home oxygen and care plans for COPD patients
- ◆ Asthma and devices
- ◆ Managing heart disease
- ◆ Renal care co-ordination in a multidisciplinary service environment
- ◆ Information systems that support chronic disease management

For more information contact Ellen Wilson on 5454 6410 or email ewilson@bendigohealth.org.au

'Back to the future' Gala Dinner - Celebrating 100 Years of International Women's Day

Thursday 10th March at 6.30pm - The Olde Horsham Restaurant, Stawell Road Horsham

Wimmera Women are invited to celebrate 100 years of International Women's Day with other business, professional and multicultural women in Horsham. As we look back over 100 years we find some funny stories from the book *Womanhood & Marriage* (1928) - marriage and the drink question; judging a man's fitness; dancing and dress; improving and beautifying the bust; the erring husband; special diseases of women; and lovemaking and its dangers!

Come along and find out more about these chapters and use the occasion to celebrate our achievements over the past 100 years, with a touch of comedy.

Featuring comedy duo Shirley Billing and Nicci Wilks

Special guests: Margaret Ryan (Mayoress), Tina Fitzgerald (UniqueArtz)

Dress Code: wear your favourite period outfit (1920's, 1950's, 2010!) and have a chance to win a fabulous wardrobe workout

Announcing the winners of IWD Awards

Tickets \$30 - include 2 course meal (drinks at bar prices) and the opportunity to participate in the creation of a celebratory mural/wall hanging

Tickets available from the venue or via email at Across Events Management across@netconnect.com.au

For more details phone Andrea Cross on 0400 425 254. Discount for group bookings of 10

Northfest Family Fun Day 2011 - Saturday 12th February at from 2.30pm to 7.30pm

North Foundry Gardens - Free Entry

Dancing - live music - giveaways - petting zoo - fun activities - jumping castle - bbq - food & drink - bike and hotrod display

Drug and Alcohol Free Event

Phone 0457 831 773

Focus on Eating Disorders Ballarat

In 2011 Eating Disorders Victoria will be joining forces with Ballarat Health Services to host a community awareness evening busting myths relating to eating disorders. With a panel of mental health experts and recovered sufferers, the panel will hold a question and answer session to help correctly inform the community.

How often have you heard that eating disorders only affect teenage girls? Or that it is just a fad which will pass? The community awareness evening aims to dispel these myths amongst others, and it's hoped it will help people acknowledge the high number of sufferers and the severity of eating disorders, which is often overlooked. By overlooking the numbers and severity, many sufferers can go unnoticed.

Tuesday 15th March from 7pm to 8.30pm - Eastwood Leisure Complex, 20 Eastwood Street Ballarat
For further information visit www.eatingdisorders.org.au or phone 9885 6563

Literacy and Numeracy for Employment - suitable for ESL Students

This course is tailored for people from culturally and linguistically diverse backgrounds who wish to prepare for employment. The primary focus of this course is to enable the learner to improve their literacy and numeracy skills to become work ready. We are targeting spouses/dependents of skilled migrants who may not have English language skills as proficient as their partner and those who may wish to apply for a permanent visa and need to prove their language skills. We wish to give the spouses a chance to join in more and become a more integral part of our community in the hope that they not feel as isolated and lonely.

Students will engage in a variety of individual group tasks to improve their oral communication skills and comprehension. They will develop workplace skills and improve communication in reading and writing. Students will also have the opportunity to develop workplace communication skills in a supportive environment.

This course is designed to be flexible to ensure that the needs of each learner is accommodated. The purpose of this course is to prepare each learner to become work ready for their chosen occupation.

The course is held at the On Track Learning classrooms located at the University of Ballarat Horsham Campus, on Thursday mornings during each school term from 9.30am to 12.30pm. Unfortunately children aren't accommodated for so students need to come on their own.

This course will be heavily subsidised by Wimmera Development Association Skilled Migration Initiative making the cost for participants \$200 for the whole year. As part of this course students will be offered work placement with Wimmera Development Association handling the arrangements along with providing workplace assessments by a qualified assessor.

For more information phone Robyn Murphy - the Skilled Migrant Retention Officer at Wimmera Development Association on 5381 6504 or email rmurphy@wda.org.au

Position Vacant - Harrow Bush Nursing Centre

**General Administration Officer and Bay Riders Community Centre Coordinator
(Maternity Relief) Full Time 37.5 hrs/week: Job sharing considered**

The Primary objectives of this position include:

- ◆ Working under the direction of the Centre Manager and being responsible for providing general administration, including some financial duties for the centre.
- ◆ Coordinate activities associated with the Bay Riders Community Centre including Under 5 playgroup (held on Wednesday mornings).

Minimum requirements:

- ◆ Reception and public relations experience, requiring a high level of written and verbal communication skills.
- ◆ Proven administrative skills and experience in Microsoft office programs is essential.
- ◆ Ability to work as part of a team.
- ◆ Current Victorian drivers licence.

The position is expected to commence mid April and will cover Maternity leave.

Interested applicants are invited to submit a written application and CV to:

The Acting Centre Manager

Reference: General Administration Officer

Harrow Bush Nursing centre

PO Box 103, Harrow VIC 3317

Alternatively via email at centremanager@hbnc.org.au

Applications close Monday 22nd February 2011 at 4.30pm. All enquiries to Bernadette Close on 5588 2000.

Parenting Guidelines for Adolescent Alcohol Use

Purpose of these guidelines

These guidelines are designed to help parents prevent or reduce their adolescent child's alcohol use, as recommended by the NHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol (2009).

How these guidelines were developed

The following guidelines are based on a systematic review of high quality research evidence and/or the opinions of a panel of 32 Australian experts with a minimum of five years experience in one of the following: treatment of adolescents with alcohol problems, research regarding adolescent drinking and parenting practices, drug and alcohol education for adolescents and/or parents. Details of the methodology can be found in: Ryan et al. (In Press), Parenting to reduce adolescent alcohol consumption: A Delphi consensus study. BMC Public Health. The guidelines were the product of a collaboration between Orygen Youth Health Research Centre (University of Melbourne), Turning Point Alcohol and Drug Centre (Monash University and Eastern Health), and the Australian Drug Foundation, with funding from VicHealth.

How to use these guidelines

These guidelines are a general set of recommendations regarding how you as a parent can delay or reduce your child's alcohol consumption. Each family is unique and it is important that you adapt the information provided in these guidelines to your situation. These guidelines were developed for preventing or reducing adolescent alcohol consumption in Australian families. While many of these strategies are likely to be relevant in other communities, they may need to be adapted for other cultural groups or countries.

To help you identify guidelines that are relevant to your family, we recommend that you complete the Survey at www.parentingstrategies.net before reading these guidelines.

Although these guidelines are copyright, they can be freely reproduced for non-profit purposes provided the source is acknowledged.

You can influence your adolescent's choices about alcohol

As a parent you have a major influence on your adolescent child's drinking behaviour and you can help prevent them from drinking alcohol or from harmful use. Your influence on your adolescent's attitudes and decisions about alcohol is greatest before they start drinking. This guide describes a range of strategies you can use to prevent your adolescent from misusing alcohol. When choosing from these strategies, select approaches that are appropriate for your adolescent's maturity and personality.

Some things you should know about adolescent drinking - Risk Associated with Adolescent Drinking

Alcohol is a drug. It acts as a depressant (slows down the central nervous system) and has numerous other effects on the body. Adolescents have less physical tolerance to the effects of alcohol. Adolescence is a time when the brain is still rapidly developing and it is therefore more susceptible to damage due to drinking alcohol. There are a number of other harms associated with alcohol that are more likely to occur during adolescence (see box on Alcohol related risks in adolescence).

Download the guidelines at www.parentingstrategies.net/guidelines_introduction/

Winning Grants Seminar with Patrick Moriarty

Horsham - 24th February at 10.30am - **Ararat** - Wednesday 23rd February at 4pm

Ballarat - Tuesday 22nd February at 12.30pm and 4.30pm

Patrick, Director of Training and Development Our Community will present an inspirational seminar on how to win the most grants ever for your community organisation across the Grampians region.

To register contact Vicki Coltman at vickic@leadon.com.au before Friday 18th February (include date, location and time)
Venue information will be provided after registration

Food for All Workshop

How do we work together to improve access to healthy food for everyone living in our community? The Victorian Local Government Association and VicHealth in partnership with Grampians Pyrenees PCP invites you to the Food for All Workshop

Wednesday 23rd February from 10am to 2pm - Gum San Function Room, Western Highway Ararat

This workshop will address the issue of Food Security (improving access to healthy food) and will related to many people involved in a range of workplaces. During the workshop we will:

- ◆ Identify why local organisations are well positioned to act.
- ◆ Identify who is vulnerable and what happens if we don't do anything about Food Security.
- ◆ What are the 10 ways we can act on food security?
- ◆ Hearing how local agencies and partnerships are already collaborating to address some local issues relating to food insecurity.
- ◆ Consider how your work can have a positive influence using low cost and no cost strategies.

RSVP to vlga@vlga.org.au by Friday 18th February, including your name, title, contact and any special dietary requirements.

Health at Every Size - An Event to Celebrate International Women's Day

Celebrating women of all shapes and sizes - **Thursday 10th March from 12pm to 2pm**
Queen Victoria Women's Centre, Lonsdale Street Melbourne

Fed up with resolutions to lose weight? Sick of celebrity and media stories that only thin is 'in'? Struggling to stay 'in shape'?

Had enough? Then come and listen to three inspirational women talk about...

- ◆ Being a healthy woman and feeling great about your natural body shape and size.
- ◆ Australia's submission to the global summit Endangered Species: Preserving the Female Body to be held in New York in March 2011.
- ◆ 100 years of International Women's Day and women's emancipation in Australia

Dr Naomi Crafti from Eating Disorders Victoria will expose the myth that being healthy means having a certain shape, size and weight. Good health is more than just physical health - it also involves social, spiritual, occupational, emotional and intellectual aspects. Dr Crafti will talk about accepting our new natural body shape, and promoting women's health at every size!

Julie Parker, positive body-image campaigner, counsellor and blogger will speak about Australia's participation in the Endangered Species: Preserving the Female Body global summit. She will also give a multimedia presentation on how Australians view positive body image and ideas on how you too can celebrate diversity.

Samiro Douglas, CEO of WIRE Women's Information will give a brief history of International Women's Day since 1911 and what it really means for women in Australia.

Comedian Kelly Nash will host the event, introduce our speakers and cheer us on to celebrate our natural diversity of body shapes and sizes.

For bookings phone 1300 550 236, email edfv@eatingdisorders.org.au or visit www.trybooking.com/LLD

Horsham Rural City Council - Community Grants Program

The Horsham Rural City Council's Community Grants Program is open at the moment and is able to fund community initiatives/projects that commence after 1 July 2011. Projects that relate to social connection, physical activity, healthy and livable environments, economic development of public health and safety are encouraged.

Grants are for amounts of up to \$10,000 although in the past the majority of successful applications have fallen in the range of \$500 to \$5,000.

Applications close 25th February and full details can be found at www.hrcc.vic.gov.au

For more information contact Melissa Morris at melissa.morris@hrcc.vic.gov.au

Celebrating International Women's Day with The Salvation Army Horsham

10th March 2010 from 2pm to 3.30pm - Cnr Kalkee Road & Lynott Street Horsham

Come and help us share in a High Tea and be pampered

For more information phone Sue or Christine on 5382 1770

February Edition of the 'Go for your life'

www.goforyourlife.vic.gov.au/gfylnews

In this edition:

- ◆ Reach your health goals for 2011
- ◆ Healthy eating plan
- ◆ Physical activity plan
- ◆ Back to school
- ◆ Active Ageing Network grants program.
- ◆ What's happening in February?

The Australian Flood Phone Counselling Services Register for Flood Victims

The Australian Flood Phone Counselling Services Register for Flood Victims is now active on the ACA website:

www.theaca.net.au/documents/Australian%20Flood%20Phone%20Counselling%20Services%20Register%2001182011.pdf

Aboriginal Family Retreats 'Families are Forever'

13th to 17th April

The Grampians Indigenous Family Violence Regional Action Group has identified healthy families as a key priority. The development and implementation of a family focused project focusing on positive strengthening activities will enhance families' ability to provide a safe, strong and happy family environment.

Retreat Program and Possible Activities

The camps will have a focus on the following areas:

- ◆ Role model status within families
- ◆ Strengthening families and kinship structures
- ◆ Healing
- ◆ Healthy lifestyle
- ◆ Social supports
- ◆ Community engagement
- ◆ Encourage family support
- ◆ Connecting communities
- ◆ Definition of Family Violence and Identifying indicators
- ◆ Building partnerships with agencies and strengthening linkages between the Koorie community and local organisations.

There will also be separate activities for men's business women's business, and youth and children activities.

These retreats are drug and alcohol free and all families are expected to participate in the scheduled activities. No violence or abusive behaviour will be tolerated.

Further Information

Once a referral has been received the family will then be provided with further camp information. Otherwise for full details on the project and camp you can contact Robyn Lauricella, Family Retreat Project Worker on 5381 9723.

Upcoming events in Horsham City, Hindmarsh, West Wimmera and Yarriambiack Shires. To access any of these events click on the name to be taken to the event information on the Wimmera PCP Website.

8/2	Alcohol Education - The Power of General Practice	Ararat	1/3	Strategies for Coping with Change	Stawell
11/2	Strange Fruit Community Briefing - Art Is	Horsham	2&3/3	Community Development Short Course	Horsham
15/2	Managing Change	Ararat	8/3	Grant Writing	Horsham
17/2	Michael Meehan Summer Reading Activities	Horsham	8/3	International Women's Day	Various
17/2	Michael Meehan Summer Reading Activities	Nhill	10/3	High Tea at The Salvation Army Horsham for IWD	Horsham
18/2	Michael Meehan Summer Reading Activities	W/beal	10/3	Back to the Future Gala Dinner for IWD	Horsham
18/2	Michael Meehan Summer Reading Activities	Stawell	11/3	Strategic Planning	Rainbow
21/2	Antique Evaluation Seminar	Horsham	16/3	Motivational Interviewing	Horsham
22/2	Strategies for Coping with Change	Horsham	25-27/3	Rural Northwest Health - Anniversary Expo	W/beal
22/2	Antique Evaluation Seminar	W/beal	29/3	BeyondBlue Workshop & Dinner	Birchip
23/2	Food For All Workshop	Ararat	1-9/4	Art Is...Under Our Sky	Horsham
24/2	Winning Grants Seminar	Horsham	5/5	Making Sense of Financial Statements	Rainbow
25/2	Victorian Floods Appeal Trivia Night	Horsham	10/11 5	Victorian Government Elder Abuse Strategy	Horsham
26/2	Grampians Texture	Grampians			

The Wimmera Primary Care Partnership newsletter is compiled from information from organisations and partner agencies who provide details of upcoming events. Information is received and published in good faith and although every effort is made to only publish current information, we cannot however control cancellations or change of workshop dates, or accuracy of information provided to us. If you need further details about any of the information included in this newsletter, please contact the people individually listed in that information.

If you would like to input and feedback on this newsletter; have suggestions for future editions; or you would like to subscribe or unsubscribe please contact Kellie on 5362 1222 or email pcpadmin@grampianscommunityhealth.org.au

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