

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 1 (2011) - 4th January

Rural Tertiary Hardship Fund

This fund has been established to reduce barriers faced by rural and regional students, under the age of 25, who would experience financial hardship in undertaking higher education without this assistance.

The Fund will provide \$20 million of financial assistance from January 2011 to June 2013. This is additional to the assistance the Australian Government is providing for rural and regional students. Rural and regional students are also benefiting from the increased assistance available to them under the student income support reform package. Financial assistance under the Fund will be available as one-off single payments to successful applicants. Information on the eligibility requirements and selection criteria will be available on the website www.deewr.gov.au/HigherEducation/Programs/Funding/RTHF/Pages/Taskforce.aspx

Victorian Government Elder Abuse Prevention Strategy

Workshop 1 - Tuesday 10th May - Workshop 1 & 2 - Wednesday 11th May
Grains Innovation Park, Horsham

Workshop 1: Recognise and Respond

This workshop is offered to all workers. It can be offered as a stand alone education session for the direct care workforce but is also a prerequisite for those going on to complete workshop 2.

- ◆ Orientation to the definition and incidence of elder abuse
- ◆ The empowerment model and the protection of human rights
- ◆ Introduction to the legal and policy framework
- ◆ Signs of abuse - what should I look for?
- ◆ Acting on suspicion of abuse - when should I say something?
- ◆ Resources - what supports/services are available?
- ◆ Elder abuse in a diverse community

Workshop 2: Recognise, Respond and Access

This workshop is directed toward those that have a responsibility to respond to concerns of suspected elder abuse - arising from direct contact or supervision of workers in direct contact with older persons (eg. Supervisors, team leaders, line managers etc)

- ◆ Professional obligations - what should I do when a worker approaches me with concerns about potential abuse?
- ◆ Assessing and responding according to level or risk.
- ◆ Compliance and the legal and policy framework.
- ◆ Duty of care
- ◆ Organisational requirements
- ◆ Client's rights
- ◆ Capacity and consent
- ◆ Supporting and managing reports
- ◆ Engaging with families
- ◆ Incident reporting
- ◆ Collecting and managing evidence of abuse
- ◆ Referrals - finding the most appropriate support.

To register email betty.presilkska@vu.edu.au

Indigenous Art Exhibition

From the Inside

11th December 2010 to 21st January 2011 - 9am to 5pm

Brambuk - The National Park and Culture Centre Halls Gap

The first Grampians Region Indigenous art exhibition, featuring contemporary artworks by Indigenous Artists in custody

VCOSS Rural & Regional Training

Tuesday 8th March - Grant Writing - Horsham

Knowing how to apply for grants can be crucial for many community organisations. This three-hour training session is ideal for those at the beginning or intermediate stages of writing applications for funding from philanthropic sources. The session will cover:

- ◆ An overview of the funding environment and different philanthropic funding sources
- ◆ Priorities, motivations and drivers of funding bodies
- ◆ How to research potential grant makers
- ◆ What to include in a funding submission, what to leave out and how to avoid the usual mistakes.

Friday 11th March - Strategic Planning - Rainbow

This one-day workshop is suitable for staff, boards and committees of community organisations that want to conduct a strategic planning project. It is designed to assist staff, boards and committees to:

- ◆ Develop a greater understanding of the impact of strategic planning
- ◆ Consider strategic planning in relation to community development, action research, capacity building, strengths based analysis and other important indicators of future success
- ◆ Learn practical methods to undertake an environmental assessment, set strategic directions and goals, and develop and implement a strategic plan
- ◆ Identify the role of the board, staff and community in the strategic planning process.

Thursday 5th May - Making Sense of Financial Statements - Rainbow

Monday 21st March - Making Sense of Financial Statements - Ballarat

The one-day workshop is suitable for staff and boards of community organisations. The content explains accounting concepts in plain English and demonstrates financial management and training in practical and relevant examples. The aim is to assist staff, boards and committees to understand:

- ◆ The difference between accrual versus cash accounting
- ◆ How accrual accounting impacts on revenue and expenditure
- ◆ The role of provisions and their impact on expenditure, liabilities and financial viability
- ◆ Basics of budget development and monitoring
- ◆ How to prepare and read financial reports, including the balance sheet and income and expenditure statement
- ◆ Terminology and elements of a financial statement e.g. assets, liabilities, equity, income and expenditure)
- ◆ Legal obligations of staff and boards when making financial decisions, and the role of financial statements
- ◆ Accountabilities of the board and manager
- ◆ Terminology used in the auditor's reports, and how best to work with the auditor
- ◆ Implications of taxes for not-for-profits, e.g. GST, FBT, PAYG

Friday 1st April - Roles, Responsibilities, Liabilities & Protections of Boards and Committees - Ballarat

This 'back to basics' training is suitable for members of new and existing not-for-profit committees of management or boards who want an introduction or refresher on the role and legal responsibilities of running an effective community organisation in Victoria. The training seminar will cover:

- ◆ An overview of the effect of incorporation on a community organisation, and what it means for committee of management and board members
- ◆ The role of committee and board members and their legal responsibilities
- ◆ Potential liabilities of committee or board members, and what legal defences and protections are available
- ◆ Simple actions committee or board members can take to ensure they comply with the law and protect themselves from liability.

Monday 30th May - Strategies for Dealing with Conflict in Boards and Committees - Ballarat

For more information regarding any of the above training, contact Hayley.peck@vcoss.org.au or call 9654 5050.

Tenants Rights - Tenants Responsibilities

Thursday 10th February from 10am to 1pm - Stawell Health & Community Centre, 8-22 Patrick St

Do you see clients who are in tenancy crisis and do not know their rights? Would you like to provide more help? If you would then this free 3 hour session is for you. You will receive:

- ◆ Clarification of what your role might be in giving tenancy support
- ◆ Skills to determine when and how to seek expert tenancy advice
- ◆ An understanding of the most common tenancy issues
- ◆ An introduction to relevant sections of the Residential Tenancies Act 1997 (Vic)
- ◆ Tips on how to help tenants maintain their tenancy or find alternative accommodation
- ◆ The manual "Tenancy Rights & Responsibilities - For Workers in Community Service organisations"

For more information phone Helen Besley on 9672 2000.

Financial Management Workshops - Victorian Government Elder Abuse Prevention

Are you interested in holding a Financial Management Workshop in your area? If yes, there are three easy steps for scheduling a workshop for your community or organisation.

1. Select the workshop topics that you wish to cover in your information session. Topics can include:
 - ◆ Tracking your money - budgets and budgeting
 - ◆ Developing a financial plan - making money work for you
 - ◆ Managing money, managing credit, managing debt
 - ◆ Scams, swindles and safety
 - ◆ Retirement planning - financial matters
 - ◆ Superannuation
 - ◆ Reverse mortgages
 - ◆ Funerals - bonds, insurance and prepaid plans
 - ◆ Where there's a will...and other estate planning considerations
 - ◆ Going guarantor and loans to family and friends - pitfalls and problems
 - ◆ Where, what and how? Housing and Accommodation options
 - ◆ Carers and financial care
2. Determine the duration of your information session - we can run short sessions, full day or week long programs.
3. Determine possible dates and contact the workshop coordinator Betty Presilka to design your workshop on 9919 1868 or email eaps@vu.edu.au

Deadly Ute Project 2011

An exciting and innovative new project engaging Aboriginal youth into learning

What is the Deadly Ute?

Picture this...two colourful and inspiring vehicles, a Ute and a car, parading around Victoria, NSW and maybe even the MCG. In the back of the Ute, the swollen heads of a group of Wimmera youth brimming with immense pride over what they have created and achieved...

Deadly Ute is a new initiative developed by Goolum Goolum Aboriginal Cooperative and registered training organisations, Wimmera Hub and University of Ballarat empowering YOU to:

- ◆ Learn new skills
- ◆ Tap into your creativity
- ◆ Value and take pride in your work
- ◆ Gain a HUGE sense of achievement

You will take part in subjects from the following qualifications:

- ◆ Certificate II in Automotive Studies
- ◆ Certificate II in Creative Industries
- ◆ Certificate III in Business
- ◆ General Certificate in Adult Education

The program involves young people being involved in re-building 2 vehicles, another group will make a documentary about the project and update an online blog that will be viewed by many people across Australia and even the world! At the same time another group will develop ways to publicise the program, engaging all youth that want to learn more about the feeling that comes with achievement and success.

Who can participate?

The project is open to females and males that are aged 14-19 as of February 2011. You may or may not be attending school or work. This program is for anyone who wants to learn new things and be part of an amazing experience.

If you would like to be part of the Deadly Ute Project please email eso@hub.org.au for an application form, alternatively these forms are available from Wimmera HUB and Goolum Goolum. Applications need to be received by Thursday 20th January 2011.

DEECD Grampians Early Years Forum

Thursday 17th March 2011 from 9.30am to 3.30pm - Ballarat Golf Club, 1800 Sturt Street

If you would like the opportunity to present on an initiative or activity that you or your organisation are undertaking to make positive changes for children and families that you work with, please forward an expression of interest to Louise Mifsud at mifsud.louise.l@edumail.vic.gov.au

Rural Northwest Health - Celebrating 120 Years of Health Service Provision

25th to 27th March 2011

Photograph Competition - Warracknabeal Campus & Neighbourhood House, Sat 10am to 4pm, winners announced 3pm Sat

Dance the night away Sat @7pm - Warracknabeal Town Hall

Party in the Park - Sun 10am - close Lions Park Warracknabeal

Healthy Community Expo - Neighbourhood House & Learning Centre - Sat 10am to 4pm

Tours of the Warracknabeal Campus and the Landt Memorabilia Room - Sat 10am to 4pm

Enquiries Rural Northwest Health Warracknabeal Campus Reception - (03) 5396 1200

If you would like to feature in the health expo please contact Amy Johnson on 5396 1265. Stalls are offered free of charge, with community groups, health providers, service clubs, emergency services, local sporting clubs and organisations invited to feature.

Planet Feel Good Health Clubs Corporate Kickstart

How do you get staff to engage positively in developing and protecting their health and wellbeing goals? Achieving significant, lasting health care outcomes depends not only raising awareness about health issues, but motivating people to take action and keeping them engaged. No easy task with people who lead busy lives. Planet Feel Good has developed a way to help you make a contribution towards the morale, performance and health of your employees as healthy workplace works for everyone.

So let us introduce...**CORPORATE KICKSTART**

This COMPLIMENTARY card entitles the bearer:

- ◆ Participation in a variety of seven fun and energetic Les Mills classes
- ◆ Access to qualified instructors to help with technique and set up for each class

Want to know more? Planet Feel Good can personalise a health and wellbeing program that not only provides sensible, fad-free advice for achievable and sustainable behaviour change, but is engaging and relevant to the needs of your staff. The program helps to empower individuals to understand the impact of lifestyle behaviours and make changes to improve their health and wellbeing. The program is cost-effective, scalable and easy-to-implement it contains solutions that enable companies to improve employee health while lowering the costs of illness and increasing productivity.

For more information call Lisa Cosson or Meran Jackson at Planet Feel Good on 5381 2350 or email planetfeelgood@bigpond.com

Parenting Strategies for Under-Age Drinking

Parents struggling to cope with adolescent alcohol consumption will now be able to test their skills and seek help online, thanks to a new website. Turning Point Alcohol & Drug Centre and Orygen Youth Health have launched the site, which includes a range of appropriate parenting strategies endorsed by experts in the field.

With the festive season upon us, parents are facing increased pressure to allow their underage children to drink during the holiday period. Despite 90% of adolescents consuming alcohol by the age of 14, there is a lack of widely available evidence-based guidelines for parents in respond to requests for alcohol from their children. The website will offer a web-based program designed to help parents assess their current approaches, with parents receiving personalised feedback on how to confidently manager their child's alcohol use.

The website can be viewed at www.parentingstrategies.net/

Drinking Patters in Australia - 2001 to 2007

www.aihw.gov.au/publications/index.cfm/title/11895

This report uses data from the three most recent National Drug Household Surveys to look at trends in alcohol consumption, alcohol-related harm, alcohol beverage choice, and under-age drinking. Using the 2007 data, the report also explores factors that are associated with short-term risky or high-risk drinking behaviour.

Survey - Child & Youth Mental Health Service Redesign Demonstration Project

As part of the consultation process for the above project, a survey has been designed for staff working across all community and welfare sectors. The aim of the survey is to gather views on key issues, identify workforce development needs and provide people with an opportunity to participate in the process. Input is being sought on the wider Mental Health Service System and an option to provide feedback on areas for improvement is offered.

Visit www.bchc.org.au/limesurvey/index.php?sid=44967&lang=en before Friday 14th January 2011.

Meeting the Needs of Victims of Crime

The Australian Institute of Criminology and the NSW Department of Justice and Attorney General will host a groundbreaking conference on meeting the needs of victims of crime - and how building the evidence helps us do that.

The conference will bring together delegates to discuss what research tells us about victims' rights and needs in all their diversity. Delegates will exchange ideas and solutions, examine promising practices and discuss challenges in meeting the needs of victims of crime. The issues are complex. Individuals and communities are affected by a wide range of crimes such as family and sexual violence, but also terrorism, break and enter, homicide, fraud, home invasion, elder abuse, road trauma and armed robbery.

For more information visit www.aic.gov.au/events/aic%20upcoming%20events/2011/victim.aspx

Tell Someone Website

The Tell Someone website has been designed to provide information to anyone in our diverse community who may have been hurt by family violence and would like to know what to do and where to go for help.

The website is aimed at educating people with a mild intellectual disability and their family and community about family violence. You can watch the 'Tell Someone' videos on this website, to learn what family violence is. If you are a victim of family violence or someone who has used family violence, you can access the information on this website to help you find out what you can do and where to go for help. If family violence is happening in your family there is always someone you can talk to about what has happened and someone who will help you.

Visit www.tellsomeone.org.au

Survey Shows Parental Fear Hinders Kids' Physical Activity

A VicHealth survey of 1,500 Victorian residents has revealed their perceptions of stranger danger, traffic concerns and neighbourhood crime are the most common barriers to allowing children to walk to school. The survey results were released in the lead up to Walktober Walk to School Day. The random phone survey showed 63% of Victorians believe parents should not let primary school aged children move around their neighbourhoods unsupervised.

VicHealth CEO Todd Harper is quoted as saying: "The real risk of child abduction is extremely low, yet many parents believe there is a high risk. We can't allow this mistaken belief to stop our kids getting the exercise they need."

Children need the freedom to play outside, and walking, cycling or scooting to school is a great way to make sure they are keeping active on a daily basis. By working closely with schools, services and parents, as well as with children themselves, we can try and change this misperception. One way would be by implementing ride-to-school or walk-to-school days in controlled environments with the help of parent volunteers.

For more information visit www.vichealth.vic.gov.au/Media-Centre/Media-Releases-by-Topic/Physical-activity/Survey-shows-parental-fear-hinders-kids-physical-activity.aspx

ASPREE - Aspirin Trials

Can aspirin help increase the healthy lifespan of older people?

Healthy people over the age of seventy will be joining with their GP and universities Australia wide to answer this important question through participation in the ASPRESS study. ASPREE is a five year study that will enable doctors and researchers to understand the role of aspirin in preventing heart attacks, strokes, dementia and cancers such as bowel cancer.

For more information or to participate in the study please contact 1800 728 745 or visit www.aspree.org

Case Notes and Record Keeping

VHIA Training's new course "Case Notes and Record Keeping" is a comprehensive and practical four hour workshop. It has been designed for direct care workers who are required to keep case notes and records, for example, people working in home and community care, Allied Health Professionals and Case managers.

The workshop covers:

- ♦ Why keep case notes and records? Including a discussion on professional and legal obligations.
- ♦ What is a record?
- ♦ Common mistakes when keeping case notes and records and how to avoid them.
- ♦ How to write case notes and keep records in a way that is respectful of the client and allows the worker to discharge his or her professional responsibilities.

Wednesday 23rd February - 9am to 1pm - Melbourne

Book online at www.vhia.com.au

Motivation by Lisa Cosson - Westvic Division of General Practice

Putting Our Tools to Use - brining inspiration into form

Many of us have so many life tools we have learned, but sometimes we forget to use them. Revisit your toolbox.

Every craftsperson has a toolbox full of tools and a number of techniques to help them bring inspiration into form. In the same way, throughout our lives, we have discovered our own life tools and techniques - the ways and means that have helped us create our lives up to this point. Sometimes we forget about the tools and skills we've acquired, and we wonder why we aren't moving forward. At times like these, it might just be a matter of remembering what we already know, and rediscovering the tools we already have at our disposal.

So go ahead and pull out one of the tools you haven't used for a little while - it may just create some new motivation for you.

Just like a good sculpture...with one chip at a time the statue is unveiled!

Lisa can be contacted at l.cosson@westvicdiv.asn.au or phone 5381 1756.

Victorian Multicultural Commission Community Grants Program 2011

These grants are for programs and projects held from July 2011 onwards. The Commission's Community Grants Program, aims to support Victoria's culturally and linguistically diverse communities. Encouraged to apply are new and emerging communities, for the purposes of developing and sustaining local community projects and programs that promote social, cultural and economic inclusion and encourage greater community participation, understanding and mutual respect.

Complete your application online at www.multicultural.vic.gov.au/grants/application-forms

2011 Australian Family Friendly Workplace Seminar

7th & 8th March - Melbourne

www.wtaa.com.au/events/11/ff/Family_Friendly_Workplace_Seminar_2011_RAG.pdf

Over two days this Seminar will feature Australia's foremost experts in the areas of family friendly workplace practice. Also, Australian organisations at the forefront of family-friendly practices will detail and design and implementation of their own proven strategies.

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.

9&10/2	Community Development Short Course	Horsham
26/2	Grampians Texture	Grampians
8/3	Grant Writing	Horsham
11/3	Strategic Planning	Rainbow
16/3	Motivational Interviewing	Horsham
25-27/3	Rural Northwest Health - Anniversary Expo	W/beal
29/3	BeyondBlue Workshop & Dinner	Birchip
5/5	Making Sense of Financial Statements	Rainbow
10/11 5	Victorian Government Elder Abuse Strategy	Horsham

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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