GETTING TO GRIPS WITH CONSUMER ENGAGEMENT

Thursday 6th August 2015 - 9.30am - registrations open, event from 10am to 3pm
@ Grains Innovation Park - Natimuk Road, Horsham

The first WSMHA/WPCP Consumer Engagement Forum highlighted the impact on consumers when health services do consumer engagement well or, perhaps, not so well. We established that the consumer experience is an important part of planning efficient, effective health services that provide maximum benefit: when consumer engagement is done well, everybody wins.

Following on from the Consumer Engagement forum held in February 2015, ‘Getting to Grips with Consumer Engagement’ will provide attendees with:

- Perspectives on effective consumer engagement from the international to the local
- An overview of current best practice across the Wimmera and Southern Mallee
- New skills and strategies for consumer engagement to put into practice

The day will begin with an overview of international trends in rural consumer engagement in health services before moving on to some concrete, take-home skills and ideas to add to your consumer engagement tool-kit.

Featured Guest Speaker: Professor Jane Farmer, Associate Pro Vice Chancellor, Research, College of Science, Health & Engineering, LaTrobe University. Jane’s current research interests are in community and citizen engagement and involvement, co-designing and co-producing health services and measuring outcomes of this as a means to increase health literacy (& therefore health) and civil participation. Jane has written extensively on rural health services and led ground-breaking projects around working with communities to co-produce health services. In Scotland, Jane led a 5-country European Union (EU) funded project on community health co-production which won an EU RegioStars award (2011-12).

Call for ‘news’ stories re good practice.
Good Practice ‘news stories’ featuring some of the best consumer engagement that is already happening in the region will be displayed at lunch time.

Send ‘News Stories’ to Dorothy McLaren @ Wimmera PCP on email
Dorothy.m@grampianscommunityhealth.org.au

R.S.V.P - please send an email to pcpadmin@grampianscommunityhealth.org.au
Stating our name; organisation and any dietary requirements
Wimmera UnitingCare invites agencies
to come and join us for the opening of NAIDOC week.

Enjoy morning tea and our special NAIDOC week exhibition of
the past 41 posters plus the poster for this year.

When
July 6, 2015

Where
WUC Lobby | 185 Baillie Street, Horsham

Time
9.30am

For any dietary requirements please contact Andrew Harrison
E - andrewh@wuc.org.au | P - 0427 802 091

For more information about NAIDOC week please visit www.naidoc.org.au
**Situations Vacant**

**CLOSING DATE EXTENDED TO JUNE 30**

**EXCITING NEW ADVANCED PRACTICE PHYSIOTHERAPY ROLE**

We have received a Department of Health Allied Health grant and we are looking for an enthusiastic and motivated senior physiotherapist.

The Sub-regional Project Position is Part-time – 0.5 EFT 1 July 2015 – 30 June 2016 plus general clinical role 0.3EFT based at Wimmera Health Care Group, Horsham. There is the expectation that the Advanced Practice clinical role will continue with the implementation of the persistent pain service from July 2016.

**JOB POSITION**

The Senior Clinical physiotherapist will work with an advisory group to undertake the planning, establishment and development of a new sub-regional multidisciplinary pain clinic. This involves the formation of program policies and procedures to support this new service. The role will work collaboratively with a multidisciplinary team to staff the pain service and involve planning to develop scope of practice and competencies. The physiotherapist is expected to perform according to the work-based competency standard for Advanced Musculoskeletal Physiotherapy and in addition, they must be committed to participating in an education and training program, coordinating the training of other health professionals and to undergo the work-based competency assessment in the Wimmera Southern Mallee sub region.

The Senior Clinical physiotherapist will be responsible for the provision of comprehensive clinical Physiotherapy assessment, treatment and education of patients with complex pain conditions. The position will oversee & collaborate with the multidisciplinary team in the development and implementation of this new pain service – comprising of medical support, psychologist, occupational therapist, physiotherapists, nurse coordinator and other team members.

The role requires a leader to develop a new service, deliver a clinical caseload and build sub-regional capacity in pain management and assessment.

**For further information please contact:** Anne Richards, Manager Sub Acute Services, Mobile: 0403372775.

Written applications and curriculum vitae, including the names of two professional referees should be forwarded to the undersigned per e-mail to recruitment@whcg.org.au by Tuesday 30 June 2015.

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**DIABETES AUSTRALIA – NATIONAL DIABETES WEEK 12 – 18 JULY**

Despite diabetes increasing at a faster rate than other chronic diseases such as heart disease and cancer, research conducted by Diabetes Australia shows people find the numbers hard to believe. Participants in a recent qualitative research study were shocked to learn that approximately **280 people develop diabetes every day** and that **diabetes will become our number one burden of disease within the next five years**.

Based on this research, Diabetes Australia has developed campaign material to launch in **National Diabetes Week (12 – 18 July)** to raise awareness of the seriousness of diabetes and the growing number of people who have it. The aim of the campaign is to increase knowledge and understanding in the general population about diabetes so those that don’t have diabetes better understand the condition and can support those who do.

National Diabetes Week is celebrated in the second week of July each year. It is a week to raise awareness of diabetes and its prevalence in Australia.

**Ways to support the campaign:** Raise awareness using the #280aday hashtag; Share your story about “what you know about diabetes” via our Facebook page; Donate [here](#). To find out more click [here](#).
DIABETES AND EYE HEALTH IN INDIGENOUS COMMUNITIES

The Indigenous Eye Health Unit (Minum Barren) at The University of Melbourne were proud to partner with the Indigenous Hip Hop Project, Gilimbaa, Koori Services Hub Ballarat, BADAC Co-Op Ballarat and Budja Budja Co-Op Halls Gap, to create this music video to raise awareness around the issue of diabetes and eye health in Indigenous communities. This music video will form the part of a National Campaign encouraging community members with diabetes to get a yearly eye check and to raise awareness among the community around prevention and treatment for eye health.

Check out the music video and see lyrics below for more.

See Tomorrow

Verse 1
Listen up people who wanna see clearly. Get an eye check and make it yearly. To know where we goin’, gotta know where we’re from. We gotta stay healthy. We gotta stay strong. You are in control, you can fight it. Don’t try and hide it or deny it. Look at your grand kids, husband or wife. How you gonna feel if you lose your sight. Get your eye doctor to check your retina. You might forget but we won’t let ya. Be sure you find the right person to talk to. Go to the clinic they will support you. Don’t let your blood pressure rise sky high. Take your medication to stay alive. If ya wanna see well, wanna see clearly. It’s about prevention check your eyes yearly.

Chorus
Get a check today - if you wanna see tomorrow. Get a check today - if you wanna see your future. Forget your shame - there’s no denying. It’s not a game – and we ain’t lying. Get a check if you wanna see tomorrow.

Verse 2
No warnings, symptoms, signs. Early detection could save your eyes. If you take it for granted, you’ll go blind. Wishing you could see one last time. Get in quick, get in early. We wanna’ see clearly, not blurry. If you don’t check your eyes. Over time you could loose your sight. Share your visions, share your stories. So all our mobs can see the warnings. Look into my eyes an’ you will see. My family and my mob is important to me. An eye check today to see tomorrow. Don’t want family to feel the sorrow. Don’t sugar coat it, don’t make excuses. Healthy eyes is up to you

Chorus
Get a check today - if you wanna see tomorrow. Get a check today - if you wanna see the future. Forget your shame – there’s no denying. It’s not a game – and we not lying.

Spoken word.
One day I’ll wake up to blackness. Can’t look and see, all I got is memories. I may not have sight but I have a vision To help the youth make better decision. I was too proud to ask for help. Let myself down not watching my health Don’t take it for granted hear my plea. I lost my sight to diabetes.

I had my day with the goodtimes. Drinking smoking walking the line. You gotta change your ways to improve your past. Today is the day of your life’s new start. I didn’t listen I never realized. That diabetes can affect your eyes It didn’t take long. I lost my sight. All the days turned into night.
GARDEN VILLAGE
GENTLE EXERCISE
PROGRAM

10 week program from Friday 17th July to Friday 18th September – 10.30am each Friday – cost $4 per session, $36 if paying upfront

Interactive – call Launa to book 5362 1200

ENHANCE YOUR SKILLS AND DEVELOP A BETTER UNDERSTANDING ABOUT ADVANCE CARE PLANNING AND A PALLIATIVE APPROACH FOR OLDER PEOPLE LIVING IN THE COMMUNITY RECEIVING HOME CARE PACKAGES.

Aged Care interactive workshops For health professionals working in community aged care - CPD = 13hrs. Facilitated by registered nurses with extensive aged and palliative care experience, the two-day workshops cover a range of topics including:

Learning Outcomes:
- Define a palliative approach, specialist palliative care and end of life care
- Understand the three key processes in a palliative approach in community aged care
- Identify who would benefit from an Advance Care Plan
- Describe the context of Advance Care Planning in community aged care
- Be able to discuss the legal framework that underpins Advance Care Planning
- Discuss the skills required to initiate and conduct an Advance Care Planning conversation
- Understand the process of communication and collaboration with other health professionals and family carers related to the palliative approach
- Understand your responsibilities when a client is on an end of life care plan

Workshop components - Participants will complete two hours of online training and attend two full day interactive workshops, two months apart.

Cost - These workshops are FREE and include the online learning modules, two face to face workshops, catering and ongoing support from the Decision Assist Phone Advisory Service 1300 668 908

Target Audience - These workshops have been designed for Case Managers providing care to clients receiving Home Care Packages in the community.

Date/Time: Tuesday 14th July 2015 Workshop 1 & Tuesday 15th September 2015 Workshop 2 - 09:00 to 15:30 (Registration from 08:30)
Venue: Health & Community Centre, 8 -22 Patrick St, STAWELL VIC

To Register for these workshops click here and click on the Aged Care Workshops link and then the Home Care link. For further information contact Decision Assist Aged Care Training, (03) 9088 1252 Mon-Fri 9am-5pm AEST, or email agedcaretraining@austin.org.au
MOSAIC TO MOUNTAIN RUN - DUNKELD

Sunday, 2 August 2015

Dunkeld Kinder proudly presents a picturesque running event starting in the heart of beautiful Dunkeld. For the first time, the event offers a half marathon trail run with the option of reaching the peak of Mt Sturgeon. This is in addition to a 4.7km run/walk and 10km run that take in the tranquil Salt Creek trail and Dunkeld Arboretum - all with stunning views of the southern Grampians.

How to register
Please familiarise yourself with the entry requirements, mandatory gear (for the trail runs) and other race day information. You can then register online by visiting Active Network. On the day entries are accepted for the 10km and 4.7km run/walk categories only.

What's new?
2015 sees the introduction of a challenging 21.5km trail run. The course travels through stunning Grampians landscape including untouched trails not normally open to public access. For those yearning for the ultimate Grampians experience, you can try the optional 4.5km Mt Sturgeon summit climb and decent. Effectively this gives participants a 26km course. A significant level of training and experience is highly recommended for those selecting this option (generous cut offs will apply).

Ticket prices
- 26km Trail Run (21.5km course plus 4.5km Sturgeon Summit Challenge) - $80
- 21.5km Trail Run - $65
- 10km Run - $30 ($35 on the day)
- 4.7km Fun Run/Walk - $20 (or $25 on the day)
- Children 12 years and under - $5

More information
If you have a specific question, visit our Facebook page, email us at mosaictomountain@gmail.com or call 0419 368 380.

WRITING COMPETITION 2015

The Library’s Annual Writing competition has an increased range of sections this year from sections based on German heritage to prose or poetry. In the mid 19th century a wave of German migrants travelled vast distances to make a new life in the Wimmera. As part of the Wimmera German Fest in October, entrants are invited to write a short story about their German heritage “From Germany to the Wimmera...my family heritage”. (Sections for Adults & Teens)

Additional competition sections enable you to “Write a story on any topic” (Sections for Adults, Teens, Primary school students Gr P-3 and Grade 4-6) or “Write about Winter in poetry or prose” (Not more than 500 words - sections for Adults, Teens and Primary School Students).

Entries close on Friday 31st July, and can be dropped off at any library branch or posted to Writing Competition, 28 McLachlan Street, Horsham 3400. Fax or Email entries are not accepted and all entrants must be a WRLC member.

First, second and third prizes will be awarded in all sections. Collect an entry form with full details from your local library or download one from the Library website.

YU-GI-OH TOURNAMENT

Are you the next king of games? Find out as you put your skills to the test and compete against various duellists for the title of Horsham’s YU-GI-OH Champion! Tournaments will be held at the Horsham Library on Monday 6th July from 10am to 5pm. Entry fee $10. The Forbidden and Limited list can be found here. Top place prizes will be dependent on number of participants. All participants will receive a booster pack on the day of the tournament.

Further information contact Simon on 0439 758 462.
SCHOOL HOLIDAY FUN AT YOUR LOCAL LIBRARY

Keep yourself busy at your local library this School Holidays with a great range of events.

**Horsham Library:**
- Tuesday 30th June - **Button Trees**
- Tuesday 7th July - **Candle Cards**
Sessons start at 11.00am - Cost $5 per child - Limited numbers - Bookings essential on 5382 5707 - Horsham Library, 28 McLachlan Street

**Kaniva Library:**
- **Creative Art with Kelly Meyer** - Tues 30th June, 9.30am-12.00noon. Ages: 8-12yrs $10 per child - Tues 30th June, 1.00pm-3.30pm. Ages 13yrs+ $15 per child
- **Jamie & Kim's Mobile Zoo** - Free Event - Friday 3rd July - 10.00 am: Ages: 3-7yrs 40min show (parent needed to stay) or 11.00am: 8-14yrs 90min show - Kaniva Library, 25 Baker Street - Bookings essential for all events - 5392 2723

**Stawell Library:**
- **Design a Felt Winter Board** - Wednesday 1st July
- **Let's Create our own “Winter Wonderland”** - experience with Play snow, Melting ice experiment, Ice painting, Snow figures and more!
  All sessions start at 2.30pm and cost $2 per child - Bookings are essential on 5358 1274 - Stawell Library, 7-9 Sloane Street. Storytime continues over the holidays at 10.30am on Thursday and Friday.
THE PERFECT TIME FOR TAX DEDUCTIBLE DONATIONS

Don’t miss your chance to sponsor a seat or make a donation to the Horsham Town Hall – and claim a tax deduction.

Take your seats
Have your name engraved on the back of a seat in the Theatre for just $200 and let the world know you are proud to be part of our production. Sponsor your seat online or visit Council’s Customer Service staff in Roberts Avenue.

Your name up in lights
Have your name, or the name of your family, club or business permanently inscribed on our Donor Board when you make a tax-deductible donation over $500.

Investment (Payable over 2 years)
- Supporter $500-$999
- Patron $1,000-$4,999
- Principal Patron $5,000-$9,999
- Life Patron $10,000+

Return - Acknowledgement on donor board which will be permanently displayed in a prominent area of the Horsham Town Hall foyer.

ART IS...LOOKING TOWARDS 2016

The 2015 Art is... Layers of Time Festival finished on Sunday 7 June after 10 days of jam-packed events for all ages to enjoy.

We look forward to another successful Festival in 2016 – our theme next year is all about urban myths and legends. So if you have any local stories you would like to share please email them to artis@wimmera.com.au and keep 3 - 12 June 2016 free to enjoy next year's Festival Events!

DID THE ALCOPOPS TAX DO THE TRICK?

In 2008, the Rudd Government announced it would introduce a 70 per cent tax increase on ‘ready-to-drink’ alcoholic beverages in an effort to deter the youth of Australia from binge drinking. So did the alcopops tax do the trick in reducing alcohol-related harm?

- A new study showed that hospital emergency department presentations in New South Wales for alcohol problems in young people significantly decreased following the introduction of the ‘alcopops’ tax.
- The Goods and Services Tax led to a 40 per cent decrease in the tax on alcopops compared with straight spirits. Presentations then increased steeply from 2000 but decreased after the alcopops tax was introduced in 2008.
- GST, which decreased the price of alcopops relative to other alcoholic drinks, was associated with at least 3,260 additional alcohol-related ED presentations among 18-24 year old women from 2000 until 2008 when the alcopops tax came into effect. Young women are a primary target market for alcopops.
- The alcopops tax, which increased the price of alcopops, was associated with a significant decrease in presentations in males aged 15-49 years, and females aged 15-64 years, particularly in 18-24 year old women.
- Between 2008 to 2011 a total of 1,350 presentations were avoided among 18-24 year old females and 514 presentations avoided among 18-24 year old males.

To read the full study click [here](#).
NUTRITION AUSTRALIA’S NEW HEALTHY EATING PYRAMID IS HERE!

The Healthy Eating Pyramid is a simple visual guide to the types and proportion of foods that we should eat every day for good health.

It contains the five core food groups, plus healthy fats, according to how much they contribute to a balanced diet based on the Australian Dietary Guidelines (2013).

The layers of the Pyramid are based on the recommended food intake for 19–50 year olds according to the Australian Dietary Guidelines (2013). However the proportions and placement of each food group are generally applicable to all age groups from 1–70 years.

The Healthy Eating Pyramid encourages Australians to enjoy a variety of foods from every food group, every day.

Visit the Nutrition Australia website to find out more information about what is in each layer and also how much food you should eat from each group per day. This information is split into toddlers, children, adolescents, adults, older adults and pregnant and breastfeeding mothers.

Water is also encouraged as it is the best drink to stay hydrated and it supports many other essential functions in the body. Choose water as your main drink, and avoid sugary options such as soft drinks, sports drinks and energy drinks.

THAT SUGAR FILM AND YOUR SCHOOL

The School Action Toolkit is a suite of resources crafted around That Sugar Film and That Sugar Book to educate and raise awareness about sugar consumption within primary and secondary school settings. Developed in collaboration with curriculum experts, the Toolkit is a one-stop shop that walks schools through a process for implementing sustainable change and provides practical tools to help engage the whole school community.

“Providing kids in Australia with access to information and tools such as the That Sugar Film School Action Toolkit is an important step towards addressing some of the nation’s toughest health challenges. Even small changes to our diets can help prevent many health problems like high blood pressure, obesity and diabetes.”

Dr Rob Grenfell, National Medical Director, Bupa Australia New Zealand

The School Action Toolkit is available now and costs $220 – to purchase click here.
So, what’s this all about?
Well, it’s about you, and it’s about water. It’s about decreasing your health risks and increasing your body’s performance. It’s also about kick starting weight loss and saving money but most importantly it’s rewarding you for taking on a challenge with a whole range of health benefits. The aim of the challenge is to help establish healthier eating habits, with water becoming the main choice of beverage in the long-term.

It’s the H30 Challenge
And the rules are simple - you just switch your sugary drinks for water for 30 days to reap the rewards. It doesn’t cost you anything, and it’s definitely not a fad diet. Signing up is easy. You can choose your own start date and we’ll support your progress with regular email updates to keep you motivated along the way. Join the H30 Challenge today and see how much better you feel in just 30 days.

For those tea and coffee drinkers out there...Caffeine is found in coffee, tea, cola soft drinks and energy drinks. Generally, 400 mg per day or less is considered an acceptable dose of caffeine. Approximate caffeine levels per serving include:

- instant coffee – 60 to 100 mg
- drip or percolated coffee – 100 to 150 mg
- espresso coffees such as espresso or latte – 90 to 200 mg
- decaffeinated coffee – around 3 mg
- tea – 30 to 100 mg, depending on the type and strength of the brew (both black and green tea contain caffeine)
- diet cola drinks – 35mg

What’s the best drink for hydration?
If you’re exercising for less than an hour, water is the best choice for hydration. If you’re exercising for longer than an hour, sports drinks that contain electrolytes and less than 8g of carbohydrate per 100ml can assist with hydration. Electrolytes increase your thirst so that you drink more and replace your fluids faster. However, in order to make them taste sweet and appealing, sports drinks also contain a lot of sugar and are higher in kilojoules than water. If you’re trying to lose weight and want to help reduce your risk of type 2 diabetes, or if you want to maintain healthier teeth, then water is the best choice for hydration.

SURVEY: BREASTFEEDING MUMS – DO THEY CHANGE THEIR DIET?

Survey respondents wanted!
Have you ever breastfed? Or are you currently breastfeeding? Volunteers are invited to take part in an online survey aimed at understanding the diet of breastfeeding mothers. Do mothers change their diet? The survey is completely anonymous and will take approximately 5-10 minutes to complete. The results will contribute to the PhD study undertaken by Ms Marina Iacovou (contact details below).

Please click here to complete the survey.

To find out more information please contact Ms Marina Iacovou on (03) 9903 0392 or marina.iacovou@monash.edu

Ethics Approval - This study has been approved by the Monash Health Human Research Ethics Committee Ref 14033B and the Australian Breastfeeding Association: ABA Research Approval Number 2015-2.

Responses are anonymous and all information is kept strictly confidential.
CONTINUING PROFESSIONAL DEVELOPMENT SCHOLARSHIPS 2015 - 2016

This program for Rural Allied Health Practitioners is aimed at improving access to training and education, and increasing rural workforce retention. Read more here.

NOMINATE A MATE!

The search is on for individuals, businesses and community groups that are making a difference in our local community through the annual Regional Achievement & Community Awards.

“Horsham Rural City Council invites all residents to consider nominating an individual, business or group that is helping to reshape and inspire our community. If you know someone that has provided support and made a real difference in your life, why not give them a pat on the back and nominate them for an award. It would be great for our community contributors to be showcased in these Awards” said Cr Mark Radford, Mayor, Horsham Rural City Council.

Nominations are now open in the following categories:

- Prime Super Community Group of the Year Award
- VACC Regional Safety Award
- Parks Victoria Environmental Sustainability Award
- Regional Development Victoria Business Achievement Award
- Ricoh Australia Customer Service Award
- Prime Super Employer Excellence in Aged Care Award
- Federation Training Gippsland Regional Achiever Award
- South West TAFE and Deakin University South West Regional Achiever Award
- Regional Development Victoria Leadership and Innovation Award
- MOA Benchmarking Community Service in Aged Care Award

Category winners will each receive $2,000 from the Bank of Melbourne or an airtime package on PRIME7. Nomination enquiry brochures are available from the electorate office, sponsors or by contacting the Awards Office on 9720 1638, emailing vic@awardsaustralia.com or by nominating online. Nominations close Friday 24th July 2015.

UPCOMING ALLIED HEALTH CONFERENCES

To find out the dates for the National Allied Health Conference; Barwon South Western and Grampians Region, Hume Region and Loddon Mallee Region National Health Conferences click here.

A SHORT COURSE IN EXERCISE PRESCRIPTION FOR FALLS PREVENTION FOR FITNESS PROFESSIONALS

Health Professional Education Online – Monash University – led by NHMRC Excellence Award winner Prof Terry Haines

A short-course is currently being run through Monash University and Monash Health in Falls Prevention. This course is aimed at fitness professionals who work with older adults. This course is accredited through Fitness Australia and Physical Activity Australia and upon completion will entitle you to CEC’s and PRP’s respectively.

Monday July 13th until Sunday August 9th – online

Queries to Dina Pogrebnoy dina.pogrebnoy@monash.edu - registrations close 9th July

The Victorian Department of Health & Human Services has partially subsidised 70 places in this course to offer an opportunity for fitness professionals working with older adults to develop further skills in the area of exercise prescription for falls prevention. The cost to partially subsidised participants will be $50 instead of $250. Please indicate whether you would like to apply for a partially subsidised place on the registration form. Once all registrations have been received the course facilitator will advise if a place has been granted.
HEALTH PROMOTION EVALUATION: SCOPING THE EVALUATION PLAN

Program planners and implementers are often faced with the task of having to develop an evaluation plan or framework for the program/project that they are working on. This requires scoping the boundary of the evaluation and choosing the most appropriate evaluation approach and questions. Planning, negotiation, program logic modeling and evaluation criteria/indicator selection are integral components of this task. It is in these areas that this course is concentrated. Other areas covered include evaluation purposes, types and questions, program evaluation utilisation, choosing outcomes for measurement and key steps for planning and negotiating the evaluation.

This 3-day course run by the Centre for Health Policy is designed for those who are involved in developing evaluation plans/frameworks for programs or projects in the health field. Participants do not require any background training or knowledge of evaluation; however, experience or knowledge of health programs, policies or services would obviously be an advantage. The course recognises workplace needs, and builds them into the practical learning program. Key concepts and approaches underpinning the course activities can be applied immediately in the workplace.

This short course is delivered at The University of Melbourne but tailored courses (e.g. 1 or 2 day courses can be delivered at your workplace for groups of 10 or more. Individual course fee $1050 (GST inclusive) - Includes all course materials, lunch, morning and afternoon tea.

Course dates: 8-10 July and 2-4 December

For more information email chp-enquiries@unimelb.edu.au phone 8344 9111 or visit the website.

YOUTH MENTAL HEALTH FIRST AID (MHF A) COURSE

This 14 hour course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Where: Ballarat South Community Hub, Tuppen Drive, Sebastopol 3356
When: 18 and 25 August 2015 (this is a 2 day workshop)
Instructor: Anne Watson - $250 (includes GST). Discounts available for students and group bookings.

If you are interested in attending this Youth Mental Health First Aid workshop please contact Anne Watson on 53642977 or annew@getmentalhealth.com.au

Additional Information: To ensure your place in this workshop please fill out the registration form accompanying this flyer. This form also provides information about group discounts. Registration fee includes the cost of a manual and other materials, lunch and refreshments. NOTE: this workshop may also be free for you if you are the parent of a child aged 12-15. Go to www.tpot.net.au for more information or contact Anne. Looking forward to seeing you at the workshop.

The genders have a very different experience of later life. In general women tend to live longer and maintain better physical and psychological health yet they enter later life much less well prepared financially. Men although better off financially find it more difficult to maintain wellbeing into old age and are more likely to experience social isolation and mental health issues. While, intersex and transgender people face very specific challenges as they get older and much more can be done to ensure they have an equitable later life.

Finally, people's life experiences are also strongly influenced by such factors as culture, language and location. These and other aspects of human diversity affect the experience and meaning of gender in older age too.

In 2015 COTA Australia will again bring together a group of outstanding individuals to explore what is needed to ensure that the genders have the same opportunities and are equally well prepared for later life.

A registration fee will apply. For more information click here or email events@cota.org.au.
THE ART OF BELONGING

This conference seeks to ignite the Art of Belonging through sharing stories and wisdom. This conference will explore:

- the importance of belonging
- why we rely on communities to support and sustain us
- the risk of disconnection and exclusion
- how we include people with a disability and others at risk of exclusion and,
- what it takes for diverse communities to flourish and prosper.

27th & 28th August – Melbourne

For more information and to purchase tickets click here.

POOR CARE COORDINATION RAISES CHRONIC DISEASE COSTS BY $4500

Insufficient patient care coordination can increase the average costs of chronic disease management by more than $4500 over three years, finds a new study published in the American Journal of Managed Care, while failing to provide patients with a higher chance of adherence to recommended protocols. Patients who received services from a higher number of providers, a situation known as fragmentation of care, were more likely to experience gaps in treatment that led to undesirable events such as preventable hospital admissions.

To read more click here.
MY PROBLEM WITH YOUR DRINKING: AUSTRALIA’S HATE-LOVE RELATIONSHIP WITH ALCOHOL

In this year’s annual alcohol poll, 34% of Australians said they drink to get drunk, 43% said they had vomited as a result of drinking and 75% said Australia has a problem with excess drinking or alcohol abuse.

But in the same Foundation for Alcohol Research and Education poll, 92% of Australians identified themselves as responsible drinkers.

As the young people might say, what the …? A majority of Australians agree we have a problem with alcohol. But almost all say it’s not a problem of theirs – it’s a problem that exists somewhere outside of their world.

If you are interested to read more, click here.

New items have been added to the Primary Health News for June 2015

- ADMA membership reminder
- ADMA 11th Annual National Conference – 'Count me in: Partnerships in chronic care'
- Subscribe to Chief Health Officer alerts
- SEXrurality Conference 2015
- Free whooping cough vaccine available for pregnant women and their partners
- NARI Advance care planning workshop
- Webinar: 'Managing Back Pain in Primary Care'
- New Ebola Response Plan available
- Service Coordination On-line Learning Module
- Service Coordination Tool Templates (SCTT) On-line Learning Module

YOUR FREE WEBINAR - FAMILY VIOLENCE - WORKING TOWARDS SOLUTIONS - PART 1

Family violence occurs in every community and culture and has profound effects on every person it touches. Despite this ugly reality, there has been a lot of silence, shame and stigma around this issue creating many myths and misunderstandings. In order to work towards solutions, we must first be aware of the realities of family violence, its influences and impacts. This webinar focuses on creating a basic understanding of this complex issue. Topics reviewed include the types of family violence, their impacts, theories of understanding and contextual influences.

This webinar is a companion to the webinar entitled: Family Violence – Working Towards Solutions – Part 2.

To find out more click here.

AUSTRALIAN HEALTH SURVEY: NUTRITION - STATE AND TERRITORY RESULTS, 2011-12

This publication summarises eating habits of Australians for each State and Territory. It presents results from a 24 hour dietary recall of foods and beverages from the 2011-12 National Nutrition and Physical Activity Survey (NNPAS). It contains general information on dietary behaviours, and consumption of selected foods and nutrients.

To read the results click here.

WELLNESS STRATEGIES FOR THE HELPING PROFESSIONAL - RESOURCE MANUAL

Available in PDF format our informative and easy to follow manuals contain 35 to 70 pages of practical and helpful material.

Experiencing compassion fatigue, vicarious trauma or burnout is, unfortunately, a common occurrence among caregivers. This manual will help the reader identify the causes, signs and symptoms of stress and also measure their own current level of stress and burnout. Principles and strategies for reducing and recovering from stress are examined in the manual. Building self-awareness and a toolbox of skills to increase vibrancy and resilience of helpers is a primary goal of this material. To get your copy ($27) click here.
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geoff Witmitz</td>
<td>Executive Officer</td>
<td><a href="mailto:geoff.w@grampianscommunityhealth.org.au">geoff.w@grampianscommunityhealth.org.au</a></td>
<td>5362 1225 - 0428 358 672</td>
</tr>
<tr>
<td>Donna Bridge</td>
<td>WSMHA &amp; Agency Liaison Officer</td>
<td><a href="mailto:donna.b@grampianscommunityhealth.org.au">donna.b@grampianscommunityhealth.org.au</a></td>
<td>5362 1221 - 0429 174 763</td>
</tr>
<tr>
<td>Sarah Natali</td>
<td>Agency Liaison Officer</td>
<td><a href="mailto:sarah.n@grampianscommunityhealth.org.au">sarah.n@grampianscommunityhealth.org.au</a></td>
<td>5362 1223 - 0468 387 121</td>
</tr>
<tr>
<td>Ruth Williams</td>
<td>Evaluation Officer</td>
<td><a href="mailto:ruth.w@grampianscommunityhealth.org.au">ruth.w@grampianscommunityhealth.org.au</a></td>
<td>5362 1224</td>
</tr>
<tr>
<td>Jan Hall</td>
<td>Grampians Region HACC Project Officer</td>
<td><a href="mailto:janet.h@grampianscommunityhealth.org.au">janet.h@grampianscommunityhealth.org.au</a></td>
<td>5362 1221</td>
</tr>
<tr>
<td>Felicity Johns</td>
<td>Koolin Balit Project Officer</td>
<td><a href="mailto:felicity.j@grampianscommunityhealth.org.au">felicity.j@grampianscommunityhealth.org.au</a></td>
<td>5362 1226 - 0421 250 428</td>
</tr>
<tr>
<td>Dorothy McLaren</td>
<td>WSMHA Project Officer</td>
<td><a href="mailto:dorothy.m@grampianscommunityhealth.org.au">dorothy.m@grampianscommunityhealth.org.au</a></td>
<td>5362 1224 - 0488 391 499</td>
</tr>
<tr>
<td>Kellie McMaster</td>
<td>Office Support</td>
<td><a href="mailto:kellie.m@grampianscommunityhealth.org.au">kellie.m@grampianscommunityhealth.org.au</a></td>
<td>5362 1222</td>
</tr>
</tbody>
</table>

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