**Good Advice from Michelle**

Rural Northwest Health management is on a quest to find a community representative for the Beulah region after long serving representative Michelle Blackwood retired from the role. Mrs Blackwood held the position since RNH first introduced a community advisory group in 2008. The Hopetoun Beulah Reference Group advises the board of community issues garnered through its members that may impact the health service.

Mrs Blackwood was always destined for the role and she believes there are others in the Beulah community who fit the same bill. She said she was willing to discuss the role with anyone who exhibited interest. “It was a challenging role when I started with the advisory group but the past five years have been a pleasure,” Mrs Blackwood said.

“The CEO Catherine Morley has been a joy to work with and the whole experience has been very rewarding and gratifying,” she said. “I would highly recommend the role to anyone who is community minded.”

Mrs Blackwood has always been community minded and is also the local Justice of the Peace. She said there was no hesitation in her decision to apply for the advisory group role. “When I saw the position advertised, I thought straight away, well here’s a chance to give something back to the health service that kept me employed for over a decade,” she said. “I thought the advisory group was a fantastic idea for community involvement and it was important that the role was valued. “The group members definitely have input into the running of RNH and you are well aware of what’s going on. “There’s a real sense of satisfaction in knowing you are doing your bit. I had good communication at all levels and it was great liaising with the staff.”

Mrs Blackwood said she was confident someone would step into the group role at Beulah. “The group meets quarterly so it’s not a huge commitment but it’s vital that we keep as many services as possible for Beulah.”

For more information please contact RNH Beulah Campus on Phone: (03) 5396 8200

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**White Ribbon's Breaking the Silence in Schools Program**

Breaking the Silence in Schools Program is White Ribbon’s unique primary prevention program driving attitudinal and behavioural change in youth (8-18 years) to prevent the perpetration of men’s violence against women and girls. White Ribbon provides the scaffolding and platform to embed sustainable culture change in school communities.

White Ribbon’s Breaking the Silence in Schools Program equips school principals and senior leaders with practical strategies to introduce and embed violence prevention activities into schools. To date over 120 schools involving more than 62,000 children and young people have experienced the benefits of their school leaders undergoing this training. For more information or to register your interest, please contact National Program Manager, Jennifer Mullen, on 02 9045 8424 or schools@whiteribbon.org.au Visit www.whiteribbon.org.au/programs/schools
Postgraduate Opportunity for Rural Health Professionals
The University of Melbourne and the Rural Health Academic Centre, in collaboration with Echuca Regional Health and the Royal Children’s Hospital, Melbourne, have developed the Specialist Certificate in Rural Paediatric Practice (SCiPP). SCiPP is an academic and clinical education masters level training program. It provides an opportunity for the health professional to develop a comprehensive knowledge and skills base to facilitate generalist or paediatric practice for rural health professionals working in rural or remote areas. For more information click here or go to:

HMF702 Healthy and Sustainable Agricultural Communities
Scholarships available: Apply now for a 2014 scholarship
The specialist training of professionals working in agricultural communities is the key to improving the health and wellbeing of farming families and agricultural workers in Australia. HMF 702 is a core unit of the Graduate Certificate of Agricultural Health and Medicine (H522), offered by the partnership between the School of Medicine at Deakin University and the National Centre for Farmer Health. This unit focuses on how living in a rural and remote community impacts on the determinants of health. Students are provided with the knowledge and skills to positively influence sustainability and the high rates of illness, injury and poor health in their agricultural community. Students who complete Healthy and Sustainable Agricultural Communities are uniquely placed to become rural leaders and equipped to address the challenges faced by farmers, their families and communities.

HMF702 commences July 14th and runs through to October 3rd, 2014 with online lectures and activities taking 3-4 hours per week to complete. The best news is that it’s all online, so you don’t even need to leave home!
If you work in public health, agriculture, health promotion, social work, workplace safety, policy, nursing and/or medicine, in rural and remote areas then this unit will appeal to you. The unit is offered at a postgraduate level and is also an elective for postgraduate qualifications at Deakin University. Apply now for a 2014 scholarship
Applications close Monday 9th June. For further information on the National Centre for Farmer Health please visit website at www.farmerhealth.org.au or call Dr Jacquie Cotton on (03) 5551 8533.

"The Summary Guide for the Management of Overweight and Obesity in Primary Care 2013"
The National Health & Medical Research Council (NHMRC) has recently released "The Summary Guide for the Management of Overweight and Obesity in Primary Care 2013". It presents key information from the 2013 Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, Adolescents and Children in Australia (the guidelines) in a user-friendly format. Electronic copies of the summary guidelines and links to quality resources for the management of overweight and obesity can be found on the NHMRC website at this address.

The Cost of Violence Against Women and Their Children
This will cost the Australian economy an estimated $13.6 billion this year. Without appropriate action to address violence against women and their children an estimated three-quarters of a million Australian women will experience and report violence in the period of 2021-22, costing the Australian economy an estimated $15.6 billion.

Helping Measure Person-Centred Care
The Health Foundation (UK) has published this paper as a review of evidence about commonly used approaches and tools used to help measure person-centred care.
Child Health SIG Child resilience and equity - A child’s right to be heard
Beyond Bushfires: http://beyondbushfires.org.au/
Call to Action on New WHO Sugar Guidelines

Australia needs to take action on the new World Health Organization (WHO) guidelines around sugar consumption, according to a coalition of leading health organisations, the Obesity Policy Coalition.

WHO put out revised recommendations for consultation recently stating that free sugar* should contribute only five percent of an individual's daily energy intake. This is almost half their previously recommended daily amount – up to six teaspoons of a sugar a day, down from ten. Read more

iNotice App

A free, easy to use smartphone app has been designed for care workers and caregivers supporting a person to stay safely in a home environment. The app, iNotice, may assist to heighten awareness of a variety of signs and symptoms linked to a person's medication management. The app was developed by NSW Community Services & Health Industry Training Advisory Body and Aged & Community Services NSW & ACT, with funding from Health Workforce Australia, a federal government initiative.

Medicare Express Plus Mobile App

Australian Government Department of Human Services (2014). With Express Plus Medicare you can use your mobile device to: view your Medicare claim history; view your profile and update your address and contact details; view and update your payment destination details; request a duplicate or replacement card; claim Medicare benefits; view Medicare Safety Net Information; view your Medicare Benefit Tax Statement and Child Immunisation History Statement; view and access documents saved in the Vault; and find your nearest service centre. Express Plus Medicare is available on Apple and Android devices™.  

Eating Disorders Victoria - Free Workforce Development

Eating Disorders Victoria has free workforce development opportunities for health professionals in the primary health sector. Eating Disorders are a serious and significant mental health issue and often go unnoticed and treated. This session will provide information on Eating Disorders Victoria services including how to build the capacity of staff to support positive health outcomes for patients who are experiencing or living with an eating disorder. Sessions are available to organisations in the primary health sector such as; GP clinics, Community Health Services and mental health services. If you would like to secure a session, places are limited so please contact Eating Disorders Victoria’s Katie Rogerson on Ph: 1300 550 236

The Food Alliance

The Food Alliance is a Victoria-based Australian organisation working to achieve a food system that ensures sustainable food security and healthy eating for the Victorian population. It takes an innovative approach to improve local and state food systems, making food systems healthier, more environmentally sustainable and socially just, while spurring economic development. It promotes integrated policy solutions that realise multiple benefits across the food system. The Food Alliance revamped website has now launched! Check out www.foodalliance.org.au for resources, updates and inspiring stories, such as that of Australia’s first rooftop worm farm and knowledge sharing, such as the article by Justin Walsh on starting up Trentham Food Hub. You can email the Food Alliance at info@foodalliance.org.au or join them on Facebook, on Twitter, or sign up to the newsletter for more information.
Australian Disease Management Integrated Chronic Disease Online Clearing House

The Integrated Chronic Disease Management Online Clearinghouse is a resource to support the work of all providers of integrated chronic disease management programs and initiatives. The Clearinghouse allows practical resources and tools, plus brief explanations of their development and use, to be uploaded to a website by their authors where others can then search and access them. The Clearinghouse provides a systematic and sustainable way for organisations implementing chronic disease programs and initiatives to access largely unpublished resources, tools and reports of work produced by other organisations providing chronic disease initiatives. The Clearinghouse can be accessed on the http://www.adma.org.au/about-the-clearinghouse.html

Your Views Sought on Mental Health Services in Rural and Remote Areas

If you have an interest in or experience of mental health services in rural or remote areas, you might want to consider sending some views to the National Mental Health Commission. It is undertaking a review of mental health programs and services and the Terms of Reference and the entrypoint for submissions is at the National Mental Health Commission website http://www.mentalhealthcommission.gov.au/our-work/review-of-mental-health-services-and-programmes.aspx If you don't want to make your own submission but would rather contribute to the National Rural Health Alliance's, send your views to nrha@ruralhealth.org.au The Alliance is particularly interested in examples of the mental health system working well in rural and remote areas.

Grants for Simulation-Based Training Workshops for Professionals Working in Rural and Remote Australia

The National Health Education and Training in Simulation (NHET-Sim) Program is an Australian government initiative for clinicians and educators wishing to participate in further study in simulation-based education. The program is suitable for both entry level and experienced educators and offers e-learning and workshop activities across a diverse range of simulation practices. The Program is free to participants and there are grants available to assist rural and remote health professionals in attending workshops. The program is funded until June 2014. For further information, please visit www.nhet-sim.edu.au/

Walk to School 2014

Walk to School is an annual event which has been funded by VicHealth since 2006. The event is designed to raise awareness of the physical, environmental and social benefits of active transport (walking to school), and encourage school children to walk to and from school more often. Last year more than 32,000 students from 303 primary schools took part in Walk to School. In 2014, Walk to School will be held from 6-31 October. We want to encourage children and their parents to start walking to and from school on the first day of term 4, and keep it up each school day throughout October.

**Walk to School grants for Councils**: VicHealth is inviting Victorian councils to apply for Walk to School funding of up to $10,000 to encourage children and their parents to get active in their local area. Walk to School is designed to raise awareness of the physical, environmental and social benefits of active transport (walking to school), and encourage school children to walk to and from school more often.

Grant applications are now open and close at 5pm, Friday 6 June.

More information

Art Is... Festival

From May 30 to June 9, 2014 the Art is... Festival will activate the streets of Horsham and the region with theatre performances, artist and author talks, live music in the streets, creative workshops, pop–up art museums, interactive animations, visual art exhibitions, Festival Family Fun Day, layered cake competitions, rock walking tours and much more. Clare Bowditch will launch the festival with an intimate evening at the Wesley Performing Arts Centre on 30 May. You can come and meet the Australian Bureau of Worthiness and find out ‘what makes your day worth it?’ Visit the Museum of Lands Past; a collaboration with invited company Erth, local artists, primary school children and community members. For the full Festival program email us at artis@wimmera.com.au
Museum of Land’s Past is a stunning visual experience that brings to life the Wimmera landscape through interactive installations, animation and imagined artefacts created by our community. Invited Erth artist Andrew Blizzard and local artists Mary French and Adelle Rohrsheim are running creative workshops with Primary School students from Horsham North, Rupanyup, Dimboola and Murtoa and an elders group at Goolum Goolum. Thank you to everyone who has been involved – there has been a lot of magic created for everybody to enjoy at the Museum of Land’s Past. Please come and have a look at the Museum situated at 9A Firebrace St, Horsham from 30 May – 9 June.

DATES AND TIMES: Opening night Friday 30 May, 6-8pm; Sat 31 to Sun 1, 10am - 2pm; Mon 2 to Fri 6, 12pm - 6pm; Sat 7 to Mon 9, 10am - 4pm.

8Foot Felix – open-air musical meander through the CBD from 5pm Art is... Video launch at 7, 9 & 43 Firebrace St Museum of Land’s Past and Official Opening at 9A Firebrace St from 6pm 2014

Layers of Time photographic competition winners announced at 34 Roberts Ave

Intimate performance by Clare Bowditch – Wesley PAC 8.30pm Layer up against the cool of the evening and join us on the streets of Horsham for the Opening Night of the Art is... Festival from 5pm on Friday 30 May

All aboard for a rocky Art is... trip back 500 million years

The Art is... Grey Matters forum is hitting the road this year with a bus trip tracing the geological history of Mt Arapiles and its surrounding landscape. Western Victorian born geologist Ross Cayley who spent childhood family holidays at Arapiles and the Grampians, will take you back more than 400 million years to when Eastern Australia was being formed by continental collisions. It will be a journey of great stories, mind blowing concepts dating back 500 million years and discovery of what really lies in the paddocks and rocks that we take for granted on our Wimmera landscape and explores the 2014 Art is... theme ‘Layers of Time’.

Complimentary mini bus is available; pick up from Horsham and Natimuk from 1pm, Saturday 31 May. As seats are limited you are able follow us in cars. Please book by calling the Art is... office (03) 5381 0297.

Festival Family Fun Day

Enjoy music on the grass with sounds from the Itchy Scabs and take part in an Awakenings music workshop with Johnny Scab’s School of Bad Music. No talent? No skill? No money? YOU can make music at the School of Bad Music workshop. Master the electric guitar in a minute, discover the secrets of being a sound artist, learn to play the electric spoons, make music from thin air and join a rock band. Johnny will lead you in a fun adventure of making musical noise as you create punk, electronic and folk music. It’s for anyone of any ability, even real musicians.

(Johnny Scab has spent fifteen years entertaining thousands around the world with music despite making music teachers cry from his lack of ability). Also, learn about the history of the Wimmera landscape and be astounded by the acrobatic adventures of the Wimmera Women’s Circus. There is even a chance to create your very own Erth artefact to take home. Bring a picnic or enjoy the family BBQ.

Venue: Sawyer Park Date: Sunday 1 June 11am for Bike Registrations & 12pm for all other activities

A Timely Dinner at Deirdre’s

Located in Laharum Grove, an organic olive grove covering 300 acres, Deirdre’s Restaurant celebrates the seasonal diversity and quality of fresh produce from small independent growers. A Timely Dinner at Deirdre’s will explore, through taste, the many different layers of the land. Warm up on a winter’s night by the fire at Deirdre’s and settle in for a special multi course dinner.

Sunday 8 June, 6:30pm for 7pm Cost: $65 Drinks from the bar.

Places are limited and bookings essential. For more information contact Deidre 0429 136 319, service@laharumgrove.com.au Bus transport available $20pp. Enquiries artis@wimmera.com.au or (03) 5381 0297
Knit and Crochet Underwraps

Get wrapping! Warm up your fingers in the cosy surrounds of the Redrock Books & Gallery with basic workshops for beginners in knitting & crochet. Venue: Redrock Books & Gallery, 65 Firebrace Street

Date: Mon 2 June 2pm – 4pm, Fri 6 June 10am – 12midday, Sat 7 June 11am – 1pm

Cost: $25 per 2 hour session

Enquiries: www.fibreworks.net.au or 0408837530 for enrolments

If you would like to unsubscribe to this newsletter please email pcpadmin@grampianscommunityhealth.org.au with the title heading ‘unsubscribe’.