



Newsletter

Issue 09/2015 - 29th April 2015

Wimmera PCP News



Don't miss your chance to attend a special screening of

THAT SUGAR FILM

1.30 or 6:30 pm on Wednesday 6th May 2015
 Horsham Centre Cinemas - 41 Pynsent Street, Horsham

Tickets: \$10. Available from the Horsham Centre Cinemas -
 Phone 5382 1249 (during office hours Monday – Thursday 12.30 - 3.30 pm)

Exclusive Q&A Panel - Following the screening at 6.30 pm there will be a panel discussion and the opportunity to participate in a question and answer session with leading health experts and members of the local community.

What is it all about? That Sugar Film highlights one man's journey to discover the truth about sugar. Damon Gameau embarks on a unique experiment to document the effects of a high sugar diet on a healthy body, consuming only foods that are commonly perceived as 'healthy'.

To watch the trailer and find out more visit the official [website](#).



WIMMERA HEALTHY AGEING EXPO – NHILL

The Wimmera Healthy Ageing Forum was held on **Wednesday 22 April** with 44 health worker participants from across the Wimmera registered to attend. A total of 11 presenters highlighted various support and services that are available when working with the older members of our Wimmera communities. The forum was a first in demonstrating a range of healthy ageing approaches available in the Wimmera. The ageing of the population identifies many Wimmera communities as having the highest proportion of older persons as anywhere in Australia and presents unique challenges going forward in how these people can be supported to age well. Thank you to all our presenters for your contributions to this conversation and also to the forum participants who can now continue this conversation in their workplaces and communities.



Geoff had help unpacking the car at the Healthy Ageing Forum

CARDIOLOGY SERVICE A 'FIRST' FOR WARRACKNABEAL

Northern Wimmera heart patients will be able to take advantage of a new cardiology service starting in Warracknabeal this month.

Rural Northwest Health, with the support of Ballarat Cardiology, will provide a cardiology practice in its medical clinic, beginning April 29. Ballarat cardiologist Dr Keegan Moneghetti will introduce the new service which will be provided quarterly. The service was a 'first' for Warracknabeal and it will save local heart patients having to travel to Ballarat or Mildura to see their cardiologist.

To make an appointment, patients need to have a referral from their GP and all appointments need to be directed through Ballarat Cardiology.



WORLD-CLASS EXPERTS TO TEACH IN WARRACKNABEAL - PROFESSORS HERE FOR WEEKEND UNIVERSITY

A pop-up university packed with professors and world-leading minds is on its way to the Wimmera. In a 'first' for the region, La Trobe University is bringing 17 professors, lecturers and PHD students to a special weekend of learning at Warracknabeal in June. Several of the professors are world-class experts in their field.

COMMUNIversiTY is a joint project of La Trobe University and Rural Northwest Health with the support of Wimmera Primary Care Partnership and would provide a wonderfully unique opportunity to the region.

Several of the professors and lecturers are world-class experts; Professor Christine Bigby has an international reputation for her research on the social inclusion of people with an intellectual disability; Professor Sue Martin is internationally regarded for her publishing on Australian and British literature and culture; Professor Christopher Mackie has written widely on classical Roman and Greek mythology and has more recently developed interests in the Gallipoli/Dardanelles region; Professor Emma Whitelaw is an expert in epigenetics and she will be talking about the harmful effects of alcohol on the unborn foetus; and Ashley Franks studies the interactions of microbes with our bodies and in the soil – just to make it healthy.

Other leading academics include Dr Sue Gillett, a senior lecturer in creative writing, Dr Stephen Begg, a senior lecturer in population health and epidemiology, Andrew Butt, a senior lecturer in planning, Dr Trevor Hogan, a researcher in social theory and urban studies and Dr Julie Rudner who is interested in healthy environments for children.

Rural Northwest Health is providing rooms at the Warracknabeal campus for the lectures and workshops. COMMUNIversiTY will start at **10am on June 13** with three different lessons at various allocated rooms at the Warracknabeal campus. Entry for each lecture is a gold coin donation to cover catering.

The Saturday evening will include a dinner preceded by a panel session on the future health and wellbeing challenges of rural communities. The panel will be headed by Professor Bigby, Dr Begg and Dr Rachel Winterton who is conducting research in Yarriambiack Shire on the social aspects of ageing in rural areas. Tickets for the dinner are \$50 each.

Ms Morley said she expected tickets for the 6.30pm dinner to sell quickly so anyone wanting to buy them, should contact Sharon Murphy on 5396 1200.

NEW ERA FOR WIMMERA HUB

Wimmera HUB and Volunteering Western Victoria have commenced a new partnership that will aim to guarantee the ongoing delivery of community education in the Wimmera.

Incoming Chair of Wimmera HUB, Cr Wendy Robins said as part of a joint agreement between the two organisations, the new Board will guide the provision of community education towards a new and sustainable business model. "The new Board will oversee the sale of Wimmera HUB's assets to Volunteering Western Victoria, who will also take on full responsibility for the ongoing delivery of community learning through Wimmera HUB. "Volunteering Western Victoria will relocate to the Wimmera HUB building, creating a literal hub of community spirit, activity, education and volunteering in Urquhart Street, Horsham," she said.

WORKING TOGETHER FOR A HEALTHY OUTCOME

Several of the northern Wimmera's leading community organisations are combining their resources to launch an innovative new program that will take a completely new approach to health and wellness.

The Seasons of Wellness program will centre on a series of events and activities to keep the Hopetoun, Beulah and Warracknabeal communities well at home. Projects will include road shows, Community Health strategies, a pop-up university and countless other activities.

The program will be launched in Hopetoun on May 12 and in Warracknabeal on May 18. Guest speaker at the Hopetoun launch is author Paul Noble while in Warracknabeal the guest speaker will be Johanna Parker who is a counsellor and facilitator of Heart Sparks and works in youth support and development in Melbourne.

The organisations facilitating Seasons of Wellness are Yarriambiack Shire, Warracknabeal Neighbourhood House and Learning Centre, Hopetoun's Gateway BEET, Hopetoun District Neighbourhood House and Rural Northwest Health. Warracknabeal Neighbourhood House manager Karen Fuller said Seasons of Wellness resulted from community consultation.

For more information contact Ngareta Melgren on 5362 12238.

COVER YOUR COUGH POSTER FOR THE COMMUNITY



Cover your mouth and nose with a tissue when you cough or sneeze

The "green" cover your cough poster for the community asking people to cover their cough and clean their hands. This poster is available for download in thirteen languages (English, Spanish, Somali, Hmong, Burmese, Nepali, Lao, Chinese, French, Khmer, Portuguese, Tagalog, Vietnamese).

Download your copy or find out more information by clicking [here](#).

NATIONAL VOLUNTEER WEEK

Volunteers are happier as a result of volunteering. More than 6 million Australian volunteers give happiness to others each year. Research shows that those volunteers are happier as a result.

Use the National Volunteer Week [resources](#) such as:

- Fact posters
- Promotional posters
- Certificates of thanks
- Event invitations
- Fun facts to share

Volunteering Australia have created a fun [interactive tool](#) allowing you to create your own Give Happy Live Happy images.



IMPORTANCE OF ENGAGING WITH BABIES

This [blog entry and video](#) shows the importance of engaging with babies and how they respond and try to re-engage adults and what happens when their attempts are ignored. This clip stresses the importance of positive interaction with babies and children.

BREASTSCREEN VICTORIA'S MOBILE SCREENING SERVICE IS COMING TO BIRCHIP AND WARRACKNABEAL

Warracknabeal: 15th to 28th May @ Rural Northwest Health car park, Noall Street entrance

Birchip: 1st to 24th June @ East Wimmera Health Service in Duncan Street

To book call 13 20 50 or visit BreastScreen.org

A regular breast screen could save your life. BreastScreen Victoria's Mobile Screening Service is – **quick - free - for women over 40 – high quality screening.** No doctors referral required.

For more information contact **Carolyn McNamara**, Health Promotion Officer, **BreastScreen Victoria** - Caring about Women - PH 03 9660 6876 Email: cmcnamara@breastscreen.org.au



Around the Traps

'AN INTRODUCTION TO WORKING WITH INDIVIDUALS WHO HAVE SELF-DESTRUCTIVE BEHAVIOURS'

Thursday & Friday 8th & 9th October 2015 – Horsham – in partnership with Vynka-Lee Neighbour Counselling **\$440.00 [Inclusive of GST]** - If you register and pay at least 30 days BEFORE the commencement of the workshop you will qualify for our Early Bird payment of **\$400.00 [incl GST]**

Light refreshments will be provided - **BYO Lunch**

Day 1 - 9am for 9.15am prompt start until 4.30pm - Day 2 - 9am prompt start until 4.30pm

There are strictly limited places available for this workshop. A hard copy of the Registration Form can be accessed at www.safeinoz.com.au or contact Bianca for an electronic version. Upon receipt of your completed Registration Form a Tax Invoice will be issued for payment and a place secured in the workshop. **This workshop is accredited for 6 CPE points with ACWA.**

If you require any further information please contact: Bianca - 03 5176 2616, [Office hours Monday - Friday 9am - 4pm EST] - safeinoz@wideband.net.au

FREE GROW YOUR EVENT PLANNING FORUM

The Horsham Rural City Council Tourism Advisory Committee wishes to invite all community groups, big or small from major events to local service clubs and school parent groups to a **FREE Planning Forum on Growing your Event** to be held on **Wednesday, 6 May, 2015** at the Wesley Performing Arts Centre. Registration is at 5.15pm.

The forum is free for all community members and organisations and will be delivered by Patrick Moriarty, Director of Training and Development at Our Community Organisation. The forum relates to supporting existing events to become more sustainable in areas such as administration, funding resources, strategic planning and risk management. It will also cover topics such as community engagement and marketing your event.

To register your interest and gain further knowledge into event planning, please RSVP by Wednesday, 29 April, 2015 to Gloria McRae on 5382 9706 or email gloria.mcrae@hrcc.vic.gov.au



WIMMERA INFORMATION NETWORK In Partnership with TELSTRA Digital Ambassadors Program INVITE YOU TO - FREE TRAINING SESSION

DO YOU WANT TO KNOW HOW TO GET THE MOST OUT OF YOUR:- **MOBILE PHONE - THE INTERNET - YOUR IPAD**

DATE:- Thursday 30th April @ 9.30 am to 11.30 am

VENUE:- Upstairs 43 Firebrace St, Horsham Vic

Light refreshments provided - **LIMITED SPACES – BOOK NOW** - Email: wininfo@netconnect.com.au or phone Judith on 0428 328 600

NEW SCULPTURE WORKS ON SHOW

Molloy-Drum's sculptural work is well known to Wimmera residents. In 2008, he was commissioned to make a public sculpture for the Children's Memorial Garden at the Horsham Cemetery and a sculptural installation in Jos Lane, off Firebrace St. He also responded to the Remlaw fires with a commission from the Horsham Rural City Council. He is also currently a member of HRCC's 'Public Art Policy Committee'.

Of the exhibition at the Goat Gallery, Molloy- Drum says, 'These new works are a continuation of my interest in the small detail and simple shapes that stand out to me amongst the vast space of the Wimmera landscape. I like the contrast between this rural setting and my urban background'.

Molloy- Drum often works in steel and various metals. He added, 'Some works are organic shapes that reflect the stillness and empty space within the landscape. Others relate to my workshop practice and the development of ideas from cut-outs of previous works'.

The Goat Gallery is open Sat and Sun 1- 4 pm and is supported by the Arapiles Community Theatre and a volunteer management team.



EXPLORING CULTURE AND YOUNG PEOPLE IN SETTLEMENT

This free half day training session is open to interested professionals and volunteers who would like to extend their knowledge and understanding of working with young people from diverse cultural backgrounds. CMY is a not-for-profit organisation that works with young people from migrant and refugee backgrounds and is pleased to offer this training in Horsham in May.

Module: Culture and Cultural Competency Framework

Aim: Explore the cultural competency framework and the dynamics of working with difference.

- Explore concepts of culture and identify
- Explore the cultural competency framework.
- Reflect on cross cultural interactions and the dynamics of difference.

Module: Young People and Settlement

Aim: Discuss factors that shape good settlement for newly arrived and refugee young people.

- Identify key pre-settlement experiences for young people.
- Discover factors that impact on good settlement for young people.

Date: Wednesday 6th May @ 9.30am to 2pm

Where: Wimmera Business Centre, 62 Darlot Street Horsham

RSVP: Barry Petrovsky – Team Leader Ballarat bpetrovski@cmymy.net.au

ART IS... LAYERS OF TIME FESTIVAL - 29 MAY - 7 JUNE 2015

The Executive Committee is seeking support with the **Volunteer Coordinator** role for the Art Is Festival, so if you would like to know more about this role, please contact the Festival Office on 0428 810 296 or 03 5381 0297, or email: artis@wimmera.com.au

The **launch of the official program** will be **Friday May 8 at Horsham Regional Art Gallery at 5.45pm**. Please join us as Cr. Mark Radford, Mayor Horsham Rural City Council launches the 2015 festival Art is... Layers of Time. We also encourage you to join us as we step next door to Wesley PAC at 7pm for *Joseph Simons – First Things First*. A virtuosic dance performance from one of Australia's most original dancers and choreographers. For more information about this show click [here](#).

WESTERN VICTORIAN CAREERS EXPO 2015

Tuesday June 23rd @ Wimmera Events Centre, Longerenong from 9.30am to 2pm

REMINDER – Exhibitor Site Registrations - www.wimmeracareerexpo.com

Information & enquiries: Pauline Barnes, Careers Expo Project Officer 0429 870 508 – email info@wimmeracareerexpo.com



GOVERNANCE FOUNDATIONS FOR NOT FOR PROFIT DIRECTORS

Facilitated by Nick Carr from the Australian Institute of Company Directors

Are you considering joining a Board and would like to understand the responsibilities of directorship? Could your Board improve its standard of governance? Are you currently serving on a Board and would like to increase your personal skill level?

Over 1.5 days of training you will examine:

- Duties and responsibilities of the Not for Profit Director
- Strategy and Risk for the Not for profit Director
- Finance for the Not for Profit Director

Thursday 9th & Friday 10th July 2015 at Wimmera Business Centre Meeting Room, 62 Darlot Street, Horsham
\$750 per person (includes catering on both days)

There are a limited number of scholarship places available @ \$250 per person. Written applications to sboddi@wda.org.au including details of Boards/Committees you have been/are a member of and a paragraph giving your reasons for wanting to participate. (100 words max). Class size is strictly limited *Please enrol early to avoid disappointment*

To enrol contact Leadership Wimmera on 5381 6507 or sboddi@wda.org.au

STRENGTH - A BOOK TALK

John Francis and his wife Gillian have compiled a book which is a forensic look at Horsham's involvement in WWI. The book, covering the Horsham Rural City Council boundary, includes a profile of those killed and decorated, the soldier's stories, their letters to home and the diaries they wrote.

Horsham Library, Wednesday 6th May at 7.00pm. Book on 5382 5707

INTRODUCTION TO VOLUNTEERING WORKSHOPS

This workshop is aimed at those new to volunteering and those volunteers wanting to update their knowledge. Some of the topics covered are: Volunteer rights and responsibilities, Confidentiality, Duty of care, OH&S

VWV Horsham Office - 20 Firebrace Street - Tuesday 5 May, 2015 @ 1:30pm - 3:00pm

Contact: info@vwv.org.au

ILLUSTRATOR MICHAEL CAMILLERI AT HORSHAM

Illustrator Michael Camilleri will talk about creating the illustrations for the book "One Minute's Silence, including a slideshow reading of the book One Minute's Silence, snippets of sound effect and animation. The talk includes lots of "behind-the-scenes" insights into the ideas in the book, the historical research and clear examples of how the drawings were made, from rough through to finished art.

Wednesday 13th May at 1.30pm @ Horsham Library, 28 McLachlan Street (upstairs). Book on 5382 5707 by Tuesday 12th May Or [online](#).



INCORPORATED ASSOCIATION FREE INFORMATION SESSIONS

Consumer Affairs Victoria has developed a new online system for incorporated associations (IAs), as part of the Victorian Government's Digital Strategy. The system, called myCAV, is free, intuitive and easy to use. It makes it easier for IAs to comply with their legal obligations and allows secretaries to authorise a delegate to help them if required. The first phase of myCAV begins later this month, with all applications to register to become a **new IA** to be made online.

In the second phase, from 13 April 2015, **all IAs** will need to use myCAV to lodge annual statements, and undertake all transactions and notifications of change under the *Associations Incorporation Reform Act 2012*.

We will be holding two **information sessions** in Horsham to introduce clubs to the new system on:
14th May Horsham Sports & Community Club @ 2pm and 7pm

We worked closely with IAs in developing myCAV, including testing the system with secretaries last year. The response was positive and their valuable feedback helped us understand what was important to their IA, and to shape the final system. myCAV simplifies administration tasks and is a quick and easy way to:

- apply to become incorporated
- access association information
- update association details
- lodge annual statements

Support services for IAs using myCAV will be available, including:

- video tutorials
- translation services
- resources in other languages
- digital assistance
- information sessions.

Please contact the Wimmera Regional Sports Assembly on **53824599** to book a place at either session. For more information contact Consumer Affairs Victoria Grampians Region on **43017000**

ART MATTERS DISABILITY - CREATIVITY - COMMUNITY

Attention Service Organisations, Artists, Councils, Schools, Individuals, Carers.... Horsham Rural City Council in partnership with Arts Access and the Art is... Festival invite you to **"ART MATTERS"**, a Creative Arts and Inclusion Forum focussing on the importance of arts and cultural experiences in the lives of people with a disability.

This forum will:

- Provide an opportunity to hear from a range of speakers who have facilitated ground breaking disability arts and cultural development programs in Melbourne
- Identify and explore possibilities for this region as we move toward the implementation of the NDIS.

The "Art Matters forum is being supported through the Rural Access Program and Horsham Rural City Council, in partnership with Art is Festival... and Arts Access; with additional support of City of Port Phillip, Your DNA, Helen McPherson Smith Foundation, Gandel Philanthropy, William Buckland Foundation and Creative Victoria.

Tuesday 2 June 2 – 7.45pm and Wednesday 3 June 9.30 – 11.30am - Catering provided

To commence at 18-20 Pynsent Street, Horsham (former Wilson and Bolton site) and adjourn to Wimmera Uniting Care's Horizons Building 28 Urquhart St, Horsham

RSVP Free Event: By 29th May jillian.pearce@hrcc.vic.gov.au
(03) 53829 594

All sites are wheelchair accessible. For additional access requirements please specify with RSVP.



Art Access Nebula at Federation Square

COMMUNITY JUSTICE EXPO

What does 'power of attorney' mean? - How should I start a 'difficult' conversation? - Do I have the right to a refund? To find out more about these *everyday legal questions*, come along to the **Community Justice Expo!**

Thursday 14 May 2015 @ Warracknabeal Neighbourhood House, 2 Cox Street, Warracknabeal

- **General public** - 2 – 4pm **OR** 6 – 7:30pm (depending on interest)
- **Community & Health sector workers** - 4pm

FIND OUT ABOUT:

Life Planning – Wills; Power of attorney; Elder abuse – your rights;
Resolving disputes – Communication; Neighbourhood disputes; Managing your club
Shopping rights and scams - Refund or replacement?; How to spot a scam

ENQUIRIES and RSVP: [Online](#) - Email: dscv.grampians@justice.vic.gov.au - Phone: 5396 1360

LIBRARY & INFORMATION WEEK 2015

The Wimmera Regional Library is celebrating Library & Information Week from 25th - 31st May with author visits and workshops, a drawing competition, storytime sessions and book chats. The theme for Library and Information Week 2015 is Imagine - just imagine what you can find in your library during Library & Information Week!

Friday 22 May & Saturday 23 May: Rosalie Ham, author of "The Dressmaker" is returning to the Wimmera to talk about her books and writing. Books will be available for sale and light refreshments will be provided. **St. Arnaud Library** at 7.30pm, Friday 22nd May - **Stawell Library** at 11.00am, Saturday 23rd May

Monday 25 May: Author Denis Crawford - "Good bugs in the garden" – **Horsham Library** at 2.00pm Denis has a background in entomological research and photography, and has an international reputation as a macro photography specialist. He will be talking about his newest book *Garden Pests, Diseases & GoodBugs* (ABC Books). Afternoon Tea - Book Sales - Book on 5382 5707 or [online](#).

Tuesday 26 May: "Chat up a book" - **Horsham Library** at 2.00 pm. Have you read every book your favourite author has written. Too shy to try a new author? Come along to our "Chat up a book" event to discuss books you and others have read over afternoon tea.

Wednesday 27 May: We're celebrating with **National Simultaneous Storytime** at 11.00am and joining children right across Australia to read the picture book "The Brothers Quibble" by Aaron Blabey. Participating branches are Birchip, Dimboola, Donald, Edenhope, Horsham, Kaniva, Nhill, St. Arnaud, Stawell. Melbourne author **Narrelle M Harris** is joining us for talks and workshops. **Warracknabeal Library** - "Growing up Reading" talk at 10.00am - **Edenhope Library** - Writing Workshop "Killer Opening Sentences" at 1.30pm - **Horsham Library** - "Growing up Reading" talk at 7.30pm

Stawell Library is hosting a **Collage Workshop with Sandy** "Imagine a world....." and create a fantastic piece of art. 2.00-4.00pm, and following that they will have an **iPad Boot Camp** - one-on-one help with using your iPad from 4.00-5.30pm. Bookings essential on 5358 1274

Thursday 28 May: Narrelle M Harris will be visiting these libraries for talks. **Nhill Library** – "Growing up Reading" talk at 10.30am - **Dimboola Library** – "Growing up Reading" talk at 2.00 pm Biggest Morning Tea for the Cancer Council is held across Australia on the 28th of May, and **Warracknabeal Library** (from 11.00am) and **Stawell Library** (from 10.30am) are joining in. Help support a great cause and enjoy some lovely food at the same time. **Kaniva Library** is also holding a Library Week Morning Tea from 10.30am.

Stawell Library has an iPad Boot Camp - one-on-one help with using your iPad from 4.00-5.30pm. Bookings essential on 5358 1274

Horsham Library is holding a physical and virtual tour of the library at 2.00pm on Thursday afternoon. Enjoy Afternoon Tea and learn a little more about your local library.

Sunday 31 May: St. Arnaud Community Meet & Greet at the **St. Arnaud Library**. 11.30am-1.30pm RSVP to 5495 2188 by 26th May. BBQ, entertainment including arts/craft for the kids, meet representatives from local sports, social and community groups.

FLUTRACKING PROJECT

FluTracking is an online health surveillance system to detect epidemics of influenza. They are looking for people who live in Australia and have easy access to email on a weekly basis. It doesn't matter if you are vaccinated or unvaccinated. For details on the project visit [here](#).

BARWON MEDICARE LOCAL'S PRIMARY HEALTH NETWORK BID HAS BEEN SUCCESSFUL

Barwon Medicare Local's bid to run the Western Victoria's Primary Health Network (PHN) has been accepted by the Federal Government. The new region replaces the three Medicare Local areas of Barwon, Great South Coast and the Grampians. To read more click [here](#).

FOOD SWAPPING – IS THERE ANY YOU KNOW ABOUT?

Do you know of any food swaps in your area? We would like to hear about them if you do. Please email [Kellie](#) to let her know the details – where, when, how often, contact etc.



LIBRARY & INFORMATION WEEK COMPETITION—IMAGINE YOUR FAVOURITE READING SPOT

Draw your favourite place to read - it can be real or imaginary - somewhere you go now, or somewhere you would like to be. Entries need to be returned to your local library by Wednesday 20 May to be eligible for judging. Prizes in each local library for Foundation—Grade 3, and Grade 4—6 age groups. Entries will be displayed in local libraries during Library & Information Week, 25- 31 May, 2015. Entry forms are available from Dimboola, Horsham, Edenhope, Stawell, St. Arnaud, and Birchip libraries.

ACTIVE IDEA: TAKE WALKING MEETINGS

Fancy a meeting where you can smell the roses and feel the wind in your hair? “Walking meetings boost morale, help staff feel more connected to the organisation and local neighborhood, and gives your body a great workout. It is easy to do. All you need is a pair of good shoes and a bit of conscious planning”

- [Check out tips and real life examples](#)
- [Watch video](#) by Bloomberg Business: “The pace of walking brings a different energy to the conversation”.

THE OZHEALTH APP available on the Apple (IOS) platform has recently been updated to include the latest statistics and information from the [Australia's health 2014](#) report.

Features include: Fact sheet format exploring different topics; User favourites page, enabling easy access to topics of interest; Interactive quiz, allowing users to test their knowledge (10 Qs randomly selected from over 80 Qs); Detailed glossary • Info about the AIHW; Links to the AIHW website and other relevant websites



Search the App store under the **Education section** for **OzHealth** or click [here](#).

THE ULTIMATE KITCHEN GARDEN TOOLKIT

The Foundation is for the first time welcoming **secondary schools and early learning centres**, as well as primary schools, into the kitchen garden education community by opening up our toolkit. Educators now have two ways to access pleasurable food education expertise: through a tasty sampler of [free online resources](#) and by becoming a [Kitchen Garden Classroom Member](#) and getting a key to access the whole garden shed. The unique new Kitchen Garden Classroom membership service provides access to more than 700 resources based on the Stephanie Alexander Kitchen Garden Program, which now reaches 800 schools and around 100,000 children across Australia.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (Developed by LIVING WORKS EDUCATION Inc)

Anyone could face a situation where suicide first aid is needed. ASIST can be applied in everyday situations, in a professional role and in volunteer situations. In an ASIST workshop you will become better prepared to:

- Recognise when someone may be thinking of suicide
- Respond in ways that clarify and address suicide risk
- Understand why suicide thoughts are present
- Work together to review risk and increase safety
- Facilitate links with further help

Thursday and Friday 7 and 8 May 2015 from 9am to 5pm @ Conference Room, Ballarat Business Centre, 15 Dawson St South Ballarat

FACILITATORS:

Anne Watson (RN, RPN, BN)

Anne is a credentialed Mental Health Nurse who has spent many years working in Mental Health Services and currently has her own consultancy providing Groupwork, Education, and Training in Mental Health, Mental Illness and related areas. Anne has been an ASIST trainer for over 14 years and is currently a Trainer Support Representative with LivingWorks Australia.

Michelle Cowie Scott (B.A., Grad. Dip Ed. Psych., Dip.Ed.)

Michelle is a registered psychologist with 20 years experience in a range of mental health settings clinically and as a trainer of a wide range of audiences. Michelle has worked in child and adolescent and adult mental health, and currently works within the aged mental health field as a Behaviour Consultant for the Dementia Behaviour Management Advisory Service.

COST: \$352 (includes GST). Discounts: apply for more than one registration (10%) or five or more (25%)

RSVP to Anne Watson Phone 53642977 or Email annew@getmentalhealth.com.au

UNPLANNED HOSPITAL READMISSIONS BREAKFAST EVENT

AMREP Seminar Room , Ground Floor, Alfred Hospital, 55 Commercial Road, Melbourne
Friday 1st May from 07:30 am - 09:00 am

PBT Australia, Deakin University and the Australian Centre for Health Innovation would like to invite you to this breakfast event where we will be presenting the first wave of findings from the Health Insights Challenge. The objective of the challenge winner, Austin Health, is to target the hospital's unplanned patient readmissions. By applying descriptive and predictive analytics to Austin Health's episodic data, this case study will illustrate:

- Which variables are potential indicators of patients likely to have unplanned readmissions.
- The characteristics of the cohorts of patients at risk to have unplanned readmissions.
- Preliminary "all-cause" analytical models that predict the probability of unplanned readmission.

Who should attend?

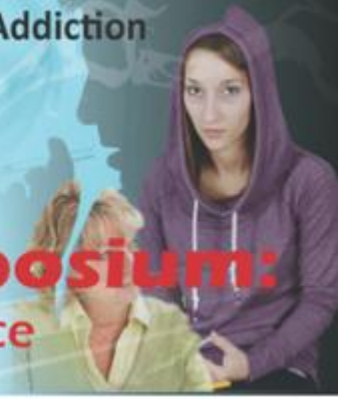
Safety and quality improvement managers, health informatics teams, redesigning care consultants, Hospital Admission Risk Program teams, clinical governance units, hospital in the home teams, clinical performance unit and clinical staff.

Register [here](#).



The National Centre for Education and Training on Addiction
(NCETA)
presents

The National Methamphetamine Symposium: Making Research Work in Practice 12 May 2015



Click on picture to find out more information.

Scholarships - Awards - Funding

HEALTH AND DISABILITY GRANTS

The Ian Potter Foundation grants for innovative programs that enhance the lives of people with disability or chronic illness and / or promotes the health of the community.

To read more click [here](#).

What's Online

BUILD YOUR STRESS FITNESS: A MENTAL HEALTH WORKOUT

Just as physical fitness gives you greater endurance when you're running around, there's much you can do to build your stress fitness - your resistance to the toxic pressures and demands life can throw at you. Your heart races, your muscles get tense and it's hard to think straight. For those of us who often find ourselves feeling stressed out, it's tempting to think you're just a born "stress head" and there's nothing you can do about it.

But just as physical fitness helps improve your endurance, strength and stamina, "stress fitness" makes you more resistant to the negative effects of excessive pressures and demands, says Sydney psychologist Sarah Edelman. And it's something we can all develop if we work at it.

To read more click [here](#).



SELF-MANAGEMENT OF CHRONIC CONDITIONS IN A RURAL AND REMOTE CONTEXT

Research into how people in rural and remote areas adapt to the unique challenges of self-management in this context. (PHCRIS)

To read more click [here](#).

New items have been added to the [Primary Health News](#) for April 2015

- APNA Local Nurse Network – Kerang/Swan Hill region
- Opening of the Health Condition Support Grants Band 1 round
- Nurse Practitioner funding round (VNPP) 4.15 closing soon
- Updated community health schedule of client fees and income ranges for 2015
- Nationally Accredited Qualifications in Health Consumer Leadership and Engagement - Registrations now open
- Fact sheet on alcohol and other drug treatment in Victoria released
- Catchment based intake and assessment guide for alcohol and drug treatment services released
- National Bowel Cancer Screening Program in Victoria
- New outdoor smoking bans
- Leaders in Conversation Series

Staff Contacts

25 David Street, PO Box 501 Horsham 3402 - Fax (03) 5382 4687

General enquiries to pcpadmin@grampianscommunityhealth.org.au or phone (03) 5362 1222

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geoff.w@grampianscommunityhealth.org.au
Phone: 5362 1225 - 0428 358 672

Donna Bridge - WSMHA &
Agency Liaison Officer
donna.b@grampianscommunityhealth.org.au
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