



Primary Care Partnership Wimmera PCP

Working together for healthy communities

NEWSLETTER #23 - 22 November 2016

PCP
FOCUS

'WALK WITH THE WERGAIA PEOPLE' A dinner of 'Cultural Insight, Identity & Reflection'

Thanks to the **Victorian Department of Health and Human Services**, Wimmera PCP's Koolin Balit program will host a special **VIP dinner and education session** for the CEO's, Board Members and Executives of its member agencies to gain invaluable insight into local indigenous culture for the purpose of establishing culturally safe practices.

The overall outcome is for Wimmera service providers to feel supported to lead the way in innovative practices which not only meet the needs and expectations of our First Nation's peoples but to develop of standards of practice which systematically acknowledge, respect and prioritise culturally safe service delivery.



If you are a CEO, Board Member or Executive team member in your organisation and would like to attend this dinner please email [Felicity Johns](mailto:Felicity.Johns@koolinbalit.org.au) - Koolin Balit Project Officer or phone Lissy on (03) 5362 1226

THE PAIN TRAIN – BUILDING SKILLS IN PAIN MANAGEMENT AND ASSESSMENT

The Pain Train is a regular, topic specific education session for health professionals to gain new information in pain management and assessment. The one hour lunchtime sessions are held regularly and are offered either as face to face, videoconference or by teleconference.

Donna Bridge, Wimmera Primary Care Partnership Project Officer has been coordinating the sessions to address the needs of nurses and allied health professionals who work with patients dealing with pain issues. "We have a real gap here in the Wimmera as there is no local Pain Service. People who are dealing with persistent pain have to travel to Ballarat to access such a service – and many people can't make that journey as they are dealing with significant pain...and travelling for hours and hours just makes it worse".

Having a Wimmera Pain Service would be the ideal situation but in the meantime building up our capacity, skills and knowledge is something we can make happen. Wimmera health professionals have completed a survey and their knowledge and capabilities in Pain management and assessment has been mapped. From this, the Pain Train Sessions deliver the pain topics that staff are wanting to be upskilled in.

The first Pain Train session was delivered to 27 health professionals from across the Wimmera on the topic of "How to explain Pain to your patients". Ballarat Physiotherapist Leonie Lewis kindly presented this with her vast experience working at the Ballarat Pain Service.

On Tuesday 8th November Debbie Norton, Wimmera Health Care Group Director of Pharmacy delivered a Pain Train Session on "Medications suited to pain level and pain type".

42 staff attended with many videoconferencing in from Hopetoun, Warracknabeal, Nhill, Stawell and Edenhope.



Advancing
Clinician
Skills

In the Wimmera Southern Mallee



The Pain Train

BUILDING SKILLS IN PAIN MANAGEMENT & ASSESSMENT

Want to learn more about how to work with clients with persistent pain? Look at how you could put these skills into practice?

12.30-1.30pm TUESDAY 8 NOVEMBER

TOPIC: MEDICATIONS SUITED TO PAIN LEVEL AND PAIN TYPE

Presenter: Debbie Norton, Director of Pharmacy, WHCG

Venue: WHCG WYUNA MEETING ROOM or VC or phone

RSVP by Friday 4th November to give us time to set up the technology. It is important that we have an idea how many people want to take part, whether you want to video conference, phone in, or attend in person, and your location/service.

RSVP to donna.b@gramplainscommunityhealth.org.au ph: 5362 1221

The Pain Train is a regular, topic-specific phone, video or face-to-face (you choose) link to good work, new information and practice in pain management and assessment.

Each Pain Train session will begin with a short presentation of around 30 minutes, followed by 30 minutes of group discussion. Presentation materials will be available prior to the session by email to those who register their interest in advance. They will also be freely available on the Wimmera PCP website.

Brought to you by the Wimmera Southern Mallee Health Alliance work



Is someone you know suffering from a mental illness?



Attend a FREE 2-day Youth Mental Health First Aid Course

Learn how to recognise the symptoms to give initial help to a young person experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Free and accredited training is currently available.

BOOK NOW **HORSHAM**
DAY 1 Wednesday 30 November 9AM to 5PM
DAY 2 Wednesday 7 December 9AM to 5PM
 HRCC offices, 18 Roberts Ave, Horsham (TBC)

BOOK NOW **NHILL**
Hindmarsh Shire Council
 92 Nelson Street Nhill
 Thursday 24 November 9am to 5pm
 Friday 25 November 9am to 5pm

What is Youth Mental Health First Aid?

- It is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. The Youth Mental Health First Aid course is designed for adults assisting adolescents.

Do you have concerns about someone you know or love?

- Depression & Anxiety problems
 - Panic attacks
 - Psychosis & severe psychotic states
 - Substance use problems
 - Aggressive behaviours
 - Suicidal thoughts and behaviours
 - Non-suicidal self-injury
 - Traumatic events
 - Severe effects from alcohol or other drug use
- CATERING INCLUDED**

To register your interest please contact

Kellie McMaster at Wimmera PCP on (03) 5362 1222 or kellie.m@grampianscommunityhealth.org.au



Regional Best Practice and Innovation Forum

Showcasing and celebrating local work in health

Wednesday 29 March, 2017

This forum will provide an opportunity to hear about innovative projects and activities by health services and partners in the Wimmera Southern Mallee and Grampians region.

A call to submit an abstract will follow this notice shortly.

Abstracts will highlight research, project and team member actions that demonstrate best practice and innovation across the region.

Forum to be held at West Wimmera Health Service, at the Goroke Campus.

An initiative of the Wimmera Southern Mallee Health Alliance



West Wimmera Health Service



Advancing
Consumer
Engagement

In the Wimmera Southern Mallee



ACE Communication

YOUR HOT LINE TO HELP

Want hear the latest news about consumer engagement in health?

ACE Communication is the answer!

2.00pm – 3.00pm Wednesday 30 November

Brought to you by the WSMHA Consumer Engagement Working Group, ACE Communication is a regular, topic-specific phone, video or face-to-face (you choose) link to the best work, new information and practice in consumer engagement.

Each ACE Communication will begin with a presentation, followed by questions and group discussion. Presentation materials will be available prior to the session by email to those who register their interest in advance. They will also be freely available on the Wimmera PCP website.

TOPIC: The Wimmera Cancer Centre Development

This ACE Communication will be presented by Don McRae, Director of Clinical Services at Wimmera Health Care Group. Don will be presenting this topic at Wimmera Health Care Group, in the Conference Room.

Sound good? Want to take part?

RSVP by **Friday 25 November** to give us time to set up the technology. It is important that we have an idea how many people want to take part, whether you want to video conference, phone in, or attend in person, and your location/service.

RSVP to emily.d@grampianscommunityhealth.org.au



Wimmera & Southern Mallee Mental Health Service Mapping Project

Mental Health Supports & Services Forum

Thursday 1st December @ Grains Innovation Park, Natimuk Road Horsham

9.30am for a 10am start – 4pm

Entering stage two...

The WSM Mental Health Service Directory has mapped the 'landscape' of mental health supports and services across the Wimmera & Southern Mallee.

The goal of stage two is to determine how we can work together to strengthen our network to ensure that the pathways to good mental health and well-being are easy to find for everyone

Morning session: Exploring the landscape and sharing perspectives
 Afternoon Session: Changes in the provision of mental health services & support

Guest Speakers include:

- Maggie Clark from Western Victoria PHN - psychological therapy services
- A representative from Headspace Horsham, and
- David Moody from National Disability Services will talk about the transition of the Personal Helpers & Mentors and Partners in Recovery programs to the National Insurance Disability Scheme (NDIS)

The service directory, stage 1 project report and service capacity summary can be found at <http://wimmerapcp.org.au/wsmmhmp/>

RSVP to kellie.m@grampianscommunityhealth.org.au
 (please include any dietary requirements)

More information: Jo Richie 0147 512 480 or jrichie@bigpond.com



CONGRATULATIONS TO THE FOLLOWING PARTNER AGENCIES FOR BEING FINALISTS IN THIS YEARS VICTORIAN PUBLIC HEALTHCARE AWARDS

Wimmera Health Care Group

Finalist - Premier's Medium Health Service of the Year

Rural Northwest Health & West Wimmera Health Service

Finalist - Premier's Small Health Service of the Year Award

The Karen Community in Nhill - A Journey to a better life & improved health - West Wimmera Health Service

Excellence in CALD Health Award

Winners will be announced at the awards gala ceremony on Monday 12 December at the Pullman Albert Park Hotel.



you're invited to join us for

INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

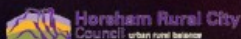
Friday 2 December 2016
10.00am to 2.00pm
Sound Shell-Jaypex Park Nhill

PROGRAM

- Arrive 10.00 am
- Welcome 10.15 am
- Arts Matter Performance 10.30 am
- Freestyle Dancing Lesson 11.00 am
- BBQ Lunch 12.00 pm
- Collective Art Painting 12.30 pm
- Conclusion of Event 2.00 pm

Bring a picnic rug and join us in the park for a day of fun and celebration

RSVP ESSENTIAL BY MONDAY 28 NOVEMBER
Please contact Hindmarsh Shire Council on 5391 4444 or mfarinha@hindmarsh.vic.gov.au to RSVP (please indicate any dietary requirements)



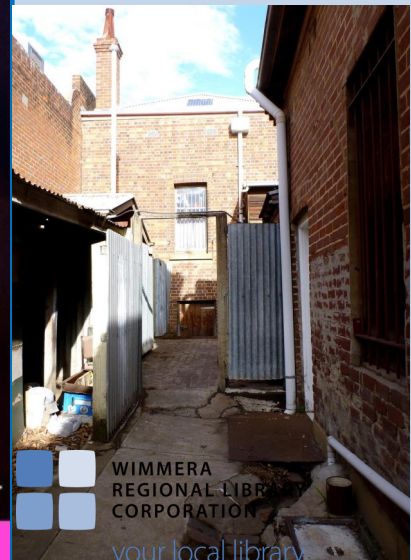
Disability toilet facilities available at venue, if not adequate for clients needs Coinda facilities are able to be utilised. Please note these facilities are 2km away

HORSHAM LANEWAYS TOUR - SATURDAY NOV 26TH AT 2.00PM

Uncover the stories behind Horsham city's network of laneways. Once important & busy thoroughfares, they are now largely forgotten.

The guided loop walk around Horsham's central business district commences from the foyer of the Mibus Centre.

Commentary along the way will reveal facts and stories about the people and the businesses that frequented the alleys and lanes over the years. Bookings essential @ the library or phone 53825707.



WIMMERA REGIONAL LIBRARY CORPORATION

your local library

CONSULTATIONS - RURAL ALLIED HEALTH SERVICES - WE NEED TO TALK – LET'S WORK TOGETHER TO IMPROVE HEALTH

Wimmera Grampians Region - We believe the people who use and work in the primary healthcare system should have a say in how it works. To ensure our efforts meet your needs we want to hear from you.

Western Victoria Primary Health Network (PHN) invites community members, doctors, and other people who support you with your health needs to come together to provide local input on the best ways to improve the delivery of health care in your region.

This year, Western Victoria Primary Health Network (PHN) currently provides more than \$5.4 million dollars for rural primary health services, including \$2,448,762 for your communities. We are committed to maintaining the same levels of funding and want to ensure this investment is used in the best possible way.

This second round of consultations will give you the opportunity to provide Western Victoria PHN with feedback on potential ways to support people with chronic conditions in your community. These consultations will build upon the issues around chronic conditions discussed at the first consultations held in September and October.

Don't miss this opportunity to share your ideas about the right care, at the right place, at the right time. Together we can improve health care in your community. A light lunch will be provided.

ARARAT - Monday 28 November, 12pm - 1:30pm @ Pyrenees House, East Grampians Health Service, Girdlestone Street, Ararat. **Communities Invited:** Halls Gap, Stawell, Elmhurst, Willaura, Lake Bolac, Ararat, Landsborough, Navarre, Marnoo and Surrounds. **Funding amount:** \$999,332. Click to [register](#)

NHILL - Wednesday 7 December, 12pm - 1:30pm @ Nhill CFA, 94 Nelson Street, Nhill. **Communities Invited:** Rainbow, Jeparit, Nhill, Kaniva, Dimboola, Goroke, Natimuk, Edenhope. **Funding:** \$293,303. Click to [register](#)

WARRACKNABEAL - Tuesday 6 December, 12pm - 1:30pm @ Rural Northwest Health, 18 Dimboola Road, Warracknabeal. **Communities Invited:** Hopetoun, Beulah, Warracknabeal, Minyup, Murtoa, Rupanyup. **Funding:** \$1,156,127. Click to [register](#)

Open to:

GP's & General Practices, Private Allied Health, Health Services, Local Governments, Primary Care Partnerships. For further information contact Kerri at our Horsham office on (03) 5381 1756 or kerri.abbott@westvicphn.com.au Western Victoria PHN aims to work with health service providers and community members to develop and improve access to quality primary health care.



HOME LIBRARY SERVICE

Do you have trouble getting into the library, or know a family member or friend who does?

The Library's Home Library Service is here just for people who, due to frailty, illness or disability, are unable to visit the library in person. The service is open to any age and can be for a short term, such as after an accident or hospital stay, or a permanent service.

Home Library Service members can select from any of the borrowable collections available to in-person library users. An initial interview allows you to specify what type of books you would like to read, plus numbers and formats (e.g. large print or audio books only!) as well as delivery days and times. Staff can place holds for specific titles for you or change your selections if you don't like them.

This free service is available at all Wimmera Regional Library branches, so contact your local library for more information today.



MUSIC TOGETHER 2016

Thursday 8th December at Horsham Town Hall - Doors open 10am - Show starts 10.30am

Please come along and enjoy a morning of music performed by students from schools in Horsham and Natimuk.

Williamstown High School's Senior Concert Band and members of the Horsham Rural City and Salvation Army Brass Bands will also make music for us to enjoy. Our MC will be Councillor Mark Radford.

Gold coin donation at the door - all monies raised will be donated to Horsham's Christian Emergency Food Centre



DOMESTIC VIOLENCE AWARENESS TRAINING

Nationally accredited Domestic Violence Awareness training will be delivered in **Horsham on Thursday 2 February and Friday 3 February 2017 from 9am-5pm.**

DV-alert (Domestic Violence Response Training) is Lifeline's **free** nationally recognised training program that enables health, allied health and frontline workers to confidently:

- Recognise signs of domestic and family violence
- Respond with appropriate care
- Refer people experiencing or at risk of domestic and family violence to appropriate support services

DV-alert

These two day workshops are [for health, allied health and community frontline workers in Australia](#). One of the priorities of the [National Plan to Reduce Violence Against Women and their Children](#) is to ensure that services meet the needs of women and children experiencing violence. DV-alert aims to build the knowledge and capacity of community frontline workers to provide appropriate support to women and children.

More information – visit the Lifeline Ballarat website or call (03) 5322 4996

REGISTER
HERE

MORE
INFO

Aboriginal and Torres Strait Islander School Based Traineeship

Work placement with Victoria Police

The *Aboriginal and Torres Strait Islander School Based Traineeship* is designed to support young people in Year 10 with an interest in Victoria Police as a career.

The program is a joint initiative between Victoria Police, Skillinvest and the Department of Economic Development, Jobs, Transport and Resources. It is designed to give students valuable work experience and exposure to the many aspects of policing while completing Year 11 and 12.

Where is it offered?

Traineeships are available at the following police stations:

Ararat, Bacchus Marsh, Bairnsdale, Ballarat, Bendigo, Broadmeadows, Castlemaine, Colac, Cranbourne, Dandenong, Echuca, Epping, Frankston, Geelong, Hamilton, Hastings, Horsham, Melbourne West, Melton, Mildura, Moe, Morwell, Narre Warren, Northcote, Pakenham, Portland, Reservoir, Sale, Shepparton, Sunshine, Swan Hill, Warrnambool, Werribee, Wonthaggi.

How does it work?

Skillinvest co-ordinates the traineeship from the initial contact with secondary schools to the completion of the work placement. As the legal employer, Skillinvest pays all wage related expenses and ensures the wellbeing of the student through regular contact and support.

Trainees will gain valuable paid work experience with Victoria Police and on successful completion, attain a Certificate III in Business Administration.



What is involved?

Trainees work one day a week in a police station for a period of 12 or 24 months.

Who is eligible?

Year 10 Aboriginal and Torres Strait Islanders students are eligible to apply. Applicants must be willing to abide by the Victoria Police Code of Conduct.

Contact

Shane Cross, Skillinvest
(Group Training Organisation)

e: shane.cross@skillinvest.com.au
ph: 0418 564 890

RURAL HOME BASED WITHDRAWAL NURSE

The aim is to deliver The Grampians Rural Home Based Withdrawal Service which is a non-residential holistic treatment program utilising outreach services and including support for clients pre and post access to metropolitan based residential detoxification from alcohol, prescription or illicit drugs. It is supported by other GCH services including intake triage, AOD counselling support and other wrap around services.



EMPLOYMENT

ADVANCED CASE MANAGER - HORSHAM | WESTERN - HORSHAM - COMMUNITY CORRECTIONS

Play a critical role in helping support community safety - Manage smaller caseloads of complex offenders - Ongoing and full time role with pre-service training - \$77,418 - \$87,838 + Superannuation

About Community Correctional Services - Community Correctional Services (CCS) plays a vital role in contributing to the safety of the community by managing offenders on court orders, complex offenders on post sentence supervision and prisoners on parole. CCS ensures that offenders are meeting their court and parole conditions, engages offenders to build responsibility and connects offenders to programs, services and community.

About the role - You'll be managing smaller caseloads of complex and high risk offenders on court orders by: Conducting risk Assessments; Preparing case plans; Challenging offending behaviours and; Linking offenders with services; Ensuring court orders are complied with.

ACCESS
HERE

NEW KITCHEN GARDEN PROGRAM SEASONAL PLANNER!

The tireless team at the Kitchen Garden Foundation has come up with another gem to help educators, as well as home cooks and gardeners, plan kitchen garden activities. The [Kitchen Garden Program Seasonal Planner](#) includes a seasonal wheel poster to help you plan for the seasons. The Planner includes a supporting booklet with ideas and inspiration for garden, kitchen and learning activities.



FYI

Snakes, streetlights and swimming pools



Do they impact on your physical activity?

We are looking for rural Victorian adults to tell us about how the local environment helps or hinders physical activity.

This study involves completing a brief online survey (around 20 minutes) twice, two weeks apart. All participants will enter a draw to win one of two \$100 VISA vouchers – it's our way of saying thanks.

If you are aged 18+ years, go to our survey website now.

tiny.cc/ruralsurvey

For more information:

Dr Verity Cleland

Phone 03 6226 4603

Email verity.cleland@utas.edu.au



CRICOS Provider Code 00858B

NATIONAL SKIN CANCER ACTION WEEK

November 20 - 26 - why not promote UV safety in your workplace?

SunSmart can help highlight UV as a OHS hazard with:

- [UV safety training](#) for staff
- [UV policy](#) - develop, revise & implement
- [Presentations](#) to OHS teams or management
- [SunSmart resources](#) – brochures, posters, policy template
- [SunSmart app and widget](#)
- [Best practice](#) advice and resources
- [Exhibition stands](#) with our skin damage viewer

Could we do more? If so, take our short [survey](#), to tell us how SunSmart could better support UV safety in your workplace.



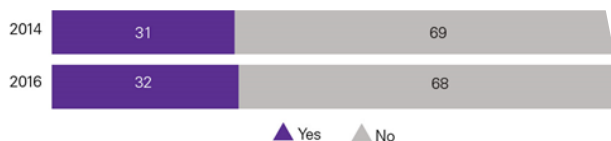
Spok's Fifth Annual Mobility Strategies in Healthcare Survey: Results Revealed

The landscape of mobility strategies and mobile device usage in hospitals is maturing—but there is still a long way to go.

Mobility is the future of healthcare communications, though the particulars of that future remain in flux. Spok's annual Asia-Pacific Mobility in Healthcare Survey is starting to reveal some longer-term trends in addition to annual snapshots. **In September 2016, more than 40 healthcare organisations participated in our survey to reveal the current state of mobility strategies in healthcare.**

A preview of the findings:

Do you have a documented mobility strategy in place?



[Get the results and analysis now](#)

RESILIENT COMMUNITY ORGANISATIONS

Resilient Community Organisations is a disaster recovery toolkit developed by and for communities to help organisations measure and improve their resilience to disasters and emergencies.

The toolkit includes both a benchmarking system and six step disaster resilience plan. The benchmarking system can be used to help organisations assess their current state of preparedness for disasters and emergencies to identify areas for improvement. The Six Steps to Disaster Resilience provides information and resources for organisations that need to take action.

ACCESS HERE



TOO MUCH ADDED SUGAR INCREASES RISK FOR SERIOUS HEALTH ISSUES

The infographic features several statistics: a mountain of sugar, a tooth with '1 IN 2 CHILDREN HAVE TEETH DECAY', a pink circle stating 'UP TO 30% OF ADULTS & 10% OF CHILDREN HAVE NON-ALCOHOLIC FATTY LIVER DISEASE', an orange figure with '1 IN 4 AUSTRALIAN CHILDREN ARE OVERWEIGHT OR OBESE', and a teal pill with 'EVERY 6 SECONDS 1 PERSON DIES FROM DIABETES - A MAJORITY OF THESE TYPE 2'. At the bottom, it says 'CHECK YOUR LABELS FOR ADDED SUGAR. LIMIT ADDED SUGAR INTAKE TO 6 TEASPOONS (25G) PER DAY. YOUR BODY WILL THANK YOU.' and 'JOIN THE CONVERSATION HERE'.

POSITIVE PARENTING TELEPHONE SERVICE

This FREE program is offered to parents, grandparents caring for their grandchildren and carers of children aged 2-10 years.

The program aims to assist you to:

- Develop a stronger and more positive relationship with your child/children
- Encourage behaviour you want to see in your children
- Manage everyday behaviour problems
- Set rules and limits
- Teach new skills

For more information contact 1800 880 660.

NEW HEALTH SNAPSHOT WEBSITE COMPARES YOU WITH OTHER VICTORIANS

Have you ever wondered whether you get as much exercise as other people your age? Or whether you're eating more fruit and vegetables than your neighbours?

Now you can check how your health and wellbeing measures up using our new Health Snapshot website.

By simply answering a few questions about your lifestyle, you can see instant results that show you how your answers compare to those of people from your local government area, age group and across Victoria.



The majority of Victorians have higher than national average wellbeing, but deep inequalities are resulting in poorer health for disadvantaged communities according to a major new population survey conducted by VicHealth.

Results from the VicHealth Indicators Survey 2015, published today (15 November) reveal Victorians have a higher than national average wellbeing (77.3 out of 100 compared with 75.7).

These results show that a significant improvement in the Victorian average wellbeing score has been maintained from the first VicHealth Indicators Survey in 2007 (76.6 in 2007 and 77.5 in 2011).

The survey, based on telephone interviews of almost 23,000 Victorians, found significantly higher wellbeing among those living in regional areas, on higher incomes or of older age.

However the 2015 survey also found significantly lower levels of average wellbeing among those on lower incomes and living in socio-economically disadvantaged areas.

Its findings provide critical localised data to Victorian councils, primary health care providers and community health services to assist them with health and wellness planning for the future.

Victorians can visit www.healthsnapshot.com.au to see how their health and wellbeing measures up against the average ratings for the rest of the state and their local community. For a copy of the 2015 VicHealth Indicators Survey visit <https://www.vichealth.vic.gov.au/indicators>.

16 Days of Activism Against Gender-Based Violence Campaign
NOVEMBER 25 - DECEMBER 10



What is the 16 Days of Activism Against Gender-Based Violence?

The 16 Days of Activism Against Gender-Based Violence begin on the International Day for the Elimination of Violence Against Women on November 25 and end on International Human Rights Day on December 10.

The International Day for the Elimination of Violence against Women was designated in 1999 by the United Nations General Assembly. The date was chosen to commemorate the lives of the Mirabal sisters from the Dominican Republic who were violently assassinated in 1960. The day pays tribute to them, as well as urging global recognition of gender violence. Each year on this day, governments, international organizations and NGOs are invited to organize activities designed to raise public awareness of the problem.

Gender-based violence affects us all. It destroys families, weakens the fabric of our society, and takes a heavy toll on our communities and our economy. Canadians are reminded during the 16 Days of Activism that they can take actions, now and throughout the year, to eliminate violence against women and girls in all its forms.

The 16 Days of Activism also include the National Day of Remembrance and Action on Violence against Women on December 6. These days are a time to both reflect on violence against women and to take action to end it.



[LGA Profiles](#) provide a snapshot of wellbeing indicators for each local government area (LGA) in Victoria. All indicators are taken from the VicHealth Indicators Survey 2015.

The profiles have been created by VicHealth to assist local government in developing their Municipal Public Health and Wellbeing Plans.

[Yarriambiack](#) [Hindmarsh](#)
[Horsham](#) [West Wimmera](#)

DEVELOPMENT OF A NEW CLIENT INCIDENT MANAGEMENT SYSTEM

The department is developing a new client incident management system that will focus on the most serious incidents and strengthen processes to prevent and more effectively manage client incidents.

The new client incident management system will apply to all department delivered services and funded organisations, except hospitals and some community health services that report incidents through the Victorian Health Incident Management System (VHIMS).

The first phase of the work is underway and includes a new model for client incident management.

- This includes:
- providing immediate support to clients and prioritising actions following an incident
 - how incidents are categorised (to ensure a stronger focus on the most serious incidents)
 - the approach to investigating incidents
 - how the department and service providers review actions taken following an incident to ensure clients, their families and carers receive the right support
 - how the department and service providers learn from incidents to improve services
 - accountability of the department and service providers.

The second phase of this work will be to implement the new client incident management system. For more information please email CIMS@dhhs.vic.gov.au

FIFTH NATIONAL MENTAL HEALTH PLAN

The Federal Government has released the draft of the Fifth National Mental Health Plan. The Fifth Plan will focus on achievable and measurable improvements across seven targeted priority areas:

- Integrated regional planning and service delivery;
- Coordinated treatment and supports for people with severe and complex mental illness;
- Suicide prevention;
- Aboriginal and Torres Strait Islander mental health and suicide prevention;
- Physical health of people living with mental health issues;
- Stigma and discrimination reduction; and
- Safety and quality in mental health care.



MAN UP

Breaking the silence on male Suicide! All three episodes of the 3 part TV series "Man Up" aired recently on ABC TV

are now available on the Man Up website: www.ManUp.org.au The Campaign Ad he made during the filming has had over 1 MILLION VIEWS on Facebook! You can see it [here](#)

BEWARE SWEETENED COFFEE

<p>MCDONALD'S KICK FRAPPE</p>  <p>18TSP PER SERVING</p> <p>77 GRAMS PER 570ML SERVE</p>	<p>STARBUCKS CINNAMON ROLL FRAPPUCCINO</p>  <p>20TSP PER SERVING</p> <p>80 GRAMS PER 470ML SERVE</p>	<p>DARE ICED COFFEE</p>  <p>11TSP PER SERVING</p> <p>46.5 GRAMS PER 500ML SERVE</p>	<p>GLORIA JEANS SIGNATURE ICED COFFEE</p>  <p>9.5TSP PER SERVING</p> <p>40 GRAMS PER 511ML SERVE</p>
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JOIN THE CONVERSATION HERE

Just over 4 weeks till Christmas :)



DIET AND LIFESTYLE DISEASES – THE GLOBAL BURDEN

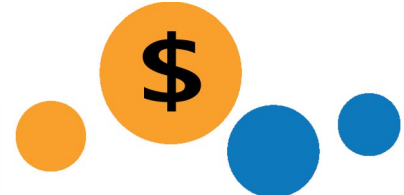
Move over malaria. Whilst death by infectious disease is on the decline, diet and lifestyle induced conditions are leading to earlier deaths and poorer quality of life, according to a new paper published in Lancet.

READ MORE HERE

JOHN WALLIS FOUNDATION 2017 SMALL GRANTS PROGRAM

We are delighted to announce our 2017 John Wallis Foundation Small grants Program is now open.

We have been constantly amazed at the effort communities and small organisations put in to achieve big impacts through small grants. This year our focus is on disadvantaged rural, regional and remote areas of Australia. Please read the Grants guidelines before applying. Download here: [Grants guidelines](#) (PDF) 2017 [Grant Application form](#)



ABORIGINAL BENEFITS FOUNDATION GRANTS

The Foundation provides grants to assist Aboriginal Communities and Individuals by providing funds to support projects which advance the aims of the Foundation, with the current focus on supporting art, literacy, education, health and cultural projects with a connection to Aboriginal art and/or artists.

Please note, for legal reasons, the ABF may only pay grant money to organisations or companies endorsed as a "Deductible Gift Recipient" (a DGR).

In view of the limited resources available to the Foundation, priority for funding is being given to the following categories: **Seeding grants** or **One-off grants**

The Foundation will usually fund projects between \$500 to a limit of \$5,000. To enquire about other levels of funding please contact us at info@aboriginal.org.au.

Intending applicants are encouraged to send their completed applications by the following dates for consideration at the following Board meetings:

- 7 December 2016
- 8 February 2017
- 12 April 2017



VOLUNTEER GRANTS 2016

The Australian Government is inviting organisations and individuals representing volunteer based community groups to apply for Volunteer Grants 2016 funding.

These grants aim to support the efforts of Australia's volunteers. They provide small amounts of money that organisations and community groups can use to help their volunteers. They are part of the Government's work to support the volunteers who help disadvantaged Australian communities and encourage inclusion of vulnerable people in community life.

The funding will help volunteers to do their important work, and the grants of between \$1,000 and \$5,000 each will allow organisations to buy much needed equipment, such as computers, or help with training volunteers, fuel costs or undertaking background security checks.

Applications close at **2:00pm AEDT Tuesday, 20 December 2016**.



OPENING OF THE COMMONWEALTH HOME SUPPORT PROGRAM GROWTH FUNDING ROUND

Existing and prospective aged care providers of Commonwealth Home Support Program services are invited to apply for funding to support older people to live independently within their communities.

The CHSP Growth Funding Round opened for grant applications on **Monday, 17 October and closes at 2pm (AEDT) on Tuesday, 29 November 2016**. Applicants have six weeks to lodge their applications.

Information for applicants, including the target priority services and locations, is available on the [Department of Health's website](#). Applicants can also contact a dedicated hotline on 1800 214 398 or email aged_care_grant@health.gov.au for more information.

\$34 MILLION FOR DEMENTIA AND AGED CARE SERVICES RESEARCH

Applications are now open for the Dementia and Aged Care Services (DACS) Research and Innovation Funding Round.

Applications for the DACS Research and Innovation Funding Round are currently open and will close at 5pm Australian Eastern Daylight Time on **20 December 2016**.

More information, including the eligibility requirements, can be found on the [Department of Health's Tenders and Grants webpage](#).

HELEN MCPHERSON SMITH TRUST

New community needs, priorities and social issues steadily emerge, and so a new framework was developed. It is designed to meet current community needs and expectations, but also to maximise the major social impacts and long-term benefits that can be delivered through strategic philanthropy. Our grants program reflects our mission statement: "To help build fair, creative and resilient Victorian communities through initiatives that promote positive change."

APPLICATIONS OPEN FOR NURSE PRACTITIONER SCHOLARSHIPS

The Department of Health and Human Services offer Nurse Practitioner scholarships for nurses and midwives to undertake an AHPRA-approved clinical Master's program that leads to endorsement as a nurse practitioner.

Applications close **Friday 16 December 2016.**



2016 GRANTS IN AUSTRALIA SURVEY

The 2016 Grants in Australia Survey was launched this week.

The survey questionnaire can be filled in here: www.surveymonkey.com/r/GIA16

Two survey respondents will win a 38mm Series 1 Apple Watch featuring a space grey aluminium case with black sport band. To enter, respondents need to answer the second last question of the survey, and then provide their email address. The two best answers will win their authors an Apple Watch.

EasyGrants Newsletter

From Australia's only comprehensive grants and fundraising hub
www.fundingcentre.com.au

✓ Grants ✓ Donations ✓ Memberships ✓ Events ✓ Earned Income ✓ Sponsorship ✓ Crowdfunding

Look Inside for Grants!

The latest edition of the EasyGrants Newsletter is here - for a copy please email kellie.m@grampianscommunityhealth.org.au

ALCOHOL AND OTHER DRUGS FACILITIES RENEWAL GRANTS

The Victorian State Budget 2016-17 allocated \$10 million for the Facilities Renewal Grants initiative to address critical minor construction, remodelling and refurbishment works in selected mental health and alcohol and other drug facilities.

The initiative is designed to assist state funded alcohol and other drug services to: improve client, carer and staff safety through capital investments to existing facilities that balance safety with the need to provide services in a therapeutic environment that is as least restrictive to the client as possible; improve amenities to enhance recovery, rehabilitation and therapeutic opportunities; minimise the use of restrictive practices or clinically inappropriate environments; and improve treatment service quality and efficiency.

Applicants are encouraged to lodge submissions consistent with the Guidelines. If you have further queries about the 2016-17 Alcohol and Other Drug Facilities Renewal Grants please contact Eddy Byrne, Senior Project Officer, on 9096 5036 or email aod.enquiries@dhhs.vic.gov.au Grant applications will be accepted until 5.00pm on 8 December 2016.

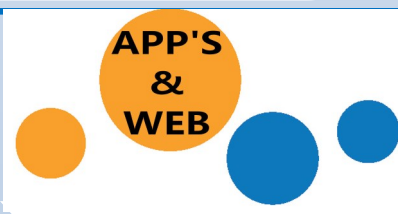


TOO MANY DODGY HEALTH APPS? THERE'S AN APP LIBRARY FOR THAT



Not-for-profit health information provider Health Navigator New Zealand is piloting a project to build a health app library that will rate the quality and safety of health apps and provide ratings for consumers and clinicians on the credibility of health and wellness apps.

The app library currently has about [30 apps](#) that have undergone clinical, user and technical reviews along with independent formal reviews to test not just usability but an evidence-base and relevance to local terminology and measurements.



VIC EMERGENCY

Download the new VicEmergency app

Download on the App Store | GET IT ON Google Play

THE VERY FAST BREAK

Summarising oceanic and atmospheric climate drivers

November 2016 Volume 03 | Issue 07

The latest climate outlook for Victoria goes for 3min 42sec. If you have feedback or to subscribe, address it to the.break@ecodev.vic.gov.au.



Newly diagnosed

Reliable information about living with kidney disease including a practical and comprehensive **'My Kidneys My Health: Living with early stage chronic kidney disease'** handbook.

MY HEART KEEPS BEATING

IHHP - Maningrida 'My Heart Keeps Beating'



No child should bear the scars of open heart surgery. Rheumatic Heart Disease is preventable if you get to the clinic and get medicine when you have a sore throat or skin infection you will help stop the Strep germ from hurting your heart. If you do have RHD then it is essential for your survival to get a injection of antibiotics every 28 days.

Indigenous Hip Hop Projects was so proud to partner with Malabam Health Service, GYS Maningrida and Menzies School of Health Research to work with Maningrida community to create this deadly Music Video 'Heart Keeps Beating'. We brought together many people from the community young and old who have RHD and listened to their powerful and emotion stories and personal experience about living with the disease. We worked with the talented young people and youth workers from Maningrida along with Traditional Songman Diddo and dancer/storyteller Hamish and Solomon.



GAME PLAN RESOURCES

Helping young people to get in the game

Game Plan is a suite of resources to support sports clubs to increase their cultural diversity and to attract and retain young people from migrant and refugee backgrounds in sport and sports clubs – as members, players, coaches, trainers and leaders.

Increasing cultural diversity in an organisation such as a sports club or body, is possible when the organisation is more culturally inclusive.

Game Plan provides an introduction to how to do this for sports clubs, sporting bodies, State Sporting Associations and other organisations working with sports clubs and associations.

ACCESS HERE

INFORMATION AND RESOURCES FOR ABORIGINAL FAMILIES

The Victorian Aboriginal Health Service is developing and disseminating resources for Aboriginal families about ice use (in the context of poly drug use, including alcohol) and providing advice on available resources and help.

For information contact - Laura Thompson - 9403 3305, laura.thompson@vahs.org.au

ABORIGINAL HEALTH WORKFORCE RESOURCE DEVELOPMENT

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO) is developing a training module for the Aboriginal health workforce to improve understanding of culturally appropriate education and harm reduction approaches to methamphetamine use in a poly drug environment.

For information contact - Belinda Stevens - 9411 9411, BelindaS@vaccho.org.au



Resources to support pregnant Aboriginal women

The Royal Women's Hospital is working closely with Njernda Aboriginal Cooperation and the Victorian Aboriginal Health Service to develop the capacity of services to support pregnant Aboriginal women to understand and better manage the impact of 'ice', alcohol and other drug use on their health and the health of their babies.

For information contact - Sandra Gates - 8345 2218, sandra.gates@thewomens.org.au

HEALTH PROMOTION RESOURCES AND TOOLS FOR ABORIGINAL YOUNG PEOPLE

The Youth Support and Advocacy Service (YSAS) and the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) are working together to develop health promotion, education and awareness resources and tools with and for Aboriginal young people that will inform them of harmful ice, alcohol and other drug use.

For information contact - Dominic Ennis - 0418 534 287, dennis@ysas.org.au



6 STEPS TO CARDIAC RECOVERY

FREE PATIENT RESOURCES

It's back! The GP and Health Professional online request form for free heart related patient literature is now available.



An interactive resource that helps planners to quickly find the information they need in their LGA, across population groups, and health indicators.



CONSUMER CONSULTATION: IMPROVING PATIENT CENTRED CARE

Wednesday, 30 November 2016 | 6:00pm to 7:30pm | Health Issues Centre

People want to know what their life will be like after medical treatment. Will they be in less pain? Will they be able to work? Will their quality of life improve?

The Victorian Department of Health and Human Services (the department) is undertaking a [project](#) to improve the decisions people make about their care, together with their health care team.

As part of this, the department is seeking consumer input about a trial program to collect feedback from patients and carers about their physical condition and quality of life after being in hospital, having surgery or receiving treatment. This feedback is called Patient Reported Outcome Measures or PROMs.

Tell me more about the consumer consultation - The department would like to hear consumer perspectives on developing a Victorian-wide PROMs collection. This will be an open discussion but below are some questions for you to consider:

- What physical or quality of life outcomes are meaningful to you relative to your health condition? For example, what physical activity do/did you hope to be able to do after your treatment?
- How do you think the information that's collected could or should be used by clinicians, the department or the health service?
- What are your views on sharing patient outcomes? For example would you like your GP to see your hospital data?
- The department will continue to work closely with patient groups. How should we engage with you?
- As this trial of information collection occurs over the next year, would you like to be involved in this? If so, in what way?



BEING is excited to launch Being Bootcamps (one-day workshops or virtual program).

Many healthcare businesses are operated by skilled and passionate health professionals, who often have had limited formal business training. Businesses are often quite isolated, and there is a lack of quality healthcare business advice, which makes it difficult to assess performance or measure impact.

What are Being Bootcamps?

Being Bootcamps help healthcare business owners or practice managers implement the business practices that will create better health and wellbeing outcomes.

At the Bootcamps we will help you to design straightforward, step-by-step roadmap to help you measure, compare and improve your business performance.

Who is the workshop for?

It is targeted at healthcare business owners or practice managers, but will be relevant to anyone within the business trying to grow impact.

When are they?

We have four one-day bootcamps and one virtual program scheduled before Christmas so that you can get your healthcare business in shape for 2017.

Where are they?

Two one-day bootcamps are in Melbourne (2 Dec and 13 Dec), with further one-day bootcamps in Geelong (30 Nov) and Ballarat (8 Dec) and the virtual program (starts 22 Nov) can be accessed anywhere where you have PC and internet access.

How much do they cost?

Free (for the virtual program) and \$1,500 +GST (for the one-day bootcamp)

How can I book? Click on the following link [Being Bootcamps](#).

Where can I get more information?

Check out the [Being website](#).

ASK BETTER QUESTIONS

Tuesday 6 December 2016 from 9.30 am to 4.00 pm

Classroom 3 - Alfred Medical Research & Education Precinct (AMREP), The Alfred Hospital, Commercial Road Prahan

\$220 (includes GST). Register by 29 November 2016 - Places are filling fast!



TEN TO MEN - THE AUSTRALIAN LONGITUDINAL STUDY ON MALE HEALTH

Ten to Men is a national study of 16,000 Australian men and boys and is being

conducted by the University of Melbourne. A Special Supplement on Ten to Men containing 9 research papers on various aspects of male health has been published in BMC Public Health.



Workshop - Wave 2 data is now available.

On **Wednesday November 30th** 2016 the researchers will be hosting the Ten to Men Data User Workshop. This workshop will be suitable for researchers, students and anyone involved with male health.

Location: Seminar Room 515 (Level 5), 207 Bouverie Street, The University of Melbourne. Cost: Free. The workshop commences at 2pm but attendees are invited to join us from 1.30pm for refreshments.



ON DEMAND WEBINARS

ONLINE

Anxiety – Overview and Awareness – Part 1

In this webinar we will explore the natural purpose of anxiety and how it can become 'disordered' and the main principles to guide responding and supporting individuals struggling with anxiety.

Anxiety – Practical Intervention Strategies – Part 2

This webinar presents practical and accessible strategies to assist both adults and children in reducing anxiety.

ANXIETY RESOURCE MANUAL

Readers will learn practical and accessible strategies which can be applied across the lifespan and address the physical, emotional, cognitive and social aspects of anxiety.

Our informative and easy to follow resource manual contains over 50 pages of practical and helpful material.

Available in PDF or print format. PDF Manual \$15; Print Manual \$20

ACRRM LAUNCHES EHEALTH-ENABLED MODEL OF CARE EDUCATION PROGRAM

The Australian College of Rural and Remote Medicine (ACRRM) has developed an education program to assist GPs and practice staff to integrate eHealth technologies such as the My Health Record and telehealth as part of a patient-centred approach to chronic disease management.

The program's approach was based on a model of shared care, made viable by eHealth tools, that targeted patients in underserved rural and remote regions of Australia.

The tools include national programs such as the My Health Record as well as point of care testing, self-monitoring devices and telehealth.

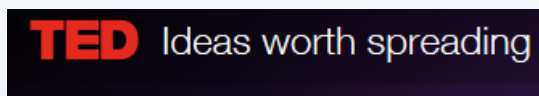
The program includes accessible online interactive education modules, supported by webinars, based on pragmatic, evidence-based strategies that have been successfully applied in busy rural practice.

Practical activities will include the guided development of work plans, including practice-based protocols to achieve a number of objectives such as the systematic use of the My Health Record for patients with chronic conditions, developing capacity for participation in Health Care Home arrangements, and meeting the requirements of the practice incentive program eHealth incentive (ePIP).

GPs and practice staff can register online [here](#).

THE 9 BEST TED TALKS TO HELP YOU KICK ASS AT WORK (AND IN LIFE)

- [Mel Robbins: How to Stop Screwing Yourself Over](#)
- [Shawn Achor: The Happy Secret to Better Work](#)
- [Amy Cuddy: Your Body Language Shapes Who You Are](#)
- [Alison Ledgerwood: Getting Stuck in the Negatives \(and How to Get Unstuck\)](#)
- [Laura Sicola: Want to Sound Like a Leader? Start by Saying Your Name Right](#)
- [Scott Dinsmore: How to Find and Do Work You Love](#)
- [Nigel Marsh: Work-Life Balance Is an Ongoing Battle](#)
- [David Grady: How to Survive Meetings](#)
- [Ivan Joseph: The Skill of Self-Confidence](#)

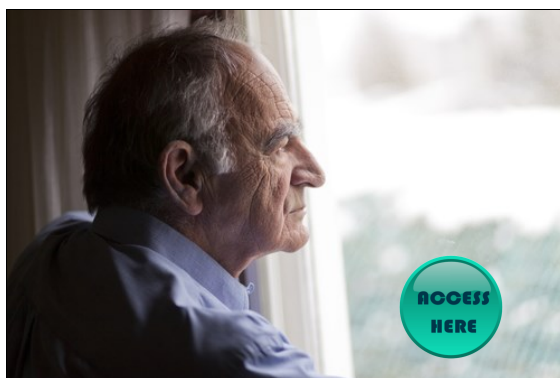


Rehabilitation - DRAFT Clinical Guidelines for Stroke Management (2017)

Main editor
Stroke guidelines content development working parties

Publishing Info
v1.0 published on 24.10.2016

THE LONELY MAN - DOCUMENTARY



The highest suicide rate in Australia is in fact men aged between 85 and 100. The Lonely Man, a documentary feature film,

will shine a light on this misunderstood statistic. The filmmakers will explore the impacts through interviews with friends and family of a loved one who lost their life to suicide in later life. We will also connect with a survivor who has lived, following an attempt on his own life. These very personal stories will be weaved together and contextualised by interviews with academics, mental health professionals and advocates for change in this space.

Click link above to view the promo video and to learn more as to how you can support this documentary. Enquiries to Ash Cottrell at ash@resolutionvideo.com.au

NEW REPORTS FROM THE VICTORIAN REFUGEE HEALTH NETWORK


The Victorian Refugee Health Network recently released two new reports exploring experiences using health services and new approaches to engaging and supporting GPs.

Talking about health and experiences of using health services with people from refugee backgrounds documents the findings from consultations with 115 individuals and groups across Victoria. The findings identified a range of issues impacting on the health and service access of people from refugee background, including people seeking asylum.

Engaging and supporting general practice in refugee health describes two years of work in developing and trialling an approach to facilitating change in general practices working with people from refugee backgrounds. A suite of resources to assist in the engagement of general practices in refugee health were co-created and trialled and the report documents this process and the key findings.



DECEMBER 2016 (click on image for more information)

1st December  World Aids Day	All month  No Gender December	All month  Decem Beard	3rd December  International Day of Persons with Disabilities	5th December  International Volunteer Day for Economic and Social Development	10 December  Human Rights Day
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10 - 23 Dec  UnitingCare Christmas Appeal	18 December  International Migrants Day	25 December  The 12 Do's of Christmas
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JANUARY 2017 (click on image for more information)

13 January  Ride to Cure Diabetes	15 - 21 January  Aboriginal Cultural Showcase	26 January  Big Red BBQ for Kidney Health	26 January  Invasion/Survival Day	26 January  Australia Day			
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FEBRUARY 2017 (click on image for more information)

All month  FebuDAREy	All month  Ovarian Cancer Awareness Month	All month  Heart Research Month	All month  Don't Wait Until It's Too Late	All month  FebFast	All month  Feel Good February	4 February  World Cancer Day	7 February  Safe Internet Day
12 - 18 Feb  Sexual Health Awareness Week	13 February  Apology Anniversary	14 February  VDay	14 February  1 Billion Rising	28 February  UnitingCare Pancake Day			

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Website - www.wimmerapcp.org.au

Wimmera Primary Care Partnership are proud to be part of The [Communities of Respect and Equality Alliance](#).

The **CORE Alliance** is a partnership for organisations, businesses, clubs, groups and networks from across the Grampians Region that share a vision for safe, equal and respectful communities. All member organisations have committed to the vision and goals outlined in the *Communities of Respect and Equality: A plan to prevent violence against women and their children* developed by [Women's Health Grampians](#).

