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## MESSAGE FROM OUR EXECUTIVE OFFICER

Welcome to April. May the Autumn break be early and plentiful.

A number of opportunities for enhanced coordination of services and more integrated Health Promotion have presented themselves over the last two weeks. GPPCP is currently in discussion with Dental Health Services Victoria about a catchment-based project in oral Health Promotion. "Smiles for Miles" has been rolled out in the two other PCP catchments in the Grampians Region, and we have been invited to submit an Expression of Interest to roll the project out here. "Smiles for Miles" focuses on preschool aged children and the policies which kindergartens and playgroups have in encouraging children (and their parents) to understand oral health practices and in particular encouraging children to drink water rather than sugary drinks - such as cordial or flavoured milk or lemonade. This is a wonderful opportunity for GPPCP and member agencies to band together to do some tangible oral health promotion.

The other opportunity that has presented itself is the identification of each of the LGAs in the GPPCP catchment to apply for funding through DPCD for development of community-based strength training programs. We are currently working on a whole-of-catchment approach to this submission. This will naturally involve health services, Neighbourhood Houses, local government community services programs and existing or proposed community-based programs. Another exciting opportunity to move Health Promotion to more community based settings and a more collaborative and coordinated management structure.

As a Regional PCP representative on the Region of Choice (Allied Health recruitment and retention) committee, I encourage Allied Health professional across the catchment to attend the conference in Ararat on 29th /30th April. A separate flyer about this is attached to this newsletter.

I also encourage sporting clubs and community groups to attend the FREE training forum on social inclusion on April 29th. Mark Riches, dynamic consultant, will lead an interactive discussion about the ways in which people with disabilities may be meaningfully included in a community based club. Mark comes with a big reputation for being inspirational and very positively challenging some of our thinking. See the ad later in the newsletter.

GPPCP activity in the drought area has also been ongoing. This week a community meeting of residents of Avoca was organised by GPPCP to seek advice on the best way in which GPPCP funding for mental wellbeing could be targeted in the Avoca area. It was a very positive meeting with residents of Avoca very keen to get some positive messages across to the community about services available to them. More later, but special thanks to Councillor Glenice Harris for her input. A community event is planned for Avoca later in the football season.

Cheers, Kate.

## PCP MEETING DATES FOR YOUR DIARY

### Service Coordination and Chronic Disease Management Group (BATS) Meeting

Date: Wednesday 16 April, 2008  
Time: 10.30am - 12 noon  
Venue: Ararat Visitors Information Centre  
RSVP: Kate Astbury

### GPPCP Full Alliance Planning Day with Andrew Hollo

Date: Friday 18<sup>th</sup> April, 2008  
Time: 9.30am - 11.30am  
Venue: Gum San Chinese Museum  
The Great Hall  
RSVP: Michele Corcoran

### Healthy Eating Working Group Meeting

Date: Monday 31<sup>st</sup> March, 2008  
Time: 10.30am - 11.30am  
Venue: East Grampians Health Service  
RSVP: Chantal Price

### Active Recreation Steering Committee (ARSC) Meeting

Date: Tuesday 8<sup>th</sup> April, 2008  
Time: 12:30 - 2:30 (lunch provided)  
Venue: Tourist Information Centre  
RSVP: Laura Waters by Thursday 3rd April

### Social Inclusion—Inspirational, Interactive Forum

Date: Tuesday 29th April  
Time: 9.00am—3.30pm  
Venue: Trackside Tabaret,  
Stawell  
RSVP: Laura Waters

\*\*\* All staff contact details are listed at the top of this newsletter \*\*\*

## CELEBRATION OF SEASONAL PRODUCE

### What to do with TOO MANY TOMATOES

Home drying tomatoes is easy. Romas are probably the best, but any will do.



Cut them into sandwich size slices. Spray a large tray with Olive oil (you can buy spray types). Put the tomatoes on the tray, then dust the tomatoes with lots of black pepper, some ground rock salt and fresh herbs from the garden- oregano, thyme.....

Spray all that with olive oil, and leave in the sun to dry for as long as it takes. Best to bring them in at night. Two days of good fine weather is enough. Birds don't seem to like them, so a low skillion roof with good reflective tin helps the process.

Usually they don't last very long because all the kids eat them, but keeping them in the fridge will stop them going mouldy over a few weeks, and to store them for a lot longer pack them in olive oil in sealed glass or pottery containers. That way you can use the olive oil again. A bit of garlic in the oil helps too.

## CONGRATULATIONS

To Robert Vance of Landsborough who was recently elected to Pyrenees Council. Robert has been a valuable partner of GPPCP in coordination of drought related activity.

To Julia Ogdin, the newly appointed Manager of the Centre of Community Health at East Grampians Health Service.

To carers from the catchment who were consulted about a Vic health project ("Bums off Seats") recently. Your enthusiasm and positive input was terrific. Watch this space.



GOOD WORK IN INTERGRATING  
HEALTH PROMOTION &  
PROFESSIONAL DEVELOPMENT  
OPPORTUNITIES IN HP

**The Inaugural AMREP  
World Health Day Symposium**

*Research supporting policy and  
practice in low-income countries*

**Registrations Still Open**

The symposium will bring together researchers, practitioners and policy-makers from academia, research institutes, government agencies and NGOs, to exchange experiences, case-studies and ideas on the links between research and improving health program effectiveness and policy in developing countries.

**When:** Monday 7th April 2008

**Where:** Coppin Hall  
313 Punt Rd  
Pahran Vic

**Cost:** General registration \$100 inc gst  
ACFID members \$50 inc gst  
Students & AMREP staff free

**Contact:** Email enquiries to: [andrea@burnet.edu.au](mailto:andrea@burnet.edu.au)

**Phone:** 03 9282 2274



**FOLLOW WORKPLACE HYGIENE PROCEDURES**

**Formerly known as Food Handling - Level One**

Sought as a minimum qualification by most employers in the hospitality industry, this program provides guidance on food hygiene and safe food handling practices in accordance with enterprise standards and legal requirements.

**When:** Tuesday April 8 & 15, 2008

**Where:** STAWELL CAMPUS (TAFE)  
Sloane Street, Stawell, 3380

**Time:** 6.30-9.30pm

**Cost:** \$74.30 (\$72.65 Concession)

**Contact:** Cidy Bibby

**Phone:** 5358 7231

**Email:** [c.bibby@ballarat.edu.au](mailto:c.bibby@ballarat.edu.au)

Knowledge & Skills  
Building a Future  
Victoria  
The Place To Be



**Rural Health Conference**

30 April - 2 May 2008

Quality Resort All Seasons

Bendigo

The third biennial rural health conference will focus on chronic disease, including current issues and strategies for rural health services.

Conference themes will include:

- The role of health services in health promotion and the prevention of chronic disease
- How to respond to chronic disease as a coordinated health system
- Workforce implications of chronic disease prevention and management

**Confirmed keynote speakers Include:**

- \* Professor Andrew Morris FRSE
- \* Professor Kerin O'Dea AO, BSc, PhD
- \* Dr Peter O'Leary
- \* Sandra Slatter CM, MIEF
- \* Professor Boyd Swinburn

For more information and to register your interest visit [www.ruralhealth2008.com.au](http://www.ruralhealth2008.com.au)



**Autism Spectrum Disorder**

More and more children with an autism spectrum disorder ('ASD') are entering mainstream schools, and many teaching staff feel that they need more training to cater to the special needs of this group.

**Making it Work: Working with Children with Autism Spectrum Disorders**

This is a 3 day course which has been specially designed to equip them to meet the challenge. The program is presented by trainers with extensive experience in working with children with ASD in mainstream education.

**When:** 18, 19, 20 June 2008

**Where:** ABIA  
276 Canterbury Rd, Surrey Hills

**Cost:** \$370 (members)  
\$450 (non-members)

**Register:** Bookings now open—call the Autism Behavioural Intervention Association on 03 9830 0677





**WOMEN'S NETWORK GRAMPIANS  
WOMEN'S FORUM  
WEDNESDAY 14 MAY 2008  
9.30 A.M. TO 3.30 P.M.  
BALLARAT LODGE  
MAIN ROAD, BALLARAT**

**KEY NOTE SPEAKERS**

- **Minister Maxine Morand, Minister for Women's Affairs, Victoria**
- **Ms Brenda Boland, Regional Director, Department of Human Services, Grampians Region**

**Registration & Full Program Enquiries:  
Women's Health Grampians – Phone: 5322 4100  
Or  
Department Human Services – Phone: 5333 6224**



**SMOKING CESSATION CLINIC**

The Beaufort & Skipton Health Service intends to become a smoke free workplace within the next six months. To assist staff and community members that wish to give up smoking a Smoking Cessation Clinic has been established at the Community Health Service in Skipton and will be operational by April.

The Clinic is a fairly new initiative based on studies conducted by The Smoking Cessation Research Unit at the University of Sydney and supported by The Lung Health Promotion Centre at The Alfred Hospital. The program uses a combination of nicotine replacement therapy with individual support sessions to assist you in giving up smoking. All appointments are with a trained smoking cessation clinician.

For further information or to make an appointment phone 53401135.



**Your Region Dynamic and Diverse?**  
The evidence from the 2006 Census Regional Forums

The Spatial Analysis and Research Branch of the Department of Planning & Community Development will be hosting regional forums offering the opportunity to better understand your region—the trends and their drivers. We hope you can join us to talk and learn about population trends and prospects, social diversity and other issues being raised by the Census.

**When:** Tuesday 22 April 2008  
**Where:** Grains Innovation Park  
Department of Primary Industries  
Yellow Gum Room  
110 Natimuk Road, Horsham

**Time:** 9.30am to 12.30pm

**Cost:** Free (Lunch included)

To register your attendance online visit:  
[www.dpcd.vic.gov.au/urbanandregionalforums](http://www.dpcd.vic.gov.au/urbanandregionalforums)

Further enquiries contact:  
Lea Fisk on 9638 9541



**Dietary guidelines for Australian adults  
Following a healthy lifestyle will help to prevent  
pre diabetes and type 2 diabetes.**

These dietary Guidelines highlight the groups of foods and eating habits that lead to good health and wellbeing.

- Enjoy a wide variety of nutritious foods.
- Eat plenty of vegetables, legumes and fruit.
- Eat plenty of cereals (including breads, rice, pasta, noodles).
- Include lean meat, fish and poultry.
- Include milks, yoghurts, cheeses.
- Drink plenty of water.

Take care to:

- Limit saturated fat and moderate total fat intake.
- Choose fats low in salt.
- Limit your alcohol intake if you choose to drink.
- Consume only moderate amounts of sugar in your food.





## SOCIAL INCLUSION:

How to support people with a disability to be meaningfully engaged in community activities & groups

**Date:** Tuesday 29th April  
**Venue:** Trackside Tabaret, Stawell  
**Time:** 9.00am—3.30pm



### What the session will cover:

- What is social inclusion?
- Practical steps to inclusiveness
- Managing challenges and barriers to inclusion
- Facilitating and leading community inclusion at an organizational and individual level.

### Who is invited:

All community members who are interested in social inclusion and staff of disability services.

The session will be facilitated by **Mark Riches (Managing Director of Level Consulting Services)**



**This is a rare and empowering opportunity to learn what you can do to support people of all abilities to be meaningfully included in the social life of the community**

Please RSVP to Laura Waters by:

Tuesday 22nd April  
Phone: 5352 6225  
Email:

[laura.waters@grampianspyreneespcp.org.au](mailto:laura.waters@grampianspyreneespcp.org.au)



### Early Date Claimer for your Diary

5th WORLD CONFERENCE ON PROMOTION OF MENTAL HEALTH AND THE PREVENTION OF MENTAL AND BEHAVIOURAL DISORDERS

This conference will be held at the Melbourne Convention Centre, from September 10th to 12th, 2008

The Conference will highlight activities that contribute to promoting individual and community mental health and wellbeing and also aims to show the mental health and wider community that the promotion of mental health and the prevention of mental illness is no longer on the margins of a health debate.

For further details [www.margins2mainstream.com](http://www.margins2mainstream.com)



## Kids - 'Go for your life'

### Health professionals

### Health Professionals' Forum

**When:** Tuesday 29th April, 2008  
**Where:** The Treacy Centre  
126 The Avenue, Parkville  
**Time:** 10am - 4pm (Registration from 9.30am)



- ⇒ This forum's theme will be Plant Fruit and Veg in Your Lunch Box, coinciding with Fruit and Veg Week.
- ⇒ A range of discussions, case studies and workshops will be delivered during the day, and:
- ⇒ A formal invitation and program will be sent shortly, please mark the date in the diary!

Any queries to Kerry McCasker,  
[kerry.mccasker@cancervic.org.au](mailto:kerry.mccasker@cancervic.org.au) or Ph: 9635 5639



### Earth Hour

Created to take a stand against the greatest threat our planet has ever faced, Earth Hour uses the simple action of turning off the lights for one hour to deliver a powerful message about the need for action on global warming

This simple act has captured the hearts and minds of people all over the world. As a result, at 8pm March 29, 2008 millions of people in some of the world's major capital cities, including Copenhagen Toronto, Chicago, Melbourne, Brisbane and Tel Aviv will unite and switch off for Earth Hour For more information go to [www.earthhour.org](http://www.earthhour.org)





## CENTRE FOR ADOLESCENT HEALTH FORUM - APRIL 2008

*Warming Up Cyberia - Young people and technology*

The Centre for Adolescent Health, Royal Children's Hospital Melbourne (RCH) is holding its first forum for 2008 on issues surrounding young people & technology looking at research findings, the clinical setting and the school environment.

**When:** Thursday, 24 Apr 2008

**Where:** Royal Children's Hospital

**Time:** 9AM - Midday

**Cost:** Attend in Person at RCH: \$75 + GST

**Add a Standard Videoconference Site:**  
\$100\* + GST (suitable for 3 or less individuals)

**Attend at a Standard Videoconference**

**Site:** \$75 + GST per person

**Add a Capped Videoconference Site:** \$350\* + GST (unlimited participants can attend free of charge)

\*(does not include call costs)

**NB. Individual registration payments must be made at the time of registration by Visa or Master Card only**

For registrations, please contact GTH Events on 03 9927 7777 or register online at [www.gthevents.com](http://www.gthevents.com)



**Primary Health Bulletin 27 March 2008**

This Weekly Bulletin aims to disseminate information in a timely fashion that is relevant to the development of primary health across the State. This includes information about developments in the Primary Health Branch.

The latest edition of the Primary Health Weekly Bulletin is now available at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/index](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/index)



## Young People Direct Forum

**Are you between 12 and 25 years of age?**

**Do you want to have your say about what's important to Victorian young people today?**

**Do you want to meet other young people from all walks of life?**

**Then this forum is YOUR chance to make a difference!**



The Office for Youth is proud to introduce Young People Direct. It's a new Victorian Government initiative which aims to give young people a real chance to be heard - because no one knows what young people think is important better than you do.

This forum is the first ever YPD event! It will also mark the launch of National Youth Week, Australia's biggest annual celebration of young people and what they can do.

There will be group discussions with all forum participants on issues that you identify as important to you and other young people. There will be lots of fun stuff too, like video booths, a graffiti board, information stalls and freebies.



**When:** Saturday April 5 2008

**Where:** Jasper Hotel function room, 489 Elizabeth St, Melbourne

**Time:** 10:30am - 4:30pm  
(lunch & afternoon tea Supplied)

**To register, go to [www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au)**

We can provide assistance with your transport or special needs, contact Anna Saw from the Office for Youth on 9208 3209 or [anna.saw@dpcd.vic.gov.au](mailto:anna.saw@dpcd.vic.gov.au)





'Go for your life' Kitchen Garden



Project with Stephanie Alexander

### 2009-2010 Information Sessions

All interested schools are invited to attend an Information Sessions. Attendees will hear from representatives of the Department of Education and Early Childhood Development, the Stephanie Alexander Kitchen Garden Foundation, and where possible schools currently implementing the Kitchen Garden Program. Registrations can be sent to [dmin@kitchengardenfoundation.org.au](mailto:dmin@kitchengardenfoundation.org.au).

Please provide the following details:

- which session you would like to attend
- how many people will be attending
- name of school
- key contact name
- key contact email address
- key contact phone number
- questions you would like addressed that have not been answered in supporting information provided

**When:** Wednesday 9 April 2008

**Where:** Wendouree Performing Arts Centre  
1220 Howitt St, Wendouree

**Time:** 1.30–3.00pm

Tour of Kitchen Garden facilities at Wendouree Primary School to follow session



**Hepatitis B: Want to know more?**

Do you work in the community sector?

Come along to this education forum

**When:** Thursday 10<sup>th</sup> April

**Time:** 930am -1230pm

**Place:** Ground Floor ARCSHS, 215 Franklin St Melbourne

**Access:** Train Flagstaff--tram Elizabeth St--parking Franklin St

**RSVP:** Please email [j.johnson@latrobe.edu.au](mailto:j.johnson@latrobe.edu.au)

A light morning tea will be provided

This forum is suitable for people working in the community sector including AoD/ NSP, Indigenous, community health, multicultural, refugee, youth, housing and justice services. The forum will be conducted in plain language as much as possible.



## SERVICE COORDINATION PROGRESS AND TRAINING

### “BATS” EXTENDED SESSION

**What:** Grampians Pyrenees PCP  
Better Access to Services  
(BATS) Committee  
'Show and Tell'

**When:** Wednesday 21<sup>st</sup> May

**Time:** 9.30am – 1.00pm  
(includes lunch)

**Where:** Department of Primary  
Industry (Old Shire Hall).  
Barkly Street, Ararat  
(Next to the Town Hall)

**RSVP:** Katrina Toomey (03) 5352 6224  
[katrina.t@gchc.org.au](mailto:katrina.t@gchc.org.au)

This session is open to anyone interested in Chronic Disease Management. You will hear presentations made by PCP member agencies outlining the services they provide for Chronic Disease Management.

This is an opportunity to build your knowledge on service provision in the area – who does what to whom, where, when, why and how much? There will be a few minutes after each presentation for question time and time to network and ask more questions over the yummy lunch provided.





## Victorian Service Coordination Practice Manual and Continuous Improvement Framework

Revised Victorian Service Coordination Practice Manuals and Continuous Improvement Framework are now available in hard copy or electronically. If you would like to access them electronically please go to [www.health.vic.gov.au/pcps/publications](http://www.health.vic.gov.au/pcps/publications) or contact Katrina Toomey on the details above for a hard copy.

## PROFESSIONAL DEVELOPMENT

### Write to Win Workshops

Are you applying for funding?

Do you need to gain expertise in writing successful funding submissions?

If so, this workshop is for you!

vicCentral Highlands Area Consultative Committee, are pleased to provide an interactive learning experience on how to construct submissions for funded projects. At the end of this workshop, participants will have a greater understanding of these areas:

- Helpful internet sites
- Identifying sources of potential funding
- More information for applying for local, state or federal government funding
- Constructing an application puts your best case forward for funding

**When:** Thursday 17th April  
**Where:** Kirrit Barreet, Main Rd Ballarat 2008  
**Time:** 5.30pm  
**Cost:** Free, but registrations are required  
**RSVP:** 3rd April 2008

Catering will be provided

Please contact us at the Central Highlands Sports Assembly if you would like a registration form on (03) 5331 6966



## WHAT'S HAPPENING IN CHRONIC DISEASE MANAGEMENT

### Better Access to Services Sub Committee (BATS)

This subcommittee of the GPPCP focuses on issues which assist a catchment wide approach to coordinated service delivery. The group membership includes providers from health services, community health, local government and DHS and meets monthly (third Wednesday) from 10.30am - 12.30pm.

Membership of BATS is open to all interested parties, particularly those who have a focus on Chronic Disease whether they are members of the GPPCP or not. Members may choose not to, or be unable to regularly attend meetings or may request the information to be sent to them via email.

The purpose of the committee is to:

- provide a professional network and "clearing house" to share and support evidence based practice in relation to Service Coordination, as articulated in the Better Access to Services Operational Framework (DHS June 2001).
- to provide advice and support to the Executive of GPPCP in relation to funding and program opportunities which focus on the Service Coordination priority. This may be in the form of support for the development of submissions, the preparation of recommendations or the development of new partnerships.
- to oversee and report on all Service Coordination projects and programs auspiced by GPPCP.

New members are always welcome - if you are interested please give Kate Astbury a call on 53526205 or 0448306083.



## FUNDING OPPORTUNITIES

### The "Farmer Group Projects" funding

#### "Farmer Group Projects"

There is up to \$10,000 available for projects designed to tackle sustainability issues arising from drought.

Funding is open to all farmer groups and is not restricted to members of Landcare groups. Applications are encouraged from producer groups and from regional farming groups with a natural resource management interest.

#### "Innovative Grants"

There is up to \$5,000 available for innovative projects which help develop or implement good ideas to improve the sustainability of farming practices and overcoming the impact of droughts.

The "Innovation Grants" are aimed at helping farmers (groups or individuals) develop good ideas covering areas like technology, machinery and farm layout. Innovative ideas for sharing information about successful strategies for managing drought are especially welcome.

The grants form part of the \$1.5 million dollars donated to Landcare from the Woolworths Drought Action Day in 2007 which rose over \$4.7 million. The grants are available for farmers in areas declared eligible for "Exceptional Circumstances" assistance.

For further information contact Shane Norrish on 02 9412 1040 or email

[shanenorrish@landcareaustralia.com.au](mailto:shanenorrish@landcareaustralia.com.au)

Images available at: [www.landcareonline.com/media](http://www.landcareonline.com/media)

<<http://www.landcareonline.com/media>>

#### DOWNLOAD APPLICATION DOCUMENTS:

Application Guidelines and Assessment Criteria

<[https://wic004tv.server-secure.com/vs154616\\_secure/resources/Woolies\\_Small\\_Grant\\_Guidelines.doc](https://wic004tv.server-secure.com/vs154616_secure/resources/Woolies_Small_Grant_Guidelines.doc)>

Application Form

<[https://wic004tv.server-secure.com/vs154616\\_secure/resources/Woolies\\_Small\\_Grant\\_Application\\_Form\\_Update.doc](https://wic004tv.server-secure.com/vs154616_secure/resources/Woolies_Small_Grant_Application_Form_Update.doc)>



### News alert from the Stephanie Alexander Kitchen Garden Foundation

'Go for your life' grants for Victorian schools with primary enrolments now open. Applications close 9 May, 2008. Read more about the grants at [www.kitchengardenfoundation.org.au/grants.shtml](http://www.kitchengardenfoundation.org.au/grants.shtml)

Grant Information Sessions will be held around Victoria from 7-10 April, 2008. For full details visit [www.kitchengardenfoundation.org.au/grants.shtml](http://www.kitchengardenfoundation.org.au/grants.shtml)  
**Stephanie Alexander Kitchen Garden Foundation**  
Telephone: 8415 1993  
[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)



## THINGS TO DO TO GET ACTIVE

**ERIC BOGLE**

*SINGER SONGWRITER*

With  
**JOHN MUNRO**

**WENDOUREE CENTRE FOR PERFORMING ARTS**

**HOWITT ST WENDOUREE  
BALLARAT**

**SUNDAY 13 APRIL 2008 7.00 PM**

**TICKETS**  
**ADULTS \$35**  
**CONCESSION \$28**

**BOOKINGS Phone (03) 5338 0980**

*SUPPORTING REFUGEES THROUGH*  
**BALLARAT CIRCLE of FRIENDS 93**





## Lake Bolac Eel Festival



March 28th & 29th 2008  
Lake Bolac foreshore  
Lake Bolac

Entry: Family \$25, Adult \$10, Student \$5

The 2008 Festival takes place on March 29th with the Art Exhibition opening on Friday 28th. A great lineup of performers has been selected from old favourites and new faces.

Phone: 03 53502204  
Email: [festival@eelfestival.org.au](mailto:festival@eelfestival.org.au)



Ararat College Chaplaincy Committee



Come and see the film version of this wonderful book that is being studied by our VCE students.

**When:** Thursday April 10th at  
**Where:** Astor Cinema, Ararat  
**Time:** 7.30pm  
**Cost:** \$20.00 / Students \$10.00  
Champagne, Tea, Coffee and Supper  
Auction of Goods



## Stawell Farmers Market Promoting and selling quality local products

The market has gourmet foods, organic produce, farm fresh produce, livestock, quality crafts, garden needs, farm produce and more.

**When:** Sunday 30 March 2008  
**Time:** 9.00am - 1.00pm  
**Where:** Stawell Show Grounds, Patrick St  
**Contact:** Ian Bourke  
**Phone:** 5356 6306  
**Email:** [jburke@inet.net.au](mailto:jburke@inet.net.au)



Next market.....

April 5<sup>th</sup>, 2008



### ***Invitation to attend Aboriginal Flag Raising Ceremony***



**Date: 28th March**  
**Time: 11am**  
**Place: Stawell Police Station**  
**Followed by a BBQ**  
**RSVP: to Rob Weppner by**  
**24th March**  
**Ph: 53 588 222**  
**[rob.weppner@police.vic.gov.au](mailto:rob.weppner@police.vic.gov.au)**





### SCOTTISH COUNTRY DANCING:



Rosalie Patterson, a participant in the 'Level Playing Fields' project has recently started learning how to Scottish Country Dance.

The group is extremely welcoming and it is a fantastic activity to be involved in with lots of laughs, fun and energy! For anyone interested in going along for a great evening you can contact Karen Walmsley on 5352 1414 for more information.

(For more dancing options to be involved in you can contact Laura Waters at PCP for a copy of the booklet of 'Dancing in Northern Grampians and Ararat'.)



### "BIG BAND SWING" FREE LUNCHTIME CONCERT

Come and enjoy the music they danced and romanced to in the 1940's and 50's. John Lidgerwood and Margaret Morrison join Ian Hellings and the famous Radio Rhythm Orchestra in a tribute to Glenn Miller, Benny Goodman, Dorsey Brothers, Duke Ellington and more. Join us for great swing and great songs.

**When:** Wednesday April 16th  
**Where:** Ararat Performing Arts Centre  
**Time:** 12:00 Noon  
**Cost:** FREE (bookings not required)



### Ararat Neighbourhood House Inc

The Ararat Neighbourhood House Inc is a not-for-profit incorporated association which aims to respond to community needs by offering a range of educational, health, social and recreational programs that foster a sense of community spirit.

#### General Interest Courses



#### Oil Painting

Tutor: Fred Kinniburgh

Fred will lead you through the intricacies of your art studies, from beginner to advanced levels.

**Monday 1 - 3 pm**

Small amenities fee to apply

#### Craft

The 'Craft Group' meets each week to share their love of fabric and stitching, paper and glue! Whether your craft interest is patchwork, embroidery, decoupage, doll making, sewing for your children—all interests can be catered to in this group. Bring along your own project or join in the 'current project.'

**Wednesday: 10.00 am -12.30 pm**

Cost: \$2.00 each week paid upfront each term

#### Needles and Threads

Come along and join this friendly group of knitters for a chat as you make scarves, rugs, children's jumpers—whatever you like. The items are donated to St John Ambulance for distribution to those in need. This is a fabulous opportunity to tap into your creative, generous spirit providing greatly needed support to the community. **Wool donations are always greatly appreciated.**

**Wednesday: 12.30 pm - 3 pm**

Cost: Gold coin donation for coffee

#### Book Chat (1<sup>st</sup> Wednesday of each month)

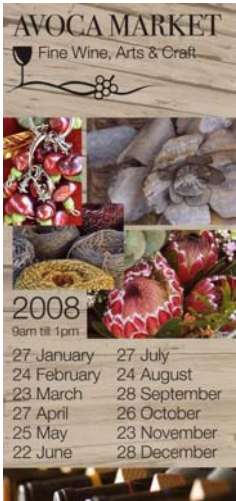
Book Clubs are great fun! Stretch your mind by reading a book (chosen each month by the group). Meet and chat about it over morning tea. **New members are very welcome...**

Cost: \$3.00 book fee and gold coin donation for coffee

#### Candle making session on Monday 14<sup>th</sup> April

\$22 per person

To register for any of these courses Phone: 5352 1551



Next market.....

April 27<sup>th</sup>, 2008



It is important to us to receive feedback from you on this newsletter. Please email feedback, suggestions and items for inclusion in the next newsletter to Michele Corcoran [michele.c@gchc.org.au](mailto:michele.c@gchc.org.au) by **Monday 14th April**.

Don't forget to pass on this information on to others and place it in your staff room!!