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MESSAGE FROM OUR EXECUTIVE OFFICER

More good news.....

Although we have to apologise for the size of this newsletter (thanks Michele for putting it together!!!), it does have some really exciting professional development, conferences and general all round opportunities.

Good news on the GPPCP front is that our new chair Sally Philip will also act as Regional representative on the Statewide Chairs Working Group. Having a direct line to decision making and being able to represent the region has benefits for all member agencies and partners.

GPPCP has recently finalised a staffing restructure and is pleased to be able to announce that Elizabeth Casey will be starting fulltime with us on February 11th. Elisabeth will take responsibility for a number of specific health promotion projects. We welcome Elizabeth, a recent graduate with a degree in Public Health who has chosen to work in a rural area. Elizabeth will be working closely with Chantal.

Kate Astbury will shift her portfolio responsibility to have a greater Chronic Disease focus and Katrina will re-focus her work on Service Coordination. Katrina will be working closely with Kate because of the synergies between the two priorities.

In the next few months Karen Ware will also work with us in the area of Chronic Disease. Karen is an Allied Health professional who will help us develop a useful data base of current evidence around chronic disease. Kate will focus more on the strategic priority setting for this catchment. More about this as it unfolds.....

Laura's portfolio will remain the same and we congratulate her on the excellent work she has done in the roll out of a project which supports people using disability service day programs to access community-based recreation. The response of the communities of Ararat and Stawell has been overwhelmingly positive as well.

Further congratulations to member agency Elmhurst Bush Nursing Centre which met all seventeen standards in its annual review by the Quality Improvement Council. 2007!!! A lot of hard work has been recognised here- especially that of Nurse Manager Sue Young whose dedication has facilitated this fantastic result.

Further congratulations to the St Arnaud Drought team and in particular Emily Tyson of Northern Grampians Shire and Anne Boadle and Jean Bray of East Wimmera Health Service. Some innovative and creative partnerships between health services and local business in facilitation of information evenings about the mental health aspects of drought response.

And a belated happy new year to all our members and partners, new and old. Hopefully the year has begun as it means to go on - with much goodwill, collaboration and forward thinking.

Cheers
Kate

PCP MEETING DATES FOR YOUR DIARY

Healthy Eating Working Group Planning Day

Date: Monday 18th February, 2008
Time: 10.30am—12 noon
Venue: Stawell Regional Health
RSVP: Chantal Price

Service Coordination Meeting

Date: Wednesday 20th February, 2008
Time: 10.30am - 12 noon
Venue: Ararat Visitors Information Centre
RSVP: Kate Astbury

GPPCP Executive Meeting

Date: Thursday 21st February, 2008
Time: 10.00am - 12 noon
Venue: Grampians Community Health Centre, Ararat
RSVP: Michele Corcoran

ARSC Meeting

Date: Tuesday 12th February, 2008
Time: 1.00pm – 3pm (lunch provided)
Venue: Ararat Information Centre
RSVP: Laura Waters

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



PCP Team Christmas break up Mt Widderin caves, near Skipton.

CELEBRATION OF SEASONAL PRODUCE

Polenta and rosemary bread with fresh sweet corn

Ingredients:

1 tbsp extra-virgin olive oil
60g parmesan cheese
1/4 cup cream
2 cobs sweet corn
2 cups coarse polenta (cornmeal)
2 tsp salt
1 tsp bicarbonate of soda (baking soda)
6 x 3cm stalks rosemary
2 cups buttermilk



Makes 16 small slices

Method:

Preheat the oven to 220C. Measure the oil into a small bowl, then use the pastry brush to lightly grease the base and sides of a 20cm square baking dish or tin. Place the dish on a sheet of baking paper and trace the outline with a pencil. Lift off the tin and cut out the shape, then place the paper in the dish.

Weigh the cheese, then grate it. Combine the cheese with the cream in a small bowl.

Set out a chopping board and knives. Stand the cobs on the board and, using a fork, rake the kernels to split the skins. Cut the kernels from the cob. Put the polenta, salt and bicarbonate of soda into a large bowl and mix well. Add the corn kernels to this mixture. Strip the needles of rosemary from the stalks and chop finely. Put the rosemary, buttermilk and eggs into a medium bowl and whisk well. Make a well in the polenta and tip in the buttermilk/egg mixture. Use a wooden spoon to mix it well to form a batter.

Tip or spoon the batter into the prepared dish. Spread the cheese/cream mixture over the batter.

Bake for 30 minutes. Test by inserting a skewer - the polenta bread is cooked if the skewer comes out dry and clean. Remove from the oven. Allow to cool in the dish for at least 10 minutes, then turn out onto a wire rack. Cut the polenta bread into slices and serve as is, or toasted with butter.



DROUGHT

Celebrating Rural Communities

Presented by the
Golden Plains Women in Drought Committee

Sunday March 2nd, 2008

Inverleigh Public Hall

A Family Day commencing at 10.00am

Key Note Speakers:-

Lindy Burns

ABC Radio Presenter

Mary Salce

Founder Rural Women's Network

Karena Harley

WesFarmers Federation Insurance

Afternoon Workshops:

Gardening for Climate Change

Meredith Nursery

Farm Succession Planning

Richard Dwyer

Mental Health 1st Aid

Wendy Freeland

Food available on the day

Activities for Children

Further Information contact

jennyblake1@bigpond.com. 0417513271

gfrantz@vic.chariot.net.au 53420623



PROFESSIONAL DEVELOPMENT, TRAINING AND FORUMS

Accessible Consumer Feedback Mechanisms Relevant to Culturally & Linguistically Diverse Communities & Consumers

This workshop is designed for professionals working in primary and acute health, welfare and community development settings.

This workshop will give participants skills and resources for developing consumer feedback mechanisms that are accessible and relevant to culturally and linguistically diverse communities and consumers.

When: Tuesday 26th February 2008

Where: Centre for Culture Ethnicity & Health

Time: 9.30am—4.00pm

Cost: \$198 Including GST and lunch

As places are limited it is advisable to book early
Bookings or enquiries

enquiries@ceh.org.au or phone 9342 9700

Hearing & Health Expo!

In Association with the Deafness Forum of Australia & The National Relay Service

The Rural Hearing and Health Expo will be an integrated and interactive environment, catering to different groups and their health and wellbeing needs.

The Expo is for health professionals, people with a disability, carers and the general public to learn about new developments in the sector.

This FREE Expo Features numerous exhibitors showcasing resources and services for all ages! Hearing Health, Male Health, Female Health, Aged Care, Child/Teen Health.

Free Entry, Free Hearing Screening, Keynote Speakers

Ballarat Mining Exchange

7th & 8th February 2008, 10.00am - 4.30pm

For More Information - 02 62627808

info@deafnessforum.org.au

www.deafnessforum.org.au





Arthritis
VICTORIA
inc. OSTEOPOROSIS VICTORIA

**EXERCISE AND CHRONIC
MUSCULOSKELETAL CONDITIONS
SEMINAR**

ARE YOU AN ALLIED HEALTH ASSISTANT, DIVERSIONAL THERAPIST, PERSONAL CARE ATTENDANT OR DIV 2 NURSE?

Arthritis Victoria is conducting a seminar on chronic musculoskeletal conditions for diversional therapists, allied health assistants, personal care attendants and nurses with experience in exercise. This specially designed one-day seminar will help you to manage and assist your clients who have a chronic musculoskeletal condition such as osteoarthritis or osteoporosis.

When: Wednesday, 27 February 2008
Where: VicHealth
 Ground Floor
 15-31 Pelham St
 Carlton South VIC 3053
Time: 9.30 - 4pm
Cost: Arthritis Victoria member: \$110
 Non member \$120
 Early bird registration: \$108
Contact: Sandra Barry
Phone: (03) 8531 8008

For further information on Exercise and Chronic Musculoskeletal Conditions can be found by visiting www.arthritisvic.org.au.

Arthritis Victoria is a Registered Training Organisation.



Arthritis
VICTORIA
inc. OSTEOPOROSIS VICTORIA

HAVE YOU NOTICED that many of your clients have a musculoskeletal condition, such as arthritis or osteoporosis?

ARE YOU AWARE of the benefits of exercise for these types of conditions?

DO YOU KNOW how to run safe and effective exercise classes for people with arthritis?



Arthritis Victoria, a Registered Training Organisation, is holding a Warm Water and Chair-based Exercise Leader Training Course in Broadmeadows at Dianella Community Health Service from **12 - 14 February 2008**.

This 3 day course is ideal for allied health assistants, fitness instructors and activity/recreation officers working in rehabilitation or aged care facilities, to increase their knowledge of arthritis and how to lead gentle exercise classes.

The course is conducted by registered physiotherapists and is accredited by Kinect Australia (formerly VICFIT).

If you have staff or volunteers who would be interested in attending this course in Broadmeadows, please contact Sandra Barry, Organisational Support Coordinator, on (03) 8531 8008 or email sandra@arthritisvic.org.au.

Further information can also be found at www.arthritisvic.org.au





**Research to Practice Forum
Community Food Action,
Addressing Food Security in
British Columbia, Canada.** www.vichealth.vic.gov.au



This Forum is an opportunity to learn how research can inform policy to promote food security and a sustainable food system in British Columbia (BC), Canada. The speaker is Associate Professor, Aleck Ostry

When: Thursday 14 February 2008
Where: VicHealth
Ground Floor
15 - 31 Pelham Street, Carlton South
Melway Ref: 2B, F9
Time: 9:30am- 11.00am.
Cost: **REGISTRATION FEE- Free**
Places are limited; RSVP must be received by Thursday 7 February 2008
For further details on content contact: *Lee Choon Siau*
Phone: (03) 9667 1351
Email: lcs@vichealth.vic.gov.au



MARK THE DATE!

The next 'Go for your life' Physical Activity Forum:
February 21st, 2008

Evaluation in Physical Activity

Do you have a physical activity or nutrition program or initiative that can serve as a model for evaluation?

Let us know!
Contact Theresa at: 8320 0127 or
via e-mail: twhalen@kinectaustralia.org.au
Please use this link to access the January edition of Active Media.
www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Active_Media?OpenDocument



**Community Fitness Australia
Empowering People to Move**
Developing innovative walking programs for all walks of life

INVITATION to a 2 DAY WORKSHOP On "HOW TO ESTABLISH LIFE BALL" in your community

Lifeball is a fun team game that can be played on any flat surface such as a netball, basketball or tennis court. It is played at walking pace by any age group. Lifeball is a thinking game and has been designed specifically to promote physical activity and falls injury prevention.

When: 15th & 16th February 2008
Time: 9.30 am to 3.30 pm each day
Where:
Day 1: The 'Minerdome' Grevillea Rd
(Cnr Dowling St)
Day 2: 'The Forbes Centre' Acquinas Campus
ACU 1200 Mair St Ballarat
Bring: Comfortable clothes and flat shoes for practical session, Lunch on Day 2, snacks, water bottle, pen, paper and a good sense of humour and involvement
Cost: Free
For further information or to RSVP:
Contact: Shane or Simon
Central Highlands Sports Assembly
Phone : 0353316966
Email: info@chsa.org.au
By Friday 8th February





As part of the opening night of Art is... pulling strings, we extend an open invitation for community groups and individuals to get involved and create a special "enviro friendly float" as part of the Grande Street Parade on Friday March 14.

Float Making Workshop

**Saturday 16 & Sunday 17 February
Horsham Show Grounds**

To assist with the design and building of your float, Art is... has arranged for Stuart from the Village of New Performance to work with your group.

What you need to do?

- **Register your interest or participation with the Art is... Festival Office**
- What kind of float are you going to use:- ie. Light-weight buggy, wheelbarrow, bicycles or other structure
(remember no vehicles)
- Solar or battery power is okay • What materials you will need to create your float? • What is your message and link to "Pulling Strings" **PREPARATION IS THE KEY!!**

This is a free workshop!!

And open to all ages and is a total access event. Invitation to participate as performers or walkers is also welcome!

**P: 03 5381 0297 / 0408 811 459 Art is... 43
Firebrace Street, Horsham VIC 3400**



This project is proudly supported through the Victorian Government through the provision of a Victorian Community Support Grant from the Community Support Fund and the Sidney Myer Foundation.



Population Health Congress A Global World - Practical Action for Health and Well Being

**Brisbane Convention & Exhibition
Centre
July 6-9 2008**

**Call for Abstracts addressing the
following themes:**

**Environment and Health
Social Cohesion
Social Capital and Health
Food and Health**

Australasia's four population health professional organisations working together to strengthen the focus on Population Health in the region

For this inaugural event four organisations are working together to provide a line-up of international and national speakers that promises to be excellent.

As well as an exciting range of speakers, this congress will have major trade displays for companies and products which will have a significant future role in addressing governmental and individual lifestyle responses to environmental and nutritional issues.

The Population Health Congress 2008 will be held in the Brisbane Convention and Exhibition Centre - one of Australia's best conference venues.

REMINDER- Please note that the closing date for abstracts for the Population Health Congress 2008 is now one month away on Friday 29th February.

The Population Health Congress 2008 is for everyone





FREE One-on-one Business Reviews

Drought Business Transitioning Program

An Opportunity for Managing Change

Persistent climate conditions are changing the way you need to think about your business. While scientific communities, environmental groups and governments everywhere are grappling with new climate issues, small businesses in regional Victoria also need to understand **where to from here**.

This joint VECCI and Regional Development Victoria (RDV) program is specifically designed to enable participants to:

- Understand how to manage change
- Conduct a review to assess the viability of your business, and
- Develop strategies to improve and sustain the business or help transition out of the business

WHO SHOULD ATTEND?

This is a fully funded Regional Development Victoria program for **non-farm business owners** (with an ABN number) in regional Victoria.

PROGRAM INFORMATION

The program is FREE as it fully funded by Regional Development Victoria.

To speak with a Business Advisor

Phone 03 8662 5191

To register

Visit www.vecci.org.au under the events and briefings calendar OR fax this form to 03 8662 5120

Dates

Thursday 14 February Horsham 9.30am - 11.30am

Tuesday 29 April Ararat 9.30am - 11.30am

Thursday 1 May Beaufort 9.30am - 11.30am

Tuesday 6 May Ballarat 9.30am - 11.30am

For more information please call the information hotline on 03 8662 5191 or email training@vecci.org.au



Youth Disability Advocacy Service

Advocacy Training for Young People with Disabilities is back for 2008!

This weekend workshop hosted by the Youth Disability Advocacy Service is designed to assist young people to be awesome self advocates!

Young people with a disability living in Victoria who are aged between 12 and 25 can take this course for FREE and have all of their related expenses covered!

Young people from rural and regional Victoria will be supported to attend with overnight accommodation in Melbourne

Here are some things that you will get out of the course:

- Improved understanding of advocacy
- Increased awareness of advocacy strategies
- Increased understanding of disability rights, service standards and the law
- Improved problem-solving, communication and assertiveness skills
- Ability to apply knowledge of advocacy to a specific advocacy issue that is important to you
- Free lunch and the support that you need to participate
- The opportunity to meet other young people

When: Saturday and Sunday March 15 and 16, 2008

Where: Youth Affairs Council of Victoria, Level 2, 172 Flinders St Melbourne

(venue is fully wheelchair accessible and has a hoist facility in the bathroom)

For more information or an application form, contact George Taleporos through george@ydas.org or 03 9267 3755, SMS 0412 814 851 or Toll-Free (from outside of Melbourne) 1300 727 176





IMPROVING the Management of Cognitive Impairment for Older People

PRELIMINARY PROGRAM

17-18 April 2008. Amora Hotel Jamison Sydney
11 Jamison St, Sydney, NSW, Australia

*Please note that this program is subject to change. Please check <http://www.changechampions.com.au> for updates.

Seminar Aims

- To share information about the implementation of initiatives, structures, systems and strategies that have improved service delivery and management of cognitive impairment in older people, including sharing the lessons learnt.
- To showcase models of care, models of service delivery, tools and other innovations that have been effective in improving service delivery and management of older patients with cognitive impairment.

Audience

- Academics
- Aged and residential care providers
- Allied health professionals
- CALD liaison officers
- Care co-ordinators and discharge planners
- Clinicians and clinical managers
- Community organizations
- Consumers/carers
- Divisions of General Practice
- General practitioners
- Health service and hospital executives/heads of departments/planners
- Non government organizations with an interest in consumer issues/dementia care
- Occupational health and safety professionals
- Policy makers and other representatives of Governments
- Quality, risk and patient safety professionals

For further information and to register visit
<http://www.changechampion.com.au>



"Youth Centred Family Focused Interventions - What Does It Take?"

A One-day Workshop

Thursday 6th March 2008, Melbourne

Facilitated by: Sarah Marrinan and hosted by The
Family Reconciliation Mediation Program

The value of engaging with families and significant others of young people who are our clients has been well established through research. However, family centred work within youth homelessness can be a complex process and often challenges the assumptions that underpin our practice. This workshop will explore family focused interventions when working with young people who are our clients, those newly homeless and those who have experienced homelessness for longer periods of time.

- On completion of the workshop, participants will be able to:
- Understand the notions of family work and how this can fit within the context of youth homelessness
- Reflect on current work practices including intake, assessment, case planning and referrals and identify areas for improvement; and
- Implement strategies that support general casework within a youth focused, family centred context
- The workshop will also facilitate discussion on;
- The Independent Vs the Interdependent relationship
- The rights of young people within a family framework, can it work?
- The role of family/significant other - the formation and impact on a young person's path into homelessness
- The role of worker

Who should attend this workshop?

Youth SAAP Workers
Youth Housing and Youth Refuge Workers
Youth SAAP Family Reconciliation Workers
Youth Homelessness Workers
Youth Workers

For further information an registration:

Contact: Mandy Baxter
Family Reconciliation Mediation Program
Tel: 8625 4476 **Email:** mbaxter@mcm.org.au





Clever Health

The GRHANet Clever Health project commenced in June 2007 and demonstrates how technology can be used to support the delivery of high quality health care across the region. The project is funded by a \$3.5million grant from the Australian Dept of Broadband, Communications and the Digital Economy through until 2009.

The project is working with the health services in the region to identify where the use of videoconferencing can be used to increase the access of rural people to specialised health services. The project will also support health professionals in the region to access education and training services to build and maintain their skills.

The project has several streams of activity:

1. the provision of high quality mobile videoconference units in the emergency and maternity departments of the health agencies. This will also provide more information to the health services about patients being transferred to them requiring specialised care.
2. to increase the access to Primary Mental Health care by the provision of additional videoconferencing units at sites with greater community access for use by health professionals and the community to gain secondary support from the Primary Mental Health Team and psychiatrists.
3. the project is working with education and training providers to identify the demand for training within the region using videoconferencing, internet and other support to increase access to training and competencies, reducing travel and accommodation costs for participants.
4. the project is also undertaking a range of technical changes and upgrades to the network in order to improve the reliability of the service within the region.

For further detail of any of these initiatives contact Gayle Boschert, Clever Health Project Officer on 5320 4049 or gayleb@grhanet.com.au.



FAMILY PARTNERSHIP 5 DAY TRAINING COURSE 2008

Family Partnership Training will offer you a systematic and evidence-based method to improve your skills, confidence and expertise in working with parents and children.

When: Feb 14th, 21st, 28th,
March 6th and 13th

Where: Centre for Community Child Health
Royal Children's Hospital, Parkville

Cost: \$720.00 (inc GST)
Plus text book: Price currently \$67.00
(incl GST)

For further information or to register
Email training.ccch@rch.org.au

Partnerships with Parents *Listening and responding to families*

Learning Objectives

- To reflect on current practice and discuss issues professionals face in working with families of young children
- To outline the principles of family-centred partnerships
- To explore challenges in implementing family-centred partnerships
- To identify the implications for practice and potential for change

WHO SHOULD ATTEND:

Professionals working in
Maternal & Child Health
Kindergartens
Childcare
Early Intervention
Family Support
Child Protection
Community Development

When: Monday 25th February, 2008

Where: Centre for Community Child Health
Royal Children's Hospital,
Flemington Road Parkville

Time: 9.30am—1.00pm

Cost: \$90 (incl GST)

For further information or to register
Email training.ccch@rch.org.au



Grampians Community Health Centre Community Care Options team has available *Five Extended Aged Care in the Home Packages (EACH)*.

and

Two Extended Aged Care in the Home Dementia Packages (EACHD).

These packages are more recent additions to a suite of packages provided by the Community Care Options team. They are designed to assist people who require the equivalent to nursing home level care to remain living in their home.

Other available community packages are:
Linkages; for frail aged or younger disabled people and their carers
Community Aged Care Packages (CACP); for people over 65 years of age and who require the equivalent to hostel level care to remain living in their home.

All packages provide case management and brokerage to purchase services to meet individual needs.

Packages are available in the Northern Grampians, Ararat, and Pyrenees L. G. As CACP, EACH and EACHD packages require an ACAS assessment.

For more details please visit the Department of Health and Ageing website or contact the program manager;

Alison Duxson
Central Grampians Community Care Options
Ph. 5358 7400



The Vision Initiative 2008-13 Planning Workshop
25 February 2008

Vision 2020 Australia, as the peak organisation for the eye health and vision care sector, leads advocacy efforts, raises community awareness and provides a platform for collaboration for more than 50 member organisations. The Vision Initiative is a coordinated public health program that aims to raise awareness of the importance of eye health and vision care among the general public and health professionals. Vision 2020 Australia manages The Vision Initiative on behalf of the Victorian Government. Following endorsement of the [National Framework for Action to Promote Eye Health and Prevent Avoidable Blindness and Vision Loss](#) by the Australian Health Ministers' Conference in 2005, The Vision Initiative became the Victorian State Government's public health response to the framework.

You are invited to The Vision Initiative 2008-13 Planning Workshop. The purpose of this planning session is to seek your input into the strategic direction for The Vision Initiative over the next five years. Participants include Department of Human Services program areas, Vision 2020 Australia members that provide services and/or programs in Victoria, and other relevant stakeholders. The details are:

When: Monday 25 February 2008
Where: Royal Australasian College of Surgeons
 College of Surgeons' Gardens,
 Spring St Melbourne
Time: 9:00am-1:30pm
Facilitator: Jane Fenton

FUNDING OPPORTUNITIES



Festivals funding

Want to add an exciting new element to a regional or local community festival?

If you're a regional, community or local government organisation you can apply for funding from these two programs:

Festivals Australia funds new arts projects at community festivals

Festivals Australia Regional Residencies funds communities to engage artists to help them develop new locally-themed projects for community festivals or celebrations

How do you apply?

Contact a Festivals Australia program officer:

Phone 1800 819 461 (freecall),
02 6271 1661 or 02 6271 1931

Email festivals.australia@dcita.gov.au

Web www.dcita.gov.au/festivals or
www.dcita.gov.au/festivals_residencies

When do applications close?

Applications close 15 February 2008 for projects starting after 1 July 2008.

Photo: Stretch Festival 2007, Festivals Australia funded project, 'Yellow'.



Drought Relief for Community Sport and Recreation Program 2008

Funding is available to help local communities maintain local community sport and develop sustainable approaches to water management of sports grounds and other sport & recreation facilities. Councils can apply for funding of projects designed to keep facilities open or for projects providing long term reductions in potable water use. Councils must be on Stage 3 or above water restrictions.

Current round closes 25th February.

Further information is available from the website:
www.grants.dvc.vic.gov.au

Country Action Grant Scheme

Funding is available to increase the capacity of community sport and recreation organisations in rural and regional Victoria.

Grants of up to \$5,000 are available to improve operational effectiveness, improve skills of club members and increase community participation.

Further information and application forms available at www.grants.dvc.vic.gov.au Applications close 11th April 2008

PROFESSIONAL DEVELOPMENT FOR MANAGEMENT & CEOs

VicHealth Mental Health Promotion for CEOs & Senior Management

Promoting Mental Health And Wellbeing

Monday 17th March

9.00am—1.30pm

Lunch included at the end of the session

Ballarat Learning Exchange

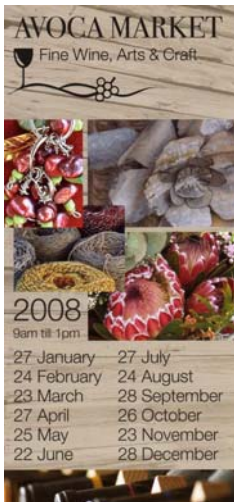
36 Camp St, Ballarat

CEOs and Senior Managers from a broad range of sectors including health, housing, justice, arts, sport, education and community are invited to a short course on Promoting Health and Wellbeing.

The session has been developed to provide participants an understanding of the contribution that organizations and the community make to the agenda of Promoting Mental Health and Wellbeing.

Inquiries and registration contact: Cassie Nicholls
Phone: 03 9667 1317 cnicholls@vichealth.vic.gov.au

THINGS TO DO TO GET ACTIVE



Next market.....

February 24th, 2008



Open House

Beaufort Community House & Learning Cen-

You are invited to join the Staff, Tutors
and the Committee of
Beaufort Community House & Learning Centre
Celebrate over 15 years of
Adult Education in our community.

Friday 1st February
2008
7:00pm
Beaufort Golf Club

Certificate Presentations	Find out what's on for 2008
Enroll in our Courses	Youth Programs
Meet our Tutors	Win a Lucky Door Prize
Supper Provided	Try some local food & wine

RSVP: 25th January on 5349 1184 for catering purposes





Next market.....

February 2nd, 2008

JOBS IN THE REGION

**MANAGER, CENTRE OF COMMUNITY HEALTH
&**

HEALTH PROMOTIONS OFFICER

East Grampians Health Service wishes to appoint a Manager, Centre of Community Health/Health Promotions Officer.

Seeking an experienced and creative person preferably with a management qualification and clinical experience, who will be involved in planning, marketing and implementation of a wide range of programs and who will be involved in Health Promotion projects. Success in acquiring and deploying resources in a health environment is essential as well as high level of conceptual and analytical skills.

The successful applicant will ideally have experience in a health management environment, preferably in a community health context, and will have demonstrated success in facilitating workforce effectiveness across many disciplines. A multidisciplinary team provides a wide range of restorative care, preventative community health and support programs.

Enquiries and position description should be directed to Helen Watt, Director of Clinical Services (hwatt@eghs.net.au) PO Box 155, Ararat Vic Ph: (03) 5352 9330

Applications close Friday 8th February 2008



Victorian HACC Active Service Model Seminar

The Department of Human Services is organising a HACC Active Service Model Seminar. It is an opportunity to hear some of the leading national and international speakers on implementing capacity building, restorative care and wellness approaches within community care services. A number of Active Service Model pilot projects will also present their findings. The Seminar will explore the evidence base and implications of further developing and adopting these types of approaches for HACC services in Victoria.

Highlights include keynote addresses on:

- Living Well in Later Life from Mary Godfrey (*University of Leeds*) offering a shift in the focus of our practice
- An exploration of a possible alternative paradigm that can underpin HACC service delivery and practice to reflect this, by Dr Gill Lewin (*Silver Chain*)
- Exploration of Britain's reablement programs by Gerald Pilkington (*Department of Health, UK*)
- Implementation of the Wellness approach in Western Australia by Hilary O'Connell (*CommunityWest*)
- A progressive quality improvement in community care program being implemented in New Zealand, presented by Dr Matthew Parsons (*University of Auckland*)

A range of Active Service Model Pilot Projects undertaken in Victoria

When: Monday 25 February 2008

Where: Melbourne CBD

Venue yet to be determined.

Morning, afternoon tea and lunch provided.

For more details contact either your DHS Regional Contact; Meg Henderson on 03-9096-2163

(email: Meg.Henderson@dhs.vic.gov.au) or

Jasna Tesevic 03-9096-8246

(email: Jasna.Tesevic@dhs.vic.gov.au .



Invitation

'Look Good...Feel Better'
Program



East Grampians Health Service will host the second workshop for the 'Look Good...Feel Better' Program for active treatment cancer patients on **Tuesday 5th February**.

'Look Good...Feel Better' is a free nation wide community service program dedicated to teaching women cancer patients beauty techniques to help restore their appearance and self image during cancer treatment. Through the 'Look Good...Feel Better' workshops, women learn how to cope with the appearance related side effects of cancer treatment.

An invitation is extended to active treatment cancer patients in Ararat & District and the Central Grampians Region to register for the forthcoming 'Look Good...Feel Better' Workshop.

The 'Look Good...Feel Better' Workshop is available to a **maximum of 12 participants**.

If you know of a family member, friend or someone in the community who could benefit from being involved in the program, please also extend this invitation to them.

When: Tuesday 5th February 2008

Where: Pyrenees House, Girdlestone St Ararat
(Light Lunch will be available)

Time: 10.00am

RSVP: Registrations must be in by 1/2/08

Contact: Lorine Paterson

Tel: 5352 9434

Email: lpaterson@eghs.net.au

NB: Dates for Horsham are Thurs 27th March, Thurs 24th July and Thurs 20th November. **Contact** Natalie Smith on 53621241 for further information.



East Grampians
Health Service

the Health Service of choice



Look Good...Feel Better.

A COSMETIC INDUSTRY COMMUNITY INITIATIVE HELPING CANCER PATIENTS



Pink Lady in town

Wade in the Water National
Launch supports Breast
Cancer Network Australia

Breast
Cancer
Network
Australia



On Sunday 17 February 2008 the Sing Australia, Ararat choir's launch of Wade in the Water will be hosted in support of Breast Cancer Network Australia (BCNA), the peak national organization representing Australians personally affected by breast cancer. All donations collected at the National Launch of Wade in the Water will be donated to BCNA

The *My Journey Kit*, a free kit developed by women with breast cancer for women with early breast cancer, provides information regarding treatment and support services. BCNA's goal is to provide the *My Journey Kit* to all Australian women diagnosed with breast cancer.

If you or someone you love has been recently diagnosed with breast cancer call 1300 78 55 62 or visit www.bcna.org.au for a free *My Journey Kit*.

Corporate and community fundraising activities have enabled BCNA to launch a new resource, for women diagnosed with secondary breast cancer. The *Hope & Hurdles Pack*, is available for free to women living with secondary breast cancer. Women can order their free Pack by calling 1300 887 340 or by visiting www.bcna.org.au.

When: Sunday 17 February 2008
Where: LenZone! Youth Resource Centre,
103 Barkly Street, Ararat.
Time: 3.00pm
Cost: A gold coin donation.
Contact: Francesca Suffield on 53523266 for
more information

For more information about BCNA please call 1800 500 258 (Free call) or visit www.bcna.org.au



You Are Invited to the launch of
'Smiles for a Child' Arts project at
Ararat Maternal and Child Health Centre.



Monday
18th February
2pm

Followed by afternoon tea
60 High St
Ararat

Please RSVP to Gilda by Thursday 14th February on
5352 6200 or email: gilda.m@gchc.org.au



Women's Network Grampians Women's Forum

Wednesday 19th March 2008,
Doherty Ballarat Lodge, 613 Main Road,
Ballarat
9.30 am – 4.00 pm

All women are invited to the Women's Forum. Minister Maxine Morand, Minister for Women's Affairs, Victoria and Brenda Boland, Regional Director, Dept of Human Services, Grampians Region are amongst the speakers. A panel consisting of women CEO's with a variety of experiences will discuss: "Women as Senior Leaders - The Hard Decisions".

Cost: \$70, or \$20 unemployed, student, grant recipient

RSVP: Closes 7th March 2008
Morning, afternoon tea and lunch included.

For further information or to obtain a copy of the registration/access grant forms contact:
Women's Health Grampians, PO Box 4141W, Ballarat

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 by **Tuesday 12th February**.

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