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MESSAGE FROM OUR EXECUTIVE OFFICER

Hello all,

Some important dates coming up and some processes which will set us on a really exciting path.

Firstly— the Exec met last Thursday signed off on a number of things. We will have a strong focus on Chronic Disease Management this year and do both some informing and some strategic planning so that we are all “on the same page” and working together towards the same goals.

Our first FULL ALLIANCE MEETING will be on the 18th April . We have Andrew Hollo coming to facilitate a strategic planning day for us . This will be an all day event in Ararat, so please mark this in your diary today.

Andrew is a private consultant who has been working with PCPs and DHS Primary Care on some capacity building strategies . The PCP EOs are all fans of Andrew’s style and way of working . He gets great results— clear, challenging and great fun, we know him as an energizer of the first order who is able to move things forward quickly and purposefully. The Exec will develop a brief for what Andrew will do on that day— but we can guarantee that you will find it very useful, from a partnership point of view, from an agency point of view and from a person and professional perspective. Thanks to West Vic Division for suggesting this !! You can also Google Andrew or find his website below.

<http://www.workwell.com.au/howeare.htm>

Following on from this planning day , we will have a very specific planning day on the way forward for the catchment in Chronic Disease Management in may facilitated by Marie Gill . Marie has been also working with a number of PCPs and with DHS on Chronic Disease Management , including some really exciting and innovative projects. Marie brings with her a particularly client focused approach to CDM, and an understanding of a community development approach.

You can Google her too.(webmaster@gillandwillcox.com.au). We will let you know when there is an extract date, but those of you passionate about CDM can start getting excited now.

Kate Astbury and I both attended two workshops this week—one on the HACC Active Service Model and one on Chronic Disease Management . Several KEY MESSAGES .

1. Moving from a “dependency based” model of client care to a “restorative care” model for HACC clients has been trialed formally in a number of areas in Australia and overseas. This health promoting approach, building on goal setting around progressing what clients are capable of doing ,rather than provision of services which may take away their independence; has made a huge difference to the numbers of clients who need to have ongoing service provision. There were some very heart warming stories of people who had been quite dependent on help with showering toileting and meal preparation becoming independent again. Laetitia Blake of GCHC also attended this seminar and found it exciting—You can ring Laetitia on 53526200 to talk about how it is important for HACC services.
2. Integration of Chronic Disease Management should also incorporate the Public Health end of prevention and the Health Promotion aspect of early intervention early intervention . Sylvia Barry talked about moving the balance of care to a “proactive model”

The vision for people living with chronic disease is this:

- We are able to set goals in partnership with our key worker (in other words we are listened to)
- Our care is planned and coordinated with all providers (in other words everyone knows what the other service is doing)
- Information about us travels easily between our service providers(in other words our privacy is respected)
- We are supported to self manage our own conditions (in other words we retain the dignity of independence)
- Our services are based on need (in other words what we need rather than what is most easily sourced)

Cheers Kate

PCP MEETING DATES FOR YOUR DIARY

Service Coordination Meeting

Date: Wednesday 19th March, 2008
 Time: 10.30am - 12 noon
 Venue: Ararat Visitors Information Centre
 RSVP: Kate Astbury

GPPCP Executive Meeting

Date: Thursday 20th March, 2008
 Time: 9.30am - 11.30am
 Venue: Grampians Community Health Centre, Ararat
 RSVP: Michele Corcoran

Healthy Eating Working Group Meeting

Date: Monday 31st March, 2008
 Time: 10.30am - 11.30am
 Venue: East Grampians Health Service
 RSVP: Chantal Price
 *** All staff contact details are listed at the top of this newsletter ***

CELEBRATION OF LOCAL PRODUCE

Dukkah



To enjoy this unique mix dip the bread into a bowl of olive oil and then the dukkah.

The more you eat the more addictive it becomes.

Ingredients:

- 1/2 cup hazelnuts
- 1/4 cup coriander seeds
- 3 tablespoons sesame seeds
- 2 tablespoons cumin seeds
- 1 tablespoon black peppercorns
- 1 teaspoon fennel seeds
- 1 teaspoon dried mint leaves



Method:

Heat a heavy skillet over high heat, add the hazelnuts, and dry-toast until slightly browned and fragrant, being careful that they don't burn. Remove from the heat and cool completely. Repeat the procedure with each of the seeds and the peppercorns. Allow each of them to cool completely.

Place the nuts and seeds, along with the mint and salt, into a mortar and pound until the mixture is crushed. Or pulse in a food processor to a coarse consistency; do not allow the mixture to become a paste.



Serve with toasted crusty bread (Turkish bread is great for this), and olive oil.

Store in an airtight container in a cool place for up to 1 month.

Tip: use a local oil- the lemon infused one from Kalaporee Olives near St Arnaud is a real treat.

Not a contemporary advertisement- food in 1960

NEW! Kia-ora Spaghetti and Meat Balls

Here's a traditional Italian dish that all Australians will enjoy!

Here's a new Kia-ora spaghetti dish that is really different from anything you've ever enjoyed before. It's new Kia-ora Spaghetti and Meat Balls - a traditional Italian dish of long, golden spaghetti, and ten big, delicious meat balls cooked in a rich, mouthwatering meat sauce. Your family will love this wonderful new dish.

Try it now! Buy it often! Buy Kia-ora Spaghetti and Meat Balls. Your great new Kia-ora Spaghetti and Meat Balls is now handy sized... the large Family size with six meat balls and the handy Medium size, with three meat balls.

DO NOT MISS KIA-ORA'S GREAT 10 PROMOTION: "More Delicious Food!" from 12/4 Melbourne and 6/30 Sale. See details on TV.

The New Idea, 22/6/66 19



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

Rural Health Conference 2008

Rural Health Conference

30 April - 2 May 2008 - Mark it in your diaries now!
Location: Bendigo

ABSTRACT SUBMISSION NOW OPEN

The third biennial rural health conference will focus on chronic disease, including current issues and strategies for rural health services. Submissions for abstract close on **20 March 2008** at 5pm AEDT (Australian Eastern Daylight Savings Time)

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

Submit Abstract Here > <http://www.tmpwave.com/ruralhealth/reg>

Who should attend?

Board members and senior managers of rural health services, consumers, policy makers, health professionals, academics and peak organisations - anyone with an interest in the prevention and management of chronic disease. Subscribe to conference updates at www.ruralhealth2008.com.au

For more information and to register your interest visit www.ruralhealth2008.com.au



Mental Health Conference QLD

9th Gold Coast International Mental Health Conference

Holiday Inn Surfers Paradise on
August 14 - 16 2008

Call for Abstracts addressing the following theme:

"Managing the Psychologically Injured Worker - Research, Knowledge, Practice"

The conference streams include:

- Psychological injuries in the workforce: Categories and Causes (Anxiety, Addiction, Depression, Personality Disorders, Trauma at work, Stress, Harassment).
- Implementing effective clinical treatments: Primary interventions and treatments promoting recovery.
- Addictions in the Workplace.
- Preventing psychological injuries in the workplace: Proactive interventions and mental health worker self-care.

To view keynote speakers and committee members please visit the website on:
<http://www.gcimh.com.au/conference/>

REMINDER- Please note that the closing date for abstracts for the Mental Health Conference QLD is on Friday 14th March 2008.



INTERNATIONAL WOMEN'S DAY March 8 2008

International Women's Day is a day to celebrate the gains women have made over the years and to bring our attention to the issues that still face us. Most of all, it's a day to recognise that women, have made and continue to make a difference. A day to celebrate women's contribution to making Australia and the world a better place for everyone





Obesity Prevention 5 Day Course—Geelong

The Obesity Prevention Course is a comprehensive 5 day course of lectures, activities and workshops based on adult learning principles.

The focus of the course is obesity prevention in young populations i.e. birth - 18 years. It uses a population health approach.

The course is designed for managers and practitioners working in physical activity and/or nutrition promotion including staff from the fields of health promotion, community health and public health.

The course will provide you with;

- a fundamental understanding of the obesity epidemic and its impact
- a framework for understanding the determinants of obesity
- approaches for addressing the obesity epidemic
- the evidence base for obesity prevention.

When: 14 - 18 July 2008

Where: Deakin University
Geelong Waterfront Campus
1 Gheringhap Street
Geelong, Victoria,

Time: 9 - 5 pm each day

Cost: \$1200 per person incl GST
\$1090 early bird by 6 June 08

For course enquiries

Contact: Anne Simmons

Phone: 03 5227 8305

Email: anne.simmons@deakin.edu.au



RURAL WOMEN'S NETWORK

The events pages on the Rural Women's Network website have been updated.

Visit to see what's new in your area:

www.ruralwomen.vic.gov.au/Web15/rwn/



Ararat Operation Safe Plate

Operation Safe Plate is a State wide Crime Prevention initiative that is conducted with the assistance of Neighbourhood Watch volunteers. The reason behind the campaign is to reduce the incidents of theft of number plates which in turn leads to other offences being committed. Stolen plates are being used by criminals in the theft of petrol, armed hold-ups, burglaries and the evasion of freeway tolls and Road Safety Cameras. Recently in Ararat there has been an increase in the number of thefts from motor vehicles which also includes the theft of number plates."

Ararat's 2nd Operation Safe Plate day will be held on Saturday March 15 in Queen Street, Ararat, alongside the RSL car park. Queen Street will be closed to through traffic between High Street and Barkly Street, with entry and exit via Barkly Street. NHW volunteers will be affixing screws between 10.00am and 1.00pm for the cost of a gold coin donation.

"Ararat AutoPro are also sponsoring the day by providing vouchers to all participants for a 10% discount off all automotive products till the end of April 2008. (Sale items excluded)."

Any person who would like to assist as a volunteer can contact Leading Senior Constable Helen Potter on 53588222. We are actively encouraging younger members to join up and become active within their community to promote Crime Prevention and Security within their neighbourhoods.

Willaura Operation Safe Plate

Willaura's 1st Operation Safe Plate day will be held at the Willaura Recreation Reserve, Willaura. NHW volunteers will be affixing screws between 11.00am and 2.00pm for the cost of a gold coin donation.





Premier's Active Families Challenge

In March the Victorian Government will launch the inaugural Premier's Active Families Challenge as part of the Victorian 'Go for your life' program, which aims to improve the level of physical activity, health and wellbeing of families. To complete the challenge families will be encouraged to do at least 30 minutes of physical activity a day between 9 March and 20 April 2008.

Local councils, schools, health organisations and sporting groups are being encouraged to get involved and promote the challenge through your networks by promoting local events and activities for families in your area to participate.

To become part of the challenge, receive eBulletin updates or register your organisation's events contact 'Go for your life' at goforyourlife@dhs.vic.gov.au or 1300 73 98 99 or visit www.goforyourlife.vic.gov.au



2008 Women's Network Grampians Forum Rescheduled

Due to unavoidable circumstances Minister Morand is unable to attend the forum scheduled for 19th March 2008.

A new date for the Forum has been set for **Wednesday 14 May 2008** at Ballarat Lodge. Minister Morand and Brenda Boland have rescheduled and will attend.

The updated program will be circulated soon. If you can no longer attend the forum on the rescheduled date, please notify us if you wish to send someone in your place, or we can arrange to raise a credit note, or reimburse you if you have already paid.

For further information:
Contact: Kate Staley
Phone: 03 5322 4100



INTERNATIONAL WOMENS DAY EVENTS

Grampians Community Health Centre
and their tenants

Wimmera Primary Care Partnership
Wimmera Health Care Group's Community Nurse
Department of Planning and Community Development
- Women Drought & Climate Change
Women's Health Grampians

Invite you to join them to celebrate

INTERNATIONAL WOMEN'S DAY

When: Friday 7 March 2008
Where: The "Garden" 25 David St, Horsham
Time: 12.00pm - 2.00pm
RSVP: Wednesday 5 March 2008
Phone: 5362 1200
Email: plodge@gchc.org.au
Bring some friends and some lunch
Tea and Cup Cakes Supplied



Refugee Health and Wellbeing Action Plan 2007 Progress Report

The report was launched on 23rd January, 2008 and is now available on the DHS Multicultural Strategy homepage:

www.dhs.vic.gov.au/multicultural/

For further information:

Contact: Sally Richardson
Phone: 03 9096 7371
Email: sally.richardson@dhs.vic.gov.au



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• **Primary Health Bulletin**
.....
• The latest edition of the Primary Health
• Weekly Bulletin is now available at
• www.dhs.vic.gov.au/rrhacs/ph_bulletin/index
.....





Evaluation of Physical Activity and Nutrition Programs

This forum is one of a series of 'Go For Your Life' state-wide physical activity promotion forums. The forum will inform about current evidence-based resources and highlight model programs. Presenters will focus on their learnings from evaluating physical activity and nutrition programs, in relation to strategies and objectives, and share their resources.

The program is relevant to organisational and catchment level planning and evaluation processes across the broad range stakeholders involved in promoting health.

When: Monday 17th March 2008
Where: Treasury Theatre,
1 MacArthur St, East Melbourne
Time: 9.00am - 1.00pm
Cost: FREE

For further information visit:
goforyourlife.vic.gov.au



Families where a Parent has a Mental Illness (FaPMI) - Public Forum

A free public forum will provide an update on the progress of the FaPMI Service Development Strategy which was developed the Mental Health Branch. The Strategy aims to increase the capacity of mental health services and service providers to provide timely and coordinated support to families where a parent has a mental illness. Mental health workers, consumers and family members are encouraged to attend.

When: Tuesday 15 April 2008
Where: TBA
Time: 2.00pm - 4.00pm
Contact: The Bouverie Centre
Phone: 03 938 5100
Web: www.latrobe.edu.au/bouverie/index.htm
RSVP: Before Tuesday 25 March 2008



Demand Management Framework

The final version of the document 'Towards a Demand Management Framework' for Community Health Services is now available from www.health.vic.gov.au/communityhealth/demand/.

The document outlines the basic principles underpinning equitable and timely access to community health services, provides tools for prioritising clients and strategies for managing client's journeys.

For further information

Contact: Samara Phillips or your local PASA

Phone: 03 9096 8614

Email: samara.phillips@dhs.vic.gov.au

Or

Contact: Megan Slattery

Email: megan.slattery@dhs.vic.gov.au



Women - connecting with our past- creating our future - WIRE and the Queen Vic Women's Centre

An invitation is extended to attend an International Women's Day lunch.

Proceeds go to the "Women taking control" grant, administered by the Victorian Women's Trust.

When: Tuesday 4 March 2008
Where: 210 Lonsdale ST, Melbourne
Time: 12.30pm - 2.00pm
Cost: \$30

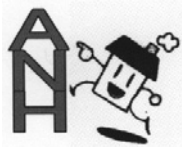
For inquiries and bookings phone: 1300 134 130 or inforequests@wire.org.au



PROFESSIONAL DEVELOPMENT

ARARAT NEIGHBOURHOOD HOUSE

Expression of Interest in Night Computer Class Computing—Just for YOU!



We are currently seeking expressions of interest in a Night Computer Class. Classes would be tailored to suit your personal computing needs. Classes would meet the needs of the absolute beginner or can be geared to include tasks for the more advanced student. Computing Just for You! Includes word processing, database and spreadsheets. If you are interested in this course please fill in the expression of interest below and return to:

Ararat Neighbourhood House,
56 Campbell Street Ararat,
PO Box 49, Ararat, Vic 3377,
or phone: 5352 1551.

Yes I would be interested in attending the night class for Computing Just for YOU!

Name:

Address:

Phone number: (Home).....

(Mobile).....



"GETTING TO KNOW" WORKSHOPS

Getting to Know Sexually Transmissible Infections (STIs) (Morning tea provided)

When: Monday 3rd March

Time: 9.30am - 12.00 midday

Getting to Know HIV/AIDS (Morning tea)

When: Wednesday 5th March

Time: 9.30am - 12.00 midday

Where: Both Workshops
AMREP Classroom 1
Alfred Hospital Prahran

For further information

Phone: 9076 2637 or erced@alfred.org.au



Secrets of Successful Newsletters

A free one day workshop presented by Sally Goldstraw is being held for anyone involved in editing or developing a community newsletter.

When: Monday 21st April 2008

Where: Horsham Golf Club - Golf Course Road

Time: 10.00am - 3.00pm

To register for the workshop please email pcpad-min@gchc.org.au

For further information :

Contact: Mandi Stewart at Wimmera PCP

Phone: 5362 1223

Email: mandi.s@gchc.org.au

DROUGHT

Energy Hardship Training 2008

Community Information Victoria on behalf of Consumer Affairs has recently completed the pilot program for the **Energy Hardship Training Program** at seven locations. There has been a widespread support for the training and a growing awareness of the value of the information to all agencies who have clients needing assistance with their energy bills. Workers in agencies increasingly will need to make themselves familiar with the concessions, grants and providers of energy hardship policies that are available.

You are invited to register your interest in attending the session. The training is free, of 3 hours duration and a light meal will be provided to all participants. At this stage late March is penciled in for the training.

For further information or to register your interest:

Contact: Judith Parker - Social Worker, Centrelink

Phone: Ararat - 5355 2011 Stawell - 5361 3017

Email: judith.parker@centrelink.gov.au



There is someone to talk to Call the Victorian Drought Personal Support Line on 1300 655 969

FUNDING OPPORTUNITIES

Small grants for small communities

Up to \$5,000 is available per application from a total pool of \$850,000 through a new grant scheme from the Foundation for Regional and Rural Renewal. Communities with less than 10,000 people will be given priority and applications that support the following areas will also be given preference:

- * Community hardship in drought affected areas.
- * Retention of young people.
- * Resettlement of immigrants in rural Australia.
- * Community infrastructure.

To be considered applications must be for a charitable purpose (benefit the whole of the community) This scheme covers all states and territories. For further information visit www.frrr.org.au



Grab a \$5000 grant for kids in Ararat

Announcing the new Safeway Fresh Food Kids Community Grants Program

We're giving Grants of up to \$5000 to local community groups for projects that help Primary school aged children lead healthier more active lives.

So whether you're the local scout group, soccer club or community group, make sure you apply for a 'Woolworths Fresh Food Kids Community Grant' today.

How to Apply

For more information pick up an application from in store or visit

www.freshfoodkids.com.au and click on the Community Grants tab.

Applications close 25/04/08.



Discovery Grant Scheme - VicHealth

VicHealth is offering one year grants to foster emerging ideas and conceptual research in the following areas

- The prevention of chronic disease
- Workplace health promotion
- Alcohol harm reduction
- Economics of Health promotion
- Application of information technologies to health promotion

The total pool is \$350,000 with small grants of up to \$5000 and research project grants of up to \$75,000 available.

Applications close Tuesday 25 March 2008

For further information

Contact: Andrena Matthews

Phone: 03 9667 1357

Email: amatthews@vichealth.vic.gov.au

More information is available on the website www.vichealth.vic.gov.au



JOBS IN THE REGION

WIMMERA PCP

PROJECT WORKER - PART TIME 0.4

6 Month Contract

Hours and days negotiable in order to attract the best applicant

This position involves working across a range of projects. To undertake this role successfully you will need to have knowledge and experience in the planning, delivery and evaluation of health promotion and/or community development programs. You will also require sound consultation skills as well as excellent verbal and written communication skills.

For position description contact:

Wimmera PCP Executive Officer, Ms Mandi Stewart on 5362 1223, or request a PD via email

mandi.s@gchc.org.au

Applications close Thursday 12th March 2008



GREAT THINGS TO DO WITH FAMILY AND FRIENDS



80th Moyston Sheep Dog Trials

Come and help celebrate the longest continually run sheep dog trials in Victoria.

NIGHT TRIALS

Demonstrations and entertainment
Brace (2dog) Competition.
14th March, 2008

Spit Roast—BBQ 6:30—7:30pm
Adults \$8, Children \$3

Visitors are welcome to attend the competition trials from 8:00am Thursday 13th, Friday 14th and the finals on Saturday 15th March.

Enquiries: Max McLean 5354 2593



Ararat Seasonal Farmers' Market

Come along to the market and enjoy listening to live music and sample some of the regions fresh produce.

Produce includes quails, eggs, bagged grain, biscuits and cakes, fresh fruit and vegetables and lots more.

When: Sunday 9th March, 2008
Where: Alexandra Gardens
Time: 9.00am—1.00pm
Contact: Anna Greene
Phone: 5355 0267
Email: agreene@ararat.vic.gov.au



CALL FOR ENTRIES | Attention all Scarecrows and Scarecrow Makers

garden gully
grampians wine and produce
proudly presents

SCARECROWS in the VINEYARD 2008 COMPETITION AND DISPLAY

as part of the

Grampians Grape Escape Weekend
www.grampiansgrapeescape.com.au



You are invited to use your creative talents and take on the challenge of making a scarecrow for the annual 'Scarecrows in the Vineyard' Competition and Display at Garden Gully... an ideal opportunity for a workplace, school or club project.

Join in the fun as Garden Gully continues the tradition of Scarecrow Art at its best, a great family event and a rewarding and fun-filled competition.

Deliver your Scarecrow to Garden Gully by Saturday 12 April 2008 to be on display and at work in the Garden Gully Vineyard from Sunday 13 April to Sunday 4 May 2008.

Theme for 2008 – 'SCARECROWS INSPIRED
BY THE MOVIES'

For more information and entry forms contact Garden Gully 03 5356 2400, or please visit the website www.gardengully.com.au





Next market.....

March 1st , 2008

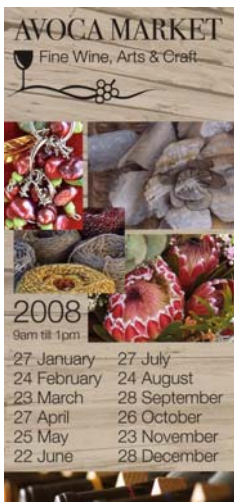


FREE LUNCHTIME CONCERT "How sweet it is"

Come along and enjoy Frankie J Holden and Michelle Petigrove present a unique and entertaining show which will delight you with its honesty and humour.



When: Wednesday 12 March 2008
Where: Ararat Performing Arts Centre
Time: 12noon
Admission is free and bookings are not required



Next market.....

March 23rd , 2008



MOYSTON COUNTRY MUSIC FESTIVAL

Moyston Oval (via Ararat)
2008 eighth annual festival
Undercover & now over 2 days
SATURDAY MARCH 8th
and
SUNDAY MARCH 9th

Lucky draw for person from crowd to perform
Admission: Adults \$20 Concession \$18,
Under 16 \$5
Free face painting for kids
Enquiries 03 5352 2181 9am—5pm weekdays



Volunteer Waiters required for St Arnaud Girls Night In!

Volunteer waiters are needed for St Arnaud Girls Night In!

Are there any men longing to spend a night surrounded by lovely ladies to help pass around food and drinks and generally be helpful during the girls night In evening? This will ensure the ladies don't feel compelled to help during the night and do in fact relax and enjoy themselves. White shirts and bow ties would really help carry through the gesture.

For further details:

Contact: Northern Grampians Shire
Phone: 5495 1500





Connect Grow and Learn Ballarat Community Garden Open Day

The Ballarat Community Garden invites the community to an open day.

The Community Garden's Strategy will be launched by Lily D'Ambrosio, Parliamentary Secretary for Community Development and followed by activities including scarecrow making, live music, story telling, by the veggie patch, puppet making, gumboot throwing competition, plant displays and seedling potting activities and produce swap stalls and much more.

When: Sunday 16 March 2008
Where: Cnr Queen St & Dytes Pde, Ballarat
Time: 11.00am - 3.00pm

For further information contact Bridget O'Sullivan on 03 5333 1351 or bo@pactscs.org.au



Raglan Hall and Recreation Reserve Committee of Management

Raglan Hall and Recreation Reserve are holding a fundraising Dance to raise funds for the Hall and Reserve.

Bring your own Drinks and Food, tea and coffee supplied.

Where: Raglan Hall
When: Saturday 1 March 2008
Cost: \$15.00 per head
Contact: Lorraine Thomson
Phone: 03 53497277
Email: ttomo@vic.chariot.net.au



Seeking Sustainable Communities

The hunt is on for Victoria's most sustainable Communities. Keep Australia beautiful Victoria is calling for entries for the 2008 Sustainable Communities - Tidy Towns Awards.

Community groups, schools, businesses and local governments across regional Victoria are all invited to enter.

This gives Regional Victoria the opportunity to showcase their environmental sustainability initiatives.

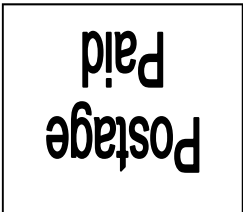
Entry forms are available at www.kabv.org.au or call 03 9484 2399.

Entries close **Friday 28 March 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 by **Wednesday 12th March**.

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



60 High Street
ARARAT VIC 3377

