



GRAMPIANS
COMMUNITY HEALTH
vibrant and healthy communities

2009/10
Service Directory





Location Guide

Stawell

40-44 Wimmera Street
Stawell 3380
Phone: 5358 7400

Ararat

Ararat
60 High Street
Ararat 3370
Phone: 5352 6200

Horsham

25 David Street
Horsham 3400
Phone: 5362 1200

Ararat

Balgartnie Centre
36 Viewpoint Street
Ararat 3370
Phone: 5352 6280

Horsham

Nexus
14 Pynsent Street
Horsham 3400
Phone: 5362 1500

www.grampianscommunityhealth.org.au

gch@grampianscommunityhealth.org.au

nexus@grampianscommunityhealth.org.au



GCH serves up morning tea for Walktober

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Stawell Aged Care Expo





Getting Involved with Grampians Community Health Centre

The first step starts with you.

Get involved!

Consumer and community involvement at GCH is essential to the provision of a quality health service.

You can make a difference! GCH is your community health centre and we value your ideas. Getting involved can have beneficial outcomes for your own health and that of the community you live in.

Community members may become involved at many different levels.

Become a Member

Being a Member of GCH allow access to:

Quarterly newsletters, Use of GCH Resource Centre in Stawell, Invitations to participate in public forums, GCH focus groups, meetings & surveys if interested. GCH members are members of the local community with a common interest in the work or services provided by GCH. Members may choose to nominate for vacant Board positions and have a vote in Board elections.

Membership is free.

Become a Board Member

The Board has overall responsibility for the running of GCH. Board meetings are held monthly. Its roles include:

- Representing the health interests of the local community
- Strategic planning
- Financial management and accountability,
- Governance policy development and implementation.
- Ensuring compliance with legislation and other binding rules and regulations.
- Appointment of the CEO

Become a Volunteer

- Volunteer Drivers
- Do Care
- Talk Listen Care
- Collating
- Community Health Promotion
- Temporary Pet Care
- Employed Carers Program
- Welcome Program
- Youth activities & camps
- Nexus Volunteers - Horsham
- Stawell, Ararat & Horsham based programs

Who Can Volunteer?

Anyone may apply to become a volunteer with GCH. Volunteers are people of all ages from all walks of life. New volunteers undergo a general information and orientation session and will be provided with specific training in their roles.

Would you like to make a donation?

Donation to services or programs are welcome at GCH - donations of \$2.00 are tax deductible

How to access a service:

Referral and self referral can be made directly to the intake worker for any service at GCH. The intake worker will then make sure you are contacted promptly by the service you need

Client Rights

As a service user of Grampians Community Health, you have the right to:

- Quality health care.
- Consideration of your needs.
- Respect for your privacy and dignity.

- Accurate, relevant and user friendly information on services, options and treatment.
- Participation in decision making affecting your health care.
- An informed environment encouraging choice and participation in choosing health care options.
- Access to information relating to your personal use of the health care system.
- Confidentiality.

Freedom of Information

The Freedom of Information Act 1982 provides access to information in the possession of the Government of Victoria and other bodies under Victorian Law. Information can pertain to the operation of agencies and is limited only by exceptions and exemption for the protection of essential public interest and the private business affairs of persons in respect of whom information is collected and held by agencies.

Privacy and Access to information

In April 2001 the Victorian Government passed the Health Records Act 2001 which:

- Gives Victorians a legally enforceable right of access to their health information contained in records held in the private sector, and
- Establishes eleven Health Privacy Principles (HPP's) that will apply to personal health information collected, used and held in the public and private sectors.
- Access to health information held in the public sector remains via Freedom of Information Laws.
- As of 1st July 2002, the Health Records Act is fully operational and the HPP's will be legally binding.



Carer Respite



Carer Respite Centre - Central Grampians

This Commonwealth and State Government funded program provides carers and the person they care for with personal support, advocacy, information and assistance to access respite options. The program can assist to link them with local services and groups. The program also aims to increase community understanding of the importance of the carer and the significance of the caring role.

A carer is a person of any age who is responsible for looking after someone who is frail, aged or has a disability. Some financial support may be available to assist with residential respite costs and other respite options. This service is provided residents of the Rural City of Ararat, Northern Grampians Shire and Pyrenees Shire.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Carer Support Group

This group meets monthly in Stawell and provides a supportive environment for carers to share their information and experiences. Information about groups operating within the sub-region is available.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Counselling for Carers

Counselling specifically for carers is available through Carers Victoria. For further details and referrals:

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Community Education (Carers)

Information and resources are available for individuals, groups and service providers about carer issues.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Country Club

Fun, social & interesting respite providing recreational and social experiences for younger people between the ages of 25 to late 50's who have an intellectual disability and are living at home with ageing carers.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Employed Carers Program: Evening Activity Group

The Evening Activity Group provides up to 4 hours respite, three times per week for carers who are working or are actively seeking employment. The respite will consist of social activities in a group setting.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Men as Carers Gathering (Regional)

These gatherings are held twice a year for men who are in the caring role.

They provide an opportunity for men to share stories and experiences, offer each other support and wisdom, fun and companionship.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Parent Support Groups

Information and respite options are available including social activities.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Siblings Program

A program that provides siblings of a child with a disability with Day Activities.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Young Carers

This program is aimed to provide support and respite options for young carers up to the age of 25 years. The Carer Support Worker works with youth specific programs to assist the young carers.

Contact: Carer Respite & Support Services
Phone: Stawell 5358 7400

Team Members

Jenny Oliver – Team Leader
Jenny Chapman
Trish Mitchell
Sue Palmer
Susan Power
Gail McCullough
Jan West
Rhonda Grellet
Dorothy Williams



Central Grampians Community Care Options 2008-9

Board Buddy – David Francis until his resignation 2nd June 2009

Manager: Alison Duxson

Team Leader: Karen Watson



TEAMS

1. CASE MANAGEMENT TEAM

Includes Linkages, Hospital to Home, Community Aged Care Packages (CACP), Extended Aged Care at Home (EACH), Extended Aged Care at Home Dementia Packages (EACHD) Community Nurse Senior Adult Counsellor Acquired Brain Injury and Chronic Illness Funding, Home First Funding Case management Coordinator: Matt Venn Case Managers: Alison Duxson, Karen Watson Matt Venn, Laetitia Blake Sharon Trimble Ian Basham Administration: Robyn Rouse 5358 7400 or 5332 6200

Linkages

This Home and Community Care (HACC) program assists people with complex needs, who fit the HACC criteria, if they are an older person or a person who has either a physical or sensory disability and require extra assistance to maintain independence at home, or a carer.

**Contact Case Managers:
5358 4700 or 5332 6200**

Hospital to Home

This HACC funded program provides additional services to assist with recuperation or transition to continuing care.

This service is for a period of up to four weeks post discharge. The service is available across the sub region.

Contact: Robyn Rouse - Community Care Options Team

5358 7400 or 5352 6200

Senior Counselling

Counselling offers the opportunity to talk through issues and ideas, to deal with feelings and experiences which may be causing difficulties. This service is for Individuals 50 years and older, male and female, couples, families and carers and is available in Stawell and Ararat. It is a free and confidential service with appointments made through the intake worker at the Stawell office. The Senior Counselling position is funded through CGCCO discretionary funding

Appointments: contact Stawell Intake worker: 53587400



The Linkages and Hospital to the Home programs are funded through the Department of Human Services HACC Program

Community Aged Care Packages

Community Care Packages are for people, over sixty-five years of age or who are prematurely aged. The CACP enables people wishing to do so, to remain at home, preventing premature admission to Hostel care.

Service available across the sub region.

**Contact: Community Care Options Team – Case Managers
5358 4700 or 5332 6200**

Extended Aged Care at Home (EACH)

The Extended Aged Care at Home (EACH) program assists frail aged people to remain in their homes, supported by high level

care through an approved service provider. Packages are flexible and coordinated to suit the individual's particular needs, and may include services such as nursing, domestic assistance, in-home respite, personal care, transport and social support.

Contact: Community Care Options Team - Case Managers GCHC 5358 7400 or 5352 6200

Extended Aged Care at Home Dementia Packages EACHD

Extended Aged Care at Home Dementia (EACHD) packages are individually tailored packages of care provided to approved care recipients with dementia, who require high level care and experience behaviours of concern and psychological symptoms associated with their dementia, which impact on their ability to live independently.

Contact: Community Care Options Team - Case Managers GCHC 5358 7400 or 5352 6200

To access CACP, EACH and EACHD packages, a person must first be assessed and approved by an Aged Care Assessment Team. The ongoing funding for these packages is made available through the Department of Health and Ageing

Acquired Brain Injury Respite

This program is a regional service and works in close collaboration with the Carers Choice Respite Program on a regional basis. The target group for Carers Initiative ABI Flexible funding program is: Voluntary carers of people with an ABI. Carers who provide support to people assessed as having moderate to severe ABI particularly where there are cognitive disabilities or behaviour management issues. Under 65 years of age

Contact: Community Care Options Team - GCHC 53587400 or 5352 6200



Chronic Illness Funding

Provides assistance to carers of people with chronic illness and complex support needs who are between six and 65 years of age. Service available across the sub region.

Contact: Community Care Options Team - GCHC 53587400 or 5352 6200

HomeFirst

Provides a flexible range of support and services to assist an individual with a disability to live as independently as possible at home and in their community. HomeFirst services are based on an individualised funding model

Contact: Community Care Options Team - GCHC 53587400 or 5352 6200

These three programs are funded through Department of Human Services Disability Funding

2. VOLUNTEER COORDINATION TEAM

Community Car & Volunteer Transport

Stawell

A community car is available for the community and other community services to access when transport is needed for medical appointments, family reunions and other reasons.

A volunteer driver is available when needed. Available Stawell (for Ararat contact Rural City of Ararat 5355 0200).

Contact: Julie –Anne Burwood 5358 7400

Do Care - Social Support

Volunteer visitors who share their time and friendship with isolated people in the community (Available for the Northern Grampians Shire, Rural City of Ararat and the Pyrenees Shire).

Contact: Sue Cunningham

(Do Care) 5358 7400

Glenda Hucker

(Do Care Ararat) 5352 1059

These two coordinator positions are funded through the Department of Human Services HACC Program

Talk Listen Care- Social Support

Volunteer visitors are able to assist people who are caring for a family member who has a mental illness or an intellectual disability and would appreciate a friend to come and visit.

Volunteers receive training and ongoing support.

(Available for the Northern Grampians Shire, Rural City of Ararat).

Contact: Libby Blackmore (TLC) 53587400

This program is funded through Mental Health Respite Program, Mental Health Branch Dept Families, Housing, Community Services and Indigenous Affairs

Volunteer Training

Grampians Community Health could not exist without its volunteer staff. Training is available on a regular basis for volunteers. Volunteers work in a diverse range of programs: Healthy Lifestyle Holidays, Fun & Fitness in the Pool, Palliative Care, Volunteer transport, Do Care, one off volunteering such as dog walking, shopping etc., House Friends and the youth program.

If you want to become a volunteer please contact either:

Contact: Sue Cunningham or Julie-Anne Burwood or Libby Blackmore 5358 7400

Active for Life

Exercise to promote Fitness, Friendship and Fun run by volunteers and held at Leisure Complex Houston Street Stawell in the First Basketball Court. On Mondays 10:00 am – 11:00am

For: Women and Men 50 years and over. Everyone made very welcome. Any level of physical ability.

Contact GCHC 53587400



3. CARE @ HOME ATTENDANT CARE PROGRAM

The Care @ Home Program offers home based attendant care, personal care, home maintenance and respite within the Central Grampians Sub Region and is provided by an established team of skilled and experienced Attendant Carers

The service is designed to 'Bridge the Gap' for those people who need assistance with daily living tasks.

The service also offers respite for those who act as primary carers for others.

Workers have a range of skills and training, and are supervised by an experienced co-ordinator to ensure the best fit between worker and client.

All Attendant Carers have been chosen for their ability to be adaptable and responsive to the needs of those they are assisting.

The Care @ Home program adheres to all quality assurance policies of the Grampians Community Health.

Contact: Debbie Lever - Coordinator 53587400

Care @Home provides emergency after hour services for carers through ANNECTO support services This is a free services

Contact 0409 356 334



Community Development

Asthma Management

Information to help the asthmatic and their families lead normal lives.

**Contact the Health Promotion Team
Stawell 5358 7400**

Baby . . . Think It Over

A program using virtual dolls to help students explore issues surrounding pregnancy & parenthood.

Contact: Stawell 5358 7400

Breast Screen

Organised trips to Horsham for Breast Screen Clinics; buses are arranged when sufficient numbers are booked. Available from Stawell site only.

Contact: Bernadette Cossar 5358 7400

Consumer Consultative Meetings/Focus Groups

GCH Board and staff run a variety of Forums including Senior Adult, Youth, ABI etc.

**Contact: Jill Miller (CEO) or Julie Walker
Community Health Promotion Manager
5358 7400**

Diabetes Information

Servicing the Northern Grampians Shire. We can provide information packs and local resource contacts to assist people with diabetes

**Contact: Health Promotion Team Stawell
5358 7400**

Community Expo Days

GCH have Women's, Whole Health, Senior Adult and Youth Expos. GCH workers take an active involvement in any activities that help promote our objectives.

**Contact: Helen Giles Stawell 5358 7400
Launa Schilling Horsham 5362 1200**

Health Promotion – Alcohol and Other Drug

A program that works with and for community groups to help them address issues surrounding alcohol and drug use in their communities.

Contact: Mary Barnes – 5362 1200

Health Promotion/Education

Wide variety of health promotion activities, information and events to help support a healthier community. Assistance to other small organisations when needed.

**Contact: Helen Giles –
Ararat 5352 6200 Stawell 5358 7400
Launa Schilling Horsham 5362 1200**

Indigenous Community Health Development

This service works closely with the Budja Budja aboriginal cooperative in Halls Gap and Grampians Community Health staff to identify health needs, facilitate access to health services, promote cultural awareness, and assist in planning future development of community health services.

**Contact: Suzie Hamilton
GCH - 5358 7400**

Information and Resources

GCH resource centre contains a range of information on community health and personal support services. Internet access available, small cost for photocopying

**Contact: Health Promotion Team Stawell
5358 7400, Horsham 5362 1200**

Men's Health Promotion

Mens Health Promotion builds local awareness and action around rural men's health issues. It increases opportunities for men to access health / welfare information.

**Contact: Health Promotion Team
5358 7400**

Northern Grampians Disability Network

Group of community people with and without disabilities working towards a better future.

**Contact: Gilda McKechnie Rural Access
Worker Ararat 5352 6200**

Nutrition, Whole Health

Information and advice on nutritional health.

Available Stawell, Ararat & Horsham sites
**Contact: Health Promotion Team Stawell
5358 7400, Horsham 5362 1200**

RuralAccess

RuralAccess is committed to educating & supporting communities in which people with a disability have the same opportunities to participate as non-disabled people.

**Contact: Gilda McKechnie RuralAccess
Ararat 5352 6200 Stawell 5358 7400**

Sexual Health & Sexuality

Information and assistance for individuals, schools and community groups

**Contact: Health Promotion Team
53587400**

Squash in Schools

A four week program currently run for secondary college students at the Horsham Squash Courts. This program gives an introduction to squash, the safety aspects and enables them to learn the skills of squash in a safe and fun environment. Small fee applies.

Contact: Launa Schilling 53621200

Active After School Communities Program

Active After-school Communities is an after school hours sports program that aims to improve the health and well being of Australia's primary school aged children through structured physical activity. We provide an eight week program teaching the basic skills & enjoyment of hockey.

Contact: Launa Schilling 5362 1200



Sunsmart

Information and resources available
Contact: Helen Giles (Health Promotion)
5358 7400
Launa Schilling (Health Promotion)
5362 1200

Tax Help Volunteers

The Tax Help program is available to those whose income is less than \$35,000 per year. The service is not available to those who run their own business or have commercial interests in shares or property
Contact: GCH Reception Stawell
5358 7400

Taiko Drumming Project.

Community project to engage young people and people with a disability through the development and playing of the traditional Taiko drum.
Contact Gilda McKechnie Stawell
53587400 for more information.

Workplace Health

Programs for the workplace in Sunsmart, QUIT, Alcohol & Drug, Conflict Resolution, Team Building and more.
Contact: Health Promotion Team Stawell
5358 7400, Horsham 5362 1200

Menopause

Information, resources and counselling for interested women.
Available Stawell only.
Contact: Health Promotion Team
5358 7400

Pap Smear Testing

Weekly clinics for women requiring pap smear testing -
Friday mornings. Weekend clinics throughout the year. Some outreach clinics run. Available Stawell site only.
Contact Reception for appointment
5358 7400

Women’s Health Clinic

Women’s health issues and support clinics held weekly at Wimmera Street Community Centre. Breast self-examination, education and breast checks, Pap-smear testing, Menopause, Safe Sex Information & Education, Contraception advice
Contact: Bernadette Cossar (Community Health Nurse) 5358 7400

Team members

- Julie Walker (Manager)
- Gilda McKechnie (Team Leader)
- Jill Miller (CEO)
- Helen Giles
- Launa Schilling
- Gilda McKechnie
- Penny Knott
- Sue Fontana
- Suzie Hamilton
- Mary Barnes
- Kerrie Skene



Stawell Community Garden





Community Psychiatric Rehabilitation



Psychosocial Rehabilitation:

The Balgartnie Centre – Psychosocial Rehabilitation involves the provision of ongoing support and programs that assist a person with a psychiatric disability to experience an improved quality of life, relearn the skills of daily living and participate to the maximum extent in social, recreational, and educational activities. Support workers assist members to live successfully at the highest level of independence in the community and provide an opportunity to monitor the mental health of people and support is offered when individuals encounter challenges, assisting them in maintaining an optimum level of functioning by preventing the escalation of difficulties and potential problems.

Contact intake worker 5352 6280

Referral Process:

Membership at Balgartnie is free, voluntary and without time limits. Membership is open to people with a diagnosed psychiatric disability. Referrals to Balgartnie are received through Grampians Psychiatric Services, however, the source may initially come from general practitioners or other health professionals, generic services, family, Carers or people may contact the service themselves.

Contact: Balgartnie 5352 6280

Home Based Outreach Support (HBOS):

Home Based Outreach Support (HBOS) is a support service for people whose lifestyle has been affected by a psychiatric disability. Home visitation is an important service offered by the Balgartnie Centre to those living in rural isolation and smaller communities that can be disadvantaged by a lack of available services. Balgartnie staff attempt to bridge the gaps in these areas by providing home visits and outreach, this service is also available to members who

are unable to attend Balgartnie, or those needing additional support.

Contact: Balgartnie 5352 6280

Planned Respite:

Balgartnie respite service is a Psychiatric Disability support service that assists in maintaining existing relationships between people with a mental illness and their families or Carers. Balgartnie recognises how hard it can be for both the Carer and the person with a mental illness to constantly be with each other and to be each other's only support.

Contact: Balgartnie 5352 6280

Active Adults:

Over a period of several years there has been a growing section of younger Balgartnie members that were difficult to engage and sustain. Whilst we originally referred to this group as 'youth' we soon realized this group comprised primarily of people with dual diagnosis (Alcohol and other Drugs) up to the age of 30. The Balgartnie 'Active Adults' group is a fun and often challenging activities program, designed to engage younger people who are difficult to place within existing Balgartnie Programs.

Contact: Balgartnie 5352 6280

Therapy Groups:

'Stepping Stones':

An ongoing group that introduces participants to recognise of the causes for their anxiety, depression and stress and to give the group an understanding, knowledge and a practical skills base for coping. Over an eight week period, using narrative therapy, participants will explore their individual circumstances and collectively work towards building coping mechanisms and techniques that work for them.

'Hearing Voices':

The "Hearing Voices" Groups provide support for people who become distressed by the voices they hear. People are encouraged to explore their experience and develop a rationale for their voices.

KFC (Kids Family Care):

KFC is an informal peer support group for

teenagers who have a parent with a mental illness. The KFC (formally PATS) program focuses on understanding a parent's mental illness, how to deal with their own emotional issues such as anger and self esteem and provide options to teenagers in caring for their own mental health such as exercise, healthy eating and having friends.

Contact: Balgartnie 5352 6280

ABI+

The ABI+ group is aimed at people between the ages 18 and 50, who have at some stage in their lives acquired a brain injury, and/or may find it difficult to engage in community pastimes and activities, because of physical or sensory disability. The ABI+ group meets at the Balgartnie Centre in Ararat to commence the activity planned for that day. Members come from Ararat, Stawell, St. Arnaud, and surrounding areas.

Contact: Balgartnie 5352 6280

Senior's Program:

The Seniors program was formulated in response to the identification of the lack of appropriate occupational, leisure and recreational opportunities for older people with a long-term, chronic mental illness or Acquired Brain Injury (ABI) within the Ararat and Central Grampians region.

Contact: Balgartnie 5352 6280

Carer's Support:

Carers groups offer an opportunity to meet with others who are in a similar situation, or who have already faced a similar experience. They offer a chance to discuss issues with others, as family and friends may have difficulty understanding. It provides information and knowledge on the illness, the services available and offers advice and assistance. Balgartnie Centre provides Carer Support two days a week. This can take the form of home visits to families/ Carer's addressing needs such as assisting in navigating the pathways in the mental health system, counseling, respite options, advocacy, liaising between clinical and non clinical services and 'time out for a cuppa'.

Contact: Balgartnie 5352 6280.



Counselling

Generalist

Counselling offers the opportunity for individuals, couples and families to talk through issues and ideas and address feelings and experiences which may be causing difficulties. Counselling can help with personal issues, grief and loss, mental health, behaviour problems, trauma, relationships, abuse and much more.

Contact: Intake Worker

Stawell 5358 7400

Ararat 5352 6200

Horsham 5362 1200

Social Support & Recovery

Drought, fire and climate change continue to hit individuals and families in all aspects of rural communities very hard. You might need support if stress becomes too difficult to manage. Signs to look for include – feeling on edge; feeling like you have nobody to share your thoughts and emotions; feeling foggy/numb; continually not sleeping well; your personal relationships not going so well; drinking/smoking more; increased susceptibility to health problems; feelings that 'you can't go on'.

Contact: Intake Worker

Stawell 5358 7400

Ararat 5352 6200

Senior Adult Counselling

We all have times when we need some help in our lives. Counselling offers the opportunity to talk through issues and ideas and deal with feelings and experiences, which may be causing difficulties. Home visits can also be arranged.

Contact: Intake Worker

Stawell 5358 7400

Ararat 5352 6200

Family Violence

A Family Violence Regional Counsellor provides counselling for people experiencing or who have been affected by family violence related issues; provides information for Men's Support Services and Group work for women and children affected by family violence. Family Violence counselling can offer help with – understanding forms of family violence and impact; recognizing patterns of family violence; self-esteem and confidence; guilt; dealing with anger; grief and loss; depression; effects on children; risk assessment and safety strategies and referral to support services & resources. This service is provided for all residents in Northern Grampians Shire and some areas of the Wimmera.

Contact: Intake Worker

Stawell 5358 7400

Ararat 5352 6200

Horsham 5362 1200

Family Counselling

The counsellor offers the opportunity for you and/or family to discuss issues or concerns confidentially in a safe and accepting environment. The counsellor's role is largely to assist you to draw on your own strengths and resources to identify resolutions to problems and assist in exploring options to make life choices clearer.

Contact: Intake Worker

Stawell 5358 7400

Ararat 5352 6200

Outreach Counselling Commonwealth Regional Health Service

Funded by the Commonwealth Department of Health and Ageing in partnership with Stawell Regional Health, this program is specifically targeted towards communities of less than 200 residents. Provides family, relationship and general counselling services to residents of Marnoo, Halls Gap, Landsborough, Navarre, Great Western and Glenorchy.

Contact: Intake Worker

Stawell 5358 7400

Men's Behaviour Change Program

The program provides men with the opportunity to address inappropriate behaviours and learn new ways that are respectful and non-abusive. The group provides a safe environment for you to learn about more respectful behaviour and understand your situation.

Contact: Intake Worker

Stawell 5358 4700

Ararat 5352 6200

Horsham 5362 1200

Team Members

Tanya Mitchell (Manager)
Sandra McGrath (Team Leader)
Christina Madams
Christine Walker
Jillian Gough
Ruth Griffiths
Frank Kean
Fiona Williamson
Clyde Lourensz



Gambling, Alcohol & other Drugs

Alcohol & Other Drug Acquired Brain Injury

Specialist drug and alcohol assessment, treatment and monitoring of ABI clients to ensure appropriate treatment and therapeutic interventions. Interventions aim to address alcohol and substance abuse issues to improve the health and wellbeing of clients by ensuring appropriate services are delivered to support the client.

Contact: Stawell 5358 7400

Horsham 5362 1200, Ararat 5352 6200

Alcohol & Other Drug Counselling, Consultancy & Continuing Care

A free confidential service for individuals, couples and families affected by their own or somebody else's drug or alcohol use. Information, counselling, assessment, outreach, referral and ongoing case management.

Available Stawell, Horsham and Ararat other areas by appointment.

Contact: Intake worker

Stawell 5358 7400, Ararat 5352 6200 or

Horsham 5362 1200

Alcohol & Other Drug Health Promotion

Targeted health promotion and wellness education to inform and make the community aware about preventable Alcohol & Drug health issues, including harm minimization. Presentations available for school groups, sporting clubs and other community forums

Contact: Mary Barnes, Horsham 5362

1200 Julie Walker, Stawell 5358 7400

Driver Education Program

Grampians Community Health offers a fully accredited Driver Education

Program and assessment service for those who have lost their license because of a drink driving charge. Available in Stawell & Ararat & Horsham or by appointment in other regional centres.

Contact: Liz Greene or Frank Kean

Stawell 5358 7400 or Ararat 5352 6200

Contact: Thea Farrington, Horsham 5362 1200

Drug Driver Assessment

Grampians Community Health (Horsham) is an accredited Drug Driver Agency able to conduct assessments for those who have lost their licence due to driving whilst impaired or driving under the influence of a drug other than alcohol

Contact: Thea Farrington - Horsham

5362 1200

Drug Diversion

Is an option for Police or Courts to stream or divert people who may otherwise have been charged with a minor drug offence, into counselling

Contact: Casey Ross Stawell 5358 7400

Contact: Russell Reid Horsham

5362 1200



problemgambling.vic.gov.au

Gamblers Help

Gamblers Help provides confidential counselling and case management interventions for individuals and families, community education and industry liaison.

Contact: Christine Walker Stawell 5358

7400 and Ararat

5352 6200 & Carol Henwood Horsham-5362 1200

Home Based Withdrawal Service

To provide support and encouragement to withdraw from alcohol and other drugs.

Provide assessments for detox and residential units. Pre and post support from detox. Assist in supporting the families of the users during the withdrawal phase. Funded by the Commonwealth Department of Health & Ageing

Contact: Withdrawal Nurse Wendy Phillips, or Case Manager Craig Jackson

Stawell 53587400

Intake worker - Horsham 5362 1200

Needle Syringe Program

Confidential non-judgmental approach to this public health program. Users can pick up clean needles and syringes and dispose of old ones; it is also used as an opportunity to update users on the latest in harm minimisation information.

Available Stawell and Horsham,

Contact: Intake Duty worker Stawell

5358 7400 and Reception Horsham

5362 1200

QUIT Smoking

Counselling Available. Information is also available for people concerned with their own or others smoking.

Available Stawell, Ararat, St Arnaud, Elmhurst, Lake Bolac, Beaufort/Skipton, Horsham.

Contact: Stawell 5358 7400

Horsham 5362 1200

Responsible Gambling Interest Group

The group runs bi-monthly in Horsham and works in conjunction with industry, problem gamblers and interested community members. RGIG provides community education and information for the wider community.

**Contact: Carol Henwood Horsham
5362 1200**

Rural Outreach Diversion Worker

Working outreach with young people to 25 years, this program is designed to offer support to individuals with drug related criminal activities. It also involves working with Police, Juvenile Justice, Courts or Office of Corrections to ensure young people who are in this system receive as many treatment options as possible.

**Contact: Hylton Mason Horsham
5362 1200, Casey Ross
Stawell 5358 7400**

Youth Outreach Alcohol & Drug Counsellors

To work with young people who experience alcohol and drug problems or at risk

behaviours, provide therapeutic support, education to the client and their families in the wider community and also to liaise & work closely with schools in the region.

**Contact: Lori Hetherton Horsham
53621200, Tania Hager Stawell 53587400**

Team Members

Horsham

Thea Farrington
Carol Henwood
David Henwood
Lori Hetherton
Russell Reid
Hylton Mason

Stawell

Liz Greene
Craig Jackson
Tania Hager
Wendy Phillips
Christine Walker
Casey Ross
Cindy McKelvie



Craig & Christine – Taiko Drumming Workshop



Housing & Family Violence



Homelessness

Homelessness is not always visible - it walks beside each and everyone of us everyday. Housing is a basic human right. The majority of homeless people have possessions and what they do have is very valuable to them. Homeless people generally lose their housing not their belongings. Homelessness does not discriminate - loss of employment, rising interest rates or income is a major factor. The devastating impact this has on people's lives is universal. Every community member can be impacted by homelessness - family, friend or neighbour.

For support contact:

Stawell 5358 7400

Ararat 5352 6200

Horsham 5362 1200

Cross Target: Adult & Youth 15 years and over

Support for people who are homeless or at risk of homelessness including advocacy, referrals, court / tribunal support, assistance with Housing applications and other supports required to stabilize or secure accommodation.

Horsham: 5352 1200

Stawell: 5358 7400

Ararat: 5352 6200

Community Development

Across the Wimmera and Grampians Pyrenees areas to ensure that homelessness and family violence issues are understood by all health and welfare staff, to create and sustain networks with quality information and resources.

Horsham: 5362 1200

Stawell: 5358 7400

Ararat: 5352 6200

Family Violence Housing Support

Practical support and safe housing support, advocacy, referrals for mainly women and children who are experiencing Family Violence. This program also supports men, seniors and young people.

Contact Intake Worker: 5358 7400

Faxback

In cooperation with all Police stations in our region - when police are called to a family violence dispute they fax to GCH workers to enable information and support to be extended to the family

Contact Intake Worker : 5358 7400

Indigenous Family Violence

Practical support for family violence and housing, housing assistance targeted to Indigenous members of the community.

Horsham: 5362 1200

Stawell: 5358 7400

Intensive Case Management

A developmental project providing support and brokerage funds for creative approaches to support homelessness assistance clients who have high and complex needs, within an intensive case management framework. This role is in partnership with Wimmera Uniting Care's Housing Management Program and funded by Hanover, provider of the Adult Intensive Case Management Initiative

which has been funded by the Victorian Department of Human Services.

Stawell 5358 7400

Ararat 5352 6200

Mens Behaviour Change

The program provides men with the opportunity to address inappropriate behaviours and learn new ways that are respectful and non-abusive. The group provides a safe environment for you to learn about more respectful behaviour and understand your situation
Contact Intake Worker 5358 4700

Team Members

Corrina (Manager)

Vicki (Team Leader)

Lucy

Veronica

Kaye

Melissa

Jaqueline

Kathy

Linda

Sally

Jodie



Youth

Alcohol and Other Drug Rural Outreach Worker

Provides counselling and support to young people 15-25 years with drug and alcohol issues. Ensures that young people with a drug or alcohol issue are provided with opportunities to undertake a treatment program. Promote the harm minimization approach and to also support those who have a significant other with a drug or alcohol issue. Other A&OD programs by request.

Contact: Tania Hager on 5358 7400 Stawell or Lori Hetherton on 5362 1500 Horsham



www.tribalyouth.com

Generalist Youth Worker Horsham/Stawell

Providing Tribal Youth programs like Project Dream chasers as well as generalist support to young people in the Wimmera area, also individual 1-1 support and other programs in Stawell and Ararat.

Contact: Brendan Scale at Nexus on 5362 1500 (Friday only) or Kevin Griffiths Stawell on 5358 7400

Getting Gorgeous Girls and Building Better Blokes

School based programs looking at issues around identity, body image, gender, risk taking and relationships in a fun and interactive way. The program can be designed to suit the specific needs of the group.

Contact Tania Hager or Kevin Griffiths Stawell 5358 7400 or Jodie Mathews Horsham 5362 1500

GRADES

Grampians Region Approach to Drug Education Services partnership program with Department of Education and Early Childhood Development and Victoria Police focuses on

- health and well-being issues for grade 6 students and their parents, and what may impact them or their child in the transition from Grade 6 into Year 7 and throughout the following school years,
- year 9 students and their parents looking at the issues around alcohol and parties
- and year 12 students focusing on the transition from school to the wider community.

Contact Rachel Whittaker 5358 7400

Nexus Youth Centre

Providing programs and support to young people in the Wimmera and a place for Tribal youth services to



work in conjunction with other youth service providers. Nexus has a strong commitment in promoting youth participation and ownership of the facility. Nexus is committed to working alongside young people to deliver Leadership opportunities, FReeZA activities, Youth in Action, Drama, Theatre and Dance, Connect Ed, VCAL and Young Mums. Nexus and Tribal Youth are committed to working together to support our greatest asset, Young People.

Contact Alois Kniebeiss or Jodie Mathews on 5362 1500

Rural Outreach Diversion Worker

Provides a holistic approach to young individuals with, or at risk of developing alcohol, drug, and contact with the criminal justice system problems.

Liaise with the staff of Police, Courts and Juvenile Justice Organizations to ensure the provision of appropriate drug treatment services to young offenders. Focus on the St Arnaud area to support young people at risk.

Other Youth related programs by request.
Contact: Casey Ross Stawell 5358 7400 or Hylton Mason Horsham 5362 1500



School Focused Youth Service

Promotes and supports early intervention programs for young people 10-18 years old

by strengthening links between schools, agencies and the community. Providing access to brokerage funds to projects that address identified service gaps. Works with all primary and secondary schools, community agencies and groups, Government departments-local, state, federal and youth related peak bodies.

For further information contact: Maurice Billi 5358 7400

The Youth team

Maurice Billi
Kevin Griffiths
Tania Hager
Lori Hetherton
Jodie Matthews
Brendan Scale
Rachel Whittaker
Kristy Price
Alois Kniebeiss
Hylton Mason



Co-located Services



Ballarat Group Training Youth Pathways - Nexus

Youth Pathways has been set up to help at-risk young people make it through school to the end of year 12 (or its equivalent), and beyond that to further education, training or employment, and active community life. This can be either within school or in nonschool-based education.

Contact: Horsham 5362 1500
www.bgt.org.au

The Bouverie Centre

The Bouverie Centre uses rooms within our Stawell centre. They provide a range of programs to individuals and family members, service providers and agencies specialising in family approaches in mental health service provision. For more information about the Centre contact

Phone: 9376 9844
www.bouverie.org.au

CENTACARE – Victims Assistance Program

David Street Horsham

The Victims Assistance Program provides immediate crisis response to victims of violent crime both in person and by telephone. Practical support, short term counselling support, court support, referral and coordination of specialist support are provided in response to individual needs.

Contact: Horsham 5362 1200
www.centacareballarat.org.au

Central Highlands Community Legal Centre

Free legal advice – consultations with a

lawyer. Some of the common queries dealt with include family law, child support, intervention orders, criminal law, road traffic offences and motor vehicle accidents, neighbourhood disputes, wills / power of attorney, consumer issues. Appointments on 1st Monday and 4th Thursday of the month at GCH 40-44 Wimmera Street Stawell

Contact: 1800 466 488 for an appointment
www.chclc.org.au

Centre Against Sexual Assault

CASA is a service that aims to respond to the needs and concerns of victims of sexual assault, by providing a range of services to assist them in recovering from the trauma of the assault and its consequences. In addition, CASA aims to work towards prevention and elimination of sexual assault, through raising community awareness and challenging the myths surrounding sexual assault.

Contact: Ararat 5320 5587 or Horsham: 5381 9272
www.casa.org.au

Commonwealth Rehabilitation Service

Commonwealth Rehabilitation Service Australia is the Australian Government provider of vocational rehabilitation services with over 65 years experience in assisting people with a disability, injury or health condition to get and keep a job.

Contact: CRS 5362 5200
www.crsaustralia.gov.au

Community Offenders Assessment Treatment Service (COATS)

COATS is one of the programs of the Australian Community Support

Organisation (ASCO) and is a not-for-profit community agency providing services for persons experiencing a range of social difficulties.

COATS is a state wide service with office in the metropolitan area and a number of rural locations, Stawell, Ararat & Horsham being a few of them. COATS is funded by the government to assess and purchase treatment for people who have been before the courts and have an alcohol or other drug problem.

Contact: Stawell 5358 7400
Horsham: 5362 1200

Consumer Affairs Victoria

Consumer Affairs Victoria protects and promotes the interest of the consumer. A mobile service which travels throughout regional Victoria is available in our Ararat and Horsham offices every Wednesday. Information and advice is available on issues such as renting, refunds, scams, cars, mobile phones, buying or selling a home, door to door sales, credit and debt, building, internet shopping and other consumer issues.

Enquiries and appointment times
Phone: 5331 6074
www.consumer.vic.gov.au



Grampians/Pyrenees Primary Care Partnership

Aims to improve the health and wellbeing of the catchments population by better coordination of planning and service delivery in response to identified needs.

Contact: Ararat 5352 6200
www.grampianspyreneespcp.org.au

Maternal and Child Health Centre - Ararat

The Maternal and Child Health Centre is co-located with GCH High Street Ararat.

This Free service is available to all families with children from birth to school entry age including; breastfeeding, immunisation, nutrition, child health, play groups and more

Contact: Ararat M&CHC 5352 6228

PINARC

David Street Horsham

Pinarc provides various programs and activities to support and make a difference in people's lives. The outreach speech therapist provides services to Pinarc clients across the region.

Contact: Horsham 5362 1200 or Ballarat 5329 1300

www.pinarc.org.au



Red Cross – Save A Mate – NEXUS

Save a Mate (SAM) is a drug education program and first aid course specifically designed for alcohol and other drug-related emergencies. It aims to reduce the harm associated with substance use, particularly with young people.

Contact: 5362 1500

www.saveamate.org.au

Victorian Civil Appeals Tribunal

VCAT uses rooms in Stawell for local consultation around disputes about consumer matters, credit, discrimination, domestic buildings, tenancies and retail and many other things.

Contact: 9628 7111 www.vcat.vic.gov.au



Wimmera Health Care Group

David Street - Horsham

Community Health Nurses and women's health options, family planning, diabetes self management. Includes support, health counselling, lifestyle and illness prevention information and resources.

Contact: Horsham 5362 1200

www.wimmerahealth.com



Wimmera Uniting Care - NEXUS

Youth Housing, Youth Outreach, Futures for Young Adults, Leaving care Programs.

Contact Louise Smith, Mark O'Connor.

Contact: 5362 1500

www.wimmera.unitingcare.org.au



Women's Health Grampians

WHG provides women with information support and access to services and health practitioners to assist them in making informed decisions about their health.

Contact: Women's Health Grampians

Horsham: 5362 1200

www.whg.org.au



Wimmera
Primary Care
Partnership

Wimmera Primary Care Partnership

Welcomes consumer and carer participation and community involvement in the partnership of all health and welfare agencies in the Wimmera toward better services to the community

Contact: Horsham: 5362 1200

www.wimmerapcp.org.au

All GCH Sites are used by a number of outside groups – they do not necessarily reflect the ideas or views of GCH. Some regular users are:

- Ararat Camera Club - Ararat/ Balgarnie
- Craft Group - Stawell
- Christadelphians - Stawell
- Christian Believers – Stawell
- Friends of the Earth - Stawell 53581125
- Grampians Writers Group
- Holdens of Age - Stawell
- Parkinson's Support Group - Stawell
- Stawell Agriculture Society (Including Farmers Markets) –Stawell – 53566146
- U3A including Tai Chi - Stawell 5358 1231
- Yoga - 5356 4325

