

# ***GSNV UPDATE***

**March 03**

## ***Heard The Good News?***



### **Computer Recycling Program**

We used to have a similar computer to the one on the left, but with the recent growth of the GSNV we needed to expand and upgrade our computer resources. Rather than throw out the old one we sent it to Green PC, who refurbish computers and sell them at low prices to community groups and people with low incomes.

If you hold a current Health Care Card or can verify your low income status or your group is a non-profit organisation you are eligible to purchase computer systems, hardware, printers, pc components and more from Green PC.

An initiative of Infoxchange Australia you can access more information on this great scheme at [www.greenpc.com.au](http://www.greenpc.com.au) or by calling their Melbourne office on (03) 9486 9355

## ***Expand Your Mind***

### **Free Computer Training for People 45 and Over**

That's right it's free! If you are 45 years or over and unemployed or receive partial income support you are eligible to participate in the BITES program. The BITES (Basic IT Enabling Skills) program was established by the Commonwealth Government and covers basic computer skills, how to operate a personal computer, using word processing software, the Internet and using email.

Training is through the Centre for Adult Education at the Career Ahead Centre in Melbourne and further information can be gained through this website, <http://www.distss.org.au/infocast/bites.doc> or call Lynne Schloeffel on (03) 9652 0623 or email [lynnes@cae.edu.au](mailto:lynnes@cae.edu.au)

### **Womens Free Internet Learning Sessions**

The Women's Information Referral Exchange aka WIRE are holding free Internet learning sessions for women on Tuesday mornings 11.00am to 1.00pm at the Women's Information Centre, 247 Flinders Lane, Melbourne.

The sessions are informal and aimed at women who have little or no experience with the Internet. For more information please call Elvira or Nicole on (03) 9206 0878 or drop in to the WIRE Office at 247 Flinders Lane, Melbourne. Office hours are 10.30am to 5.00pm Monday to Friday.

### **Infoxchange Training Programs - March**

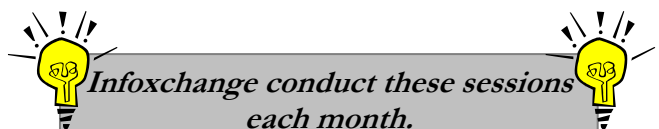
PC & Internet Essentials: March 14th

Introduction to Excel: March 17th

Introduction to PowerPoint: March 26th

Introduction to Publisher: March 21st

Introduction to Lotus Notes: March 25th



***Infoxchange conduct these sessions  
each month.***

***For more information contact:  
Amodha on (03) 9486 9355 Ext 117***

***E-mail:***

***amodha@infoxchange.net.au or  
training@infoxchange.net.au***

## ***Want To Share?***

### **Rural And Regional Australians - Want To Write For The ABC?**

If you live outside Australia's major cities and you've got a story to tell about health, illness or recovery, Health Matters wants to hear from you!

They're looking for pieces of 800 to 1000 words to be published in the 'Your Stories' section of their website. It might be sad or humorous, inspiring or thoughtful, but it must be based on your own personal experience. If you're interested, e-mail [health-matters@your.abc.net.au](mailto:health-matters@your.abc.net.au) with a 100-word summary. If they publish your story, they'll pay a small fee.

<http://www.abc.net.au/health/yourstories/default.htm>

### ***Surfing The Web***

March 14 –15 is Worlds Greatest Shave for a Cure Day, The Leukaemia Foundations main fundraising event. Click here to find out all about this wonderful event and see how you can get involved!

<http://www.worldsgreatestshave.com>

### ***GSNV Banner Workshops***

There is still time for you to participate in one of the most exciting and valuable projects EVER CONCEIVED! We need your input to help make GSNV's new banner which will reflect the diversity, strength, and humanity of our network. Workshop places for March 16 & 18 still open. Call the GSNV Office now for more information.

### **COSHG and Ross House Workshops**

The Collective of Self Help Groups & Ross House Association presents: a series of workshops for Self Help and Community Groups

#### *Workshop 1*

#### **How is the journey so far? Detours and shortcuts.**

A chance to review how your group runs meetings, distributes responsibilities, builds cohesion and responds to conflict.

Date: Wednesday March 26

Time: 2.00-5.00pm

Venue: Ross House, 247 Flinders Lane, Melbourne.

#### *Workshop 2*

#### **Planning your journey: Deciding where to go and how to get there.**

An opportunity to step back and think about where your group would eventually like to get to and what it needs to make this happen.

Date: Wednesday May 28

Time: 2.00-5.00pm

Venue: Ross House, 247 Flinders Lane, Melbourne.

#### *Workshop 3*

#### **Valuable travel companions: Who and how to influence.**

An occasion to develop strategies which identify and plan your approach to the people and groups worth influencing.

Date: Wednesday August 27

Time: 2.00-5.00pm

Venue: Ross House, 247 Flinders Lane, Melbourne.

## ***Have A Say***

### **National Health Policy Code**

The draft National Health Privacy Code has been released for public comment. The draft Code aims to:

- Safeguard the health privacy and dignity of all individuals;
- Achieve national consistency in health privacy protection across jurisdictions and between the public and private sectors; and
- Take into account changes in the way personal health information is handled as a result of technological change.

A public forum is being held in Melbourne on March 11 but if you cannot attend written submissions are also being accepted.

Closing date for submissions is April 18.

Freecall 1800 020 103 or email:

[NHPWG.Secretariat@health.gov.au](mailto:NHPWG.Secretariat@health.gov.au)

More information about the forums can be found at

[www.health.gov.au](http://www.health.gov.au)

## **Topping Up The Coffers**

### **Happy Little Vegemites**

The Happy Little Vegemite Foundation will provide grants, each of \$2,000, to not-for-profit organisations working in the community to create a healthy, happy, fun and safe future for people under the age of 18. You can find out more at [http://www.vegemite.com.au/hlv\\_how\\_to\\_enter.asp](http://www.vegemite.com.au/hlv_how_to_enter.asp) or by calling 1800 800 020.

### **The Besen Family**

The Besen Family Foundation offers grants for Health and Welfare to not-for-profit organisations based in Victoria. Find out more by calling Debbie on (03) 9254 1111.

### **The Lord Mayor**

The Lord Mayor's Charitable Fund helps people more than 8,000 times every day of the year, through its support of over 150 health and human care organisations, including public hospitals, agencies working with drug addiction and homelessness, and services for the disabled, aged, youth and families. If your group is based in metropolitan Melbourne, perhaps this fund could help you. Find out at <http://www.lordmayorsfund.org.au> or by calling (03) 9650 3939.

### **Your Kodak Moment**

Kodak wishes to support not-for-profit organisations in a range of community based activities. Get the picture at <http://www.kodak.com/US/en/corp/communityRelations/CorporateContributionGuidelines.shtml>

### **Fore!**

The Callaway Golf Company wants to make life better for people in the community by targeting specific areas where a difference can be made. For more information visit <http://www.callawaygolf.com/corporate/community/foundation.asp> or call (07) 3265 9555.

### **RACV - More than just roadside assistance**

Did you know that RACV provide funding for programs by community based projects with broad reach and profile? Applications for funding are invited from organisations that have a broad community reach and profile, meet the funding criteria and can demonstrate sound management and excellence in their activities. Organisations should have a high degree of community and/or volunteer involvement, and demonstrate other fundraising activities and strategies. You can find out more at <http://www.racv.com.au/Coporate/grants.asp> or by calling Sue on (03) 9627 3873.

## **Eat, Drink And Be Merry – Groups' Activities**

### **Asperger Syndrome Support Network**

Social Communication Facilitating and developing strategies for social interaction. Thursday March 27, 7.45pm Nerve Centre 54 Railway Road Blackburn  
ASSN Members \$10.00 pp or \$15 per couple, Non Members \$12.00pp  
See website for more info or email [asperger\\_vic@hotmail.com](mailto:asperger_vic@hotmail.com)  
<http://home.vicnet.net.au/~asperger/>



### **Murray To Moyne**

A Melbourne-based group of young people with diabetes has been working hard to help others live well with their diabetes and get on with life. To raise money for their cause Reality Check is riding the Woody's Murray To Moyne A challenging 520km team relay cycling event  
An all diabetic team will cycle from Echuca (up on the Murray) to Port Fairy (almost end of Great Ocean Rd) on March 29 and 30.

For Sponsorship information and further details Contact RC Murray to Moyne Team Captain: Monique Hanley  
[moniquehanley@bigpond.com](mailto:moniquehanley@bigpond.com)

Further information activities can be found on the GSNV website at <http://www.gsnv.org.au/pages/news&events/events/events.php>

If your group has an event you would like listed please email details to Emma at [erickard@gsnv.org.au](mailto:erickard@gsnv.org.au)

## ***In The Limelight***

### **Health Matters Consumer Guide: How To Give Feedback.**

So you've had a bad experience with your doctor? What can you do about it? Start by reading the ABC's new Consumer Guide - 'How to Make a Complaint'. You'll find information about your rights, who can help and what could happen if you decide to take things further.

<http://www.abc.net.au/health/cguides/complaints.htm>

If you feel you would like to make a comment about the service you received at Genetic Health Services Victoria this can be done by contacting Robin Forbes on (03) 8341 6278 or writing to her at Genetic Health Services, Royal Children's Hospital, Parkville, Victoria 3052. You may have been seen at another location but still contact Robin at RCH. Genetic Health Services is aiming to provide high quality service and can only improve if consumers give them feedback about concerns that may have arisen from their appointment. Of course, not all feedback is complaints! If you've had a good experience with a health professional or a service you could:



- Write a letter or card to the person involved thanking them and letting them know what was good about your experience,
- Write to the Hospital Consumer Liaison Officer or Quality Assurance Officer about your good experience, or
- Write an article about your experience for your support group newsletter (or the GSNV newsletter!).

### **InterACT Forum – Helping Parents, Caregivers and Service Providers Work Together**

InterACT was developed in 2002 as a group devoted to the development of support and advocacy for families with children living with disability, chronic illness, progressive life threatening illness or mental illness. It also has a strong focus for enhancing the relationships between parents and health service providers in children's wards in public hospitals.

At the first meeting the thirty attendants identified a number of key issues of concern some of which included:

- Access to parking
- Changing facilities for older children
- Aids and equipment on wards
- Independent advocacy
- Acknowledgment of parental expertise
- Parent accommodation and food
- Sibling issues
- Issues Surrounding families from Non-English Speaking Backgrounds

If you would like to become a part of the next InterACT forum, to be held on July 25 at Very Special Kids House please contact Camille Heagney on (03) 9804 6222 or by email [cheagney@vsk.org.au](mailto:cheagney@vsk.org.au)

## ***We'll Meet Again...***

### **REMINDER**

#### **Full Committee Meeting**

March 19

5pm - Annual Review 6pm - Committee Meeting

Conference Room B

10<sup>th</sup> Floor RCH, Flemington Rd Parkville

**For more information on anything you've read here, please contact Eilís or Emma in the GSNV office on (03) 8341-6315 or email [info@gsnv.org.au](mailto:info@gsnv.org.au)**