

Shepparton Community Workshop – Get a Handle on Drugs and Alcohol – ask your pharmacist, GP or at your local community health centre

Shepparton's Eastbank centre successfully saw the first of two pilot community workshops on Monday the 2nd May. 43 people attended the workshop and were informed by three key speakers;

Anne McCamish, The City of Greater Shepparton's mayor spoke about the Council's Health Plan and expressed the importance of addressing alcohol issues in the Shepparton region.

Erik Bott from Goulburn Valley Football League discussed the image of sport, role models and how GVFL has been in action to tackle alcohol problems over the last 5 years.

Ruth Nolan from Family Drug and Alcohol Help made an emotive presentation about her personal experiences with alcohol and what Family Drug Help can do for family members.

In addition to the speakers, a panel of local professionals was present including:

Paul Wickam, a Pharmacist from Balanced Health Pharmacy,

Solange Adad, a General Practitioner from Rumbalara

Rebecca Lorrains, a Youth Drug and Alcohol Worker from Goulburn Valley Community Health Service To break up the workshop, and to provoke further discussion, role plays done by Goulburn Ovens TAFE Diploma of Drug and Alcohol students, which were fantastically well acted, and effective to start discussion on different issues.

There was great input from Health Professionals that attended as well as the public. There was obvious interest from all attendees, which could be seen from the many questions from the audience and the amount of resources that were taken. The many resources (brochures, contact details, magnets booklets etc) were made available thanks to Goulburn Valley Community Health Centre, Department of Human Services, Department of Health and Ageing, Lions Club, Family Drug Help, Australian Drug Foundation, Victoria Police, Queensland Police and Direct Line.

The next pilot will focus on Wangaratta and surrounding region and will take place over June, July and August.

<http://www.psa.org.au/ecms.cfm?id=423>