

Central Highlands Primary Care Partnership

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Welcome to the Central Highlands Primary Care Partnership Newsletter.

This weekly newsletter is a vehicle for you to use to promote your agency's happenings to the Central Highlands.

Agencies are welcome to use the newsletter to showcase new programs, staff, projects and events. Information should be sent to Patricia Stannus, H by **Fridays**.

Central Highlands Primary Care Partnership

Introduction to Health Coaching for Health Professionals

Presented by Health Coaching Australia

Hwww.healthcoachingaustralia.com.au

Thursday 31st July - Friday 1st August,

Victoria Room, Ballarat Lodge,
613 Main Road, Ballarat.

Nurses and other health practitioners are invited to attend this training on Introduction to Health Coaching for Health Professionals. The training supports self-management regimes for chronic disease. It provides practitioners with evidence-based psychological, counselling and coaching principles and practical techniques to enable them to assist their patients.

**There are only a couple of places left –
Registrations are needed now!**

Cost: \$695, CHPCP members \$495.

Registrations - immediately.

Inquiries: Alison Kerr, 03 5338 4774 or Halisonk@chpcp.org.

Calendar of Events:

(180) e.g. This is the edition number and can be accessed on the website for the full details of the event. Hwww.chpcp.org.

- 10th & 24th July - Information Representative – Commonwealth Carer Respite Centre.** 9.30 am – 1.00 pm, Centrelink Ballarat, Albert St. Ballarat. (181)
- 30th June – 6th July Youth Mentoring Week**
- 4th & 11th July Kreative Kidz School Holiday Program – Drawing Within Art Therapy & Counselling Services.** 1.30 pm – 3.30 pm, Radmac Office Choice, 104 Armstrong St Nth, Ballarat. (182)
- 5th July Service Providers Expo – Adult Multicultural Education Services (AMES).** 10.00 am – 2.00 pm, Ballarat Mining Exchange, Lydiard St, Ballarat. (183)
- 7th July Maintaining a Positive Spirit – Grampians Regional Palliative Care Team.** 6.30 pm – 8.30 pm, Education Resource Centre, Ballarat Base Hospital, Drummond St Nth, Ballarat. (181)
- 8th July Community Leadership Training – Tenants Union of Australia and DHS.** 10.00 am – 1.00 pm, Ballarat Library, Doveton St Nth, Ballarat. (183)
- 8th & 15th July Free Tuesday – Davis Bus Services**
- 10th July Mamma Mia! – Friends of Ballarat Hospice,** The Regent Cinema, Lydiard St Nth, Ballarat. (184)
- 11th July Mamma Mia – Friends of Ballarat District Nursing & Healthcare.** 6.30 pm, Regent Cinema, Lydiard St Nth, Ballarat. (182)
- 11th July Chlamydia: Hard to spell, easy to catch Launch – Women's Health Grampians.** 10.30 am – 11.30 am, InExterior Café, Cnr Mair & Doveton Streets, Ballarat. (183)
- 15th July Vic Charter of Wellbeing and Safety for Aboriginal Children and Young People – The Victorian Dept of Education and Early Childhood Development.** 9.30 am – 1.00 pm, Kirrit Barreet Aboriginal Art & Cultural Centre, 407 Main Rd, Ballarat. (183)
- 17th July Dementia and Changes in Sexual Behaviour – HACC Training by Video Conference.** 1.00 pm – 3.30 pm, venue TBA (182)

HACC Health and Wellbeing Expo – Centacare & Department of Human Services and HACC funded agencies

An Expo is to be held on Thursday 17th July, 10.30 am – 3.00 pm, Ararat Performing Arts Centre, Cnr Barkly & Vincent Sts, Ararat. It will provide HACC funded agencies in the Grampians Pyrenees catchment an opportunity to promote their services and provide information to assist residents of the area to continue to live independently in their community.

Free entry. Transport is available.

Further inquiries, contact: Jill, 03 5337 8932.

Group Work – working with parents whose adolescent is abusive at home.

Domestic Violence Resource Centre.

A workshop on a group work program developed by the Meridian Team at Anglicare Box Hill is presented on Thursday 7th and Friday 8th August, 10.00 am – 4.00 pm, Diamond House, 24 Seaby St, Stawell. The program aims to help parents whose adolescent is violent at home. It has been shown to be effective in reducing violence and also has a significant impact on the mothers emotional/mental wellbeing.

This training event is supported by the Central Highlands PCP so that costs will be minimal for the participant. Participants from across the Grampians Region are encouraged to attend. Numbers are limited so book early.

Cost: \$50.

Inquiries and bookings, contact: Jeanine Jones, Grampians Community Health Centre, 03 5358 7415 or jeanine.j@gchc.org.au.

Mamma Mia! – Friends of Ballarat Hospice

Friends of Ballarat Hospice are hosting a fundraising evening at the movies on Thursday, 10th July, 6.30 pm, The Regent Cinema, Lydiard St Nth, Ballarat.

Tickets: \$15

To book, contact: Ballarat Hospice, 03 5333 1118.

Information representative at Centrelink - Commonwealth Carer Respite and Carelink Centre

The Commonwealth Carer Respite Centre will have a representative at Centrelink Ballarat to assist with information on Aged, Disability and Community Services for the general public and service providers.

Thursdays, 10th, 24th July, 9.30 am – 1.00 pm.

No appointment is necessary.

For further information, contact:

FREECALL 1800 052 222

Motor Neurone Disease, Twilight Session – Grampians Palliative Care Team

August's video-conferenced session is on 4th August, 6.30 pm – 8.30 pm and will feature Eric Kelly presenting the topic – Motor Neurone Disease. The aim is to improve participants knowledge of the disease progression, symptom management and palliative care approaches. Included will be discussion of services available and support groups in the Grampians region.

Cost: \$15 per person.

Inquiries and bookings, contact: Regina, 03 5320 3553 or reginak@bhs.org.au.

Childhood Toileting Problems - Grampians Regional Continence Service

Free information sessions are being held for parents, carers, teachers and healthcare professionals. The sessions will be conducted by a Continence Nurse Consultant and will be held at the Queen Elizabeth Centre, Ascot St Sth, Ballarat.

Bowel problems in children -

Wednesday 6th August, 7.00 pm – 8.00 pm.

Toilet Training Tips -

Thursday 7th August, 7.00 pm – 8.00 pm.

Bed Wetting Education –

Wednesday, 13th August, 7.00 pm – 8.00 pm.

For more information and bookings, contact: 03 5320 3795.

Free Travel Tuesday – Davis Bus Lines

Davis bus lines are offering free travel on their buses on Tuesday 8th and 15th July. This will encourage Ballarat people to leave their cars at home, save money and reduce greenhouse gases. Experience first hand how easy and efficient the bus system is.

For bus routes and timetables visit the website:

www.kefford.com.au/ballarat.htm.

Responding to Sexual Assault – Centre Against Sexual Assault

Workers in a variety of fields including counsellors are invited to a workshop on Thursday, 24th July, 9.30 am – 1.00 pm, Queen Elizabeth Centre, Education Resource Centre, Seminar Room 2, Ascot St Sth, Ballarat. The workshop will cover the impact of childhood and adult sexual assault, commonly held societal beliefs about sexual assault, responding to disclosure of sexual assault, how to effectively support and advocate for a victim/survivor and a brief introduction to understanding and working with trauma response.

Cost: \$40.

Inquiries, contact Ballarat CASA, 03 5320 3933.

Sports Equipment Library Launch – Ballarat Community Health Centre, Central Highlands Sports Assembly & Central Highlands Regional Library Corporation.

An invitation is extended to attend the launch of the Sports Equipment Library on Friday, 18th July, 1.00 pm, Yuille Park Community College, Violet Grove, Wendouree. The Library will provide members of the community free access to sporting equipment.

RSVP: Monday 14th July.

Inquiries and bookings, contact: 03 5332 2615 or admin@chrhc.vic.gov.au.

Centacare Family Relationships Workshops – Term 3.

Building Positive Couple Relationships

Wednesday, 23rd July, 7.00 pm – 9.00 pm.

This workshop is for couples who wish to keep their relationship healthy and vital.

Little Kids with Attitude

Monday, 28th July, 7.00 pm – 9.00 pm.

A workshop for parents of toddlers and pre-schoolers.

Living with Teenagers

Wednesday, 30th July, 1.00 pm – 3.00 pm.

Parents of teenagers will look at the joys and challenges of adolescent development.

Surviving and Thriving in a Stepfamily.

Couples in a Stepfamily will look at building the couple partnership, difference in biological and step relationship and expectations for the whole family.

Wednesday, 30th July, 7.00 pm – 9.00 pm.

For these workshops:

Cost \$10 per person. Venue will be advised on booking.

Inquiries: contact: Sue 03 5337 8908.

Partnering Assessment Workshop – Victorian Council of Social Service (VCOSS)

Staff from Community Service Organisations and Department of Human Services that are in partnership are invited to attend a workshop on 15th July, 11.00 am – 1.00 pm, Ballarat Health Services, Education Resource Centre, Drummond St Nth, Ballarat.

Registrations by 8th July.

Further information, contact: Tanya, 03 9654 5050 or tanya.nikolovski@vcoss.org.au.

www.vcoss.org.au

Housing Week 31st August – 7th September

Grants are available to run events for Housing Week. Two types of grants are available – Regional and larger events and Tenant Group Grants. For further information, contact:

Melissa Beaston, 03 5333 6645 or 0438 026 411.

Mental Health Week – Mental Health Foundation of Australia (Victoria)

Organisations are invited to register Mental Health Week events on the Foundation's website. In doing so, the events will be promoted and registering them will assist the coordination of Mental Health Week.

www.mentalhealthvic.org.au.

Inquiries and assistance, contact:

Leanne Peros, MHFA (Vic), 03 9427 0406 or Fax 03 9427 1294.

Australia's Health 2008 – Australian Institute of Health and Welfare

Australia is one of the healthiest nations in the world, taking great strides in many health areas - but there are groups whose health still lags behind, according to the Australian Institute of Health and Welfare's latest national report card on health.

Media Release:

www.aihw.gov.au/mediacentre/2008/mr20080624.cfm

This report is now available for purchase:

www.aihw.gov.au/publications/index.cfm/title/10585

Grampians Rural Youth Advisory Network (GRYAN) -Grampians Pyrenees Primary Care Partnership & Local Learning Employment Network

The GRYAN will oversee the development and implementation of a catchment-based Youth Strategy. A forum will be held on 12th and 13th August to discuss the formation and facilitation of this group. For further details contact:

Kate Serrurier, 03 5352 6206 or 0407 548 553, kates@grampianspyreneespcp.org.au

National Tree Planting Day Sunday 27th July.

<http://treeday.planetark.com/about/>

Change of Hours - Citizens Advice Bureau Wimmera-Mallee

The office hours for the Citizens Advice Bureau Wimmera-Mallee is now 12 noon – 3.00 pm Tuesday – Friday.

Stress Down on 24/7 – Lifeline

Workers, family and friends have an opportunity to do something fun whilst reducing stress levels and raising funds for Lifeline. Stress Down day is on 24th July and is an opportunity to participate in activities designed to reduce stress and raise some dollars to support Lifeline to continue providing services 24 hours a day, seven days a week. Checkout the merchandise to help the fund raising, coffee mugs to slippers!

www.stressdown.org.au

AusPANet – news

Worldwide variability in physical inactivity: A 51-country survey

www.heartfoundation.org.au/AusPANet_Article_Commentary_8

How socio-economic status contributes to participation in leisure-time physical activity

www.heartfoundation.org.au/AusPANet_Article_Commentary_9

Perceived Barriers to Physical Activity Among Pregnant Women

www.heartfoundation.org.au/AusPANet_Article_Commentary_10

Also of interest - recently released physical activity research articles.

www.heartfoundation.org.au/AusPANet_Article_Commentary_11

Parents Jury

Visit the Parents Jury website to read articles on healthy schools, food marketing for kids, physical activity environments, healthy checkouts and healthy eating for kids. Put your thoughts into the Ballot Box on the effects of price rises for fresh fruit and vegetables. See the latest news articles: Australia is the fattest nation and Messing with your mind, kid.

www.parentsjury.org.au

Independence and Individuation as Key Concepts in Mental Health – The Bouverie Centre

The Mental Health sector including workers, consumers and family members are invited to a free and open forum/workshop Tuesday, 5th August, 2.00 pm – 4.00 pm, The Bouverie Centre, 8 Gardiner St, Brunswick.

Cost: Free but bookings are essential.

RSVP 29th July.

Inquiries/bookings, contact: 03 9385 5100.

Primary Health Bulletin – 1st July 2008

The latest edition of the Primary Health Weekly Bulletin is now available in a different format.

For full details, view the bulletin via the below link.

www.dhs.vic.gov.au/rrhacs/ph_bulletin?src=email&id=120408

Job Opportunity – Project Manager, Service Coordination (3 years full time)

The Primary Health Branch is looking for a person who is interested in contributing to the PCP strategy and the implementation of service coordination across Victoria. Follow the web link on the bulletin. Application close 4th July.

Inquiries, contact: Jenk Akyalcin, 0402 893 620 or Jenk.Akyalcin@dhs.vic.gov.au

Lifting the bar: Living Longer Living Stronger into the future

The Council on the Ageing Victoria's Annual Conference will be held on 22 July, Victoria University, Melbourne. The 2008 conference will challenge participants to consider how they can continue to best meet the needs of the older people in their communities in a rapidly changing environment.

Inquiries, contact: Stephanie Harper

03 9655 2105 or activemanager@cotavic.org.au
www.cotavic.org.au/healthy_and_active_ageing/living_longer

Increase the impact of health promotion and chronic disease – QIPPS

This workshop on Tuesday, 5th August, Latrobe University, Bundoora, provides an opportunity to take a step back and reflect on how to get the most out of QIPPS AND improve the impact of health promotion and chronic disease interventions.

For more information, contact: 03 9479 5954 or qipps@qipps.com.

www.qipps.com/resources/conferences.php?sid=36

Access Points 'Direct2Care' goes live in Eastern Metro Region

A new service to help Victorians access aged-care services has gone live. Direct2Care is a 'one stop shop' for community care delivering services for older people and their carers. The service aims to help older Victorians find and access the services they need to live fuller, more independent lives in the familiar surroundings of their own home.

www.dhs.vic.gov.au/rrhacs/ph_bulletin/first-victorian-access-points-project-direct2care-goes-live-in-the-eastern-metropolitan-region

Words of Wisdom:

"The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God."

(Anne Frank)

Don't forget to pass on this information

Please print out a copy of this newsletter to put in your staffroom.

Anyone wishing to receive this newsletter or to contribute items, contact: Patricia Stannus, 03 5339 9872 or patricias@chpcp.org.

Newsletters can be viewed on the website: www.chpcp.org.