

Central Highlands Primary Care Partnership

15 Violet Grove, Wendouree 3355.

Ph: 03 5338 4770 Fax: 03 5339 8419

Postal: 15 Violet Grove, Wendouree 3355.

Executive Officer - Helen Wade

Ph: 03 5338 4770 or helenw@chpcp.org

Drought & Climate Change Coordinator - Chris Pollock

Ph: 03 5338 4771 or drought@chpcp.org

Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or johnd@chpcp.org

Chronic Disease Coordinator – Tim Stewart

Ph: 03 5338 4773 or tims@chpcp.org

Administration Support Officer - Alison Kerr

Ph: 03 5338 4774 or alisonk@chpcp.org

Website: www.chpcp.org

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 alisonk@chpcp.org by **Fridays** for the next week's edition.

Central Highland Primary Care Partnership has a new Website!

Check out our new website at www.chpcp.org

Although there are a few areas that need fine tuning we are keen to get feedback from you on what you think of the site and any additional information that could be added.

The new format will allow for a wide range of information and resources to be located on the site as well as information about the activities of the CHPCP and its member agencies.

In the resources section we will be able to locate reference documents so please forward any that you may think relevant. There is also an events calendar which will be used in conjunction with the newsletter. A big thank you to Alison Kerr who has been very busy inputting all the information.

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. www.chpcp.org

February 2009

Monday 2 nd	CAFS Foster Care Program Information Session , 1.00pm, Child and Family Services, 115 Lydiard St, Ballarat (210)
Tuesday 3 rd	Little Kids with Attitude , Centacare Family Relationships Education Programs, 7.30pm – 9.30pm, venue confirmed on booking (210)
Tuesday 3 rd	CAFS Foster Care Program Information Session , 5.30, Child and Family Services, 115 Lydiard St, Ballarat (210)
Tuesday 3 rd	CHPCP Health Promotion Network Meeting , 9.30am – 11.00, Child & Family Services, 115 Lydiard St, Ballarat.
Wednesday 4 th	CHPCP Drought & Climate Change Meeting , 1.30pm – 3.00pm, CHPCP Office, 15 Violet Grove, Wendouree.
Saturday 7 th	Type 1 out of Town Diabetes Event , 9.00am – 2.00pm, Wendouree Centre for Performing Arts, 1220 Howitt St, Wendouree (209)
Monday 9 th & 16 th	123 Magic , Centacare Family Relationships Education Programs, 7.00pm – 9.00pm, venue confirmed on booking (210)
Monday 9 th	Responding to Bereavement & Trauma Seminar , 9.00am – 4.30pm, Ballarat Library Meeting Room, 178 Doveton St Nth, Ballarat (210)
Tuesday 10 th	Vic Relief Foodbank Bus Trip , CHPCP, 9.30am, Civic Hall, Creswick Rd, Ballarat (209)
Tuesday 10 th	Managing Strong Emotions , Centacare Family Relationships Education Programs, 7.00pm – 9.00pm, venue confirmed on booking (210)
Tuesday 10 th – March 31 st	SHADES Program , 1.00pm- 3.00pm, Primary Mental Health Team, Drummond St Nth, Ballarat (209)
Wednesday 11 th	Living with Teenagers , Centacare Family Relationships Education Programs, 1.00pm – 3.00pm, venue confirmed on booking (210)
Wednesday 11 th	CHPCP CHADA Meeting , 9.30am – 11.30am, Seminar Room 2, QEC, Ascot St, Ballarat.
Monday 16 th	CHPCP Diabetes Steering Committee Meeting , 1.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Tuesday 17 th	CHPCP Child & Family Platform Meeting , 9.30am – 11.30am, Child & Family Services, 115 Lydiard St Nth, Ballarat.
Wednesday 25 th	Training the Trainer of Volunteers , Ballarat Volunteer Resource Centre, all day training, 20b Sturt St, Ballarat (210)

Expressions of Interest

Expressions of interest are being taken for training in the following fields: Food Handling including food safety supervisor, Advocacy, Dealing with Difficult People and Mental Health First Aid. If your organization has an interest in this training for staff or volunteers then please contact Chris Pollock, Drought/Climate Change Coordinator at CHPCP on 5338 4771 or email drought@chpcp.org

Myki Information Session

Myki is the new public transport ticketing system that is being implemented across Victoria. As of March 2009 buses in Ballarat will operate under the new Myki ticketing system. Vision Australia in partnership with Davis Bus Lines are running an information session on Friday 13th February, 1.30pm at Vision Australia, 1300 Howitt St, Wendouree. The session will include information about how the ticketing system works, if it affects travel passes and companion cards. For further information or to book please contact Vision Australia 5337 4555.

Family Violence Protection Act

The Victorian Government has recently introduced the new Family Violence Protection Act 2008. This landmark legislation, which replaces the 21 year old crimes act, is the result of a successful partnership across Government and the community. Community attitudes and awareness will play an integral part in the next phase of eradicating family violence, as a result a communication campaign is being rolled out to support the legislation and send a strong message that the Victorian community says 'enough' to family violence. Copies of the campaign posters, simple fact sheets on the new legislation and a referral card can be downloaded from www.familyviolence.vic.gov.au or contact the Department of Justice on 8684 0308.

Education Tax Refund

With a new school year just around the corner, parents should keep receipts for costs like laptops, internet connections and textbooks to make the most of the Rudd Governments \$4.4 billion Education Tax Refund. To read more visit www.alp.org.au/media/0109/mstres220.php

Did You Know??

Standby power can account for up to 10% of household energy use, or \$100 a year on energy bills. Home office and entertainment appliances are the worst offenders. Switch appliances off at the power button or at the wall.

Heatwave Protection and Survival

Victorians should guard against heat stress over the next few days with a statewide forecast of extremely hot weather. A heatwave is an extended period of very dry high summer temperatures with the potential to adversely affect communities. Although the effects of heatwaves can be serious, they are one of the easier hazards to protect against if you are in good health. However if global warming increases, heatwaves will become hotter, longer and more frequent, so it is important to be aware of how to cope and survive.

Some tips include: avoid strenuous activities and drink 2-3 litres of water a day, do not consume alcohol or carbonated drinks, keep your home cooler with curtains shutters or awnings and leave windows open at nights, during the day spend as much time as possible in air-conditioned buildings eg shopping centres, pay particular attention to young children and the elderly and consult a doctor if they appear unwell. More detailed information is available at www.health.vic.gov.au/environment/downloads/heat_stress.pdf

QIPPS Managers

The following checklist has been devised to assist you keep your QIPPS library neat and tidy and ensure you get the best value from your subscription. Have you: checked your user list for currency in the last 12 months? Deleted or renamed any copies of programs? Deleted any teat programs? Conducted an audit program in the last 12 months to make sure people are using the resource as intended and to identify any workforce development needs?

Schools Fresh Food Program

Children around Australia will soon enjoy the benefit of a hands on garden experience via a program of growing, preparing and sharing fresh food as part of the push to help tackle the levels of childhood obesity. For more information visit www.alp.org.au/media/0109/msheag200.php

Primary Health Weekly Bulletin

The latest edition of the Primary Health Weekly Bulletin is now available at www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=220109

In this edition: Seminar: traditional practices affecting young immigrant and refugee women's health and wellbeing, CData and SEIFA information sessions, outcomes from the vendor information forum, HACC and primary health program fees update, completion of the Victorian statewide referral form and specialist templates project.

Better Health Channel Newsletter

This months Better Health Channel Newsletter is available at

www.betterhealth.vic.gov.au/bhcnewsrd.nsf/news?open&s=nm&pn=januarynewsletter

In this edition: Crash dieting makes you gain more weight, setting realistic resolutions, school lunch box tips.

Developing Organisational Cultural Diversity Plans

This workshop is designed to support organisations in developing responsive and effective cultural diversity plans. Health and community organisations need to ensure service planning and delivery is culturally competent to achieve better health outcomes for CALD consumers. The intermediate level workshop is being conducted by the Centre for Culture Ethnicity and Health on Wednesday 18th March 2009, 9.15am – 2.00pm at 81-85 Barry St, Carlton. To register your place visit www.ceh.org.au or phone 9342 9700.

Professional Development for Allied Health

Associate Professor Adrian Schoo, Director Workforce Development along with Deputy Director and Head of the Department Workforce Program for Greater Green Triangle University Department of Rural Health are facilitating workshops for 'Motivational Interviewing in Chronic Disease Management' & 'Supporting Self Management: Common Models and Approaches'. Sessions are being conducted in Sunbury and Horsham. Wednesday 25th February 11.30am – 2.15pm, Sunbury Community Health Centre, Macedon St, Sunbury, contact Bernadette Hetherington on 9300 3086 or bernadetteh@mchs.org.au and Wednesday 25th March 11.30am – 2.15pm at Grampian Community Health Centre, 25 David St, Horsham, contact Donna Bridge on 5362 1221 or donna.b@gchc.org.au

17th Ministerial Rural Health Forum

The Hon. Daniel Andrews MP, Minister for Health, invites you to a forum on 'Health Services and Small Rural Communities'. The forum will be held on Friday 13th February, 9.30am – 2.15pm at the Crest Room, Level 2 Gate 6, Telstra Dome, Docklands, Melbourne.

Did You Know??

During the 20th century, heatwaves have caused more deaths in Australia than any other natural hazard (except disease). The worst recorded killed well over 400 people.

Interprofessional Learning in Your Practice

Monash University Department of Rural & Indigenous Health along with the Health and Social Care Interprofessional Network is proud to present 'How to Facilitate Interprofessional Learning (IPL) in Your Practice'. If you work with a range of health professional disciplines in your practice then this inaugural, interactive and exciting workshop is designed to help you to integrate IPL as part of your practice. The workshop is being held on Wednesday 18th February, 9.00am – 5.00pm at Lister House, Bendigo Regional Clinical School, 37 Rowan St, Bendigo. Cost \$25 including lunch. Register by 13th February 2009 to cathy.beamish@med.monash.edu.au or sue.townsend@lchs.org.au

Music and Wellbeing Symposium

A two day symposium is being held focusing on the cultural and biological reasons about active music-making that improves community life. Presenters will be the inspirational Australian and International theorists Jon Hawkes and Brynjulf Stige. The Symposium will be held on Wednesday 11th February and Thursday 12th February, 9.00am – 5.00pm, at the University of Melbourne, Parkville. Cost \$750 + GST. Further information and registration forms can be found at www.mccp.unimelb.edu.au/music-and-wellbeing or contact Elise Strande on 9810 3136.

Mediation & Conflict Resolution Training

This interactive and stimulating 2 day course will assist professionals to explore conflict and impart the essential principles and process of mediation. The structured mediation model and specific conflict resolution skills will be presented and practiced. The course can be utilised in many different areas of conflict eg. client work, workplace disputes and interpersonal conflict. The course is being held on Monday 16th and Tuesday 17th March 2009 at 199 Faraday St, Carlton. For more information and to register online visit www.fightingfair.com.au/home/training.htm#level1

DONT FORGET TO PASS THIS INFORMATION ON

Please print out a copy for your staff room.

To include items in the newsletter contact 03 5338 4774 or email alisonk@chpcp.org