

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 Virginia Williams, admin@chpcp.org by **Fridays** for next week's edition

Calling Connectingcare & E-Referral Users!

The State-wide Connectingcare Strategic Group has decided to establish Regional User Groups in each region to promote and encourage input from agencies and their staff using the Connectingcare online service directory and e-referral system.

The Regional User Group would discuss development request, raise maintenance issues, share ideas, and training for the region.

A section of the meeting time would be used to discuss the Referral Information Management System (RIMS) used by regional hospitals which links with Connectingcare.

An initial meeting of the group will be held Wednesday 24th September 10.00 am – 12.00 noon at Pyrenees House, East Grampians Health, Girdlestone St Ararat. Following meetings will use video conferencing.

If you are interested in joining the Connectingcare Regional User Group or would like more information contact Helen Wade, 03 5338 4770 or helenw@chpcp.org. If you would like a lift to the meeting contact Helen

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.

SEPTEMBER	
Friday 12 th	Dementia Essentials 9.30am – 4.00pm, Ballarat Learning Exchange, 36 Camp St, Ballarat (191)
Friday 12 th	Kreative Kidz – Art Therapy 4.00pm – 5.30pm Radmac Office Choice, 104 Armstrong St, Ballarat (192)
Monday 15 th	Cancer Awareness Community Forum, Bowel Cancer 9.30am – 11.30am, 78 Steiglitz St, Ballarat (193)
Tuesday 16 th	Goal Setting Workshop, Child & Family Services 3.30pm – 6.00pm, Daylesford Neighborhood Centre (192)
Tuesday 16 th	Family Drug Support Information Evening 7.30pm, Novotel Forrest Resort, Creswick Rd, Creswick (194)
Thursday 18 th	Neuromuscular Disorder - HACC 1.00pm – 3.00pm Video Conference (182)
Friday 19 th	Dementia Essentials 9.30am- 4.00pm Ballarat Learning Exchange, 36 Camp St, Ballarat (191)
Friday 19 th	Young Adult Group 4.30pm – 5.30pm, Wendouree Library (193)
Friday 19 th	Kreative Kidz – Art Therapy 4.00pm – 5.30pm Radmac Office Choice, 104 Armstrong St, Ballarat (192)
Sunday 21 st	Badminton Come & Try Ken Kay Badminton Stadium, Dowling St, Wendouree (192)
Sunday 21 st	St John of God Medi Marathon Windmill Dr, Lake Wendouree (194)
Monday 22 nd	Pharmacology Study Day Grampians Regional Palliative Care Team (186)
Tuesday 30 th	Alzheimer's Week Information Session 10.45am -3.00pm Doherty's Lodge, Main Rd, Ballarat (194)

OCTOBER	
Monday 8 th	Good Mental Health Expo 1.30pm – 3.30pm Wendouree Bowls Club, 1330 Gregory St, Wendouree (194)
Thursday 9 th	Polio Day In Ballarat , Midlands Golf Club, Heinz Ln, Ballarat North (186)
Thursday 9 th	Mind Your Mind Afternoon 1.00pm – 3.30pm Brown Hill Progress Hall, 375 Humffray St, Brown Hill (194)
Wednesday 22 nd	Statewide Respite Conference - Focusing On Ability Doherty Lodge, Main Rd, Ballarat (186)

Family Drug Support – Victorian Division

Will be holding a public information evening for families and friends of those with a drug and/or alcohol problem, the evening will give attendees the opportunity to learn about the valuable services offered by Family Drug Support Nationally and also learn techniques to enable them to deal with issues in their family. Guest speakers will include Tony Trimmingham OAM – Founder and CEO of Family Drug Support and Helen Barnacle – An imminent Psychologist and Author of “Don’t let her see me cry”. The seminar will be held at Novotel Forrest Resort, Creswick Rd, Creswick on Tuesday 16th September, 7.30pm. For more information contact Linda on 0400 106 358.

Alzheimer’s Week

A free information session for families caring for someone with Dementia will be held Tuesday 30th September, 10.45am – 3.00pm, at Doherty’s Lodge, Main Rd, Ballarat. For further information please contact Faith Austin, Commonwealth Carer Respite Centre/Carers Choice, 03 5333 7104.

Mental Health Week 5th – 11th October – Good Mental Health, An Expo”

Mental health week is a national promotion that aims to increase community awareness about mental illness and to reduce the stigma often associated with it. Mental Health Week aims to activate, educate and engage Victorians around mental health and health related issues. Grampians Mental Health Week Action Group will be holding “Good Mental Health, An Expo” Wednesday 8th October, 1.30pm - 3.30pm, at the Wendouree Bowls Club, 1330 Gregory St, Wendouree. Include displays, health checks and other activities. The expo will be followed by a two course dinner from 6.00 – 8.30pm with motivational speaker, Roland Rockichelli, and stress buster Jenny Skewes. For information or bookings contact Marilyn Gale or Jackie Mawkes, 03 5338 4500.

Rural Community Counselling – Djerriwarrh Health Service

The Melton & Bacchus Marsh Community Health Centres are offering Free Rural Community Counselling to individuals, families, & business people. Providing people with the opportunity to meet with professionally trained counsellors to help work through the difficulties and conflicts they are facing associated to drought and assist families to promote, maintain and strengthen their independence. To make an appointment with a counsellor or for further information contact 03 8746 1100

Catherine King – Media Release – Helping Ballarat Volunteers Pay Their Petrol Bills

Community organisations across the Ballarat electorate can now apply for a share in the Australian Government’s \$21 million Volunteer Grants Program. Member for Ballarat Catherine King welcomed the opening of the funding round, announced by Jenny Macklin, the minister for Families, Housing, Community Services and Indigenous Affairs. The government will expand items eligible for funding under the program to include petrol for volunteers who use their vehicles for volunteering purposes. This new measure will assist volunteers who use their vehicles to support people in the community, including delivering food to the homeless, taking disadvantaged children to Saturday sports and visiting the elderly. Organisations can now apply for grants of between \$1000 - \$5000 to purchase equipment – including computers, air conditioners, lawn mowers and sporting items used by volunteers. For more information or to obtain an application form and guidelines visit www.fahcsia.gov.au or call the toll free hotline 1800 183 374. Application close, Friday 17th September 2008.

Mind Your Mind Afternoon - City of Ballarat

There will be a free “Mind Your Mind Afternoon” presentation held by Dr Maree Farrow and Dr Mark Yates on Thursday 9th October, 1.00 pm – 3.30 pm at Brown Hill Progress Hall, 375 Humffray St Nth, Ballarat. Participants will learn about the seven signposts for leading a “Brain Healthy” lifestyle, with Spot Prizes, Games, Bingo and afternoon tea. Bookings taken from Monday 15th September on 03 5320 5606.

Women’s Health Grampians 2008 Annual General Meeting

Women’s Health Grampians Annual General Meeting will be held on Thursday 23rd October from 10.30am – 1.00pm, Robert Clark Recourse Centre, Botanical Gardens, Ballarat. Guest speaker Helen Szoke will speak on women’s role’s in equal opportunity, human rights and advocacy. A light lunch will be provided. RSVP for catering by Thursday 16th October to 1800 013 432 or adminb@whg.org.au

St John of God Hospital - Medi Marathon

The St John of God run / walk Medi Marathon will be held on Sunday 21st September, Windmill Dr, Lake Wendouree. Early bird entries receive a free t-shirt until 15th September. For more information contact Genevieve on 0417 038 977 or www.medimarathon.com.au

Does Your Child Have Type 1 Diabetes?

Would you like to chat over a cuppa with other parents and carers of young children who have Type 1 diabetes? On the first Tuesday of every month from 9.30am, at McDonalds Play room, Sturt St, Ballarat there will be an informal meeting for parents and carers to get together, swap and share their ideas and experiences in dealing and living with a child that has Type 1 Diabetes.

Contact Fiona, 0423 512 620 or email feb@dodo.com.au for further information.

Vulnerable Youth Framework Discussion Paper - Regional Consultation with YACVIC

The Vulnerable Youth Framework discussion paper is a key strategic and policy document, developed by DPCD, DHS, DEECD and Police. Currently the paper is open for discussion, from 1st September until 30th September, with a number of forums being run across the state. Ballarat will be holding a regional consultation forum on Wednesday 17th September, 10.30am – 2.00pm at the Eureka Room, DEECD, 109 Armstrong St Nth, Ballarat. Lunch provided. Video links will be available to Ararat and Horsham.

For information contact Maryanne Ross 03 5327 2817

Ryan IGA Community Rewards Program

Karden Disability Support Foundation now has a community rewards box at Ryan Northway IGA store. For every \$ 20 you spend in the store you will receive one 'coin' to donate to the local community group of your choice. If you spend \$100 you will receive five coins to donate. You then have the option of putting the coins into the community group deposit box of your choice. This will raise extra funds and will help support the work of local organisations.

Hepburn Seeks Transport Help

The Hepburn Shire is conducting a survey to help improve transport services to and from Ballarat. Through the Front SEEAT Transport Connection Project, the survey is available online at the Councils website www.hepburnshire.com.au and clicking on the "Transport Connections Survey".

Walking for Health: Evidence & Inspiration - Go for your ILife Physical Activity Forum

The Walking For Health: Evidence & Inspiration, will be held Tuesday 21st October, at Treasury Theatre, 1 MacArthur St, East Melbourne. Contact Sarah-Jane Blunt, 03 8320 0102 or sjblunt@kinectaustralia.org.au

Hope Line Suicide Prevention - Salvation Army

The Salvation Army has launched a new program highlighting that suicide prevention is "everybody's" business. The Hope For Life campaign involves two online training program's, Bereavement Support and Suicide Prevention. The online training program is aimed at professionals and careers who work with people bereaved through suicide, it also highlights that Clergy, Chaplains, Funeral Directors, Emergency Services, Health and Social welfare and education can all benefit from the online training. There is also an online training program to show how to potentially spot the signs that someone is considering suicide.

A new 24 hour national Hope Line is available for people bereaved through suicide. For more information visit the Hope for Life's website www.suicideprevention.salvos.org.au or the Hope Line counselling number is 1300 467 354.

Walktober

This is the third year Walktober has been held and it's getting bigger. Walktober has been developed by Kinect Australia (incorporating VICFIT) in collaboration with VicHealth and this year it is also funded by the Department of Transport and the Victorian Seniors Festival. In 2007 Walktober involved over 450 organisations and more than 80,000 people took part in the events during October. A number of high profile events will be held in Walktober, all of which incorporate walking and promote liveable communities. You can get involved by registering a walking event you are holding or by taking part in a major Walktober event. For more information visit www.walktober.com.au

Green Corps – Recruitment Time

Green Corps is a Federal Government initiative for young people aged between 17 - 20 years. Participants are paid an allowance of \$300 per week for 26 weeks, 35hours per week and includes all uniform needs and personal protective equipment. Participants will receive certificates in Conservation and Land Management Certificate 1, OH & S and First Aid. The Green Corps are recruiting for Bendigo, Ararat, and Stawell region commencing Monday 6th October. For further information contact Ros Young 03 5444 0777.

Words Of Wisdom

"Life Is A Succession Of Lessons, Which Must Be Lived In Order To Be Understood"
Ralph Waldo Emerson.

The Kitchen Garden Classroom – Educating Children for a Healthy Future

The Stephanie Alexander Kitchen Garden Foundation is hosting its inaugural national conference – The Kitchen Garden Classroom - at Abbotsford Convent in Melbourne on Monday 13th October.,. It will attract a wide audience from across Australia and beyond, including members of the public, educators in food education and childhood health, participants from Schools, Principals, Program Coordinators, Kitchen and Garden specialists, classroom teachers and volunteers. There will be a wide range of workshops and display kitchen and garden classes. Cost: \$170.00 per person.

For information or registration form visit www.secure.kitchengardenfoundation.org.au/conference/indx.shtml

Partnership for Social Inclusion Conference 15th – 16th October

Participation in social, economic and civic life should be open to everybody. It is important to the wellbeing and prosperity of individuals, families and communities. Exclusion can mean the loss of access to services to supportive networks and to opportunities for skills and jobs, leading to poverty, poor health status and low productivity. This conference will provide an opportunity for government, academics and practitioners from across Australia, New Zealand and regions to discuss current practice and explore future directions. The conference will be held at the Telstra Dome in Melbourne from Wednesday 15th- Thursday 16th October. For further information contact Dr Lauren Rosewarne on 03 8344 9482 or lrose@unimelb.edu.au

Windermere Foundation – Healthcare Leadership Development Through Research in Rural and Regional Victoria

The Windermere Foundation is offering special grants up to \$15,000 to be used in 2009 to assist improvements in health and wellbeing and the development of future health care leaders in Victoria. The Foundation is calling for applications by Friday 31st October. A copy of the application form can be obtained from the CHPCP office, or for further information contact Lesley Irving, lirving@evenbuchanan.com.au

Don't forget to pass on this information.

Please print out a copy for your staffroom.

To include items in the newsletter please contact:

Virginia Williams on 03 5338 4775
or admin@chpcp.org.au

HACC Training By Video Conference & Web Stream – Neuromuscular Disorders

This session will be run Thursday 18th September, 1.00 – 3.00pm, it will provide participants with an overview of more common Neuromuscular Disorders that affect children/adults, including Duchenne Muscular Dystrophy, Spinal Muscular Atrophy, Facioscapular Muscular Dystrophy, Myasthenia Gravis and Myotonic. Topics will include diagnosis and genetics, progression and care requirements, available medical and management treatments and therapies as well as available resources. For further information contact Karen Walsh, Grampians HACC training coordinator 03 5334 1500 or hacked@bdnh.com.au

New Website Community

An active community for consumers and carers sharing and understanding mental health issues can be found at the new website linked with Coping Online Enterprises (COPE). COPE has been established by the Brake Foundation especially for women and those with mental illnesses such as anxiety and depression. The sight owner is looking for volunteers to contribute to the site. For more information visit <http://copeinternational.ning.com/>

Personal Experience With Mental Illness

Would you like to give others an insight into living a life with a mental illness, and help change how people see you as a mental health consumer or carer? Nikki Wall is putting together a manuscript of personal experiences with mental illness for free distribution to carers, consumers, educators and clinicians to increase awareness and to reduce the stigma surrounding mental illness. Nikki is inviting you to share your experiences with mental illness. The manuscript is called Glimpses - A Complication of Uncensored Real Life Experiences With Mental Illness. If you would like any more information contact Nikki Wall forwalls@xi.com.au

Disability Advocacy Resource Centre –DARU

Over the past twelve months, new pieces of legislation have been introduced to promote and protect the rights of people with disabilities. This free workshop on Monday 20th October, 9.30am – 3.30pm, Trench Room, Ballarat Town Hall, Sturt St, Ballarat will provide information and demystify the laws and answer questions people may have.

RSVP Friday 10th October to Melissa Young, 03 9639 5807 or admin@daru.org.au