

## 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 [admin@chpcp.org](mailto:admin@chpcp.org) by **Fridays** for the next week's edition.

### Advance Notice - Consultations on Australia Healthiest Country by 2020

The National Preventative Health Task force has now released a major discussion paper – Australia: the Healthiest Country by 2020 and will consult with as many organisations, groups and individuals as possible for the next phase of the National Preventative Health Strategy.

The Public Health Association of Australia has been asked to assist the Taskforce to distribute an invitation to participate in feedback on the document.

The discussion paper can be downloaded at [www.preventativehealth.org.au/internet/preventativehealth/publishing.nsf/content/discussion-healthiest](http://www.preventativehealth.org.au/internet/preventativehealth/publishing.nsf/content/discussion-healthiest)

A series of consultations will be held around Australia with full details available at [www.preventativehealth.org.au](http://www.preventativehealth.org.au)

Sessions will be held: (to be confirmed)

Adelaide 29<sup>th</sup> January 2009

Melbourne 10<sup>th</sup> & 11<sup>th</sup> February 2009

Mt Gambier 30<sup>th</sup> January 2009

Wodonga 13<sup>th</sup> February 2009

## 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](http://www.chpcp.org)

### November

Friday 7 <sup>th</sup>	<b>Women's Health and Wellbeing Session</b> , 2.00pm – 3.00pm, Ballarat Health Services, Drummond St, Ballarat (201)
Friday 7 <sup>th</sup>	<b>Trivia Night, Grampians Regional Health Week</b> , 7.00pm for 7.30pm Start, Victoria St Bowling Club, 231 Victoria St, Ballarat
Friday 7 <sup>th</sup>	<b>City Of Ballarat Youth Recognition Awards</b> , Ballarat Fine Art Gallery, 40 Lydiard St, Ballarat (198)
Monday 10 <sup>th</sup>	<b>St Luke's Traveling Toolshed Two Day Workshop</b> , 9.30am- 4.30pm, Peart Wing, 102 Lydiard St, Ballarat (197)
Monday 10 <sup>th</sup>	<b>Little Kids With Attitude – Centacare Family Relationships Program</b> , 1.00pm – 3.00pm, venue advised on booking (202)
Monday 10 <sup>th</sup>	<b>Safe Talk</b> , 1.00pm – 5.00pm, Ballarat Health Services, Education Resource Centre, Drummond St, Ballarat (198)
Tuesday 11 <sup>th</sup>	<b>Mothers Living with Teenagers – Centacare Family Relationships Program</b> , 7.00pm – 9.00pm, venue advised on booking (202)
Tuesday 11 <sup>th</sup>	<b>Be Safe In Cyberspace Forum – Ballarat ICT Primary Health Strategy Consultations</b> , 4.15pm – 6.30pm, Studio 3 Caro Centre, University of Ballarat, Mt Helen Campus, Ballarat (202)
Wednesday 12 <sup>th</sup>	<b>CHPCP CHADA Meeting</b> , 9.30am – 11.30am, Seminar Room 2, Queen Elizabeth Centre, Ascot St, Ballarat
Thursday 13 <sup>th</sup>	<b>Lets Party but Keep it Safe</b> , 7.30pm, Town Hall, Main Street, Bacchus Marsh (201)
Thursday 13 <sup>th</sup>	<b>Dyslexia Awareness Training</b> , 6.00pm - 9.00pm, Interclub, Cnr Scott Pde & Havelock St, Ballarat (200)
Friday 14 <sup>th</sup>	<b>Rotary Club of Wendouree Breakfast presents ~Costello &amp; Cocktail Evening</b> , 5.30pm - 8.00pm, Heritage on Lydiard, 15 Lydiard St Nth, Ballarat (200)
Saturday 15 <sup>th</sup>	<b>Ceremony of Remembrance</b> , 5.30pm, Ballarat General Cemetery, Cnr Lydiard & Norman Sts, Ballarat (201)
Tuesday 18 <sup>th</sup>	<b>Palliative Care, Developing Nursing Clinical Skills Training</b> , 9.15am – 4.00pm, Classroom 1 Education Centre, 1 <sup>st</sup> Floor, Queen Elizabeth Centre, 102 Ascot St Sth, Ballarat
Tuesday 18 <sup>th</sup>	<b>Fathers Living with Teenagers – Centacare Family Relationships Program</b> , 7.00pm – 9.00pm, venue advised on booking (202)
Tuesday 18 <sup>th</sup>	<b>Ballarat Youth Strategy Information Session, City of Ballarat</b> , 2.30pm – 3.30pm, Studio Y, YHQ, 125 Armstrong St Sth, Ballarat (202)
Wednesday 19 <sup>th</sup>	<b>UB WestVic Academy of Sport – Marketing Yourself: How to project a good image seminar</b> , 6.30pm – 8.00 pm, University of Ballarat Room C003, Mt Helen Campus (202)

### **Be Safe in Cyberspace Forum – Ballarat ICT Primary Health Strategy Consultations**

An invitation is extended to attend this free forum on Tuesday 11<sup>th</sup> November, 4.15 pm – 6.30 pm, at Studio 3, Caro Centre, University of Ballarat, Mt Helen Campus. The forum will be of interest to principals, teachers, parents, guidance officers, psychologists, IT managers, librarians, school liaison and community police officers.

Panel members from industry, education and academia will provide a variety of perspectives on safety in cyberspace.

Register online at

[www.ballaratict.com.au/cybersafety](http://www.ballaratict.com.au/cybersafety) or for information contact Tarryn Davies, 03 5327 6158 or [t.davies@ballarat.edu.au](mailto:t.davies@ballarat.edu.au)

### **Ballarat Youth Strategy Information Session – City of Ballarat**

Council has prepared a draft Youth Strategy to guide its decision making in relation to youth services, programs and facilities for the next 5 years. An invitation is extended to an information session to be held Tuesday 18<sup>th</sup> November, 2.00pm – 3.30pm, at Studio Y, YHQ, 125 Armstrong St South, Ballarat.

A copy of the document is available online at [www.ballarat.vic.gov.au](http://www.ballarat.vic.gov.au)

The opportunity for public comment closes on Friday 28<sup>th</sup> November.

RSVP: Helen McIntosh, 03 5320 5882 or [helenmcintosh@ballarat.vic.gov.au](mailto:helenmcintosh@ballarat.vic.gov.au)

### **UB WestVic Academy of Sport 2008 Seminar Series – Marketing Yourself: How to project a good image**

As a part of monthly seminars for athletes, their families, sports coordinators, and coaches this month's seminar will focus on how athletes should present themselves to the public and the media so as to project a good image of themselves. Dr Robin Tait will deliver the seminar and has extensive experience in sport management, specialising in marketing and sponsorship.

The seminar will be held Wednesday 19<sup>th</sup> November, 6.30pm – 8.00pm, at University of Ballarat, Room C003, Mt Helen Campus (a video link will be available in room C073)

### **Did you know?**

By recycling one tonne of paper you save 13 trees, 2.5 barrels of oil, 4100kWh of electricity, 4 cubic meters of landfill and 31,780 litres of water!

### **Power of Partnerships Conference – Melbourne Registrations now open**

The Power of Partnerships – working together to create healthier communities conference is a collaboration between the Dept of Human Services and Primary Care Partnership Chairs and will be held 17<sup>th</sup> & 18<sup>th</sup> November in Melbourne.

The conference will examine the potential that can be unlocked through effective partnerships and explore current and future partnership innovation. The conference is recommended for people who would like to know more about the work of primary care partnerships (PCPs) or who have had little engagement with PCPs.

Registrations are available online at [www.health.vic.gov.au/pcps/publications/pcp\\_conf.htm](http://www.health.vic.gov.au/pcps/publications/pcp_conf.htm)

Cost: \$250 (2days) + Conference Dinner \$30

For information contact Maria Bahecci, 03 9096 8994 or [maria.bahecci@dhs.vic.gov.au](mailto:maria.bahecci@dhs.vic.gov.au)

### **The Art of Giving – An Inspirational Evening with Robbi Zeck ND**

Christmas is a time to share, a time to give, a time to love, a time to be! Connect with other women on a similar path as we share our hopes, our inspirations and our heart's longings for the coming year with prayers, peace, contemplation and the ritual of mindful giving.

The event will be held Monday 1<sup>st</sup> December, 6.30pm – 10.30pm at Invermay Community Hall. Peter Ford catering. Cost: \$75 per ticket. All proceeds to Ballarat District Nursing & Healthcare and the Karunya Orphanage India. Bookings to Robbi Zeck, 03 5331 3254

### **Short Course in Health Promotion: Skills for Practice - Monash University**

The course will be held 1<sup>st</sup> – 5<sup>th</sup> December, 9.00am – 5.00pm at Monash University Conference Centre, Level 7, 30 Collins St, Melbourne.

The course is provided to meet the growing demand for health promotion in workplaces, communities and organisations and is relevant for those interested in increasing their understanding of health promotion principles and practices.

Cost: \$995 inc GST includes course materials and catering.

Information on the course is available from Heather Stuart, 03 9904 4336 or

[heather.stuart@med.monash.edu.au](mailto:heather.stuart@med.monash.edu.au)  
<http://www.med.monash.edu.au/>

## **Centacare Family Relationships Programs – November 2008**

### Little Kids with Attitude

For parents of toddlers and preschoolers  
To be held Monday 10<sup>th</sup> November 1.00pm – 3.00pm.

Topics include: Enjoying your child, positive messages & discipline, developmental stages and taking care of yourself.

Cost: \$10 per person (concession available)

### Mothers Living with Teenagers

For mothers of teenagers  
To be held Tuesday 11<sup>th</sup> November, 7.00pm – 9.00pm.

Topics include: Why mothers matter, why teens do what they do, when it's not working and creative communication

Cost: \$10 per person (concession available)

### Separation Recovery (Women's Group)

For people whose relationship has ended. A men's group is available by appointment.  
To be held 26<sup>th</sup> November & 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> December.

Topics include: Understanding the separation process, managing strong emotions, improving communication, relaxation & survival techniques and looking to the future.

Cost: \$40 per person (concession available)

### Fathers Living with Teenagers

For fathers of teenagers  
To be held Tuesday 18<sup>th</sup> November 7.00pm – 9.00pm.

Topics include: Why fathers matter, why teens do what they do, when it's not working and creative communication.

Cost: \$10 per person (concession available)

Please note that the venues for the above programs will be confirmed on booking and that childcare is not provided.

All inquiries and bookings for the above programs to Sue at Centacare, 03 5337 8908.

## **White Ribbon Day Launch – International Day for the Elimination of Violence Against Women**

The White Ribbon Campaign is an international campaign encouraging men to speak out about ending violence against women. The official White Ribbon Day is 25<sup>th</sup> November and is the start of 16 days of activism concluding 10<sup>th</sup> December.

The launch of this year's White Ribbon Day will be held Tuesday 25<sup>th</sup> November, 5.30pm – 7.30pm at The Mining Exchange, 8a Lydiard St Nth, Ballarat with a range of guest speakers. RSVP to Bridget McPhee, 03 5333 3666

## **Primary Health Weekly Bulletin -**

The latest edition of the Primary Health Weekly Bulletin is now available online at:  
[http://www.dhs.vic.gov.au/rrhacs/ph\\_bulletin](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin)

## **Vendor Information Forum**

As a part of the current revision for the Service Coordination Tool Templates (SCTT) a vendor information session will be held Wednesday 26<sup>th</sup> November. While the session is targeted at vendors of patient/client management systems, e-referral vendors and applications to the health and human services sectors, organisations, PCP staff, ICT Alliances, peak bodies and government are welcome. An online registration form is available at

[www.health.vic.gov.au/pcps/publications/vendor\\_forum.htm](http://www.health.vic.gov.au/pcps/publications/vendor_forum.htm)

## **Makaton: a signed communication system for children and adults**

A seminar will be held Friday 7<sup>th</sup> November at Mpower Conference Room, 71 Koroit St, Warrnambool, to provide information on the Makaton system, the key signs and recognition of clients that could benefit from Makaton.

Cost: \$55 per person, \$85 for 2 from same family or \$100 for 2 from same agency.

Contact Erica Smith, 03 5561 8114 or [esmith@mpower.org.au](mailto:esmith@mpower.org.au)

## **Update on improved primary health integrated health promotion performance measures**

DHS Primary Health Branch has held consultations in each region with input from all sectors involved in primary health funded health promotion. An expert project advisory group has been convened to advise on the draft performance measures and aspects of agency implementation. Information on the project can be found at [www.health.vic.gov.au/pcps](http://www.health.vic.gov.au/pcps) or contact Sue Psalios, 03 9096 8478 or [sue.psalios@dhs.vic.gov.au](mailto:sue.psalios@dhs.vic.gov.au)

## **Graduate Certificate of primary health care research – James Cook University**

This course will equip practitioners to undertake research and evaluation in primary health care settings. Students will gain skills in effective proposal and grant writing for research funding as well as skills in research dissemination through publications, conferences and media. Payment of part or all tuition fees may be deferred through HECS-HELP.

For more information go to [www.jcu.edu.au/medicine/prospective/JCUPRD\\_031416.html](http://www.jcu.edu.au/medicine/prospective/JCUPRD_031416.html) or contact Dr Sarah Larkins, 07 4781 6363 or [sarah.larkins@jcu.edu.au](mailto:sarah.larkins@jcu.edu.au)

## **P & P Consultancy – Training Workshops**

### *Do you work with young people? Toolbox – “survival skills” seminar*

Adolescents face many challenges. Participants will learn about the development of adolescents, those “at risk”, mental illness, substance abuse issues and other useful communication and skills. The seminar will be held Tuesday 2<sup>nd</sup> December, 9.30am – 4.30pm.

Cost: \$145 inc GST

### *Random Acts of Counselling*

A one day experiential workshop to learn and practice communication and counselling skills. To be held Monday 1<sup>st</sup> December, 9.30am – 4.30pm.

Cost: \$145 inc GST

### *Mental Health – Myths, Madness & Medicine*

A one day workshop suitable for anyone who wants a better understanding of mental illness and treatment approaches.

To be held Wednesday 3<sup>rd</sup> December, 9.30am-4.30pm.

Cost: \$145 inc GST

All the above seminars will be held in the Pipeclay Room, Naval & Military Club, 27 Lt Collins St, Melbourne.

For registrations phone P & P Consultancy, 02 9949 9407 or [p.p.training@ozemail.com.au](mailto:p.p.training@ozemail.com.au)

## **Successful Grants and Proposals Training – Infoxchange**

A one day workshop will be held Tuesday 25<sup>th</sup> November at 375 Johnson St Abbotsford. The workshop will explore ways to secure funding with successful tenders and proposals and will equip participants with the skills required to develop successful applications.

Cost: \$350 includes lunch and workbook

## **Caring for a Loved One with an Eating Disorder Workshop**

Eating Disorders Victoria is providing a unique education and support opportunity designed to help family members, partners and friends of a person with an eating disorder.

Gill Todd, UK Clinical Nurse Leader for Eating Disorders will facilitate the session including coping strategies, and communication skills required to support a family member with an eating disorder.

To be held Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> December at the Edmund Rice Room, Treacy Conference Centre, 126 The Avenue, Parkville.

Cost: \$75 per person

For information or registrations contact Eating Disorders Victoria, 03 9885 6563 or [edfv@eatingdisorders.org.au](mailto:edfv@eatingdisorders.org.au)

## **Go for your life October Newsletter**

The November edition of the Go for your life newsletter is available at:

[www.goforyourlife.vic.gov.au/gfylnews](http://www.goforyourlife.vic.gov.au/gfylnews)

In this issue:

- Pack your lunch with fruit & veg!
- Go west for the games
- Find your way to a healthier lifestyle
- Get on your bike for cystic fibrosis
- What's happening in November

## **Improving Care for Aboriginal & Torres Strait Islander Patients (ICAP)**

### **Metropolitan Best Practice Forum**

A forum for VACCHO Aboriginal Hospital Liaison Officers and their managers will be held Wednesday 12<sup>th</sup> November, 9.30 am – 4.00 pm at the Education Room, Koori Heritage Trust, 295 King St, Melbourne. Discussion will include the ICAP Resources Project and Kit, and improving patient journeys: the highs, the lows and next steps.

On Thursday 13<sup>th</sup> November – “Putting the Pieces Together” will be held 9.30am – 4.00pm at the Education Room, Koori Heritage Trust, 295 King St, Melbourne, to promote understanding of the key features of the Children, Youth and Families Act (2005) Contact Raelene Lesniowska, 03 9288 3437 or go to [www.health.vic.gov.au/koori/icap](http://www.health.vic.gov.au/koori/icap)

## **Better Health Channel newsletter – October**

Please note that the October edition of the newsletter is available at

[www.betterhealth.vic.gov.au/bhcnewsrd.nsf/news?open&s=nm&pn=octobernewsletter](http://www.betterhealth.vic.gov.au/bhcnewsrd.nsf/news?open&s=nm&pn=octobernewsletter)

In this edition:

- Vitamin D
- Worksafe awareness week
- Menopause quiz
- Self esteem

## **It's About People: Changing Perspectives on Dryness**

Minister for Agriculture, Fisheries and Forestry Tony Burke appointed an Expert Panel to examine the social impacts of drought on farm families and rural communities as part of the national review of drought policy. The report is available online at

<http://www.daff.gov.au/drynessreport>

## **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 [admin@chpcp.org](mailto:admin@chpcp.org)