



NEWSLETTER

Issue 210

21st January 2009

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 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

January 2009

Tuesday 27 th	BEST Training Certificate IV in Training & Assessment Information Session , 5.00pm – 7.00pm, BEST Community Development, Cnr Sebastopol & Errard Sts, Ballarat (207)
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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.

Responding to Bereavement & Trauma

Hosted by the Regional Specialist Bereavement Counseling Service of the Australian Centre for Grief and Bereavement and presented by three Victorian bereavement care agencies. This seminar will focus on the provision of effective and sensitive responses to loss, grief and bereavement. Participants can expect to have and increased understanding of the experience of grief and trauma particularly related to suicide and road trauma and have an increased confidence in ways of responding to the bereaved. The seminar will be held on Monday 9th February 2009, 9.00am – 4.30pm at The Ballarat Library Meeting Room, 178 Doveton St Nth, Ballarat. Cost is free, morning and afternoon tea provided, please bring your own lunch. Registration is essential ph: 03 9427 9899 or email aftersuicide@jss.org.au

'Go for your life' Physical Activity Forum

Go for your life in partnership with Council On The Ageing (COTA) and the Victorian Network On Recreation & Disability (VICNORD) present a Physical Activity Forum – Inclusion for All. The forum will focus on engaging all abilities, people from CALD community groups and older adults in physical activity programs. The forum will be held on Thursday 5th March 2009, in Ballarat. Further information, the agenda and registration details will be available soon. For information contact Sarah-Jane Blunt, Health Promotion Officer, Kinect on 03 8320 0205 or email sjblunt@kinectaustralia.org.au

Cert IV in Training & Assessment

LAMOWD Training is running an intensive course for Certificate IV in Training & Assessment. The course will be run for a week in March with a follow up day in April, this course is ideal for those wanting this qualification without spreading attendance over the year, participants will be required to complete some assessments in their own time. Course dates are 2nd – 6th March 2009 and 6th April 2009. Course cost is \$1200. For more information please contact LAMOWD on 1300 660 885.

Build It! Self Esteem Program for Adults

This is a 10 week program for adults wanting to build better self esteem, the program is educational, reflective and practical. The program is being run from Wednesday 25th February, 10.30am – 12.30pm at Ballarat Community Health Centre – Cooina, 10 Learmonth Rd, Wendouree. Please apply early to organise your place, contact Jenn Apps 03 5338 4500 or Graham Hoad 03 5337 3333.

CAFS Foster Care Program

Child and Family Services Foster Care Program has resolved that all babies, children and young people shall live in safe and nurturing homes. Will you help this resolution become a reality? You can make a difference in a child's life and apply to become a foster carer if you are over 21 years of age, married, single, partnered or a same sex couple, you can be employed or a stay at home parent and either rent or own you home. If you would like to find out more phone Cheryl or Heather on 03 5337 3333 to register for an information session on Monday 2nd February at 1.00pm or on Tuesday 3rd February at 5.30pm.

CAFS HECS Buster

Expressions of interest are sought from mature students prepared to make a minimum 12 month commitment to sharing an all expenses paid home with two young people aged between 16 and 18. In return the successful applicant will be required to act as a role model and mentor. This is a voluntary position with training and casework support provided, however there is a non-taxable reimbursement of \$200 per week to help with expenses. This live in position would suit students however anyone is welcome to apply. For more information contact Dianne Walker or Samantha Naidu on 03 5337 3333.

The Sports Assembly have moved!!

Central Highlands Sports Assembly (CHSA) have moved into their new residence at 1305 Sturt St, Ballarat. Contact details for CHSA remain unchanged except for the mailing address which is now the same as the residential address noted above.

Training the Trainer of Volunteers

Presented by Ballarat Volunteer Resource Centre, this full day training session covers the benefits of training volunteers, training vs presenting, straightforward ways to identify your volunteers' training needs, secrets to good adult learning and effective ways to deal with challenging learners. The session will be held on Wednesday 25th February 2009, venue to be confirmed upon booking. For more information or to register your place contact Sarah-Kate Brusey on 03 5331 8654.

BRMC have moved and a new Coordinator!

Ballarat Regional Multicultural Centre (BRMC) has relocated to the Golden Point Community Centre, corner of English & Dunn Sts, Golden Point. Mr Shigekazu Yamawaki has been appointed as the new BRMC Co-ordinator and can be contact on 03 5332 5941.

Conservation Volunteers – Green Gym

Green Gym is a State Government Initiative funded through the Go for your life campaign – Department of Sustainability & Environment, providing referral opportunities for clients who are looking to volunteer and would like to improve their health and wellbeing. Green Gym participants install plants, control weeds, construct and maintain walking tracks, prune shrubs and apply mulch to conserve valuable water resources. Green Gym has exciting projects in progress at Sovereign Hill, North Gardens Wetland and Lake Wendouree. Please contact Gail Weston at Green Gym Ballarat on 0427 526 406 to refer clients for participation in the Green Gym

Centacare Family Relationships Education Programs

Little Kids with Attitude

For parents of toddlers and pre-schoolers, topics include enjoying your child, developmental stages, positive messages and discipline. Tuesday 3rd February, 7.30pm – 9.30pm. \$10 per person.

123 Magic

For parents of children aged 2-12 years, topics include managing difficult behaviour, child development and parenting traps. Monday 9th & 16th February, 7.00pm – 9.00pm. \$30 per person.

Managing Strong Emotions

Helpful for managing all relationships, topics include identifying emotions, recognizing triggers and strategies to manage strong emotions. Tuesday 10th February, 7.00pm – 9.00pm. \$10 per person.

Living with Teenagers

For parents of teenagers, topics include the joys and challenges, adolescent development and teen friendly parenting strategies. Wednesday 11th February, 1.00pm – 3.00pm. \$10 per person.

For inquiries and bookings for the above please call Sue at Centacare on 03 5337 8909. Venues will be confirmed on booking.

Did You Know??

The Federal Government has announced that the incandescent light globe will be banned after 2009?

This means that every household will need to install Compact Fluorescent Lightglobes (CFL), every CFL installed saves you an average of \$9 in electricity costs per year and will last 4 to 10 times longer than an incandescent light globe.

Safer Internet Day 2009

To mark Safer Internet Day, the Australian Communications and Media Authority will run two nationally accessible online forums for secondary school students. The forums focusing on e-security and social networking, allow students to ask an experienced advisor internet safety questions. Safer Internet Day aims to raise awareness about the safe and responsible use of new technologies. It takes place on Tuesday 10th February, to register for the forums or for more information contact Lisa Wait on 03 9663 6763 or lisa.wait@acma.gov.au

Kids – ‘Go for your life’ Win \$1000

All Victorian primary schools, kindergartens, child care centres or family day care schemes are invited to join Kids-‘Go for your life’ before Friday 3rd April 2009 to go into the draw to win \$1000 to spend on initiatives that support healthy eating and physical activity for children. Visit www.goforyourlife.vic.gov.au/kids and download a membership form or phone 1300 739 899 to be sent one.

Managing Climate Variability Strategy

The Managing Climate Variability Research and Development Strategy focuses on improving forecasting, providing tools and services for managing climate risk and increasing adoption of climate risk management. The strategy is now available online at www.products.iwa.gov.au or phone CanPrint in 1800 776 616 and quote product code PN22016.

Getting it Together for Australia’s Children – What Role for Parent and Child Centres?

The Prime Minister raised the concept of parent and child centres prior to the 2020 summit, this conference aims through papers, panel discussion and posters aims to explore the issues relating to the Parent Child Centre Concept. The conference has a broad range of speakers to stimulate thinking on a theme that is repeatedly raised by Australian families – one stop shops that bring together a range of services for families. The conference is being held from 15th – 17th February at Olympic Park, Melbourne. For all enquiries including the event agenda and registration details please contact Aurelie Favennec on 02 9431 8632 or email niftey2009@conferenceaction.com.au

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