

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.

Grampians Mental Health Conference "Where's the Evidence?"

Tuesday 17th & Wednesday 18th March
Mercure Ballarat Hotel & Convention Centre
613 Main Rd, Ballarat

An exciting range of speakers will be presenting at the annual conference with the conference dinner to be held 7.00 pm, Tuesday 17th March with guest speaker Mr Arana Pearson.

Conference information and registrations are available on the website:

www.grampiansmentalhealthconference.org.au

For general inquiries contact Mandy Hammond, 03 5336 7900 or

mandy.hammond@centacareballarat.org.au

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 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.
Fridays 13, 20 & 27 & 6 th March	Kreative Kidz Art Therapy Program , 4.00 pm – 5.30 pm, Radmac Office Choice, 104 Armstrong St Nth, Ballarat (212)
Monday 16 th	CHPCP Diabetes Steering Committee Meeting , 1.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Monday 16 th	Kids & Separation , Centacare Family Relationship Programs, 7.30pm – 9.30 pm. Venue advised on booking. (212)
Tuesday 17 th	CHPCP Child & Family Platform Meeting , 9.30am – 11.30am, Child & Family Services, 115 Lydiard St Nth, Ballarat.
Thursday 19 th	School Focused Youth Service, Showcase & Brokerage Information Workshop , 9.30am – 12.30 pm. Robert Clarke Centre, Meeting room, Botanical Gardens, Gillies St, Wendouree (212)
Wednesday 25 th	Training the Trainer of Volunteers , Ballarat Volunteer Resource Centre, all day training, 20b Sturt St, Ballarat (210)
Wednesday 25 th	Build It Self Esteem Program for Adults , 10.30am – 12.30pm, Ballarat Community Health Centre, 10 Learmonth Rd, Wendouree (210)
Thursday 26 th	Study day for Personal Care Attendants & Palliative Care, PAL-ED , 10.00 am – 3.00 pm, Lecture Theatre, Education Resource Centre, Drummond St, Ballarat

It's a Boy!

Congratulations to Alison Kerr, CHPCP Administration on the early arrival of her new son Rory born on Thursday 29th January. Rory arrived 5 weeks early but both baby and parents are doing well.

School Focused Youth Service – SFYS 2008 Project Showcase & 2009 Brokerage Information Workshop

An invitation is extended to attend this workshop on Thursday 19th February, 9.30 am – 12.30 pm at the Robert Clark Horticultural Centre meeting room, Botanical Gardens, Gillies St, Wendouree. If you are considering applying for the 2009 funding it is recommended that you attend the workshop which will showcase 2008 projects, assist in developing partners for your project and learn what the Local Advisory Panel looks for in considering applications.

Bookings essential to Jenny Jones, 03 5337 3369 or jjones@cafs.org.au

Getting it together to Australia's children – What role for parent and child centres? Conference

The conference will be held 15th – 17th February at Olympic Park, Melbourne and will explore the different dimensions of this topic using a variety of formats. Prof David Hawker and Dr Margy Whalley are two international keynote speakers as well as Australian speakers on the theme of one stop shops that bring together a range of services for families with young children.

For more information contact Conference Organisers 02 9437 9333 or

niftey2009@conferenceaction.com.au or the website

[www.rch.org.au/emplibrary/ccch/NIFTeY_Regist
ration.pdf](http://www.rch.org.au/emplibrary/ccch/NIFTeY_Registration.pdf)

Kreative Kidz – Term 1 2009

Kreative Kidz is an expressive art therapy program promoting emotional and mental well-being in primary school aged children.

The next program will be held 4.00 pm – 5.30 pm Fridays on 13, 20 & 27 February and 6th March at Radmac Office Choice, 104 Armstrong St Nth, Ballarat.

Cost: \$80 for 4 sessions (paid on day 1) All materials supplied.

Bookings by 11th February to Marie Bajada, 03 5368 9441 or 0409 954 703 or

drawingwithin@yahoo.com.au

Words of Wisdom:

"To keep the heart unwrinkled, kindly, cheerful, reverent – that is to triumph over old age"

Thomas Bailey Aldrich

Ballarat Body Wise Birth Services Childbirth Preparation Sessions

Presenters provide accurate and up to date information regarding pregnancy, childbirth and local pregnancy services over 6 sessions covering:

All about pregnancy

Key hormones during pregnancy, labour & birth

What really happens during labour & birth

Dealing with pain in labour

All about the postnatal period

Caring for your new born at home.

Sessions can be attended as a full cycle or individual sessions of your choice. The sessions are held at the Eastwood Leisure Centre on Thursday evenings commencing on 12th February.

Cost: Full cycle \$130 per couple or \$110 concession. Individual sessions \$35 or \$30 concession. Note that for parents under 20 the course is free.

Contact Carla 0408 413 855, Lisa 0421 651 734, or Allison 0417 339 847 for information or bookings.

Overnight Sleep Support Service

Are you the parent/s of a baby 0 – 12 months of age? Are you having sleepless nights? Would you like a friendly face to help you through the night?

Lisa is a prenatal & postnatal Doula/Birth Attendant who is available for up to 12 hours of overnight support in your home.

For more information about the service go to www.findadoula.com.au and follow the prompts.

No Quick Fix – Ballarat & District Aboriginal Cooperative (BADAC)

BADAC is looking for motivated young people for their No Quick Fix program who are interested in:

- Sports (cricket, soccer, footy, anything)
- Employment (we will help you)
- Education (First Aid Cert 2, Red Card)
- Literacy & Numeracy (improve)
- Having Fun

If you are, or if you know of someone who is 16 – 25 and unemployed or not at school that would be interested in joining the program contact Ash on 03 5331 5344

If you have sports activities during the day or have free facilities that the No Quick Fix group could attend or use, we would really appreciate you letting the staff at Central Highlands Sports Assembly know on 03 5331 6966

Volunteer Connections – Volunteer Matching Portal

The Volunteer Connections project informs new ways of working between local government and community groups to coordinate and support volunteers and volunteering. This includes the development and sharing of events, resources and best practice models to support volunteers and community groups.

The portal provides a secure interactive database that can be accessed by both volunteers and organisations. Volunteers are able to search available volunteering positions, register and apply. Organisations are able to directly place available volunteer positions onto the portal.

Resources are also available on the website including templates, guidelines, data, policy documents and research reports.

The website is available at www.volunteerconnections.com.au

Seeking young people interested in participating in a Youth Consultative Committee (Mental Health)

Ballarat Health Services – Psychiatric Services is committed to the involvement of young people in the ongoing development of the service across the Grampians region.

An invitation is extended to young people to form a Youth Consultative Committee (YCC). The Committee will meet in Ararat in March and it is envisaged that meetings will be held monthly. Travel reimbursement can be negotiated to support participation.

Applicants must be aged 14 – 25 years and have an understanding of youth mental health issues and have passion for improving youth mental health.

Interested people can contact Amanda or araratycc@gmail.com or Jackie Crowe, Carer Consultant, Ballarat Health Services Psychiatric Services 03 5320 4100.

Doctors Clinic at Ballarat Community Health Centre, Sebastopol

Doctors Joan Cato, Fatin Hanna & Carol Head are pleased to welcome a new doctor, Dr Neville Ravindranayagam to the general practice at Ballarat Community Health Centre, Vickers St, Sebastopol.

New patients welcome. Appointments can be made by calling 03 5338 4585

Rebates for rain watertanks and grey water

A \$400 rebate is available for 2000 – 3999 litre tanks & \$500 for tanks greater than 4000 litres. Guidelines available at www.environment.gov.au/water or 1800 808 571

Positions Vacant – Ballarat Community Health Centre

Practice Nurse (GP Clinic & Chronic Disease Management – Part time

An exciting opportunity exists to develop this new position within a multi-disciplinary team. As the sole practice nurse, the successful applicant will work with the GPs, Practice Manager and other allied health staff within BCHC. If you have experience in client assessment and care planning and excellent interpersonal skills consider applying for this dynamic role.

Previous experience as a practice nurse preferred but not essential. Further details regarding this position are available at www.bchc.org.au

Project Officer – Alcohol & Other Drug Action Plan – 12 month contract – Part time

BCHC is seeking to employ a dynamic project manager to assist with the implementation of the Central Highlands Drug and Alcohol Action Plan. Applications are sought from individuals with strong administrative and interpersonal/networking skills, and experience with project management. Experience and knowledge in the AOD field would be valuable, but is not essential. Further details regarding this position are available at www.bchc.org.au

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:

Public Forum on female genital mutilation

The forum will be held 27th February to promote discussion on the issue of female genital mutilation and raise the public profile of the issue.

StreetSmart Small Grants 2008/09

Grants of \$2000 - \$8000 are available through the Victorian StreetSmart Community Grants for projects that focus on the following themes:

- Children in homeless families
- Youth homelessness
- Women's post release programs
- Indigenous homelessness

The projects should work on preventing or supporting people to permanently exit homelessness. Applications close 16th February and contact adam@streetsmartaustralia.org for an application form or information. Grants announced April/May.

Centacare Family Relationship Programs Kids & Separation

For parents of children experiencing separation. Topics include children's emotions and the cycle of grief; Moving forward and dealing with your Ex; Sharing parenting and New directions. To be held Monday 16th February, 7.30pm – 9.30 pm.

Cost: \$10 per person. Childcare not provided. Venue confirmed on booking.

Separation Recovery (Women's Group)

For people whose relationship has ended. Topics include understanding the separation process, managing strong emotions, improving communication skills and relaxation and survival techniques.

To be held Wednesdays 4, 11, 18 & 25 March, 7.00 pm – 9.00 pm.

Cost: \$30 per person. Childcare not provided.

University of Ballarat – "O-Day" Event

The University of Ballarat Tafe Student Association is currently organising Orientation Week 2009 and invite interested organisations to participate in their O-Day event on Tuesday 17th February. The event will feature market stalls, live music and other activities to give students a chance to find out what resources are at their disposal.

Stall holders will be required to set up and ready by 11.15 am. A performance will commence between 11.30 am and 12.00 noon during which a free lunch will be served for stall holders. Trestle tables, chairs and umbrellas will be available for stalls free of charge (A cost will apply in the event of a no show for hire of equipment)

If your organisation is interested in holding a stall contact Tim Baker, 03 5327 8106 or t.baker@ballarat.edu.au

PAL-ED – Personal Care Attendants and Palliative Care

The Grampians Regional Palliative Care Team will hold a study day on Thursday 26th February 10.00 am – 3.00 pm in the Lecture Theatre, Education Resource Centre, Drummond St, Ballarat.

Topics will include End of Life Care: Nutrition and hydration in the last days and Bereavement.

Cost: Grampians region \$70 other \$120 with light lunch provided.

Limited places available.

Contact B Matthews, 03 5320 3553 or bernadette@bhs.org.au for information or registrations by 18th February.

Conducting Focus Groups with Culturally & Linguistically Diverse Communities

A workshop for health professionals will be held on Wednesday 18th February, 9.15am – 2.00 pm at the Centre for Culture Ethnicity and Health, 81 – 85 Barry St, Carlton.

The workshop will enhance participant's skills in effectively engaging and including CALD communities when conducting focus groups. It is aimed at workers with an existing understanding of, and experience in consumer participation and/or research.

Cost: \$150 inc GST.

Bookings or inquiries to 03 9342 9700 or enquiries@ceh.org.au

Conservation Volunteers – upcoming projects

Conservation Volunteers are running the following projects during Feb/March with a Certification 1 in Active Volunteering available on all projects.

Beautiful Greater Bendigo National Park Experience, 9th – 13th February.

Mighty River Murray – Deniliquin 23rd – 27th February.

Awesome Grampians National Park Experience 23rd – 27th February

Sovereign Hill Sound and Light Experience, 2nd – 6th March.

Castlemaine Botanical Gardens 9th – 13th March

Macaroni Factory, Hepburn, 15th March

Sovereign Hill Sound and Light Experience 16th – 20th March

Mighty River Murray – Deniliquin 23rd – 27th March

Cost: No charge if you do not require accommodation or joining for a day. \$208 general price with incremental discounts for consecutive weeks or \$120 concession price also with incremental discounts.

If you are interested in participating in one of these opportunities or for general information contact Brian Anderson, 03 5444 0777 or banderson@conservationvolunteers.com.au or the website:

www.conservationvolunteers.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