

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

### Direct2Care – Grampians Region

Direct2Care is an Access Point Demonstration Project being implemented across Australia by the Federal and State governments and auspiced by Ballarat Health Services.

Direct2Care is a new telephone and walk-in service centre providing information and advice and referrals to clients eligible for aged and community care services across the Grampians region.

Direct2Care aims to improve navigation of the service system for frail older people, their carers, families and friends who don't know where to go for information and assistance.

Direct2Care can also assist healthcare providers to obtain information regarding services available outside their organisation.

People can access Direct2care through the shop front located at 907 Sturt St, Ballarat or callers from across the Grampians region can contact the service using the FREECALL number 1300 121 121.

## 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)

### February 2009

Friday 13 <sup>th</sup>	Shop at Coles – Profits go to Bushfire Appeal
Monday 16 <sup>th</sup>	<b>CHPCP Diabetes Steering Committee Meeting, 1.00pm – 3.00pm, Ballarat &amp; District Division of General Practice, 105 Webster St, Ballarat.</b>
Tuesday 17 <sup>th</sup>	<b>CHPCP Child &amp; Family Platform Meeting, 9.30am – 11.30am, Child &amp; Family Services, 115 Lydiard St Nth, Ballarat.</b>
Friday 20 <sup>th</sup>	<b>Backing our Farmers day</b> at Safeway & Woolworths – profits go to help farmers in need.
Tuesday 24 <sup>th</sup>	<b>Ballarat Youth Conference 2010/2011 Working Party, 9.30 am, Child &amp; Family Services, 115 Lydiard St, Ballarat (213)</b>
Wednesday 25 <sup>th</sup>	<b>Training the Trainer of Volunteers, Ballarat Volunteer Resource Centre, all day training, 20b Sturt St, Ballarat (210)</b>
Wednesday 25 <sup>th</sup>	<b>Build It Self Esteem Program for Adults, 10.30am – 12.30pm, Ballarat Community Health Centre, 10 Learmonth Rd, Wendouree (210)</b>
Thursday 26 <sup>th</sup>	<b>CHPCP Full Alliance Meeting, 9.00am – 10.30am, Ballarat &amp; District Division of General Practice, 105 Webster St, Ballarat.</b>
Thursday 26 <sup>th</sup>	<b>CHPCP Executive Meeting, 9.00am – 10.30am, Ballarat &amp; District Division of General Practice, 105 Webster St, Ballarat.</b>
Saturday 28 <sup>th</sup>	<b>Management of Secondary Lymphoedema for Health Professionals, 10.00am – 12.00 noon, The Ansonia, 32 Lydiard St Sth, Ballarat (209)</b>
Saturday 28 <sup>th</sup> & 1 <sup>st</sup> March	<b>Eco-Culture for Women – A course in sustainable thinking, 28<sup>th</sup> 9.00 am – 4.30 pm &amp; 1<sup>st</sup> 6.00 pm – 9.00 pm at Global Innovation Centre, University of Ballarat, Mt Helen (213)</b>

### March 2009

Thursday 5 <sup>th</sup> & Friday 6 <sup>th</sup>	<b>We're {also} in the country Forum, Craigs Hotel, 10 Lydiard st, Ballarat (213)</b>
Thursday 5 <sup>th</sup>	<b>CHPCP Health Promotion Network, 9.30 am, Child &amp; Family Services, 115 Lydiard St, Ballarat</b>
Wednesday 11 <sup>th</sup>	<b>CHPCP CHADA Meeting, 9.30 am, St John of God Hospital, Drummond St Ballarat (note different venue)</b>
Monday 16 <sup>th</sup>	<b>CHPCP Diabetes Steering Group, 1.00 pm, Ballarat &amp; District Division of General Practice, 105 Webster St, Ballarat</b>

## **BUSHFIRE INFORMATION & SUPPORT RESOURCES**

Given the terrible events of the past few days many of you will know of or have family who may have been involved in bushfires. The following provides some information on available supports.

### **Victorian Bushfire Information Line**

**1800 240 667** (TTY 1800 122 969)

### **Victorian Bushfire Appeal Fund Donations**

Freecall: 1800 811 700 or [www.redcross.org.au](http://www.redcross.org.au)

**Dept of Human Services** has a number of resources that can help in providing assistance to those affected by bushfires, whether staff or clients.

- Do you need financial assistance?
- Do you need help coping with stress?
- Do you need health information?
- Do you need to find a relief or recovery centre?
- Do you want to offer your help?

Available at

[www.dhs.vic.gov.au/emergency/current-events/bushfire](http://www.dhs.vic.gov.au/emergency/current-events/bushfire)

A number of fact sheets are available on coping with stress.

- Stress after emergencies
- When someone you know has had a traumatic experience
- The stress of being under threat
- Family and crisis
- Teenagers and crisis
- Children and crisis

Available at

[www.dhs.vic.gov.au/emergency/current-events/bushfire/looking-after-yourself](http://www.dhs.vic.gov.au/emergency/current-events/bushfire/looking-after-yourself)

### **Temporary living and re-establishment grants:**

These grants are available to people whose principal place of residence has been made uninhabitable by bushfire.

DHS Regional Contacts:

#### Metropolitan:

Eastern Region, 9843 6000

North & West Region 1300 664 977

Southern Region 9213 2111

#### Country:

Barwon South West 5226 4540

Grampians 5333 6669

Hume 5722 0555

Loddon-Mallee 5434 5555

**VFF Fodder/Agistment Line:** For registration for fodder/agistment 1300 882 833 or

[www.vff.org.au](http://www.vff.org.au)

**Lifeline** 131 114 for telephone counseling 24 hours, 7 days a week

**Go Volunteers** people wishing to provide volunteer assistance register

[www.govolunteer.com.au/volunteer/events.htm](http://www.govolunteer.com.au/volunteer/events.htm)

The **ABC** has a very useful website that provides information in the following areas: Latest bushfire information from ABC Local Radio

- Latest advice from the CFA
- Latest advice from DSE
- Current weather warnings
- Bushfire information for farmers
- Bushfire coverage
- And a How Can I Help? area where people are given information on fundraisers, how to donate items, blood or have accommodation available or would like to register as a volunteer.

Go to [www.abc.net.au/melbourne](http://www.abc.net.au/melbourne)

The **Country Fire Authority** website: For information on current fires, total fire bans and community meetings. Available at

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

The **VicRoads** website provides information on road closures due to bushfires – available at

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

**Dept of Sustainability & Environment** website for fire incidents on public land and other land management available at

[www.dse.vic.gov.au/fire](http://www.dse.vic.gov.au/fire)

**Are you Fire Ready?** website provides information on:

- Bush Fire Survival Plans
- Recovery from Bushfire
- Bushfire Information Kits
- Other information and resources

Available at <http://www.fireready.vic.gov.au>

**Centrelink** – the Australian Government is providing immediate, additional assistance to the people who have been adversely affected by fires in Victoria from 29<sup>th</sup> January and may continue into March 2009. Payments of \$1000 per eligible adult and \$400 per eligible child will be available. For more information on eligibility Ph: 180 2211 or the website at

[www.centrelink.gov.au](http://www.centrelink.gov.au)

**Local Councils:** People seeking assistance should also contact their local municipal council to ensure they are aware of the full range of assistance available to those affected by fire or other emergencies.

Go to the website for your local council at

[www.mav.asn.au](http://www.mav.asn.au)

**Nurse on Call Bushfire Health & Counselling Line** 1300 606 024 (24 hours, 7 days a week)

**Coles** will donate Friday 13<sup>th</sup> February profits from its 750 stores to the Victorian Government Bushfire Appeal fund with donations accepted at all Coles supermarket checkouts from Monday 9<sup>th</sup> February.

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**Australian Centre for Grief & Bereavement (ACGB) – Webpage on Grief and Bereavement Organisations for Bushfire support**

ACGB have established a dedicated webpage on grief and bereavement organisations who can provide assistance as well as resources for the public and practitioners and other support options available at

[www.grief.org.au/bushfire\\_support.html#Assist](http://www.grief.org.au/bushfire_support.html#Assist) .

The Centre is also collating offers of support made by bereavement practitioners to provide assistance including availability and expertise which will be activated once a formal request has been made.

If you wish to register email

[counselling@grief.org.au](mailto:counselling@grief.org.au)

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**Invitation to join the 2010 – 2011 Ballarat Youth Conference Working Party**

Expressions of interest from young people, teachers or service providers who are interested in joining a working party to plan a Youth Conference specifically for young people, teachers, workers, parents and carers.

A meeting will be held Tuesday 24<sup>th</sup> February, 9.30 am at Child & Family Services, 115 Lydiard St, Ballarat to discuss the formation of the Conference Committee, ideas and funding opportunities.

Contact Jenny Jones, 03 5337 3369 or [jjones@cafs.org.au](mailto:jjones@cafs.org.au) by 20<sup>th</sup> February if you are interested.

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**Backing our Farmers Day**

Safeway & Woolworths supermarkets will donate the entire day's profits on all customer purchases from its 780 stores on Friday 20<sup>th</sup> February to help farming families and communities across the country.

This is the third consecutive year that this day has been run and the profits will support individuals and community projects which will be administered through Country Womens Australia (CWA).

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**Did you know?**

Get rid of that old second fridge. Old fridges can use 2 – 3 times the electricity of a newer fridge. This could save a household \$200 a year on electricity bills and reduce greenhouse gases by up to one tonne a year.

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**Wannik Education Scholarships**

20 scholarships are available to Koorie Year 10 (2008) students who intend to continue study into Year 11 and 12 in 2009/10.

The scholarships are valued at \$5000 will be awarded for two years of study (subject to the student's satisfactory progress in their selected VCE course).

Applications are required by 20<sup>th</sup> February 2009 and can be applied for online at

[www.eduweb.vic.gov.au/scholarships/list.aspx?YearID=11](http://www.eduweb.vic.gov.au/scholarships/list.aspx?YearID=11) or contact Peter Sproules, 03 9637 2619 or [sproules.peter.r@edumail.vic.gov.au](mailto:sproules.peter.r@edumail.vic.gov.au)

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**Eco-Culture for Women - A Course in Sustainable Thinking**

Saturday 28<sup>th</sup> February, 9.00 am – 4.00 pm & Sunday 1<sup>st</sup> March, 6.00 pm – 9.00 pm Global Innovations Centre, University of Ballarat Technology Park, Mt Helen.

This exciting course educates and empowers women to become sustainable thinkers and leaders. Facilitated by Maria Straub and Helen Long the program is being piloted in Ballarat and offered at a reduced rate of \$120 which includes catering.

The course is designed around three sustainability concepts Eco-Culture, Eco-Efficiency and Eco-Effectiveness.

Places are limited. For bookings contact Maria 0416 172 550 or

[maria@greenpurchasing.com.au](mailto:maria@greenpurchasing.com.au)

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**Commonwealth Carer Respite Centre and Community Care Options have moved offices**

Please note that the Commonwealth Carer Respite Centre and Community Care Options have moved to new premises located at 106 Market St (Cnr Market & Armstrong) Ballarat. Please note that all phone, email and postal addresses will remain the same.

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**We're {also} in the Country Forum**

As a part of the ChillOut Festival a rural forum designed to bring together GLBTIQ members of our community outside the city will be held 5<sup>th</sup> & 6<sup>th</sup> March at Craigs Royal Hotel, 10 Lydiard St, Ballarat.

Workers and researchers working in the sector will present key information in identified areas of concern for the GLBTIQ community living in country Victoria.

The forum will provide opportunities for folk to gather, network, share experiences and explore opportunities in a positive environment.

For further details contact the {also} office 03 9660 3900 or the website [www.also.org.au](http://www.also.org.au)

### **Help for Families Struggling to Pay School Costs**

An information sheet on available concessions and programs has been produced and is available by contacting the CHPCP office on 03 5338 4774 or [helenw@chpcp.org](mailto:helenw@chpcp.org)

Supports include

Education Maintenance Allowance (EMA) which provides assistance to low income families by helping with the costs associated with the education of their children and must be used for essential education items that parents are normally expected to provide. Further for parents including multi-lingual information is available at [www.education.vic.gov.au](http://www.education.vic.gov.au)

### **The School Start Bonus**

The Victorian Government provides financial assistance for families with children entering Prep or Year 7 in recognition of the extra expense. It is paid to families in the form of a voucher which a parent or guardian presents to their local post office for cashing. Eligible parents/guardians do not need to make a claim for payment as the school will issue a payment voucher at the end of the school year.

For information go to [www.education.vic.gov.au](http://www.education.vic.gov.au)

### **Education Tax Refund (ETR)**

A new Federal Govt initiative to help families with children in primary or secondary school to meet the costs of certain education expenses. Families in receipt of Family Tax Benefit Part A and students living independently of their parents are also eligible. Information is available at [www.deewr.gov.au](http://www.deewr.gov.au)

### **State Schools Relief Committee (SSRC)**

SSRC assists disadvantaged students attending Victorian government primary, secondary and specialist schools with new clothing and footwear. Applications are made through School Principals only. For information 03 9888 8722 or [www.ssrc.net.au](http://www.ssrc.net.au)

### **Learning for Life – Smith Family**

Scholarships are available that provide families with the financial assistance they need to make the most of opportunities at school.

They assist families to pay for uniforms, textbooks and excursions. The Learning for Life scholarships are provided based on need not academic achievement.

Families can be referred to the program by community agencies and schools.

Contact 03 9419 7666 or

[www.thesmithfamily.com.au](http://www.thesmithfamily.com.au)

### **Saver Plus**

A financial literacy and matched savings program that assists families on low incomes to improve their financial capability, develop a savings 'habit' and build assets for educational purposes. Participants savings are matched on a \$1 for \$1 basis up to \$1000. Contact the Brotherhood of St Laurence 03 9483 1183 or [www.bsl.org.au](http://www.bsl.org.au)

### **Travellers Aid**

The pathways to Education program provides students travel passes to young people who are experiencing financial difficulties to enable them to travel to school. Students must be under 25 years and meet the eligibility for the Victorian Public Transport Student Concession Card.

For further information 03 9654 2600 or

[www.travellersaid.com.au](http://www.travellersaid.com.au)

### **Catholic Schools**

Low income families attending Catholic schools are entitled to the EMA, Bonuses and ETC. Services the school may offer students may include fee waivers or payment plans, second hand uniforms and books or meal programs. Contact your local Catholic School Principal or Welfare Officer or Catholic Education Office, 03 9267 0228 or

[www.ceo.melbourne.catholic.edu.au](http://www.ceo.melbourne.catholic.edu.au)

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### **Managing Multiple Projects, Objectives & Deadlines Seminar**

A one day workshop will be held 22<sup>nd</sup> April 9:00am - 4:00pm, at The Sebel Albert Park, 65 Queens Rd, Melbourne

This is a seminar for the busy manager, supervisor or administrative person who juggles deadlines, projects and multiple demands and has no time to waste.

Cost: \$199 pp or \$189 for 4 or more people

Registrations online at [www.skillpath.com.au](http://www.skillpath.com.au) or 1800 145 231

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### **Did you know?**

Climate change is a global problem but its individuals who will create the solution.

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## **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](mailto:alisonk@chpcp.org)