

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.

Cultural Diversity & Communication Awareness Training

The Dept of Human Services are providing two opportunities to access the Cultural Diversity and Communication Awareness Module through ON CALL Interpreting & Translating Agency.

The training will enhance the cross-cultural awareness skills and assist in staff operating effectively in a linguistically and culturally diverse environment.

The program will equip participants to provide linguistically and culturally appropriate services for diverse clientele and is suitable for staff from DHS, Community Health, Local Government, and other practitioners.

Sessions will be held Wednesday 11th March 10.00 am – 12noon & Thursday 26th March 1.00 pm – 3.00 pm. Both sessions will be held at BEST (Acacia Room), 28 Victoria St, Ballarat.

20 places are available in each session.

For registrations or inquiries contact Robyn Boyd, 03 5333 6082 or robyn.boyd@dhs.vic.gov.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

Friday 20 th	Backing our Farmers day – shop at Safeway & Woolworths – profits go to help farmers in need. (213)
Friday 20 th	Young Parents Playgroup, City Ballarat , 11.00am – 12.30pm, Central Highlands Library, Doveton St, Ballarat (214)
Friday 20 th	New Residents Playgroup, City of Ballarat , 9.00am – 10.30am, Central Highlands Library, Doveton St, Ballarat (214)
Tuesday 24 th	Ballarat Youth Conference 2010/2011 Working Party , 9.30 am, Child & Family Services, 115 Lydiard St, Ballarat (213)
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	CHPCP Full Alliance Meeting, 9.00am – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Thursday 26 th	CHPCP Executive Meeting, 9.00am – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat.
Thursday 26 th February	Personal Care Attendants & Palliative Care, PAL-ED Study Day , 10.00am – 3.00 pm, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat (214)-
Saturday 28 th	Management of Secondary Lymphoedema for Health Professionals , 10.00am – 12.00 noon, The Ansonia, 32 Lydiard St Sth, Ballarat (209)
Saturday 28 th & Sunday 1 st March	Eco-Culture for Women – A course in sustainable thinking , 28 th 9.00 am – 4.00 pm & 1 st 6.00 pm – 9.00 pm at Global Innovation Centre, University of Ballarat, Mt Helen (213)

March 2009

Monday 2 nd	Regional Womens Gathering, DPCD , 12noon – 3.00pm, Great Southern Woolshed, Ballarat (214)
Wednesdays 4, 11, 18 & 25 th	Separation Recovery (Womens Group), Centacare , 7.00pm – 9.00 pm, Venue advised on registration. (214)
Thursday 5 th & Friday 6 th	We're {also} in the country Forum , Craigs Hotel, 10 Lydiard St, Ballarat (213)
Thursday 5 th	CHPCP Health Promotion Network , 9.30 am, Child & Family Services, 115 Lydiard St, Ballarat

Centacare Family Relationship Services Programs 2009

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 7.00 pm – 9.00 pm, 4, 11, 18 & 25 March.

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

123 Magic

For parents of children aged 3 – 12 years.

Topics include managing difficult behaviour, child development, parenting traps, encouraging positive behaviour.

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

How Babies Communicate

For parents of newborns, or anyone expecting a baby. Topics include: Getting off to a good start together, baby signals and what they mean and building a trusting relationship.

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

To register for any of the above workshops contact Sue, Centacare, 03 5337 8908

Youth Centred Family Focused Interventions – What Does It Take? Workshop

A one day workshop will be held Friday 20th March in Melbourne. The day will be facilitated by Sarah Marrinan and hosted by the Family Reconciliation Mediation Program (FRMP). The workshop will explore family focused interventions when working with young people who are our clients, those newly homeless and those who have experienced homelessness for longer periods of time.

On completion of the workshop participants will be able to:

- Understand the notions of family work and how this can fit within the context of youth homelessness.
- Reflect on current work practices including intake, assessment, case planning and referrals and identify areas for improvement;
- Implement strategies that support general casework within a youth focused, family centred context.

For further information contact Amy Carson, FRMP, 03 8625 4460 or acarson@mcm.org.au

SBS has established a \$2 million foundation to support charities and charitable causes through donation of television air time. Go to www.sbs.com.au/future for more information. Applications close 27th February

Pancake Day – UnitingCare Ballarat

Support National Pancake Day. To be held 10.30 am, 24th February at UnitingCare, 15 Violet Grove, Wendouree. Cost: \$2 with toppings.

Buy a pancake and help UnitingCare support people who are doing it tough.

City of Ballarat – Need Volunteers for Meals on Wheels

City of Ballarat are urgently seeking community volunteers to assist in the delivery of meals on wheels which provides a valuable service to older people and people with a disability in the community. Volunteers are able to nominate a roster that suits them (weekly, monthly or other). It only takes 2 hours and they get a fuel voucher in return.

If you can help contact Robyn Stevens, 03 5320 5761

PCP Service Coordination Access Points

Project Officer .5 EFT position

Applications closing Friday 20th February

This part time position is offered as a regional position through the Central Highlands PCP, Grampians Pyrenees PCP & Wimmera PCP. The position will focus on the roll out of Access Points/Direct2Care project which is designed to promote a more coordinated approach to entry into the service system for people over 50 living in the Grampians region.

Ideally suited to someone with tertiary qualifications in allied health, nursing, health promotion, community, welfare or disability services; this is an exciting opportunity to be part of a dynamic change management process. Salary is in the range of \$60k pro rata with generous salary packaging available.

The position may be based in Ballarat or Ararat and will work closely with the PCP Service Coordination personnel based at the three PCPs.

A position description can be obtained by phoning 0407 548 553. All applications must address the key selection criteria and cite three referees.

Applications must be received by 5.00pm Friday 20th February 2009 and addressed to Kate Serrurier, Executive Officer, Grampians Pyrenees PCP, 60 High St, Ararat 3377

Advance Notice: Enhancing Care Conference 2009 Conference

To be held 7th & 8th May at Creswick. Get in quick as early bird registrations close 1st March 2009. For further information go to www.grampianspalliativecare.com.au

Advance Notice: Regional Women's Gatherings

As part of the Victorian Government's strategy to support the needs of women in rural and regional areas, the Rural Women, Drought & Climate Change Initiative was established in the five regional areas of Victoria including the Grampians region.

The purpose of this initiative is to facilitate opportunities for rural women from across the region to meet and share information about local activities and approaches, and develop supportive networks to deal with drought and climate change.

A part of this initiative a series of Regional Gatherings will be held across Hume, Loddon, Mallee, Gippsland, Barwon South West and the Grampians.

The Regional Gatherings will be an opportunity to meet women from within your local area, and to share ideas about what action we can take. In these difficult days following the Victorian Bushfires it is more important than ever that we come together to provide support and offer friendship.

Gatherings have been organized in:
Ballarat – Great Southern Woolshed, 12 noon – 3.00pm, 2nd March.

Ararat – Gum San 12 noon – 3.00 pm, 4th March
Horsham – Grains Innovation Centre, 12 noon – 3.00 pm, 12th March.

Further details will follow shortly.

If you would like more information contact
Janine Perry, 03 5327 2812 or
Janine.perry@dpcd.vic.gov.au

Help your children make sense of the natural disasters flier

Do you know of children who may have been experiencing distress over the recent bushfires and floods. A simple one page fact sheet by Michael Grose is available to provide tips to support children's concerns over natural disasters. If you would like to download a copy contact CHPCP office helenw@chpcp.org

Advance Notice: Applied Suicide Intervention Skills Training (ASIST)

A two day intensive, participatory course is being held which is designed to help participants recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety.

The training will be held Wednesday 1st & Thursday 2nd April, 9.00am – 5.00pm, at Ballarat Base Hospital, Education Centre, Drummond St, Ballarat. Cost: \$220 inc GST. For inquiries or registrations contact Anne Watson, 03 5320 3030 or anew@bhs.org.au

PAL-ED – Grampians Regional Palliative Care Team

Study Day – Personal Care Attendants & Palliative Care

A study day will be held Thursday 26th February, 10.00am – 3.00pm in Lecture Theatre, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat.

Topics include: End of life care; Nutrition and hydration in the last days; & bereavement.

Cost: Grampians Region \$70 other \$120
Registrations & inquiries ASAP to Bernadette Matthews, 03 5320 3553 or
bernadettem@bhs.org.au

Twilight Education Session – Pain & Symptom Management

Dr David Brumley will present the pathophysiology of pain, types of pain and management of complex pain issues experienced by palliative care patients. The session will also encompass case scenario work. The session will be held Monday 2nd March, 6.30pm – 8.30pm at the Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat. Video link is available via regional hospitals.

Cost: \$15 other \$25
Registrations & inquiries to Bernadette Matthews, 03 5320 3553 or
bernadettem@bhs.org.au

Nurses Making a Difference In Health Care – 2009 Seminar Series

Nurses around the world make a significant contribution to the development of health improvements. This series highlights the contributions a number of national and international nurses have made to improving health outcomes and will share aspects of their work and how it has made a difference in health care.

Friday 20th March – Sustainable Farming Families, 1.00 pm – 3.00 pm.

Susan Brumby will discuss how health promotion and education has worked to address the health, wellbeing & safety issues facing farming families.

Thursday 2nd April – Evidence Based Practice & Dementia Care, 4.00pm – 6.00pm

Martina Hasseler will discuss advances in evidence based practice and dementia care. Both workshops are free and will be held at Ballarat Health Services – Education Resource Centre.

Further seminars are planned May to October. Video conferencing is available on request.

Registration and inquiries to CNHE administration 03 5320 4038 or
shayned@bhs.org.au

Post Natal Depression Forum

PANDA & Playgroup Coordinators at City of Ballarat extend an invitation to this forum to be held on Tuesday 24th February, 2.00pm – 4.00pm, in the Trench room, Ballarat Town Hall. The forum aims to bring together professionals who work with families who have experienced PND. It is hoped to raise awareness of services and resources available and identify any gaps. This information will form a Community Action Plan.

PANDA hopes to train peer support volunteers next year in Ballarat and the City of Ballarat hopes to start a PND Music & Movement Playgroup in Term 2 2009.

Inquiries or registrations to Playgroup Coordinators, Michelle, Meghan or Julie, 03 5320 5682 or

ballaratplaygroups@ballarat.vic.gov.au

Funding Available

The Foundation for Regional & Rural Renewal (FRRR) has a number of funding opportunities available. Information is available at

www.frrr.org.au

Caring for Ageing in Rural Australia

A small grants program to assist in caring for older people in rural Australia.

Grants may range from \$100 to \$10,000.

Closing dates for applications 24th August.

Small Grants for Rural Communities

Small grants are available to support rural communities with preferences in the current round in community development for youth, immigrant resettlement in rural communities, community infrastructure and communities experiencing hardship through drought.

Closing dates 31st March & 30th September

REACH – Rural Early Childhood Program

The Rural Early Childhood Program is a source of funds up to \$20,000 for not for profit community groups in rural and remote Australia that offer early childhood services.

Applications close 16th April

Please look at the website for further information and application forms.

City of Ballarat – New Residents Playgroup

New residents to Ballarat with babies, toddlers & Preschoolers are invited to a weekly playgroup to connect with similar families and discover what the city has to offer.

The playgroup commenced on Friday 20th February, 9.00am – 10.30am at the Central Highlands Library, meeting room, Doveton St, Ballarat.

Cost: Gold coin donation.

For further information contact Meghan, Julie or Michelle, 03 5320 5682 or

ballaratplaygroups@ballarat.vic.gov.au

Position Available: BEST START Community Facilitator – Moorabool Shire Council

Moorabool Shire Council are seeking an enthusiastic, flexible and committed person who has experience in community capacity building and development work, including planning, designing and delivering community development projects to join our Family & Children Services Team located in Bacchus Marsh. The position is based on 0.3 EFT with a 15 month contract.

Salary range: Band 7 \$65,535 - \$73,330 pro rata
Applicants will need a tertiary qualification in Early Childhood Health, Community Development, Community/Welfare discipline as well as strong interpersonal and leadership skills.

A position description is available from Customer Service on 03 5366 7100 or from the website at www.moorabool.vic.gov.au Further information can be obtained from Jenni Shields, Family & Childrens Services Coordinator. Applications addressing the key selection criteria must be received by 5.00 pm, Friday 6th March 2009

City of Ballarat – New Young Parents Playgroup

A new playgroup for young parents and their babies, toddlers and preschoolers will commence on Friday 20th February, 11.00am – 12.30pm at Central Highlands Library meeting room, Doveton St, Ballarat.

Cost: Gold coin donation

For further information contact Meghan, Michelle or Julie, 03 5320 5682 or

ballaratplaygroups@ballarat.vic.gov.au

Primary Health Bulletin – 12th February

Available at

www.dhs.vic.gov.au/rrhacs/ph_bulletin_nocache?src=email&id=120209

In this edition:

- **Clinical governance in community health forum**
- **Information session for health consumers**
- **Trialing allied health service models supported by the Medicare benefits schedule**

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

alisonk@chpcp.org