

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 Hadmin@chpcp.org by **Fridays** for the next week's edition.

Early bird registrations close 27th Feb! 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:

Hwww.grampiansmentalhealthconference.org.au

For general inquiries contact Mandy Hammond, 03 5336 7900 or

Hmandy.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.
Hwww.chpcp.org

February 2009

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	Liquor Licence Seminar, Central Highland Sports Assembly, 7.00pm – 9.00pm Ballarat Town hall.
Monday 2 nd	Regional Womens Gathering, DPCD, 12noon – 3.00pm, Great Southern Woolshed, Ballarat (214)
March 3 rd & 4 th	Mentoring Works, Training seminar, Study Room, Swanston Centre, Cnr Swanston & Myers St Geelong.
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	Community Grant Information Session, Hepburn Shire Council, 6.30 pm, Creswick RSL Applications close 20 th March.
Wednesday 5 th	International Women's Day Dinner, Zonta Club, 6.30 pm, Mercure Ballarat Hotel, 613 Main Rd, Ballarat
Wednesday 11 th	CHPCP CHADA Meeting, 9.30 am, St John of God Hospital, Drummond St Ballarat (note different venue)
Wednesday 11 th	Cultural Diversity & Communication Training, Oncall & DHS, 10.00am – 12noon, Best, Acacia Room 28 Victoria St, Ballarat (214)
Wednesdays	"Me & My dad" City of Ballarat playgroup held every Wednesday (during school holidays) 9.30am – 11.30am Eastwood Leisure Centre, Dana St, Ballarat.
Tuesday 17 th & 24 th	How Babies Communicate, Centacare, 1.00pm – 3.00pm, Venue advised on registration. (214)
March 17 th & 18 th	Grampians Mental Health Conference, 7.00pm, Mercure Ballarat Hotel & Convention Centre, 613 Main Rd Ballarat
Thursday 26 th	The Experience of Bereavement, Centre of Grief & Bereavement 7.00pm-9.30pm, Registration from 6.30pm, Best Community Development, 28 Victoria St Ballarat.
Friday 27 th	Working with Families and Grief, Centre of Grief & Bereavement. 9.30am- 4.30pm Best Community Development, 28 Victoria St Ballarat

Australian Centre for Grief & Bereavement Workshops

Working with Families & Grief

This workshop will explore the impact of grief on the family unit. It is designed for anyone interested in supporting families or individuals within a grieving family including nurses, teachers, social workers and counselors.

The workshop will be held Friday 27th March, 9.30am – 4.30pm, at Best Community Development, 28 Victoria St Ballarat.

The Experience of Bereavement

This workshop is designed for the general public who are interested in supporting people experiencing grief and bereavement. The workshop will be held Thursday 26th March 7.00pm – 9.30pm, at Best Community Development, 28 Victoria St Ballarat.

Registration for both workshops is essential, contact Australian Centre for Grief & Bereavement, 03 9265 2100 or free call 1800 642 066 or info@grief.org.au

Ballarat Community Health Centre (BCHC) Doctors Clinic

BCHC's Doctors Clinic, at 260 Vickers St, Sebastopol is now open full time. New patients welcome!

Clinic hours 9.00am - 5.00pm, Monday – Friday
Appointments are necessary and can be made in person or by calling, 03 5338 4585

Community Grants Information Sessions

Community members from across Hepburn Shire are encouraged to apply for the second round of Community Grants for 08/09.

Each funding stream has grants of up to \$500 available to support community focussed programs and projects, except for community strengthening, where applications can be made up to \$2000. An Information Session will be held 6.30pm, Thursday 5th March, at the Creswick RSL. Applications close 20th March. For information contact Hepburn Shire Council, 03 5345 8399

Interesting Website: Raising Children Network

The raising children network is an online parenting website that provides instant access to a comprehensive source of reliable and up to date information on parenting and is available at www.raisingchildren.net.au

Do you need information from a previous newsletter?

Previous editions are available at www.chpcp.org go to newsletter.

Rural Women in a Changing Climate Event

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.

This initiative will 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.

Discussions will focus on a rural womens perspective and the challenges facing us as individuals, our families and our communities.

Events 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.

If childcare required advise on registration.

If you would like more information contact

Janine Perry, 03 5327 2812 or

Janine.perry@dpcd.vic.gov.au

Measuring Family Violence in Victoria – Victorian Family Violence Database: 7 year Trend Analysis 1999 – 2006

This reports provides trend analysis, comprehensive cross sector, whole of government, family violence reports in Victoria from 1999 - 2006

The report is available at www.justice.vic.gov.au and follow the link to victims/related publications.

City of Ballarat Playgroups

“Me and My Dad”

A playgroup especially for dads and their children is held every Wednesday (during school terms) from 9.30am – 11.30am at the Eastwood Leisure Centre, (opposite Safeway) Dana St, Ballarat.

Parents of Premies

A playgroup for families who's babies have arrived prematurely to share common experiences is held every 2nd & 4th every Tuesday of the month 11.00am – 1.00pm at the Eureka Family Resource Centre 507 Humffray St South Ballarat

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

ballaratplaygroups@ballarat.vic.gov.au

Attention All Sporting Clubs

Central Highlands Sports Assembly in conjunction with the Good Sports Program are facilitating the following workshops in March.

Liquor Licence Club Seminar

Raises the awareness of sport and recreation clubs legal and community responsibilities regarding the sale and consumption of liquor. To be held 7.00pm - 9.00pm Monday 2nd March, Ballarat Town Hall
Cost: \$10 pp or \$40 per club (4 people or more)

RSA Courses

Provides bar staff with the knowledge to responsibly serve alcohol at their licensed facility.
to be held 6.15pm, Monday 30th March, Ballarat Town Hall.

Cost: \$32 pp Good Sports Club members, \$42 pp non Good Sport members.

For registrations call Stuart or Michael 03 5331 6966 or stuart.schultz@chsa.org.au

Funding Opportunities

Connected Seniors Grants Programs

This Program allows organisations to run training courses for their members introducing them to new technology and hands on problem solving.

Not-for-profit community organisations with a member base of people primarily aged 60 and over are eligible to apply for the Telstra Connected Seniors Grant.

Criteria to meet,

- Applicant must have legal identity with legal status.
 - Must have Australian Business Number (ABN)
- Funding closes on March 20th.

For more information visit

www.telstra.com.au/telstraseniors/

Local Sporting Champion Program

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at national sporting organisations.

For more information visit,

www.ausport.vic.gov.au

Grant Websites

For the latest state government grants in Victoria, visit www.grants.dvc.vic.gov.au

For the latest guide to community grants for all states/territories visit,

www.aph.gov.au/library/intguide/sp/spgrants.htm

To sign up for the Easy grants newsletter visit, www.ourcommunity.com.au

'Boys and Men's Camp'

ACT in partnership with VACSAL invites boys aged 12-15 yrs old to join us on this 3 day camp is a special program that aims to strengthen relationships for boys and men in our community.

The camp will be fun and supportive of boys who are becoming men.

To be held 3rd – 6th April 2009, Venue to be confirmed. Cost is free.

Please note: each boy will bring his Dad, uncle or mentor to the camp.

For more information contact:

Mark Williams, 0439 433 355

Uncle Phil Cooper, 0432 372 129

Colin Moore, 0405 050511

Mentoring Works

Provides training and facilitated learning in all aspects of Mentoring.

The request for training and mentoring from managers across the Public Health Sector, led Mentoring Works to extend the initial program in order to provide appropriate training to senior workers.

The program has no been tested with several organisations.

Venues to hold seminars are,

Geelong, 3rd & 4th March 2009 Study Room, Swanston Centre, Cnr Swanston & Myers St, Geelong 3220

Portland, 18th & 19th March 2009, Portland Hospital, Bentinck St, Portland 3305

For more information contact, Mentoring Works, 97 Drummond St, Carlton Vic 3053.

03 9486 7781 or

admin@mentoringworks.com.au

No Quick Fix

BADAC is looking for motivated people for there No Quick Fix program.

If you are aged between 16 – 25 or know of someone interested in Sports, Education, literacy & Numeracy, generally having fun and would be interested in joining the program contact Ash 5331 5344 at BADAC

Central Highlands Sports Assembly (CHSA) Membership

Becoming a member of the CHSA assists in keeping sport & recreation opportunities sustainable & accessible.

You will also have privileges to the new CHSA website.

Cost: Clubs \$22.00, Individuals \$11.00, Associations \$27.50.

To register contact 03 53316 966 or

www.chsa.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

Introduction to Primary Care Research short course

The Primary Care Research Unit is offering a two day intensive course to that aims to introduce participants to various aspects of primary healthcare research, to be held 12th & 13th March.

For more information visit, www.dhs.vic.gov.au/rrhacs/ph_bulletin/introduction-to-primary-care-research-shot-course/ nocache

Victorian Population Health Survey 2007 report

The report is now available on the department's public health website. The latest report is the seventh in an annual series, with trends presented for selected indicators for the years 2001 – 2007.

Read more, www.dhs.vic.gov.au/rrhacs/ph_bulletin/victorian-population-health-survey-2007-report/ nocache

Release of updated Community Health Plan Dataset

The Primary health Branch will be revising and updating the Community health Plan Datasets, as part of the department's commitment to support evidence based planning.

Read more, www.dhs.vic.gov.au/rrhacs/ph_bulletin/release-of-updated-community-health-plan-datasets/ nocache

Did you know?

Taking a packed lunch to work every day can save the average person \$2000 per year.

Healthy Eating Tips for Parents at Restaurants and Cafes

Parents often find it difficult to ensure their children are eating healthily. Here are a few tips to help you make healthy the easy option.

- Help your children with menu decisions point them in a healthy direction.
- Split a regular healthy meal between children
- Choose meals that include vegetables.
- Choose Brown Bread instead of white
- Choose grilled meat instead of fried
- Choose tomato based sauce instead of creamy
- Choose mashed potato instead of chips

Don't forget to be a good role model for your children and order the healthy option yourself!

Position Vacant: Problem Gambling Community Educator – Child & Family Services (CAFS)

CAFS currently has a position available that is part of the statewide Gamblers Help Program funded through the Dept of Justice.

The Community Educator is required to work closely with Primary Care Partnerships in the planning and delivery of health promotion activities across targeted groups including the general community, schools and gaming venues.

The position is 22.8 hrs per week fixed term till December 2010.

For a position description , key selection criteria and instructions on how to apply visit www.cafs.org.au/employment

For information contact Jacqui Marshall, 03 5337 3333

Zonta Club of Ballarat – International Womens Day Dinner 2009

The theme for this year's event is "Unite to End Violence". As a part of International Womens Day 2009 the Zonta Club of Ballarat is holding a dinner on Thursday 5th March, 6.30 pm at the Mercure Ballarat Hotel & Convention Centre, 613 Main Rd, Ballarat.

The dinner will feature a range of activities and speakers.

Cost: \$60 pp

For information call Pat Fraser, 03 5332 2995.

Post booking with prepayment to IWD Committee, Zonta Club of Ballarat, PO Box 1223, Bakery Hill 3354

Position Vacant: Best Start Community Facilitator – Correction

Some details of the position advertised in last week's newsletter have been altered. If you are interested in this position please contact Jenni Shields, Family and Childrens Services Coordinator, 03 5366 7100 to check changes or go to the Moorabool Shire Council website www.moorabool.vic.gov.au for a position description.

Applications close Friday 6th March

DONT FORGET TO PASS THIS INFORMATION ON

Please print out a copy for your staff room.

To include items in the newsletter contact Sharna Kelly 03 5338 4774 or admin@chpcp.org