

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

### PODS

## Ballarat Community Health Centre Presents 'Connections through Collaboration'

Tuesday 31<sup>st</sup> March  
9.30am – 12.00pm  
The Robert Clarke Centre  
Ballarat Botanical Gardens

Pods invite agencies and individuals working with young parent the opportunity to listen to Guest Speaker, Professor Robert Cummins, presentation focus will be "Subjective Wellbeing" Areas will be available for agencies to display resource material relevant to working with young parents.

RSVP Tuesday 17<sup>th</sup> March, to  
Gayle Phillips, Ballarat Community Health Centre  
Ph: 53384 500  
Attendees limited to first 50 registrations

## 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)

### March 2009

Wednesdays 4, 11, 18 & 25 <sup>th</sup>	Separation Recovery (Womens Group), Centacare, 7.00pm – 9.00 pm, Venue advised on registration. (214)
Thursday 5 <sup>th</sup> & Friday 6 <sup>th</sup>	We're {also} in the country Forum, Craigs Hotel, 10 Lydiard St, Ballarat (213)
Thursday 5 <sup>th</sup>	Community Grant Information Session, Hepburn Shire Council, 6.30 pm Creswick RSL Applications close 20 <sup>th</sup> March. (215)
Thursday 5 <sup>th</sup>	Health Network Promotion Meeting, 9.30am-11.00am, 115 Lydiard St, Ballarat
Wednesday 5 <sup>th</sup>	International Women's Day Dinner, Zonta Club, 6.30 pm, Mercure Ballarat Hotel, 613 Main Rd, Ballarat (215)
Wednesday 11 <sup>th</sup>	CHPCP CHADA Meeting, 9.30 am, St John of God Hospital, Drummond St Ballarat (note different venue)
Wednesday 11 <sup>th</sup>	Seminar for Farmers in Moorabool Shire 4.00pm-8.30pm Mechanical Hall, 143 Inglis St, Ballan
Wednesday 11 <sup>th</sup>	Cultural Diversity & Communication Training, Oncall & DHS, 10.00am – 12noon, Best, Acacia Room 28 Victoria St, Ballarat (214)
Wednesdays 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	"Me & My dad" City of Ballarat playgroup held every Wednesday (during school holidays) 9.30am – 11.30am Eastwood Leisure Centre, Dana St, Ballarat. (215)
Sunday 15 <sup>th</sup>	Wendouree Centre for Performing Arts Benefit Concert, Howitt St, Wendouree
Monday 16 <sup>th</sup>	Professional Development Day for Managers & Volunteers Quills Lakeview Motor Inn, 268 Napier St Bendigo
Monday 16 <sup>th</sup>	Diabetes Steering Group Meeting, 1.00pm – 3.00pm, 105 Webster St, Ballarat
Tuesday 17 <sup>th</sup>	Essence of Happiness -2.00pm, Wendouree Centre for performing Arts, Howitt St, Wendouree Bookings Essential
Tuesday 17 <sup>th</sup> & 24 <sup>th</sup>	How Babies Communicate, Centacare, 1.00pm – 3.00pm, Venue advised on registration. (214)
Tuesday 17 <sup>th</sup> & Wednesday 18 <sup>th</sup>	Grampians Mental Health Conference, 7.00pm, Mecure Ballarat Hotel & Convention Centre, 613 Main Rd Ballarat
Wednesday 18 <sup>th</sup> & Thursday 19 <sup>th</sup>	Farm Expo, Ballarat Showgrounds, Creswick Rd, Ballarat
Monday 23 <sup>rd</sup>	Rural Women In Changing Climate – Great Southern Woolshed, Western Hwy, Ballarat
Tuesday 31 <sup>st</sup>	Ballarat Community Health 'Connections through Collaboration' 9.30am – 12.00pm, The Robert Clark Centre, Ballarat Botanical Gardens

### **Essence of Happiness Workshop**

Ballarat Grammar extend an invitation to hear Dr Craig Hassed – author of “The Essence of Health: The Seven Pillars of Wellbeing” present “The Essence of Happiness” workshop on Tuesday 17<sup>th</sup> March, 2.00pm in the Wendouree Centre for Performing Arts, 1220 Howitt St, Wendouree.

RSVP: 10<sup>th</sup> March, Jo Huntley, Ballarat Grammar 03 5338 0807  
Bookings Essential

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### **Art RemEMBER Concert**

Wendouree Centre for Performing Arts is hosting a benefit concert on Sunday 15<sup>th</sup> March, 2.30pm at Wendouree Centre for Performing Arts, 1220 Howitt St, Wendouree. The aim is to raise \$25,000 towards the Bushfire Relief Appeal with the help of some of Ballarat’s finest entertainers and artists including Jacqui Dark & Jason Wasley from Opera Australia, The Sweet Monas and Mini Monas, Vox and the cast members from the Lyric Theatres “Le Miserable’s” and BLOC Musical “Grease” and many more.

The University of Ballarat Arts Academy Music Theatre students will be dancing and the Visual Arts students and lecturers have generously donated a selection of original artwork for sale. The concert will not only aid stricken families and communities but entertain, amuse and lift flagging spirits.

Cost: \$25, bookings advisable 53380 980

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### **‘ICE’ Campaign - a message from Ambulance Service**

We all carry our mobile phones with names & numbers stored in the memory but nobody, other than ourselves if we were involved in an accident would know who to call in case of an emergency.

There is always hundreds of numbers stored into people’s phones but which one is the contact person in case of an emergency? Hence the “ICE” (in Case of Emergency) campaign.

The concept is catching on fast and in an emergency situation, Emergency Service Personnel and hospital staff would be able to quickly contact the right person by simply dialling the number you have stored as “ICE”. Please pass this information on to as many people as you can, it really could save lives.

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### **Did you know???**

Coca Cola bottling factories use over 3.79 litres of water to produce a 2 litre bottle of soft drink; It can be as high as 500 litres when ingredients such as growing sugar cane etc are included.

### **2009 Medi Marathon**

St John of God Hospital Ballarat are aware of the hardship that has or may reach many of you and want to make this year’s Medi Marathon a positive target to work towards. The date has been set for Sunday 20<sup>th</sup> September, to be held on the shores of Lake Wendouree.

All welcome to attend.

We will be launching the 2009 Medi Marathon on March 11<sup>th</sup>.

You can join us at 6.00am for a gentle 8km to 10km run with the Tann Clann or get some friends together, do a lap of the lake walking or running and meet us at the Canoe Club for breakfast at 6.45am.

Please let Genevieve Martin 0417 038 977 or [genevieve.martin@sjog.org.au](mailto:genevieve.martin@sjog.org.au) know if you are coming and she will make sure they have enough breakfast for everyone.

Gold coin donation would be appreciated.

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### **Please Note – Change of Date for Ballarat event of Rural Women in a Changing Climate**

Due to cancellations and the current Bushfire situation the Women’s Forum date for Ballarat has been changed to 23<sup>rd</sup> March.

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.

Events have been organized in:

**Ballarat – Great Southern Woolshed, 12 noon – 3.00pm, 23<sup>rd</sup> March.**

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

If childcare required advise on registration.

For information contact Janine Perry, 03 5327 2812 or [Janine.perry@dpcd.vic.gov.au](mailto:Janine.perry@dpcd.vic.gov.au)

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### **Seminar for Farmers in Moorabool Shire “Will our Rain Return? What Help can we get?”**

A free seminar for farmers in the Moorabool Shire (others welcome) will be held to discuss the impact of global warming on rainfall predictions will be held on Wednesday 11<sup>th</sup> March, 4.00pm – 8.30pm, at the Mechanics Hall, 143 Inglis St, Ballan.

Guest speakers Dr Harvey Stern, from the Bureau of Meteorology will speak on ‘What happened to our rain’ & Prof David Karoly, Earth Science, Melbourne University will speak on “Why has our rain declined”

A range of other speakers will provide information on support options available.

RSVP: John Montgomery, 0428 354 635, with numbers attending, and contact phone number.

### **Sustainable Gardens Australia**

Is a not for profit organisation which has a free monthly newsletter full of informative news and information. Please pass this link on to anyone you know with an interest in gardening.

[www.sgaonline.org.au/index.html](http://www.sgaonline.org.au/index.html)

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### **Ballarat Farm Expo**

Farm Expo will be held, 9.00am – 4.00pm Wednesday 18<sup>th</sup> and Thursday 19<sup>th</sup> March at Ballarat Show Grounds, Creswick Rd Ballarat. As well as a large range of agricultural displays there will be a number of stands providing health and support information including Lifeline, Rural Health Workers, and Ballarat Community Health will be providing a Men's Health Pit Stop where men can get their health and wellbeing checked.

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### **Drought Bus**

For all your up to date information on climate change and drought in your area, visit the local drought bus which will be in Rokewood, 9.30am – 4.30pm, 1<sup>st</sup> April, with a community BBQ to start at 3pm and visiting Lethbridge, 9.30am – 4.30pm, 2<sup>nd</sup> April.

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### **Support after Suicide**

Ballarat Health Services, Psychiatric Service is conducting an Educational Session on Support after Suicide.

It's a bereavement support program developed for those bereaved by suicide. We offer support, counselling and group program to people including children, young people and families. The focus will be on a current bereavement theory, unique issues and experiences of those affected by suicide.

9.00am – 3.30pm, Thursday 18<sup>th</sup> June 2009 at the Robert Clark Centre, Botanical Gardens Ballarat.

Cost - \$77 pp. Registrations close Friday 12<sup>th</sup> June. Get in early, limited seating.

For further information contact Anne Watson 5320 3030 or [annew@bhs.org.au](mailto:annew@bhs.org.au)

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### **Emergency Relief Agencies – expressions of interest sought**

A number of training options are available to Emergency Relief organisations through Vic Relief Food Bank.

Expressions of interest are sought from any agencies interested in training volunteers for Food Handing Certificates (free) or if you have other training needs please contact Chris Pollock at Central Highlands Primary Care Partnership (CHPCP) 03 5338 4771 or [drought@chpcp.org](mailto:drought@chpcp.org)

### **Working with Interpreters**

A workshop to assist participants to improve their skills when working with interpreters, in order to communicate effectively with people with low English proficiency will be held Wednesday 22<sup>nd</sup> April, 9.15am – 2.00pm at Centre for Culture, Ethnicity and Health, 81-85 Barry St Carlton.

The workshops will skill participants in:

- \* Identifying when to use an interpreter
- \* Understanding the role of an interpreter in a communication encounter
- \* Develop the necessary skills required to work with an interpreter.

Cost for workshop - \$150pp.

Register online at [www.ceh.org.au](http://www.ceh.org.au) or 03 9342 9700 Bookings essential.

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### **Professional Development Day for Managers of Volunteers**

Bendigo Volunteer Resource Centre extend an invitation to a workshop to be held 9.30am – 3.30pm, 16<sup>th</sup> March at Quills Restaurant Lakeview Motor Inn, 268 Napier St, Bendigo. The workshop will work on overcoming the pitfalls of volunteer management and getting your community involved.

To register contact Bendigo Volunteer Resource Centre, 03 5441 1404.

Emergency Relief Agencies can source assistance with petrol costs for car poolers through the Vic Relief Food Bank.

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### **Australian Bureau of Statistics Information Session**

A session will be held Monday 16<sup>th</sup> March 2.00pm – 3.00pm at the Treasury Theatre, 1 MacArthur St, East Melbourne on a range of topics, in particular statistics on regions and small areas, as well as characteristics of small population groups.

For information or registrations contact Ken Willis, 03 9615 7392 or

[victoria.statistics@abs.gov.au](mailto:victoria.statistics@abs.gov.au)

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### **Know any Amazing Volunteers?**

Anyone who has a story of any amazing, wonderful volunteers in our regions please let me know. We are gathering stories for part of an Emergency Relief distribution collection.

Please forward any stories to Chris Pollock at Central Highlands Primary Care Partnership (CHPCP) 53384 771 or [drought@chpcp.org](mailto:drought@chpcp.org)

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### **National Consumer Fraud Week**

National Consumer Fraud Week will be held 2<sup>nd</sup> – 8<sup>th</sup> March to raise awareness of common scams and fraud.

Remember if something sent to you looks to go to be true, it probably is!

### **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](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache)

**Women's health information package for bushfire and disaster recovery.** This package provides resources on gender research as it applies to disasters and supplies resources and links to web pages for disaster prevention information.

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/call-for-submissions/\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/call-for-submissions/_nocache)

**Monash University public health and prevention medicine short courses** A range of short courses are offered throughout the year by the Monash University School of Public Health and Preventative Medicine.

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/monash-university/\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/monash-university/_nocache)

### **Training for working better with culturally and linguistically diverse alcohol and drug clients**

A two day training course on 18<sup>th</sup> & 19<sup>th</sup> March for those interested in alcohol and other drug issues, culturally and linguistically diverse clients.

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/training/\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/training/_nocache)

### **New resource on business models for general practice in community health**

The new guide to develop an optimal business in community health gives detailed information about sustainable business models for general practices operating in the community health services. It is aimed at community health services with a general practice clinic or those looking at establishing a clinic.

[www.dhs.vic.gov.au/eehacs/ph\\_bulletin/new-resource-general-practice/\\_nocache](http://www.dhs.vic.gov.au/eehacs/ph_bulletin/new-resource-general-practice/_nocache)

### **Koori Community Kitchens Information Forums**

A Community Kitchen is a group of people who get together to cook healthy food & have fun. The purpose of this forum is to support Koori organisations, workers, groups and community members to set up their own kitchens. A free morning tea and discussion will be held, Friday 24<sup>th</sup> April, 10.30am – 3.30pm at the Aborigines Advancement League Hall, 2 Watt St, Thornbury.

RSVP to Sharon Thorpe 03 9419 3350 [SharonT@vaccho.com.au](mailto:SharonT@vaccho.com.au) or Jennifer Browne 03 9419 3350 [JenniferB@vaccho.com.au](mailto:JenniferB@vaccho.com.au)  
Parking available onsite

### **Conservation Volunteers – Green Gym - Upcoming Programs**

The Conservation Volunteers - Green Gym are running a range of workshops during March, 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 and other locations including,

\* Sovereign Hill Sound and Light Experience 2<sup>nd</sup> – 6<sup>th</sup> March, step back in time and enjoy a living museum & one of Australia's iconic tourist attractions, assist staff in landscape & revegetation works. Accommodation available at YHA accommodation.

\* Bendigo Cemetery Heritage Care 9<sup>th</sup> – 13<sup>th</sup> March, whilst working to protect heritage in the community assist staff with heritage restoration. Accommodation available at Bendigo Volunteer House.

\* Macaroni Factory 15<sup>th</sup> March, help the Viola family maintain the surrounds of the historic Macaroni Factory within the iconic township of Hepburn. Transport is available from Bendigo to the project.

\* Sovereign Hill Sound and Light Experience, 16<sup>th</sup> – 20<sup>th</sup> March, assist staff in landscape and revegetation works.

\* Mighty River Murray 23<sup>rd</sup> – 27<sup>th</sup> March, Volunteers will be involved in weed control, fencing, revegetation and general conservation works. Accommodation available at the Scout Camp.

If you would like to participate in one of these opportunities or for further information on programs call Brian Anderson 5444 0777 or [banderson@conservationvolunteers.com.au](mailto:banderson@conservationvolunteers.com.au)  
For further information on these and other future planned activities go to [www.conservationvolunteers.com.au](http://www.conservationvolunteers.com.au) and follow the booking prompts for the "Conservation Connect" programs.

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