

Central Highlands Primary Care Partnership

15 Violet Grove, Wendouree 3355.
Ph: 03 5338 4770 Fax: 03 5339 8419
Postal: 15 Violet Grove, Wendouree 3355.

Executive Officer - Helen Wade

Ph: 03 5338 4770 or helenw@chpcp.org

Drought & Climate Change Coordinator - Chris Pollock

Ph: 03 5338 4771 or drought@chpcp.org

Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or johnd@chpcp.org

Chronic Disease Coordinator – Tim Stewart

Ph: 03 5338 4773 or tims@chpcp.org

Administration Support Officer - Sharna Kelly

Ph: 03 5338 4774 or admin@chpcp.org

Website: www.chpcp.org

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 by **Fridays** for the next week's edition.

Ballarat 2009 Sports Safety Training

Central Highlands Sports Assembly and Sports Medicine Australia are providing a range of sports education opportunities to club personnel at significant discounts.

Sports First Aid Course – Sunday 26th April, Cost: \$130 save \$45

Level 1 Sports Trainer Course – 9.00am – 5.00pm, Sunday 3rd & 10th May. Cost: \$180 save \$115

Combined level 1 Sports Trainer & Sports First Aid Course – To be held 9.00am – 5.00pm, 26th April, & Sunday 3rd May & 8.00am – 4.00pm, 10th May
Cost: \$280 save \$70

Re-accreditation & CPR

To be held 4.00pm – 7.00pm, Sunday 10th May Cost: \$90 save \$50

All courses will be held at Ballarat Aquatic Centre, Gillies St North, Ballarat. For further information or registrations contact Sports Medicine Australia, 03 9674 8777 or ssp@vic.sma.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

March 2009

Wednesdays 18 & 25 th	Separation Recovery (Womens Group), Centacare, 7.00pm – 9.00 pm, Venue advised on registration. (214)
Wednesdays, 18 th , 25 th	“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 th	Wendouree Centre for Performing Arts Benefit Concert, Howitt St, Wendouree
Monday 16 th	Professional Development Day for Managers & Volunteers Quills Lakeview Motor Inn, 268 Napier St Bendigo
Monday 16 th	Diabetes Steering Group Meeting, 1.00pm – 3.00pm, 105 Webster St, Ballarat
Tuesday 17 th	Essence of Happiness -2.00pm, Wendouree Centre for performing Arts, Howitt St, Wendouree Bookings Essential
Tuesday 17 th & Wednesday 18 th	First Aid Course Level 2, 9.15am, Delacombe Community Centre
Tuesday 17 th & 24 th	How Babies Communicate, Centacare, 1.00pm – 3.00pm, Venue advised on registration. (214)
Tuesday 17 th & Wednesday 18 th	Grampians Mental Health Conference, 7.00pm, Mecure Ballarat Hotel & Convention Centre, 613 Main Rd Ballarat (215)
Wednesday 18 th & Thursday 19 th	Farm Expo, Ballarat Showgrounds, Creswick Rd, Ballarat (215)
Thursday 19 th	Ballarat Corporate Sleeping Rough, Ballarat Youth Homelessness Committee, 8.00pm – 8.00am, Bridge Mall, Ballarat (217)
Monday 23 rd	Rural Women In Changing Climate – Great Southern Woolshed, Western Hwy, Ballarat (215)
Wednesday 25 th	Breast Cancer Australia Forum 1.00pm-4.00pm, the Foundry Hotel, 366 High St Bendigo
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. (215)
Thursday 26 th	Cultural Diversity & Communication Awareness Training, 10.00am-12.00pm Best, 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 (215)
Monday 30 th	RSA Courses, Central highlands sports Assembly, 6.15pm, Ballarat Town Hall (215)

First Aid Course Level 2

If you are a volunteer or know of anyone who would benefit and enjoy learning first aid, get in touch and register for this two day certificate first aid course which is subsidized for volunteers of community groups. To be held 9.15am, Tuesday 17th & Wednesday 18th March
Contact, Delacombe Community House,
03 5335 6633 or 0407 360 214

Fire Alarms

The S.A. Metropolitan Fire Service (MFS), Country Fire Service (CFS) and the State Government have launched a state wide campaign urging people to send their smoke alarms into retirement when they reach 10 years of age.

Regardless of whether smoke alarms are battery operated or connected to the mains power supply, smoke alarms only last for 10 years under normal operating conditions.

Retire your smoke alarms when they reach 10 years of age, its better to be safe than sorry.

Contact your local electrician to arrange to have your smoke alarms replaced.

Further information visit www.mfs.sa.gov.au and www.cfs.sa.gov.au or call 1300 737 637

Professional Pathways Australia

Professional Pathways Australia would like to hear from organisations interested in an opportunity to connect with, guide and mentor the next generation of Accounting or IT professionals within Australia.

We have a number of newly qualified international interns who are looking to undertake 12 weeks UNPAID internships within organisations.

All candidates have been thoroughly screened for English language ability and motivation.

Whilst some interns don't have practical experience, they do bring enthusiasm and willingness to learn.

For information contact Lisa Kann 03 8622 8956 or Freda Zapsalis 03 8622 8954

CV's are available on request.

Did you know???

Cotton accounts for approximately 25% of all insecticides used globally and 11% of all pesticides used.

Bushfire Sound Relief Concert.

To be held at the MCG in Melbourne on Saturday 14th March, 12.00pm – 10.00pm.

Many bands have come together and reformed to raise money and entertain the many families that lost everything in Black Saturday.

\$75 pp tickets available through

www.ticketek.com.au all proceeds to go to Bushfire victims.

UBTP & BITS Breakfast

7.45am, Tuesday 17th March, Greenhill Enterprise Centre.

Guest Speaker, John Twin will present a forum on Global problems including financial crisis, climate disruptions and food supply hazards. RSVP by Friday 13th March to Marianne Drake m.drak@ballarat.edu.au or 5327 9893

Positive Body Image Grants

"Go for your life" Positive Body Image Grants 2009 are now open until 17th April 2009.

The Grants fund community based activities that promote positive body image messages and healthy lifestyle choices and build self esteem.

Grants of up to \$5000 are available for projects that target young people aged 12 – 25 years and actively involve them in managing the project.

A healthy and balanced approach to food and exercise remains an important part of the Positive Body Image Grants 2009.

The 2009 guidelines can be accessed on line at "Go for your Life" Grants – 2009

www.grants.dpcd.vic.gov.au

For information call 1300 366 356 week days between 8.30am – 10.00pm

Spread the Word Symposium -

Community Engagement & Participation

Organisations in the North & West are invited to attend and/or submit abstracts for the 4th Spread the Word Symposium.

A day to share and learn about local achievements and community engagement & participation supporting health and wellbeing.

The day will showcase learning and achievements in the community followed by discussions on health issues.

9.00am- 4.00pm, Tuesday 21st April,

Maribyrnong Shire Council, Corner of Napier & Hyde St, Maribyrnong

Registration - \$20pp.

For information registration and directions to the venue go to:

www.healthwest.org.au/page.php?361

Breast Cancer Network Australia

Bendigo Forum

Breast Cancer Australia is presenting a free forum on "Living well beyond breast cancer" to be held 1.00pm - 4.00pm, Wednesday 25th March, The Foundry Hotel Complex, Platinum Room, 366 High St Bendigo.

Speakers will include Lyn Swinburne CEO, Breast Cancer Network and Raelene Boyle former Olympian, breast cancer survivor and a medical expert will be on hand to answer any questions.

Afternoon tea provided and places are filling fast

To register go to www.bcna.org.au

>events>BCNA Forums or 1800 500 258

“Getting to Yes” Workshops

Free Not for Profit Offer

Need to negotiate agreements and resolve disputes? New CMA workshops are on offer for 2009 with a special offer to Not for Profits in Victoria.

The “Getting to Yes” workshop uses groundbreaking techniques developed and offers a two-day negotiation skills workshop to quip you to:

- Analyse a negotiation and identify obstacles
- Prepare for negotiations, increasing confidence and ability to plan
- Communicate and manage skilfully
- Making clear and rational decisions.

The workshop is structured to blend interactive presentations, group discussions, role plays and case study work to ensure maximum stimulation and retention of core skills.

Morning tea, Lunch and Afternoon tea provided. To be held on 25th & 26th March at CMA's South Yarra Training Facility.

For information contact Emily Challons, 03 9613 0700 or www.cmaservices.com.au

Primary Health Bulletin - 6th March

www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=050309

Australian Disease Management Association membership

The Australian Disease Management Association (ADMA) offers all publicly-funded Victorian health services free corporate membership.

www.dhs.vic.gov.au/rrhacs/ph_bulletin/australian-disease-management-association/nocache?

“Go for your life” Physical Activity Forum

The “Go for your life” physical activity forum promoting physical activity and health in the workplace will be held Tuesday 24th March in Melbourne.

www.dhs.vic.gov.au/rrhacs/ph_bulletin/go-for-your-life/nocache?

EOI to deliver Sustainable Farm Families Programs

The award winning Sustainable Farm Supplies program is calling for expressions of interest from health agencies and industry groups across Victoria to deliver a further Twenty programs.

www.dhs.vic.gov.au/rrhacs/ph_bulletin/eoi/nocache?

Chronic Heart Failure Information – available in other Languages

The Heart Foundation information sheet for people with heart failure and their carers is now available in 16 other languages.

www.dhs.vic.gov.au/rrhacs/ph_bulletin/chronic-heart-failure/nocache?

Arthritis Awareness Week

Arthritis Victoria is celebrating Arthritis Awareness Week 29th March – 4th April
Courses offered in 2009 include

TAI CHI for Arthritis Leader Training Course A Nationally Recognised Training

This two day course was developed in collaboration with a team of rheumatologists and Tai Chi specialists.

The course provides opportunities for people to learn how to safely and effectively conduct Tai Chi for Arthritis classes.

Qualified health professional/teachers who hold accredited certificates conduct these courses.

Topics include:

- Understanding arthritis and management
- History of Tai Chi
- Exercise benefits and precautions in relation to arthritis
- teaching Tai Chi for arthritis
- Theory and practical assessment

TAI CHI for Diabetes Leader training Course

This two day course was designed with a team of medical experts. Exercise and stress reduction have been shown to improve diabetes management. Tai Chi for diabetes, as a gentle exercise that encourages mental relaxation, may improve control of diabetes.

The course will include topics on:

- Understanding diabetes and management
- Exercise benefits for Tai Chi and diabetes
- Performance of Tai Chi for diabetes movements
- Theory and practical assessment

For information on the courses, fees and charges contact the Organisational Support Coordinator on 03 8531 8008 or 1800 011 041

Body Think

A program to promote positive Body Image and Self Esteem.

The Butterfly Foundation is presenting this educator and training seminar.

Less than a quarter of Australian girls and boys are satisfied with their weight. The foundation is working towards assisting young people to address these feelings of low self esteem that often lead to dangerous dieting practises and eating disorders.

9.00am – 1.00pm, Friday 20th March, Geelong Conference Centre, Adams Court East Park, East Geelong. Cost is \$55 pp.

For information and registration contact Danni Watts on 03 9822 5771 or

danni@thebutterflyfoundation.org.au

Apply now for a Rebate

Water Smart Gardens and Homes rebate Scheme 1st July – 30th June 2009.

The Victorian State Government is offering a rebate to customers who have a water tank installed by a licensed plumber connected to grey water outlets, to flush toilets, hot water recirculate and who efficiently replace shower heads.

You must include your receipt for the tank, plumber's certificate and claim form details to be eligible to claim.

For information call Department of Sustainability and Environment customer service on 136 186 or visit the Our Water our Future site at www.ourwater.vic.gov.au for guidelines and application forms.

National Rainwater and Greywater Initiative

As part of the \$12.9 billion Water for the Future plan, the Federal Government is delivering \$250 million National Rainwater and Greywater Initiatives to help people use water wisely in their everyday lives.

On January 30th 2009 the Federal Government announced rebates of up to \$500 to households for either

- The purchase and installation of a new rain water tank which is connected for internal reuse of the water for toilet and/or laundry.

Or

- The purchase and installation of a permanent grey water treatment system.

The eligible customers must show they own the property of installation and must submit appropriate paperwork to be able to claim the rebate.

For information on rebates and applications forms contact the national information line on 1800 808 571 or email

nrgi@environment.gov.au or visit the National Rainwater and Greywater Initiative, to download NRGi application forms and guidelines

Ballarat Corporate Sleeping Rough – Ballarat Homeless Youth Committee

To promote the awareness of this significant local issue and to support the construction of accommodation for homeless youth in Ballarat a Ballarat Corporate Sleeping Rough event will be held 8.00pm – 8.00am, Thursday 19th March, in the Bridge Mall, Ballarat.

Please bring yourself, a blanket and a pillow. We would like at least half of the bedding to be donated at the events conclusion.

To register or for further information contact, Wallace Martin 03 5329 2805, 0408 828 432 or Wallace.martin@ymca.org.au

Mind Matters Professional Development Staff Wellbeing

Staff wellbeing can impact on student mental health and wellbeing. This module explores beliefs about the role of the school as well as a range of strategies to improve staff wellbeing. The role of professional development and how to authentically engage all staff in the whole school approach to mental health and wellbeing. Schools plan their implementation and reflect on how they evaluate their progress in this area. To be held Monday 4th May at Ballarat Dept of Education, 109 Armstrong St, Ballarat. Register online at www.mindmatters.edu.au or email vivienne.archdall@curriucum.edu.au

Victoria Prize and Fellowships Open

Nominations open for 2009 Victoria prize and Fellowships.

The Victorian Fellowships grants of \$50,000 Victorian Prize and six \$18,000 Victorian Fellowship prizes are open to young Victorians working in science, engineering or technology in industry or as a postgraduate about to complete their studies.

These awards celebrate scientific discovery and innovation in Victoria and play a major role in rewarding excellence and encouraging research. Nominations and applications close on 3 April 2009; Winners will be announced in August 2009. www.business.vic.gov.au/vicprize

PhD Study & Scholarship Opportunities in Injury Prevention & Safety Promotion

The University of Ballarat has recently established new strategic research directions for the next 5-10 years. One of the four supported research strength areas is Injury Prevention and Injury Control.

Opportunities currently exist for new PhD students to join this internationally recognised research group. These scholarships are available to Australian citizens/residents. For information

www.ballarat.edu.au/ard/ubresearch/docs/UB or phone 03 5327 9608 for advice.

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