

## 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.

### Community Hubs Forum

21<sup>st</sup> April, 9.00am – 12 noon

At Sails on the Lake, Wendouree Pd, Ballarat

The Child & Family Platform of Central Highlands Primary Care Partnership has been researching service priorities for children & families in the region and the research has supported the establishment of coordinated development of community hubs.

An invitation is extended to CEOs, Senior staff and representatives of organisations interested in exploring potential for the establishment of community hubs or value adding to proposed hubs of service for children & families in the Central Highlands region.

The session will be facilitated by June McLoughlin, Centre for Childrens Health, Royal Childrens Hospital who has extensive experience in the development of community hubs.

RSVP: By 15<sup>th</sup> April, Ph: Sharna Kelly, 03 5338 4774 or [admin@chpcp.org](mailto:admin@chpcp.org)

## 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

Monday 23 <sup>rd</sup>	Rural Women In Changing Climate – Great Southern Woolshed, Western Hwy, Ballarat (215)
Wednesday 25 <sup>th</sup>	Breast Cancer Australia Forum 1.00pm-4.00pm, the Foundry Hotel, 366 High St Bendigo
Thursday 26 <sup>th</sup>	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 <sup>th</sup>	2006 CDATE Online Information Session, 1.00pm – 2.30pm, The Great hall at Gum San, 31-33 Lambert St, Ararat
Thursday 26 <sup>th</sup>	Cultural Diversity & Communication Awareness Training, 1.00pm – 3.00pm Best, 28 Victoria St, Ballarat
Thursday 26 <sup>th</sup>	Ballarat's Biggest Playgroup, 4x1hr sessions between 10.00am – 2.00pm, Ballarat Mining Exchange, 25 Lydiard St North, Ballarat (218)
Thursday 26 <sup>th</sup>	CHPCP Full Alliance Meeting. 9.00am – 10.30am, Ballarat & District Division of General Practice, Webster St
Thursday 26 <sup>th</sup>	CHPCP Executive Meeting, 10.30am – 11.00am, Ballarat Division of General Practice, Webster St
Friday 27 <sup>th</sup>	Working with Families and Grief, Centre of Grief & Bereavement. 9.30am- 4.30pm Best Community Development, 28 Victoria St Ballarat (215)
Monday 30 <sup>th</sup>	RSA Courses, Central highlands sports Assembly, 6.15pm, Ballarat Town Hall (215)
Tuesday 31 <sup>st</sup>	Ballarat Community Health 'Connections through Collaboration' 9.30am – 12.00pm, The Robert Clark Centre, Ballarat Botanical Gardens (216)
Tuesday 31 <sup>st</sup>	Resilience and Children, Mental Health Foundation, Uniting Church Centre, 103 Lydiard St Ballarat (218)

### April 2009

Monday 6 <sup>th</sup>	Not for Resuscitation Workshop, PAL-ED, 6.30pm – 8.30pm, Education Resource Centre, BBH, Ballarat Health Services, Drummond St, Ballarat (218)
Tuesday 7 <sup>th</sup>	CHPCP Health Promotion Network Meeting, 9.30am – 11.30am, Child & Family Services, Lydiard St
Wednesday 8 <sup>th</sup>	CHPCP CHADA Meeting 9.30am – 11.30am, BHS Queen Elizabeth Centre Seminar Room 2, Ascot St
Tuesday 21 <sup>st</sup>	Community Hubs Forum, CHPCP, 9.00am – 12noon, Sails on the Lake, Wendouree Pde, Ballarat (218)

### **Community Grants Available**

For Woolworths and Safeway Community Grants of up to \$5000

Grants are being given to local community groups that help primary school aged children lead healthier more active lives.

Apply at [www.woolworths.com.au](http://www.woolworths.com.au)

Applications close Monday 6<sup>th</sup> April 2009

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### **Resilience and Children**

Workshops are now offered throughout Victoria promoting children's wellbeing through understanding of resilience and its practice.

The workshops build resilience from a strengths model and assist participants to work collaboratively.

The workshops are suitable for anyone working with children in support roles or in group programs or activities such as social and sporting clubs.

To be held, Wednesday 31<sup>st</sup> March, Uniting Church Centre Peart Wing, 103 Lydiard St  
For further information contact Alan Sutherland, Community Education Coordinator, Mental Health Foundation of Australia 03 9427 0407  
Email: [projectofficer@mhfa.org.au](mailto:projectofficer@mhfa.org.au)

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### **Ballarat Youth Festival**

Formally known as (Stuffest), the Ballarat Youth Festival will be held 3<sup>rd</sup> - 5<sup>th</sup> April at the Ballarat Mining Exchange, Camp St, Alfred Deakin Place and Ballarat Skate Park.

Calendar events include:

Friday 3<sup>rd</sup> April 3.00pm – 7.00pm free jumping castle and dance lessons, 5.00pm – 7.00pm free Art show. 6.00pm – 10.00pm free outdoor music.

Saturday 4<sup>th</sup> April

2.30pm – 5.00pm free BMX session, 10.00am – 4.00pm free Guff, Gaming & Yu-Gi-Oh.

6.00pm – 10.00pm Youth Dance Fest, \$10pp or \$5 with card.

Sunday 5<sup>th</sup> April

10.00am – 4.00pm Street Soccer \$3pp, teams of 5, 1.00pm – 6.00pm Skate Day featuring demos, comps and live music.

The Youth Art Show will be held as part of the festival, for those interested in exhibiting work, attending or event Calendar, visit

[www.myspace.com/sonikayg](http://www.myspace.com/sonikayg)

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### **Street Soccer Tournament**

The YMCA Youth Services will hold a Street Soccer event on Sunday 5<sup>th</sup> April at the Civic Hall car park, Corner of Armstrong & Market St  
Cost: \$3pp, teams of 5 players

Featuring demos, competitions and live music.

For further information contact Wallace Martin, YMCA Youth Development Officer 0408 828 432  
Or [Wallace.martin@ymca.org.au](mailto:Wallace.martin@ymca.org.au)

### **PEPA**

#### **Workshops in the Palliative Approach**

PEPA aims to improve the knowledge, skills and confidence of health professionals in the palliative approach to care for people with a life limiting illness.

The workshops are interactive and provide ample time for discussion through case presentations and examples.

To be held Thursday 14<sup>th</sup> May, 9.30am – 4.00pm, at Barkly Lodge, 43-57 Main Rd, Ballarat. Cost: free

Morning tea, lunch and afternoon tea provided.

Register Online at

[www.health.vic.gov.au/palliativecare](http://www.health.vic.gov.au/palliativecare) or phone

Ellen Sheridan on 03 9096 5296

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### **2006 CDATA Online Information Session**

2006 CDATA Online is a free online tool which combines information on Australian Society from the 2006 census of population and housing with graphing and mapping capabilities. Also provides users with the ability to create their own tables of census data on a range of different topics such as age, education, housing, income, transport, religion, ethnicity, occupation and more.

The Australian Bureau of Statistics 2006 CDATA online information session will assist you by providing an overview of the product functionality, how to get help and online training.

To be held, Thursday 26<sup>th</sup> March, 1.00pm – 2.30pm at The Great Hall at Gum San, 31-33 Lambert St, (Western Hwy) Ararat,

To reserve a place contact, Patricia Stannus, Grampians Pyrenees PCP on 03 5352 6230 or  
Email: [patricia.a@gchc.org.au](mailto:patricia.a@gchc.org.au)

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### **Karden Disability Support Foundation are moving!**

As of March 28<sup>th</sup>, Karden Disability Support Foundation will be moving to 35 Mair St, Ballarat (right next door to Tanya Daniels – The Good Guys). Phone and fax numbers will remain the same.

Phone: 03 5331 7924 Fax: 03 5338 7992

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### **Do you know someone who is an outstanding Disability Professional?**

Here is an opportunity to celebrate the important work of disability professionals in or community.

The DVP Awards for excellence celebrate and acknowledge individuals who demonstrate qualities of excellence through leadership.

These qualities include passion, vision and commitment to the development of self and others.

Nominations close 3<sup>rd</sup> April. Submit your nominations to Disability Professional Victoria, 235 Napier St, Fitzroy, 3065 or 03 8637 1238 or visit [www.dpv.org.au](http://www.dpv.org.au)

### **PAL-ED Twilight Education Session – Not for Resuscitation**

The Grampians Regional Palliative Care Team is hosting a session on Not for Resuscitation to be held Monday 6<sup>th</sup> April, 6.30pm - 8.30pm at the Education Resource Centre, BBH, Ballarat Health Services, Drummond St North, Ballarat. Video link is available via regional hospitals by contacting your local hospital health educator. Cost: Grampians region \$15, other \$25 RSVP by 30<sup>th</sup> March to Bernadette Matthews, 03 53230 3353 or [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

### **The Big Night Off - Community Event**

The Golden Plains Shire Drought Committee has partnered with Beyond Blue to deliver "The Big Night Off", a fun socially orientated community event with special guest speaker Jeff Kennett AC, Chairman – Beyond Blue. To be held Wednesday 1<sup>st</sup> April, 5.00pm at the Rokewood Public Hall. There will be a free community BBQ and a variety of entertainment including musicians, magicians and other performances. This provides an opportunity for farming families to get off the farm, take a break and spend some social time with their neighbours and friends.

A variety of drought relief support agencies including the Centrelink Drought Bus will be on hand to assist with information and applications for drought relief entitlements.

For further information and to confirm your attendance contact Claire Martin 03 5220 7109 or [cmartin@gplains.vic.gov.au](mailto:cmartin@gplains.vic.gov.au)

### **What's food got to do with it?**

#### **An insight into young people with eating disorders.**

Eating Disorders are a complex and confronting issue for many professionals working with young people today. So what defines an eating disorder and how can we better understand the challenges involved? What can we do to support a young person's recovery? This important forum will explore the history of eating disorders and recent research results.

Come along to the Royal Children's Hospital or remote link and hear experts in the field discuss and debate recent findings, challenges and intervention strategies.

To be held Thursday 2<sup>nd</sup> April, 9.00am – 12.00pm at the Royal Children's Hospital, Flemington Rd, Parkville.

For further information, cost and booking details contact Lara Cullen, The Centre for Adolescent Health, 03 9345 6671 or [lara.cullen@rch.org.au](mailto:lara.cullen@rch.org.au)

### **The Treatment of Depression 'What's New'**

Understanding evidence based and workable approaches to depression has never been of more importance to the community.

This is an opportunity to extend your knowledge. This lecture will outline new developments in the treatment of mood disorders, in particular, depression with reference to the current climate of thought in academic and frontline psychiatry regarding treatment. The audience will hear about the future direction of treatments for depression, and will have the opportunity to ask questions of particular interest to their organisation or themselves.

To be held, Thursday 19<sup>th</sup> March, 7.30pm - 9.00pm at Mental Health House, 270 Church St, Richmond.

Cost: \$30pp, \$15 MHFA members, \$10 Conc. Registration is essential.

For further information and registration contact Nelly Zola, Mental Health Foundation of Australia 03 9427 0406 or [admin@mentalhealthvic.org.au](mailto:admin@mentalhealthvic.org.au)

### **Victorian Legal Aid lunches new publication to help people in debt**

Being in debt can be a very stressful time and it is easy to feel overwhelmed by the legal processes. Victorian Legal Aid's newest publication "Debt problems: The law, your options" is now available to help people in debt. You can get legal help and see a financial counsellor to:

- \* Work out what you really owe;
- \* Decide what to do;
- \* Make a plan you can afford;
- \* Feel more in control

To order a copy of "Debt problems: The law, your options", visit the Victorian Legal Aid website [www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)

and follow the publications to download the document or access the online order form, or call 03 9269 0223 to order copies.

### **Health Professionals Forum Kids – 'Go for your life'**

To attend this forum you must be a member of the Kids – "Go for your life" Health Professionals Network.

The aim of this Network is to build a strong network of health professionals using the Kids – 'Go for your Life' Awards Program.

The Network is suitable for health professionals who work in community health, local government or non for profit organisations.

To be held Wednesday 22<sup>nd</sup> April at the Treacy Conference Centre, 126 The Avenue, Parkville. For further information contact 03 9635 5639 or email [admin@kidsgoforyourlife.org.au](mailto:admin@kidsgoforyourlife.org.au)

### **Position Vacant – Djerriwarrh Health Service – Healthy Mothers Healthy Babies Outreach Worker**

DJHS are seeking a dynamic and enthusiastic health professional to join their new Healthy Mothers, Healthy Babies program. They will work holistically and creatively in an assertive community outreach role established to improve women's access to antenatal services, postnatal services and support services. The role will provide health promotion to support healthy behaviours in pregnancy and beyond. Target groups include women who are young, disadvantaged, CALD and ATSI.

A position description and key selection criteria can be obtained by contacting Melinda Sammut, 03 5367 2000 or [melindas@djhs.org.au](mailto:melindas@djhs.org.au) Applications close 27<sup>th</sup> March 2009 and can be sent to Melinda Sammut, Human Resources Officer, Djerriwarrh Health Services, PO Box 330, Bacchus Marsh 3340 (REF NO. BM15/09)

### **Hot News!!! Grampians region success in Child & Youth Mental Health Project**

On Friday 13<sup>th</sup> March by Minister Neville announced the two successful projects at the launch of the Victorian Mental Health Reform Strategy 2009-2019 "Because Mental Health Matters".

The application was part of a collaborative submission with agencies across the Grampians region with Child & Adolescent Mental Health Services the lead agency.

The project provides an exciting opportunity to reform the 0 – 25 mental health service system as one of two state pilots, one metro and one regional.

**Please note** that the Arthritis Victoria – Tai Chi for Diabetes listed in last week's newsletter is only available on a consultative basis.

### **Ballarats Biggest Playgroup**

The City of Ballarat and Playgroup Victoria would like to invite all interested families with babies and young children to be part of the Worlds Biggest Playgroup.

To be held Thursday 26<sup>th</sup> March (4x1hr sessions) between 10.00am – 2.00pm at the Ballarat Mining Exchange, 25 Lydiard St  
10.00am – 11.00am Fun! Fun! Fun!  
11.00am – 12.00pm Music & Dance with BCMA  
12.00pm – 1.00pm Fun! Fun! Fun!  
1.00pm – 2.00pm Story Telling

A range of community agencies will also be providing a variety of activities.

Bookings are essential, for further information contact Meghan or Julie on 03 5320 5682 or [ballaratplaygroup@ballarat.vic.gov.au](mailto:ballaratplaygroup@ballarat.vic.gov.au)

### **Climate Action Summit**

Spend a day finding out about the latest science and government policy on climate change at this summit to be held Saturday 21<sup>st</sup> March 9.30am – 4.00pm at Daylesford Town Hall.

You will also be able to be involved in developing a regional strategy to expand our impact to get the policies we need to support community action on climate change.

Cost \$25 includes lunch.

To register phone 03 5470 6978 or go to [www.rvcas.org.au](http://www.rvcas.org.au)

### **Fresh Ideas for Work and Family Grants**

This grants program is available to help small business to help put in place flexible work arrangements and provides grants of \$5000 - \$15000 (gst inc) for small businesses to put in place family friendly arrangements that suit their individual needs for their business. Grants close on 9<sup>th</sup> April 2009 and further information can be obtained at [www.deewr.gov.au/freshideas](http://www.deewr.gov.au/freshideas) or 1300 363 264

### **Primary Health Bulletin 12<sup>th</sup> March**

For the latest edition of the Primary Health Weekly Bulletin visit

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=050309](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=050309)

### **Refugee health and wellbeing: an introduction for community – based nurses**

The Victorian Foundation for survivors of torture is facilitating a two day introductory course for refugee health nurses and other community nurses who are seeking an overview of refugee health and wellbeing to inform their practice.

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/refugee-health-and-wellbeing/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/refugee-health-and-wellbeing/nocache?)

### **Female genital mutilation lecture series**

The Women's is sponsoring Dr Comfort Momoh, specialist midwife in the field of female genital mutilation, to conduct a series of lectures for people working with affected communities between Monday 20<sup>th</sup> April – Wednesday 29<sup>th</sup> April.

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/female-genital-mutilation-lecture-series/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/female-genital-mutilation-lecture-series/nocache?)

## **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)