

## Central Highlands Primary Care Partnership

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### Drought & Climate Change Coordinator - Chris Pollock

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

### Position Vacant:

#### DIRECT2CARE PROGRAM COORDINATOR

.5EFT one year contract with possibility of extension  
PCP's (Primary Care Partnerships) across the Grampians region are supporting the roll out of a pilot project across the Grampians region.

If you are passionate about working in a new and important partnership, please feel free to ring and discuss the position.

This part-time position is available as a possible secondment for a person with a background in health services and an interest in more coordinated approaches to the provision of services for older people in rural and regional areas. Commencing ASAP the position could be based in either Ballarat or Ararat.

The position will report to the Executive Officer of one of the Primary Care Partnerships and will work closely with service coordination personnel based at three PCPs.

A position description can be obtained on 0407 548 553.

All applications should address the key selection criteria and be received by 5pm, Friday 17<sup>th</sup> April 2009

Applications should be sent to Kate Serrurier, Executive Officer, Grampians Pyrenees PCP, 60 High St, Ararat 3377 or Hkate.s@gchc.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

### April 2009

Thursday 2 <sup>nd</sup>	<b>What's Food Got To Do With It</b> , 9.00am – 12.00pm, Royal Children's Hospital, Flemington Rd, Parkville (218)
Monday 6 <sup>th</sup>	<b>Not for Resuscitation Workshop, PAL-ED</b> , 6.30pm – 8.30pm, Education Resource Centre, BBH, Ballarat Health Services, Drummond St, Ballarat (218)
Tuesday 7 <sup>th</sup>	<b>CHPCP Health Promotion Network Meeting</b> , 9.30am – 11.30am, Child & Family Services, Lydiard St
Wednesday 8 <sup>th</sup>	<b>CHPCP CHADA Meeting 9.30am – 11.30am</b> , BHS Queen Elizabeth Centre Seminar Room 2, Ascot St
Thursday 9 <sup>th</sup>	<b>Grampians Homelessness Services, Client Consultation</b> , Peart Wing, 103 Lydiard st, Ballarat, 11.00am – 12.30pm, 3.00pm – 4.30pm, 3.45pm – 5.15pm (220)
Thursday 16 <sup>th</sup>	<b>Grampians Homelessness Services, Client Consultation, Child and Family Services</b> , 13 Hospital & Jamieson St, Daylesford, 11.30am – 1.00pm, 2.30pm – 4.00pm (220)
Monday 20 <sup>th</sup>	<b>CHPCP Diabetes Steering Group Meeting</b> , 1.00pm – 3.00pm, Ballarat & District Division of General Practice 105 Webster St.
Tuesday 21 <sup>st</sup>	<b>Community Hubs Forum, CHPCP</b> , 9.00am – 12noon, Sails on the Lake, Wendouree Pde, Ballarat (218)
Wednesday 22 <sup>nd</sup>	<b>Working with Interpreters</b> , 9.15am – 2.00pm, 81 – 85 Barry St, Carlton (220)
Wednesday 22 <sup>nd</sup>	<b>Go for your Life, Health Professionals Forum Kids</b> , Treacy Conference Centre, 126 The Avenue, Parkville (218)
Thursday 23 <sup>rd</sup>	<b>Education Modules in Chemotherapy Modules Administration Launch</b> , 5.00 pm, Baxter Theatre Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat (220)
Thursday 23 <sup>rd</sup>	<b>Full Alliance Meeting</b> , 9.00am – 10.30am Ballarat & District Division of General Practice, 105 Webster St
Thursday 23 <sup>rd</sup>	<b>Executive Meeting</b> 10.30am – 11.30am Ballarat & District Division of General Practice, 105 Webster St
Tuesday 28 <sup>th</sup>	<b>Best Start Platforms Framework</b> training session, 9.30am – 3.00pm, DEECD, 109 Armstrong St (219)
Tuesday 28 <sup>th</sup>	<b>Managers as Coaches Workshop</b> , 8.45am – 4.00pm, Ballarat Town Hall, Sturt St, Ballarat. (220)
Wednesday 29 <sup>th</sup>	<b>Pathways Approach Workshop 2</b> , Council to Homeless Persons, 9.30am – 4.30pm. Location to be advised on registration.(220)

### **Support after Suicide**

Ballarat Health Services Psychiatric Services are holding a Support after Suicide education session. The program is specifically for those bereaved by suicide. The program offers support, counselling and group programs to people bereaved by suicide, including children, young people and families. They also work with education, health and welfare professionals providing resources, information, consultants and education training.

The focus will be on current bereavement theory and the unique issues and experiences of those bereaved by suicide.

To be held Thursday 18<sup>th</sup> June, 9.00am – 3.30pm at the Robert Clarke Centre, Ballarat.

Cost - \$77pp (Inc GST) including refreshments.

Please get your registrations in early as limited places are available.

For further information call Anne Watson

5320 3062 or [www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)

### **Education Modules in Chemotherapy Administration Launch**

Ballarat Health Services and Grampians Integrated Cancer Services (GICS) are holding an Education Modules in Chemotherapy Administration Launch 23<sup>rd</sup> April, 5.00pm.

To be held at the Baxter Theatre, Education Resource Centre, at Ballarat Health Services, Drummond St, Ballarat.

RSVP – Robyn McIntyre 5320 4767 or

[robynmc@bhs.org.au](mailto:robynmc@bhs.org.au) by 16<sup>th</sup> April for catering purposes.

Video linking is available for regional areas.

### **Green – Gym Conservation Volunteers Australia**

Green Gym is a State Government initiative funded through the Go for Your Life Campaign – Department of Sustainability & Environment, providing referral opportunities for clients who are looking to volunteer and would like to improve their health and wellbeing.

Participants in the Green Gym Program can expect to increase their fitness levels and expand their social connections whilst making a positive difference to natural environments.

Green Gym has exciting projects in progress at Sovereign Hill, Black Hill Reserve and Lake Wendouree and will shortly be announcing details of a new project in the Creswick – Daylesford area commencing in April.

Qualified leaders will provide on project training, no previous experience in

gardening/conservation activities is necessary.

For further information or if you would like to refer please contact Gail Watson, Project

Officer, Green Gym Ballarat on

0427 526 406 or

[gweston@conservationvolunteers.com.au](http://gweston@conservationvolunteers.com.au)

### **Go For Your Life school lunch box game**

The Go for Your Life team has produced a terrific interactive - weigh up your lunch box game designed to help kids and adults see how different combinations of foods add up to make a healthy or not so healthy lunch box. Go to <http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html>

### **Calling for Expressions of Interest - Tuning into Kids Facilitator Training**

Grampians Child and Adolescent Mental Health Services are planning to bring Facilitators Training in "Tuning into Kids" to the Grampians Region. We would like to offer twenty places in both Ballarat and Horsham; however this will be dependent on appropriate interest from professionals across the region.

The program helps children learn to understand and regulate their emotions.

The work can also be done individually with parents and there is a possibility of video link supervision with the facilitators to consolidate into practice.

We are bringing this training to this region and would like to offer it to professionals working with parents of children in this age group.

The training is cheaper than to complete it in Melbourne, and there is the opportunity to network if we do it locally. We will not be making a profit, just aiming to share costs if there are others interested.

We will be running it in Ballarat, and are hoping to be able to do so in Horsham but this is dependent on response

Potential dates are

Ballarat Thursday 14<sup>th</sup> May & Friday 15<sup>th</sup> May

Horsham Thursday 18<sup>th</sup> June & Friday 19<sup>th</sup> June

For further information contact Joy Nichols, Manager, Child and Adolescent Mental Health Services 5320 3030

### **Working with Interpreters**

This workshop is designed for participants with no or some experience and skills in working with professional interpreters.

The workshop is tailored to assist participants to improve their skills when working with professional interpreters in order to communicate more effectively with people with low English proficiency. Learning outcomes will include identifying when to access and interpreter and understanding the role of an interpreter in a communication encounter.

To be held Wednesday 22<sup>nd</sup> April, 9.15am – 2.00pm (lunch included) 81 – 85 Barry St, Carlton.

Cost \$150pp

For further information and bookings contact

9342 9700 or [enquiries@ceh.org.au](mailto:enquiries@ceh.org.au)

### **Bushfire Volunteering Opportunities**

**KOGO (Knit One Give One)** is a charitable organisation that utilises the knitting skills of its volunteers to make woollen items such as scarves, jumpers and beanies and so on for the disadvantaged.

KOGO are calling for volunteer knitters to register for creating woollen garments for Bushfire victims. Free knitting kits containing yarn (donated by Cleckheaton) and a pattern for scarves from beanies will be available from selected Nova and Priceline Pharmacies from March 1<sup>st</sup>.

To register your interest with KOGO visit [www.knitonegiveone.org/kogo.php](http://www.knitonegiveone.org/kogo.php)

**Australian Wildlife Assistance Rescue and Education (AWARE)** is a voluntary, not for profit group based in Frankston caring for wildlife rescued from the bushfires. They are wanting volunteers to make and collect cloth – made marsupial pouches for injured wildlife.

They need cloth made marsupial pouches as well as equipment such as fire resistant safety boots.

The CWA and Frankston North's Alde court Primary School are making and collecting materials with help from volunteers.

For further information contact AWARE on 0411 986 719 or [www.awarewildlife.org.au](http://www.awarewildlife.org.au)

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

If a child exercises for 15 minutes per day it will halve the risk of obesity!

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### **Healthy Recipes**

Are you looking for Free & Healthy recipes, well look no further, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and discover hundreds of recipes that are easy and healthy to make.

Recipes can be searched by category, meal, dietary requirement or by ingredients.

This website also lists what fruit and vegetables are in season at the time and what recipes you could use including these fruit and vegetables.

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### **Women's Health Education Resource Kit**

The Jean Hailes Foundation for Women's Health is offering this all new resource kit, free to health educators as a tool to support the delivery of up to date, evidence based health education sessions to women in the local community.

The kit will include Midlife Health & Wellbeing, Midlife Health & Menopause information, supporting notes for speakers, tips for interactive opportunities with the audience and frequently asked questions about menopause.

To register your interest email your name and contact details to [womenshealthkit@jeanhailes.org.au](mailto:womenshealthkit@jeanhailes.org.au)

### **Family Violence Protection Act Road Show**

The Department of Justice, in partnership with Department of Human Services, is holding a series of Regional Road shows to promote the Enough Campaign and the new Family Violence Protection Act.

The Grampians Region Road Show is scheduled to take place Thursday 18<sup>th</sup> June, Wendouree Community Hub, Ballarat.

The regional road show forum also provides an opportunity for services to display or showcase relevant materials/pamphlets/publications and your help in organising this would be greatly appreciated.

For further information contact Marita Nyhuis, Project Leader, Housing Support Services on 03 9096 9898 or [marita.nyhuis@dhs.vic.gov.au](mailto:marita.nyhuis@dhs.vic.gov.au)

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### **Victorian Law Foundation General Grants**

Twice a year the Foundation offers a round of General Grants, each over \$5000 for innovative legal projects that benefit Victoria.

The amount awarded is determined by guidelines listed on our website.

The Foundation considers the size of the overall project and how well the project satisfies our mandate to enhance access to justice and understanding the law.

The next General Grants round closes 9<sup>th</sup> April. For further information contact Grants Manager Tabitha Lovett on 03 9604 8115

Application forms and information on previous projects funded by the foundation are available at [www.victorialawfoundation.org.au](http://www.victorialawfoundation.org.au)

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### **MYKI – Public Transport Ticketing System**

#### **PLEASE NOTE - change of date:**

The Myki caravan/stand will be in Ballarat at Stockland Wendouree, 1<sup>st</sup> – 4<sup>th</sup> April at 9.00am – 4.00pm

Myki will soon be operating on selected Ballarat bus routes.

For further information call 136 954 or visit [www.myki.com.au](http://www.myki.com.au)

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### **Seeking Volunteers at Ballarat Community Health Centre**

Ballarat Community Health Centre is currently looking for people to join their volunteer group to help with a variety of tasks, mainly in administration support and driving in a relaxed, friendly environment. If you or you know of someone who would be able to assist for a few hours on a regular basis, then they would love to hear from you.

Please contact the Volunteer Coordinator, Pam Walter at Ballarat Community Health Centre on 5338 4500, to discuss volunteering and to have an information pack sent to you.

### **Managers as Coaches -Training Opportunity**

The VCOSS Clearinghouse is holding a one day workshop that looks at coaching skills required as the community sector moves into a period of labour shortages. The aim of the workshop is to equip existing and potential managers with the communication and relationship building competencies needed to build effective teams and create an enjoyable workplace environment. This program is also suitable for those leading teams of volunteers

Topics covered will include, leadership vs management, coaching framework, coaching outcomes, coaching strategies & techniques, taking personnel responsibility, developing trust and teamwork.

To be held Tuesday 28<sup>th</sup> April, 8.45am – 4.00pm at the Trench Room, Ballarat Town Hall, Sturt St, Ballarat.

Cost \$40pp or \$20 (VCOSS members)

\*\* Fees are often waived for organisations unable to pay\*\*

Places are limited – secure your place today!

For further information and registrations contact Erin Wicking on 03 9654 5050 or [erin.wicking@vcoss.org.au](mailto:erin.wicking@vcoss.org.au)

### **Pathways Approach - Workshop 2**

The Council to Homeless Persons in conjunction with the Youth Substance Abuse Service Education and Research Unit have developed a comprehensive Practice Development workshop to better understand young people's experience of homelessness, is to adopt a pathways approach. Examining the pathways into and out of homelessness, in order to understand the triggers and impacts of homelessness, can shed light on the long term effectiveness or otherwise of practice intervention.

The one-day workshop offers youth homelessness practitioners the opportunity to

- Critically examine the key concepts underpinning the pathways approach
- Reflect on the Australian and international use of pathways models across different sectors
- explore how pathways approach is applied as a conceptual framework to young people's movement into/out of the homelessness world.
- Identify practical strategies for applying a pathways approach in working with young people in the homelessness service system.

To be held Wednesday 29<sup>th</sup> April, 9.30am – 4.30pm.

Location to be advised on registration.

For further information and registration contact Lou Vaughan, YSA Education and Research Unit [lvaughan@ysas.org.au](mailto:lvaughan@ysas.org.au) or

Fax your name, organisation, workshop details and location details to 03 9415 8279

### **Primary Health Weekly Bulletin – 26<sup>th</sup> March**

For the latest edition of the Primary Health Weekly Bulletin

[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)

### **Community health counselling services policy – now available**

The Community Health Counselling, Policy framework and program standards policy is now available. The policy is the culmination of several years of activities to improve the specifications, quality and future directions of counselling in community health services.

For further information

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/community-health-counselling-services-policy/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/community-health-counselling-services-policy/nocache?)

### **Grampians (Homelessness) Services – Client Consultations – 31<sup>st</sup> March - 29<sup>th</sup> April**

We are seeking people from across the Grampians who have or are experiencing homelessness to attend a focus group.

Participants will be asked to attend a 1 ½ hour group discussion in their regional city or town.

They will be offered financial reimbursement (\$30) for their participation and refreshments.

The focus group will provide an opportunity to have input into future development of homelessness support services.

Persons interested in attending are asked to nominate their interest via their support workers or by contacting:

Denise O'Dowd. 03 5333 6812 or

[denise.odowd@dhs.vic.gov.au](mailto:denise.odowd@dhs.vic.gov.au)

Mandy Willey, 03 5333 6963 or

[mandy.willey@dhs.vic.gov.au](mailto:mandy.willey@dhs.vic.gov.au)

Consultations in the Central Highlands will be held at:

**Bacchus Marsh – Youth Child & Family Services**, 52, Grant St, Tuesday 21<sup>st</sup> April, 3.45pm – 5.15pm

**Ballarat – Youth** Peart Wing, 103 Lydiard St South, Thursday 9<sup>th</sup> April, 11.00 am – 12.30 pm & 3.00 pm – 4.30pm and Tuesday 28<sup>th</sup> April 3.45pm – 5.15pm

**Daylesford –Child & Family Services**, 13 Hospital St, **Adult** Thursday 16<sup>th</sup> April 11.30 am – 1.00pm **Youth** Thursday 16<sup>th</sup> April 2.30pm – 4.00pm.

### **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)