

## 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.

### Grampians (Homelessness) Services

## Client Consultations

Grampians Homelessness services 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 - 1 ½ hour group discussion in their regional city or town, offered financial reimbursement for their participation (\$30) and refreshments. Participants will also be given the opportunity to have input into future developments of homelessness support services.

Persons interested in attending are asked to nominate their interest via their support workers.

To be held 31<sup>st</sup> March – 29<sup>th</sup> April 2009

For further information or to register interest in being a part of a focus group discussion please contact,

Denise O'Dowd, 5333 6812 or

[denise.o'dowd@dhs.vic.gov.au](mailto:denise.o'dowd@dhs.vic.gov.au)

Mandy Willey, 5333 6963 or

[mandy.willey@dhs.vic.gov.au](mailto:mandy.willey@dhs.vic.gov.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](http://www.chpcp.org)

### April 2009

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)
Tuesday 21 <sup>st</sup>	<b>Working with Children Information Session</b> , 2.00pm & 7.00pm. Ballarat Town Hall, Ballarat
Tuesday 21 <sup>st</sup> & 28 <sup>th</sup>	<b>Centacare Family Relationship Services Program, 123 magic</b> , 7.00pm-9.30pm, venue to be confirmed.(221)
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 Note later finish time. 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)
Wednesday 29 <sup>th</sup>	<b>Centacare Family Relationship Services Program, Building Positive Relationships</b> , 7.00pm – 9.00pm, venue to be confirmed.(221)

### **Introducing New CHPCP Staff - Health Promotion Coordinator**

Anita Doyle commences employment with CHPCP on 20<sup>th</sup> April 2009.

Anita can be contacted on 5338 4775 or [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

We warmly welcome Anita to the Central Highland PCP team.

### **New Ticketing System Starts This Week**

A date has finally been announced for the arrival of Victoria's new public transport ticketing system MYKI in Ballarat.

Plastic smart card myki will be introduced on the city's Davis Bus Lines buses on Monday 6<sup>th</sup> April. A reusable debit card, customers swipe their myki against the myki reader when they board a bus and swipe again when they disembark. This enables the system to automatically calculate the best fare.

Ballarat is the third Victorian city to adopt myki, with system currently being used on buses in Geelong and Seymour. It will eventually be rolled out on all forms of public transport in Victoria. The myki starter pack is available for a limited time from myki mates on the city's busses and the discovery centre.

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

### **On-Farm productivity grants extended**

The successful On-Farm Productivity improvement Grants initiative has now been extended through to June 30<sup>th</sup> this year to allow the farming community more time to access funding.

Grants are available to assist in implementing on-farm infrastructure improvements designed to increase future productivity gains and drought-proofing measures.

The program will continue to be reviewed on an on going basis to ensure response to the needs of farmers as seasonal conditions and demand dictate.

The On-Farm Productivity improvements Grants program was first announced in 2007 with \$10 million announced in the 2007 drought package and a further \$6 million announced in last years drought package to continue.

### **Farm Day 2009, May 30<sup>th</sup> & 31<sup>st</sup>**

Farm day is when a farm family host a city family for a day of real hands on experiences and a greater understanding of the day to day life of the farming family.

Currently we have a shortage of host families, anyone who is interested or knows someone who is interested, to register contact [www.farmday.com.au](http://www.farmday.com.au)

Keep Farm Day weekend free and look forward to having a unique adventure into rural Australia.

### **Business of Farming Course – Ballarat**

This dynamic 4.5 day course has been specifically designed for farming businesses to provide the following benefits.

- \* Identify and evaluate the strengths, weaknesses, opportunities and threats on commercial Agriculture today.
  - \* Analyse your farms performance and compare it to our best practice database.
  - \* Identify the drivers of profits in your business and define the weakest link in your current operation.
  - \* Learn to work with natural ecological processes to reduce costs and improve landscape productivity.
  - \* Set a strategic plan for yourself and your business including clear goals for profit, productivity, people and property.
- For further information and dates of courses contact [jhurst@principlefocus.com.au](mailto:jhurst@principlefocus.com.au)

### **Centacare Family Relationship Services Program 2009**

#### **123 magic**

The program is aimed for parents and children aged 3 – 12 years. Topics include, managing difficult behaviour, child development, parenting traps and encouraging positive behaviour.

To be held Tuesday 21<sup>st</sup> & 28<sup>th</sup> April, 7.00pm – 9.30pm. Venue to be confirmed.

Cost \$30pp.

For further information and bookings contact Sue at Centacare 5337 8908.

Childcare not provided.

#### **Building Positive Relationships**

The program is aimed to be helpful for all relationships.

Topics include, acknowledging our relationship strengths, positive relationships ingredients, current research findings and putting all this into daily life.

To be held Wednesday 29<sup>th</sup> April, 7.00pm – 9.00pm. Venue to be confirmed.

Cost \$10 pp.

For further information and bookings contact Sue at Centacare 5337 8908.

Childcare not provided

### **International Composting Awareness Week**

Compost Australia will be celebrating Compost Awareness Week, 3<sup>rd</sup> – 9<sup>th</sup> May, 2009

Compost benefits the environment in many ways.

Composting and the use of compost also have the potential to create cost savings for you. Composting, protects soils from the erosive forces of wind and rain, reduces soil erosion by more than 90% on slopes of up to 15% and reduces runoff by more than 70%

### **Ballarat PINK PHOENIX - Breast Cancer Support Group Supper Dance**

Ballarat Pink Phoenix and Ballarat Breast Cancer Support Group are having a Supper Dance.

Music supplied by Brendan Britt.

BYO supper, drinks at bar prices and prizes to be won. To be held at the Victoria Bowling Club, 231 Victoria St, Ballarat, Saturday 23<sup>rd</sup> May, 7.30pm – 12 Midnight.

Cost \$30pp. Tickets available from:

\* Ballarat Pink Phoenix (Gillian, 0408 304 117)

\* Chocalatto, shop 2, 513 Warrenheip St, Buninyong

\* Lydiard Trade Supplies, 5 Lyons St Nth, Ballarat

All proceeds to go to Ballarat Pink Phoenix, Committed to the support of local Women & Men diagnosed with Cancer.

For further information contact Gillian on 0408 304 117

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

Vitamin D helps your body absorb calcium through the small intestine.

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### **Heart Week 2009**

Women are at risk of heart disease too – in fact, heart disease is the number one killer of Australian women.

Heart Week held Sunday 3<sup>rd</sup> May to Saturday 9<sup>th</sup> May will play a pivotal role in launching the Heart Foundation's Go Red for Women 2009 campaign, aimed at empowering women to understand their risk of heart disease and lead healthier lives.

To get started and register for your Heart Week Pack go to [www.heartfoundation.org.au](http://www.heartfoundation.org.au) or call 1300 362 787

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### **Capacity Building for people with a Disability Information, Tools & Resources**

Capacity Building for People with a Disability. Information, Tools & Resources will provide grants of up to \$50,000 to disability or community service organisations.

The grants are aimed at developing tools and resources, learning strategies and supported decision making mechanisms that support people with a disability, their families and careers to engage in self directed planning, funding and supports.

Submitting applicants will be required to demonstrate the skills, experience and capacity necessary to develop a resource for people with a disability.

Applications close Friday 24<sup>th</sup> April 2009

For further information contact 03 9096 6119 or [Therese.Morgante@dhs.vic.gov.au](mailto:Therese.Morgante@dhs.vic.gov.au)

### **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](http://www.ballarat.edu.au/ard/ubresearch/docs/UB)

or phone 03 5327 9608 for advice.

Closing Date 23<sup>rd</sup> April 2009

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### **Gamblers Help**

The recent national definition of problem gambling is "Problem gambling is characterised by difficulties in limiting money and/or time spent on gambling, which leads to adverse consequences for the gambler, others or for the community"

Gambling can be divided into two forms: Continuous and Non Continuous.

Continuous forms of gambling are those, in which the time between wagering and knowing the outcome is short, which permits instant gratification. This included electronic gaming machines, scratchies and horse racing. The most common form of non continuous gambling is lotteries.

For further information contact:

Gamblers Help on 1800 156 789, 24 hours 7 days a week, Free and Confidential, or

[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)

Alternatively contact, Relationships Australia – Gamblers Help on 5337 9222 or Child & Family Services – Financial Counselling on 5337 333

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### **Working with Children Information Sessions**

The Department of Justice and the Central Highlands Sports Assembly are conducting a free information session about the Working with Children Check. Staff from the Working with Children (WWC) Check Unit will present general information about the Working with Children Check covering topics including:

\* What is WWC Check?

\* Who needs to apply?

\* How & when do you apply?

\* Legislative obligations for employer/volunteer organisations, staff and volunteers.

To be held Tuesday 21<sup>st</sup> April, 2.00pm & 7.00pm at the Ballarat Town Hall, Cnr Sturt St & Armstrong St, Ballarat.

For further information call the WWC Check information line on 1300 652 879 or reserve a seat at

[www.justice.vic.gov.au/workingwithchildren](http://www.justice.vic.gov.au/workingwithchildren)

### **Anxiety and Depression**

Grampians HACC Training is running a workshop to assist staff in identifying clients and staff who are anxious or depressed and how we to help them. What screening measures can be used, what medications are commonly used, how to assist isolated individuals, identifying where families and carers can help and much more.

The workshop is suitable for all HACC workers including reception staff, nursing staff, carers and volunteers.

Cost: \$25 pp. (Catering provided)

To be held, Monday 18<sup>th</sup> May, 9.30am – 4.00pm at the Ballarat Learning Exchange, 36 Camp Street, Ballarat.

Monday 1<sup>st</sup> June, 9.30am – 4.00pm at the Grains Innovation Centre, Natimuk Road, Horsham.

For further information contact Ballarat District Nursing & Healthcare Inc, 5334 1500 or inquires to [hacked@bdnh.com.au](mailto:hacked@bdnh.com.au) or [www.bdnh.com.au](http://www.bdnh.com.au)

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### **Professional Boundaries**

Grampians HACC Training is running a workshop for people to understand the processes, time and the focus required when considering their own professional boundaries, be aware of important “do’s and don’ts” when considering professional boundaries, and to appreciate the level of work and commitment needed to maintain successful therapeutic relationships with clients whilst at the same time maintaining appropriate professional boundaries.

The workshop is suitable for all HACC staff and volunteers.

Cost: \$5.00pp (light refreshments provided)

To be held Tuesday 28<sup>th</sup> April, 2.00pm – 4.00pm, at the Ballarat Learning Exchange, Camp Street, Ballarat.

Wednesday 6<sup>th</sup> May, 2.30pm – 4.30pm at the Stawell Hospital, Education Resource Centre, Stawell.

For further information contact Ballarat District Nursing & Healthcare Inc, 5334 1500 or inquires to [hacked@bdnh.com.au](mailto:hacked@bdnh.com.au) or [www.bdnh.com.au](http://www.bdnh.com.au)

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### **Helping Children with Autism**

Information for teachers/school staff, parents and carers of school aged children with autism spectrum disorder. The helping Children with Autism package is being delivered by the Australian Government Departments of Families and Housing, to help improve the education outcome of these children with diagnosis and early intervention treatments. For further information visit [www.autismtraining.com.au](http://www.autismtraining.com.au) or [www.fahsc.ai.gov.au](http://www.fahsc.ai.gov.au) or for general enquiries call 1800 289 177

### **Pathways Australia**

Pathways Australia 2009 Not-For-Profit Professional Development Series is holding a full day skills building workshop to help you to win that Government Contract!

Do you, feel as though you need to update your tender writing skills, want to understand the differences between good and poor submissions or work for an organisation that rarely wins new government contracts.

Then this workshop is for you!

To be held 21<sup>st</sup> April, 2009.

For further information and venue details visit [www.pathwaysaustralia.com.au/PDF/09\\_Win\\_Gov\\_Contract.pdf](http://www.pathwaysaustralia.com.au/PDF/09_Win_Gov_Contract.pdf)

Numbers are strictly limited for this program, to register visit

[www.pathwaysaustralia.com.au/Seminars.aspx?cid=2](http://www.pathwaysaustralia.com.au/Seminars.aspx?cid=2) or call Pathways Australia on 03 8530 6444 or email

[seminars@pathwaysaustralia.com.au](mailto:seminars@pathwaysaustralia.com.au)

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### **Women in Australia Report 2009**

The Australian Government, Department of Families, Housing and Community Services and Indigenous Affairs have created a website designed to show demographic statistics on women in Australia for 2009.

Chapters include:

Demographics, Education and Training, Security and Financial Independence, Leadership, Women and Homelessness, Health and Wellbeing and full figures, graphs and tables to show the statistics.

For further information go to

[www.ofw.fahcsia.gov.au/publications/wia\\_2009/default.htm](http://www.ofw.fahcsia.gov.au/publications/wia_2009/default.htm)

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## **Holiday Wishes**

Central Highlands Primary Care Partnership wishes you all a Safe and Peaceful Easter Break  
From all the PCP staff, Helen, Chris, John, Tim and Sharna

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## **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)