

## 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  
Sails on the Lake  
Wendouree Pde, 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 Children's Health, Royal Children's 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)

### April 2009

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)

## **Centacare Family Relationship Services Programs 2009**

### **Managing Strong Emotions**

This program is aimed to be helpful for all relationships. Topics will include, Identifying strong emotions, recognizing triggers and the impact of strong emotions.

Cost: \$10pp

To be held Wednesday 6<sup>th</sup> May, 1.00pm – 3.00pm, venue to be confirmed.

For further information and bookings call Sue at Centacare on 5337 8908

Child care not provided.

### **Learning to Bloom**

This program is a nurturing program for women. Topics will include building self esteem, setting goals, enhancing relationships and self care.

Cost: \$30pp

To be held Friday 8<sup>th</sup>, 22nd, 29th May and Friday 5<sup>th</sup> June at 1.00pm – 3.00pm, venue to be confirmed.

For further information and bookings call Helen at Centacare on 5337 8905

Child care not provided

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## **Conservation Volunteers**

### **Green Gym – Creswick/Daylesford Project**

Australian Conservation Volunteers - Green Gym is offering residents of the Creswick/Daylesford area the opportunity to be part of an exciting new project in association with Parks Victoria – Southern Goldfields Region. This project will involve walking track maintenance, weed control and important public amenities restoration works in different locations including Sailor's Falls, Tipperary Springs and Slatey Creek.

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

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. Qualified leaders will provide project training, no previous experience in gardening or conservation activities is necessary.

For further information or if you know of anyone who currently resides in this area and you would like to refer them to the program please contact Gail Weston,

Project Manager for Australian Conservation Volunteers -Green Gym on 0427 526 406 or [gweston@conservationvolunteers.com.au](mailto:gweston@conservationvolunteers.com.au)

## **The Guide to Ethical Supermarket Shopping**

This guide to Ethical Supermarket Shopping has been produced by the Ethical Consumer Group Inc, who are a community based not-for-profit network set up to help facilitate more sustainable purchasing practices for the everyday consumer. The guide is fully revised and updated with a new layout, new categories, more brands, updated company ratings, ownership changes and other improvements. The shopping guide provides information on the environment and social record of companies behind the brand names of common supermarket products. Cost: \$5 per copy. Printed on 100% waste recycled paper. For further information go to [www.ethical.org.au](http://www.ethical.org.au) or [info@ethical.org.au](mailto:info@ethical.org.au) or call 1800 021 227

**Fair-Trade** - Choose coffee and chocolate that is certified with the Fair-trade label. Ensure fair wages & working conditions, reduce exploitation by multinationals, visit Oxfam

[www.oxfam.org/coffee](http://www.oxfam.org/coffee) or [www.fta.org.au/locator](http://www.fta.org.au/locator)

**Chemicals** - Avoid dangerous chemicals in cleaning products. Choose natural alternatives that won't compromise health. Use laundry products low in sodium (salt) & phosphorus. See [www.safersolutions.org.au](http://www.safersolutions.org.au) and [www.lanfaxlabs.com.au](http://www.lanfaxlabs.com.au)

**Organic** - Avoid chemical, pesticides & artificial fertilisers. Reduce land degradation. Choose fresh fruit & vegetables that are certified organic. See [www.organischoice.com.au](http://www.organischoice.com.au)

For further information go to [www.ethical.org.au](http://www.ethical.org.au)  
Every time you go shopping make a difference and make your dollar count!

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## **University of Ballarat**

### **Professional Practice Programs**

University of Ballarat Professional Practice Program (Professional Practice) builds a bridge between theory and practice. It enables students to apply knowledge and skills acquired throughout their studies in an industry setting. Students are required to complete a minimum of 420 hours practical experience during their three year program. Placements may be ongoing (part-time basis) or as a full-time block placement over 2-3 weeks. Students within the Professional Practice Program include those studying Exercise and Sport Sciences and Sport Management and undergo a wide range of placements such as health promotion, community health, sports management, research, facility management, event management and sports training. If your agency is interested in discussing potential student placements please contact Rochelle Eime on 5327 9687 or [r.eime@ballarat.edu.au](mailto:r.eime@ballarat.edu.au)

## **International Compost Awareness Week 3<sup>rd</sup> – 9<sup>th</sup> May 2009**

### **Benefits of Compost Mulch:**

- \* Mulching can reduce the irrigation requirements of plants by up to 70%, mainly by reducing evaporation of water from exposed soil surfaces.
- \* Mulching can reduce soil temperature by up to 3 degrees, which reduces water loss and reduces plant stress.
- \* Mulching helps hold water and reduce leaching loss, and improves the drought resistance of plants. This is a significant benefit in non irrigated areas.
- \* Physically protects soil from the erosive forces of wind and rain.
- \* Reduces soil erosion by more than 90% on slopes of up to 15%
- \* Runoff can be reduced by more than 70%

### **Potential Cost Savings**

Use of recycled organic products such as mulches, organic top dressings, and soil conditioners can reduce fertiliser use for establishing and maintaining turf at sporting fields by up to 30%. A well maintained sporting field uses a range of mineral fertilisers costing about \$2,500 to just over \$6,000 per hectare per year (estimates provided by Nuturf Pty Ltd). If a council maintains 10 such sporting fields, each between one and two hectares, this could reduce total costs of fertiliser by about \$11,522 to \$28,255 per year.

### **Rewarding Community Workers – Last Chance to Nominate!**

The Alcoa Foundation Community Worker Awards are designed to recognise the invaluable contribution to the nation's life made by the women and men working in community groups. The winner will receive \$5000. It's easy to nominate someone who you know is doing a stand-out job working in the community sector, but you only have until April 24<sup>th</sup> to do so. For further information go to [www.ourcommunity.com.au/communityworkeraward](http://www.ourcommunity.com.au/communityworkeraward)

### **Attention Community Groups with Paid Staff: Hot Grant Closing Soon**

Community Groups nation wide have until 24<sup>th</sup> April to get their share of a hot grant being offered by the Federal Government which aims to encourage community organisations and small business to implement practices that help employees balance their work and family obligations, as well as improve productivity. Grants of between \$5000 and \$15000 are available. For further information and applications go to [www.ourcommunity.com.au/funding/hotgrant](http://www.ourcommunity.com.au/funding/hotgrant).

## **Bushfire Appeal Fund to Close**

The Victorian and Commonwealth Government's Bushfire Appeal Fund, coordinated by the Red Cross, will close on Friday, 17<sup>th</sup> April.

Anyone planning a Bushfire Appeal fundraiser after this date should contact the Red Cross on 1800 811 700 before proceeding. Organisers of fundraising events have until 30<sup>th</sup> June to send the donations they have collected to the Red Cross. If funds cannot be sent by this date, fundraisers must advise the Red Cross about timing to transfer funds after the end of June by calling 1800 811 700 or [appealsinfo@redcross.org.au](mailto:appealsinfo@redcross.org.au)

Assistance for people and communities affected by the bushfires will continue to be administered through the fund. Further information on Appeal Funds grants is available at [www.dhs.vic.gov.au/bushfireappeal](http://www.dhs.vic.gov.au/bushfireappeal). Keep you eye on Easy Grants for updates.

### **Have you picked up your copy of the Early Years Guide?**

The updated guide provides a comprehensive list of childcare options. Maternal and Child Health Centres, Kindergartens, Primary Schools, Specialist Children's Services, Family and Health Services, Pregnancy and Birth Services, Indigenous and Multicultural Services, Recreation and Sports Facilities. The publication also includes tear out maps showing all parks and playground, Maternal and Child Health Centres, Kindergartens, Primary Schools and skate parks.

This free guide is available from the following outlets:

- \* Ballarat City Council – Customer Service at the Phoenix Building, 25 Armstrong Street, Ballarat (at the Town Hall).
- \* Central Highlands Regional Library Branches Ballarat Central, 178 Doveton St, Ballarat Sebastopol, Albert St, Sebastopol Wendouree, Stockland Wendouree Shopping Centre. For further inquires contact Customer Service on 5320 5500 or Best Project on 5320 5773 or [ballcity@ballarat.vic.gov.au](mailto:ballcity@ballarat.vic.gov.au). or [www.ballarat.vic.gov.au](http://www.ballarat.vic.gov.au)

### **Grampians Palliative Care “Enhancing Care” Conference**

Grampians Palliative Care is holding a 2 day conference on “Enhancing Care”. Day 1 will have keynote speaker Liese Groot-Alberts present “Life: a journey of love and laughter, trauma and loss” and day 2 Liese will discuss “The Power of Hope”. To be held Thursday 7<sup>th</sup> & Friday 8<sup>th</sup> May, 2009 in Creswick. For further information go to [www.grampianspalliativecare.com.au](http://www.grampianspalliativecare.com.au) GRPCT site, Conference link or call 5320 3553 Registrations close Monday 20<sup>th</sup> April, 2009

## **Golden Plains Shire – Youth Development Strategy**

The Golden Plains Shire is currently developing a new Youth Development Strategy for a four year period from 2009-2011 to support the Shires young people and their social, economical and environmental wellbeing. The formulation of a Youth Development Strategy is not only an opportunity for the Shire to consider the responsiveness and effectiveness of its current operation, it is also an opportunity for young people, community members and service providers to be consulted and involved in the Shires planning for young people. To give everyone an opportunity to be involved we are seeking your ideas through a survey. The survey is not designed to be handed out to young people but for their parents, teachers, community organisations and the like to complete.

A consultation paper has been prepared to clearly define the relevant youth issues that need to be addressed and to provide background information so that the survey can be answered.

The intention is not for young people to complete the form. However, if young people do want to complete it, there is a compulsory question regarding age at the commencement of the on-line survey. To download the consultation paper and complete the survey, go to [www.goldenplains.vic.gov.au](http://www.goldenplains.vic.gov.au) and follow the link to the Youth Strategy.

For further information regarding the survey please contact Jo Ruffin, Network Consultant on 03 9852 8807 or [jo@noelkerconsulting.com.au](mailto:jo@noelkerconsulting.com.au) or Trevor Halamicek, Golden Plains Shire on 03 5220 7159 or [thalamicek@gplains.vic.gov.au](mailto:thalamicek@gplains.vic.gov.au)  
The survey closes Friday 8<sup>th</sup> May, 2009

## **Mothers Day Classic Fun Run**

Join an expected 70,000 Australians, on Mothers Day, Sunday 10<sup>th</sup> May, 2009 at the Alexandra Gardens Melbourne, in running, walking, skipping or shuffling the 4km or 8km Mothers Day Classic with family and friends to help raise money for Breast Cancer research. The Mothers Day Classic is a nationwide community event; local communities are encouraged to get involved by staging their own Mothers Day Classic Event, no matter how big or small.

For further information and registration go to [www.mothersdayclassic.org/register](http://www.mothersdayclassic.org/register)

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

More than 61 million Easter Eggs were sold in Australia in the week leading up to Easter and the average Australian person will consume 9kgs of chocolate per year.

## **Primary Health Weekly Bulletin – 9<sup>th</sup> April**

The latest edition of the Department of Human Services Primary Health Weekly Bulletin is now available at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/noncache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/noncache?)

## **Kids moving into adult health services**

Felicity Sloman will present on the Canadian model of transition from paediatric to adult services, to be held on Thursday 23<sup>rd</sup> April, 2009. The presentation is part of the Chronic Disease Self Management Special Interest Group. For further information go to [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/presentation-kids-moving-into-adult-health-services/noncache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/presentation-kids-moving-into-adult-health-services/noncache?)

## **To Every Woman: Money, Power and Freedom**

The second Multicultural Centre for Women's Health seminar of 2009 will focus on healthy credit and financial wellbeing for immigrant and refugee women. For further information go to [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/to-every-woman-money-power-wnd-freedom/noncache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/to-every-woman-money-power-wnd-freedom/noncache?)  
To subscribe/unsubscribe or for further information regarding the Department of Human Services Primary Health Weekly Bulletin please contact [weekly.bulletin@dhs.vic.gov.au](mailto:weekly.bulletin@dhs.vic.gov.au)

## **Grampians Regional Palliative Care Team - Enhancing Care 09 Conference**

The Grampians Regional Palliative Care is holding a conference that will provide a unique opportunity for local, regional and state delegates to hear from leading researchers and practitioners in a program of world class keynote lectures and concurrent sessions.

To be held Thursday 7<sup>th</sup> & Friday 8<sup>th</sup> May and the Novotel Forest Resort, Creswick.  
For further information go to the conference link on the Grampians Regional Palliative Care Team website [www.grampianspalliativecare.com.au](http://www.grampianspalliativecare.com.au) or call 5320 3553

## **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)