

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 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

April 2009

Thursday 23 rd	Education Modules in Chemotherapy Modules Administration Launch , 5.00 pm, Baxter Theatre Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat (220)
Thursday 23 rd	CHPCP Full Alliance Meeting , 9.00am – 10.30am Ballarat & District Division of General Practice, 105 Webster St
Thursday 23 rd	CHPCP Executive Meeting 10.30am – 11.30am Note later finish time. Ballarat & District Division of General Practice, 105 Webster St
Thursday 23 rd	Western Working Party , 10.30am – 12.30pm, Reception Room, Horsham Rural City Council, Roberts Ave Horsham.(223)
Tuesday 28 th	Best Start Platforms Framework training session, 9.30am – 3.00pm, DEECD, 109 Armstrong St (219)
Tuesday 28 th	Centacare Family Relationship Services Program , 123 magic, 7.00pm-9.30pm, venue to be confirmed.(221)
Tuesday 28 th	Managers as Coaches Workshop , 8.45am – 4.00pm, Ballarat Town Hall, Sturt St, Ballarat. (220)
Tuesday 28 th	Heart Foundation, Area Coordinator Training – Walking 1.00pm – 4.00pm venue to be advised (223)
Wednesday 29 th	Pathways Approach Workshop 2 , Council to Homeless Persons, 9.30am – 4.30pm. Location to be advised on registration.(220)
Wednesday 29 th	Centacare Family Relationship Services Program, Building Positive Relationships , 7.00pm – 9.00pm, venue to be confirmed.(221)

May 2009

Wednesday 6 th	Centacare Family Relationship Services Program, Managing Strong Emotions , 1.00pm – 3.00pm, Venue to be confirmed (223)
Thursday 7 th	Jesuit Social Services, Support after Suicide , 9.00am – 3.30pm Grains Innovation park, 10 Natimuk Rd Horsham (223)
Monday 11 th & 18 th	Centacare Family Relationship Services Program,How Babies Communicate , 7.00pm – 9.00pm, venue to be confirmed. (223)
Wednesday 13 th , 20 th 27 th	Centacare Family Relationship Services Program,Surviving Your Adolescents , 7.00pm – 9.00pm, Venue to be confirmed (223)

Give Blood!

The Ballarat Blood Donor Centre is urging people to donate blood.

One in three Australians will need blood or blood products during their life and just one in 30 people donate blood. More than 21,000 blood donations are needed each week in Australia.

To help people understand and to encourage people to give blood, Billy the Blood Drop will be at Stockland, Wendouree this week with free information on Donating Blood.

For further information call the Ballarat Blood Donor Centre on 131 495 or visit

www.donateblood.com.au

Grampians Regional Personal Care Protocol Working Party

The project is assisting clients with medication and focusing on the support requirements for other personal care tasks such as showers, TED stockings, shaving, aids etc.

The working party meetings will be held:

Western Working Party, Thursday 23rd May, 10.30am – 12.30pm, in the Reception Room, Horsham Rural City Council, Roberts Avenue, Horsham

The Eastern Working Party, Thursday 14th May, 10.00am – 12.00pm at the Robert Clarke Centre, Gardens at Lake Wendouree, Ballarat. RSVP – As soon as possible.

For further information on the project or full update on the progress to date please contact Robyn Fletcher 5320 5586 or

robynfletcher@ballarat.vic.gov.au

Expressions of Interest sought – Chronic Disease Training

CHPCP are seeking expressions of interest from health professionals in attending the 2 day "Introduction to Health Coaching Workshop" or the 1 day "Consolidation of Health Coaching Workshop (for people who have completed the 2 day course). It is anticipated that a fee subsidy would apply for CHPCP member agencies.

We anticipate this would be run later in the year, at this point we seeking participants who would be interested in the training workshops.

Information on the content of both courses can be obtained via

www.healthcoachingaustralia.com

To register your interest or for further information call Tim Stewart, Chronic Disease Coordinator at Central Highlands Primary Care Partnership on 5338 4773 or tims@chpcp.org

Did you Know???

The human nose can remember about 50,000 different smells and the human eye can detect over 10,000,000 different colours.

Centacare Family Relationship Services Program 2009

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 29th April, 7.00pm – 9.00pm. Venue to be confirmed on booking
Cost \$10 pp.

Managing Strong Emotions

This program is aimed to be helpful for all relationships.

Topics include Identifying strong emotions, recognizing triggers, the impact of strong emotions and strategies to manage strong emotions.

To be held Wednesday 6th May, 1.00pm – 3.00pm. Venue to be confirmed.

Cost: \$10 pp

How Babies Communicate

This program is aimed to be helpful to all parents of newborns or anyone expecting a baby.

Topics include getting off to a good start, baby signals and what they mean, baby wants to belong and building a trusting relationship.

To be held Monday 11th & 18th May, 7.00pm – 9.00pm. Venue to be confirmed

Cost: \$30pp

Surviving Your Adolescents

This program is aimed at all parents of teenagers.

Topics include what parents want, what's going on with them, what to parents-sorting out behaviour and knowing what to do – a model for thinking it through.

Cost: \$30pp, Venue to be confirmed

TO be held Wednesday 13th, 20th & 27th May, 7.00pm – 9.00pm

For further information and bookings for above programs contact Sue at Centacare 5337 8908. Childcare not provided

Bookings are essential for all programs provided by Centacare Family Relationships Services

Amplifying Family Harmony Delacombe Community House

Invitation to attend a round table discussion, intended for all services who currently engage with families or individuals who reside in the public housing estate Delacombe.

To be held Thursday, 7th May at 11.00am – 1.00pm at the Delacombe Community House, 102 Leawarra Crescent, Delacombe.

RSVP: 30th April to Cathy Thomas, 5335 6633

Support after Suicide - Education Sessions

Support after suicide is a bereavement support program developed by Jesuit Social Services. The focus of the session is on current bereavement theory and the unique issues and experiences of those bereaved by suicide.

To be held:

Horsham, Thursday 7th May, 9.00am – 3.30pm
at the Grains Innovation Park, 10 Natimuk Rd
Horsham

Ballarat, Thursday 18th June, 9.00am – 3.30pm
at the Robert Clarke Centre, Ballarat Botanical
Gardens.

Cost: \$77pp

For further information and registrations contact
Anne Watson, Mental Health Promotions Officer,
Ballarat Health Services on 5320 3030 or
anew@bhs.org.au

Central Highlands Sports Assembly – Training Opportunities

There are many training opportunities that your club can become a part of with support from the Central Highlands Sports Assembly.

To allow us to help you, let us know what your club needs by completing this simple survey at
www.surveymonkey.com/s.aspx?sm=aRx4Xf0Fc7ollscJyDdMzQ_3d_3d

Alternatively, why not contact us and discuss a training opportunity further with a staff member.
Phone 5331 6966 or info@chsa.org.au

Do Not Knock!

The Consumer Action Law Centre “Do Not Knock” campaign is aimed at protecting vulnerable people from the dangers of signing up to a utilities or telephone contract that they don’t have the capacity to understand.

The campaign arose out of years of complaints from people with a disability and their carers about unwanted approaches from profit making organisations.

A sticker has been designed to be placed on the door where protection is needed.

The stickers are available by contacting the Consumer Action Law Centre through their website www.consumeraction.org.au

Farm Day 2009, May 30th & 31st

Host Families Wanted!

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 there is a shortage of host families. Anyone who is interested or knows of someone who is interested, to register contact
www.farmday.com.au

Multiple Sclerosis Society - MS Connect & Library Service

MS Australia – ACT/NSW/VIC can help with information regarding all aspects of multiple sclerosis. The MSA library can provide journal articles, literature searches and online information to assist you in meeting the needs of your families, friends or clients with MS.

The library also produces a Weekly Update, an email that included details of upcoming MSA programs, research updates and MS related news items.

For further information contact the MSA library on 03 9845 2809 library@mssociety.com.au or MSA Connect on 1800 042 138 or misconnect@mssociety.com.au or the website www.mssociety.org.au

Conserving Water – International Composting Awareness Week 3rd – 9th May, 2009

Water is a significant natural resource management issue for both urban and regional areas. Wasting water can cause significant environmental problems, and using water more efficiently can result in significant cost savings and environmental benefits.

The use of recycled organic products such as mulch and soil conditioners in landscaping, horticulture and agriculture has been shown to improve the efficiency of water used by reducing evaporation, improving water infiltration and storage and reducing deep drainage.

Reducing soil erosion also improves stormwater quality and minimises impacts on receiving waterways.

2009 Victorian Public Healthcare Awards

The 2009 Victorian Public Healthcare Awards are now open; it provides the opportunity to celebrate quality, innovation and excellence in our public healthcare system. These awards recognise the diverse ways in which excellent public health and healthcare is achieved – honouring initiatives, projects, campaigns, services, individuals and teams delivering groundbreaking work that is improving Victoria’s public healthcare. The competition is open to entries from public health and public healthcare initiatives. For further information on the Victorian Public Healthcare Awards go to www.health.vic.gov.au/healthcareawards

Mentors required for 2009 Mentoring

Programs – VIC ICT for Women has 1 position available in Ballarat and 5 in Melbourne, if you believe you have the experience in business and IT to be a mentor go to www.vicictforwomen.com.au and register for the 2009 Mentor Program.

Victorian Population Health Survey 2007

The report of the Victorian Population Health Survey 2007 is now available on the DHS Public Health website. The latest report is the seventh in an ongoing annual series and trends are presented for selected indicators in the health risk profile of the adult population for the years 2001 to 2007.

The report and regional fact sheets are available at www.health.vic.gov.au – Health Status

Call for Expressions of Interest - Tuning into kids – Professional Training for Facilitators

Grampians CAMHS is planning to bring Facilitator Training “Tuning into Kids” to the region. We would like to offer twenty places in both Ballarat and Horsham; however this will be dependent on appropriate interest.

“Tuning into Kids” is a parenting program that helps children learn to understand and regulate their emotions. The program teaches parents awareness & regulation of their own emotions, awareness of their children’s emotions, to use children’s emotional experiences as an opportunity for closeness & teaching, skills in assisting children in problem solving and to guide children’s behaviour with appropriate limits.

The program is a 6 session group program with a structured manual that included a range of resources including handouts for parents (also on CD), and a DVD demonstrating the parenting skills showing families from a range of cultural backgrounds.

To be held in Ballarat Thursday 14th & Friday 15th May, 2009 and Horsham Thursday 18th & Friday 19th June, 2009.

Cost: \$300 for training and \$143 per manual

For further information and venues contact Joy Nichols on 5320 3030 or joyn@bhs.org.au

Heart Foundation

Walking – Area Coordinator Training

Are you a professional interested in administering walking groups in your area or would like some additional support to make your existing groups more sustainable and less time intensive?

As an Area Coordinator, you will receive training, ongoing assistance, support and resources from the Heart Foundation.

To be held in Ballarat is Tuesday 28th April, 1.00pm – 4.00pm & Horsham 2nd November.

For further information and the Area Coordinator Enquiry Pack contact Helen Donovan, Walking Project Manager, Heart Foundation on 03 9321 1515 or Helen.donovan@heartfoundation.org.au

FREE BUS – to Mothers Day Classic Fun Run Mothers Day - Sunday 10th May, 2009

Come join the Golden Plains Shire Health and Wellbeing Team this Mother’s Day, Sunday 10th May, in walking or running the Mother’s Day Classic Fun Run at Richardson Oval, Golf links Road, Ararat.

The Golden Plains Shire will be running a free bus from Haddon to the Ararat event, leaving Sunday 10th May at 7.30am. Families and individuals are encouraged to participate in this nationwide community event, bringing together those who want to get fit for a worthy cause. Seating is limited and bookings are essential.

For further information contact Pauline Hammond, Northern Community Centre Coordinator on 5342 7000 or phammond@gplains.vic.gov.au

Bookings are essential.

Grease – The Musical

Ballarat Light Opera Company (BLOC) Music Theatre Inc is presenting a Ballarat production of Grease the Musical and will kindly donate \$5.00 to Ballarat District Nursing & Healthcare (BDNH) from every ticket sold for the opening night performance of Grease.

To be held Wednesday, 20th May 2009, at Her Majesty’s Theatre, Lydiard Street, Ballarat. The show has a vibrant young cast who will provide a wonderful night of entertainment. Tickets: Adult \$35, Concession \$30, Child \$20. Tickets are available through Majestix at Her Majesty’s Theatre, Lydiard Street, Ballarat – 5333 5888

Position Vacant

Gippsland Regional Integrated Cancer Service (GRICS) - Program Manager Position

Gippsland Regional Integrated Cancer Service (GRICS) based in the Latrobe Valley is looking for a new Program Manager.

This position has been re – advertised.

For further information or to apply for the position go to www.gha.net.au/grics/

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