

Central Highlands Primary Care Partnership

15 Violet Grove, Wendouree 3355.
Ph: 03 5338 4770 Fax: 03 5339 8419
Postal: 15 Violet Grove, Wendouree 3355.

Executive Officer - Helen Wade

Ph: 03 5338 4770 or helenw@chpcp.org

Drought & Climate Change Coordinator - Chris Pollock

Ph: 03 5338 4771 or drought@chpcp.org

Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or johnd@chpcp.org

Chronic Disease Coordinator – Tim Stewart

Ph: 03 5338 4773 or tims@chpcp.org

Administration Support Officer - Sharna Kelly

Ph: 03 5338 4774 or admin@chpcp.org

Website: www.chpcp.org

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.

'Diamonds in the Dust'

Ballarat & District Division of General Practice extends an invitation to 'Diamonds in the Dust', bringing women together in drought affected communities from across the region.

The event is dedicated to recognising and inspiring rural and farming women who face the many daily challenges, decisions and opportunities posed by the ongoing drought.

Cost: \$20pp.

Includes a buffet lunch, private access to the rarely open historic gardens for the afternoon, women's health check and a gift bag for each woman in attendance.

To be held Sunday 3rd May, 11.00am – 4.00pm
Ercildoune Homestead Gardens,
Ercildoune Rd, Ercildoune.

RSVP on 5333 4426

Or rsvp@premierpr.com.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

May 2009

| | |
|---|---|
| Sunday 3 rd | Diamond in the Dust, Ballarat District Division of General Practice, 11.00am – 4.00pm, Ercildoune Homestead, Ercildoune (224) |
| Wednesday 6 th | Managing Strong Emotions, Centacare, 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) |
| Thursday 7 th | Financial Literacy for Not-for-Profit Organisations, Castlemaine Community House, 10.00am – 3.00pm, Castlemaine Community House, 27 Littleton St (224) |
| Thursday 7 th | Go For Your life, Kinect Australia, Physical Activity Forum, 9.30pm – 3.00pm, Best Community Development, 28 Victoria St, Ballarat (224) |
| Thursday 7 th , 14 th , 21 st , 28 th | Kreative Kidz Australian Counselling Association, 4.00pm – 5.30pm, Radmac Office Choice, 104 Armstrong St, Ballarat (224) |
| Monday 11 th | Managing Fatigue Session MS Australia, 10.30am – 12.30pm, Queen Elizabeth St, 102 Ascot St (224) |
| Monday 11 th & 18 th | How Babies Communicate, Centacare, 7.00pm – 9.00pm, venue to be confirmed. (223) |
| Wednesday 13 th , 20 th , 27 th | Surviving Your Adolescents, Centacare, 7.00pm – 9.00pm, Venue to be confirmed (223) |
| Thursday 14 th | Eastern Working Party, 10.00am – 12.00pm, Robert Clarke Centre, Lake Gardens Ballarat (223) |
| Wednesday 20 th | Grease the Musical, B.L.O.C. Her Majesty's Theatre, Lydiard St, Ballarat (223) |
| Wednesday 20 th & 21 st | Responding to Self Harm, Ballarat Health Services Psychiatric Service, in Schools, 9.30am – 3.30pm, Mecure Ballarat Hotel and Convention Centre, 613 main Rd, Ballarat (224) |

Hepburn Health Services Men's Health Expo

The Hepburn Men's Program would like to invite you to help celebrate International Men's Health Week. Come along and join in for a free healthy BBQ, free health check (Pit Stop), giveaways, displays and presentations.

To be held Tuesday 9th June, 12.00pm – 1.30pm & 4.30pm – 6.00pm at the Creswick Town Hall, Water St, Creswick.

For further information and details contact Rob on 5345 9171

Applications Open for Diverse Australia Program Community Grants – Addressing Intolerance

Eligible organisations are invited to apply for community grants under the Diverse Australia Program (DAP) and the National Action Plan to build on social cohesion, harmony and security. Funding is available to help incorporate not for profit community organisations address issues of cultural, racial and religious intolerance. Projects should work towards developing strong social cohesion by bringing all Australians together and encouraging people to participate in Australia's social and economic life. Grant of up to \$5000 are available for less complex projects and activities.

Funding between \$5000 & \$50,000 will be available for major projects.

Applicants should read the 2009 "Guidelines for Community Grants" before applying.

For information on guidelines and application forms go to www.harmony.gov.au or call 1800 782 002

Information can be provided in languages other than English by calling TIS National during business hours on 13 14 50

The Australian Women's Health Conference Advance Notice

With 'The New National Agenda' as the theme, this is a wonderful opportunity for women in health services to be part of national and international dialogue and sharing of ideas, knowledge and practice. The conference priority areas will be:

- * Women's economic health and wellbeing
 - * Women's mental health and wellbeing
 - * Preventing violence against women
 - * Women's sexual & reproductive health
 - * Improving women's access to publicly funded and financially accessible health services
- To be held 18th – 21st May 2010 in Hobart.

For further information about how you organisation can be involved in this event contact Women Health Grampians on 5322 4100 or ceo@whg.org.au or visit the AWHN website www.awhn.org.au

Women @ Work

A Blended Learning Management Course for Busy Health Professionals

The University of Ballarat Women @ Work course is aimed help women reach their full potential.

The course is available online and via video conference to help reduce travel time.

To be held in June 2009.

Cost: \$210 pp – sponsored for health professionals by City of Ballarat and Grampians Rural Health Alliance.

Places are limited – Enrol Now!

For information and enrolment forms contact 5327 9318 or l.hackwell@ballarat.edu.au or visit www.ballarat.edu.au

Responding to Self Harm in Schools - Ballarat Health Services Psychiatric Services

Deliberate self harm is prevalent among young people and evidence exists to suggest that rates are increasing.

It is important that schools know how they can understand and minimise the risk of self harm and suicide behaviour.

This workshop will promote understanding.

To be held Wednesday 20th & Thursday 21st May, 9.30am – 3.30pm, at the Mecure Ballarat Hotel & Convention Centre, 613 Main Rd, Ballarat.

Cost: \$140pp - school staff, \$280 - others.

The workshop has been specifically developed for school health and welfare staff who must register via the following POnline link www.pd-online.com.au/. People working in other areas maybe able to attend if there are vacancies but must contact Anne Watson, 5320 3030

Kreative Kidz Art Program

Kreative Kidz is an expressive art therapy program promoting emotional and mental wellbeing in primary school aged children.

The sessions will give children the chance to explore their creativity through drawing, painting, collage and clay work.

The program encourages children to have fun with new friends, build confidence and self esteem, acknowledge hidden gifts and talents and express feelings in a safe place.

Cost: \$170 per person.

9 sessions.

To be held each Thursday in May and June 4.00pm – 5.30pm at Radmac Office Choice, 104 Armstrong St, Ballarat.

For further information call 5368 9441 or drawingwithin@yahoo.com.au

Bookings are Essential

Expressions of Interest

Palliative Care Nurse Practitioner

The Grampians Region Palliative Consortium and Grampians Regional Palliative Care Team are seeking expressions of interest from Nurses in the Grampians Region with interest and experience in palliative care.

The Consortium and Regional Team are currently writing a funding proposal for the Department of Human Services to assist in the implementation of Nurse Practitioner model in rural palliative care. Funding opportunities include:

* Funding Nurse Practitioner Scholarships for those wishing to undertake a course of study that leads to endorsement as a Nurse Practitioner.

* Nurse Practitioner Candidates Support Packages which would be applicable to advanced practice nurses in palliative care who already have or have nearly completed a masters program and are interested in undertaking a candidature program.

Expressions of interest should include details of palliative care experience and why you would like to further your career in palliative care.

Closes 11th May 2009 and can be sent by post or emailed.

For further information contact Tara Haneveld, Nurse Practitioner Project Worker, C/- Ballarat Health Services, PO Box 199 Ballarat VIC 3353 or call 5320 6632 or tarah@bhs.org.au

Managing Fatigue – MS Australia

An information session will be held that will explain the nature of MS Fatigue, why it occurs and what you can do to manage this invisible symptom. Energy effectiveness technique, diet, sleep, exercise & communication will all form part of the discussion.

To be held Monday 11th May, 10.30am – 12.30pm, at the Lederman Hall, Queen Elizabeth Centre, 102 Ascot Street, Ballarat.

The program is free of charge and interpreters are available upon request. Registration essential.

For information contact Andrea Salmon on 03 9845 2765 or educationvic@mssociety.com.au

Ballarat's Mothers Day Classic

Wear PINK & Join in the fun at Ballarat's Mother's Day Classic, walk or run the 6km's around Lake Wendouree Mothers Day Classic with family and friends and help raise money for Breast Cancer Research.

To be held Sunday 10th May, 9.30am at Lake Wendouree, Ballarat.

For further information and registration go to www.mothersdayclassic.org

Grampians HACC Training Anxiety and Depression

This course will assist staff in identifying clients and or staff who are anxious or depressed and how we might be able to help them. It will also promote a greater understanding of participants own reactions to stress and potential strategies to deal with stress as a means of better understanding others reactions. What practical steps we can take to recognising various forms of distress in others, how to assist isolated individuals, identify where families and carers can help, how other health professionals can help and much more.

This workshop is suitable for all HACC workers including reception staff, nursing staff, carers and volunteers. Cost: \$25pp, with full catering provided.

To be held at 9.30am – 4.00pm, Monday 18th May at the Ballarat Learning Exchange, 36 Camp St, Ballarat and 9.30am – 4.00pm, Monday 1st June at the Grains Innovations Centre, Natimuk Rd, Horsham.

For further information contact Cathy Faull HACC Training Coordinator on 5334 1500 or hacced@bdnh.com.au or www.bdnh.com.au

Central Highlands Podiatry Clinic

A podiatry clinic fully registered with Victorian Registration Board, Medicare, TAC and Work cover also a member of the Australian Podiatry Association and member of Sports Medicine Australia has recently opened at 17 St Cedars Grove, Lake Gardens.

(in the Arches Business Park).

Currently open Tuesdays and Fridays only.

For information contact Matthew Austin on 5334 3564

"Go for your life' - Inclusion for All Physical Activity Forum

Kinect Australia in partnership with Council on the Ageing (COTA) and The Victorian Network on Recreation & Disability (VICNORD) are holding a physical activity forum.

To be held on Thursday 7th May, 9.30am – 3.00pm at Best Community Development, 28 Victoria Street, Ballarat.

For information contact Sarah-Jane Blunt at Kinect Australia

03 8320 0105 or sjb@kinectaustralia.org.au

For details & agenda go to:

[www.goforyourlife.vic.gov.au/hav/admin.nsf/image/ballarat_form_agenda.pdf/\\$File/ballarat_forum_agenda.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/image/ballarat_form_agenda.pdf/$File/ballarat_forum_agenda.pdf)

For registration forms go to:

www.goforyourlife.vic.gov.au/hav/articles.nsf/prcpages/Go_for_your_life_Information_Centre?open

Primary Health Weekly Bulletin 24th April, 2009

The latest edition of the Primary Health Weekly Bulletin is now available at www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache

Shaping our future forum - Student placement coordination and you

A series of forums will be held across the State in May and early June. The forums will explore how to establish and the benefits of, student placement coordination in your regions.

Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/shaping-our-future-forum-student-placement-coordination-and-you_nocache?

Integrated health promotion planning directions 2009 – 2012

Interim advice on Integrated Health Promotion (IHP) planning for 2009 – 2012 for primary health funded agencies is available online.

Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/integrated-health-promotion-planning-directions-2009-2012_nocache?

Case Studies – Integrated health promotion in action

Primary Care Partnerships and Community Health are making a difference, contribute your case study or read about the Cardinia Learning is for Everyone (LIFE) and the Movin' Around case studies.

Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/case-studies-integrated-health-promotion-in-action_nocache?

Subscribe to integrated health promotion updates

Stay informed and subscribe to the department's Primary Care Partnerships and Community Health Integrated Health Promotion web site updates.

Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/subscribe-to-integrated-health-promotion-updates_nocache?

Dementia seminar series May 2009

The Australian Institute for Primary Care will be presenting seminars on 'Cultural diversity and dementia' and 'mild cognitive impairment'. Each seminar will provide valuable information and an opportunity to engage with prominent experts in the field.

Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/dementia-seminar-series-may-2009_nocache?

Financial Literacy for Not-For-Profit Organisations

Attention committee members, managers & volunteers. Castlemaine Community House is running this seminar to help you understand your financial statements.

'Gain a better understanding of what makes an organisation function effectively financially and what issues to be aware of'

Using straight forward techniques learn how to interpret your income statement and your balance sheet.

These skills will enable you to ask the right questions and provide you with information that will help in decision making. The program includes understanding the accounting system, understanding financial statements, vertical and horizontal analysis of financial statements, ratio analysis, measures of financial vulnerability and a set of notes will be provided.

Cost: \$20pp includes lunch.

To be held Thursday 7th May, 10.00am – 3.00pm, at the Castlemaine Community House, 27 Lyttleton Street, Old School of Mines Building.

For information call Jacqueline on 5471 1807 or

j.broadie-hanns@mountalexander.vic.gov.au

Getting There Together - Carers who support people affected by mental illness.

Carer Support Services and Bendigo Health are holding a Rural Conference 'Getting There Together' aimed at carers and workers who support people affected by mental illness.

Guest speakers and a range of interactive workshops will also be offered.

To be held Saturday 27th June ,9.00am – 4.00pm, at the Platinum Room, Foundry Arms Hotel, High Street, Golden Square, Bendigo.

This conference is a partnership between Carer Support Services, St Luke's and Bendigo Health.

Cost: \$10 per carer, \$20 per worker, including morning tea, lunch and resources.

For information or to register contact Marlene Lamprell on 5447 1100.

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