

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.

Physical Activity Forum

Is Physical Activity part of your focus?

Central Highlands PCP is holding a forum to create an opportunity to see what is occurring in the physical activity arena, share ideas and planning, strengthen existing projects or create new ones in partnership with like minded people.

All welcome

Wednesday 3rd June, 2009

9.30am – 1.30pm

McCallum Disability Services
29 Learmonth Rd, Ballarat

RSVP – Monday 29th May, 2009

Sharna, CHPCP, 5338 4774 or 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

May 2009

Thursday 7 th	Support after Suicide, Jesuit Social Services , , 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	Health Promotion Network Meeting CHPCP , , 9.30am – 11.00am, Child & Family Services, 115 Lydiard St, Ballarat
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	MS Australia, Managing Fatigue Session , 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 confirmed on booking (223)
Wednesday 13 th , 20 th 27 th	Surviving Your Adolescents, Centacare , 7.00pm – 9.00pm, Venue to be confirmed (223)
Wednesday 15 th	Regional Youth Affairs Network Meeting , Grampians DPCP, 2.00pm – 5.00pm Level 2 Central Square, Ballarat
Wednesday 20 th	Grease the Musical, B.L.O.C. Her Majesty's Theatre, Lydiard St, Ballarat (223)
Wednesday 20 th	Diabetes Steering Group Meeting CHPCP , 1.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St
Wednesday 20 th & 21 st	Responding to Self Harm in Schools, BHS Psychiatric Service , , 9.30am – 3.30pm, Mecure Ballarat Hotel and Convention Centre, 613 main Rd, Ballarat (224)
Thursday 28 th	Full Alliance Meeting CHPCP 9.00am – 10.30am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat
Thursday 28 th	Executive Meeting CHPCP 10.30am – 11.00am, Ballarat & District Division of General Practice, 105 Webster St, Ballarat

Safe TALK Hepburn Health Services

Hepburn Health Services is holding this program to alert community members to signs that a person may be considering suicide. Safe Talk is a half day presentation to increase suicide alertness. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

To be held Wednesday 17th June, 12.30pm – 5.00pm at Hepburn Health Services, Daylesford Hospital Boardroom.

Cost: \$50pp, payable on the day Includes refreshments and materials.

RSVP by Tuesday 9th June, limited places.

For information contact Louise Martin, 5321 6523 or louisem@hhs.gov.au

Well Being Wendouree

Wellbeing Wendouree Community Inc are holding a range of activities during term 2, 23rd April – 26th June. Including Belly dancing classes, Basketball clinic, Lunch break gym circuit, Dance workshops, Senior walking groups, Tai Chi classes, Art classes, Scrap booking classes and Youth nights.

Activities are held Tuesday, Wednesday and Thursdays at the Wendouree West Community Learning Hub, Violet Grove, Wendouree.

For information and program times contact Kirsty 5339 4056 or

kirstie@wellbeingwendouree.com.au

\$40m Cycle Paths Fund

The Australian Government is funding of bicycle infrastructure under its \$40million Cycle Paths Fund, announced as part of its Economic Stimulus Package.

Time lines for funding applications with the submission deadline 22nd May 2009 for funding that will start from 1st July 2009 and not extended beyond 30th June 2010.

The Cycling Promotion Fund has prepared an information sheet.

For information contact the Cycling Promotion Fund office 03 9818 5400 or Rosemarie, Program Director 0407 537 760

Ballarat's Mothers Day Classic

Wear PINK & join in the fun at Ballarat's Mother's Day Classic, walk or run the 6kms around Lake Wendouree with family or friends to 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

Central Highlands Podiatry Clinic

Opening Hours - Correction

Please Note –

The Central Highlands Podiatry Clinic opening hours are Tuesday - Thursday located at 17 St Cedars Grove, Lake Gardens.

BP Vouchers for Volunteers Programme

If you are a not-for-profit volunteer and use a vehicle to undertake your volunteering activities, you could receive a free BP fuel voucher to help in your volunteering work.

Applications can be made via BP's website www.talkstoppedlonggago.com.au from 9.00am Monday 27th April and closed 5.00pm Monday 11th May.

Successful applicants will be notified by 1st June and will receive their BP Pre Pay cards by 30th June. Cards can be redeemed at any BP service station Australia Wide.

A single volunteer cannot receive more than one voucher as BP's intent is to spread the benefit across the Australian community.

Focus Groups with Culturally and Linguistically Diverse Communities

For health professionals with experience in consumer participation and/or community focused research. This workshop will enhance participant's skills in effectively engaging and including CALD communities when conducting focus groups. It is aimed at workers with an existing understanding of, and experience in, consumer participation and/or research.

Session will cover how to plan conduct and resource focus groups, recruiting focus group participants, facilitating inclusive focus groups, recording focus group findings and effective evaluation and verification of focus group findings.

Cost: \$150pp - includes lunch.

To be held Monday 11th May, 9.15am – 2.00pm at 81–85 Barry Street, Carlton

For information and bookings 9342 9700 or enquiries@ech.org.au

Connectingcare

Service Support & Training

Please note that we have had some phone calls for service support going to the wrong number at the Central Highland PCP office.

Please update your contact details to John Dixon on 5338 4772 or 0407 025 446

Parkiteer – Now in Ballarat

Now available at Ballarat Railway Station -This is a secure shed in which railway patrons can lock their push bikes when travelling from Ballarat Railway Station. For information go to

www.parkiteer.com.au

Cultural Competency for Managers and Supervisors

The Centre for Cultural, Ethnicity & Health is holding a workshop that is aimed to develop participants understanding of a cultural competency framework for organisational change. This framework can improve service outcomes for CALD communities, integration, integrating systemic, organisational, professional and individual worker dimensions. This advanced level workshop also included topics on understanding the key elements of cultural competency framework, developing strategies to create culturally inclusive programs and incorporating this framework in organisational structures and policies.

Cost: \$150 pp – fully catered.

To be held Wednesday 20th May, 9.15am – 2.00pm at the Centre for Cultural, Ethnicity and Health, 81-85 Barry St, Carlton.

For information and registration call 03 9342 9700 or training@ceh.org.au or visit www.ceh.org.au

Swine Influenza

With the World Health Organisation announcing that the threat rating from the Swine Influenza is currently at Pandemic Phase 5, now would be a good time for organisations to consider their internal influenza pandemic arrangements.

This might include checking with the local council regarding the relevant municipal plan e.g. municipal health plan, emergency management plan, pandemic plan and reviewing organisational continuity plans. Further information is available at

www.health.vic.gov.au/ideas/diseases/swine-influenza or for a general public fact sheet go to http://www.health.vic.gov.au/chiefhealthofficer/downloads/h1n1_swineflu_general.pdf

New Copyright and Compliance Guide

The Australian Copyright Council has published a guide for organisations to ensure copyright compliance when using materials from external parties. The guide includes issues relating to photocopying and scanning, screening or copying videos or DVD's and tips on developing compliance procedures.

The guide costs \$40 Inc GST and is available at www.copyright.org.au/b133 the council is also running sessions from mid May on various issues relating to copyright.

For information go to the Australian Copyright Council website

www.copyright.org.au/training2009

Did you know???

It takes 2,653 litres of water to produce one cotton t shirt and 132.65 litres of water to produce one cup of coffee.

LEAP – Localities Enhancing Arts Participants Funding

Expressions of interest are invited from Victorian local governments to participate in a pilot project to increase arts participation through the development of their local arts infrastructure.

Applications will only be accepted from Victorian local governments who can demonstrate a moderate level of arts and cultural participation. Up to \$200,000 p.a. for 3 years (ends 2013) is available to successful councils to design, implement and evaluate the LEAP pilot program. Submissions to be emailed to

leap@vichealth.vic.gov.au applications close 22nd May 2009. Short listed applicants and unsuccessful applicants will be notified by 2nd June 2009

BeyondBlue

BeyondBlue is currently conducting a campaign which asks people who are over 80 years of age and who are leading healthy and active lives to share their stories about positive ageing.

The aim is to collate and publish personal stories on the Beyondblue website that not only dispel some of the myths about ageing, but helps to inspire people to live active and health lives into their 80's and beyond.

They are seeking first hand accounts of what people think helps them to prevent depression and anxiety and what they do to enjoy life.

Research indicates that exercise, friends, family, going out, diet and staying positive may all play a part. In 100 words or less – write what keeps you mentally and physically healthy.

People who have shared their stories will be contacted by Beyondblue, interviewed further and their story published on Beyondblue's website.

Write to Beyondblue OBE Campaign, PO Box 6100, Hawthorn West, VIC 3122 or email to OBES@beyondblue.org.au or to tell your story over the phone, call Bonnie or Sue on 03 9810 6100

Walk Safely to School Day

National Walk Safely to School Day will be held on Friday 15th May, this marks the 10th year of the event which is sponsored by the Australian Government and supported by all States, Territory and local governments.

National Walk Safely to School Day is a health initiative which urges parents and carers to include exercise in their young children's daily routines and encourage healthy habits from an early age. Encouraging healthy habits from an early age is proven to reduce obesity and related health problems.

For information contact, Kel Hawthorn on 0433 533 588 or visit www.walk.com.au

Primary Health Weekly Bulletin – 30th April

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

New health and wellbeing network for primary schools

The Wellbeing and Health Organisation Links for Education (WHOLE) Networks provides a link to a variety of health and wellbeing programs, organisations, resources and information through one website. Read more:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-health-wellbeing-network-for-primary-schools/nocache?

Release and revision of Planning Database (PDS)

The Planning Datasets (PDS) – previously known as the Community Health Planning Datasets (CHPD's) – have now been revised to support the ongoing development of evidence based service planning. Read more:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/release-and-revision-of-planning-datasets-pds/nocache?

'Go for your Life'

The May edition of the 'Go for your Life' subscriber newsletter is available online at www.goforyourlife.vic.gov.au/gfynews topics this month include, fruit & vegies, healthy meals deliver a healthy budget, going for goal with Auskick, WHOLE network and what's happening May.

For information or to subscribe to the newsletter call the info line on 1300 73 98 99

Report on Violence

The Australian Government has released Time for Action, the major report of the National Council to reduce violence against women and their children.

The report makes recommendations designed to tackle the unacceptable levels of sexual assault and domestic and domestic and family violence in Australia and gives all governments and the community clear directions about helping Australian women live free of violence within respectful relationships and in safe communities. The Federal Government wants all governments to come on board and by early 2010 achieve an endorsed national approach to reducing the incidence and impact of violence against women and their children.

For information go to www.pm.gov.au/media/Release/2009/media_release_0937.cfm

Position Vacant

Health Promotion Co-ordinator

Full-time or Part-time position available

Djerriwarrh Health Services are seeking a highly motivated Health Promotion Co-ordinator to work in our busy and dynamic health service of Melton and Moorabool Shires.

Djerriwarrh Health Services is a rapidly expanding organisation and offers the following benefits - friendly work environment, smoke free work environment, public sector awards rates, access to salary packaging and free parking.

A position description and key selection criteria can be obtained from Melinda Sammut by calling 5367 2000 or melindas@gjhs.org.au When applying please quote the reference number CH14/09, address the key selection criteria, include a resume and the names of two professional referees.

Applications Close 15th May, 2009

Applicants may email or send their applications to Melinda Sammut, Human Resources Office Djerriwarrh Health Services, PO Box 330, Bacchus Marsh, Victoria 3340

The successful applicant will be required to supply a current police record check.

Required – Office Accommodation

An office suitable for two workers with disability access and a central location is preferable.

Please contact Sophie Hart, MS Team Leader on 0447 367 167 or Cheryl Morris, MS Grampians on 0419 133 712

Annual CAFS High Tea Party

Child & Family Services CAFS invites you to attend the Annual High Tea Party in conjunction with The Biggest Morning Tea to raise money and awareness of Cancer in Victoria.

To be held Thursday 28th May, 10.30am in the CAFS conference room, Lydiard St, Ballarat.

Cost: \$3pp

Ladies to wear gloves & hat, Gentlemen to wear jacket & tie.

RSVP by Monday 25th May to Jenny Jones 5337 3369 or jjones@cafs.org.au

DON'T 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