

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.

Responsible Gambling Awareness Week 25th – 29th May 2009

Do you know someone affected by gambling?

Responsible Gambling Awareness Week is a state wide campaign organised by the Department of Justice (Gaming and Racing), Gambler's Help Services and the Gaming Industry to raise awareness in the community and alert gamblers of difficulties that occur from excessive gambling and promoting messages of gambling responsibly.

The launch by Mayor, Judy Verlin and a display will be held Monday 25th May, 1.00pm at Central Highlands Regional Library, Doveton St, Ballarat and a further display will be at Stocklands Shopping Centre, Wendouree. The displays will contain information on gambling responsibly and the services available.

For further information contact Jodie Rykers, 5337 3333 or jrykers@cafs.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

May 2009

Thursday 21 st , 28 th	Kreative Kidz Australian Counselling Association, , 4.00pm – 5.30pm, Radmac Office Choice, 104 Armstrong St, Ballarat (224)
Wednesday 20 th 27 th	Surviving Your Adolescents, Centacare, 7.00pm – 9.00pm, Venue confirmed on booking (223)
Wednesday 27 th	Regional Youth Affairs Network Meeting, Grampians DPCP, 2.00pm – 5.00pm Level 2 Central Square, Ballarat
Wednesday 20 th	Diabetes Steering Group Meeting CHPCP, 1.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St
Thursday 21 st	Responding to Self Harm in Schools, BHS Psychiatric Service, 9.30am – 3.30pm, Mecure Ballarat Hotel & Convention Centre, 613 main Rd, Ballarat (224)
Thursday 21 st	Autism, Asperger & School, Education Events, 9.00am – 3.30pm. Midlands Golf Club, Heinz Lane Ballarat North (226)
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
Thursday 28 th	Resilience and Children Day Workshop, Uniting Church Centre, Peart Wing, 103 Lydiard St, Ballarat (226)

June 2009

Monday 1 st	Research in Palliative Care, The Grampians Regional Palliative Care, 6.30pm – 8.30pm, BHS, Drummond St, Ballarat (227)
Tuesday 2 nd	Turn your organisation into a Volunteer Magnet, Ballarat Volunteer Resource Centre, 9.30am – 4.00pm, Her Majesty's Theatre, 17 Lydiard St Ballarat (226)
Wednesday 3 rd	Physical Activity Forum, CHPCP, 9.30am – 1.30pm, McCallum Disability Services, 29 Learmonth Rd Ballarat (226)
Friday 12 th	Peter Pan Movie Magic, Golden Plains Community Building Initiative, 7.30pm Woody Yaloak Recreation Centre Smythesdale (226)
Wednesday 10 th , 11 th , 17 th , 18 th , 24 th	5 Day Health Promotion Short Course, Wimmera PCP, 9.15am – 4.00pm, Westlander Motor Inn, Western Hwy Horsham (226)
Wednesday 24 th	Hands & Alzheimer's the Musical, SWISH AND SWAT, 2.00pm & 7.30pm Daylesford Town Hall. (226)

Research in Palliative Care – Twilight Education Session

The Grampians Regional Palliative Care Team is holding a Twilight Education Session on Research in Palliative Care. Various health care professionals will be presenting on current and past research undertaken in the Grampians Region.

To be held Monday 1st June, 6.30pm – 8.30pm at the Education Resource Centre, BBH, Ballarat Health Services, Drummond St Nth Ballarat.

Cost: \$15 Grampians Region, \$25 other includes drinks & nibbles.

RSVP by Wednesday 27th May. Video link is available via regional hospital.

For further information call 5320 3553 or Bernadette@bhs.org.au

Centacare Family Relationship Services Programs – 2009

Kids & Separation

Centacare Family Relationship Services is holding a workshop for parents of children experiencing separation. Topics include children's emotions and cycle of grief. Moving forward and dealing with your ex, sharing parenting and focusing on new direction.

To be held Wednesday 3rd June, 1.00pm – 3.00pm.

Separation Recovery - (Women's Group)

Centacare Family Relationships Services is holding a series of workshops for people whose relationship has ended. Topics include understanding the separation process, managing strong emotions, improving communication skills and relaxing and survival techniques. Cost: \$30 pp.

To be held Wednesday 3rd, 10th, 17th & 24th June at 7.00pm – 9.00pm.

Little Kids with Attitude

Centacare Family Relationships Services is holding a workshop for parents of toddlers & pre-schoolers. Topics include enjoying your child, positive message & discipline, developmental stages and taking care of you. Cost: \$10 pp. To be held Tuesday 16th June at 7.30pm – 9.30pm.

For further information and venue confirmation call Sue at Centacare on 5337 8908
Childcare not provided.

Sustainable Shoppers Guide to Rainwater Tanks.

The sustainable shoppers guide is available through sustainable gardening Australia. For further information follow the links at www.sgaonline.org.au/info_tankguide.html

CSIRO Household Consumption Project

Take part in a national online survey to inform innovative research into household consumption and lifestyles on Australia. CSIRO's Household Consumption project is conducting research into household consumption, time use and lifestyles with the aim of developing a lifestyle typology based on the consumption and time use behaviour of Australian households. The projects outcome should enable the identification of pathways for consumption to promote a low carbon economy.

To take parts in the online survey go to

www.questionpro.com/akira/takesurvey?id=1169675.

YACVic Conference 09

YACVic is holding a two day conference within the historic surrounds of Ballarat. YACVic has a proud history of putting on excellent conferences for young people and the sector that supports them. Please help to ensure this tradition continues by taking a minute to complete a short questionnaire. Filling in this survey will help us to provide you with the kind of conference you want to attend, one that will energise and inspire you. There are two surveys, with a specific one for young people under 26 years.

To take parts in the survey go to –

Under 26 years old, survey link:

www.surveymonkey.com/s.aspx?sm=QXIFINNvJ2pFzDhcmzmOvg_3d_3d

Over 26 years old, survey link:

www.surveymonkey.com/s.aspx?sm=15YJYhxwRGqz4kOwm_2bSGhA_3d_3d

National Bowel Cancer Screening Program Local Awareness Project Consultation

Cancer Council Victoria is preparing to undertake a local awareness project in Ballarat LGA to increase participation in the National Bowel Cancer Screening Program. Before commencing the pilot project Cancer Council Victoria would like to consult with Local Health Services operating in the area. The intended purpose of the consultation is to inform key stakeholders about the pilot project, identify preferred community education and promotion strategies for English and CALD communities and identify collaboration opportunities.

To be held 3rd June, 11.00am – 12.30pm at the Ballarat and District Aboriginal Cooperative, 5 Market St, Ballarat.

Lunch provided on the day.

RSVP by Friday 29th May to Kaye Cromie, 03 9635 5363 or

kaye.cromiw@cancervic.org.au please indicate dietary requirements on rsvp.

Parents of Children with Diabetes - PODS Family Day

Parents of Children with Diabetes – PODS are having a family day full of fun and entertainment for kids and adults. Bring a picnic lunch and enjoy the outdoor games (weather permitting), raffles and special guest Jason Triggs. Jason has had Type 1 diabetes for over 10 years and currently works at a kindergarten.

To be held Sunday 31st May, 12.00pm – 4.00pm at the Broadmeadows Youth Central Building, Pearce Dale Parade, Broadmeadows
MEL REF: 6 G8.

Cost: \$5 per family (to be paid on arrival)
RSVP - to podssupport@optusnet.com.au by Thursday 21st May. Include name, age, suburb and contact mobile number for all attending on the day.

Healthy Recipes

Are you looking for Free & Healthy recipes? Well look no further, visit www.betterhealth.vic.gov.au and discover hundreds of recipes that are easy and healthy to make. Recipes can be searched for by category, meal, dietary requirements or by ingredients. This website also lists what fruit and vegetables are in season at that time and what recipes you can use including these fruit and vegetables. Visit the better health website now.

Mens Health Expo – Hepburn Men’s Health Program

An invitation is extended to help celebrate Men’s Health Week and the completion of the 3 year Men’s Health Program on Tuesday 9th June 12 noon – 1.30pm & 4.30pm – 6.30pm at Creswick Town Hall (Water St) Creswick. The session will include free BBQ, Free health checks, displays, presentations and giveaways.

A new men’s health booklet and the final report of the Hepburn Men’s Health Program will be released at this event. Women also welcome. Contact Dr Rob Watson, 03 5345 9171 or robertw@hhs.vic.gov.au

Entries Now Open – The Australian Safer Communities Awards

The 2009 Australian Safer Communities Awards, sponsored by Emergency Management, promote and recognise best practice and innovations by organisations and individuals who help build safer communities across Australia.

The awards cover all aspects of emergency management, risk assessment, research, education and training, information and knowledge management, prevention, response and recovery, entry is open to any organisation or individual.

For information regarding the awards visit www.oesc.vic.gov.au/

Chiropractic Care Week 18th – 24th May Brady Sports & Family Chiropractic Open Day

National Chiropractic Care Week is designed to increase awareness of significant issues affecting Australians and focuses on the vital role chiropractic care plays in developing wellness. Chiropractic services in the Ballarat region are participating in the week to educate and provide practical advice on healthy lifestyles for us all. Chiropractic Care Week is an exciting opportunity to educate people about the benefits of chiropractic care.

Brady Sports and Family Chiropractic is offering free spinal screening by appointment only on Wednesday 20th May and Saturday 23rd May at 1307 Mair Street, Ballarat ph 5333 4260.

A gold coin donation would be appreciated for the Australian Spinal Research Foundation.

Open day to be held Saturday 23rd May, 9.00am – 2.00pm.

Immigration and Citizenship in Australia Announcement

The Minister for Immigration and Citizenship Senator Chris Evans and the Parliamentary Secretary for Disabilities and Children’s Services, the Hon Bill Shorten, have announced the terms of reference for an inquiry relating to the health requirements in the Migration Act in regard to the effect of the regulations on people with a disability applying for permanent visas for Australia.

For information visit

www.minister.immi.gov.au/media/media-releases/2009/ce09039.htm

Free ‘Connecting Communities’ with disadvantaged household’s workshop

Sustainability Victoria is running a free “Connecting Communities” workshop for organisations and individuals working with low income and disadvantaged communities.

The workshop will enable participants to be involved in discussions with other participants and guest speakers about projects of shared interest.

To be held Friday 29th May, 9.00am – 2.30pm

For information, venue and to register contact Kym Ockerby on 03 8626 8762 or

kym.ockerby@sustainability.vic.gov.au

Interesting Website – Cancer Australia – Cancer Learning

Cancer Learning is a new Australian online resource where you can access all you need for professional development in cancer care.

Visit www.cancerlearning.gov.au or www.edcan.org

Integrated Assessment Partnership Project Officer (0.8EFT) 12 Month Project Position

This position involves developing, implementing and evaluating structures and processes to support an integrated, comprehensive living at home assessment for Home and Community Care (HACC) clients in the Wimmera under the new HACC assessment framework. Working across eight HACC living at Home Assessment (LAH) agencies in the Wimmera, you will develop formal protocols between agencies that support partnerships and collaborative approaches and to maximise the use of a range of professional skills and expertise that work across agencies. The position will be based at the PCP office in Horsham but working directly with the eight HACC LAH agencies across four shires.

For further information contact Geoff Witmitz at Wimmera Primary Care Partnership on 5362 1225 or to request a position description, email geoff.w@gchc.org.au

Applications close Friday 5th June 2009

Men's Health Expo – agency support requested

Ballarat City Church will hold a Mens Health Expo on Monday 13th July, 6.00pm – 10.00pm at the Ballarat City Church, 65 Albert St Sebastopol.

If you work in the men's health area and are interested in a stand or providing mens health information contact Frank Jansen, 0414 085 109

Access for All Abilities Program Get the Bowl Rolling Come and Try Day for Lawn Bowls

Central highlands Sports Assembly - Access for All Abilities Program, Wheelchair Sports Victoria & Central Wendouree Bowling Club extend an invitation to participate in a Get the Bowl Rolling Come and Try Day for Lawn Bowls. The day will include an information session along with a chance to get out onto the green to have a try of Lawn Bowls. Lunch provided.

To be held Friday 29th May, 11.00am – 1.30pm and Central Wendouree Bowling Club, 1330 Gregory St, Wendouree.

Contact Michael Flynn on 5331 6966 or Jared Keely, Wheelchair Sports Victoria, 03 9473 0133

Youth Mental Health First Aid Workshop

This course teaches participations how to provide initial support to young people experiencing mental health problems. The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems. To be held 2nd & 3rd June, 9.00am – 4.30pm at the Avoca RSL Hall. Cost is free. For information contact Jo Ritchie on 5352 6226 or jo.r@gchc.org.au

Youth Beyondblue Mental Health Website Launched

Beyondblue, the national depression initiative has launched a new Youth beyondblue website aimed at raising awareness of the signs and symptoms of depression, anxiety, drug and alcohol problems among young people and where to get help. The website includes a wide range of new fact sheets on depression and anxiety related topics, including how to help a friend, effective treatments, alcohol and depression, cannabis use, bullying and eating disorders. Research has shown that if depression or other mental disorders are recognised and treated early this may increase the chances of a better long term outcome, however, most young people with depression or a common anxiety disorder report delays of five to 15 years before they receive treatment and care.

For information call the beyondblue info line on 1300 224 636 or visit

www.youthbeyondblue.com.au

Life! Program - Taking Action in Diabetes

The Life! Program is a Victorian Government type 2 diabetes prevention initiative. It aims to provide a lifestyle behaviour change program to 25,000 high risk Victorians to help delay or prevent diabetes. All you need to do is assess your risk of type 2 diabetes by filling in the free, easy to use Australian Type 2 Diabetes Risk Assessment Tool which you can complete on the website www.diabeteslife.org.au and if you score 15 or more you should make an appointment to see your doctor and discuss your suitability to enrol in a type 2 diabetes prevention course such as life! Take your completed risk test with you to your doctor's appointment The Type 2 Diabetes Risk Assessment Tool was developed in 2008 as part of an Australian Government health initiative aimed at preventing type 2 diabetes, raising awareness of and detecting undiagnosed type 2 diabetes.

For information or answers to questions call the Life! Office on 03 8648 1880

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