



# NEWSLETTER

Issue 229

3<sup>rd</sup> June 2009

## 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.

### Central Highlands Primary Care Partnership

Extend an invitation to a free training session on

## Social Determinants of Health

with a focus on Social Connectedness, Mental Health and Gambling

Facilitated by Anita Thomas  
(all welcome)

Friday 19<sup>th</sup> June 2009

11.00am – 2.00pm

At Peart Wing, Unitingcare, Lydiard St

RSVP by Monday 8<sup>th</sup> June 2009  
 To Sharna Kelly at Central Highlands PCP  
 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)

### June 2009

Thursday 4 <sup>th</sup> & Friday 5 <sup>th</sup>	Mediation & conflict resolution training, Fighting Fair, 9.15am – 4.15pm, 199 Faraday St, Carlton (228)
Wednesday 10 <sup>th</sup>	Managing Strong Emotions, Centacare Family Relationship Service Program, 1.00pm – 3.00pm, venue to be confirmed (229)
Thursday 11 <sup>th</sup> & Friday 12 <sup>th</sup>	Shaping Victoria 2009 Forum, DPCD, 9.00am – 5.00pm, Mecure Ballarat Hotel & Convention Centre, 613 Main Rd Ballarat (229)
Friday 12 <sup>th</sup>	Peter Pan Movie Magic, Golden Plains Community Building Initiative, 7.30pm Woody Yaloak Recreation Centre Smythesdale (226)
Friday 12 <sup>th</sup>	Heatwave Planning Guide, DHS 9.00am – 1.00pm, Marriot Hotel, Lonsdale St, Melbourne. (229)
Tuesday 16 <sup>th</sup>	123 Magic, Centacare Family Relationship Service Program, 12.30pm – 3.00pm, venue to be confirmed (229)
Tuesday 16 <sup>th</sup>	Little kids with Attitude, Centacare Family Relationship Service Program, 7.30pm – 9.30pm, venue to be confirmed (229)
Wednesday 17 <sup>th</sup>	UB WestVic Academy of Sports Seminar 2009, WestVic, 6.30pm – 8.00pm, University of Ballarat, Mt Helen Campus, Room C003 (229)
Wednesday 17 <sup>th</sup>	Spaznuts, 8.00pm at Her Majesty's Theatre, Lydiard St, Ballarat. (229)
Friday 19 <sup>th</sup>	Be the Change, Changing the Dream Symposium, CASPN, 12.00pm – 3.30pm, Flemington Community Centre, 25 Racecourse Rd, Flemington (228)
Wednesday 24 <sup>th</sup>	Hands & Alzheimer's the Musical, SWISH AND SWAT, 2.00pm & 7.30pm Daylesford Town Hall. (226)
Wednesday 24 <sup>th</sup>	Alcohol is a drug too, Ballarat Community Health Centre, 7.00pm – 9.30pm, Wendouree Performing Arts Centre, Howitt St Wendouree (229)
Wednesday 24 <sup>th</sup>	Rural Change and Community Wellbeing Forum, Primary Health Branch, 9.30am – 4.00pm, Royal Australasian College of Surgeons, 250 Spring St, Melbourne(228)
Monday 29 <sup>th</sup>	Conducting Focus Groups with Culturally and Linguistically Diverse Communities, Centre for culture, ethnicity & health, 9.15am – 2.00pm 81-85 Barry St Carlton (229)

### **Shaping Victoria Forum 2009 – Department of Planning and Community Development**

DPCD is holding an inaugural 2 day forum featuring keynote speakers and discussions by delegates around the future direction of Victoria within the planning and community development landscape. This event is for planners, community engagement professionals and other practitioners from the private and public sectors. Topics will include, managing change in rural areas and regional towns, demographic trends, the changing landscape of the rural/urban interface and innovations in planning and how they are shaping our communities.

To be held Thursday 11<sup>th</sup> and Friday 12<sup>th</sup> June, 9.00am – 5.00pm with a Gala Dinner on the evening of Thursday 11<sup>th</sup> June at the Mecure Ballarat Hotel and Convention Centre, 613 Main Rd, Ballarat. Cost: \$340, day 1 & 2 with Dinner and \$160, day 1 & 2 without Dinner

For information contact Sally Hutchinson on 03 5988 5280 or [sally@smsmarketing.com.au](mailto:sally@smsmarketing.com.au)  
Bookings and payment can be made at [www.eventoffice.com.au/planningforum](http://www.eventoffice.com.au/planningforum)  
bookings close Friday 5<sup>th</sup> June.

### **UB WestVic Academy of Sport 2009 Seminar Series – WestVic**

The WestVic Academy of sport runs monthly seminars for its athletes, their families, the Academy coordinators and coaches and key stakeholders. Seminars are generally held on the third Wednesday of every month between 6.30pm – 8.00pm. The seminars focus on topics that are important for young athletes and are structured to help improve their performance on and off the playing arena. The seminars are delivered by experienced academics, coaches and athletes within their expertise.

This month's seminar is on Athlete nutrition. The seminar will raise topics such as

- \* What should I eat and drink before exercise?
- \* What should I eat and drink after exercise?
- \* Why do athletes gain weight?

The Seminar will be delivered by Kerri Gordon, who is a Senior Dietician at the Ballarat Community Health Centre and currently runs her own private Nutrition and Dietetics business. To be held Wednesday 17<sup>th</sup> June, 6.30pm – 8.00pm at the University of Ballarat Mt Helen Campus, Room C003 and Horsham Campus via video link in Room C073.

For information contact Paul Owen, Seminar Coordinator on 5327 9890 or [paul.owen@westvic.org.au](mailto:paul.owen@westvic.org.au)

### **Do you know???**

The difference between good and bad dietary fats? Why is fat important in your diet? Try this Quick quiz to find out more, visit [www.healthinsite.gov.au](http://www.healthinsite.gov.au)

### **Release of Heatwave Planning Guide - Department of Human Services**

The Public Health Branch at the Department of Human Services (DHS) is holding a forum on the release of the Heatwave Planning Guide. The morning session will feature a walk through the Heatwave Planning Guide, presentations from some of the pilot projects and a discussion about the future of heatwave planning. People are encouraged to stay for lunch to take part in networking with others interested in heatwave planning.

To be held Friday 12<sup>th</sup> June, 9.00am – 1.00pm at the Marriott Hotel, Lonsdale St, Melbourne. For information and RSVP by Thursday 4<sup>th</sup> June to Christy Boucher on 9096 5425 or [Christy.boucher@dhs.vic.gov.au](mailto:Christy.boucher@dhs.vic.gov.au)

### **SPAZNUTS – City of Ballarat**

Award winning comedian Damian Callinan illuminates the waiting room of the male infertility gods and takes on the taboos of men's "trouser" troubles. As a six year old Damian earned 20c by dropping his pants in front of the baker and showing his scars. He has never outgrown the habit. Each dropping was accompanied by the rote commentary "if I hadn't had this operation I wouldn't be able to have babies when I get married"....they were wrong. Damian found out many years later he was, in fact, suffering from a condition known as "Spaznuts".

Damian brings the audience into the waiting room of the infertility clinic as he procrastinates for an hour in the austere sperm delivery suite. While you wait, you'll flick through the magazine of his fertile journey to infertility.

Cost: Adult \$25, Concession \$23, Children \$19  
To be held Wednesday 17<sup>th</sup> June, 8.00pm at Her Majesty's Theatre, Lydiard St, Ballarat.  
For information and bookings call Her Majesty's Theatre on 5333 5888 or [www.hermaj.com](http://www.hermaj.com)  
10% of ticket sales for the show are being donated to the Ballarat Health Services Foundation for the Emergency Departments Spread out Wings Appeal.

### **Fight Obesity Update**

A new program to fight the obesity epidemic, focusing on supporting and educating parents of children under 10, will be launched in South Australia.

In Victoria, a healthy eating and lifestyle program developed by GP's will be trialed in five primary schools. Health experts have recommended introducing food vouchers for healthy food in Indigenous communities to improve infant growth and nutrition.

For information visit [www.healthyfamiliesmonash.org.au](http://www.healthyfamiliesmonash.org.au)

### **Government launches national standards for the primary prevention of sexual assault through education**

The National Association of Services against Sexual Violence (NASASV) has taken an important step towards reducing violence against women in Australia with the release of the publication, Framing best practice. National Standards for the primary prevention of sexual assault through education. The framework outlines six National Standards to assist in developing, implementing and evaluating educational programs which focus on primary prevention of sexual assault in Australia. To read the media release or to download the report visit [www.nasasv.org.au/PDFs/Standards\\_full\\_Report.pdf](http://www.nasasv.org.au/PDFs/Standards_full_Report.pdf)

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

#### **Separation Recovery**

This workshop is aimed for people whose relationship has ended; topics will include understanding the separation process, managing strong emotions, improving communications skills and relaxation & survival skills.

Cost: \$30 pp

To be held Wednesday 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> June, 7.00pm – 9.00pm

#### **123 Magic**

This workshop is aimed for parent of children ages 3 – 12 years. Topics include managing difficult behaviour, child development, parenting traps and encouraging positive behaviour.

Cost: \$10 pp

To be held Tuesday 16<sup>th</sup> June, 7.30pm – 9.30pm

#### **Managing Strong Emotions**

This workshop is aimed for all relationships; topics include identifying strong emotions, recognising triggers, the impact to strong emotions and strategies to manage strong emotions.

Cost: \$10 pp

To be held Wednesday 10<sup>th</sup> June, 1.00pm – 3.00pm

#### **Little Kids with Attitude**

This workshop is aimed for parents of toddlers & pre schoolers, topics include enjoying your child, developmental stages and taking care of yourself.

Cost: \$ 10 pp

To be held Tuesday 16<sup>th</sup> June, 7.30pm – 9.30pm

For information and venues call Sue at Centacare on 5337 8909  
Childcare not provided.

### **Position Vacant – Project Worker After Hours Palliative Care Project**

An expression of interest is sought from interested parties to implement an After Hours Palliative Care Project. This project is for a period of two years and works across the Grampians and Loddon Mallee Regions until June 2011.

A .8EFT position is available; however expressions of interest in all or part of this position (as a job share) will be welcomed. The successful applicant(s) will possess sound project management skills with experience in health project work. The location where the worker(s) will be based can be negotiated. An outline of KPIs and key selection criteria is available from Claire McKenna, 5320 3563 or 04287 737 330 or Trish O'Hara, 5471 1545 or 0447 526 626

Expressions of interest close 19<sup>th</sup> June and should be sent to Claire McKenna, c/o PO Box 199, Ballarat 3353 or email to [clairemc@bhs.org.au](mailto:clairemc@bhs.org.au)

### **Alcohol is a drug too – Drug Action Week 2009**

MC/Host Jim Stynes will deliver a night that will include a hypothetical panel discussion, musical items, local sporting identities, competitions and giveaways, amongst many other fun and exciting activities.

All your questions about alcohol will be answered.

One lucky person/family will win a 50" Plasma Television on the evening.

To be held Wednesday 24<sup>th</sup> June, 7.00pm – 9.30pm at the Wendouree Performing Arts Centre, Howitt St, Wendouree.

For information contact Ballarat Community Health Centre on 5338 4500 or Uniting Care Ballarat on 5332 1286

### **Conducting Focus Groups with culturally and linguistically Diverse Communities – Centre for culture, ethnicity & health**

This workshop will enhance participant's skills in effectively engaging and including CALD communities when conducting focus groups.

The session will cover how to plan, conduct and resource CALD focus groups, recruiting focus group participants, facilitating inclusive focus groups including methodologies that utilise interpreters and bilingual facilitators, recording focus group findings and effective evaluation and verification of focus group findings.

To be held Monday 29<sup>th</sup> June, 9.15am – 2.00pm at 81-85 Barry St, Carlton.

Cost: \$150 (includes lunch)

For bookings and enquires call the Centre for Culture, Ethnicity & Health 9342 9700 or [enquires@ceh.org.au](mailto:enquires@ceh.org.au)

## Primary Health Weekly Bulletin – 28<sup>th</sup> May 2009

The latest edition of the Primary Health Weekly Bulletin is now available at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin_nocache)

### **New regional cancer data now available**

The Victorian Cancer Registry has launched its new on-line self service data system to make publicly available extensive Victorian cancer data. This included mortality and incidence data in a variety of formats and enables data comparison locally, internationally and Australia wide. Read more at

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/new-regional-cancer-data-now-available/\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-regional-cancer-data-now-available/_nocache)

### **Seminar – global challenges in leadership and health reform**

Professor Richard Southby will be presenting a seminar on global challenges in leadership and health reform on Friday 5<sup>th</sup> June in Melbourne. Read more at

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/seminar-global-challenges-in-leadership-and-health-reform/\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/seminar-global-challenges-in-leadership-and-health-reform/_nocache)

### **Chronic Illness Alliance forum on assisting self employed people who become chronically ill.**

This forum will provide information about a new web resource designed by Small Business Victoria specifically to help people develop a life threatening illness. The forum is aimed at health workers who assist clients who are self employed or small business operators. Read more at

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/chronic-illness-alliance-forum-on-assisting-self-employed-people-who-become-chronically-ill/\\_nocache](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/chronic-illness-alliance-forum-on-assisting-self-employed-people-who-become-chronically-ill/_nocache)

### **Enviro Saver Program**

The Enviro Saver Program's FREE exchange program for Australian households means you can beat the rush and save the cost of mandatory change over.

We will supply and install energy efficient CFL's replacing all your applicable incandescent globes at no charge, saving your family around \$100 upfront, with continued savings over time. Its part of an ongoing commitment to helping Australian households makes a difference. You will receive FREE supply and installation of energy efficient light globes and FREE supply and installation of WELS rated 3-star showerheads.

For information call 1800 368 476 or email [enquires@envirosaver.com.au](mailto:enquires@envirosaver.com.au)

### **Creswick & District Carers Support Group**

An invitation is extended to the first meeting of the Creswick & District Carers Support Group. If you know anyone who is a carer, please bring them along. All carers welcome.

To be held Tuesday 9<sup>th</sup> June 1.30pm – 3.00pm at the Bill Huntley John Curtain Memorial Hostel, 6 Cushing Avenue, Creswick

For information contact Mary Loyer on 5345 8299

### **Optus Connecting Communities Grants Program**

The Connecting Communities Grants Program is part of our commitment to building better Australian communities. On an annual basis, the program provides grants to Not for Profit community organisations to help reduce isolation for those in need and reconnect disengaged youth. Optus people are given the opportunity to submit an application on behalf of a not for profit organisation and not for profit organisations are able to submit an application directly, for a grant of up to \$5000 that will be used to address these issues.

As a representative of a not for profit organisation you can apply directly to Optus. Submit an on-line application to

[http://optus.com.au/forms/Community\\_Organisations.jsp](http://optus.com.au/forms/Community_Organisations.jsp) before 31<sup>st</sup> July 2009.

### **Volunteers Wanted – St Vincent De Paul Society.**

Do you want to be part of a dynamic team and gain valuable skills?

The Wendouree West local grocers -Vinnies Budget Groceries is seeking volunteers to help with the day to day running of the store.

Volunteers are provided with training so no formal qualifications or experience is necessary.

Through your involvement you will develop real & transferable skills and gain confidence and knowledge in a safe friendly environment.

If you would like more information on becoming a volunteer please call into the store or the Wellbeing Wendouree Office in Violet Grove, Wendouree West or call Julie Neill on 5339 1456.

## **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](mailto:admin@chpcp.org)