

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.

Introduction to Health Promotion

Free 4 hour workshop

Thursday 20th August
10.00am – 2.30pm

At BLX Ballarat Learning Exchange
36 Camp Street, Ballarat
For further information please call
Anita Doyle on 5338 4775

RSVP to Sharna Kelly on 5338 4774

Email admin@chpcp.org

Places are limited

**So hurry to book your place
More training will be available later in the year
details to follow when available**

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

June 2009

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| Thursday 18 th | Family Violence. Victoria has had enough – Community Information Session, 9.45am – 10.30am, Wendouree West Community Learning Hub, Violet Grove, Wendouree (230) |
| Thursday 18 th | Family Violence Road Show, Department of Justice, 9.45am – 1.00pm, Wendouree Community Hub, Violet Grove Wendouree (231) |
| Friday 19 th | Be the Change, Changing the Dream Symposium, CASPN, 12.00pm – 3.30pm, Flemington Community Centre, 25 Racecourse Rd, Flemington (228) |
| Wednesday 24 th | Hands & Alzheimer's the Musical, SWISH AND SWAT, 2.00pm & 7.30pm Daylesford Town Hall. (226) |
| Wednesday 24 th | Alcohol is a drug too, Ballarat Community Health Centre, 7.00pm – 9.30pm, Wendouree Performing Arts Centre, Howitt St Wendouree (229) |
| Wednesday 24 th | Rural Change and Community Wellbeing Forum, Primary Health Branch, 9.30am – 4.00pm, Royal Australasian College of Surgeons, 250 Spring St, Melbourne(228) |
| Thursday 25 th | A Sustainability Victoria Workshop – Connecting Communities, Sustainability Victoria, 9.30am – 3.00pm, Victoria Room, Queen Victoria Women's Centre, 210 Lonsdale St Melbourne (230) |
| Thursday 25 th | Alzheimer's the Musical & Hands Photographic Exhibition, BHS Carer Respite Centre & Direct2Care, 7.15pm, , Wendouree Performing Arts Centre, Howitt St, Wendouree (231) |
| Monday 29 th | Conducting Focus Groups with Culturally and Linguistically Diverse Communities, Centre for culture, ethnicity & health, 9.15am – 2.00pm 81-85 Barry St Carlton (229) |

July 2009

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| Tuesday 7 th | Indigenous Football Gala Day – Ballarat, Football Federation Victoria, 10.30am – 2.30pm, Moorthead Park, Pleasant St, Ballarat (231) |
| Tuesday 14 th & 21 st | 123 Magic, Centacare Relationships Services Programs 2009, 7.00pm – 9.30pm Venue to be confirmed (231) |

'Alzheimer's the Musical' & 'Hands' Photographic Exhibition

The Commonwealth Carer Respite Centre and Direct2Care proudly present the amazingly hilarious "Alzheimer's the Musical" which is a comedy that highlights the often demanding position of carers who are caring simultaneously for generations older and younger. The performance will be followed by a panel discussion.

The performance coincides with the "Hands" photographic exhibition by renowned artist Alison Pouliot.

To be held Wednesday 25th June, 7.15pm at the Wendouree Performing Arts Centre, Howitt St, Wendouree

Cost: \$20 including supper.

Tickets available at Wendouree Performing Arts Centre, 53338 0980

Central Highlands Sports Assembly Sports Equipment Library

The Sports Equipment Library is the result of a wonderful partnership between Ballarat Community Health Centre, Central Highlands Library, the Central Highlands Sports Assembly and Sebastopol College. The Sports Equipment Library gives all individuals, clubs, organisations and community groups the opportunity to borrow an amazing variety of sports and recreational equipment for your next weekend, training session, staff meeting or family fun day and best of all it's FREE.

To be able to borrow the equipment you must have a Central Highlands Regional Library Card. You can sign up for a library card free at www.chrlc.vic.gov.au/cb_pages/join_online.php and completing a membership form.

Equipment can be borrowed from Central Highlands Regional Library sites in Wendouree, Sebastopol and Ballarat and Ballarat Community Health Centre's Wendouree (Cooinda) and Sebastopol locations.

For information contact Breanna Doody at Central Highlands Sports Assembly on 5331 6966 or Breanna.doody@chsa.org.au

Earth Matters 2009 Climate Change Forum

The Climate Change Forum will provide expert knowledge and information for the Ballarat community on dealing with Climate Change impacts –changing weather patterns, rising energy and living costs and reduced rainfall. There will be a range of exciting speakers on scientific and social issues.

Information stands at the forum will provide simple tools and ideas for making changes.

To be held Saturday 8th August, 12.45pm – 5.30pm at Wendouree Centre for Performing Arts, Howitt St, Wendouree.

Cost: \$15 Adults & Students, \$10 Concession
For information and tickets call 5338 0980

Ballarat Artists and Performers Register

Council's Arts and Cultural Development unit is updating its register of artists and performers. The comprehensive and current listing will include anyone who performs, provokes creative thought through art and culture or simply makes art. Personal details will be stored securely and confidentially. The information will be used by Council staff in the development of arts and cultural initiatives, events and programs. This list is separate from their current Arts register on Council's website.

To register go to

www.ballarat.vic.gov.au/Ballarat_Artist_and_Performers_Register/indexdl_6547.aspx or email elizabethwood@ballarat.vic.gov.au to have the form sent out to you.

For information contact Elizabeth Wood, Cultural Partnerships Officer on 5320 5831

Family Violence Regional Road Show

As part of the ENOUGH campaign, a road show is being held in Ballarat to take the ENOUGH messages to Victoria and to ensure the campaign reaches local communities.

Road Shows will comprise of a community information session and a sector forum. The community information session will highlight the unacceptability of family violence, the significance of the new laws and is relevant to the general public and an opportunity to learn more about the new legislation. Forums are being delivered in partnership between the Department of Justice and the Department of Human Services.

To be held Thursday 18th June, 9.45am – 1.00pm at the Wendouree Community Hub, Violet Grove Wendouree.

For information visit

www.familyviolence.vic.gov.au

Wendouree Train Station – Now Open

The Wendouree Train Station is now open, with heating and air-conditioning. It is located just off Gillies St, Wendouree. With 200 public car parks, town bus and taxi bays (V/line and regional buses will still operate out of the central Ballarat station) bike racks and lockers. Check it out!

New Website for young people whose brother or sister has cancer

The website is designed to help young people understand what happens when a brother or sister is diagnosed with cancer, and give some direction for the challenge that their sibling's cancer diagnosis has thrown at them. The website is one of the responses to the research undertaken by CanTeen into the needs of young people who have a sibling with cancer.

For information visit www.nowwhat.org.au

NAIDOC Week, 5th – 12th July

National Aboriginal & Islander Day Observance Committee will be celebrated on 5th – 12th July 2009.

For information go to www.naidoc.org.au

Be Prepared in Every Situation – Ready Kids

Are you ready to put your planning to good use? Are you ready to help your family get prepared for the unexpected? Your family can use this website to create a plan that will help you be ready for many different kinds of unexpected situations. Everyday you get your homework done, get to music or sports practice on time and plan where and when you will meet up with friends but how do you get prepared for emergencies? It just takes planning and practice and these fun activities from Ready Kids can help. For information visit www.ready.gov/kids/home.html

Telelink Project – Ballarat Regional Multicultural Council

Telelink is the term used to describe the linking together of individuals via their home telephones to form a group of 10 where members can speak with each other for 1 hour at least once a week from the comfort of their own home.

This enables people who find it difficult to leave home due to frailty or disability or who are isolated from their cultural group to participate in community activity.

The BRMC Telelink project supports people from culturally and linguistically diverse backgrounds to form links via telephone with from similar backgrounds.

There is no charge and participants do not need special equipment to participate in a link.

For information on the Telelink program contact Virgie Hocking on 5332 5942 or 0428 458 081 virgieh@brmc.org.au

Living with Cancer – Educational Program Facilitator training courses 2009

This Living with Cancer Education Program is delivered by health professionals for people with cancer, their family and friends. This two day training course for oncology health professionals includes information on a range of issues people face when they are living with cancer as well as group facilitation skills, adult learning techniques and program promotion. The course is accredited with the Victorian Registration and Qualification Authority.

Cost: \$200 for two days including pre reading materials, handouts, lunch and refreshments. To be held Wednesday 19th & Thursday 20th August, 9.30am – 4.30pm, at the Cancer Council Victoria, 1 Rathdowne St, Carlton. For information contact Sue Hegarty on 03 9635 5312 or iwcep@cancervic.org.au

Lifeline Ballarat Rural Awareness Project

Lifeline Ballarat expresses its appreciation to the RACV Foundation and the DHS Community Wellbeing in Drought Initiative for their support in maintaining their Rural Awareness Outreach Campaign to the rural areas of Victoria's Grampians Region. The campaign aims to encourage callers to make contact with Lifeline when their simple need is to talk. Lifeline is there for anyone, anytime anywhere. Lifeline is available 24 hours/7 days a week on 131 114 Enquiries are welcome on 5332 1009 or email info@lifelineballarat.com.au

Centacare Family Relationship Services Programs 2009

123 Magic

This workshop is aimed at parents of children aged 3yrs – 12 yrs old. Topics will include enjoying your children, positive messages & discipline, developmental stages and taking care of yourself.

Cost: \$10pp

To be held Tuesday 14th & 21st July 7.00pm – 9.30pm. Venue confirmed on booking.

Building Positive Relationships

This workshop is suitable and helpful for all relationships. Topics will include acknowledging our relationship strengths, positive relationship ingredients, current research findings and putting all this into daily life.

Cost: \$10 pp

To be held Wednesday 22nd July, 7.00pm – 9.00pm. Venue confirmed on booking.

For information and Bookings call Sue at Centacare on 5337 8908
Child care NOT provided at any workshops.

Indigenous Football Gala Day – Ballarat Football Federation Victoria

The Football Federation of Victoria together with Ballarat & District Soccer Association are holding an Indigenous Football Gala Day to be hosted in Ballarat. The event is supported by the Department of Education & Early Childhood Development along with the Ballarat & District Aboriginal Co-op. The Indigenous Gala Day will coincide with NAIDOC Week 2009. The Football Gala Day event is free of charge and is open to children aged between 8yrs - 16yrs of age, with both genders are welcome. Parents are also welcome to participate.

To be held Tuesday 7th July, 10.30am – 2.30pm at Moorseehead Park, Pleasant St, Redan, Ballarat. Lunch will be provided along with all football equipment and a showbag. Contact Kurt Reynolds, Zone Development Coordinator FFV, 0424 379 351 or kreynolds@footballfedvic.com.au

Primary Health Weekly Bulletin - 11th June

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

DHS Diabetes Forum

The Loddon Mallee Region of the Department of Human Services is hosting a diabetes forum on the 10th & 11th of September at the All Seasons Resort in Bendigo. Read more at www.dhs.vic.gov.au/rrhacs/ph_bulletin/dhs-diabetes-forum/

Forum "Food for all" Securing the Future

VicHealth invites councillors, researchers, practitioners, planners, policy makers, food producers, retailers and consumers to attend this thought – provoking and informative Food for All Forum. Read more at www.dhs.vic.gov.au/rrhacs/ph_bulletin/forum-food-for-all--securing-the-future/

Forum 'Building the Future Health Workforce'

This forum will explore practical strategies for ensuring a more robust and sustainable health workforce. Read more at www.dhs.vic.gov.au/rrhacs/ph_bulletin/forum-building-the-future-health-workforce/

Seminar 'Healthy Living for Immigrant and Refugee Women'

This Multicultural Centre for Women's Health seminar to be held on Thursday 27th August will focus on healthy living and illness across a range of cultures. Read more at www.dhs.vic.gov.au/rrhacs_bulletin/seminar-healthy-living-for-immigrant-and-refugee-women/

UV Protection Update for May to August

From May to August Sun Smart recommends taking off sun protection gear to get some winter sun for vitamin D. Read more at www.dhs.vic.gov.au/rrhacs/ph_bulletin/uv-protection-update-for-may-to-august/

Reminder: Rural Change and Community Wellbeing forum – Wednesday 24th June 2009

The forum is part of the Sustaining Community Wellbeing strategy which aims to help rural communities develop sustainable strategies to deal with long term impacts of drought and rural change. Read more at www.dhs.vic.gov.au/rrhacs/ph_bulletin/reminder-rural-change-and-community-wellbeing-forum--wednesday-24-june-2009/

Australian Government Energy Efficient Package

The Energy Efficient Homes Package includes:

- * Up to \$1,600 for owner occupiers to install ceiling insulation through the homeowner insulation program
- * A \$1,600 rebate for owner occupiers, landlords or tenants to replace their existing electric storage hot water system with an eligible solar or heat pump hot water system
- * Up to \$1,000 for landlords or tenants to install ceiling insulation in private rental and other properties through the Low Emissions Assistance Plan for renters.

On Wednesday 1st July 2009 the main phase of the insulation programs will be commencing, for key changes, program guidelines and online registration visit

www.environment.gov.au/energyefficiency/
Homeowners and landlords will be able to find a registered installer online or via the call centre on 1800 808 571

Haddon and District Community House – School Holiday Program

Golden Plains Shire and the Haddon and District Community House are running a school holiday activity days for children 8 years and above.

Basketball Day, to be held Tuesday 30th June, 9.30am – 2.30pm including drills, skills, fun and games.

Taekwondo, Wii Fit & Lips Challenge, to be held Tuesday 7th July, 9.30am – 2.30pm (lips is the Xbox version of sing star)

Cost: \$10 per child, Water, fruit and a healthy lunch will be provided. BYO other snacks and soft drinks.

Golden Plains Shire is able to arrange transport for these activities if there are sufficient numbers. Please note this will be a transport only service with no supervision provided on the bus.

For information and bookings call Yuko on 5227 7106 or yishido@gplains.vic.gov.au
Bookings are Essential

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