

## 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.

## Community Hubs The Next Step

As a follow up session to our Community Hubs Forum on the 21<sup>st</sup> April Central Highlands PCP, Child & Family Platform is holding a further session to be held on

**Thursday 16<sup>th</sup> July  
At Sails on the Lake, Ballarat  
9.00am – 12.00pm**

The session will be facilitated by June McLoughlin, Centre for Children's Health; Royal Children's Hospital and will be focusing on:

- integrated service provision
- governance of hubs
- engaging community in the process

RSVP –to Sharna Kelly on 53384 774 or  
[admin@chpcp.org.au](mailto:admin@chpcp.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](http://www.chpcp.org)

### June 2009

Thursday 25 <sup>th</sup>	<b>A Sustainability Victoria Workshop – Connecting Communities, Sustainability Victoria</b> , 9.30am – 3.00pm, Victoria Room, Queen Victoria Women's Centre, 210 Lonsdale St Melbourne (230)
Thursday 25 <sup>th</sup>	<b>Alzheimer's the Musical &amp; Hands Photographic Exhibition, BHS Carer Respite Centre &amp; Direct2Care</b> , 7.15pm, , Wendouree Performing Arts Centre, Howitt St, Wendouree (231)
Monday 29 <sup>th</sup>	<b>Conducting Focus Groups with Culturally and Linguistically Diverse Communities, Centre for culture, ethnicity &amp; health</b> , 9.15am – 2.00pm 81-85 Barry St Carlton (229)

### July 2009

Thursday 2 <sup>nd</sup>	<b>CHPCP Health Promotion Meeting</b> , 9.30am – 11.00am, Child and Family Services, Lydiard St, Ballarat
Monday 6 <sup>th</sup> & 20 <sup>th</sup>	<b>One Day Train-the-Trainer course in No Bull Workshop – CHPCP</b> , 10.00am – 4.00pm, The Bouveire Centre, 8 Gardiner St, Brunswick (232)
Wednesday 8 <sup>th</sup>	<b>CHPCP CHADA Meeting</b> , 9.30am – 11.30am, Queen Elizabeth Centre, Seminar 2 Room, Ascot St Ballarat
Tuesday 7 <sup>th</sup>	<b>Indigenous Football Gala Day – Ballarat, Football Federation Victoria</b> , 10.30am – 2.30pm, Moorhead Park, Pleasant St, Ballarat (231)
Saturday 11 <sup>th</sup>	<b>The Three Tenors, The Nerrina</b> , 7.00pm – 1.00am, The Nerrina, Lofven St, Nerrina (232)
Tuesday 14 <sup>th</sup> & 21 <sup>st</sup>	<b>123 Magic, Centacare Relationships Services Programs 2009</b> , 7.00pm – 9.30pm Venue confirmed on booking (231)
Wednesday 15 <sup>th</sup>	<b>West Vic Academy of Sports Seminars</b> , University of Ballarat, Mt Helen Campus, 7.15pm – 8.45pm (232)
Wednesday 15 <sup>th</sup>	<b>CHPCP RYAN Meeting</b> , 2.00pm – 5.00pm, Grampians DPCD, Level 2 Central Square, Ballarat
Monday 20 <sup>th</sup>	<b>CHCPC Diabetes Steering Group Meeting</b> , 1.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St, Ballarat
Wednesday 22 <sup>nd</sup>	<b>Building Positive Relationships, Centacare Relationships Services Programs 2009</b> , 7.00pm – 9.00pm, Venue confirmed on booking (231)

### **Central Highlands Sports Assembly**

**New Executive Member** - The Central Highlands Sports Assembly welcomes Leigh Skelton as the new Executive Officer at CHSA. Leigh originates from Canada but has lived in Ballarat the last three years. He brings to CHSA extensive and interesting experience in the sport and recreation sector. Leigh can be contacted on 03 5331 6966 or [leigh.skelton@chsa.org.au](mailto:leigh.skelton@chsa.org.au)

### **“Presenting Yourself to the Media” West Vic Academy of Sport – Seminar**

The West Vic Academy of Sports runs monthly seminars for its athletes, their families, the Academy's Sports Coordinators and Coaches and key stakeholders. 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 field of expertise.

Seminars are generally held on the third Wednesday of every month. The July seminar will look at how young athletes can best prepare themselves to confidently speak with the media. The seminar will be delivered by Sean Sowerby who is currently the Sports Presenter for WIN TV in Ballarat.

To be held Wednesday 15<sup>th</sup> July, 7.15pm – 8.45pm at the University of Ballarat, Mt Helen Campus Room C003 and Horsham Campus via video link in Room C073.

### **New Disability Consultancy – Deb Whitescross Enterprises Pty Ltd**

After many years in the disability sector, Deb Whitescross has left her role as the Rural Access Coordinator at the City of Ballarat to start up her own disability consultancy Business. Deb Whitescross Enterprises Pty Ltd.

Deb's expertise is varied and she is able to help with anything from strategic planning and reporting through to community consultancy and disability awareness training.

For information contact Deb on 5334 4358 or 0428 991 671 [www.disabilityconsultants.com.au](http://www.disabilityconsultants.com.au)

### **Four Funerals in One Day – Ballarat Hospice Care Project**

Four Funerals in One Day is a humorous prospective about the importance and value of stories in palliative care.

To be held Wednesday 19<sup>th</sup> August, 7.30pm and Thursday 20<sup>th</sup> August, 2.00pm at Founders Hall, University of Ballarat. Cost: \$10 pp includes the play, discussion and refreshments. All funds raised go to Ballarat Hospice Care.

For reservations contact the Ballarat & District Division of General Practice, 5331 6303 or Ballarat Hospice, 5333 1118.

Tickets are also available at the door.

### **One Day Train-the-Trainer Course in No Bull (NB) Support, Bouverie Centre**

'No Bull Support' is a half day workshop designed to educate and support lay people who have contact with families and individuals affected by natural disasters such as drought and bushfires for example vets, volunteers, hairdressers, teachers, small business owners and community leaders.

No Bull (NB) is not about teaching therapy or counselling but rather aims to provide easy to follow guidelines on supporting someone in trouble when and how to provide referral options and attending self care.

To be held Monday 6<sup>th</sup> & Saturday 20<sup>th</sup> July, 10.00am – 4.00pm at The Bouverie Centre, 8 Gardiner St, Brunswick.

Cost: Free – limit of 20 places only, onsite parking available. (Lunch provided)

For information and registration contact Chris Pollock on 5338 4771 or [drought@chpcp.org](mailto:drought@chpcp.org)  
By Friday 26<sup>th</sup> June.

### **Centacare Family Relationship Service – Ballarat Programs 2009**

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

This workshop is aimed at parents of toddlers and pre schoolers.

Topics will include enjoying your child, positive messages & discipline, developmental stages and taking care of yourself.

Cost: \$30pp

To be held Tuesday 28<sup>th</sup> July, 7.00pm – 9.00pm  
Venue to be confirmed on registration.

#### **'Living with Teenagers'**

This workshop is aimed for parents with teenage children.

Topics will include the joys and challenges, adolescents development, teen friendly parenting strategies and beyond present.

Cost: \$10pp

To be held Thursday 30<sup>th</sup> June, 1.00pm – 3.00pm

Venue to be confirmed on registration.

For information and registration contact Sue at Centacare Ballarat on 5337 8908  
Childcare is not provided at the workshops.

### **The Three Tenors Show- Christmas in July**

A Christmas in July experience with a night to remember a tribute to The Three Tenors.

The show has a broad appeal and not just exclusive for opera lovers but a comprehensive musical journey everyone can enjoy.

Cost: \$50 - Dinner & Show, \$25 - Show Only.

To be held Saturday 11<sup>th</sup> July, 7.00pm – 1.00am at The Nerrina, Lofven St, Nerrina.

For information and bookings contact The Nerrina on 5332 6419, [info@thenerrina.com.au](mailto:info@thenerrina.com.au)

### **Emergency Volunteer Support Grants**

Emergency Volunteer Support Grants are now available for individuals and community organisations providing voluntary emergency relief in drought affected areas. Grants of up to \$20,000 are available to support volunteers in a range of ways.

For information visit [www.grants.dvc.vic.gov.au](http://www.grants.dvc.vic.gov.au)

### **Vic Health, Food for All – Securing the Future**

This is the 4<sup>th</sup> year of the 5-year Food for All Program. The Food for all Program involves 6 local government authorities. The aim of the program is to prove access to foods for healthy eating and food security.

This annual forum will share the learning from this program including, the announcement of a new body relating to food and healthy eating in Victoria, workshops by project officers, research projects to promote healthy eating and several keynote speakers.

Cost: Free, also free parking at the venue.

To be held Monday 13<sup>th</sup> July, 9.00am – 4.00pm at Swan Hill Performing Arts & Conference Centre, Corner of McCallum St & Beveridge St, Swan Hill.

RSVP by Monday 6<sup>th</sup> July to Jo Hillas on 03 9667 1323 or [jhillas@vichealth.vic.gov.au](mailto:jhillas@vichealth.vic.gov.au)

### **'Community Based Childhood Obesity Prevention'- Public Health Branch**

An upcoming forum is being held, hosted by the Health Development Unit, Public Health Branch and DHS. The forum will focus on sharing learning's around 'Community Based Childhood Obesity Prevention' and initiatives.

To be held Thursday 23<sup>rd</sup> July.

All interested stakeholders are welcome.

For information and venue contact Vicky Mason, on 03 9096 0419 or

[Vicky.mason@dhs.vic.gov.au](mailto:Vicky.mason@dhs.vic.gov.au)

### **Managing Falls in Residential Care Facilities National Ageing Institute**

The National Ageing Research Institute, together with its affiliates, The University of Melbourne and Melbourne Health invites Residential Aged Care Managers and staff to a 2 day interactive workshop addressing the challenges of falls prevention.

Cost: \$495pp for a 2 day workshop including morning tea, lunch and afternoon tea.

To be held Tuesday 4<sup>th</sup> & Wednesday 5<sup>th</sup> August at Darebin Arts & entertainment Centre, Corner of Bell St & St George Road, Preston.

For information contact Claudia Meyer at the National Ageing Research Institute for workshop times and registration forms on

03 8387 2305 or [c.meyer@nari.unimelb.edu.au](mailto:c.meyer@nari.unimelb.edu.au)

RSVP by Friday 24<sup>th</sup> July, limited places available.

### **Australia Wide Disabled Parking Scheme**

The government is seeking feedback on the discussion paper they have released regarding the Australia Wide Disabled Parking Scheme. For a copy of the discussion paper and feedback forms please visit

[www.fahscia.gov.au/sa/disability/progserv/people/disability\\_parking\\_scheme/pages/default.aspx](http://www.fahscia.gov.au/sa/disability/progserv/people/disability_parking_scheme/pages/default.aspx)

### **VCOSS Clearing house – Congress 2009 'Protecting Social Equity When the Going Gets Tough'**

The VCOSS 2009 registrations are now open. The workshop will include topics on corporate partnership, going green on a budget, getting to know philanthropy; IT sustainability for the community sector and How to get free stuff.

The session will also include three real life case studies of skilled volunteers in the sector, a practical example of a shared resource library and a live demonstration of free online tools for communication and collaborating.

To be held Thursday 6<sup>th</sup> and Friday 7<sup>th</sup> August.

For information, venue and registration form contact Kate Johnson on 03 9654 5050 or visit

[www.vcooss.org.au/clearinghouse](http://www.vcooss.org.au/clearinghouse)

### **Sports and Recreation Victoria – Australian Government Grants**

Sports and Recreation Victoria provides grants and funding to support groups from local community clubs. Funding is available for a range of activities.

Further information on Sports and Recreation grants and funding can be found at

[www.sport.vic.gov.au/web9/dvcsrv.nsf/headingpagesdisplays/grants+&+funding](http://www.sport.vic.gov.au/web9/dvcsrv.nsf/headingpagesdisplays/grants+&+funding)

### **Swine Influenza Outbreak**

The Australian Government has established a Human Swine Flu hotline. Information about Human Swine Flu can be obtained from the hotline on 1800 2007. Information from Department of Human Services regarding Swine Flu has become available in some translated languages. The translated information is available at

[www.health.vic.gov.au/ideas/diseases/swine-influenza](http://www.health.vic.gov.au/ideas/diseases/swine-influenza).

### **Country Football & Netball Programs**

Funding is available to assist country football & netball clubs to develop facilities in areas of need including football, netball and umpiring facilities within the region. Football and netball clubs in rural, regional and outer metropolitan Victoria can submit an expression of interest through their local council.

Funding is available up to \$60,000. This program is open for applications on an ongoing basis.

For information [www.grants.dvc.vic.gov.au](http://www.grants.dvc.vic.gov.au)

### **Local Sporting Champions Program - Ausport**

Junior sportsmen and women find it difficult to meet the ongoing and significant costs associated with participating at sporting competitions, particularly sportsmen and women from regional areas.

The local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at an official national sporting event or organisation.

For information visit [www.ausport.vic.gov.au](http://www.ausport.vic.gov.au)

### **'Mindfulness' – how can it help me?**

Mindfulness-based therapy is an innovative treatment that helps reduce the risk of relapse in psychological disorders. The techniques you will be introduced to are proven to be helpful in regulating emotions and developing psychological resilience. The seminar will cover two aspects of mindfulness, attention & intention, how to lessen anxiety by focusing on the present and enhancing emotional intelligence through awareness.

Cost: MHFA members \$15pp, Non members \$30pp and Concession \$10pp.

To be held Thursday 2<sup>nd</sup> July, 7.30pm – 9.00pm at the Mental Health House, 270 Church St, Richmond.

For information and registration please call 03 9427 0406 or [admin@mentalhealthvic.org.au](mailto:admin@mentalhealthvic.org.au)

### **Koori Alcohol Action Plan – Indigenous Community Consultations**

The Koori Alcohol Action Plan is a priority action coming out of the Victorian Alcohol Action Plan (VAAP) a whole Government Strategy released in May 2008 which specifically calls for a separate whole of government Koori Action Plan that will outline the leadership role of the Victorian Government in partnership with Indigenous communities in reducing alcohol harm. The plan aims to identify actions that are respectful of indigenous culture by strengthening Victorian Indigenous community and governments response to reducing alcohol abuse through building culture and partnerships. The forums are run in partnership with DHS and VACCHO and will be facilitated by Ingenuity SED Consulting.

To be held Wednesday 1<sup>st</sup> July, 10.00am – 3.00pm at Mecure Hotel Geelong, Corner Myer & Gheringhap St.

Monday 29<sup>th</sup> June, 10.00am – 3.00pm Brambuk Aboriginal Cultural Centre, Halls Gap.

For information and registration contact Nicole Cassar or Peter Waples-Crowe at VACCHO on 03 9419 3350

### **Direct 2 Care - New Staff Member**

David Francis has been appointed the new Grampians Region PCP Direct 2 Care Project Coordinator; although at the office of Grampian Pyrenees PCP he will work across the whole Region supporting the roll out of 'Direct2Care'. 'Direct2Care' is a new service from the Victorian and Australian Governments where older people in the community can seek advice about local services which might assist to keep them in their own homes longer.

The Grampians Region Rural and Eastern Metro Region Victoria's pilot sites for this project.

David Francis can be contacted on 03 5362 6204 or [david.f@gchc.org.au](mailto:david.f@gchc.org.au)

### **SKY- Supporting Kids & Youth, SHINE for kids - VACRO**

SHINE for kids is now operating in Victoria. Children, young people and families of offenders are often the hidden secondary victims of crime. They may experience marginalisation, stigmatisation and poverty as an unintended consequence of a family members contact with the criminal justice system.

SKY provides support to these children and young people through counselling and mentoring. Mentoring can make a real and positive difference to the lives of children and young people and the lives of their families. Counselling can assist in the development of coping skills, resilience, self esteem and relationship building. SKY offers free counselling to children and young people (aged 5 to 17) and their families.

SKY ensures that while services are directed towards children and young people, other family members can also access support and information resources.

For information on SKY contact VACRO office, 1<sup>st</sup> Floor, 116 Hardware St, Melbourne on 03 9605 1900 or free call 1800 049 871, email [info@vacro.org.au](mailto:info@vacro.org.au) or visit [www.vacro.org.au](http://www.vacro.org.au) or [www.shineforkids.org.au](http://www.shineforkids.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](mailto:admin@chpcp.org)