

## 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.

### As a part of National Diabetes Week CHPCP Diabetes Steering Group Is holding a

## Diabetes Expo Saturday 18<sup>th</sup> July 11.00am – 4.00 pm

Peart Wing, Unitingcare, Lydiard St, Ballarat

The Expo will showcase a range of services for those with Diabetes available in the Central Highlands region, including those that can assist in the prevention of the onset of Diabetes. A new Information Resource on Diabetes and local services information will be launched at the expo.

The Expo includes giveaways, lucky prizes, and information sessions.

For more information contact Tim Stewart, 5338 4773 or [tims@chpcp.org](mailto:tims@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/newsletter](http://www.chpcp.org/newsletter)

## July 2009

Thursday 16 <sup>th</sup>	<b>Aged Care Quality Improvement Seminar, Expect the Unexpected</b> , 9.00am The Celebrity Function Room, 1 <sup>st</sup> Floor, Moonee Valley Racing Club, Moonee Valley ( 233)
Thursday 16 <sup>th</sup>	<b>CHPCP Community Hubs Forum, The Next Step</b> , 9.00am – 12.00pm, Sails on the lake, Ballarat
Thursday 16 <sup>th</sup>	<b>Diabetes, HARP &amp; Ballarat Health Services</b> , 6.30pm at Oscars Hotel, Doveton St Ballarat (235)
Saturday 18 <sup>th</sup>	<b>Diabetes Expo, National Diabetes Week</b> , 9.00am – 4.00pm, Uniting Care Peart Wing, Lydiard St Ballarat
Saturday, 18 <sup>th</sup>	<b>Winter Open Studio Group Art Therapy</b> Radmac Office Choice, 9.30am – 11.30am, 104 Armstrong St, Ballarat North (233)
Monday 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)
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
Tuesday 21 <sup>st</sup>	<b>123 Magic, Centacare Relationships Services Programs 2009</b> , 7.00pm – 9.30pm Venue confirmed on booking (231)
Wednesday 22 <sup>nd</sup>	<b>Building Positive Relationships, Centacare Relationships Services Programs 2009</b> , 7.00pm – 9.00pm, Venue confirmed on booking ( 231)
Wednesday 22 <sup>nd</sup>	<b>Small &amp; Snotty to Tall &amp; Spotty, Information sharing session for parents of adolescents</b> , Centacare Geelong & BAT Force, 7.00pm – 8.30pm, Lethbridge Recreation Reserve.
Saturday 25 <sup>th</sup>	<b>We Want to Hear From You, Youth Forum</b> , 10.30am – 4.00pm at the Benalla Town Hall, 82-86 Nunn St, Benalla (235)

## August 2009

Tuesday 11 <sup>th</sup>	<b>Putting the cap on Binge Drinking, School of Government</b> 12.00pm – 2.00pm State Library of Victoria, Entry 3 Latrobe St Melbourne (235)
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### **Advanced Notice -**

#### **Volunteer and Carer 09 Conference – Grampians Regional Palliative Care Team**

A conference for volunteers and carers to expand their knowledge of issues facing people with a life threatening illness.

To be held Monday 9<sup>th</sup> November, 9.30am – 3.00pm at Ballarat North Sports Club.

Cost \$15pp includes lunch & morning tea.

For information and registrations contact the Grampians Regional Palliative Care Team on 5320 3553

RSVP by Monday 2<sup>nd</sup> November.

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#### **Cultural Evening – The Central Highlands Asian – Australian Association of Victoria (CHAAAV) Inc.**

Come and enjoy the splendours of Asian food, dances and music.

Cost: \$40pp drinks at bar prices.

To be held Saturday 12<sup>th</sup> September, 6.30pm for an Asian style dinner buffet at Mecure Ballarat Hotel & Convention Centre, 613 Main Rd Ballarat. (Previously Ballarat Lodge)

Includes a special performance of Indonesian Peacock Dance will entertain on the night.

RSVP by Friday 28<sup>th</sup> August to Vivian, 5330 1556 or 0407 201 558, and Subatra, 5320 3806 or Leah, 5335 9275, 0408 658 873

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#### **Kids Grieve Too Ballarat – Advance Notice A 7-Week Group Program for Bereaved Children**

Kids Grieve Too Ballarat is the result of a partnership between the Australian Centre for Grief and Bereavement and SIDS and Kids.

The program is designed for children aged 6 – 12 years who have experienced the death of anyone significant in their lives. The program provides the opportunity for children to explore and express their experiences of bereavement in a variety of ways including art and craft, writing and other creative expressions.

The program runs for seven consecutive weeks on Wednesdays in October at 5.30pm – 6.45pm and ideally children should attend all sessions. A gold coin donation is requested at each session.

For information contact Theresia Sullivan, SIDS for kids, Grampians Bereavement support Service on 5320 4196 or Jennifer Wilson on 5336 4285, Venue & Dates - TBA

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#### **Did you know????**

Washing your clothes in cold water and air drying produces just four black balloons per load.

Avoid using hot water & clothes dryers.

A Victorian Government Initiative

[Saveenergy.vic.gov.au](http://Saveenergy.vic.gov.au)

### **What Is CAFY?**

CAFY is dedicated to supporting and fostering the empowerment of local young people to speak up and promote action on issues facing young people in the Central Highlands area. CAFY also has an advocacy role with local committee's and projects such as the state government body "Regional Youth Committee" (RYAN). Membership is through individual or agency registration, \$10 individual and \$50 Organisations. Although members are encouraged to participate in the monthly CAFY meetings they can also contribute information through monthly CAFY newsletter, contributions can be sent to [cafycourier@cafs.org.au](mailto:cafycourier@cafs.org.au) CAFY meetings are held on the 1<sup>st</sup> Monday of the month, 11.00am – 12.30pm, venues rotate, see roster upon registration.

For information contact CAFY on 5320 5644

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#### **SCTT Training 2009 - Ballarat**

Service coordination places consumers at the centre of service delivery to ensure that they have access to the services they need, opportunities for early intervention and health promotion and improved outcomes. The Service Coordination Tool Templates (SCTT) are a suite of tools which support good service coordination practice in agency processes.

The training program for SCTT 2009 use is targeted as a "train the trainer" model so that participants who attend the training will have responsibility to inform and train others in their organisations.

Places are limited to 30 places which are filling fast. Preferences are for one person per agency.

To be held Monday 17<sup>th</sup> August, 10.30am – 1.00pm at McCallum Community Centre Function Room, 29 Learmonth St, Ballarat.

For information and registration call John Dixon by 29<sup>th</sup> July on 53384 772 or [john.dixon@chpcp.org](mailto:john.dixon@chpcp.org) EOI for additional places will also be accepted.

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#### **Western Region Road show – National Diabetes Week July 2009**

National Diabetes week will be held 13<sup>th</sup> – 18<sup>th</sup> July, during this week a series of information sessions in regional Victoria for people living with type 1 diabetes.

A panel (including local health professionals) will be available to answer questions at each session.

To be held **Horsham** – Thursday 16<sup>th</sup> July, 6.30pm, Yellow Gum and Banksia Rooms, Victoria Institute for Dry land Agriculture, Natimuk Rd, Horsham.

Cost: Free for DA-Vic members, \$15 non members

For information call 1300 136 588

Bookings Essential

### **Are you 18 or younger with Type 1 diabetes?**

Do you want to know how other kids manage their diabetes? Do you find it hard to fit diabetes in with your friends? Are your parents unsure of how it fits?

Ballarat Health Services is holding a session sponsored by the Hospital Admissions Risk Program (HARP) on how to cope with Type 1 Diabetes with guest speakers to answer the questions you need to know the answers for.

To be held Thursday 16<sup>th</sup> July, 6.30pm at Oscars Hotel Function Room, Doveton St, Ballarat with a 2 course meal provided.

Cost: Free, with an adult supporter.

For information and RSVP contact Nola or Gayle on 5320 4707 or Leanne (FASDAB Type 1 Social Group) on [lnicholson@ucare.org.au](mailto:lnicholson@ucare.org.au)

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### **Lifelines - Stress Down Day**

Lifeline's 24 hour telephone counselling line connects with over 1200 people every day.

For many Australians calling lifeline can be life saving. We need donations to help keep this vital service going. On Friday 24<sup>th</sup> July, wear your slippers or find another way to stress down to show your support for Lifeline.

For information and other stress down ideas visit [www.stressdown.org.au](http://www.stressdown.org.au)

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### **If Not Dieting Health Professional 2 Day Training**

Thursday 10<sup>th</sup> & Friday 11<sup>th</sup> September 2009, 9.00am – 5.00pm. The Tracey Conference Centre, 126 The Avenue Parkville, Melbourne  
Early Bird rate of \$550 available until 20<sup>th</sup> July  
Add an optional extra therapeutic skills day – Developing Therapeutic Skills to support the “If not dieting” approach. A one day workshop for Allied Health Professionals who have completed the ‘If not dieting’ training program.

Saturday 12<sup>th</sup> September, 9.00am – 5.00pm  
The Tracey Conference Centre, 126 The Avenue, Parkville Melbourne – Cost: \$275

To register for either of these two training programs contact [louise@ifnotdieting.com.au](mailto:louise@ifnotdieting.com.au) or call 9482 2106.

For information on the training visit [www.ifnotdieting.com](http://www.ifnotdieting.com)

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### **University of Ballarat has launched Diabetes Study**

A study focusing on the self management of diabetes during pregnancy has been launched by the University of Ballarat.

Nursing lecturer Rosey King is managing the study and is keen to gain an insight into the experiences of women suffering from the illness.

Rosey is interested in helping health professionals understand the issue of self management of diabetes during pregnancy.

For information contact Rosey on 5327 9871

### **Living with Cancer Program, St John of God**

A FREE program providing help for those affected by cancer will be run in Ballarat next month. St John of God Hospital will host the program designed to help patients cope with life changes associated with cancer diagnosis. Cancer information & Support Service Director Doreen Akkerman, offers the four-week program providing both practical help and emotional support.

Discovering that you or someone you love has a cancer diagnosis can be very distressing and an unsettling time.

The ‘Living with Cancer Education Program’ allows a person to ask questions and discuss their concerns in an open and supportive environment. Patients, carers, family and friends are invited to attend the program.

To be held beginning Friday 7<sup>th</sup> August.

For information call Cancer Council Victoria on 13 11 20

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### **2009 Ballarat Senior of the Year**

Let's celebrate Positive Ageing.

There are many people over the age of 60 who regularly contribute to making Ballarat a better place not only for seniors but the whole community.

Do you know a Ballarat senior who has made a difference to the lives of other people and the Ballarat community? If so, why not nominate them for Ballarat Senior of the Year.

Nominations open Wednesday 1<sup>st</sup> July to Friday 24<sup>th</sup> July 2009.

An evaluation panel will meet in August to select a winner. Nominees will be invited to attend an afternoon tea with Ballarat Mayor Judy Verlin on Tuesday 22<sup>nd</sup> September for the announcement of the Ballarat Senior of the Year.

For information and to nominate contact Lexie Conway, Positive Ageing Development Officer, 5320 5783 or [lexieconway@ballarat.vic.gov.au](mailto:lexieconway@ballarat.vic.gov.au)

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### **Putting the Cap on Binge Drinking**

Australia is suffering from the effects of excessive binge drinking by young people. It is fuelling anti social behaviour, particularly late night violence and is putting the health of young Australians at risk. A session will be held to work out how to fight this problem. This is long term, big cultural changes must take place and that won't happen overnight, it will take 10 years. ANZSOG has assembled a panel of experts to shed some light on this seemingly intractable problem.

To be held Tuesday 11<sup>th</sup> August, 12.00pm – 2.00pm at the State Library of Victoria Conference Centre, Village Road Show Theatre Entry 3, Latrobe St, Melbourne.

Cost: Free, includes light refreshments.

For information and RSVP register online at [a.nettlefold@anzsog.edu.au](mailto:a.nettlefold@anzsog.edu.au)

## Primary Health Weekly Bulletin, 9<sup>th</sup> July 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?)

### Cancer Council Victoria Breast Health training

The Breast Health training program is a comprehensive one day course for health professionals new to the area of breast health or for those that would like to update their existing skills and knowledge. Read more at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/cancer-council-victoria-breasthealth-training/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/cancer-council-victoria-breasthealth-training/nocache?)

### New Diabetes resource for Macedonian and Spanish speaking communities

Diabetes Australia, Vic invites people who work with diverse cultures to attend the launch of the new resources' for Macedonian and Spanish speaking communities, to be held on Friday 17<sup>th</sup> July 2009. Read more at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/new-diabetes-resources/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-diabetes-resources/nocache?)

### Building Capacity with Indigenous Communities Seminar

Aboriginal Resource and Development Services is holding "Bridging the Gap" seminars Monday 20<sup>th</sup> July and Tuesday 21<sup>st</sup> July 2009. Read more at [www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/seminar-building-capacity-with-indigenous-communities/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/seminar-building-capacity-with-indigenous-communities/nocache?)

### We Want to Hear From You!

Are you aged between 12 and 25 years old? Do you want to have your say about what's important to Victorians young people today? The Victorian Government want to hear from you, Young People Direct is a Victorian Government initiative which gives young people a forum to talk direct to Government about what is important to you, because no one knows what matters to young people more than you.

The Victorian Government will be holding the first 2009 Young People Direct Forum in Benalla and wants young people from all areas of life to come along and have their say.

One the day there will be group discussion with all forum participants.

It's not all talk! – it will be fun, with freebies, lunch and afternoon tea.

To be held Saturday 25<sup>th</sup> July, 10.30am – 4.00pm at the Benalla Town Hall, 82-86 Nunn St, Benalla.

For information and registration contact Anna Saw from the Office for Youth on 9208 3238 or [anna.saw@dpcd.vic.gov.au](mailto:anna.saw@dpcd.vic.gov.au)

### Better Health Management Course

This course is for people with a chronic condition and covers all aspects of their health including symptom management, difficult emotions, nutrition/exercise, fatigue, better breathing, problem solving, future plans for health care, communication, making treatment decisions, medication, depression, the health care system and most importantly action planning/goal setting.

Cost: \$30 for the six week course.

To begin Monday 20<sup>th</sup> July – Monday 24<sup>th</sup> August, 10.00am – 12.30pm at the Ballarat Community Health Centre, 260 Vickers St Sebastopol.

For information contact Louise Feery on 5338 4500 or [louisef@bchc.org.au](mailto:louisef@bchc.org.au)

### 'Living Longer Living Stronger' 2009 Annual Conference

Council on the Ageing Victoria's Annual 'Living Longer Living Stronger' Conference is an important professional development opportunity for everyone involved or interested in strength training for older people.

The program explores the impact of strength training on mental health and well being and draws attention to skills and experiences of our 'Living Longer Living Stronger' providers and other health and fitness experts offering practical sessions, research updates and advice on promoting and building on the strengths of your existing programs.

To be held Wednesday 26<sup>th</sup> August, 10.00am – 4.00pm at Victoria University, L12, 300 Flinders St Melbourne.

For information contact Mitsuko Penberthy on 9655 2108 or [enquire@cotavic.org.au](mailto:enquire@cotavic.org.au)

### "Small & Snotty to Tall & Spotty" – Information sharing evening for parents of adolescents

Golden Plains Shire, CEntacare Geelong & BAT Force are holding an free information evening for parents of adolescents.

To be held Wednesday 22<sup>nd</sup> July, 7.00pm – 8.30pm at Lethbridge Recreation Reserve, Lethbridge. Refreshments provided.

Registrations to Alexa Menzies, 5220 7135 or for information contact Yuko Ishido, 5220 7106 or 0429 350 379

## 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)