

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

Only a few places left, so if you want to access this free training hurry to book your place

More training will be available later in the year in other locations, 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/newsletter

July 2009

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| Wednesday 22 nd | Building Positive Relationships, Centacare Relationships Services Programs 2009 , 7.00pm – 9.00pm, Venue confirmed on booking(231) |
| Wednesday 22 nd | Small & Snotty to Tall & Spotty, Information sharing session for parents of adolescents , Centacare Geelong & BAT Force, 7.00pm – 8.30pm, Lethbridge Recreation Reserve. (235) |
| Thursday 23 rd | CHPCP Full Alliance Meeting, 9.00am – 10.30am, 105 Webster St Ballarat |
| Thursday 23 rd | CHPCP Executive Meeting, 10.30am – 11.00am, 105 Webster St Ballarat |
| Thursday 23 rd | Becoming & Staying Healthy, Wealthy & Wise on the Land , Hepburn Shire Council, 9.00am – 5.00pm at Daylesford Town Hall (236) |
| Friday 24 th | Treasures in the Darkness , Hepburn Health Services, 5.00pm Community Health Centre, Cnr Hospital & Jamieson St Daylesford (236) |
| Saturday 25 th | We Want to Hear From You, Youth Forum , 10.30am – 4.00pm at the Benalla Town Hall, 82-86 Nunn St, Benalla (235) |
| Friday 31 st | National Premmie Day, "My Sisters Keeper" screening , 6.45pm, Regent Multiplex, Lydiard St, Ballarat (236) |

August 2009

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| Tuesday 4 th | Health Promotion Meeting, CHPCP, 9.00am – 11.00am. Child & Family Services, Lydiard St Ballarat |
| Thursday 6 th | World Breastfeeding Week, Best Start , 10.00am – 12.00pm, Eureka Family Resource Centre (236) |
| Tuesday 11 th | Putting the Cap on Binge Drinking, School of Government 12.00pm – 2.00pm State Library of Victoria, Entry 3 Latrobe St Melbourne (235) |
| Wednesday 12 th | CHADA Meeting, CHPCP. 9.30am – 11.30am, Queen Elizabeth Centre, Ascot St Ballarat |
| Wednesday 12 th | Disability Awareness Forum, Trentham Neighbourhood House , 7.00pm – 8.30pm, Trentham Neighbourhood House (236) |
| Monday 17 th | SCTT Training 2009, CHPCP 10.30am – 1.00pm at McCallum Community Centre, 29 Learmonth St, Ballarat (234) |

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 9th 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 2nd November.

Understanding Multiple Sclerosis - Grampians HACC Training

Grampians HACC Training is holding an (MS) training session. Multiple Sclerosis (MS) is the most common neurological condition affecting young people in Australia. It is a chronic degenerative disease of the central nervous system affecting more women than men.

This session will provide:

- * Overview of MS and the invisible symptoms that people with MS can experience.

- * Discussion of the impact of symptoms including fatigue and cognition how symptoms interact and why they fluctuate.

- * Management strategies within your setting will also be discussed in relation to your clients.

This workshop aims to target all HACC workers including volunteers in the local community.

Cost: \$11pp - includes light refreshments

To be held Wednesday 19th August, 1.00pm – 3.00pm, venue to be confirmed on booking.

For information and venue confirmation call 5334 1500 or hacc@bdnh.com.au

Please note - Change of Address

Grampians Integrated Cancer Service (GICS)

Grampians Integrated Cancer Service is moving from their Mair St location.

As of Wednesday 8th July the new office will be located at 804 Sturt St, Ballarat.

Phone number and postal details will remain the same.

For inquiries contact Jen Quilliam at Grampians Integrated Cancer Service on 5320 4782

The Medi Marathon

St John of God Hospital - Ballarat

St John of God Hospital is holding The Medi Marathon a scenic 21km; 10km or 5km walk or run around Lake Wendouree, an event open to all the community.

Ambassador Shane Nankervis teams will be competing for the Medicine Cup.

To be held Sunday 20th September, 8.00am at Lake Wendouree.

For information, training programs and entry contact Genevieve Martin on 0417 038 977 or visit www.medimarathon.com.au

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 17th August, 10.30am – 1.00pm at McCallum Community Centre Function Room, 29 Learmonth St, Ballarat.

For information and registration call John Dixon by 29th July on 53384 772 or john.dixon@chpcp.org EOI for additional places will also be accepted.

World Breastfeeding Week Celebration

Best Start and the Australian Breastfeeding Association want you and others who are passionate about breastfeeding to come for morning tea as we celebrate the importance of breastfeeding within our community.

Lactation Consultants and ABA Counsellors will be on hand to answer any questions you may have about breastfeeding.

To be held Thursday 6th August, 10.00am – 12.00pm at the Eureka Family Resource Centre For information contact Lisa on 0421 651 734 or Lyndal on 5339 9115

Becoming & Staying Healthy, Wealthy & Wise on the Land

Hepburn Shire Council is holding this presentation/workshop that will get into the deep end, with the hope that we can all come away more hopeful and with some new initiatives that we can be confident will improve our personal and shared situations.

Especially in the face of the globalisation of markets and economies, increasing costs of inputs, decreasing relative prices for outputs, lack of appropriate political and intuitional supports and being taken for granted.

Cost: \$25pp includes lunch

To be held Thursday 23rd July, 9.00am – 5.00pm at the Daylesford Town Hall.

For information contact info@holmgren.com.au

Did you know???

Every ton of recycled office paper saved in our everyday homes and offices saves 380 gallons of oil.

Kids Grieve Too Ballarat 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

Early Years Framework

The Council of Australian Governments (COAG) has endorsed the Early Years – A National Early Childhood Development Strategy. The Early Years Learning Framework provides a guide to parents and early childhood educators about extending and enriched children's learning from birth to five years, helping to support the goal for all young Australians to become successful learners, confident and creative individuals and active informed citizens. The framework is being used as a foundation document for the Victorian Early Years Learning and Development Framework 0-8 years and Transition to School Planning currently being developed by the Victorian Government.

For information and copies of the Early Years Learning Framework go to www.deewr.gov.au/EarlyChildhood/Pages/EarlyChildhoodReforms.aspx

Cyber Safety Outreach Professional Development for Educators

The Cyber Safety Outreach – Professional Development for Educators is a free, one-day accredited workshop. This comprehensive internet safety workshop covers topics including how children use technology, digital literacy, cyber bullying, identity protection and the legal responsibility of schools to minimise risk. Approximately 25 teachers are needed to conduct a session with lunch and refreshments provided.

To register for a workshop in your area go to www.acma.gov.au/webwr/_assets/main/lib310668/small_pd_reg_form_vic_tas-terms34.pdf

For information, dates and venues contact cybersafety@acma.gov.au

Disability Awareness Forum - Trentham

Trentham Neighbourhood House is holding a Disability Awareness Forum to increase the awareness and educate community members about how Rural Access can assist the community by providing information about increasing accessibility in the Shire. Veggie soup and bread will be provided by Red Beard bakery whilst we talk about the needs of people with a disability and how the community can modify their buildings and information to enable access to people of all abilities including scooters, prams, wheelchairs, walkers, people with sight and hearing loss and people with an intellectual disability.

To be held Wednesday 12th August, 7.00pm – 8.30pm at the Trentham Neighbourhood House in Trentham.

For information contact Simon Evans on sevans@hepburn.vic.gov.au

Treasures in Darkness

Treasures in Darkness is an Art Exhibition of work from Women of the Hepburn Health Service Art Therapy Group.

A sharing of personal journeys through Depression, Life Transitions, Personal Growth and Change.

To be held Friday 24th July 5.00pm at the Community Health Centre, Cnr Hospital & Jamieson St Daylesford.

Drinks and nibbles provided, Art can be viewed any time in the weeks following.

Position Vacant – Tenant/Consumer Advocate & Support Worker PACT Community Support - Part Time (0.6 EFT)

PACT Community Support seeks the right person to join their advocacy and support team. The position will be part time (up to 0.6 EFT) and may be based in Horsham or Ballarat and will involve travel to provide outreach services. PACT provides services across the Grampians Region.

Applicants should have welfare related training or experience and demonstrate

- * Commitment to tenant and consumer rights
- * Sound communication skills
- * Capacity to work both independently and collaboratively
- * Excellent team and client skills
- * Ability to maintain records and data bases

You will join an energetic and committed team with access to training, supervision and salary packaging is SACS Community Development Worker, Class 2a (negotiable)

For information and position description contact PACT on 53309 1900

Application close Friday 24th July 2009

Griefline Services Inc

Loss and Grief Exhibit

Griefline is hosting an informal evening during Grief Week, where various organisations will be talking about their projects. There will also be time for a one on one discussion with presenters before the official proceedings at 5.30pm.

Presentations will include Loss, Grief & Cancer, Griefline Services and how do risk factors complicate grief identified before death contributes to outcomes for the bereaved. To be held Monday 24th August 4.30pm – 8.00pm at the Ashley Ricketson Lecture Theatre, Caulfield General Hospital, 260 Kooyong Rd, South Caulfield.

For information and RSVP contact 03 9595 3303 or administatir@griefline.org.au

If you would like to share your organisations resources or brochures, please let us know and space will be made available.

National Premmie Day

In celebration of National Premmie Day a screening of "My Sisters Keeper" will be shown on Friday 31st July, 6.45pm at the Regent Multiplex, Lydiard St, Ballarat.

Tickets, \$15pp

All funds raised will go towards supporting parents of premature babies.

For information and tickets contact Peta on 0407 703 181 or Karen on 0409 028 546

Pasta Night Fund raiser for L'AQUILA Earthquake

The Ballarat Italian Association will be holding a Past night as a fund raiser to our Recreation Hall in Mt Clear for the recent earthquake that struck the region of Abruzzo in Italy.

The 2009 L'Aquila earthquake was and earthquake of 6.3 magnitude that occurred on 6th April. The majority of the damage occurred in the medieval city of L'Aquila (capital of Abruzzo) and the surrounding villages. 297 people are known to have died, making this the deadliest earthquake to hit Italy since 1980 Irpinia earthquake.

On the night you will be dining on a variety of pasta with 3 traditional pasta sauces from different regions of Italy each prepared by 3 genuinely Italian boys using the secrets handed down through generations. You will also have the opportunity to learn to make pasta from the master as our very own chef Tulio Ripani demonstrates the skill of making pasta.

Cost: \$25pp or book as a table group

To be held Saturday 25th July, 6.30pm at the BIA Hall, 19 Recreation Rd Mt Clear

For information and bookings call Chez or Evie Dichiera on 53341 3571 or Chez on 0419 885 770 or Evie on 0438 290 751

Print Side Up

PSU is a sustainable enterprise and an ongoing resource for young people across Melbourne to further their employment and self employment opportunities.

You need to be aged 16-25yrs, Income support payment recipient, early school leaver, unemployed, referred from welfare or employed program or living in an unsupported environment or facing barriers.

Course runs Mondays & Fridays for 10 Weeks includes RMIT accredited modules with pathways into Pre Apprenticeship in Printing & Graphic Arts, printing your own designs, working with a team, guest speakers, excursions and photo shop skills.

Course begins Monday 27th July.

For information and course details contact Jon on 03 8486 2127 or Ann on 03 8486 2130 or email info@printsidedup.com.au

Haddon Playgroup Shopping Trip

The Haddon Playgroup is holding a shopping trip throughout Melbourne factories as a fundraiser.

Factories visiting will include Holeproof, Toyworx, Gateway Manchester, Sweet Success, Beaches Fashions, Shoes Direct, 1999 and much more. Come along for a fun filled day with raffles and giveaways.

Cost: \$20pp

To be held Saturday 7th November.

For information, bookings and a full itinerary call Angela on 5342 8767

White Ribbon Day – 25th November 2009

The White Ribbon Campaign was established in 1991, the aim was to urge men to speak out against violence against women.

The Ballarat White Ribbon Day Committee (BWRDC) was established in 2004 to work on the Ballarat White Ribbon Day Campaign. Since then the committee has been raising the profile of White Ribbon Day by distributing White Ribbons, inviting men in the community to be Ambassadors, advertising in the media and talking at community functions and schools.

For information on the White Ribbon Day Campaign go to www.whiteribbonday.com or email the committee on

ballaratwhiteribbon@hotmail.com

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