

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.

Social Inclusion and Connection With focus on 'Gambling and Mental Health'

Free 3 hour workshop

In Conjunction with Anti-Poverty Week

Facilitated by Anita Thomas

Tuesday 6th October
10.30am – 2.00pm

(Incorporated with October Health Promotion Meeting)
Lunch Provided

At Child & Family Services
Lydiard St North, Ballarat

For further information please call
Anita Doyle on 5338 4775

RSVP to Sharna Kelly on 5338 4774
For catering purposes

Email: 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/newsletter

July 2009

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| Friday 31 st | National Premmie Day, "My Sisters Keeper" screening, 6.45pm, Regent Multiplex, Lydiard St, Ballarat (236) |
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August 2009

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| Wednesday 3 rd | Victorian Government, Elder Abuse Prevention Strategy, 1.30pm – 5.00pm Saxon House, City Oval, 1431 Mair St Ballarat (237) |
| Thursday 6 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) |
| Thursday 6 th | Grow Your Community with Grassroots Grants, Moorabool Shire Council, 12.00pm -3.00pm, Ballan Mechanics Institute, Inglis St, Ballan (237) |
| Saturday 8 th | Climate Change Forum – BREAZE 12.45pm – 5.30pm at Wendouree Performing Arts, Howitt St Wendouree (237) |
| 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, CHCPC. 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) |
| Monday 17 th | Diabetes Steering Group Meeting, CHPCP, 1.00pm – 3.00pm, 105 Webster St Ballarat |
| Tuesday 18 th | Child & Family Platform Meeting, CHPCP, Child & Family Services, Lydiard St Ballarat |
| Wednesday 19 th | Understanding Multiple Sclerosis, HACC, 1.00pm – 3.00pm. Venue to be confirmed on booking (236) |
| Wednesday 19 th | Family Relationships Resources Roadshow, 10.00am – 11.30 Ballan & District Community House, 1.30pm – 3.00pm Child & family Services, Bacchus Marsh, 52 Grant St, Bacchus Marsh (237) |

Grow Your Community Group with Grass Roots Grants – Moorabool Shire Council

This session will help you learn more about the best way to set up your community group, association or organisation for success through grant funding.

The workshop will cover Grassroots Grants designed for people in the community to hear great tips for getting groups ‘grant ready’, where to start looking for available dollars and what the best approach is. The session instructs you on how to navigate their Grassroots Grant toolkit providing all the information you need including how to research, how to build relationships, preparing for submissions and what happens when the project is over.

To be held Thursday 6th August, 12.00pm – 3.00pm at Ballan Mechanics Institute, Inglis St, Ballan.

For information contact Stacey Noonan on 53366 7100 or info@moorabool.vic.gov.au

Victorian Government Elder Abuse Prevention Strategy – Department of Human Services

The workshop will assist you to understand how your agency is expected to use the Victorian practice guide, define types of abuse and considerations when planning responses, based on empowering the older person, how to review or develop abuse policies and procedures for your organisation, how to initiate the development of local interagency protocols and how to access local and state wide resources to support your services response.

To be held Monday 3rd August, 1.30pm – 5.00pm at Saxon House, City Oval 1431 Mair St, Ballarat.

For information contact Cathy Faull at Ballarat District Nursing and Healthcare on 5334 1500 or haced@bdnh.com.au

The Appreciative Manager – Mentoring Works

Leading & Mentoring Your Team for Success, Appreciative Managers draw on and amplifies the strengths of themselves, their staff, clients, organisations and the community.

Appreciative Managers pay attention to what they value and brings out the best in people. This requires a shift from a mindset that looks for problems or defects to one which builds on strengths, celebrates success and leverage learning and performing to the highest level.

To be held Monday 31st August & Tuesday 1st September, 9.00am – 4.30pm at The Victoria Room, Doherty’s Lodge, (formally Ballarat Lodge) 613 Main Rd, Ballarat

For information contact admin@mentoringworks.com.au

Family Relationships Resources Roadshow

Members of the community are invited to drop in and browse through information and resources relating to families and relationships.

To be held

Wednesday 19th August, 10.00am – 11.30am, Ballan & District Community House, 143 Inglis St, Ballan.

Wednesday 19th August, 1.30pm – 3.00pm. Child & Family Services, 52 Grant St Bacchus Marsh.

Wednesday 2nd September, 10.00am – 11.30am, Creswick Learning Centre, 19 Victoria St, Creswick.

Wednesday 2nd September, 1.30pm – 3.00pm Daylesford, Venue to be confirmed on booking.

For information contact Kathryn Lanyon on Kathryn.Lanyon@centacareballarat.org.au

Earth Matters Climate Change Forum - BREAZE

The Climate Change Forum will run again this year in Ballarat. The Forum will provide expert knowledge and information for the Regional Community to take personal action on dealing with Climate Change impacts, such as changing weather patterns, rising energy and living costs and reduced rainfall. Four eminent speakers will talk on scientific and social issues.

Costs: \$15pp \$10 Conc. - Tickets are essential

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

For information and tickets call 5338 0980

HANDS by Alison Puoliot

You are invited to attend an exhibition of works created for the Hepburn Health Service and Women’s Health Working Groups (supported by Hepburn Health Shire Council), by internationally renowned photographic artist Alison Pouliot. This is one strategy of a larger project, A Fine Balance, implemented by the HHS, CHS and SWISH and SWAT to address issues facing the ‘sandwich generation’.

The images portray the range of different tasks performed on a daily basis by those caring for ageing parents/relatives. The images also depicting the life cycle from dependence to independence and back to dependence.

The exhibition preview will be held on Saturday 8th August, 2.30pm at the Convent Gallery, Daylesford, pre-drinks can be purchased in the alter bar from 1.30pm, finger food provided.

For information contact Ally Parnaby on 5345 9162 or allyp@hhs.vic.gov.au

The HANDS exhibition will then run from 8th August – 31st August at the Convent Gallery in Daylesford.

Party Line No 36 - National Rural Health Alliance

This post conference edition contains an overview of the outcomes from the 10th National Rural Health Conference held in Cairns in May 2009. There is an editorial on the scope for improving Australia's health system and information on arts in health.

The document can be accessed by visiting nrha@ruralhealth.org.au

Climate Change – Current Report

The Minister for Climate Change and Water, Senator Penny Wong, has released a new report which finds that climate change is happening faster than earlier thought and the risks are more serious.

Key findings include, the climate system appears to be changing faster than earlier thought likely, the need for effective reduction in greenhouse gas emissions is urgent to avoid the risk of crossing dangerous thresholds in the climate system, such processes cannot be stopped or reversed by human intervention.

For information and the report visit www.climatechange.gov.au

Advance Notice – SSMART Conference Surviving Substance Misuse & Alcohol Risk Taking

A bi-annual conference event driven by young people involving parents & community members tackling issues of alcohol use & staying safe. After the first successful SSMART Answers in 2007 SSMART answers 2 – how can we talk about alcohol, is about developing conversations right across the community and coming up with positive change.

The session is aimed at young people, parents, schools and the community to be involved.

To be held Wednesday 9th & Thursday 10th September at Alexandria on Lydiard, Lydiard St Ballarat.

For information contact Jodie Downey, City of Ballarat on 5320 5593 or 0407 556 212 or jodiedowney@ballarat.vic.gov.au

The SSMART Network uses an evidence based approach to its programs and practices.

Wearing a White Ribbon – 25th November

Wearing a White Ribbon is not a badge of purity or a badge of perfection. It means the wearer believes that violence towards women is unacceptable. Proceeds from purchasing a \$2 White Ribbon go towards changing community attitudes through awareness campaigns.

For information about White Ribbon Day campaigns go to www.whiteribbonday.com or email ballaratwhiteribbon@hotmail.com

Funding Program Calender – Foundation for Rural & Regional Renewal (FRRR)

Small grants programs offering \$250,000 in grants to assist rural Australia.

Applications for funding will be accepted from incorporated not for profit organisations. Others grants include:

- * FRRR Caring for Ageing in Rural Australia, Small Grants for Small Rural Communities Programs
- * Catch - Culture Arts Tourism and Community Heritage
- * FRRR/RASF Encouraging Educational Excellence Program.

Applications can be made by post only to FRRR, PO Box 41 Bendigo VIC 3552

applications should include documents about incorporation, tax status, financial statements and ABN.

For information call the Grant Seekers enquiry line on 1800 170 020 or www.frrr.org.au/

Helping Families through Tough Times

A one day free regional workshop for Counsellors and Rural Support Workers, focusing on responding effectively to the emotional needs of families and communities affected by natural disaster.

The training is available to rural support workers and counsellors working in a range of context, including Community Health, Primary Health, Primary Health, Division of GP's, Local Government, non-Government and not-for-profit organisations. We will combine our own family therapy expertise with worker's acquired practice wisdom about effective ways of engaging with and attending to the needs of people impacted by recent natural disaster. This workshop would be beneficial for Counsellors & Rural Support Workers who work with individuals and families.

Cost: Free, 25 places available only.

To be held Tuesday 25th August in Ballarat, and Wednesday 11th November in Stawell, 9.30am – 4.30pm with lunch provided. Venue to be advised on registration for both sessions.

For information and registration contact Carmel Hobbs on c.hobbs@latrobe.edu.au

Overcoming Barrier's to Men's Health

Out of the Shed: Overcoming the Barriers' to Men's Health, Funded by the Australian Government Department of Health and Ageing. The program looks at preventative approaches in improving Men's Health and the need to make services more attractive to men

To be held Tuesday 11th August at 8.00pm NSW, ACT, VIC, QLD, TAS and 7.30pm in SA & NT and 6.00pm in WA Read more at www.rhef.com.au/program-1?program_id=379

Primary Health Weekly Bulletin – 23rd July 2009

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

Integrated Health Promotion Seminar 3: Addressing Health Inequalities

'Addressing health inequalities' is the theme of the third Primary Health Branch Integrated Health Promotion (IHP) Seminar, to be held Thursday 20th August. The seminar will showcase the IHP work of primary care partnerships and community health. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/integrated-health-promotion-seminar-3-addressing-health-inequalities/nocache?

Integrated Chronic Disease Management (ICDM) online Clearinghouse

The Australian Disease Management Association has been funded by the Primary Health Branch to develop an ICDM Online clearing house. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/integrated-chronic-disease-management-icdm-online-clearinghouse/nocache?

"Go for your life" Information Centre

The "Go for your Life" Information Centre is delivered by Kinect Australia and disseminates research findings, resources, electronic bulletins (Active Inform and Active Media) and case studies to health professionals and provides key discussion forums. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/go-for-your-life-information-centre/nocache?

Managing falls in residential care settings – 2 Day Interactive Workshop

Current evidence and best practice in management falls in the residential care sector is addressed in this 2 day workshop delivered by the National Ageing Research Institute. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/managing-falls-in-residential-care-settings-2-day-interactive-workshop/nocache?

Family Violence Integration Forum

What are the links between family violence and mental health? Community Connections (Vic) is holding a free forum on family violence integration in Camperdown on Tuesday 25th August. Read more at

www.dhs.vic.gov.au/rrhacs/ph_bulletin/family-violence-integration-fum/nocache?

Did you know???

Turning off your 2nd fridge can save you up To 10% of your electricity account.

HiP (Health in Primary) - Healthy Eating

The latest edition of the HiP (Health in Primary) newsletter is now available to access on the Home Economics Victoria website.

The term's edition addresses the importance of fruit and vegetables colour in providing nutritional benefits, fun healthy eating websites and healthy fundraising resources.

Download a copy of the latest HiP (health in Primary) newsletter and Fruit + Veg Program section at www.homeeconomics.com.au or www.homeeconomics.com.au/downloads/HIP_news_T2_2009.pdf

Up-Front Costs of Breast Prosthesis – Survey

Breast Cancer Network Australia

In February and May 2009, we sent a survey to breast care health professionals about the impact on women of the up-front costs of purchasing breast prosthesis. We are now repeating the survey for the last time in order to get a representative sample over time of the number of women affected by these costs. All surveys are anonymous and individual responses cannot be identified, if you wish to proceed, the survey should take about 10 minutes to complete visit

www.surveymonkey.com/s.aspx?sm=AqgZlj0IMqtnVUbvF361pg_3d_3d

For information and queries please contact Spiri Tsintziras on 1800 500 250 (free call) Mondays, Thursdays & Fridays or stsintziras@bcna.org.au BCNA will provide a non identifying summary of the findings from this survey to the Department of Health and Ageing.

For the latest information on breast cancer, visit www.bcna.org.au

Every day 36 women in Australia will be told they have breast cancer and 7 will lose their lives to this disease, help us spread the word about BCNA's free resources for women with breast cancer.

A Healthier Australia

A Healthier Australia for all Australians – Final Report – June 2009 available at

www.nhhrc.org.au/internet/nhhrc/publishing.nsf/content/nhhrc-report

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