

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.

Corporate Volunteers Caring for Ballarat

United Way Ballarat Community Fund has been assisting Ballarat to care for Ballarat for over 25 years. As part of our Corporate Volunteering program we are looking for community partners who would value the support of our dedicated volunteers, keen to donate their time and skills to those in need in the Ballarat Community.

We are seeking community partners who require assistance from United Way in:

- Providing teams of volunteers for one-off projects
- Providing general volunteers for short – medium term projects
- Providing individually professional skilled volunteers to assistance and guidance with specific projects, such as marketing plans or IT set up etc..

For more information contact Sue Jakob,
5331 5555 or sue.jakob@unitedwayballarat.com.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/newsletter

August 2009

Thursday 6 th	Health Promotion Meeting, CHPCP, 9.30am – 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, 9.30am – 11.00am Child & Family Services, Lydiard St Ballarat
Wednesday 19 th	Understanding Multiple Sclerosis, HACC Education, 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)
Wednesday 19 th	RYAN Meeting, CHPCP, Grampians DPCD 2.00pm – 5.00pm, level 2 Central Square Ballarat
Thursday 20 th	Introduction to Health Promotion, CHPCP 4 hour Workshop, 10.00am – 2.30pm. BLX, 36 Camp St Ballarat (236)
Thursday 27 th	Full Alliance Meeting. CHPCP, 9.00am – 10.30am. 105 Webster St Ballarat
Thursday 27 th	Executive Meeting, CHPCP, 10.30am – 11.00am, 105 Webster St Ballarat

Four Funerals in One Day – Rural Palliative Care Project, Ballarat Hospice Care Inc

Four Funerals in One day is a humorous prospective about the importance and value of stories in Palliative Care.

Cost: \$10 pp included discussions and light refreshments.

To be held Wednesday 19th August, 7.30pm at Founders Hall, University of Ballarat and Thursday 20th August, 2.00pm at Founders Hall, University of Ballarat.

For information and ticket reservations contact Ballarat & District Division of General Practice on 5331 6303 or Ballarat hospice on 5333 1118 Tickets will be available at the door.

All money raised will go to Ballarat Hospice Care

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.

Carb Counting Sessions – Ballarat Community Health

Kerri Gordon, Ballarat Community Health Dietician in conjunction with FASDAB will be facilitating these concurrent sessions that will assist you with carbohydrate counting, tricky foods, label reading (determining carbohydrates), effects of exercise and alcohol on blood glucose level.

Cost: Free, places are limited

To be held Tuesday 11th, 18th & 25th August at Ballarat Community Health Centre, 260 Vickers St, Sebastopol.

For information and registrations call 5338 4519

Central Highlands General Practice Network

The Population Health in General Practice Resource Kit has been developed to meet the changing needs of the primary care system. The kit is aimed to assist Divisions of General Practices and other interested stakeholders.

For information visit www.CHGPN.com.au

Prostate Cancer Information Evening -GICS
Prostate Cancer is fast becoming a major health issue for males. Grampians Integrated Cancer Services is hosting a FREE information evening to increase awareness and knowledge of the condition.

To be held Wednesday 2nd September, 6.00pm – 8.30pm at North Ballarat Sports Club.

Light finger food will be provided on the night. For information and RSVP contact Premier PR on 5333 4426 or rsvp@premierpr.com.au by Wednesday 26th August.

Goal Setting & Care Planning – Grampians HACC Training

The Goal setting & Care planning training is aimed to equip participants with the skills to use consistent, strategic and reflective approaches to goal setting and planning. On completion of the program, participants should be able to identify how to incorporate the principles of the Active Service Model into goal setting and care planning, how to develop a detailed understanding of individual client need, practical approaches to facilitate and support, how to set objectives to achieve individual care plan goals and how to interview effectively in order to develop client centred care plans.

Suitable for HACC staff conducting assessments with clients in home or in day centres.

Cost: \$33 pp, catering provided.

To be held Wednesday 2nd September, 9.30am – 4.30pm at Ballarat Learning Exchange, 36 Camp St, Ballarat.

For information and registration call 5334 1500 or hacced@bdnh.com.au

Jeans for Genes Day – Friday 7th August

Jeans for Genes is a major fundraiser of the Children's Medical Research institute.

Help out on Jeans for Genes Day in your workplace, factories and schools. Help to promote the event by wearing your jeans on Friday 7th August or by purchasing fundraising merchandise at selected stores.

All money raised from Jeans for Genes Day goes towards Children's Medical Research.

For information visit www.jeansforgenes.org.au

McGrath Foundation – Breast Care Nurse

A new McGrath Foundation Breast Cancer Nurse has been appointed. Fiona Reeves is available to support anyone who has had a diagnosis of breast cancer. Breast Care Nurses support people emotionally, mentally and physically, making sure their care is based on their individual needs and coordinated appropriately.

Fiona Reeves can be contacted at Ballarat Community Health Centre, 710 Sturt St, Ballarat or by calling 5320 6729 or 0401 242407

Aboriginal Youth Sport & Recreation Employment & Skills Workshop

A free 5 day workshop is being held that will help with resume preparations & interview techniques, Industry visits and hands on team building activities. All Koori Men & Women Jobseekers are welcome to take part.

Other short course options include Responsible Serving of Alcohol, Red Card and Food Handlers Certificates.

To be held Monday 17th – Friday 21st August at MAYSAR, 184 – 186 Gertrude St, Fitzroy.

For information and bookings call 03 9486 9123 or 0401 031036 or Glenda@maysar.org

Our Community – Australian Directory

IS your community group listed in Australia's largest community directory?

Being listed will help people/businesses to:

- * Make it easy for people to find your group
- * Make it easy for people to become a member of your group
- * Make it easy for people to give your group money and help in other ways

Promote your organisation NOW and register at www.ourcommunity.com.au/list

Palliative Care Workshop - Grampians Regional Palliative Care Team

A workshop is being held to further inform people of End Stage Care & Dyspnoea, Radiotherapy and Pain Management, Nausea/Vomiting, Delirium.

To be held Wednesday 16th September, 8.30am – 2.45pm at Pyrenees House Conference Room, East Grampians Health Services, Girdlestone St, Ararat.

Cost: \$70pp - Grampians Region, \$80 pp - Non Grampians Region, lunch provided.

For information and registrations contact Kate Cozens by 2nd September on 5320 3553 or katec@bhs.org.au

Health Promotion Training, Enabling Change

This 2 day workshop is a hands-on class on the design of behaviour change projects.

This is becoming a standard course for health promoters, sustainability educators and marketing and commercial professionals. Especially developed to serve the needs of community health promotion project managers. It includes an insightful crash course on the social and motivational psychology of behavioural change.

To be held Tuesday 25th & Wednesday 26th August in Sydney and Wednesday 2nd & Thursday 3rd September in Melbourne.

Cost: \$695pp, included detailed 162pp manual
For information, booking details, venues and times visit www.enablingchange.com.au

Chinese Lion Dancing – Want to Learn?

The Chinese Australian Cultural Society Ballarat is looking for people to join their dancing team. If you are interested in learning about Chinese Culture and tradition whilst taking part in a fun activity based on ancient Kung Fu skills then come along to training.

Training is held on Sunday afternoons, free of charge to anyone interested.

For information and details contact Michelle Philips on 0421 608783, Jess on 0411 951463 or Charles Zhang on 0422 343357

Evaluation of Disability Act Forums

Forums will be held for people who are using disability services, to talk about their experiences in areas such as information provision, support plans, any complaints, residential services and new provisions in the Disability Act.

To be held Monday 17th August at the State Government Office (Glass House), Level 1, Mair St, Ballarat in the Conference Room.

The Forum will be broken into 2 session times,
* 9.30am – 10.30am - For people with a disability using disability services.

* 10.45am – 11.45am - For parents, families or carers using disability services.

For information contact Deb Whitecross, Disability Strategist on 0428 991 671 or deb@disabilityconsultants.com.au

Victims Assistance and Counselling Program (VACP)

For victims, their families or anyone affected by violent crime. VACP assists with immediate security and accommodation needs, travel appointments, police, court and legal processes, support with intervention orders and Victim Impact Statements and referrals to counselling or support groups.

For information telephone support and referral to (VACP) call Victims of Crime Helpline call 1800 819 817 Monday to Friday 9.00am – 5.00pm call 1300 033818

Monday to Friday 8.00am – 11.00pm for

Ballarat Indian Association- Indian Independence Day Celebrations

The Ballarat Indian Association is holding an Indian Independence Celebration Day. To be held Saturday 22nd August, 5.00pm – 7.00pm (followed by dinner) at the Cooina Centre, Learmonth Rd, Wendouree.

Cost: \$15 adult, \$8 Children up to 12yrs.

Children under 5yrs free. RSVP 17th August.

For information and bookings contact Khushi on 0411 237363 or Prajeesh on 0402 432315 or Saffron an Indian Infusion on 5331 1690

Primary Health Weekly Bulletin – 30th July 2009

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

Launch: Improving access to primary health services for people with a serious mental illness

The Minister for Health and the Minister for Mental Health, Community Services and Senior Victorians launched a groundbreaking new project that will improve access to primary health services for people with a serious mental illness.

Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/improving-access/nocache?

Come and Try Table Tennis - Reclink

A come and try day will be held Friday 21st August, 1.30pm – 3.00pm at the Table Tennis Stadium, Hollioake Park, Dowling St, Wendouree. Wear comfortable clothes and shoes. Reclink encourages staff to support and supervise participants.

For information contact Doug or Vivian on 5338 4529 before Monday 17th August.

Please Note - Change of Address Department of Planning and Community Development,

All DPCD Grampians Region staff are now located at the new address of 111 Armstrong St North, Ballarat or visit www.dpcd.vic.gov.au

Heritage Garden Party – Ballarat Cancer Research Centre

The Ballarat Cancer Research Centre is holding a Garden Party in memory of Lorraine Greenaway. It will be a day full of terrific entertainment, music, fine foods and wine.

Cost: \$10pp BYO chair, all proceeds go to Ballarat Cancer Research Centre.

To be held on Sunday 30th August, 11.00am – 4.00pm at 3889 Sunraysia Hwy, Stuart Mill.

For information contact Aileen on 5499 9225

Ballarat ICT Breakfast -

The UB Technology Park and Ballarat ICT Cluster breakfast brings together professionals from the Ballarat region.

This presentation will explore the reasons why so many software development projects are challenged by budget over runs and technology roadblocks.

To be held Tuesday 18th August, 7.45am at Neighbourhood Cable Conference Centre, Greenhill Enterprise Centre, Mt Helen. RSVP by 14th August to m.drake@ballarat.edu.au

Understanding Multiple Sclerosis – HACC

MS Society of Australia is holding a workshop on Understanding 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. The session will provide an overview of MS and the invisible symptoms that people with MS can experience, a discussion of the impact of symptoms including fatigue and cognition, how symptoms interact and why they fluctuate and management strategies within your setting.

Cost: \$11pp (targeted at HACC staff & volunteers)

To be held Wednesday 19th August, 1.00pm – 3.00pm at Queen Elizabeth Centre, ERC, George Skerritt Building, Ascot St, Ballarat For information contact Cathy Faull, HACC Training Coordinator, Ballarat District Nursing & Healthcare on 5334 1500 or hacc@bdnh.com.au

Connectingcare Survey for PCP Members

The Connecting care Strategic Group has decided to formally review its operations in a more comprehensive way and would like PCP's member agencies to complete a survey in order to gain broad feedback. They are especially interested in the following areas: usage of Connectingcare, support needs, subscription costs and future direction. It is estimated that the survey will take approximately 15 minutes to complete. Connectingcare is operating in a volatile and uncertain eReferral policy and funding environment and have worked hard to maintain the system according to Strategic Group and User Group priorities and consistent with DHS policy.

To access the survey please visit:

www.surveymonkey.com/s.aspx?sm=2JAHh3WVZEZ446gMOAng_3d_3d

Did you know???

One ton of carbon dioxide that is released into the air can be prevented by replacing every 75 watt light bulb with energy efficient light bulbs.

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