

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.

University of Ballarat - New Psychology Services Clinic

UB Psychology Services Clinic is a new venture being undertaken by the University of Ballarat. The service will offer, at no cost to the individual, psychological assessment and treatment for children, adolescents and adults who are experiencing mental health problems.

The clinic is staffed by:

Clinic Director, Dr Mari Molloy

Clinic Manager, Dr Colleen Lovell

At any time up to 4 provisional psychologists will be engaged. Provisional psychologists are those currently undertaking specialist training within the University of Ballarat Clinical Masters and Doctoral Programs.

Referrals can be made to the clinic by agencies or self referrals by contacting the clinic, 5309 1915 or 0418 144 435 or at their office 1/15 Main Rd, Ballarat.

The service is available 9.00 am – 5.00 pm,

Wednesday & Thursday

For inquiries contact Dr Mari Molloy, 5327 9760 or

m.molloy@ballarat.edu.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

Monday 17th	SCTT Training 2009, CHPCP 10.30am – 1.00pm at McCallum Community Centre, 29 Learmonth St, Ballarat (234)
Monday 17th	Diabetes Steering Group Meeting, CHPCP, 1.00pm – 3.00pm, Ballarat & District Division of General Practice, 105 Webster St Ballarat
Tuesday 18th	Child & Family Platform Meeting, CHPCP, 9.30am – 11.00am Child & Family Services, Lydiard St Ballarat
Wednesday 19th	Understanding Multiple Sclerosis, HACC Education, 1.00pm – 3.00pm. Venue to be confirmed on booking (236)
Wednesday 19th	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 19th	RYAN Meeting, CHPCP, Grampians DPCD, 2.00pm – 5.00pm, 111 Armstrong St North
Thursday 20th	Introduction to Health Promotion, CHPCP 4 hour Workshop, 10.00am – 2.30pm. BLX, 36 Camp St Ballarat (236)
Thursday 20th	Integrated Health Promotion Lunchtime Seminar, Vic State Government, 12.30pm – 1.30pm, Conference Facility, Level 1, Room 2, 50 Lonsdale St, Melbourne (239)
Tuesday 25th	Helping Families through Tough Times – The Bouverie Centre, 9.30am – 4.30pm Venue advised on registration.(239)
Thursday 27th	Full Alliance Meeting. CHPCP, 9.00am – 10.30am. 105 Webster St, Ballarat
Thursday 27th	Executive Meeting, CHPCP, 10.30am – 11.00am, 105 Webster St, Ballarat

September 2009

Thursday 10th & Friday 11th	If Not Dieting Health Professional Training, 9.00 am – 5.00 pm, Treacy Conference Centre, 126 The Avenue, Parkville (239)
Tuesday 15th	Introduction to Health Promotion, CHPCP, 11.00 am – 3.30 pm, Creswick Community Health Centre (239)
Thursday 20th	Medimarathon, St John of God, 8.00 am, Lake Wendouree (239)

The Medi Marathon – St John of God Hospital

The Medi Marathon will be held again this year on Sunday 20th September with an 8.00pm start. Participants can choose to do options of a 21km, 10km or a 5km run or walk around the course of scenic Lake Wendouree.

Entry is open to all the community.

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

For information, training programs and entry call Genevieve Martin, 0417 038977 or visit

www.medimarathon.com.au

Introduction to Health Promotion – A Free 4 Hour Workshop in Creswick

This workshop covers how to make health promotion part of your work.

An easy guide for health professionals and community development workers nurses, allied health, aged care, pharmacists, doctors and local council.

To be held Tuesday 15th September, 11.00am – 3.30pm at Creswick Community Health Centre, Hill St, Creswick.

For information Contact Anita Doyle on 5338 4775 or healthpromotion@chpcp.org

RSVP to Sharna Kelly on 53384 774 or

admin@chpcp.org

Line Dance for Exercise – Ballarat Italian Club

The Ballarat Italian Club is holding Line Dancing Classes for Exercise.

To be held Tuesday Mornings 10.00am – 11.15am and Tuesday Nights 7.00pm – 8.15pm

Cost: \$6 pp

Beginners all welcome with tea & coffee provided.

For information and inquiries call Diana on 53 420440 or 0409 508453

Managing Challenging Behaviours – HACC Education

HACC Education is holding a workshop on 'Managing Challenging Behaviours' the session will include what are challenging behaviours, why do they occur, Strategies for managing challenging behaviours associated with the following disabilities, psychiatric disability, intellectual disability, acquired brain injury and dementia and Managing extreme aggression.

Cost: \$33 pp fully catered

Workshop aimed at all HACC workers including reception staff, nursing staff, carers and volunteers.

To be held Friday 16th October 9.30am – 4.00pm in Horsham & Tuesday 20th October 9.30am – 4.00pm in Bacchus Marsh.

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

Helping Families through Tough Times – The Bouverie Centre

The Bouverie Centre is holding a 1 day regional workshop for Counsellors and Rural Support Workers, focused on responding effectively to the emotional needs of families and communities affected by natural disaster.

To be held Tuesday 25th August, 9.30am –

4.30pm in Ballarat and Wednesday 11th

November 9.30am – 4.30pm in Stawell.

Venue to be advised on registration.

For information contact Carmel Hobbs on

03 9385 5100 or c.hobbs@latrobe.edu.au

Quick Reference Manual – Ballarat Volunteer Resource Centre

Launched at the National Volunteer Expo was the Quick Reference Manual, available only to Not for Profit organisations.

For a copy for your organisation contact the Ballarat Volunteer Resource Centre located at 20b Sturt St, Ballarat, call 5331 8564 or

www.volunteerconnections.org.au

Climate Change – Funding Initiative

The residential sector contributes to approximately 21% of Victoria's energy use, impacting significantly on climate change.

Therefore, this year the Sustainability Fund will address climate change through Victorian households. There is approximately \$4.5 million available through the 2009 funding round, and there are two categories to apply for:

- * Sustainable solutions that directly assist Victorian households to address climate change (\$3.5 million)

- * Capacity building in community organisations and local government to assist low income Victorian households address climate change (\$1 million).

For an application kit, dates and locations of information sessions and access to the secure online applications visit

www.sustainability.vic.gov.au or call the Sustainability Victoria info line on 1300 363 744

Victorian Energy Use - Guide

The residential sector contributes to 21% of Victoria's energy use, impacting significantly on climate change.

Energy

Approximately 60% of energy emissions in the home are generated by home heating, water heating and refrigeration.

Waste

The key problem areas for waste in the home include organic waste being sent to landfill and purchasing heavily packaged foods.

Water

More than 60% of household water is used for shower/bath, outdoor use and clothes washing.

Cooking up Support – Australian Government

Many Australian farmers have been struggling with drought for years, with some regions being Exceptional Circumstances declared since 2002. Their hardships were magnified earlier this year by the bushfires and floods that devastated a large part of Australia's eastern states. We can all do our bit to support those affected by using Australian grown produce to create the delicious celebrity chef recipes supplied to Minister Burke by Bill Granger and Donna Hay.

For information and to view the recipes visit www.maff.gov.au/content/recipes_to_support_farmers_affected_by_the_heatwave_fires_and_floods

Victorian Women's Honour Roll - Nominations open for Outstanding Women

Minister for Women's Affairs, Maxine Morand invites all Victorians to nominate inspirational women for the 2010 Victorian Honour Roll of Women. These awards are to recognise the important role women play in all walks of life, including at work, home and in the community. Please nominate a woman you know who has made a significant contribution to her family, her community, at work or at home.

For information and nomination forms visit www.women.vic.gov.au

Advance Notice

Syringe Driver 'Train the Trainer' Update REM NIKI T34 – Palliative Care Team

Grampians Regional Palliative Care Team are holding a study day, which is relevant for all previous trainers and for anyone interested in becoming a trainer for their organisation. Each trainer will be provided with an education package to support their role. Trainers are expected to return to their facility and educate staff on the use of the NIKI T34 (maximum of 1-2 trainers per workplace).

This study is relevant for Division 1 and Division 2 Medication Endorsed nurses.

To be held Tuesday 27th October, 12.00pm – 5.30pm at the Grains Innovation Park, Natimuk Rd, Horsham.

Wednesday 28th October, 9.00am – 2.30pm at Pyrenees House, EGHS, Girdlestone St, Ararat
Cost: \$70 pp tea & coffee provided.

For information and registration call Ballarat Health Services on 5320 3553 or bernadette@bhs.org.au

Did you know???

Energy saved from one recycled aluminium can, will operate a TV set for 3 hours and is the equivalent to half a can of gasoline.

If Not Dieting Health Professional - 2 Day Training

Thursday 10th & Friday 11th September 2009, 9.00am – 5.00pm at The Treacy Conference Centre, 126 The Avenue, Parkville, Melbourne.

Cost: \$550pp early bird rate

Add an optional extra therapeutic skills day Developing Therapeutic Skills to Support the "If Not Dieting" approach. A one day workshop for all Allied Health Professionals who have completed the "If Not Dieting" training program. To be held Saturday 12th September 2009, 9.00am – 5.00pm

Cost: \$275pp

To register for either of these two training programs contact louise@ifnotdieting.com.au or call 03 9482 2106

For information on the training visit www.ifnotdieting.com

Integrated Health Promotion Lunchtime Seminar – Dept of Human Services

The aim of the seminar is to develop a greater understanding of health promotion and how it improves the health and wellbeing of Victorians (particularly disadvantaged and hard to reach populations).

Also to discover the impacts achieved through investments in Community and Women's Health and Primary Care Partnerships health promotion work.

You will gain knowledge about primary and secondary prevention as well as disease management and tertiary prevention.

To be held Thursday 20th August 12.30pm – 1.30pm at the Conference Facility, Level 1, Room 2 50 Lonsdale St, Melbourne.

The seminar will also be available via online DVD including previous health promotion seminars. For information visit

www.health.vic.gov.au/psps/hp/events.htm#primaryhealth

"Thinking about the Future" –

Commonwealth Carer Respite Centre

The Commonwealth Carer Respite Centre is holding a program for carers to come together.

This program is about assisting older families with the task of planning for the future for themselves and the person they care for, or who has a disability.

The program will commence 18th September and consist of 5 sessions every Friday for 5 weeks. Topics include Finances;

Accommodation; Respite; Services; Carer Wellbeing; Aids & Equipment and Advocacy

For information and registration contact Michelle Kelly or Janneke on 5333 7104 or 1800 059 059

Primary Health Weekly Bulletin – 6th August 2009

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

Primary Health Branch funded organisation requirements

The Primary Health Branch has released further program specific information and requirements for funded organisations to supplement the Victorian Health Services policy and funding guidelines 2009-2010. Read more at: www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-primary-health-branch-funded-organisation-requirements/nocache?

Victorian Government elder abuse prevention practice guidelines

The DHS publication 'With Respect to Age - 2009' provides practice guidelines for health services and community agencies. Read More: www.dhs.vic.gov.au/rrhacs/ph_bulletin/victorian-government-elder-abuse-prevention-practice-guidelines/nocache?

Better oral health in residential aged care

People working in agencies delivering public dental health services are invited to attend a presentation on Wednesday 9th September 2009. Read more at: www.dhs.vic.gov.au/rrhacs/ph_bulletin/presentation-better-oral-health-in-residential-aged-care/nocache?

La Trobe University health promotion training opportunities and information evening

The School of Public Health postgraduates study information evening will be held on Thursday 10th September 2009. Read More: www.dhs.vic.gov.au/rrhacs/ph_bulletin/la-trobe-university-health-promotion-training-opportunities-and-information-evening/nocache?

Short Course: Qualitative Research – an essential tool in primary care research

This new two day short course is aimed at introducing participants to the design, conduct and analysis of qualitative research in the primary care setting. It will be held on 3rd & 4th September 2009 at the University of Melbourne. Read more at: www.dhs.vic.gov.au/rrhacs/ph_bulletin/short-course-qualitative-research--an-essential-tool-primary-care-research/nocache?

Exercise & Sports Survey – Australian Sports Commission

The number of Australian's taking part in regular physical activity increased by one million last year from the 2007 total, according to the Exercise, Recreation and Sports Survey (ERASS) report released this month.

It was estimated that 8.2 million Australian's (almost half of the reports estimated population) aged 15 years and over were active at least three times a week, a rise from 7.1 million (43%) in 2007.

The ERASS study found females were more likely to be involved in regular physical activity, registering 51% compared with 47% of males. Australia's most popular sports and physical activities included aerobic/fitness, golf, outdoor football (Soccer), netball, tennis, touch football, basketball, Australian football, swimming and outdoor cricket.

For information and to view the surveys go to www.ausport.gov.au/information/scors/ERASS

The Young and the Restless – The Centre for Adolescent Health

The Centre for Adolescent Health is holding a forum on young people growing up and reactions against over protective environments. This forum brings together diverse perspectives on the issue of youth and risk taking, from neuroscience to sociology, to shed some light on these important questions.

Featuring 3 key speakers to help with questions throughout the day on each topic mentioned. To be held Thursday 3rd September, 10.00am – 1.00pm at the Ella Latham Theatre, Royal Children's Hospital, Flemington Rd, Melbourne. For information and bookings call 03 9927 7777 or visit www.rch.org.au/cah/forum. Bookings can also be made at www.qthevents.com/edevent/EventDisplayV2.asp?PID=&ID=6240-02A

For content information on this forum please contact Andrea Krelle at The Centre for Adolescent Health on 03 9345 6676 or andrea.krelle@mcri.edu.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