

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.

Introducing Direct2Care

Direct2Care staff can give you advice about local aged care services that you might need to help you stay in your home.

Those services could include anything from home help and delivered meals to physiotherapy and respite.

Direct2Care's experienced staff can offer one-to-one contact, to assist you to identify your needs and put you in contact with the services that can help.

Direct2Care also offers support to families, Carers & service providers.

Direct2Care is a new service from the Commonwealth & State Governments in the Grampians Region.

You can contact Direct2Care on 1300 121 121 or visit Direct2Care shop front at 907 Sturt St Ballarat.

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 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
Thursday 27 th	Borderline Personality Disorder Training, Centacare, Mercure Hotel & Convention Centre, Main Rd, Ballarat (241)
Thursday 27 th	Problem Gambling in refugee and migrant communities, Gamblers Help 9.00am – 12.30pm 81-85 Barry St Carlton (241)
Monday 31 st	The Island, Conservation Volunteers , , 31 st – 4 th September (240)

September 2009

Tuesday 1 st	Indoor Walking Groups , Ballarat Community Health Centre, 8.00am Stock land Wendouree(241)
Wednesday 2 nd	Prostate Cancer Information Evening – GICS , 6.00pm – 8.30pm, Ballarat North Sports Club, Creswick Rd, Ballarat (240)
Thursday 3 rd	CHPCP, Health Promotion Meeting , 9.30am – 11.00am CAFS, 115 Lydiard St Ballarat (240)
Monday 7 th	Motor Neurone Disease at End of Life , Ballarat Health Services, Drummond North St Ballarat (241)
Thursday 3 rd & 10 th	Healthy Communication in your Relationship, CAFS , 6.00pm – 8.00pm, 115 Lydiard St, Ballarat (241)
Thursday 10 th	Women's Health Day, Women's Health Grampians , 10.00am – 3.00pm. Doug Dean Stadium, Nandiriog Drive, Delacombe (241)
Wednesday 9 th	CHPCP, CHADA Meeting , 9.30am – 11.30am Queen Elizabeth Centre, Seminar Room 2, Ascot St Ballarat (240)
Thursday 10 th & Friday 11 th	If Not Dieting Health Professional Training , 9.00 am – 5.00 pm, Treacy Conference Centre, 126 The Avenue, Parkville (239)
Tuesday 15 th	Introduction to Health Promotion, CHPCP , 11.00 am – 3.30 pm, (Hepburn Course) Creswick Community Health Centre (239)
Thursday 20 th	Medimarathon, St John of God , 8.00 am Start, Lake Wendouree (239)

**Correction-
Conservation Volunteers & Green Gym
Projects**

Macedon Ranges - Nature Saturdays are free for CVA members or \$40 Single or Family to join & enjoy as many Nature Saturday Guide Walks as you like over the year. Nature Saturdays are eco tours, not a volunteer day.
To be held Saturday 5th September.

The Island - The Island is a lava capped ridge at the junction of Myrning Creek & Werribee River. Join us to plant trees in fabulous Daylesford. Held 31st August – 4th September.
Accommodation: Bunkhouse Daylesford

Redesdale Fire Recovery

Fencing recovery projects in Redesdale Fire region – support local landholders in the establishment of fence lines following the Feb 09 bush fires. To be held Monday 7th September – Friday 11th September, 8.00am – 4.30pm.

If you would like to participate in one of these opportunities please call Iain Wilson on 5444 0777 or

iwilson@conservationvolunteers.com.au

For bookings visit

www.conservationvolunteers.com.au

Illabrook NCR Tree Planting Day

CVA will be coordinating NAB volunteers in a Tree Planting Day Monday 7th September to revegetate the Illabrook Nature Conservation Reserve.

Contact: Gail Weston on 0427 526 406 or

gweston@conservationvolunteers.com.au

**Drive On – Mentoring Program
Lead On Ballarat**

Lead On Ballarat in partnership with the Ballarat Light Car Club, City of Ballarat and Road Safe Vic Roads devised this program in response to the hardship some highly disadvantaged young people face in obtaining their driving licence.

This is your opportunity to help people participate fully in a better community.

We are looking for volunteers with driving experience to help our young learner driver's gain on the road experience for our Drive On program.

Drive On is a program which provides access to mentors/supervising drivers for young learner drivers who may otherwise have difficulty gaining on road experience.

Training will be provided and all costs are covered by Lead On so don't hesitate to get involved.

For information contact Gulsen Ozer at Lead On Ballarat, 36 Camp St Ballarat on 0425 782 761 or email ballarat@leadon.com.au

**National Wattle Day 2009 – Conservation
Volunteers**

You are invited to participate in a planting at Lake Esmond, to celebrate National Wattle Day 2009.

Hosted by Green Gym, National Wattle Day is a program managed by Conservation Volunteers Australia.

Proudly supported by Go for your Life!

Department of Sustainability & Environments for the Victorian Government.

For information and registrations call Gail of Green Gym on 0427 526 406 or

GWeston@cva.org.au

**Promoting Health & Wellbeing throughout
Ballarat – Indoor Walking
Ballarat Community Health Centre**

Do you want to enjoy the benefits of Indoor Walking?

In addition to the health benefits, you get to chat with other walkers.

A YMCA staff member experienced in Tai Chi and leading walks will coordinate the indoor walks and exercises within the comfort of a shopping complex, all for free.

To be held each Tuesday, starting Tuesday 1st September 2009, 8.00am start at Stockland Wendouree, Gillies St Wendouree (meet at Muffin Break)

For information contact Ballarat Community Health Centre on 5338 4500 or visit

www.bchc.org.au

**Women's Health Day – Women's Health
Grampians**

Join us for fun, free informative look at all aspects of Women's Health. Topics will include Bra's & Boobs, making healthy choices and paps.

To be held Thursday 10th September, 10.00am – 3.00pm at the Doug Dean Stadium, Nandiriog Drive, Delacombe.

Free child care is available – bookings are essential.

RSVP for catering purposes to 5335 7327

Great door prizes are available to be won.

Advanced Notice

**Helping Families through Tough Time
Bouverie Training**

This training is available to counsellors working in a range of settings including Community Health, Primary Health, Division of GP's, Local government, non-government and not for profit organisations. The workshop will explore some useful strategies for engaging and supporting individuals, families and communities impacted upon by highly stressful and traumatic events.

For information, venues & dates email

Karen.smith@latrobe.edu.au

Due Diligence – Australian Industry Group

Recent prosecutions of executive officers have highlighted the responsibility held by individuals for breaches of OHS legislations. Responsibility rests with Executive Officers including Directors, CEO's and Senior Managers.

Join us for this information session to discuss case studies, improve effectiveness and introduce strategies to reduce the risk to your business, Directors, CEO's and Senior Management.

To be held Monday 14th September 8.00am - 8.30am (breakfast) 8.30am – 10.30am (seminar)
At BEST Community Centre, 28 Victoria St Ballarat.

For information contact Sara McCormick on 03 9867 0224

Borderline Personality Disorder Training Centacare Ballarat

This is an introductory workshop for Mental Health workers, Alcohol and other drug workers and staff. The workshop provides a comprehensive introduction to concepts and interventions relevant to treatment and support for individuals with a diagnosis of borderline personality disorder.

Topics will include:

- * Understanding of the context and meaning of the diagnosis Borderline Personality Disorder.
- * Overview of the relationship between early trauma and neglect.
- * Address the meaning of self harm and how to work with people who are prone to self harm.
- * Explore the idea of stimulus entrapment and what this means for supporting people with BPD
- * Develop some helpful ideas on how to work with clinical services

Cost: \$150pp

To be held Thursday 27th August, 8.30am at The Lady Hotham Rooms, Mecure Ballarat Hotel and Convention Centre, 613 Main Road Ballarat

For information contact Mandy Hammond at Centacare on 5336 7900 or mandy.hammond@centacareballarat.org.au

Sticks & Stones + Mobile Phones Bullying in the New Millennium – Youth Affairs Council of Victoria

A one day forum on young people and bullying with panellists talking on issues such as bullying in sport, issues for same sex attracted young people, workplace bullying and young workers and school based bullying.

Cost: \$70pp YACVIC Members, \$95pp Non Members & \$35pp Young people (under 25)

To be held Thursday 27th August, 10.00am – 4.00pm at Melbourne Town Hall.

For information contact the Youth Affairs Council on 9267 3799 or info@yacvic.org.au

Free Women's Health Clinic

Women's Health Grampians & Golden Plains Shire

A free Women's Health Clinic is available where a female Women's Health Nurse will provide pap smears, sexual health information, breast health checks and information and pelvic floor health. Clinic will be open on Thursday 3rd September 9.030am – 5.00pm at The Well – Smythesdale Business, Health and Community Hub, Heales St, Smythesdale.

Appointments are necessary and can be made on 5322 4100.

Problem Gambling in Refugee and Migrant Communities

The workshop is designed specifically for settlement and community workers. It focuses on the specific issues and needs of refugee and migrant communities.

The workshop will equip participants with the skills to recognise early signs of problem gambling and provide appropriate support.

Topics will include:

- * Exploring the links between problem gambling and the migration process
- * Recognise signs of problem gambling
- * Improve skills on providing support to people affected by problem gambling
- * Improve referral practices

To be held Thursday 27th August, 9.00am – 12.30pm at Centre for Culture, Ethnicity & Health, 81-85 Barry St, Carlton.

Morning tea & lunch provided.

For information contact Lisa Davidson on 03 9342 9714 or lisad@ceh.org.au

Volunteer Grants 2009 Program

The Department of Families, Housing, Community Services and Indigenous Affairs has opened its Volunteer Grants 2009 Program. Community organisations can apply for \$1,000 - \$5,000 to fund equipment purchases that will assist volunteers in carrying out their duties.

Organisations can also apply for funding for the reimbursement of volunteers fuel costs.

The program is open until Friday 25th September Full details can be found at www.fahcsia.gov.au and go to current funding.

To see applicants who were successful in the last round visit

www.fahcsia.gov.au/sa/volunteers/funding/vsp2008

Did you know???

1. Insulating your back rooms and attics reduces the amount of energy loss in most houses by up to 20%.
2. If 25% of Australian families used 10 fewer plastic bags a month it would save 2.5 billion bags per year.

Primary Health Weekly Bulletin 21st August 2009

The latest edition of the Primary Health Weekly Bulletin is now available at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?

Department assists services to organise clinical placements

Two new online clinical placement request and alert forms have been developed to assist health services with the ongoing planning of medical, nursing, dental/oral and allied health clinical placements. Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/department-assist-services-to-organise-clinical-placements/nocache?

Osteoporosis “The Bone Facts”

This seminar is open to health professionals who wish to update their knowledge and skills in the prevention and management of osteoporosis. It will be held on Tuesday 25th August in Elsternwick. Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/seminare-osteoporosis-the-bone-facts/nocache?

Newsletter from the Department of Veteran Affairs

The second issue of the DVA InPHo (Department of Veteran Affairs Information for Public Hospitals) newsletter contains information to assist staff in providing services to the veteran community, particularly when it comes to planning their discharge from hospital. Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/newsletter-from-the-department-of-veteran-affairs/nocache?

Global Health seminar series

Dr Wendy Holmes will be presenting a seminar titled: Letting men in: engaged men in sexual, reproductive, maternal and child health in Asia and the Pacific” on Thursday 20th August in Melbourne. Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/global-health-seminar-series/nocahe?

Executive Officer Leadership Breakfast

The Victorian Healthcare Association (VHA) is hosting an executive officer leadership breakfast at the Hilton on the Park on Thursday 27th August. Simon Overland, Chief Commissioner of Victorian Police, will speak on the role of leadership in implementing system reform. Rosie Rowe, Western District Health Service Hamilton will also speak on leadership in relation to chronic disease management. Read more:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/executive-officer-leadership-breakfast/nocache?

Reconnect – Opportunities, Choices & Support for Young People and their Families, MacKillop Family Services

Geelong Reconnect Services are inviting anyone aged 12 – 18 years to create a piece of artwork about what you believe represents homelessness.

Winning entries will be made into the new poster for Geelong Reconnect Services. Winner will also receive a Westfield shopping voucher valued at \$100.

Write your name and phone number on the back of your entry and bring it in or send it to either MacKillop Family Services, Helen St, Nth Geelong or Barwon Youth, 12-12 Halstead Place, Geelong West or Time for Youth, 83 Rylie St, Geelong.

Competition closed Friday 28th August.

For information contact Tamara Johnson-Slader on 5278 9211

Helping Children in the Aftermath of Bushfires

Recognising and responding to emotional and psychological distress.

A conference for teachers, GP's, mental health and community workers.

To be held Monday 19th October at Melbourne Convention Exhibition Centre, Level 1, Foyer 1

For information and enquiries contact

ruth.kirpalani@med.monash.edu.au

Motor Neurone Disease at End of Life, Ballarat Health Services

This Motor Neurone Disease information session will cover topics such as nutrition, swallowing difficulties, communication issues end of life, family and carer support.

Cost: \$15pp - Grampians Region, \$25 - Non Grampians region.

To be held Monday 7th September, 6.30pm – 8.30pm at the Education Resource Centre, BBH Ballarat Health Services, Drummond St North Ballarat.

For information and RSVP contact Bernadette Matthews on 5320 3553 or email

bernadette@bhs.org.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