

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
Bookings Essential

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

September 2009

Thursday 3 rd	CHPCP, Health Promotion Meeting, 9.30am – 11.00am CAFS, 115 Lydiard St Ballarat (240)
Thursday 3 rd	Lifestyle as a Modifiable Risk in Depression and Anxiety, Barwon Health, 7.30pm – 9.00pm at Mental Health House, 270 Church St Richmond. (242)
Monday 7 th	Motor Neurone Disease at End of Life, Ballarat Health Services, Drummond North St Ballarat (241)
Wednesday 9 th	SSMART Answers Conference, 6.30pm – 9.00pm at Alexandria on Lydiard, 30 Lydiard St Nth Ballarat (242)
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	Community Seminar – Supporting the Bereaved Child, Australian Centre for Grief and Bereavement, 7.00pm – 9.30pm Venue (TBA) (242)
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)
Friday 11 th	Strategies for supporting Bereaved and Grieving Adults, Australian Centre for Grief and Bereavement, 9.30am – 4.30pm, Venue (TBA) (242)
Tuesday 15 th	Introduction to Health Promotion, CHPCP, 11.00 am – 3.30 pm, Creswick, Creswick Community Health Centre (239)
Wednesday 16 th	Culturally Appropriate Health Promotion, Centre for Culture, Ethnicity & Health, 9.00am – 1.30pm at the Centre for Culture, Ethnicity & Health 81-85 Barry St Carlton (242)
Wednesday 16 th	CHPCP - RYAN Meeting – 3.00pm – 5.00pm, DPCD Office 111 Armstrong St Ballarat (242)
Friday 18 th	Borderline Personality Disorder – Centacare Ballarat 8.30am, The Victoria 2 Room, Mecure Ballarat, 613 Main Rd Ballarat (242)
Sunday 20 th	Medimarathon, St John of God, 8.00 am Start, Lake Wendouree (239)

Free School Bus Service – Rokewood to Ballarat via Ross Creek

Golden Plains Shire and Gold Bus Ballarat are running a free unsupervised bus form Rokewood to Ballarat via Ross Creek during the School holiday period

This will enable young people to shop in town, hang out with friends at the skate park, see a movie or walk Lake Wendouree.

For enquires and timetables contact Gold Bus Ballarat on 5335 5005

Borderline Personality Disorder Training – Ballarat – Centacare Ballarat

This is an introductory workshop program for Mental Health workers, Alcohol and other Drug workers and other 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.
- * Addressing the meaning of self harm
- * Explore the idea of stimulus entrapment and what this means
- * Develop some helpful ideas on how to work with clinical services.

Cost: \$150pp

To be held Friday 18th September, 8.30am at The Victoria 2 Room, Mecure Ballarat Hotel and Convention Centre, 613 Main Rd Ballarat.

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

“Opening Doors Survey” Council to Homeless Persons

We invite you to take part in a short survey and to register your interest in attending further consultations.

The development of a new Victorian Homelessness Strategy provides an opportunity to examine the current support and housing service delivery response in a number of areas. In this context the Council to Homeless Persons (CHP) is examining the benefits and challenges the sector has found with the Opening Doors framework.

Key features of the model will include local service area networks, visible entry point, practice development, interim response and service coordination and practice tools.

For information and to take part in the survey please email trish@chp.org.au with the subject line “Consultation on Opening Doors’ and include your contact details.

Young Parents Playgroup – City of Ballarat

City of Ballarat are starting a new group for young parents and their babies, toddlers and pre-school aged children. You are invited to come along to play and have fun with your child at playgroup. Fell free to bring a friend or family member with you.

To be held each Friday in Term time at 11.00am – 12.30pm at the Eureka Family Resource Centre, 507 Humffray St Sth.

Cost: Gold coin donation

For information contact City of Ballarat Playgroup Coordinators Meghan or Julie on 5320 5682 or

ballaratplaygroupd@ballart.vic.gov.au

Annual Mental Heath Trivia Night – Grampians Region – Mental Health Week

The annual Mental Health Trivia night is a fundraiser for Grampians Mental Health Week Action Group.

Theme: Halloween (prize for best dressed table)

Up to 10 participants per table, spot prizes throughout the evening, bar facilities will be available (No BYO), BYO nibbles, tea & coffee will be provided.

Cost: \$15 pp (pay at the door)

To be held Friday 6th November, 7.30pm at the Victoria Bowling Club, 231 Victoria St, Ballarat

For information and table reservations contact Nola Kervarec on 5333 7104 nolak@bhs.org.au or Marilyn Gail on 53384 500

marilyng@bchc.org.au

RSVP by 26th October 2009

Mobility Safety & Transport Expo 2009

Need help getting around town? Not comfortable using buses or taxis? Can't walk very far without assistance? No longer have a drivers licence?

If any of these apply to you, then the Mobility Safety & Transport Expo may have information to help you become more independent.

If you cannot arrange your own transport, please speak to Lynne Redman to discuss options on 5332 8679.

To be held Tuesday 20th October, 10.30am – 2.30pm at the Mining Exchange, 8-14 Lydiard St Nth Ballarat.

Lunch and afternoon tea is provided.

For information and registrations contact Lynne Redman on 5332 8679 or

redman@rslvicagedcare.com.au

Did you know???

A three percent annual growth rate will result in the doubling of consumption and production of food and other products in 25 short years.

The amount of motor vehicles that are expected to be operated will increase 15 million a year until at least 2010

“Lifestyle as a Modifiable Risk in Depression and Anxiety” Barwon Health

A community education seminar will be delivered by Dr Felice Jacka. Felice Jacka has been with The University of Melbourne since 2002, working collaborative projects between the divisions of psychiatry and epidemiology within the University's Department of Clinical and Biomedical Sciences.

In this seminar Dr Jacka will draw on research into nutrition and lifestyle which may help to avert mental illness and lead to better outcomes for susceptible individuals. She will be happy to take questions from the floor at the end of the lecture.

Cost: \$10pp Concession, \$15pp Members, \$30pp non members.

To be held Thursday 3rd September, 7.30pm – 9.00pm at Mental Health House, 270 Church St Richmond.

For information & registration call 03 9427 0406

SSMART Answers Conference

Parents and community members are invited to attend SSMART ANSWERS 2 – how we talk about Alcohol Conference.

This session is the parents and community members part of the SSMART Answers Conference. The conference is held every 2 years and it is driven by young people (years 10-12) and involved schools, parents and community members tackling the issues of substance misuse, alcohol and risk taking.

SSMART Answers is coordinated by Council funded by AER (alcohol Education and Rehabilitation Foundation) VIC Health and supported by a variety of other organisations. To be held Wednesday 9th September, 6.30pm – 9.00pm at Alexandria on Lydiard, 30 Lydiard St North.

For information and registration contact Jodie Downey, 5320 5593, 0407 556 212 or jodiedowney@ballarat.vic.gov.au

City of Ballarat Youth Recognition Awards

The City of Ballarat Youth Recognition Awards are designed by the City of Ballarat Youth Council to help acknowledge the positive contributions young people make to the community.

They are an opportunity for Ballarat to come together & celebrate youth achievement in areas that are not regularly celebrated.

If you or someone you know should be recognised for making a positive contribution to Ballarat then nominate now.

For information and nomination forms contact 5320 5644 or email youth@ballarat.vic.gov.au Nomination forms can also be downloaded at www.ballarat.vic.gov.au

Strategies for supporting Bereaved and Grieving Adult

This workshop is designed for professionals involved in the care and support of adults who are grieving such as nurses, counsellors, doctors, those in aged care industry, clergy and volunteers.

Cost: \$200 pp

To be held Friday 11th September, 9.30am – 4.30pm in Ballarat (venue advised on registration)

Community Seminar – Supporting the Bereaved Child

This workshop is designed for persons interested in childhood grief and bereavement including teachers, nurses, parents, funeral directors and counsellors.

Cost: \$30.00 pp

To be held Thursday 10th September, 7.00pm – 9.30pm in Ballarat (venue advised on registration)

For information and registration on either workshops contact the Australian Centre for Grief and Bereavement, 1800 642 066 or infor@greif.org.au

What's The Deal? Victorian Legal Aid

'What's The Deal?' is a teaching resource for people working with 14-16 year olds. A kit to educate young people about legal issues.

This fee kit is mapped to Victorian Essential Learning Standards (VELS) but can also be used by community workers running educational programs.

The kit involved five modules:

- * Human Rights (new module)
- * Authority – Police and ticket inspectors
- * Your body – Sex and gender identity, pregnancy
- * When things hurt – Violence & discrimination
- * Becoming independent – Leaving home & getting work.

The kit also includes fact sheet, activities, directories and glossaries.

To order your free copy of What's The Deal go to www.legalaid.vic.gov.au/publications.htm

Fill out your form and return it to Victoria Legal Aid, Community Legal Education, Level 1 350 Queens St, Melbourne or fax to 9269 0381

Youth Mental Health First Aid - CHPCP

This free 2 day workshop is covering all aspects of Youth Mental Health First Aid facilitated by Anne Watson.

To be held Thursday 29th & Friday 30th October at Seymour's on Lydiard, Lydiard St Ballarat.

For information and registration contact Sharna Kelly at Central Highlands PCP on 5338 4774 or to register admin@chpcp.org

Culturally Appropriate Health Promotion – Centre for Culture, Ethnicity & Health

This workshop is specifically designed for health promotion coordinators and project managers. A working knowledge of health promotion assumed.

Topics will include: Applying health promotion principles and frameworks to CALD target groups, Explore differing health beliefs and cultural assumptions and Understanding culturally appropriate models of evaluation.

Cost: \$150 pp

To be held Wednesday 16th September, 9.00am – 1.30pm at the Centre for Culture, Ethnicity and Health, 81-85 Barry St, Carlton.

For information contact Viv Fox on

03 9342 9709 or enquiries@ceh.org.au

Children's Art Therapy – Expressions of Interest

We are currently seeking enrolments/ expressions of interest for our therapeutic family violence group work.

This workshop is aimed for children's aged 8-12 years who have experienced homelessness and/or family violence.

It will run for 1 afternoon per week for 10 weeks commencing in the fourth term at the Peart Wing, Lydiard St Sth Ballart, 3.30pm – 5.00pm
For information contact Ruth for the girls group, 533 33666 or Bob Maika for boys group 53373 333

Referrals via support worker only

The Australian Institute of Family Studies – Protecting Children: Where to from here? National Child Protection Week 2009

A free public seminar will be held on Protecting Children in conjunction with National Child Protection Week 2009.

Child welfare and statutory child protection services are frequently criticised for failing to protect children from harm, particularly from child abuse and neglect. In the light of the National Framework for protecting Australia's Children, the presentation concluded with an exploration of system reforms that may improve responses to child abuse and neglect.

To be held Thursday 10th September, 10.00am – 11.30am at the State Library of Victoria, Conference Centre, Village Roadshow Theatre, Entry 3, La Trobe St, Melbourne.
RSVP is essential to aifs-seminar@aifs.gov.au or 03 9214 7888

To download a seminar flyer go to www.aifs.gov.au/institute/seminar/2009/tomison.pdf

The seminar abstract and presenter bio is available at www.aifs.gov.au/institute/seminars/seminars.html

Father Inclusive Practice Workshop – Issues & Practice, Centre for Community Child Health

An interactive one day overview of the principles of Father Inclusive Practice and their application in family service. This workshop will use "Father-Inclusive Practice Guide" (FaHCSIS, 2009) as a foundational resource in exploring and understanding useful, practical steps in moving towards an inclusive practice for fathers.

The interactive and practical workshop is facilitated by Paul Prichard who recently joined the training team at the Centre for Community Child Health.

Topics will include:

- * What is Father inclusive practice?
- * What do we know and understand about men and how they gather information?
- * The need for change 3
- * Planning and implementing change
- * Marketing services to men and Skills, knowledge, attitudes of practitioners.

Cost: \$160 pp

To be held Tuesday 20th October, 9.30am – 3.00pm at the Centre for Community Child Health, Royal Children's Hospital, Flemington Rd, Parkville.

For information and registration email

training.cch@rch.org.au

'Go for Your Life' Newsletter

The August edition of the "Go for your life" subscriber newsletter is now available online at www.goforyourlife.vic.gov.au/gfylnews

In this issue is "Go for your life" 2009 Rock Eisteddfod challenge, Congratulations Melbourne Vixens, "Go for your life" Get active at Auskick competition winners, Recipes for healthy bones, Community education program survey winners and information centre news.
For information contact the 'Go for your Life' Info line on 1300 739 899

Central Highland PCP Demographic Profile – Needs Analysis

Can now be found on the CHPCP website at www.chpcp.org scroll to the bottom of the homepage and click on the link

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