

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.

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

Friday 18 th	Borderline Personality Disorder – Centacare Ballarat 8.30am , The Victoria 2 Room, Mecure Ballarat, 613 Main Rd Ballarat (242)
Friday 18 th	Thinking about the Future, Commonwealth Carer Respite Centre, held over 5 weeks on Fridays, Venue advised on registration. (243)
Sunday 20 th	Medimarathon, St John of God, 8.00 am Start, Lake Wendouree (239)
Monday 21 st	CHPCP Diabetes Steering Group Meeting, 1.00pm – 3.00pm, Ballarat District Division of General Practice, 105 Webster St Ballarat (243)
Tuesday 22 nd	ADHD and learning disorders from Science to Strategies, 9.00am – 3.00pm at the Boroondara Sports Centre, 271c Belmore Rd Balwyn North (243)
Thursday 24 th	Good2gr8 Teenagers, Empowering Your Teenager, Increasing Self Belief, 10.00am – 12.00pm in Ballarat, Venue TBA on Booking (243)
Thursday 24 th	CHPCP Full Alliance Meeting, 9.00am – 10.30am, Ballarat District Division of General Practice, 105 Webster St Ballarat (243)
Thursday 24 th	CHPCP Executive Meeting 10.30am – 11.00am Ballarat District Division of General Practice, 105 Webster St Ballarat (243)
Thursday 24 th	Teen SPIRIT Action – Golden Plains Shire, Melbourne Trip 1 (244)
Thursday 24 th	Auslan Video Relay Interpreter Service, Information Session, 2.00pm -5.00pm at the Ballarat Business Centre, 15 Dawson St Ballarat (244)
Friday 25 th	Goo2gr8 Teenagers, Empowering your Teenager, Increasing Resilience, 10.00am – 12.00pm in Ballarat, Venue TBA (243)
Friday 25 th	Teen SPIRIT Action – Golden Plains Shire, Rokewood Grassroots Games, 11.00am – 3.00pm at the Rokewood Recreation Reserve, Rokewood. Free bus from Rokewood to Ballarat(244)
Wednesday 30 th	Teen SPIRIT Action – Golden Plains Shire, Melbourne Trip 2 (244)

OCTOBER 2009

Thursday 1 st	Teen SPIRIT Action –Golden Plains Shire, Lethy FReeZA program, 12.00pm – 4.00pm at the Lethbridge Town Hall, Lethridge (244)
Sunday 4 th – 10 th	Mental Health Week Celebrations, Kirrit Barreet Aboriginal Arts & Cultural Centre, 403 Main Rd Ballarat (244)

City of Ballarat Child & Family Friendly Cities Forum

As part of the City of Ballarat's endeavour to progress Ballarat as a child & family friendly city and to acknowledge the 20th Anniversary of the United nations Convention of the Rights of the Child.

An invitation is extended to attend a presentation and workshop with Dr Karen Malone

To be held

Thursday 1st October, 2009

At Sails on the Lake

Ballarat Yacht Club, Wendouree Parade

RSVP by 18th September

For enquiries contact Anne Scott on 5320 5751

annescott@ballarat.vic.gov.au

Merran Fleming on 5320 5773 or

merranfleming@ballarat.vic.gov.au

Mental Health Week Activities – 4th October – 10th October

All activities during Mental Health Week will take place at Kirrit Barrett Aboriginal Art & Cultural Centre located at 403 Main Rd Ballarat.

Activities will include:

Monday, Tuesday & Wednesday: Art exhibitions with launch at 5.30pm Monday

Thursday: School sessions 9.00 am – 3.00 pm
Community session with guest speaker Richard Frankland 7.00pm – 9.00 pm

Friday: Consumer &

Carer BBQ 11.00 am – 3.00pm including indigenous foods.

Cost: Gold coin donation

For bookings please call Marilyn Gale or Jackie Mawkes at Ballarat Community Health on 5338 4500

Getting Back & Surviving in the Workplace with a Mood Disorder – Mental Health Foundation

Carolyn Gately will talk about her own experiences of being diagnosed with bi-polar depressive illness and how she has been able to both finish her studies and return to the workplace. Join us for a discussion and Carolyn will be happy to answer questions from the floor.

Cost: \$10 conc. \$15 members, \$30 non-members.

To be held Thursday 17th September, 12.30pm – 2.00pm, Mental Health House, 270 Church St Richmond.

For information contact 03 9427 0406 or admin@mentalhealthvic.org.au

Regional Health Promotion Workshop - Department of Health, Grampians Region

Dept of Health invite you join regional colleagues for an opportunity to reflect upon a health promotion journey and the road ahead. Dept of Health will be developing a regional resource of Integrated Health Promotion case studies and invites agencies to provide a case study for inclusion. All IHP work can be included not just specific DHS funded activities.

Topics will include

- * Case studies-Dept of Health & agencies
- * Guest speakers – hear directly about the impact of health promotion
- * Networking and mentoring opportunities
- * Resource sharing (swap & meet style)

To be held Thursday 22nd October 10.00am – 4.00pm, Great Hall, Gum San, Lambert St, Ararat.

Agencies interested in presenting their case studies can submit case studies by Monday 21st September.

For information contact Ebony Ferrier on 5252 0114 or Julian Harvey on 5333 6014

Sportslink.org.au – Central Highlands Sports Assembly

Sportslink is an online community sport and recreation directory for the Victorian community. Sportslink promotes sport and recreation activities to the broader community in one central location and provides clubs with online resources and information through their Regional Sports Assembly.

Benefits include, promoting your club or activity, recruiting new members, receiving newsletters, access online resources, grant information and manage and update your own information.

For information about sportslink go to www.sportslink.org.au

In the Central Highlands Region contact the Central Highlands Sports Assembly on 5331 6966 or visit centralhighlands.sportslink.org.au or email info@chsa.org.au

Who is a carer? It could be you Commonwealth Carer Respite Centre

A one day workshop aimed at people who are new to the caring role or who have only recently identified themselves as being a carer and the people they care for.

The session will explore the many changes they may be experiencing and acknowledge the emotional aspects and provide information, support and resources for future planning.

To be held Tuesday 6th October.

For information, venue and times contact Lynden, Rita or Alyssa on 1800 052 052 or lyndenh@bhs.org.au

Ballarat Health Services – Community Programs – new Central Intake

BHS – Community Programs have commenced implementation of a Central Intake system for Community Programs.

The service implementation will be staged and provide a streamlined referral process with consumers & services given a single point of entry into Community Programs, reducing duplication of referrals.

The first stage will commence with Post Acute Care (PAC) & Hospital Admission Risk Program (HARP) from September.

Other programs will be added and services will be advised each time a program is added to Central Intake.

E-referrals can be made using Connectingcare at www.connectingcare.com. The service is located under agency heading of Ballarat Health Services – Community Programs – Central Intake.

For further information contact 5320 6690 or fax: 5320 3893 or email centralintake@bhs.org.au
Referrals will be processed Monday – Thursday 8.30am – 4.00pm & Friday 8.30am – 3.00pm.

Free Cycling Training – Voucher Program Amy Gillett Foundation, AustCycle, Cycling Australia & Bicycle Federation of Australia

Aust Cycle is a joint venture between Cycling Australia, the Amy Gillett Foundation and the Bicycle Federation of Australia. Throughout 2009 the Department of Environment and Climate Change (DECC) has provided a significant number of cycling vouchers each worth \$360, free to companies, councils and community groups to provide adult AustCycle training courses for everyone from beginners to experienced riders. Since the launch the DECC Voucher Program has provided more than 150 groups with free cycling training. This program has now been extended to 31st March 2010. For information and application forms contact DECC via email on

OnYourBike@environment.nsw.gov.au

Multilingual and Multiactive – now be multi-skilled

You already know the benefits of being physically active! Now help other people keep healthy and active by becoming qualified exercise instructors.

The Ethnic Communities Council of Victoria (ECCV) and YMCA are offering financial support to people who speak a language other than English to train and lead activity sessions for older people.

Certificate III in fitness enables you to work as a group exercise instructor. The course can be completed in 6 months part time and is held at the YMCA Fitness Training Facilities in Fairfield, Knox and Ballarat, during the day, evenings and on weekends.

For information contact Kate Ling, Project Coordinator on 9349 4122 or kling@eccv.org.au

Sports Medicine Australia - Central Highlands Region

Sports Medicine Australia is offering sports clubs in the Central Highlands region the chance to go into the draw and win:

- * 1 x Safety training valued at \$3000
- * 1 x \$500 cash prize
- * 10 x \$100 Petrol Vouchers
- * 10 x Double movie passes

All clubs have to do to go in the draw is complete a survey about safety at their club!

Results from the survey will enable Sports Medicine Australian to better tailor projects in the area to assist clubs to become safer.

This draw is open to all clubs in the Central Highlands region of Victoria.

The survey can be obtained by emailing smartplay@vic.sma.org.au or call Christine Harvey 03 9674 8702 or Annabel Sides, 9674 870

Teen SPIRIT Action – These School Holidays Golden Plains Shire

Free Underage events: Lethy FReeZA

A bit of fun for the school holidays in Lethbridge. Watch and learn hip hop dancing with 'existdance' participants in a ride, get a tattoo or just enjoy the food and drink with friends.

To be held at the Lethbridge Town Hall, Thursday 1st October, 12.00pm – 4.00pm Free transport is available throughout the Golden Plains Shire contact Aleisha on 5220 7177 or 0407 847 138 to arrange.

Rokewood Grassroots Games

Want to have a go at some sports? Like participating in fun activities and enjoy slushies and fairy floss? Then this FReeZA event is for you.

To be held Friday 25th September 11.00am – 3.00pm at the Rokewood Recreations Reserve. Free transport is available throughout the Golden Plains Shire contact Aleisha, 5220 7177 or 0407 847 138 to arrange.

Free School Holiday Transport Rokewood – Ballarat

A free bus will be running from Rokewood to Ballarat on Friday 25th September and Friday 2nd October, for anyone wanting to have fun in Ballarat for the day.

For information in regards to pickup and drop off times contact Goldbus Ballarat on 5225 5005 This is a transport service only, not a supervised activity.

Youth Moves -

School Holiday Transport Service

Keen to get out, up and off for some adventures these school holidays? The Youth Moves transport service is low cost, low hassle and just for you. There are two trips to Melbourne; drop off point is a location in the CBD Melbourne (to be advised) on booking.

Melbourne Trip 1 – Thursday 24th September, with pick up and drop off points from Meredith, Lethbridge, Shelford, Teesdale, Bannockburn and Inverleigh.

Melbourne Trip 2 – Wednesday 30th September, with pick up and drop off points from Rokewood, Cape Clear, Scarsdale, Ross Creek, Smythesdale and Linton

A return trip will cost \$5 which is payable on the day, places are limited.

Bookings Essential, No booking – No ride!

For information and bookings contact Yuko on 5220 7106 or 0429 350 379 or

yishido@gplains.vic.gov.au

Did you know???

The energy saved from recycling just one bottle could light a 100 watt bulb for 4 hours

Auslan Video Relay Interpreter Service Information Session – Ballarat (DHS)

The VIDEO RELAY INTERPRETING SERVICE trial will cater to Deaf people who live in regional areas of Victoria where access to professional interpreters is usually extremely limited.

The interpreters based in Melbourne will be available via the use of high quality videoconferencing equipment that has been set up at a local venue.

The VRI project will provide free interpreting services during part of the trial period from 1st October to 31st October 2009.

Topics will include:

- * Learn what the Video Relay Interpreter Service trial is
- * Understand the role of VRI service staff
- * Understand how VRI works in different settings
- * Understand the difference between video relay interpreting and face to face interpreting.

To be held Thursday 24th September 2.00pm – 5.00pm at the Ballarat Business Centre, 15 Dawson St, South Ballarat.

For information and registration contact auslanadmin@kangan.edu.au or SMS registration to 0418 524 470

Seniors Week Celebrations 2009 Golden Plains Shire

'Big Day Out' Bus Tours

Golden Plains Shire is hosting the 'Big Day Out' Bus tours in the lead up to this year's Victorian Seniors Week Celebrations from 4th October – 11th October.

Cricket Willow Tour

The first bus tour will take you to the picturesque town of Daylesford. Participants will enjoy a guided tour of Cricket Willow which includes local and family history, casual games of cricket and bocce an outdoor BBQ lunch and hands on workshop on how cricket bats are made.

Cost: \$20pp includes tour, tea - coffee, lunch & sweets.

To be held Friday 18th September, 9.15am – 5.00pm, leaving from The Well, Heales St, Smythesdale.

Cliff Top Tour

This tour is a cliff top casual tour that is shrouded in mystery. Participants will be taken to exciting sites and features along the coastal towns of Queenscliff, Point Lonsdale and Sorrento.

Cost: \$20pp includes tour, tea, coffee, lunch & sweets.

To be held Friday 25th September, 9.15am – 6.00pm, leaving from Bannockburn Customer Service Centre, 2 Pope St.

For information and bookings call Sam Lovejoy on 5220 7189 or slovejoy@gplains.vic.gov.au

'At Risk' Television Campaign – Gambling Quiz

A new TVC campaign launched by the Minister will commence Sunday 13th September for an eight week period.

It is aimed at young males "at risk" of developing a problem with gambling. The 30 second television commercial (TVC) shows gambling as a 'barrier' to engaging in social activities. It shows a young man pushing the pokie machine around the city and then tries to push it through the door of the club but it won't fit. The voiceover asks 'Is gambling getting in the way of your social life? Blow all your money gambling and you won't be going anywhere'

The advertisements are designed to drive target audiences to a campaign – specific micro website where they can take a self assessment questionnaire to see if they are at risk.

The website can be accessed at www.takethequiz.com.au and you will be able to assess their level of risk through two different quizzes. One quiz is a self assessment tool which will place you on a scale and the second quiz is a calculator where you can put data about spending patterns and calculate spending and gambling within a year. This site will also have tips about responsible gambling and setting budgets.

Professional Development in Palliative Care

The centre for Palliative Care Education has developed a Specialist Certificate in Palliative Care in conjunction with the University of Melbourne. In addition to the accredited Specialist Certificate in Palliative Care currently running, a non-accredited one day short courses offered in September 2009.

These courses will be particularly inviting to generalist health care professionals and/ or those working in specialist palliative care that want to update their skills. For information and registration regarding either the award course or the non award course contact Danielle Boardman on 03 9810 3250 or d.boardman@mccp.unimelb.edu.au or visit the website at

www.mccp.unimelb.edu.au/palliativecare

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