

## 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](mailto:admin@chpcp.org) by **Fridays** for the next week's edition.

### Global Financial Crisis "Hardship who's Next?"

A local response to the Global Financial Crisis –  
Hardship, "Who's Next?"

Being held during Anti - Poverty week to encourage discussion and action to reduce hardship and poverty.

Are you involved at the local level responding to people who have recently experienced hardship due to the financial crisis? Would you like to hear case studies from workers who are responding to a new demand on services?

Then this forum is for you.

**To be held**  
**Monday 12<sup>th</sup> October**  
**1.00pm – 3.00pm**  
**At CAFS, Ludbrook House,**  
**115 Lydiard St, North Ballarat**

For information and RSVP call  
Evie Dichiers or Jodie Rykers at CAFS on 5337 333  
by Thursday 8<sup>th</sup> October

## 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](http://www.chpcp.org/newsletter)

### September 2009

Thursday 24 <sup>th</sup>	Good2gr8 Teenagers, Empowering Your Teenager, Increasing Self Belief, 10.00am – 12.00pm in Ballarat, Venue TBA on Booking (243)
Thursday 24 <sup>th</sup>	CHPCP Full Alliance Meeting, 9.00am – 10.30am, Ballarat District Division of General Practice, 105 Webster St Ballarat (243)
Thursday 24 <sup>th</sup>	CHPCP Executive Meeting 10.30am – 11.00am Ballarat District Division of General Practice, 105 Webster St Ballarat (243)
Thursday 24 <sup>th</sup>	Teen SPIRIT Action – Golden Plains Shire, Melbourne Trip 1 (244)
Thursday 24 <sup>th</sup>	Auslan Video Relay Interpreter Service, Information Session, 2.00pm -5.00pm at the Ballarat Business Centre, 15 Dawson St Ballarat (244)
Friday 25 <sup>th</sup>	Goo2gr8 Teenagers, Empowering your Teenager, Increasing Resilience, 10.00am – 12.00pm in Ballarat, Venue TBA (243)
Friday 25 <sup>th</sup>	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 <sup>th</sup>	Teen SPIRIT Action – Golden Plains Shire, Melbourne Trip 2 (244)

### OCTOBER 2009

Thursday 1 <sup>st</sup>	Teen SPIRIT Action –Golden Plains Shire, Lethy FReeZA program, 12.00pm – 4.00pm at the Lethbridge Town Hall, Lethbridge (244)
Monday 5 <sup>th</sup>	Grief and Bereavement Session Grampians Regional Palliative Care Team, , 6.30pm – 8.30pm, Ballarat Health Services, Drummond St Ballarat (245)
Tuesday 6 <sup>th</sup>	Little Kids with Attitude, Centacare Ballarat, 1.00pm – 3.00pm Building Positive Relationships, Centacare Ballarat, 7.00pm – 9.00pm venue to be advised on booking (245)
Wednesday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>	Learning to Bloom, Centacare Ballarat 1.00pm – 3.00pm venue advised on booking (245)
Sunday 4 <sup>th</sup> – 10 <sup>th</sup>	Mental Health Week Celebrations, Kirrit Barreet Aboriginal Arts & Cultural Centre, 403 Main Rd Ballarat (244)
Tuesday 13 <sup>th</sup>	Games Night FASDAB, 5.00pm, Peart Wing, 103 Lydiard, St Ballarat (245)
Thursday 15 <sup>th</sup>	Moving Beyond School Exclusion, The Centre for Adolescence Health, 9.00am – 1.30pm at the Ella Latham Theatre, Royal Children's Hospital Parkville (245)

## **FASDAB**

### **Friends acting to support diabetics around Ballarat**

This social group provides an opportunity to meet other Type 1's in your area, share experiences, support each other, gain valuable local information and listen to guest speakers in an informal setting.

FASDAB will be holding a games night.

To be held Tuesday 13<sup>th</sup> October, 5.00pm onwards at the Peart Wing, 103 Lydiard St Ballarat.

Please bring your favourite game (card, board, quiz or even charade type games) Small amount of food to share (full kitchen facilities at venue) and Non alcoholic drinks.

For information and RSVP contact Leanne on 5337 2726 or 0409 425 962 or

[lnicholson@ucare.org.au](mailto:lnicholson@ucare.org.au)

RSVP via phone, email or text by 12<sup>th</sup> October

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### **Hepburn L2P – Learner Driver Program – Hepburn Shire Council**

L2P is a program of 7 free driving lessons with a qualified instructor and 120 hours of free supervised driving time with a volunteer supervisor. Hepburn Shire Council in partnership with Daylesford Neighbourhood Centre and Hepburn Health Services have been successful in applying for funding from Vic Roads to run L2P in Hepburn Shire and are currently in the process of establishing the program.

L2P is currently seeking the support of local clubs, organisations and individuals that may wish to be involved in supporting L2P by volunteering time as a supervising driver. Training and support are provided by the program so no previous experience is necessary. L2P can make a real difference to the lives of young people involved in the program and encourage you to discuss the program with your members.

For information contact Simon Evans, Transport Connections Coordinator on 5342 8399 or 0458 338 722 or [sevans@hepburn.vic.gov.au](mailto:sevans@hepburn.vic.gov.au)

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### **Grampians Regional Palliative Care Team, Twilight Education Session**

PAL-ED is holding a session on Grief and Bereavement with guest speakers Bill Weidner, Ballarat Hospice Care and Brenda Rutherford, Mental Health Social Worker.

To be held Monday 5<sup>th</sup> October, 6.30pm – 8.30pm at the Education Resource Centre, BBH, Ballarat Health Services, Drummond St Ballarat.

Cost: \$15 Grampians Region, \$25 other

For information contact Bernadette Matthews on 5320 3553 or [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

Video link is available via regional hospitals; please contact your local hospital health educator.

## **Building Hope Skilled Based Workshop for Carers of a Person with an Eating Disorder**

Eating Disorders Victoria in collaboration with Deakin University is offering a six week workshop program for families and parents of a person with an eating disorder. The program is based on a Professor Janet Treasure's research on the motivational style of treatment of people with eating disorders. This style builds empathy, promotes understanding and reflects listening skills, recognises the benefits of consistency, compassion and calm communication in supporting your loved ones.

Cost: \$80pp or \$120 per couple for six weeks

To be held every Thursday for 6 weeks commencing Thursday 29<sup>th</sup> October, 6.30pm-8.30pm at Ballarat Health Services, Education Centre, Drummond St Ballarat.

For information and registration contact Eating Disorders Victoria on 9885 6563 or

[edfv@eatingdisorders.org.au](mailto:edfv@eatingdisorders.org.au)

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### **Ballarat Regional Municipal Council and HACC Friendly Visiting Scheme – Extend the Hand of Friendship**

The Friendly Visiting Scheme is up and running in Central Highlands and Grampians Region. It is designed to relieve the loneliness and isolation of people who are housebound due to age or health problems and whose mother tongue is not English.

All volunteers are fully trained and the service is free to clients.

For information contact Virgie Hocking, Friendly Visiting Scheme Coordinator on 5332 5941 or

[virgih@brmc.org.au](mailto:virgih@brmc.org.au)

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### **YMCA School Holiday Activities for Year 7-9 Teen Holiday Program**

The following programs will run from 10.00am – 4.00pm on the following days in

September/October 2009

\* Friday 25<sup>th</sup> September – Gymnastics & Yabbing

\* Monday 28<sup>th</sup> September – Slaty Creek Day Trip

\* Wednesday 30<sup>th</sup> September – Swimming and Hip Hop Workshop

\* Friday 2<sup>nd</sup> October – Laser Games at Kryal Castle

Bus Scheme running from Daylesford ARC to Ballarat.

Daylesford ARC departing 9.00am Returning 5.00pm

Bus pick up at Alfredton Primary School Venue 9.15am returning 4.45pm

Bus pick up at Damascus College (Jr) 9.45am returning at 4.15pm. Bookings Essential

For information contact YMCA Ballarat on 5329 2800

## **Moving beyond School Exclusion, What are the alternatives?**

### **The Centre for Adolescent Health**

School exclusion is used as a consequence for serious transgressions of behaviour at school. However students who are suspended or expelled are at a greater risk for a range of unintended consequences such as intensified academic difficulties, disengagement from school, student alienation, antisocial behaviour and substance use. This forum explores the unintended consequences of school exclusion and examines alternative approaches which can be used by schools to reduce suspensions. To be held Thursday 15<sup>th</sup> October, 9.00am – 1.30pm at the Ella Latham Theatre, Royal Children's Hospital, Flemington Rd Parkville. For information call Lara Cullen at The Centre for Adolescent Health on 03 9345 6671 or [lara.cullen@rch.org.au](mailto:lara.cullen@rch.org.au)

## **Government Releases National Mental Health & Disability Employment Strategy**

The Minister for Employment Participation, Senator Mark Arbib and the Parliamentary Secretary for Disabilities and Children's Services, Bill Shorten has announced the release of the Australian Government's National Mental Health and Disability Employment Strategy which sets out a number of priority actions to get Australians with disability or mental illness into work.

The report is available in electronic format at [www.workplace.gov.au/workplace/Publications/PolicyReviews/EmploymentStrategy/](http://www.workplace.gov.au/workplace/Publications/PolicyReviews/EmploymentStrategy/)

## **'The NO means NO Show', The Women's - Royal Women's Hospital Victoria**

The No means No Show is back by popular demand, a season of shows for young women & young men in November 2009.

The Royal Women's Hospital & CASA House bring you this interactive health promotion show as part of the Sexual Assault Prevention Program for Secondary Schools (SAPPSS)

The show takes a theatre approach to issues of consent, sex & relationships and included is an open session with a panel of experts.

Counsellors will be available to debrief with students if required.

*Your body = your choice*, sex when you choose, it can be great.

Please note this performance contains some coarse language and sexual references, suitable for young women and young men 14 yrs up.

Cost: \$7.00pp, Bookings Essential

To show will run from Thursday 5<sup>th</sup> November - Wednesday 11<sup>th</sup> November at the Trades Hall Theatre, Cnr Lygon St & Victoria St Carlton.

For information and bookings call 03 9635 3612

## **Centacare Family Relationships Services Programs 2009**

### **Little Kids with Attitude**

This 2 hour session is aimed for parents of toddlers and pre schoolers.

Topics will include enjoying your child, positive messages & discipline, developmental stages and taking care of yourself.

Cost: \$10 pp

To be held Tuesday 6<sup>th</sup> October 1.00pm – 3.00pm

### **Building Positive Relationships**

This 2 hour session is aimed to help all relationships.

Topics will include acknowledging our relationship strengths, positive relationship 'ingredients', current research findings and putting all this into daily life.

Cost: \$10pp

To be held Tuesday 6<sup>th</sup> October, 7.00pm – 9.00pm

### **Learning to Bloom (Women's Self Nurture) 4 sessions x 2 hours**

This session is a nurturing program to help women.

Topics will include building self esteem, setting goals, enhancing relationships and self care.

Cost: \$30pp

To be held Wednesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> October at 1.00pm – 3.00pm

For information and bookings contact Sue at Centacare on 5337 8908

Venues will be confirmed on booking for all sessions. Please note childcare will NOT be provided at any of the above sessions.

### **Don't panic! - Stay Cool!**

#### **A Welfare Rights Centre can help**

Call Welfare Rights for FREE INDEPENDENT legal advice about Social Security and Centrelink (it is not part of centre link) Welfare Rights Centre in Victoria -

\* Melbourne – 03 9416 1111 or 1800 094 164

\* Geelong – 03 5221 4744

\* Centrelink Customer Relations – 1800 050 004

\* Centrelink Youth & Student Line – 132 490

\* Centrelink Employment line – 132 850

\* Employment Services Info – 1800 805 260

For information visit [www.centrelink.gov.au](http://www.centrelink.gov.au) or [www.deewr.gov.au/Employment/JSA](http://www.deewr.gov.au/Employment/JSA) or [www.welfarerights.org.au](http://www.welfarerights.org.au)

### **Did you know???**

98 tons of various resources are required to make one ton of paper

Paper made from recycled paper uses 70% less energy.

### **OZ Child - Peer Activity Leader Program**

This training is suitable for Student Welfare Officers, Teachers and any professionals working with groups of young people.

The Peer Activity Leader Program (PAL) is an initiative that works to promote physical activity, enhances student connectedness, develops social competencies, provides leadership opportunities, enhances relationships across school communities and develops community partnerships.

A key aspect of the program is increasing participation among those who may be disengaged, isolated at school or not normally involved in physical activity. This is achieved through the targeting of specific participants, the skills of the young leaders and the games and activities chosen.

The Peer Activity Leader Program Training will cover training staff to be equipped with the skills to train student leaders to implement the program into schools and selected settings.

Cost: \$95 pp, without purchase of PAL kit  
\$175pp, including the PAL kit.

To be held Friday 16<sup>th</sup> October, 10.00am – 3.00pm at 126 The Avenue, Parkville.

RSVP prior to 12<sup>th</sup> October for catering purposes.

For information contact Erica Thompson  
Research & Development Officer, Oz Child on  
03 9695 2227 or [ethompson@ozchild.org.au](mailto:ethompson@ozchild.org.au)

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### **Advanced Notice**

#### **One Day Train-the-Trainer Course - No Bull (NB) Support**

The Bouverie Centre is offering a free 3½ hour course on how to facilitate (NB) Support Workshops.

The 'No Bull Workshop' is a half day session designed to educate and support lay people who have contact with families and individuals affected by natural disasters (such as drought and bushfires). Examples of the intended participants include vets, volunteers, hairdressers, teachers, small business owners, water carters, stock and station agents and community leaders.

No Bull (NB) support is not about teaching therapy or counselling but rather aims to provide easy to follow guidelines on supporting someone in trouble, when and how to provide referral options and attending to self care.

Cost: Free, included lunch limit of 20 places only

To be held Monday 23<sup>rd</sup> November, 10.00am – 4.00pm at the Bouverie Centre, 8 Gardiner St Brunswick.

For information and Registration contact Carmel Hobbs 03 9385 5100 or  
[c.hobbs@latrobe.edu.au](mailto:c.hobbs@latrobe.edu.au)

### **Women's Health Grampians 2009 Annual General Meeting**

Women's Health Grampians is holding its 2009 Annual General Meeting featuring the launch of the Wimmera and Grampians Pyrenees Women's Action Plan.

The Wimmera Women's Circus will be performing as part of the entertainment.

To be held Wednesday 7<sup>th</sup> October at 12.30pm for a light lunch and 1.00pm for the Annual General Meeting at the Grains Innovations Park, 110 Natimuk Rd, Horsham.

Families are welcome, and a free bus will be provided from Ballarat (dependant on the number of bookings – Bookings are essential)  
Roe information and RSVP by Wednesday 30<sup>th</sup> September call

1800 013 432 or [adminb@whg.org.au](mailto:adminb@whg.org.au)

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### **Asthma Questions? Get the answers**

#### **FREE Asthma Update**

#### **Hosted by Hepburn Health Services Early Learning Intervention & Chronic Disease Program and the Asthma Foundation of Victoria**

The Asthma Foundation of Victoria in conjunction with Hepburn Health Services will be holding a free community session presenting the most up to date information relating to asthma. Topics will include what is asthma, what triggers asthma, asthma medications and devices, asthma first aid and how the Asthma Foundation of Victoria supports the community.

To be held Monday 26<sup>th</sup> October, 7.00pm – 8.30pm at the Daylesford Community Health Centre, video link to Creswick Community health & Clunes Community Health.

Cost: Free

For information and bookings call 5345 8165

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### **Who is a Carer? It could be you**

A one day workshop aimed at people who are in a caring role or identify themselves as carers.

The session is being held Tuesday 6<sup>th</sup> October.

For information and venue contact Lynden, Rita or Alyssa on 1800 059 059 or 5333 7104 or email [lyndenh@bhs.org.au](mailto:lyndenh@bhs.org.au)

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## **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](mailto:admin@chpcp.org)