

## 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.

### SERVICE COORDINATION AND INTEGRATED CHRONIC DISEASE MANAGEMENT (ICDM) SURVEY – DEPARTMENT OF HEALTH

Agencies participation in this survey will support our work in service co-ordination & chronic disease management. This survey forms one of two performance criteria for both service co-ordination & chronic disease management.

The survey is undertaken the context of a continuous quality improvement process, that will support your own internal QA & accreditation processes.

The survey will assist the future work of the CHPCP by identifying areas may require greater focus and support.

[Click here](#) for the survey and supporting resources. The Survey is to be completed on-line by the 30 Oct 2009. If you require more information about the survey please contact the Service Co-ordination Industry Advisor, John Dixon [johnd@chpcp.org](mailto:johnd@chpcp.org) 5338 4772 or at DoH Regional Office John Koopmans [John.Koopmans@dhs.vic.gov.au](mailto:John.Koopmans@dhs.vic.gov.au) 5333 6020.

## 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)

## 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 advised on booking (245)
Tuesday 6 <sup>th</sup>	CHPCP Health Promotion, Social Determinants Training, 10.00am – 2.00pm , CAFS 115 Lydiard St Ballarat
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)
Monday 12 <sup>th</sup>	Global Financial Crisis “Hardship who’s Next” 1.00pm- 3.00pm at CAFS 115 Lydiard St Ballarat (245)
Tuesday 13 <sup>th</sup>	Games Night FASDAB, 5.00pm, Peart Wing, 103 Lydiard, St Ballarat (245)
Wednesday 14 <sup>th</sup>	CHPCP CHADA Meeting, 9.30am – 11.30am BHS Queen Elizabeth Centre, Seminar Room 2, Ascot St, Ballarat
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)
Saturday 17 <sup>th</sup>	Interfaith Tour, Ballarat Interfaith Network, 1.00pm at the Russian Orthodox Cathedral, Brunswick (246)
Monday 19 <sup>th</sup>	CHPCP Diabetes Steering Group Meeting, BDDGP 1.30pm – 3.00pm, 105 Webster St Ballarat
Tuesday 20 <sup>th</sup>	Carer’s Expo, Commonwealth Carer Respite and Carelink Centre, 10.00am – 12.00pm at Saxon House Mair St Ballarat (246)
Tuesday 20 <sup>th</sup>	CHPCP Child & Family Platform Meeting, 9.30am – 11.30am, 115 Lydiard St Ballarat
Wednesday 21 <sup>st</sup>	CHPCP RYAN Meeting, 2.00pm – 5.00pm, Grampians DPCD, 111 Armstrong St Ballarat
Wednesday 21 <sup>st</sup> & Thursday 22 <sup>nd</sup>	Peer Skills Facilitator Training – Uniting Care Kildonan, 2 day course, 9.00am – 5.00pm at Conference Room, Kildonan Uniting Care, 188 McDonalds Rd, Epping (246)
Friday 30 <sup>th</sup>	Online Service Coordination & ICDM Survey Due

## **Australian Poetry Slam 2009**

### **Got Something to Say? An Electric Event**

You've got two minutes and a microphone  
Victoria – Slam It!

Speak, scream, howl, whisper or sing your original poem at the Victorian heats of the Australian Poetry Slam, an electric event where the audience is the judge. Heat winners will compete in the state final at the State Library of Victoria on Thursday 12<sup>th</sup> November.

Victoria's top two slam poets will then battle against State and Territory winners at the Sydney Opera House in December for the coveted Australian Poetry Slam 2009 title, \$5000 cash and a spot at the 2010 Ubud Writers and Readers Festival in Bali.

Ballarat Heat was held on Thursday 24<sup>th</sup> September, 7.30pm at The Blue Note Piano Bar, 213 Mair St Ballarat.

For inquiries about the Ballarat Heat call 5332 2615

Victorian State Final to be held Thursday 12<sup>th</sup> November, 8.00pm -10.00pm at the State Library of Victoria, 328 Swanston St Melbourne.

For enquiries and bookings for the State Final call 03 8664 7099 or [bookings@slv.vic.gov.au](mailto:bookings@slv.vic.gov.au) or visit [www.slv.vic.gov.au/goto/poetryslam](http://www.slv.vic.gov.au/goto/poetryslam)

## **Community Safety Month – City of Ballarat 'Ballarat, a safe city'**

### **Community Safety Awards**

Nominations are being sought for individuals, organisations and groups in the following categories:

- \* Partnership
- \* Community Strengthening
- \* Urban Design for Safe & Healthy Environment
- \* Safer roads, access and movement
- \* Alcohol related harm
- \* Family violence prevention

Do you know of an individual or group whose actions have helped to improve the safety of our community? The "Ballarat, a safe city"

Community Safety Awards are an opportunity to acknowledge and reward these efforts.

We are looking for projects that focus on one or more of the following

- \* Reduction of crime
- \* Injury prevention
- \* Enhancing positive perceptions of safety
- \* Community building
- \* Active citizenship and participation.

Nominations close Friday 2<sup>nd</sup> October, 2009

For information about the awards or to discuss a potential nomination call the City of Ballarat on 5320 5804 or go to the Phoenix Building, 25 Armstrong St Sth, Ballarat.

The winner of the 2009 Community Safety Awards will be announced at an official function on Tuesday 27<sup>th</sup> October, 2009.

## **Carer's Week Service Expo – Commonwealth Carer Respite and Carelink Centre – Carer's Choice**

A Carer's Week Expo for community members, carer's and people who are aged, have a disability or mental illness is being held in Ballarat.

Visitors have the opportunity to talk to stall holders from various services and learn more about the types of assistance available.

A guest speaker and morning tea will be provided.

To be held Tuesday 20<sup>th</sup> October, 10.00am – 12.00pm at Saxon House, Mair St Ballarat.

For information contact the Commonwealth Carer Respite and Carelink Centre/ Carers Choice on 5333 7104

## **Ballarat Interfaith Network - Interfaith Tour**

The Ballarat Interfaith Network is holding an Interfaith Tour.

To be held Saturday 17<sup>th</sup> October, 1.00pm at the Russian Orthodox Cathedral, Brunswick.

Train will depart the Ballarat Station at 10.13am; meet on platform at the Ballarat Station by 10.00am.

For information and to register your interest call Judy on 5331 5638

## **Stall Holders Wanted**

### **Unitingcare Ballarat Jumble Fair**

Unitingcare Ballarat is holding a Uniting Care Jumble Fair. An initiative of Uniting Care Ballarat to raise funds for meals for the Homeless People Program and Lifeline Ballarat. They are currently looking for stall holders with table stalls, car boot sales or food vans.

Cost: \$25 for 3m x 3m stalls.

To be held 17<sup>th</sup> October 9.00am – 3.00pm at St Andrews Church Grounds, Sturt St, Ballarat.

For information and enquiries call Peta on 5337 2725 or [pdando@ucare.org.au](mailto:pdando@ucare.org.au)

## **Unitingcare Ballarat, Volunteer Visitors**

Do you have a spare hour each fortnight?

The Community Visitors Scheme is looking for volunteers to visit a resident in aged care facility in Ballarat and Ballan. Volunteers are matched individually with a resident, the day and time is flexible. Training and support is provided.

If you are interested, for information contact Sharon Schofield, Coordinator on 5335 3504 or [sschofield@ucare.org.au](mailto:sschofield@ucare.org.au)

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

Remove the lids from your plastic bottles and make sure they are empty before you place them in your recycling bin. Doing this prevents liquid spilling and ruining other recyclable products or damaging the equipment at the recycle centre.

### **Peer Skills Facilitator Training – Unitingcare Kildonan**

Kildonan Uniting Care and Lifeline Community Care Queensland is pleased to offer training to schools and agencies wishing to implement the Peer Skills Program as part of their work with young people.

The learning outcomes of those participating in the 2 day facilitator training include:

- \* An ability to deliver the Peers Skills Workshop with your local schools or community
- \* Learning some new activities for experiential learning and engagement of young people.

Cost: \$350.00pp

To be held Wednesday 21<sup>st</sup> & Thursday 22<sup>nd</sup> October, 9.00am – 5.00pm at the Conference room at Kildonan Uniting Care, 188 McDonalds Rd, Epping.

Two day course will include morning & afternoon tea, lunch and a facilitator training manual and Peer Skills Network Membership.

For information and registrations call 03 8401 0100 or [cwynne@kildonan.org.au](mailto:cwynne@kildonan.org.au)

### **National Child Protection Week 2009**

From the beginning of National Child Protection Week (6<sup>th</sup> Sept) to the end of Child Protection Week (1<sup>st</sup> Nov) NAPCAN is conducting the largest ever survey of Australian's attitudes to child abuse and neglect, to gain insight into the issue of child abuse and to assist in developing prevention strategies for the nation.

NAPCAN is calling on all Australian adults, not just parents to start thinking and talking about preventing child abuse by giving a few minutes to fill out the online questionnaire.

The survey is available at

[www.preventingchildabuse.com.au/](http://www.preventingchildabuse.com.au/) or by calling 1800 126 456 and will be open for participation until 1<sup>st</sup> November.

For information visit [www.napcan.org.au](http://www.napcan.org.au)

### **Futures Coffeehouse (Currently trading as Café Phoenix)**

Finding Futures Ballarat, a local Disability Employment Network provider and strategic partner of Unitingcare Ballarat is opening the Futures Coffeehouse located at 626 Sturt St Ballarat.

The coffeehouse will be open to the general public and plans include a community table, internet café with specialised disability specific equipment, self help and support groups, resources and displays highlighting the creative abilities of people with disabilities.

All are welcome to visit for a chat, coffee or to just relax.

The Futures Coffeehouse is also an employment and training facility and so much more!

### **Annual Mental Health 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 6<sup>th</sup> 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](mailto:nolak@bhs.org.au) or Marilyn Gale on 5338 4500

[marilyng@bchc.org.au](mailto:marilyng@bchc.org.au)

RSVP by 26<sup>th</sup> October 2009

### **Young Parents Playgroup – City of Ballarat**

City of Ballarat is 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. Feel free to bring a friend or family member with you.

To be held each Friday During 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 visit

[ballaratplaygroup@ballarat.vic.gov.au](mailto:ballaratplaygroup@ballarat.vic.gov.au)

### **City of Ballarat – Child & Family Friendly City Forum**

As part of the City of Ballarat's endeavour to progress Ballarat as a child & family friendly city and to acknowledge the 20<sup>th</sup> Anniversary of the United Nations Convention of the Rights of a Child, an invitation is extended to attend a presentation and workshop with Dr Karen Malone.

To be held Thursday 1<sup>st</sup> October at Sails on the Lake, Ballarat.

For inquiries contact Anne Scott on 5320 5751 or [annescott@ballarat.vic.gov.au](mailto:annescott@ballarat.vic.gov.au) or Merran Fleming on 5320 5773 or

[merranfleming@ballarat.vic.gov.au](mailto:merranfleming@ballarat.vic.gov.au)

### **Launch Forum – Of the Female International Students Survey Report**

The report identifies for female students Issues and concerns on language, discrimination, mental health, housing and support services.

To be held Saturday 3<sup>rd</sup> October 1.00pm – 3.00pm at the Multicultural Hub, 506 Elizabeth St, Melbourne

RSVP to VIRWC on 03 9654 1243

## Primary Health Weekly Bulletin 24<sup>th</sup> September 2009

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?)

### Short Course: An introduction to primary care research

The Primary Care Research Unit at The University of Melbourne is offering a two day intensive course which aims to introduce participants to various aspects of primary healthcare research. Read more at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/short-course-an-introduction-to-primary-care-research/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/short-course-an-introduction-to-primary-care-research/nocache?)

### Primary Health care conference

Themed Collaboration, Integration, Reform, A Nursing Response, the conference will create an opportunity for nurses to come together from the country and workshop the major changes that are approaching our profession. Read more at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/primary-health-care-conference/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/primary-health-care-conference/nocache?)

### Peer to Peer: Supporting young women to recognise respond to and challenge violence against women

Peer to Peer (P2P) is an innovative, peer led violence-prevention project seeking participants aged 18-24 for participation in the pilot. Read more at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/peer-to-peer/nocache?](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/peer-to-peer/nocache?)

### Y + Z = The Connected Generations Lets Get Connected 2 Them

Council is concerned with the health & wellbeing of all young people and understands that it has a leadership role; however the issues that have been raised are complex and require a whole community approach. Young people are integral to the Ballarat Community and make a significant contribution to community life.

Many issues that young people face are complex and require a "Whole of Community" approach.

What can you do to support our young people? Come join in and discuss what matters to you and most importantly what matters to young people.

To be held Thursday 15<sup>th</sup> October 10.00am – 7.00pm at the Trench Room, 1<sup>st</sup> floor, Town Hall Ballarat.

For information and RSVP contact Helen McIntosh on 5320 5882 or  
[helenmcintosh@ballarat.vic.gov.au](mailto:helenmcintosh@ballarat.vic.gov.au)

## Steps to Securing your Financial Future Free Practical Workshops for Women

In October and November 2009 the QV Women's Centre in partnership with the Victorian Governments Office of Women's Policy and WIRE – Women's Information is running 27 free Steps to Securing your Financial Future practical workshop programs for women.

Women's financial health is affected by:

- \* Living longer than men
- \* Earning less than men
- \* Working in lower paid and casual jobs
- \* taking time out of the workforce to have and care for children
- \* Retiring from the workforce with about half as much money as men.

The workshop programs are open to all women with a regular income who are keen to:

- \* Explore money habits
- \* Pick up practical ideas for boosting savings
- \* Manage credit and debt
- \* Set financial goals

To be held in Ballarat 6.30pm – 8.30pm on Thursday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> October at the Central Highlands Library, Doveton St, Ballarat. For information and bookings call 03 8668 8106 or 1300 550 692 or register online at

[www.qvwc.org.au](http://www.qvwc.org.au)

For information on Women & Money Month visit [www.women.vic.gov.au](http://www.women.vic.gov.au)

### Green Light for Ballarat

#### You are invited to a public workshop

This year Sustainability Victoria and the Department of Sustainability and Environment (DSE) were able to offer free Green Light Reports to fifteen local municipalities. Additionally, DSE has created Local Government Area snapshots of household energy consumption data.

The workshop in Ballarat is to explore how the people of Ballarat are thinking and acting in relation to their environment and energy use.

To be held Wednesday 21<sup>st</sup> October, 10.00am – 3.00pm at the Trench Room, Ballarat Town Hall Sturt St Ballarat.

For information and registration call Andrew Straker at DSE on 03 5336 6716 or  
[rsvp@commerceballarat.com.au](mailto:rsvp@commerceballarat.com.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](mailto:admin@chpcp.org)