

Central Highlands Primary Care Partnership

15 Violet Grove, Wendouree 3355.
Ph: 03 5338 4770 Fax: 03 5339 8419
Postal: 15 Violet Grove, Wendouree 3355.

Executive Officer - Helen Wade

Ph: 03 5338 4770 or helenw@chpcp.org

Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or johnd@chpcp.org

Chronic Disease Coordinator – Tim Stewart

Ph: 03 5338 4773 or tims@chpcp.org

Health Promotion Coordinator – Anita Doyle

Ph: 03 5338 4775 or healthpromotion@chpcp.org

Administration Support Officer - Sharna Kelly

Ph: 03 5338 4774 or admin@chpcp.org

Website: www.chpcp.org

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.

“Abuse by Children towards Their Parents Forum”

Saturday 31st Oct 2009 from
12.30 – 4.30 pm
Geoffrey Blainey Auditorium

University Drive, University of Ballarat,
Mt Helen Campus

If you have **clients** within your Service affected by “**abuse from their children**”

Please let them know the forum is on,

Services are also welcome to attend.

The Forum is Free. RSVP

Samantha Hettihewa:

Email s.hettihewa@ballarat.edu.au

Jeannine le Vaillant (GFVRIC):

Email jlevaillant@cafs.org.au

Ph (03) 5337 3366

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

OCTOBER 2009

Thursday 15 th	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 th	Interfaith Tour, Ballarat Interfaith Network , 1.00pm at the Russian Orthodox Cathedral, Brunswick (246)
Monday 19 th	CHPCP Diabetes Steering Group Meeting, BDDGP 1.30pm – 3.00pm, 105 Webster St Ballarat
Tuesday 20 th	Carer's Expo, Commonwealth Carer Respite and Carelink Centre , 10.00am – 12.00pm at Saxon House Mair St Ballarat (246)
Tuesday 20 th	Mobility Safety & Transport Expo , 10.30am – 2.30pm at the Mining Exchange, Lydiard St, Ballarat (248)
Tuesday 20 th	CHPCP Child & Family Platform Meeting , 9.30am – 11.30am, 115 Lydiard St Ballarat
Wednesday 21 st	CHPCP RYAN Meeting , 2.00pm – 5.00pm, Grampians DPCD, 111 Armstrong St Ballarat
Wednesday, 21 st , 28 th	Learning to Bloom, Centacare Ballarat 1.00pm – 3.00pm venue advised on booking (245)
Wednesday 21 st & Thursday 22 nd	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 th	Online Service Coordination & ICDM Survey Due
Thursday 22 nd	CHPCP Full Alliance Meeting, Breakfast Meeting 8.00am – 10.30am, 105 Webster St Ballarat
Thursday 22 nd	CHPCP Executive Meeting , 10.30am – 11.00am, 105 Webster St Ballarat
Friday 23 rd	Considering Gender and Mental Health Workshop , 9.15am – 3.00pm, Women's Health Victoria, Level 1, 123 Lonsdale St, Melbourne (247)
Friday 23 rd	Launch of the Victorian Service Coordination Practice Manual , 12.45pm – 1.30pm at the Hilton on the Park Melbourne (248)
Wednesday 28 th	2009 HACC Conference “Caring for our Community” Old Colonial Motor Inn, Halls Gap (247)

Community Safety Month – October 2009 City of Ballarat & Victorian Police

The following activities are being held on Ballarat as part of Community Safety Month.

Blue light Disco for primary school aged children

To be held Friday 16th October, 7.00pm – 9.00pm at the Sebastopol RSL Hall.

Cost: \$5pp (tickets at the door)

Mobility, Safety and Transport Expo

To be held Tuesday 20th October 10.30am – 2.30pm at the Ballarat Mining Exchange

Community Safety Awards

To be held Tuesday 27th October 2.00pm – 4.00pm at the Ballarat Town Hall

Children's Fun Day

To be held Friday 30th October 10.00am – 2.00pm at the Phoenix Mall

Operation Safe Plate

To be held Friday 30th and Saturday 31st October 10.00am – 2.00pm at Stockland Wendouree

Community Safety Services Expo

To be held Saturday 31st October 10.30am – 2.30pm in the Bridge Mall Ballarat.

Mobility Safety & Transport Expo 2009

Need help getting around town? Not comfortable using a bus or taxi? Can't walk very far without assistance?

If any of these apply to you, then the Mobility Safety & Transport Expo may have information to help you become more independent. Information sessions, displays, lunch and afternoon tea will be provided.

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

For information and registration call Lynne Redman on 5332 8679 or

lredman@rslvicagedcare.com.au

Call Davis Bus Lines for a free door to door service form your home to the expo and return on 5331 7777

Guardianship and Administration

Information session for professionals

Guardianship and Administration involves the protection of adults who have a disability and who need a substitute decision – maker.

Experienced representatives of these organisations will present an information session for persons involved in medical, allied health, social work and other relevant professions. The session will cover when and how best to access these organisations.

Cost: Free

To be held Monday 16th November 10.30am at the Lederman Hall, QE centre, 102 Ascot St Ballarat.

RSVP call Robin Bloxwich on 03 9628 9027

Walktober

Kinect Australia is facilitating an important forum free of charge for leaders in the promotion of walking and walkable environments in Australia on the 26th October in Melbourne. The forum is being held in conjunction with the 2009 Walktober campaign (www.walktober.com.au) and aims to contribute to shaping directions and continuing to build momentum for future, national walking developments. Key stakeholders and champions for walking development across government and non government sectors are being invited to participate in the forum. An invitation is extended to your organisation to nominate a representative for this event.

For information and nominations contact Theresa Whalen, Kinect's Health Promotion Program Manager on 03 8320 0127 or twhalen@kinectaustralian.org.au

Victorian Youth Employment module

Professional Development 2009 MindMatters

Individuals and teams are invited to register on line for the Youth Empowerment Module.

Attendees are encouraged to bring students along to the workshop.

This module is designed to increase staff and students understanding of youth empowerment concepts and the benefits associated with authentic engagement of young people within a whole school approach to mental health promotion. Participants explore their beliefs about youth, power and empowerment and the role of adults in supporting youth empowerment processes. The skills required for successful youth empowerment and the planning considerations within the Mind Matters Implementation model will be discussed, an overview of the Mind Matters action in the area of youth empowerment will be shared and an introduction to the Mind Matters Youth Empowerment Process (YEP) will be presented. To be held Monday 9th November, 9.00am – 4.00pm at the Grampians DEECD Office, 109 Armstrong St Ballarat.

For information contact Vivienne Archdall on viviene.archdall@curriculum.edu.au

Annual Mental Health Trivia Night

A fundraiser for the Grampians Mental Health Week Action Group.

Theme: Halloween, Trivia Quizmaster PT (Paul Taylor) Host of 3BA Breakfast Show.

Cost: \$15pp

Drinks at bar prices, BYO Nibbles.

To be held Friday 6th November 7.00pm at the Victorian Bowling Club, 231 Victoria St Ballarat.

For information and bookings contact Nola on 5333 7104 or Marilyn 53384 500

Volunteering Ballarat – (Previously Ballarat Volunteer Resource Centre)

The Ballarat Resource Volunteer Centre is now under a new auspice. From 1st October 2009 they will be known as Volunteering Ballarat located at 4/92 Bridge Mall, Ballarat. New phone contact number is 5331 5555. Email is still the same.

Launch of the Victorian Service Coordination Practice Manual & Associated Resource at the VHA Annual Conference

The updated Victorian Service Coordination Practice Manual & associated resources will be launched at the VHA Annual Conference 2009. The manual and associated documents have been designed as a reference guide for leading and implementing the practices and standards that underpin Service Coordination. This update has a greater emphasis on care planning to reflect the principals of person centred, coordination care.

The VHA Annual conference theme, "People centred healthcare Systems" encapsulates the needs, wants and expectations of individuals, families and communities and how health practitioners, administrators and bureaucrats could respond.

Register for the conference now at www.vha.org.au

To be held Friday 23rd October 12.45pm – 1.30pm at the Hilton on the Park, Melbourne.

Future Shots Sustainability Film Challenges for Young Victorians

This is a fantastic opportunity for young people under 21yrs to compete to consider climate change in the local community. There is a total prize package of over \$8000 for young people and youth groups to win and the best 8 films will be screened on the Federation Square 'Big Screen' three times daily during the climate change talk form 7th – 18th December 2009.

There are various categories with cash prizes for young people and youth competing.

For more information visit the following sites:

Youtube:

www.youtube.com/watch?v=ns1PqelUrU

Face Book:

www.facebook.com/group.php?gid=101006252873

Myspace: www.myspace.com/futureshots

Did you know???

When recycling materials, do not put them in plastic bags, for safety reasons staff at the recycling depots will not open plastic bags causing anything in plastic bags will end up in landfill. To avoid contaminating the recycle stream, don't use plastic bags in your recycle bin.

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, includes lunch, limit of 20 places

To be held Monday 23rd 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

Food Handling Course – Volunteering Ballarat

A free food handling course is available to Volunteering Ballarat through the Mt Alexander Shire. The dates available are 12th, 13th & 14th November. The course will run for approximately 3.5 hours and this is available to all volunteer staff in the not for profit sector.

If you are interested in attending contact Helen Irving, Community Development Coordinator at United Way/Volunteering Ballarat on 5331 555 or 0438 061 680.

A Conference for Volunteers and Carers Grampians Regional Palliative Care Team

This conference is for Volunteers and carers to help expand their knowledge of issues facing people with a life threatening illness.

Hear from a Palliative Care Physician, Dietitian and Social Worker about the key issues at the end of life.

Topics will include nutrition and hydration, pain management, advanced care planning and symptoms management.

Cost: \$15pp includes lunch and morning tea.

Trade displays will be on site.

To be held Monday 9th November 9.30am – 3.00pm at the Ballarat North Sports Club.

For information and registration contact the Grampians Regional Palliative Care Team on 5320 3553 by Monday 2nd November.

**Asthma Questions? Get the answers
FREE Asthma Update
Hosted by Hepburn Health Services Early
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 26th 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

Grampians Integrated Cancer Service (GICS)

'Life after Cancer'

A free workshop for people who have completed active treatment, and their family and friends.

This interactive session will cover:

- * Coping with feelings after active treatment finishes

- * Returning to a "new normal" after cancer

- * Exploring reactions and needs of those close

To be held 12th November 5.30pm – 8.30pm at Bray Raceway, Cnr Bell and Sutton St Ballarat.

'When Cancer Won't Go Away'

A free forum for people whose cancer has advanced and their family and friends.

Topics will include:

- * Treatment and medical support

- * Living with uncertainty

- * Financial and legal issues

- * Support services and open panel discussions

To be held 12th November 10.00am – 1.00pm at Bray Raceway, Cnr Bell and Sutton St Ballarat
Registration is essential, numbers limited.

For information call 13 11 20 or email

cis@cancervic.org.au Lunch provided.

Black & White Ball – GVN Foundation

'Eat So They Can 2009'

The GCV Foundation of Australia and the Global Volunteer Network are holding a Black & White Ball with entertainment by Entertainers Anonymous and Mad Cow, acoustic Rock Band.

Cost: \$50 pp includes Supper, 2 drinks on arrival and the night of fantastic entertainment.

To be held Friday 6th November 7.00pm at Portico Wine Bar and Restaurant, 203 Dana St Ballarat.

Dress – Strictly Formal, Black & White.

For information and tickets call Kelly-Louise on 0416 393 693

**9th Annual Human Rights Oration – Victorian
Equal Opportunity & Human Rights
Commission**

The Victorian Equal Opportunity & Human Rights Commission invites you to hear Muriel Bamblett deliver this year's Human Rights Oration.

Practical self-determination: The right (s) approach to addressing the unfinished business. For many Aboriginal and Torres Strait Islander people, the right to self determination is still out of reach yet it is the most important social determinant of Aboriginal health and wellbeing.

The 2009 Human Rights Oration will examine how only a human rights approach can create a meeting between cultures establish the basis for practical self determination and make 'closing the gap' a meaningful reality.

To be held Tuesday 8th December 12.30pm – 1.30pm followed by lunch at Zinc, Federation Square Birrarung Marr by the Yarra.

For information and registration call Liam Fitzgerald on 03 9281 7167 or toll free on 1800 134 142 or

liam.fitzgerald@veohrc.vic.gov.au

Oration is free; however registration is required by 1st December 2009

**Living with Teenagers –
Golden Plains Shire & Centacare**

Golden Plains Shire and Centacare are facilitating a session on 'Living with Teenagers'.

Topics will include:

- * The joys and challengers

- * Adolescent development

- * Teen friendly parenting strategies

To be held on Tuesday 17th November 7.00pm – 9.00pm at The Well, Smythesdale Business Health and Community Hub, 19 Heales St Smythesdale.

Cost: Free

With light supper provided, registration essential.

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

yishido@gplains.vic.gov.au

Registration is essential.

**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