



NEWSLETTER

Issue 249

21st October 2009

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.

Central Highlands Primary Care Partnership
 Child & Family Platform are holding

'Community Hubs Forum 3' Governance and Community Engagement including consulting with children

With Anthony Semann
 Director of Semann and Slattery

To be held Friday 20th November 2009
 9.30am – 3.30pm

At
 Sails on the Lake
 Wendouree Parade, Ballarat

RSVP by Thursday 12th November 2009
 Anita Doyle on 53384 775 or
healthpromotion@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

OCTOBER 2009

Wednesday 21 st	Setting Goals Seminar, UB WestVic Academy of Sports, Mt Helen Campus (Room C003) (249)
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)
Saturday 24 th	Dilwali Festival of Lights @ Ballarat Venue to be advised (248)
Monday 26 th	Grant Funding Opportunities, Clunes Community Planning Group, 7.30pm Clunes Town Hall (249)
Tuesday 27 th	Community Safety Awards, City of Ballarat & Victoria Police, 2.00pm-4.00pm, Ballarat Town Hall (249)
Tuesday 27 th	Community Walk (Walktober 2009), CHSA, 11.00am – 1.00pm, meet at Ballarat Community Adventure Playground, Lake Wendouree Foreshore. (249)
Wednesday 28 th	2009 HACC Conference "Caring for our Community" Old Colonial Motor Inn, Halls Gap (247)
Wednesday, 28 th	Learning to Bloom, Centacare Ballarat 1.00pm – 3.00pm venue advised on booking (245)
Friday 30 th	Childrens Fun Day, City of Ballarat & Victoria Police, 2.00pm at Phoenix Mall, Ballarat. (249)
Friday 30 th	Online Service Coordination & ICDM Survey Due
Saturday 31 st	Community Safety Services Expo, City of Ballarat & Victoria Police, 10.30am – 2.30pm, Bridge Mall, Ballarat (249)
Saturday 31 st	Abuse by Children Towards their Parents, 12.30pm – 4.30pm at Geoffrey Blainey Auditorium, University of Ballarat, University Drive Mt Helen (248)

November 2009

Thursday 5 th	CHPCP Health Promotion Meeting, 9.30am – 11.00am at CAFS, Lydiard St Ballarat
--------------------------	-------------------------------------------------------------------------------

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

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.

Diwali Festival of Lights @ Ballarat

The Ballarat Indian Association is holding a Festival of Lights in Ballarat.

This is a free family event with no alcohol and security presence. Activities will include Bollywood and Folk dancing, music, henna painting, fun and games along with food stalls of all varieties.

To be held Saturday 24th October, 4.00pm – sunset.

If you would like to perform or hold a stall please contact Khushi on 0411 237 363 or Mukul on 0403 875 838.

Refugee Healthcare Co-ordinator: Exploring models of care for effective health services provision for refugees

The forum is an opportunity to bring together managers and clinicians of Community Health Services and hospital based services, Primary Care Partnerships, GP Divisions and other interested people to discuss the findings of the 2009 research report "Access to Specialist Services by Refugees in Victoria".

The purpose of this forum is to support further service development and collaboration at a local level to enable geographically accessible services and pathways of care. Given the significant numbers of new arrivals who are now settling in the outer east and northwest suburbs of Melbourne and rural Victoria, it will enable metropolitan, regional and rural services to discuss the practical challenges. The report will be officially launched together with the Primary Care Partnerships Refugee Health Service Coordinator Resources. The discussion will open with an overview of current healthcare reform directions.

To be held Friday 13th November, 9.00am – 2.00pm at the Foundation House, Victorian Foundation for Survivors of Torture, 6 Gardiner St Brunswick.

For information and registration contact Louise Crowe on 03 9389 8909 or

crowel@foundationhouse.org.au

Position Vacant

Children's Services Development Coordinator

\$60,973 - \$66,459 + 9% superannuation

Are you enthusiastic, innovative children's services professional?

Are you passionate about developing integrated children's services?

Are you interested in coordinating the award winning Bannockburn Family Services Centre? Join our dynamic team and build the capacity of our services to achieve high quality outcomes for children.

A position description is available at

www.goldenplains.vic.gov.au

For further information please contact Matthew Dawson, Team Leader-Child & Family Services on 03 52 207175.

Applications must address the selection criteria and should be addressed to:

Mr Rod Nicholls, Chief Executive Officer, Golden Plains Shire Council, PO Box 111 Bannockburn Vic 3331.

Golden Plains Shire Council is an Equal Opportunity Employer.

Not 1 More – Remembering Victims of Family Violence Homicide – Supporting White Ribbon

Each year in Australia at least 60 women and 20 children will die as a result of family violence.

Their stories sometimes make the news, many others are never heard of.

To raise awareness about family violence and to remember all those women and children who have been killed, a public event will be held, all family and friends are invited to join survivors, workers from the violence against women sector, the White Ribbon campaign, VicHealth, Victoria Police, the Metropolitan Fire Brigade, the Australian Services union and the Electrical Trades Union to say "Not One More" and to demand a future free from family violence.

To be held at Federation Square, Melbourne on Friday 27th November at 7.00pm.

For information contact Jane Ashton at the Women's Domestic Violence Crisis Service on 0419 328 938 or jane.a@wdvcs.org.au

Change of location - Ballarat Learning for Life Office

The Ballarat Learning for Life Office is now located at Warreen St, Sebastopol 3356, entrance is from Yarrowee St near the school crossing.

Contact numbers are:

Michelle Anderson – 5335 9627

Glenda Sharp – 5335 9546

Julia White – 5336 4351

You will be notified of the new postal address shortly.

Anxiety and Depression Awareness Month

Beyondblue is encouraging organisations to "Put Anxiety and Depression Awareness on your radar" the slogan for Anxiety and Depression Awareness month in October. Everyone is encouraged to get active as one in five Australian adults experience mental illness each year. Materials for raising awareness of anxiety and depression, including flyers for individuals and workplaces promoting Anxiety and Depression Awareness Month are contained in the free Beyondblue Anxiety and Depression Awareness Month kits.

For details and information visit

www.beyondblue.org.au

Bushfire Bunkers

The Australian Building Codes Board (ABCB) has commenced work on a national standard for the design and construction of bushfire bunkers for personal use.

ABCB Chairman Mr Graham Huxley AM said the ABCB concurred with 2009 Victorian Bushfire Royal Commission's intention to bring forward as a matter of urgency interim recommendations on building regulation matters, including the regulation of bushfire bunkers.

The ABCB began its work supported by the work already done by the Victorian Building Commission. The ABCB expects that the standards will be available for use in six months.

The ABCB will draw on a wide range of expertise including Californian for authorities who are the only other authorities in the world that have bushfire-related standards. It will also look to other applications of bunker technology across the globe.

For more information visit www.abcb.gov.au/

Stand By You – Cancer Foundation – in conjunction with Ballarat Hospice Care. Christmas Remembrance Walk 2009

Supporting those living with cancer, their families and carers

You are invited to join us in Daylesford to celebrate, reflect and honour the lives of those whom we love and have lost touched by cancer and other life limiting illnesses.

To be held Saturday 12th December, 2.00pm – 4.00pm at the Daylesford Central Springs Reserve.

For information call 03 5974 2060 or visit

www.standbyyou.org.au

Did you know???

Because men sweat more than women, men are more susceptible to heat illness because they become more quickly dehydrated.

Sunburn can significantly slow the skin's ability to release excess heat.

Alcohol & Our Teens

An interactive forum and information session is being held for parents, youth and community members. Special guest Drink Wise CEO Chris Watters will be there to discuss issues around binge drinking, party safe and abuse, along with other local speakers.

Everyone is welcome with light refreshments provided on the night.

To be held Tuesday 27th October, 7.00pm – 9.00pm at the Central Park Club Rooms, Napier St Stawell.

For information and RSVP contact Chelsea at Northern Grampians Shire on 5358 8700

Walktober 2009

Step into a Healthier Life!

Central Highlands Sports Assembly along with the Heart Foundation is holding a community walk around Lake Wendouree Distance to walk is 6km (shorter if you wish) followed by a free BBQ lunch, entertainment and guest speakers.

To be held Tuesday 27th October 11.00am – 1.30pm, meet at Ballarat Community Adventure Playground, Lake Wendouree Foreshore.

For information contact Central Highlands Sports Assembly on 5331 6966

Walktober is supporting your community to take a step in the right direction, read more at

www.walktober.com.au

CAFY –

Community Action for Youth

Searching for History!

CAFY is on the hunt hunting for documents, minutes, photos, surveys, posters, newsletters, youth survival guides, anything to do with the history of CAFY.

We envisage to have collected enough information by the end of 2009 to compile an account of the history of CAFY and what has been achieved through the years.

We are updating and creating files for our records and would appreciate anyone in the know who may have documents to forward them to:

Pam Anderson (Highlands LLEN) on panderson@highlandslen.org

Diana Anderson (THAT PLACE) on danderson@highlandslen.org

Or drop the information into the BLX Building, 36 Camp St, Ballarat 3350.

Alternatively we can collect the information from you.

For information please call Pam on 5336 5010 or 0400 564 839.

All members will receive an updated account of the history of CAFY and what will be held on file.

New Walking Group for people with Diabetes – Ballarat Diabetes Support Group

A Thursday walking group has been established for people with diabetes. The Group will meet Thursdays 4.00pm at Victoria Park near the toilets 'rain, hail or shine'.

For further information contact Joan, 5331 4023 or Kathy (after 3.30pm) 0418 175 880

Clunes Community Planning Group – Grant Funding Opportunities Information Session

Come along and hear about the different State and Commonwealth government funding programs that are available from a range of government departments. To be held 7.30pm, Monday 26th October at Clunes Town Hall. RSVP to Kathleen Brannigan, 5345 8399

Fire Ready Kit – Dept of Sustainability and Environment

In preparation for the fire season a FireReady Kit is available from the Dept of Sustainability & Environment website.

Tools include: Household Bushfire Self-Assessment Tool to assess your homes risk; the Fire Ready Kit – a step by step guide to your fire plan; and New Fire Ratings – know when to activate your fire plan. You can also find information on community meetings planned in your area.

Information is accessed via the website at www.dse.vic.gov.au

ChillOut lifts off for 2010

The 2010 festival will be held again on the March long weekend at Daylesford and the theme will be: A Bush Odyssey.

If you are interested in being a sponsor, or a stall holder or just attending the fantastic variety of events from 5-8th March 2010 go to the website at www.chilloutfestival.com.au

UB WestVic Academy of Sport 2009 Seminar Series – Goal Setting

The seminar will be held 6.30pm – 8.30pm, Wednesday 21st October at University of Ballarat, Mt Helen Campus (Room C003) & Horsham Campus (RoomC073 via videolink) The seminar will be delivered by Gerard Fitzgerald, Senior Coach of North Ballarat Roosters.

The Seminar will look at how we achieve success through goal setting. It will cover topics such as techniques when setting goals and setting realistic goals using the SMART principles.

For information or to register contact Paul Owen, UB WestVic Academy of Sport, 5327 9890, 0422 380 839 or paul.owen@westvic.org

Pal-Ed – Grampians Regional Palliative Care Team Training Sessions Pharmacology Study Day

This study day addresses the fundamental pharmacological principles of medication management in Palliative Care for Nurses (Div1 & 2 medication endorsed).

To be held 9.00am – 4.30pm Monday 30th November, at Lederman Hall, Queen Elizabeth Centre, BHS, 102 Ascot St Sth, Ballarat.

Cost: Grampians \$70, Non Grampians \$120
RSVP: by 16th November.

Contact 5320 3553 or bernadette@bhs.org.au
Primary Health Weekly Bulletin 16th October
http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=161009

Regional workshops: Have your say on best practice in clinical education

Dept of Health has developed a strategy & framework to support training providers and health services in the delivery of clinical learning for undergraduates and early graduates. The Dept wishes to consult with a broader range of health service settings and professional disciplines regarding the applicability of the framework.

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/regional-workshops/nocache?src=email&id=161009

Symposium: Prevention is the Cure – health realities for immigrant and refugee women

'Prevention is the Cure' is a national symposium presented by the Multicultural Centre for Women's Health and the Institute for Community, Ethnicity and Policy Alternatives Victoria University on Wednesday 28 October in Melbourne.

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/symposium-prevention-is-the-cure/nocache?src=email&id=161009

Presentation: myalgic encephalomyelitis / chronic fatigue syndrome

ME/CFS Australia (Victoria) will be hosting a presentation by Professor Kenny De Meirleir on Friday 30 October.

http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/myalgic-encephalomyelitis/nocache?src=email&id=161009

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