

## 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.

## WANTED YOUR HELP

Swinburne University and Hanover Welfare Services are conducting a research project and are looking for

*75 one or two parent families in Victoria, who are homeless, or have recently been homeless.*

The families will take part in a longitudinal study about what the experience of being homeless is like for them and how it affects their ability to engage as members of society.

The research has been funded by the Australian Research Council and adult participants will receive \$40 voucher for the first interview, \$60 for the second (6 months later) and \$80 for the third (6 months after that).

Printed posters and flyers are available and if you would like further information please contact Dr. Angela Spinney 03 9214 5637 or email her at [aspinney@swin.edu.au](mailto:aspinney@swin.edu.au)

## 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

Wednesday 28 <sup>th</sup>	2009 HACC Conference "Caring for our Community" Old Colonial Motor Inn, Halls Gap (247)
Wednesday, 28 <sup>th</sup>	Learning to Bloom, Centacare Ballarat 1.00pm – 3.00pm venue advised on booking (245)
Friday 30 <sup>th</sup>	Children's Fun Day, City of Ballarat & Victoria Police, 2.00pm at Phoenix Mall, Ballarat. (249)
Friday 30 <sup>th</sup>	Online Service Coordination & ICDM Survey Due
Saturday 31 <sup>st</sup>	Community Safety Services Expo, City of Ballarat & Victoria Police, 10.30am – 2.30pm, Bridge Mall, Ballarat (249)
Saturday 31 <sup>st</sup>	Abuse by Children Towards their Parents, 12.30pm – 4.30pm at Geoffrey Blainey Auditorium, University of Ballarat, University Drive Mt Helen (248)

## November 2009

Tuesday 3 <sup>rd</sup> and Wednesday 4 <sup>th</sup>	Caring For Diabetes. 2 new groups. Tuesday 3 <sup>rd</sup> Nov between 6.00 – 8.00pm and Wednesday 4 <sup>th</sup> between 12.30 – 3.00pm. Group Education course for people living with type 2 diabetes. Cost \$3 per week. For more info call Ballarat Community Health on 53 384 500
Thursday 5 <sup>th</sup>	CHPCP Health Promotion Meeting, 9.30am – 11.00am at CAFS, Lydiard St Ballarat
Monday 9 <sup>th</sup>	Volunteer and Carers 09 Conference 9.30- 3.30 Ballarat North Sports Club \$15 incl. lunch & morning tea RSVP by 2.11.09 to Phone 53203 553
Wednesday 11 <sup>th</sup>	CHPCP CHADA Meeting, 9.30am - 11.30am, QE Building, Seminar Room 2 Ascot St Ballarat
Friday 13 <sup>th</sup>	Refugee Healthcare Coordination, Exploring models of care for effective health services provision for refugees, 9.00am – 2.00pm at Foundation House, 6 Gardiner St Brunswick (249)
Friday 20 <sup>th</sup>	CHPCP Community Hubs Forum 3, 9.30am – 3.30pm at Sails on the Lake, Wendouree Parade, Ballarat
Friday 27 <sup>th</sup>	Not 1 More – Remembering Victims of Family Violence Homicide, 7.00pm at Federation Square Melbourne (249)

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

### Children's Fun Day

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

### Operation Safe Plate

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

### Community Safety Services Expo

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

### Disability Aids and Equipment Program

A vehicle modification subsidy is now available for Victorian residents with a permanent or long term disability who meet the eligibility criteria of the Aids and Equipment Program (A&EP). The subsidy will assist: People requiring vehicle modifications to drive their primary vehicle due to their disability; People with a disability requiring modifications to travel as passengers in their primary vehicle. [More](#)

### Osteoporosis affects men too.

New resources aimed at increasing awareness and diagnoses of osteoporosis in Australian men have been released & are available from Osteoporosis Australia (national office) and its state offices, by calling or visiting . More information see - [media release](#); or <http://www.osteoporosis.org.au>

### Pathways through aged care not always simple

A new report released by the Australian Institute of Health and Welfare (AIHW) examines older people's use of seven government-funded aged care programs, from initial program assessment to death. The report, Pathways through aged care services: a first look, found that people vary considerably in what care programs they use and when, following assessment. The report looked at data from a group of 77,000 people who had an Aged Care Assessment Team (ACAT) assessment in 2003–04 and who had not previously used services which required assessment for access. [More information](#) *Pathways through aged care services: a first look.* [Report summary](#) [Full report](#)

### Indigenous culture key in first Footprints in Time

The importance of maintaining strong links to Indigenous culture is a key finding of wave one of a landmark longitudinal study of Indigenous children - Footprints in Time. Footprints in Time is a key part of the Indigenous Early Childhood package to close the gap between Indigenous and non-Indigenous Australians. [More information](#); [Study Summary Report](#)

## Health Reform

Comments on the recommendations in the recent reports on Australian health reform can be made online at the website set up for broad community consultation - [www.yourhealth.gov.au](http://www.yourhealth.gov.au)

**Breastfeeding associated with reduced risk of asthma in infancy** Findings from a two-year study on asthma and wheezing illness in one year olds and kindergarten children, released by the Australian Institute of Health and Welfare, show that within the first three years of life, almost 17% of Australian infants experienced asthma or wheezing illness. However breastfeeding within the first 12 months of life may offer a protective effect against asthma or wheezing in infancy, which increases with increasing breastfeeding duration. By the age of 5, 21% of Australian children have been diagnosed with asthma and among those who did not have asthma by age five, 4% per year were diagnosed over the next two years. Children who had asthma or wheeze in their fifth year were more likely than other children to be hospitalised, to attend an emergency department, and to visit a general practitioner more frequently over the next two years, and were also more likely to be overweight or obese two years later. [More information](#) [Report summary](#) [Full report](#)

### Productivity Commission's draft report into gambling

The draft report identifies the use of poker machines as the most serious problem gambling issue in Australia. An estimated 125,000 Australians are problem gamblers and a further 290,000 are at risk of becoming problem gamblers. Moderating the habits of problem gamblers to minimise the harm gambling causes, has the potential to significantly improve the lives of gamblers and those who bear the brunt of their addiction. The Australian Government encourages all interested parties to make further comment on the draft report, and the Government will consider the final Productivity Commission report when it is released early next year. The Draft report is available at [Productivity Commission](#).

### Digital age, safety and alcohol pose challenge for young

A new report - The State of Australia's Young People: a report on the social, economic, health and family lives of young people shows young people are making a vital contribution to Australia, but they're also facing new risks and challenges. [More information](#) The full report is available at [www.youth.gov.au](http://www.youth.gov.au).

**Because I am a Girl: State of the World's Girls Reports** is a series of nine reports from Plan International examining the rights and needs of girls throughout their childhood, adolescence and as young women – and how they are uniquely placed to break the cycles of intergenerational poverty gripping many people in developing countries. This year's Because I Am a Girl report examines the lives of girls in the context of local and global economies, and the difference they will make to their communities and global prosperity if they are given opportunities to thrive. See [state of the worlds girls 2009](#); [all reports](#)

### **Alcohol continues to be the number one drug of concern**

Alcohol continues to be the number one drug of concern for Australians seeking treatment for drug or alcohol issues, according to a report released today by the Australian Institute of Health and Welfare (AIHW). See *Alcohol and other drug treatment services in Australia 2007-08: report on the National Minimum Data Set* [Report summary](#) [Full report](#); *Alcohol and other drug treatment services in Australia 2007-08: findings from the National Minimum Data Set* [Report summary](#) [Full report](#)

**Healthy Eating and Physical Activity Guidelines for early childhood Settings** New Healthy Eating and Physical Activity Guidelines for Early Childhood Settings have been developed. Titled *Get Up & Grow*, they provide information to support healthy behaviour in children aged five years and younger attending early childhood education and care settings, including centre-based care, family day care and preschools. [More information](#)

**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. For more info. visit [www.abcb.gov.au](http://www.abcb.gov.au)

**Clinical Supervision** The Victorian Assoc. of Family Therapists Committee of Management presents a 2-day overview of recent research and developments in the field of Clinical Supervision. Presenters will include Dr Sophie Holmes, Nada Miocevic and Banu Moloney. Friday and Saturday 27<sup>th</sup> November and 28<sup>th</sup> November 9.00am – 4.30 pm Cost \$220 (includes morning and afternoon teas and lunch) Venue The Federation Room of the Hotel Shamrock, Cnr of Pall Mall & Williamson Street, Bendigo. To download the registration form, go to [www.vaft.asn.au/prof.shtml](http://www.vaft.asn.au/prof.shtml) or any enquiries please contact Danielle Anderson [admin@vaft.asn.au](mailto:admin@vaft.asn.au)

**Grant Writing Workshop** in Ballarat, presented by Noelene Gratton. On 5<sup>th</sup> November at Dawson House, 15 Dawson Street Ballarat, between 9am – 12 noon and cost \$77 (incl GST) for participants from funded organisations and \$33 (incl GST) from non-funded organisations. For registration forms and further information [www.ascendpr.com.au](http://www.ascendpr.com.au) or contact Noelene on 0408 218 954

### **An invitation to participate Moorafest 2009**

Every home can be green – inside & out! A diverse range of activities are being planned including workshops, stalls, information sessions & practical demonstrations. Sunday 15<sup>th</sup> November 10am – 3.00pm, Ecolinc. 17-23 Labilliere Street, Bacchus Marsh. Stall holder registration and information pack available. Interested in creating a more sustainable future? Get involved! [www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au) or phone 53 667 100

**A Day on the Green** Tickets on sale now. Saturday 13<sup>th</sup> February 2010 featuring Hoodoo Gurus, Evermore, Tim Freedman, Dan Sultan. Transport available from Ararat, Halls Gap, Stawell and Ballarat contact Grampians Pyrenees Tours Phone: 53 525 075 Camping is also available. For further information on this event go to [www.adayonthegreen.com.au/concert-calendar/search](http://www.adayonthegreen.com.au/concert-calendar/search)

### **Quote of the week**

'These are not books, lumps of lifeless paper, but minds alive on the shelves.'  
- Gilbert Highet

**Community Action for Youth Searching for History!** CAFY is on the hunt ..... hunting for documents, minutes, photos, surveys, etc. anything to do with the history of CAFY. Please forward any info. You may have to: Pam Anderson (HLEN) on [panderson@highlandslen.org](mailto:panderson@highlandslen.org) or Diana Anderson (THAT PLACE) on [danderson@highlandslen.org](mailto:danderson@highlandslen.org) or drop the information into the BLX Building, 36 Camp St, Ballarat 3350. 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.

**Fire Ready Kit – Dept of Sustainability and Environment** In preparation for the fire season a FireReady Kit and other tools & information are available from the Dept of Sustainability & Environment website at [www.dse.vic.gov.au](http://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 5-8<sup>th</sup> March 2010 go to the website at [www.chilloutfestival.com.au](http://www.chilloutfestival.com.au)

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### **Cultural Ministers meet in Adelaide.**

At the meeting, the Ministers approved a National [Arts and Disability Strategy](#) to support, encourage and promote access and participation in the arts by people with a disability

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### **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 30<sup>th</sup> November, at Lederman Hall, Queen Elizabeth Centre, BHS, 102 Ascot St Sth, Ballarat. Cost: Grampians \$70, Non Grampians \$120 RSVP: by 16<sup>th</sup> November Contact 5320 3553 or [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)

### **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.

[More information](#)

### **Presentation: myalgic encephalomyelitis / chronic fatigue syndrome**

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

[More information](#)

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### **Pinarc Support Services: Autism Practitioner**

This is a new service which is provided within the Grampians region. It is a 12-month funded project designed to improve community understanding about Autism Spectrum Disorders. If you are interested in accessing this service for your organisation, including discussing any specific training needs or for more information on the project, please call 5329 1300 or email [practitioner@pinarc.org.au](mailto:practitioner@pinarc.org.au)

**Are you an Allied Health Worker?** Then you are eligible for a mentor. Do you want support? Trained and experienced mentors, telephone and web based resources and quarterly mentoring circles. Held on 27<sup>th</sup> November 12.30 – 4.30pm Matching Session (venue as above) and 2010 dates for the QLC's are: 10.00am – 1.00pm on 23<sup>rd</sup> Feb; 25<sup>th</sup> May 3<sup>rd</sup> Aug & 23<sup>rd</sup> Nov. To register email your details to [admin@mentoringworks.com.au](mailto:admin@mentoringworks.com.au)

No Cost. Funded by Department of Human Services Supported by Region of Choice (Grampians)

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**Living with Cancer Education Program** Facilitator training courses 2009. This two day training course for oncology health professionals includes information on a range of issues people face when they are living with cancer. The course is accredited with the Victorian Registration and Qualifications Authority. Held on the 9<sup>th</sup> and 10<sup>th</sup> November between 9.30am - 4.30pm. At the Cancer Council Victoria, 1 Rathdowne Street, Carlton. Cost \$200 for two days (incl. pre-reading materials, handouts, lunch and refreshments.) We recommend purchasing one Facilitator Manual per organisation (not incl. in training fee).

For further info.

Sue Hagarty. LWCEP Co-ord. Ph: 9635 5312 or email [lwcep@cancervic.org.au](mailto:lwcep@cancervic.org.au)

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### **Certificate III in Health Services Assistance & Allied Health Services Assistance**

This dual qualification is offered over one year at either intermediate or senior level of the Victorian Certificate Applied Learning (VCAL). This program will give students knowledge and experience in relation to working in the health industry and to provide assistance to health professionals. It would be of particular value to those students who may be contemplating a career in nursing or allied health in the future.

The course includes basic training in medical terminology, first aid and nursing related care. The course builds on these basic skills and includes the provision of direct client care and support such as program related assistance to clients, under the supervision and guidance of allied health professional such as Occupational Therapists, Physiotherapists and Podiatrists.

Students need to be under 20 years of age at Jan 1 2010 to enroll and generally have completed year 10. They may undertake just the Certificate III component or combine this with other VCAL subjects

**2010 TERM DATES:** Orientation 1 February > 5 February; Term 1 8 February > 26 March; Term 2 12 April > 25 June; Term 3 12 July > 17 September; Term 4 4 October > 12 November. Call 1800 811 711 or email [ubtec@ballarat.edu.au](mailto:ubtec@ballarat.edu.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)