

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.

An Introduction to Mental Health, Mental Health Promotion, Prevention of Mental Ill-Health and Early Intervention

Central Highlands PCP invites you to attend the following free workshop:

This introductory training module has been developed by the Australian Network for Promotion, Prevention & Early Intervention for Mental Health (Auseinet) to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings. Only 15 places available

To be held
Tuesday 24th November
9.00am – 4.00pm

At
BLX (Ballarat Learning Exchange)
36 Camp St, Ballarat

RSVP - to Sharna Kelly on 53384 774 or
admin@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

November 2009

Wednesday 4 th	Caring For Diabetes, BCHC Tuesday 3 rd November 6.00 – 8.00pm and Wednesday 4 th 12.30 – 3.00pm. Group
Thursday 5 th	CHPCP Health Promotion Meeting, 9.30am – 11.00am at CAFS, Lydiard St Ballarat
Saturday 7 th	Cultural Awareness Event, 10.00am, Ballarat Mining Exchange, Lydiard St Ballarat (251)
Monday 9 th	Volunteer and Carers 09 Conference 9.30- 3.30 Ballarat North Sports Club, Creswick Rd Ballarat
Wednesday 11 th	CHPCP CHADA Meeting, 9.30am - 11.30am, QE Building, Seminar Room 2 Ascot St Ballarat
Thursday 12 th	HACC Introduction to Cultural Diversity 1.00pm - 3.00pm BEST Community Development Centre, 28 Victoria St Ballarat (251)
Friday 13 th	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 13 th	Professional Development Opportunity, The Overt Behaviour Scale, 10.00am – 12.00pm at Barkly Motor Lodge, 43-57 Main Rd Ballarat (251)
Monday 16 th	CHPCP Diabetes Steering Group Meeting, 1.00pm – 3.00pm, BDDGP, 105 Webster St Ballarat
Wednesday 18 th	CHPCP RYAN Meeting, 3.00pm – 5.00pm, Grampians DPCD, 111 Armstrong St Ballarat
Friday 20 th	CHPCP Community Hubs Forum 3, 9.30am – 3.30pm at Sails on the Lake, Wendouree Parade, Ballarat
Tuesday 24 th	An Introduction to Mental Health Workshop, 9.00am – 4.00pm at BLX, 36 Camp St, Ballarat (251)
Thursday 26 th	CHPCP Full Alliance Meeting, 9.00am – 10.30pm, BDDGP, 105 Webster St Ballarat
Thursday 26 th	CHPCP Executive Meeting, 10.30am – 11.00am, BDDGP, 105 Webster St Ballarat
Friday 27 th	Not 1 More – Remembering Victims of Family Violence Homicide, 7.00pm at Federation Square, Melbourne (249)

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](#)

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

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

A Study of Gambling in Victoria
The research A Study of Gambling in Victoria – Problem Gambling from a Public Health Perspective is now released and available on the Department of Justice website. You can access the report at www.justice.vic.gov.au/wps/scm/connect/DOJ+Internet/Home/Gambling+and+Racing/Research+and+Research+Measuring+Problem+Gambling

Professional Development Opportunity
The Overt Behaviour Scale (OBS)
A tool to assist with reporting and managing challenging behaviour after acquired brain injury (ABI). The OBS is a tool that can assist with measuring the frequency, intensity and impact of challenging behaviours, communicating about behaviours of concern within care provider teams and managing challenging behaviours. To be held Friday 13th November 10.00am – 12.00pm at Barkly Motor Lodge, 43-57 Main Rd Ballarat. Light lunch provided. For information and RSVP contact Maureen Mac Phail on 5320 3612

Cultural Awareness Event – BRMC Inc
The Ballarat Regional Multicultural Council in partnership with Lead on Ballarat is holding a Cultural Awareness Event. Get involved in a collection of workshops including African drums, film making, how to make & record your own pod casts/radio show, hip hop dancing and art workshops. To be held Saturday 7th November 10.00am at the Ballarat Mining Exchange. Sausage Sizzle lunch provided. For information contact Litsa Chung on 5337 0703 or Sarah-Kate Brusey on 5336 5023

Uniting Ballarat to Care for Ballarat – United Way Ballarat
United Way Ballarat has publicly announced the formation of Volunteering Ballarat, incorporating the volunteering activities of the Ballarat Volunteer Resource Centre and the former Ballarat Cares under the United Way Ballarat umbrella. Volunteering Ballarat aims to build the spirit of volunteering in Ballarat and the wider community to include businesses, government agencies and the general public. The Volunteer Resource Centre staff and volunteers have now moved to United Way's office located at Level 1, 92 Bridge Mall Ballarat. For information visit www.unitedwayballarat.com.au

Skills for Growth – Workforce Development Program
Skill for Growth is a Victorian Government initiative being provided to Victorian Businesses at no cost. Through BRACE the program provides independent specialists to work with organisations to assess the skills of your exiting workforce and identify opportunities for skills development and training. For information contact BRACE Ballarat on 5333 3700 or BRACE Geelong on 5222 1599

Career Start Program - BRACE
Career Start is a program to provide recent graduates employment in the Public and Community sectors for a minimum of 16 hours per week for 4 months, but if the employer wants, can be ongoing. We currently have graduates with a degree in Commerce, Cert IV, Aged Care, Info Tech, Admin and Children services. As a testimony of the value of these employees, BRACE employs two such graduates. The graduates must have qualifications no older than 2 years and have a level a disability. If required I can also mentor the graduates in the work place. The program is an initiative of the State Government and for more details call Neil at BRACE on 5333 3700 or www.brace.com.au

Introduction to Cultural Diversity - HACC

This module introduces health and community workers to key migration and diversity concepts such as acculturation, ethnicity, race and culture.

Key learning outcomes are:

- * Understand the key links between culture and health
- * Understand the impact of migration and settlement on individual health
- * Discuss individual and cultural differences and what constitutes "identity"
- * Explain the impact of personal cultural interpretations on service provisions
- * Demonstrate openness to employing culturally appropriate strategies for working with people from CALD backgrounds.

Cost: \$11.00 per person including light refreshments, aimed at all HACC workers and volunteers.

To be held in Ballarat on Thursday 12th November 1.00pm – 3.00pm at BEST community Development Centre, Acacia Room, 28 Victoria St Ballarat.

Horsham – Tuesday 17th November 1.00 – 3.00pm at the Grains Innovation Park, Yellow Gum Room, Natimuk Rd Horsham.

For information contact Ballarat District Nursing & Healthcare on 5334 1500 or hacced@bdnh.com.au

The Australian Regional Women's Leadership Forum 2009 – National Breast Cancer Foundation

The 2009 Australian Regional Women's Leadership Forum is an inspiring and invaluable new program designed to support the leadership aspirations of women throughout regional Australia. This event provides a platform for the women of regional Australia to connect deeply and purposefully with other women from their community. Under the guidance of nationally acclaimed leadership expert and facilitator Suzie Finkelstein, participants undertake a journey of self analysis as they consider their own leadership strengths and challenges.

The forum is delivered by Women & Leadership Australia – Australia's leading body dedicated to the development of female leaders. The Australian Regional Women's Leadership Forum is based on the belief that Australia's regional women represents and enormously under utilised national resource.

Cost: Normally \$495 pp, Full program now discounted to \$66pp

To be held in Ballarat on Tuesday 15th December, at the Alexandria on Lydiard, Lydiard St, Ballarat.

For information contact WTAA on 1300 138 038 or info@wtaa.com.au or www.women'shealthforum.com.au

Population Health Planning – Leading the Way One Day forum 2009

Population Health Approaches to planning have never been as important or relevant than in today's health system reform environment. It is therefore timely to support and build the capacity of the health sector to facilitate population health approaches to planning. It is equally important to support the health sectors ability to lead the dialogue on this important issue.

The forum is aimed at Chief Executive Officers, Health Service Executives, Board Members and Health Promotion Managers.

Cost: \$110pp (member agencies), \$176pp (non-member agencies)

To be held Friday 27th November 10.00am – 3.30pm at the RACV Club, 501 Bourke St Melbourne.

For information and registration contact 03 9094 777 or www.vha.org.au

Centacare Family Relationship Services Program 2009

Separation Recovery (Women's Group) 4 sessions

Aimed at people whose relationship has ended. Topics will include understanding the separation process, managing strong emotions, improving communication skills and relaxation & survival techniques.

Cost: \$30pp

To be held Tuesdays 10th, 17th & 24th November and 1st December 7.00pm – 9.00pm

Living with Teenagers, 1 Session

Aimed at parents of teenagers.

Topics will include the joys and the challengers, adolescent development, teen friendly parenting strategies and beyond the present.

Cost: \$10pp

TO be held Tuesday 10th November 7.00pm – 9.00pm

Tuning into Kids, 3 Sessions

Aimed for parents of young children.

Topics will include naming the emotion, talking your kids through emotions, understanding your child's emotional experience and lowering stress levels.

Cost: \$30pp

To be held Thursday 12th, 19th & 26th November 7.00pm – 9.00pm

Venues for the above workshops, will be confirmed on booking.

For information and registration contact Sue at Centacare Ballarat on 5337 8908
Concession available and please note childcare is not available at the workshops

Primary Health Weekly Bulletin – 29th October 2009

The latest edition of the Primary Health Weekly Bulletin is now available at: www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?

Client Service Models Forum, but not as you know them, Medicare & Community Health Services

A forum will be run on 18th November that looks at practical aspects of developing and implementing models of care supporting by Medicare in community health services, Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/forum-client-services-model-but-not-as-you-know-them/nocache?

Agricultural and Health Medicine

The Agricultural Health and Medicine course is for anyone with an interest in farmer health from nurses, general practitioners and allied health professionals to veterinarians, rural professionals and policy makers. It is a 5 day intensive program which will run from 22nd to 26th February 2010 in Hamilton, Western Victoria. Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/course-agricultural-health-and-medicine/nocache?

Vendor Information Forum

The next vendor information forum, convened by the Primary Health Branch, will be an opportunity to learn about the changes that are being made to the Service Coordination Tool Templates (SCTT) and the Victorian State-wide Referral Form (VSRF) as part of the 2012 revision. The forum will be held on Wednesday 25th November 2009 in Melbourne. Read more at:

www.dhs.vic.gov.au/rrhacs/ph_bulletin/vendor-information-forum2/nocache?

Bit of Everything Concert – Sebastopol Neighbourhood Watch

The Sebastopol Neighbourhood Watch presents the 2009 “A bit of everything Concert” to be held Wednesday 25th November 7.30pm at the Sebastopol Bowling Club.

Be entertained by St James School Choir, Sebastopol Secondary College, Sebastopol Primary School Choir, Australian Irish Dancing, Denis Bruce & Claire Moulding (Country Music) Stan Fullerton & Jack McRae (Spoons combined with piano accordion)

Cost: \$5pp entry fee includes supper.

All are welcome with many hampers to be given away on the night.

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

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

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 Daylesford.

For information call 03 5974 2060 or visit

www.standbyyou.org.au

Did you know???

Its only 51 days until Christmas!!!

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