



# NEWSLETTER

Issue 256

9<sup>TH</sup> December 2009

## 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.

## VIC Health Update Latest News

### Technology, Arts and Social Connection (TASC) Scheme

The Technology, Arts and Social Connection (TASC) Scheme is an innovative new program which will support creative initiatives that promote participation, health and wellbeing messages through community engagement in the digital environment.

Applications for the Technology, Arts and Social Connections (TASC) Scheme will open Saturday 12<sup>th</sup> December 2009 and close on Monday 15<sup>th</sup> February 2010.

Guidelines and application forms will be available from Saturday 12<sup>th</sup> December at [www.vichealth.vic.gov.au/en/Funding-Opportunities/Funding-Open.aspx](http://www.vichealth.vic.gov.au/en/Funding-Opportunities/Funding-Open.aspx)

## 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)

## December 2009

Saturday 12 <sup>th</sup>	<b>Stand By You, Christmas Remembrance Walk, Ballarat Hospice Care Inc.</b> 2.00pm – 4.00pm Daylesford Central Springs Reserve (255)
Saturday 12 <sup>th</sup>	<b>Picnic in the Park 2009, City of Ballarat &amp; Wendouree Wellbeing</b> , 3.00pm – 6.00pm at Weeamar Park, Cnr Gillies & Norman St Wendouree (opp Stockland) (255)
Monday 14 <sup>th</sup>	<b>Ceremony of Remembrance</b> , 5.30pm at the Ballarat General Cemetery, Cnr of Lydiard & Norman Street Ballarat (255)
Tuesday 15 <sup>th</sup>	<b>CHPCP Child &amp; Family Platform Meeting</b> , 9.30am – 11.30am CAFS, 115 Lydiard St Ballarat
Tuesday 15 <sup>th</sup>	<b>Drought &amp; Women's Stories of Change Exhibition</b> 1.00pm, 210 Lonsdale St Melbourne (255)
Wednesday 16 <sup>th</sup>	<b>Ovarian Cancer Session- Grampians Integrated Cancer Service</b> , 3.00pm – 4.00pm, 804 Sturt St (next to the Turret) Ballarat (255)
Wednesday 16 <sup>th</sup>	<b>CHPCP RYAN Meeting</b> , 2.00pm – 5.00pm DPCD 111 Armstrong St Ballarat
Saturday 19 <sup>th</sup>	<b>Ballarat Togolese Festival, Ballarat Togolese Group</b> , 4.00pm – 10.00pm at the Coolinda Centre, 10 Learmonth Rd, Wendouree (255)

## January 2010

Thursday 28 <sup>th</sup>	<b>SSMART Solutions, Tackling Binge Drinking, City of Ballarat &amp; DEECD</b> 9.00am – 2.30pm at Wendouree Performing Arts Centre, Howitt St Ballarat (256)
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### CHPCP

### Christmas/ New Year Information

CHPCP Office will be closed from Thursday 24<sup>th</sup> December – Monday 4<sup>th</sup> January 2010  
The CHPCP Newsletter will re-commence weekly from Wednesday 13<sup>th</sup> January 2010

Central Highlands Primary Care Partnership wishes everyone a Safe & Merry Christmas and a Happy New Year

### **Be-Net-Wise – A Cyber Safety Project**

Be Net Wise is a cyber safety project with a twist, it's not about whether you can twitter, text or bebo, it's about supporting kids to make safe choices.

Supporting the most vulnerable kids to protect themselves in the modern world.

Workshops are happening all around Victoria so sign yourself up to help give children & young people in out of home care and alternative education the same opportunities that other kids have.

Research tells us that vulnerable offline = vulnerable online and we know that children and young people in the out of home care and alternative education sector are amongst the most vulnerable in our community.

We need to help to develop training packages and tools to help you, your staff and carers to Be Net Wise and empower the children & young people you work with to make safe choices on and offline.

For information on signing up please contact Lauren Oliver Project Manager at Berry Street on 03 9429 9266 or [loliver@berrystreet.org.au](mailto:loliver@berrystreet.org.au)

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### **New Trial Bus Service in Moorabool – Transport Connections**

You're invited to attend the launch of an exciting new trial bus service in the Moorabool Shire area that will connect towns in the west of Moorabool with Ballarat.

The launch was held on Wednesday 9<sup>th</sup> December. Bus departure time is 9.30am.

Please encourage people to use this form of transport as it is a great win for Moorabool West. Hope to see you there to celebrate with transport connections in Moorabool west.

For information contact Simon Evans, Transport Connections Coordinator on 5345 8399

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### **SSMART – Surviving Substance Misuse & Alcohol Risk Taking**

The Strengthening Generations SSMART Network along with Ballarat Grammar School, City of Ballarat, State Government of Victoria and the Department of Education and Early Childhood Development is holding a forum on SSMART Solutions – Tackling Binge Drinking, with Paul Dillon, Local Initiatives showcased and John Toubourou.

To be held Thursday 28<sup>th</sup> January 2010, 9.00am – 2.30pm at the Wendouree Performing Arts Centre, Howitt St, Wendouree.

RSVP by 22<sup>nd</sup> December 2009 to Jodie Downey on 5320 5593 or

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

### **TOMORROW'S LEADERS IDENTIFIED TODAY – Moorabool Shire Council**

Moorabool Shire Council is on the look-out for young people aged between 12 and 25 who aspire to be leaders in the community and make a difference.

Launch Pad is a group of active young people who want to make a difference to their community.

Members are involved in the planning, development and running of youth events and activities within their community. Based in western Moorabool, Launch Pad has been running since February 2008 and aims to give young people the opportunity to learn skills in event co-ordination.

The young people involved in the program live, work or go to school in Moorabool Shire.

This program helps young people to excel in their chosen careers and have the opportunity to develop skills such as marketing, communication, leadership and team work.

And we have loads of fun along the way.

Expressions of interested are now open and should be forwarded to

[info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au) or contact Ms Grero on 5366 7100

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### **Ballarat Intercultural Aged Connections (BIAP) Project Intercultural Volunteer Facilitators**

BRMC aims to recruit 2 volunteers from each of the following communities: Italian, Dutch, German, Greek and Croatian.

They will learn about the aged care services available in Ballarat, their systems and how to approach them, then disseminate information into their own communities the knowledge and the volunteer educating with other members of their communities in understanding aged care services and their systems in order for the available community members to make the most of the services.

Facilitators will be required to:

- \* To attend training sessions (30 hours).
  - \* To fully understand the aged care services available in the community and their systems.
  - \* To disseminate information into their own communities on knowledge and information they have learnt after the completion of 30-hour training.
  - \* To discuss with their community members and to gather information about difficulties, problems or hindrances in using the aged care services.
- For information contact the Ballarat Regional Multicultural Council Inc or the Golden Point Learning & Cultural Environment, 102 English St, Golden Point on 53325 941 or [admin@brmc.org.au](mailto:admin@brmc.org.au)

### **Ceremony of Remembrance – Ballarat General Cemetery**

A Ceremony of Remembrance is being held for families and friends of a child of any age who has died through any circumstances.

Celebrations will include reflections and releasing of helium balloons also decorations will be available for the trees provided, but people are also welcome to bring your own decorations.

Please also bring along a picnic to share with family and friends after the ceremony.

To be held 5.30pm on Monday 14<sup>th</sup> December at the Ballarat General Cemetery, Cnr of Lydiard & Norman Street Ballarat.

If wishing to write on a helium balloon allow for a 6.00pm start.

Cost: A gold coin donation would be greatly appreciated on the night.

For information contact Theresia Sullivan on 5320 4196 or Brenda Rutherford on 5341 3774

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### **Picnic in the Park 2009 – City of Ballarat**

City of Ballarat and Wendouree Wellbeing are holding Picnic in the Park which features bands, jumping castle, face painting, petting zoo, circus workshop, Christmas carols, Harley rides, pony rides, bungee fun, henna tattoos and old fashion games.

Big raffle prizes on the night will include:

1<sup>st</sup> - \$500 voucher

2<sup>nd</sup> - \$300 voucher

3<sup>rd</sup> - \$200 voucher

A BBQ will be available on the night.

To be held Saturday 12<sup>th</sup> December 3.00pm – 6.00pm at Weearamar Park, Cnr Gillies & Norman St Wendouree. (Opposite Stockland)

In case the weather turns bad, the picnic will be located at the Wendouree West Community Learning Hub, 39 Violet Grove Wendouree West.

For information, enquiries or stall holders please call 5339 4056

'This is an alcohol free low to no cost event'.

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### **Ballarat Togolese Festival - First Time Held in Ballarat**

The Ballarat Togolese group is holding its first ever Ballarat Togolese Festival, Boom-Boom-Boom to be held for the first time in Ballarat.

The fun filled night will include Togolese food, Congolese dancers, Togolese dancers and drumming.

Cost: \$10pp, children are free.

To be held Saturday 19<sup>th</sup> December, 4.00pm – 10.00pm at the Cooina Centre, 10 Learmonth Rd, Wendouree.

For information and RSVP call Emmanuel on 0401 737 712

### **Youth Council – Extended Closing Date City of Ballarat**

Youth Services are currently on the look out for young people aged 12 - 25 years who are interested in getting involved in their local community.

If this sounds like a young person that you know, they should consider applying to join the City of Ballarat Youth Council!

Please forward this information to your networks. What is Youth Council?

Youth Council is a committee of around 15 young people aged 12yrs to 25yrs who represent the views of the Ballarat youth community.

They discuss local youth issues and provide information to the City of Ballarat by representing and consulting young people, creating new opportunities whilst also assisting to organise events and projects.

Young people become involved to learn new skills, meet new people and make your mark on your local community.

Have your voice heard on behalf of Ballarat's youth and make a difference!

Work towards making Ballarat an even better place for young people!

Projects which have an impact on the local community, including the Youth Recognition Awards. Interested?

Application forms can be obtained from the City of Ballarat Youth Services located at YHQ, 122 Armstrong Street South.

For information call 5320 5167 or email

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

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### **Healthy Thought**

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

Physical Activity is ranked second only to tobacco control in being the most important factor in health promotion and disease prevention in Australia.

Brisk walking (20 mins), dancing or gardening 2-3 times per week helps the average person stay fit and active.

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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)