

## 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](mailto:helenw@chpcp.org)

### Service Coordination Industry Advisor – John Dixon

Ph: 03 5338 4772 or [johnd@chpcp.org](mailto:johnd@chpcp.org)

### Chronic Disease Coordinator – Vacant

Ph: 03 5338 4773

### Health Promotion Coordinator – Anita Doyle

Ph: 03 5338 4775 or [healthpromotion@chpcp.org](mailto:healthpromotion@chpcp.org)

### Administration Support Officer - Sharna Kelly

Ph: 03 5338 4774 or [admin@chpcp.org](mailto:admin@chpcp.org)

Website: [www.chpcp.org](http://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](mailto:admin@chpcp.org) by **Fridays** for the next week's edition.

### Heart Foundation Walking Area Coordinator Training

Are you a professional interested in administering walking groups in your Area? Or would you like some additional support to make your existing groups more sustainable and less time intensive? We can help you to set up and maintain walking groups in your local community.

As an Area Coordinator, you will receive training, ongoing assistance, Support and resources from the Heart Foundation Victoria.

- An easy, effective and cost-efficient way to implement walking groups in your community.
- An active role in increasing regular physical activity in Australia to prevent potential health problems.
- A step-by-step guide to implement a quality, sustainable and proven program 80% retention rate of walkers.
- A wide range of resources to establish and maintain walking groups in your community

To register for the (free) Area Coordinator Training to be held Thursday 11<sup>th</sup> March, in Melbourne from 10.00am – 2.00pm contact Tara Henderson, Walking Project Officer Heart Foundation (Victoria) on (03) 9321 1515 or [tara.henderson@heartfoundation.org.au](mailto:tara.henderson@heartfoundation.org.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)

## January 2010

Wednesday's from 13 <sup>th</sup> Jan	<b>Legal Advise for Young People, YHQ,</b> 3.30pm – 4.40pm, 122 Armstrong St Ballarat (259)
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)

## February 2010

Tuesday 2 <sup>nd</sup> & 9 <sup>th</sup>	<b>Living with Teenagers, Centacare</b> Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Wednesday's	<b>Legal Advise for Young People, YHQ,</b> 3.30pm – 4.40pm, 122 Armstrong St Ballarat (259)
Wednesday 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>	<b>Separation Recovery, Centacare Ballarat,</b> 7.00pm – 9.00pm Venue to be advised on booking (259)
Monday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 1 <sup>st</sup> March	<b>It's About the Kids, Centacare</b> Ballarat, 7.00pm – 9.00pm Venue to be advised on booking (259)
Thursday 11 <sup>th</sup>	<b>Tweens, Centacare Ballarat</b> 7.00pm - 9.00pm Venue to be advised on booking (259)
Wednesday 17 <sup>th</sup>	<b>Managing Strong Emotions, Centacare</b> Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Thursday 18 <sup>th</sup>	<b>Building Positive Relationships, Centacare</b> Ballarat, 7.00pm – 9.00pm Venue to be advised on booking (259)
Monday 22 <sup>nd</sup> & Tuesday 23 <sup>rd</sup>	<b>Two Day Facilitator Training in No Bull (NB) Support, The Bouverie Centre</b> 9.30am – 4.30pm at The Bouverie Centre, 8 Gardiner St, Brunswick (257)

### **Two exciting new projects to welcome in International Year of Biodiversity 2010**

Green Gym has two new projects commencing in December to mark the arrival of International Year of Biodiversity 2010.

Activities include tree planting, weed control, native flora surveys, walking track and visitor facilities maintenance.

Transportation to a myriad of spectacular locations such as Mt Buangor State Park, Illabarook Grasslands and Langi Ghiran State Park, with other projects of equivalent appeal being continuously added to the list. Green Gym is a health and wellbeing program funded by *Go for your life!* – Department of Sustainability & Environment (DSE) and managed by Conservation Volunteers Australia.

No previous experience necessary.

Transport provided.

For information and enquiries call Gail on 0427 526 406

---

### **Inaugural Australian Obesity Summit**

One of the greatest public challengers confronting Australia and other industrialised nations is the obesity epidemic. In an effort to relieve the cost of obesity the public health system and the Australian Government is investing millions of dollars in the prevention and management of obesity related chronic disease. Ongoing obesity research and review of public health policies presents opportunity to discuss insights.

To be held Monday 29<sup>th</sup> & Tuesday 30<sup>th</sup> March 2010 in Sydney.

For information call Tina on 02 9080 4300 or [tina.larssen@informa.com.au](mailto:tina.larssen@informa.com.au)

---

### **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 Toumbourou.

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

RSVP to Jodie Downey on 5320 5593 or [jodiedowney@ballarat.vic.gov.au](mailto:jodiedowney@ballarat.vic.gov.au)

---

### **Legal Information for Young People**

Starting January 13<sup>th</sup>, 2010

Wednesday's at 3.30pm – 4.40pm

YQH – 122 Armstrong St South

For information call YHQ on 5320 5644 or just drop in for a casual chat with a lawyer on Wednesday Afternoons.

### **Count us in! Funding Grants Improving living and lifestyle experiences for older people living at public sector residential aged care services**

Is your organisation committed to facilitating community inclusion, enhancing good health and quality of life for residents living at public sector residential aged care services

(PSRACS)? We would like to hear from you.

A great opportunity is available through Count us in! Social Inclusion for older people living at public sector residential aged care services 2009-2010 initiatives.

Applications for funding are invited from eligible community service organisations and PSRACS to provide meaningful social inclusion opportunities for older people living at PSRACS. Applications which demonstrate innovation and leadership in promoting, facilitating and sustaining community engagement and social connection for residents will be considered favourably.

Funding will be provided to approve social inclusion projects over twelve months commencing in May 2010.

For information on Count us in! 2009-2010 initiative, a copy of the funding guidelines and grant application forms go to

[www.health.vic.gov.au/agedcare/maintaining/conutusin/index.htm](http://www.health.vic.gov.au/agedcare/maintaining/conutusin/index.htm)

Closing date for applications is Tuesday 2<sup>nd</sup> February 2010 at 4.00pm.

For information and enquires contact Gillian Dickson-Hughes on 03 9096 8327 or

[Gillian.Dickson-Hughes@dhs.vic.gov.au](mailto:Gillian.Dickson-Hughes@dhs.vic.gov.au) or

Carla Papa on 03 9096 6964 or

[Carla.Papa@dhs.vic.gov.au](mailto:Carla.Papa@dhs.vic.gov.au)

---

### **Excellence in Indigenous Health Awards**

The Inaugural Excellence in Indigenous Health Awards will celebrate the inspirational work being done to improve the health outcomes of indigenous people.

If you are involved in a program or initiative that is bringing us closer to closing the gap we invite you to make a submission. Initiatives deemed to have made an outstanding contribution will be recognised at the Awards Gala Dinner at the Mecure Hotel Brisbane on Tuesday 30<sup>th</sup> March 2010. For information visit

[www.indigenoushealthawards.com](http://www.indigenoushealthawards.com)

---

### **FEATURED EVENT:**

#### **Festive Recycling (Planet Ark)**

Between Christmas, New Year and Australia Day Australians produce more recycling than any other time of the year.

Planet Ark is encouraging everyone to have a clean and green festive period.

<http://festiverecycling.planetark.org/>

### **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)

### **Australia Day Awards - 2010**

The Awards are provided by the Australia Day Committee (Victoria) and are administered by Local Government Authorities throughout Australia on behalf of the Council.

Nominations for the City of 'Ballarat Community Activity of the Year Award' will be presented to the person/group who has staged the most outstanding community activity between the period of 16<sup>th</sup> November 2008 – 21<sup>st</sup> November 2009.

Nominations are to be addressed and sent to: Team Leader Governance, City of Ballarat P.O Box 655, Ballarat VIC 3353

### **Centacare Family Relationship Service Program 2010**

#### **Living with Teenagers – 2 Sessions**

This program is aimed at parents of teenagers. Topics include the joys and challenges, Adolescent development, Teen friendly parenting strategies and Parental self care.

Cost: \$10pp

To be held Tuesday 2<sup>nd</sup> & Tuesday 9<sup>th</sup> February 1.00pm – 3.00pm.

#### **Separation Recovery (Women's Program)**

This program is aimed for people whose relationship had ended. Topics include understanding the separation, managing strong emotions, improving communication and relaxation techniques.

Cost: \$30pp

To be held Wednesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> February, 7.00pm – 9.00pm

### **It's About the Kids – 4 Sessions**

This program is aimed for parents who are separated.

Topics include helping children manage separation, how children cope at different ages, making the best of co parenting and children and conflict.

Cost: \$30pp

To be held Monday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> February & Monday 1<sup>st</sup> March, 7.00pm – 9.00pm

#### **Tweens – 1 Session**

This program is aimed for parents of children aged 6 – 12 years.

Topics include encouraging children to be their age, best parenting for tweens, challenges for them and you and health, hormones and hysterics.

Cost: \$10pp

To be held Thursday 11<sup>th</sup> February, 7.00pm – 9.00pm

#### **Managing Strong Emotions – 1 Session**

This program is aimed to be helpful for all relationships.

Topics will include identifying strong emotions, recognising triggers, the impact of strong emotions and strategies to manage strong emotions.

Cost: \$10pp

To be held Wednesday 17<sup>th</sup> February, 1.00pm – 3.00pm

#### **Building Positive Relationships – 1 Session**

This program is aimed to be helpful for all relationships.

Topics include acknowledging our relationship strengths, positive relationship ingredients, current research findings and putting all this into daily life.

Cost: \$10pp

To be held Thursday 18<sup>th</sup> February, 1.00pm – 3.00pm

Venue for all sessions will be confirmed on booking/reservation.

For information contact Sue at Centacare Ballarat on 5337 8908

**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)