

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 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 12th December 2009 and close on Monday 15th February 2010.

Guidelines and application forms will be available from Saturday 12th December at

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

January 2010

Thursday 28 th	SSMART Solutions, Tackling Binge Drinking, City of Ballarat & DEECD 9.00am – 2.30pm at Wendouree Performing Arts Centre, Howitt St Ballarat (256)
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February 2010

Tuesday 2 nd & 9 th	Living with Teenagers , Centacare Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Wednesday's	Legal Advise for Young People , YHQ, 3.30pm – 4.40pm, 122 Armstrong St Ballarat (259)
Wednesday 3 rd , 10 th , 17 th & 24 th	Separation Recovery , Centacare Ballarat, 7.00pm – 9.00pm Venue to be advised on booking (259)
Monday 8 th , 15 th , 22 nd & 1 st March	It's About the Kids , Centacare Ballarat, 7.00pm – 9.00pm Venue to be advised on booking (259)
Thursday 11 th	Tweens , Centacare Ballarat 7.00pm - 9.00pm Venue to be advised on booking (259)
Tuesday 16 th	Helping Families through Tough Times , 9.30am – 4.30pm at The Bouverie Centre, 8 Gardiner St, Brunswick (260)
Wednesday 17 th	Managing Strong Emotions , Centacare Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Thursday 18 th	Building Positive Relationships , Centacare Ballarat, 7.00pm – 9.00pm Venue to be advised on booking (259)
Monday 22 nd & Tuesday 23 rd	Two Day Facilitator Training in No Bull (NB) Support , The Bouverie Centre 9.30am – 4.30pm at The Bouverie Centre, 8 Gardiner St, Brunswick (257)
Tuesday 23 rd	Health & Wellbeing, 4 Hour Short Course , Geelong Region Alliance, 10.00am – 3.00pm at Barwon Health, 104 Bellarine Hwy, Newcombe (260)

Legal Information for Young People

Starting January 13th, 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.

Broadband for Seniors – UnitingCare An Australian Government Funding Initiative

UnitingCare Aged and Disability Services to host a new Broadband for Seniors kiosk.

The free kiosk is to feature two computers with broadband access for use by older members of our local community.

We are also providing training, so beginners are very welcome.

A Broadband for Seniors is part of a \$15m Australian Government initiative to increase the skills of older Australians using computers and the internet.

A Broadband for Seniors kiosk offers the opportunity for our seniors to discover how the web can play a great part in helping you and your fellow members to stay in touch with friends and family, along with offering access to the wealth of information available online.

This is a chance to find out what all the excitement is about.

The Broadband for Seniors kiosk is due to open on Wednesday 27th January 2010.

If you or someone you know would be interested in learning more about computers and the internet please pay us a visit or contact us for more information on training and kiosk access times.

For information and locations on the Broadband for Seniors visit www.necseniors.net.au or alternatively to find out opening times or to book a time to come and learn how to use the computer or any other enquiries please call Gail Reid on 5335 3500

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 28th 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

Two Day Facilitator Training in No Bull (NB) Support

No Bull Support is a half day workshop designed to educate and support lay people who have contact with families and individuals affected by natural disasters such as drought and bushfires. No Bull Support aims to provide training and skill development on how to engage with distressed people and conduct conversations on tough topics related to extreme personal difficulties, various ways of supporting someone in trouble, when and how to provide referral options and attending to oneself and one's own family during tough times.

The workshop is aimed at workers or volunteers in community organisations.

Attendees are encouraged and invited to include another person from their area, with whom they can train as a team and present the workshop together. We find that this has been the best way to learn the information and to have personal local ongoing and direct support for conducting the session.

To be held 9.30am – 4.30pm on Monday 22nd & Tuesday 23rd February 2010 at The Bouverie Centre, 8 Gardiner St Brunswick.

Cost: Free, seats are limited

For information and registration contact Christine Neil at c.neil@latrobe.edu.au

Helping Families through Tough Times

You are invited to attend a free 1-day regional workshop for Counsellors focused on responding effectively to the emotional needs of families and communities affected by natural disaster.

This training is available to counsellors working in a range of context, including Community Health, Primary Health, Division of GP's, Local Government, Non-Government and Not-for-Profit organisations.

We will combine our own family therapy expertise with workers acquired practice wisdom about effective ways of engaging with and attending to the needs of people impacted by recent natural disaster.

Topics will include research outcomes from our 2007-2008 work with Drought Counsellors across Victoria, a recommended model of working to engage people who are reluctant to seek help, concepts from family therapy and trauma theory and opportunities for practical skill development.

To be held 9.30am – 4.30pm on Tuesday 16th February 2010 at The Bouverie Centre, 8 Gardiner St Brunswick.

Cost: Free, seats are limited

For information and registration contact Christine Neil at c.neil@latrobe.edu.au

Diamonds in the Dust at Ercildoune Save the date-

Ballarat & District Division of General Practice invites all rural & farming women to 'Diamonds in the Dust 2010'

To be held Sunday 21st March 2010 at Ercildoune.

Invitations will arrive in January 2010.

A Day on the Green

Tickets on sale now. Saturday 13th 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

Mental Health Advice Line

Frequently Asked Questions for Customers

A Mental Health Advice Line is a new State Wide Victorian phone service that provides immediate, expert mental health advice from registered mental health professional, 24 hours a day, 7 days a week.

The service, staffed by mental health professionals will be available from any landline in Victoria for the cost of a local call or mobile phone at standard rates.

A person may call about themselves or about another person like a family member or friend. The number to call the Mental Health Advice Line is 1300 280 737

Health & Wellbeing – Geelong Region Alliance

Introduction to Health Promotion 4 Hour Short Course

This four hour short course has been designed for staff from a range of organisations with limited knowledge or experience in health promotion.

The course aims to introduce participants to foundation principles and practices of Health Promotion. Topics include:

- * Identify the key features and values of Health Promotion
- * Provide a brief description of the social model of health and identify the determinants of health.
- * Categorise interventions and strategies using the integrated health promotion framework.
- * Articulate and explain what Health Promotion is and recognise health promotion practices within their own work roles.

To be held Tuesday 23rd February 2010, 10.30am – 3.00pm at Barwon Health 104 Bellarine Hwy, Newcombe.

For information and enquires contact populationhealth@barwonhelath.org.au

Fair Work Information Statement - Fair Work Ombudsman Australian Government

From 1st January 2010 the Fair Work Information Statement is to be provided to all new employees by their employer as soon as possible after the commencement of employment.

Fair Work Australia is the national workplace relations tribunal established under the Fair Work Act 2009.

Fair Work Australia is an independent body with the authority to carry out a range of functions relating to the safety net of minimum wages and employment conditions, enterprise bargaining, industrial action, dispute resolution, termination of employment and other workplace matters. This Statement provides basic information on matters that will affect your employment.

If you require further information you can contact the Fair Work Info line on 13 13 94 Monday – Friday 8.00am – 6.00pm local time or Fair Work Australia on 1300 799 675 or visit www.fairwork.gov.au

FREE Learn to Swim Program

At Brown Hill Community Swimming Pool Humffray St North Ballarat Facilitated by qualified AUSTSWIM instructors for children aged 4-12yrs (All children under the age of 10 must have a parent or guardian over the age of 16 in attendance)

Proudly sponsored by Brown Hill Uniting Church To be held daily Monday 11 January 2010 to Friday 22 January 2010 (12 Days only) at the Brown Hill Swimming Pool, Humffray St, Brown Hill.

Lessons schedule is:

Session (1): 10.00am to 10.25am

Session (2): 10.30am to 10.55am

Session (3): 11.00am to 11.25am

Session (4): 11.30am to 11.55am

For information contact Brown Hill Progress Association on 5338 8663

Did you know???

Card egg boxes – stand potatoes in them to chit before planting, or sow a seed in each individual cell. The box can be cut up and each cell planted directly into the ground, without disturbing the seedling.

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