

## 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.

### Central Highlands Primary Care Partnership New Team Members

Would like to welcome back **Alison Kerr** returning to Administration Support from Maternity Leave.

Ph: 03 5338 4774 or email:

[admin@chpcp.org](mailto:admin@chpcp.org)

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To introduce

**Chandra Easton** our new Chronic Disease Coordinator who commenced 1<sup>st</sup> February and has moved to Ballarat from Brisbane. Chandra can be contacted on

Ph: 03 538 4773 or email: [icdm@chpcp.org](mailto:icdm@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](http://www.chpcp.org/newsletter)

## February 2010

Friday 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	<b>Kreative Kidz</b> , Radmac Office Choice, 4.00pm – 5.30pm, 104 Armstrong St Nth, Ballarat (262)
Tuesday 9 <sup>th</sup>	<b>Living with Teenagers</b> , Centacare Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Tuesday's (in Term Time)	<b>Ballarat Young Parents Playgroup, City of Ballarat</b> 11.00am – 12.30pm at Eureka Family Resource Centre, 507 Humffray St Ballarat (262)
Wednesday's	<b>Legal Advise for Young People</b> , YHQ, 3.30pm – 4.40pm, 122 Armstrong St Ballarat (259)
Wednesday 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup>	<b>Separation Recovery</b> , Centacare Ballarat, 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</b> , Centacare Ballarat, 7.00pm – 9.00pm Venue to be advised on booking (259)
Thursday 11 <sup>th</sup>	<b>Tweens</b> , Centacare Ballarat 7.00pm - 9.00pm Venue to be advised on booking (259)
Thursday 11 <sup>th</sup>	<b>"Living With Ana" Grampians Regional Centre for Nursing &amp; Health Care</b> , 8.30am – 3.00pm, Educational Resource Centre, BHS, Drummond St Ballarat (262)
Tuesday 16 <sup>th</sup>	<b>Helping Families through Tough Times</b> , 9.30am – 4.30pm at The Bouverie Centre, 8 Gardiner St, Brunswick (260)
Tuesday 16 <sup>th</sup>	<b>Go For Your life Forum</b> , William Angliss Institute, Melbourne (261)
Wednesday 17 <sup>th</sup>	<b>Managing Strong Emotions</b> , Centacare Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Thursday 18 <sup>th</sup>	<b>Building Positive Relationships</b> , Centacare 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</b> , The Bouverie Centre 9.30am – 4.30pm at The Bouverie Centre, 8 Gardiner St, Brunswick (257)
Tuesday 23 <sup>rd</sup>	<b>Health &amp; Wellbeing, 4 Hour Short Course</b> , Geelong Region Alliance, 10.00am – 3.00pm at Barwon Health, 104 Bellarine Hwy, Newcombe (260)
Wednesday 24 <sup>th</sup>	<b>PCP ICDM Workshop, Using Case Studies to Strengthen Partnerships</b> , 10.00am – 3.30pm at Department of Health Conference Centre, Level 1, 50 Lonsdale St Melbourne (262)

### **Young Parents Playgroup – City of Ballarat**

City of Ballarat now has a playgroup for young parents and their babies, toddlers and pre-school aged children. You are invited to come along to play and have fun with your child at playgroup. To be held each Tuesday in term time at 11.00am – 12.30pm at the Eureka Family Resource Centre, 507 Humffray St Sth. For information please contact the City of Ballarat Playgroup Coordinators Meghan or Julie on 5320 5682 or [ballaratplaygroups@ballarat.vic.gov.au](mailto:ballaratplaygroups@ballarat.vic.gov.au)

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### **Rooms Available For Use at The Well, Smythesdale**

Looking for a venue for your next meeting?  
Looking for office space or consulting rooms to provide outreach services?

The Well, Smythesdale Business Health & Community Hub currently has rooms available to hire to suit a range of purpose including meetings, functions, activities, allied health services or business.

The Multi-Purpose room has 6 tables and seating for 40 people and includes a kitchenette with tea & coffee facilities including a small bar fridge. The Board Room which is available for use until leased is a smaller room with an oval table seating approx 8-10 people. Both rooms are available to hire for \$10 per hour and assistance can be provided with local catering options.

Consulting rooms are ideally suited for use by allied health professionals and each have sink facilities and share a comfortable waiting area. Four Business Offices are also available for lease, ranging from \$120 per week and include direct street access.

All rooms in this modern new facility have access to the foyer area, toilets and shared kitchen which included a small oven, fridge, microwave and instant boiling water.

To enquire further about the rooms available or to make a booking please contact the Smythesdale Hub Coordinator, Clare Beacham on 5321 1500 or [cbeacham@gplains.vic.gov.au](mailto:cbeacham@gplains.vic.gov.au)

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### **Community Cabinet Meeting – In Ballarat**

The Prime Minister, the Hon Kevin Rudd MP, advises there will be a Community Cabinet meeting at Ballarat High School, Sturt Street West, Ballarat, Victoria on Thursday 18<sup>th</sup> February 2010.

All interested members of the public are welcome to attend and request a one-on-one meeting with a minister, but must register in advance.

For information visit [www.dpmc.gov.au/community\\_cabinet/index.cfm](http://www.dpmc.gov.au/community_cabinet/index.cfm)

### **Funding Open**

#### **VicHealth's Current Funding Opportunities Technology, arts and social connection funding scheme**

Grants are available through the Technology, Arts and Social Connection (TASC) Scheme to support a broad range of initiatives to increase arts participation, individual and community connectivity. The scheme also emphasises active community participation in planning and decision making processes, and collective activity to address barriers to social participation.

Grants of up to \$15,000 are available to support initiatives by arts and community groups, organisations and partnerships to undertake activities that build social connection through innovative engagement with the digital environment.

Applications close Monday 15<sup>th</sup> February 2010  
For information visit

[www.vichealth.vic.gov.au/Funding-Opportunities/Funding-Open/TASC-Scheme.aspx](http://www.vichealth.vic.gov.au/Funding-Opportunities/Funding-Open/TASC-Scheme.aspx)

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### **Trial Bus Link Brings New Possibilities to Snake Valley**

A three-month trial bus service from Snake Valley to Ballarat will kick off on January 18, providing Snake Valley and district residents with the first-ever direct public transport link to essential services in Ballarat city. The trial bus service will run each Monday and Friday, stopping at key destinations such as Ballarat Base Hospital, Ballarat Railway Station, the CBD and Stockland Wendouree.

Using the downtime of the Snake Valley school bus, run by Gardner's Bus Service, the bus route will give patrons around four hours in Ballarat - with access to Melbourne and other connections from the Ballarat Railway Station. The bus trial is being funded by Grampians Pyrenees Flexible Transport Connections (GPFTC) Project.

One way fares from Snake Valley to Ballarat are \$3.30 full fare or \$1.60 concession. Haddon to Ballarat is \$2 full fare and \$1 concession.

For a timetable please visit:

[www.grampianspyrenees.gov.au](http://www.grampianspyrenees.gov.au)

or call into the Snake Valley General Store, Haddon General Store, Ballarat Railway Station, Beaufort Railway Station or Beaufort Tourist Information Centre.

The GPFTC is funded through the Victorian Government's *Transport Connections* program, a cross government initiative to help communities work together to improve local transport.

### **“Attention All Rural Health Professionals” Scholarships available for Commonwealth Support Places - Masters of Health Science**

The Masters Health Science 2010 (Rural) may be just right for you. Do you want to:

- \* Study part-time from home to suit your work and family commitments?
- \* Choose a course work or research combination?
- \* Complete research in your own professional field?
- \* Increase your effectiveness in rural health?
- \* Develop better patient care through inter-professional practice?
- \* Apply evidence based practice to real clinical settings?
- \* Choose from further study options such as drug & alcohol in rural communities, Indigenous health or explore how climate change may be affecting health on a broad scale?

The Masters of Health Science (Rural) is managed from the Monash Department of Rural and Indigenous Health (MUDRIH)

For more information visit

[www.med.monash.edu.au/srh/mudrih/](http://www.med.monash.edu.au/srh/mudrih/)

To access information for the Masters Health Science course visit

[www.monash.edu.au/pubs/handbooks/courses/3897.html](http://www.monash.edu.au/pubs/handbooks/courses/3897.html)

Enquires can also be made to the Administration Officer (Tues, Wed, Thurs) on 03 5128 1022 or

[cathy.beamish@med.monash.edu.au](mailto:cathy.beamish@med.monash.edu.au)

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### **PCP ICDM Workshop - 24<sup>th</sup> February 2010**

The workshop will provide an opportunity for participants to listen to speakers and very skilled facilitators to:

1. Learn tips for strategically communicating the work of PCP's with a focus on preparing an effective and inspiring case study about ICDM activities.
2. Explore opportunities for strengthening partnerships through the use of data including, but not limited to, a focus on using the results from the 2009 Service Coordination and ICDM survey plus the new General Practice Profiles being provided to every PCP by General Practice Victoria. This workshop is designed for Primary Care Partnerships specifically the following to attend, PCP staff members responsible for Integrated Chronic Disease Management (ICDM) and Lead or member of PCP's ICDM working groups.

To be held 10.00am – 3.30pm at DOH Conference Centre Level 1, 50 Lonsdale St, Melbourne.

For information contact Kate Gilbert, Industry Advisor – ICDM Integrated Branch on 03 9096 0290 or [kate.gilbert@health.vic.gov.au](mailto:kate.gilbert@health.vic.gov.au)

### **Inaugural Australian Obesity Summit**

One of the greatest public health challenges confronting Australia and other industrialised nations is the obesity epidemic.

In an effort to relieve the cost of obesity to the public health system the Australian Government is investing millions of dollars in the prevention and management of obesity related chronic diseases.

With Australia ranked as one of the most overweight developed nations in the world, it's time to ask questions and take action.

Ongoing obesity research and review of public health policies present the perfect opportunity to discuss and share insights on alternative strategies and the shift from treatment to prevention.

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

For information call 02 9080 4300 or [tina.larssen@informa.com.au](mailto:tina.larssen@informa.com.au) or visit [www.informa.com.au/obesity](http://www.informa.com.au/obesity)

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### **Advice Notice**

**“Living with Ana”**

#### **Grampians Region Centre for Nursing & Health Education**

This update will be of interest to all who work with or have contact with adolescents.

It will explore the spectrum of eating disorders focusing on Anorexia Nervosa and Bulimia behaviours.

Current management and support strategies will be discussed including diagnosis, the Maudsley Family model of care, feeding support strategies and the role of medical, nursing and allied health services in supporting and managing those suffering an Eating Disorder.

To be held Thursday 11<sup>th</sup> February, 8.30am – 3.00pm at the Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat  
Cost: Free

\$10pp Catering fee (pay on the day)

RSVP and enquires by Monday 8<sup>th</sup> February to Shayne Davis on 5320 4038 or [cnheadministration@bhs.org.au](mailto:cnheadministration@bhs.org.au)

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

97% of the planet's water is undrinkable salt water.

2% is trapped in ice caps and glaciers; only 0.003% of all the earth's water is available as fresh water in the form of surface water.

The global bottled water market is growing at 12% per year.

Most bottles are made from PET a petroleum based plastic (of which only a small percentage is recycled).

### **Green Gym – Granite Peaks & Grasslands Project, Conservation Volunteers**

Green Gym – Conservation Volunteers and Parks Victoria invite you to explore nature conservation reserves in our region. Experience the beauty of rugged granite peaks, towering eucalypt forests, cool, moist gullies and cascading waterfalls studded with majestic tree ferns, and seemingly endless grassy plains. You can experience it all with Green Gym! Self-paced activities include walking track construction and maintenance, weed control, visitor facilities maintenance and plant surveys. No experience necessary. No cost involved. Funded by *Go for your life!* – Department of Sustainability & Environment. Transport provided from Ballarat to Ballarat. Project runs each Monday for 20 weeks. To register please phone Gail on 0427 526 406 or email [gweston@conservationvolunteers.com.au](mailto:gweston@conservationvolunteers.com.au)

### **A4AnTS Anaphylaxis Training Service**

Interested Anaphylaxis training? Available to industry and community groups in your own workplace, training can be organised for day or evening, \$45 per participant. For more information contact [m.hatcher@bigpond.com](mailto:m.hatcher@bigpond.com)

### **Begonia Festival Parade**

The Ballarat Begonia Festival Parade to be held on Monday 8<sup>th</sup> March 2010, 3.00pm – 4.30pm. Registrations to participate in the Parade close Friday 5<sup>th</sup> February 2010. To express your interest contact Premier PR 5333 4426 or go to [www.ballaratbegoniafestival.com/](http://www.ballaratbegoniafestival.com/)

### **Kreative Kidz**

Kreative Kidz is an expressive art therapy program promoting emotional & mental well-being in primary school aged children. Children are encouraged to have fun, build their confidence and self esteem, through drawing, painting, collage & clay work. Sessions are held on Fridays from 5<sup>th</sup> February – 26 March 2010, 4.00pm – 5.30pm at Radmac Office Choice, 104 Armstrong St Nth, Ballarat. Cost \$160 for 8 sessions. For more information contact Marie on 5368 9441, email [drawingwithin@yahoo.com.au](mailto:drawingwithin@yahoo.com.au)

### **Mental Health Advice Line**

**1300 280 737**

The Mental Health Advice Line is a state-wide Victorian phone service that provides immediate, expert mental health advice from a registered mental health professional, 24 hours a day, 7 days a week. The service is strictly confidential and you may remain anonymous.

### **Juvenile Idiopathic Arthritis**

Rural Health Education Foundation presents a live simultaneous satellite television broadcast and webcast, the first in a four part series on the new Muscular Skeletal Guidelines. Juvenile Idiopathic Arthritis: Clinical Guideline for Diagnosis and Management, broadcast on Tuesday 9<sup>th</sup> February 2010, 8.00pm. For more information visit

[www.rhef.com.au/programs/program-1/?program\\_id=389](http://www.rhef.com.au/programs/program-1/?program_id=389)

### **Diversity in Health – Call for Papers**

The call for papers for Diversity in Health 2010 closes on Monday 8<sup>th</sup> February. Don't miss your chance to shape the debate on multicultural health and wellbeing. To submit a paper visit [www.ceh.org.au/dih/papers/submit.aspx](http://www.ceh.org.au/dih/papers/submit.aspx) The Diversity in Health 2010 conference will be held at the Melbourne Convention and Exhibition Centre from Monday 7<sup>th</sup> June – Wednesday 9<sup>th</sup> June 2010. To download a registration brochure and more information on the course visit

[www.ceh.org.au/downloads/Diversity\\_in\\_Health/DIH\\_registration\\_A4\\_8pp\\_FINAL.pdf](http://www.ceh.org.au/downloads/Diversity_in_Health/DIH_registration_A4_8pp_FINAL.pdf)

### **AFL Celebrity Visit**

Finding Futures in collaboration with the City of Ballarat will be hosting a visit by North Melbourne Football Club players at the Futures Coffeehouse, 262 Sturt St, Ballarat on Friday 5<sup>th</sup> February 2010, 10.00am – 12.00 noon. This event is most specifically for those who are disadvantaged, have a permanent disability or medical condition. Please RSVP to Finding Futures by Thursday 4<sup>th</sup> February 2010 on 1300 554 042.

**DON'T FORGET TO PASS  
THIS INFORMATION ON**  
**Please print out a copy for  
your staff room**

To include items in the newsletter contact Alison 03 5338 4774 or [admin@chpcp.org](mailto:admin@chpcp.org)

The Central Highlands Primary Care Partnership newsletter is compiled from information provided by organisations and partner agencies. Information is received and published in good faith and whilst every effort is made to only publish current information, we cannot accept responsibility for the accuracy of the information provided to us.