

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.

The Commonwealth Government this week released the [third Intergenerational Report](#), which aims to forecast the likely implications of Australia's ageing society on key government services.

The report estimates that the health, aged care and pension costs are likely to rise at a slower rate due to increased birth rates and migration.

The Commonwealth Government has indicated it will pursue productivity improvements, workforce participation and population growth as means of minimising the effects of the ageing population. These issues are likely to have significant implications for councils in a range of areas, including aged care and planning.

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

February 2010

Friday 5 th , 12 th , 19 th , 26 th	Kreative Kidz , Radmac Office Choice, 4.00pm – 5.30pm, 104 Armstrong St Nth, Ballarat (262)
Tuesday 9 th	Living with Teenagers , Centacare Ballarat, 1.00pm – 3.00pm Venue to be advised on booking (259)
Tuesday's (in Term Time)	Ballarat Young Parents Playgroup, City of Ballarat 11.00am – 12.30pm at Eureka Family Resource Centre, 507 Humffray St Ballarat (262)
Wednesday's	Legal Advise for Young People , YHQ, 3.30pm – 4.40pm, 122 Armstrong St Ballarat (259)
Wednesday 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)
Thursday 11 th	"Living With Ana" Grampians Regional Centre for Nursing & Health Care , 8.30am – 3.00pm, Educational Resource Centre, BHS, Drummond St Ballarat (262)
Tuesday 16 th	Helping Families through Tough Times , 9.30am – 4.30pm at The Bouverie Centre, 8 Gardiner St, Brunswick (260)
Tuesday 16 th	Go For Your life Forum , William Angliss Institute, Melbourne (261)
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)
Wednesday 24 th	PCP ICDM Workshop, Using Case Studies to Strengthen Partnerships , 10.00am – 3.30pm at Department of Health Conference Centre, Level 1, 50 Lonsdale St Melbourne (262)

Cultural Displays – Diversity Week 2010

To celebrate Cultural Diversity Week 2010, The City of Ballarat is inviting interested groups to participate in a static display at the Ballarat Mining Exchange. Displays can include anything culturally appropriate that 'tells a story' about your country of origin. Displays will be set up Monday 15th March 2010 and removed Friday 19th March 2010. To register your interest or discuss requirements contact Elizabeth Hardiman on 5320 5831 or email elizabethhardiman@ballarat.vic.gov.au before Tuesday 16th February.

Research Study on Children's Experiences of Shared Care

A PhD researcher from the University of Ballarat is currently seeking participants for a research study "The lived experience of children (aged 7-12) in shared care, post-separation."

Participants must be aged 7-12 years, currently live in shared care or have lived in shared care within the past two years and have written consent of both parents. The project aims to give children a safe opportunity to talk about their experiences, and to help learn more about the kinds of living arrangements that feel supportive and helpful to children. To find out more or if you know any interested families contact Christina Sadowski on 0407 326 374 or c.sadowski@ballarat.edu.au.

Stop Smoking Information Sessions

Find out what's new, what's different and what support is available in Ballarat to assist with your quit smoking attempt. Sessions are held at Ballarat Community Health, 206 Vickers St, Sebastopol on the first Wednesday of each month from 5.00pm – 6.00pm. Gold coin donation requested. For more information or to register attendance phone Customer Service 5338 4500.

Free February Bus

The Hepburn to Creswick bus is running free for all of February! The bus runs from Daylesford via Old Hepburn, Hepburn, Eganstown, Blampied and Newlyn to Creswick. The bus departs Daylesford at 10.00am arriving in Creswick at 10.25am. The return bus will depart Creswick at 5.05pm arriving in Daylesford at 5.26pm. For more information contact Simon Evans on 5345 8399.

Go For Your Life

The February edition of the Go For Your Life newsletter is available online at www.goforyourlife.vic.gov.au/gflynws

MEND Program for Kids

Ballarat Community Health in partnership with the YMCA are running the Mind Exercise Nutrition... Do it (MEND) Program in Term 2. This is a free fun program for kids, aged 7 – 13 years to become fitter, healthier and happier. The MEND program gets kids fit and healthy in 10 weeks and helps them stay that way. Call Ballarat Community Health on 5338 4500 to join the MEND program. To find out about other children having fun on the MEND program visit www.mendprogramme.org

The Coming of the Nurse Practitioner

Are you interested in advanced clinical practice or in the extension of nursing roles within your team? Have you ever wondered what else is out there to support your practice? This session will be open to all nurses, managers, educators and clinicians in the areas of palliative care, aged care, emergency, ICU, oncology, renal, stroke and mental health. This twilight education session will be held on Monday 1st March 2010, 6.30pm – 8.30pm at the Education Resource Centre, Ballarat Health Services, Drummond Street, Ballarat. For more information and to register your place contact Bernadette at Grampians Regional Palliative Care on 5320 3553 or email bernadette@bhs.org.au

Adolescent and Paediatric Palliative Care with Dr. Jenny Hynson

Ballarat & District Division of General Practice presents 'Adolescent and Paediatric Palliative Care with Dr Jenny Hynson'. Dr Jenny Hynson is a consultant paediatrician to the Victorian Paediatric Palliative Care Program. The session will be held on Tuesday 23rd February 2010, 7.00pm at Ballarat & District Division of General Practice, 105 Webster St, Ballarat. Register your attendance by 18th February 2010 with Paula on 5331 6303 or paulad@bddgp.org.au

Self-Abuse Finally Ends - Training Workshop

Self Abuse Finally Ends (SAFE) in partnership with Bacchus Marsh Community College presents 'An Introduction to Working with Individuals Who Self Abuse' This 2 day training workshop is for mental health workers, carers who work with individuals who self abuse, youth workers, drug and alcohol workers, student counselors, teachers, GP's, psychologists, counselors and anyone who wishes to better understand self abuse. The workshop will be held at The Laurels, 22 Main Street, Bacchus Marsh on Monday 19th and Tuesday 20th April. Cost \$330. For more information or to register your place contact safeinoz@wideband.net.au

Football Coaching Staff Wanted

Do you love football and enjoy helping people achieve their goals whilst improving their skills and confidence? The Ballarat Northern Knights are seeking two committed coaches for our Division 1 and 2 teams, if you love the game and are passionate about helping people be the best they can be, contact Amanda Kay at BEST Community Development on 5329 1640 for more information.

Landlord Seminars

Consumer Affairs Victoria is offering free training sessions for new and established landlords. The session will be held on Monday 19th April 2010 at the Grampians Justice Service Centre, 206-208 Mair St, Ballarat, 5.30pm – 7.30pm. Please RSVP to Joy Hall on 4301 7065 or email joy.hall@justice.vic.gov.au

Taste of Harmony 2010

Participate in Cultural Diversity Week 2010 by hosting a Harmony Breakfast, Morning Tea or Lunch at your workplace. Bring a plate of food with a cultural theme to share with your workmates on Wednesday 17th March and celebrate Ballarat's Cultural Diversity. To be part of this community event register your workplace by sending details to paigeduggan@ballarat.vic.gov.au

Free

Free to any community group a 63cm TV with set top box, if your interested phone Sue on 5331 5555.

Cupcake Movies in the Park

Cupcake Movies is an outdoor cinema screening of G & PG rated new release movies, on the sweeping lawns of Eastern Park Geelong Waterfront. Gather a group of friends or family and relax as the sun goes down and the screen lights up. Find your plot from 7.00pm screenings start at sundown, Friday and Saturday nights in February and March 2010. Cost \$5 per person, children under 5 free. For more information visit www.cupcakemovies.com.au

Northern Water Plant

The \$90 million Northern Water Plant project involves the construction of a new water recycling plant at the Shell Refinery in Northern Geelong. The plant will supply 2000 million litres of Class A recycled water a year for use in the refinery's industrial process, saving 5% of Geelong's current drinking water demand. Barwon Water is hosting an Open House on Saturday 13th February, 10.00am – 2.00pm, come along to find out more. Norlane Community Centre, 39 Rose Ave, Windsor Park, Norlane.

Positive Body Image Grants

Round 4 of the Positive Body Image Small Grants are now open. The 'Go for your life' Positive Body Image Grants fund community based activities that build self esteem and promote positive body image and healthy lifestyle choices. Applications targeting diverse groups of young people, particularly aged 12 - 25, are encouraged. Applications close Monday 22nd March 2010. Applications can be made online at

www.grants.dpcd.vic.gov.au/web18/dvcgrants.nsf/AllDocs/E372E87DFC3B98FECA2572950083B2A3

New Resident's Playgroup

A playgroup for young families who are new to Ballarat. Come along and meet other young families who have made Ballarat their home. This playgroup meets weekly (during school terms) each Tuesday from 9am until 10.30am, at the Eureka Family Resource Centre, 507 Humffray St Sth Ballarat. Please bring a piece of fruit to share. Gold coin donation appreciated. For further information, call Julie or Meghan on 5320 5682.

Wendouree West Community Playgroup

A playgroup for families living in the Wendouree, Miner's Rest and Mitchell Park areas of Ballarat. This playgroup meets weekly (during school terms) each Thursday from 9am until 10.30am, in the Kindergarten at the Wendouree West Community Hub, 39 Violet Grove, Wendouree. Please bring a piece of fruit to share. Gold coin donation appreciated. For further information, call Julie or Meghan on 5320 5682.

**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

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.