

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.

Chronic Disease Incentive and Innovation Projects

These grants are available to agencies that receive state primary health funding. The intention of the grants is to assist agencies develop and trial or implement strategies to improve care for people with chronic complex conditions. Agencies are encouraged to review the grant programs available and identify appropriate opportunities to enhance the work they are undertaking. For more information visit

www.dhs.vic.gov.au/rrhacs/ph_bulletin/chronic-disease-incentive-and-innovation-projects-2010-2011/_nocache?src=email&id=120210 or contact Caroline Frankland, Department of Health, caroline.frankland@health.vic.gov.au or phone 9096 6934. The GPV contact is Megan Buick, m.buick@gpv.org.au or phone 9341 5299.

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'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)
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)
Wednesday 24th	Koorie Family Well-being Forum , Ballarat Learning Exchange, 10.00am – 2.00pm, 36 Camp St, Ballarat. (264)
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)
Wednesday 3 rd March	International Women's Day Coffee Break , 1.30pm – 3.00pm, DEECE, 109 Armstrong St Nth, Ballarat (265)
Wednesday 3 rd March	Pathway Through Respite Forum , 9.45am – 2.00pm, Queen Elizabeth Centre, Education Resource Centre, Level 1, Seminar Room 2, Ascot St, Ballarat (265)
Friday 5 th March	Indigenous Regional Forum , 9.00am – 5.00pm. Mecure Ballarat, 613 Main Rd, Ballarat (264)
Tuesday 9 th March	Koorie Parent and Community Engagement Program , 10.00am – noon. Ballarat Learning Exchange, 36 Camp St Ballarat (264)
Sunday 21 st March	Share Africa World Harmony Day , 1.00pm – 5.00pm, Snake Valley Community Hall (265)
Sunday 21 st March	Diamonds in the Dust 2010 , 11.00am – 4.00pm, Ercildoune Homestead (265)
Thursday 25 th March	Rethinking Programming & Planning , 7.00pm – 9.00pm Best Community Development, 28 Victoria St, Ballarat (265)

Diamonds in the Dust 2010

It is undeniable that the ongoing drought has caused much hardship throughout rural communities in Western Victoria. In an effort to support women from these struggling communities, Ballarat and District Division of General Practice is hosting an afternoon for women to be acknowledged, inspired and to escape for a little while. Diamonds in the Dust offers women from farming communities an opportunity to build relationships and listen to inspiring speakers while enjoying the picturesque surroundings of Ercildoune Homestead. The event is being held on Sunday March 21, 2010, 11am – 4pm. Health professionals will be available to provide Women's Health checks throughout the afternoon. For all bookings & enquiries contact Premier PR on 5333 4426 or email rkennedy@premierpr.com.au

Pathway through Respite Forum

Our aim is to help you find a balance in the caring role. Some of the things we talk about are...

- What is Respite?
- What are the different types of respite?
- Carer Entitlements
- The emotion and feelings that surface when we think of using respite
- The value of using respite to 'take a break' from the caring role
- How to access Respite

The Forum will feature guest speakers from Carer Respite and Support Services, Carers Victoria, Carer, Centrelink, Aged Care Assessment Service. The forum will be held on Wednesday 3rd March 2010, 9:45am – 2:00pm, at Queen Elizabeth Centre, Education Resource Centre, Level 1, Seminar Room 2. To register your interest or for further information contact Carer Respite and Support Services 5333 7104.

Integrated Chronic Disease Management Online Clearinghouse

The Integrated Chronic Disease Management Online Clearinghouse is a resource to support the work of all providers of integrated chronic disease management programs and initiatives. The Clearinghouse allows practical resources and tools, plus brief explanations of their development and use, to be uploaded to a website by their authors where others can then search and access them. The clearinghouse then provides a systematic and sustainable way for organisations implementing chronic disease programs and initiatives to be able to access the largely unpublished resources, tools and reports of work produced by other organisations providing chronic disease initiatives. View it at <http://clearinghouse.adma.org.au/>

Make Poverty History Road Trip 2010

In May 2010, young people from across the nation are road tripping to Canberra to make poverty history. Be part of the experience that brings together a generation of young people who know that a world without extreme poverty can exist. Create the world you want to live in by:

- Spending a week traveling to Canberra with 1000 other passionate young people.
- Participating in media stunts such as flash mobs.
- Generating real political change through meeting with MPs.
- Speaking at schools and meeting with businesses to raise awareness. Get on board the road trip of a lifetime to make poverty history! For further details visit www.theROADTRIP.com.au or email info@theoaktree.org

Volunteers of the Year

Do you know an organisation in your community that has supported its volunteers doing amazing things? Is there someone who has displayed outstanding leadership in volunteering and made a real difference in the community?

Nominate them now for the 2010 Premier's Community Volunteering Awards. Prizes of \$5,000 will go to support the work of metropolitan and regional winners in each category. Nominations are now open for the:

- Community Volunteering Achievement Award
 - Community Volunteering Leadership Award
 - Young People's Community Participation Award
 - Community Volunteering New Technology Award
- Nominations close on Wednesday 24th March 2010 so be quick and nominate an organisation you think deserve to win!!

For further information, please call 1800 092 032 or nominate online at www.awardsaustralia.com/pcva

Share Africa, World Harmony Day

Gather in Snake Valley with Sudanese women from "ShareAfrica" to learn the art of making traditional cous cous and flat bread. Indulge in the unique flavors and aromas of fantastic African food, while learning how to create these dishes for your own dinner table. A relaxed atmosphere with plenty of time to hear the women's stories of their journeys to Ballarat and life in their homelands. You will never buy cous cous in a packet again! Sunday March 21st 1pm to 5pm, at Snake Valley Community Hall, Cost \$20 per person. Bookings essential phone Shiree on 5344 9311 or email shiree@pilkintonproductions

Rethinking Programming & Planning

When we hear the words 'Emergent Curriculum' many things come to mind. Emergent curriculum challenges children's services professionals to re-imagine a new way of working with children based on shared interests, project work and new forms of documentation and observations. This training series will both inspire and provide you with the necessary skills to transform your current approach to curriculum. The training series is conducted in three sessions on Thursday 25th March – Thursday 3rd June, 7.00pm – 9.00pm at Best Community Development, 28 Victoria St, Ballarat. Cost \$50 to attend all three sessions. To register email recpt@cccinc.org.au

Being A Woman Is Good For Your Health

The Royal Women's Hospital and Australia's best female comedians are celebrating International Women's Day with the comedy extravaganza 'Being A Woman Is Good For Your Health'. Eight female comedians explore the truths of womanhood with hilarious insights into the highs and lows, trials and tribulations of being happy, healthy women in today's world. On Saturday 13th March 2010, 3.00pm at The Melbourne Town Hall, Cnr Collins & Swanston Sts, Melbourne. Tickets \$35.00. For more details or to book a ticket visit www.thewomens.org.au/GoodForYourHealth

Good2gr8 Kids Program

Is your child at risk of being Bullied?
Sue Anderson of Good2gr8 Coaching has been coaching children and teenagers affected by bullying since 2007. A qualified coach, Sue uses a coaching style called Neuro-Semantics to get quickly to the heart of the matter. Please visit www.good2gr8.com.au for testimonials.

Individual Coaching Sessions:

These sessions are client driven, meaning that the topics we cover are determined by you or your child. In these sessions I go with the energy of you/ your child. This approach is very effective and are usually anywhere from 4-12 sessions. This type of coaching is referred to as **"pure coaching"**. It is based on questions only, there is no telling. It is very powerful. With each individual coaching session you receive a summary of the session e-mailed to you within 48 hours, and you are free to phone me to discuss the session.

For more information on the programs offered visit www.good2gr8.com.au

Free Tutor

Connect to Central Highlands Library's free live online study support service Monday to Friday, 4.00pm – 8.00pm, for instant help with maths, English, science, assignment research and study skills from specialist subject tutors. Log on with your library card and follow the links. www.chrlc.vic.gov.au

Respite Facility Bus Tour

Carer Respite and Support Services are arranging a tour of facilities that offer respite. The tour would include a visit to

- Howe Street, Miners Rest – Disability respite
- Midlands Day Centre – Planned day activities
- Hailey House Hostel – Low level residential care
- Calembeen Lodge, Creswick – High level residential care

If you are interested in touring the places above, please leave your name and contact details with Carer Respite and Support Services by telephoning 5333 7104. You will then be advised when a date has been organized.

International Women's Day Coffee Break

Every woman deserves a celebration, come and join us for a coffee break to celebrate international women's day with guest speaker Jane Ashton. Jane's twin sister Julie was murdered in 2002 after leaving a violent marriage. Jamie Ramage successfully used the defence of provocation and was found guilty of manslaughter not murder. Jane will explain how her sister's murder, the court case that followed and the media interest in the story has led her to now work for WDVCS co-ordinating their Vic Health funded survivor advocacy project. Wednesday 3rd March 2010 1.30pm – 3.00pm, DEECD, 109 Armstrong Street North. RSVP to CAFS on 53373333. Entry \$2.00 donation

Conference Scholarships

Following along the theme of Social Inclusion, Criterion Conferences are delighted to offer a select limited number of scholarships for NGO/Not for Profit organisations to attend [Towards Social Inclusion](#) on 20th and 21st April 2010. To apply please email your request for a scholarship application to lindsey.skillen@criterionconferences.com

The conference presents a series of practically focused presentations from Federal and State Government Departments, NGO's, Local Government and leading thinkers in this space. For more information visit www.achievingocialinclusion.com/index.php

Community Taxi

Connect to Ballarat are conducting a trial service using Ballarat Taxis connecting Delacombe, Sebastopol, Midvale, the University of Ballarat, Mt Helen and Ballarat Community Health Sebastopol site. The trial will commence on Monday 1st March ending on Friday 23rd April. For details about the timetable, fares, bookings etc. contact Transport Connections 0437 129 533 or Ballarat Taxis 131 008.

Centacare Family Relationship Services Program

Learning to Bloom – 4 Sessions

This is a nurturing program for women. Topics include building self esteem, setting goals, enhancing relationships and self care.

Cost: \$30.00 pp. To be held Thursday 4th, 11th, 18th & 25th March, 1.00pm – 3.00pm.

Little Kids with Attitude – 1 Session

This program is aimed at parents of toddlers and pre-schoolers. Topics include enjoying your child, positive messages & discipline, developmental stages and taking care of yourself. Cost \$10.00 pp. To be held Tuesday 9th March, 1.00pm – 3.00pm.

Back to Their Future

How might 'Infant' and 'Child Led' thinking revolutionise the way we think about our work with clients experiencing Family Violence. This half day forum is for all therapists, counsellors and workers who deal with the issues of family violence within their work setting or client group. The forum will be held on Wednesday 10th March 2010, 9.30am – 1.30pm at Geelong Town Hall. Cost \$60.00. For more information or to register your place contact Susannah at the Royal Children's Hospital on 9312 7204 or via email susannah.duncan@rch.org.au

Health Coaching

Health coaching is an evidence-based model for health behavior change. It provides structured guidance for health professionals to help patients to adhere to medical and health recommendations and to make health enhancing lifestyle changes. Health coaching is typically conducted in the context of health behavior change for disease prevention and/or chronic condition self-management. A Two-day Introduction to Health Coaching for Health Professionals is being run on Monday 17th & Tuesday 18th May 2010, 8.30am – 5.00pm at Rendezvous Hotel, 328 Flinders Street, Melbourne. For more information or to register visit

healthcoaching.worldsecuresystems.com/BookingRetrieve.aspx?ID=76798

Primary Health Weekly Bulletin

The latest edition of the Primary Health Weekly Bulletin is available online at www.dhs.vic.gov.au/rrhacs/ph_bulletin

Community Visitors Scheme

The Community Visitors (CVS) scheme is a national program funded by the Australian Government. The CVS aims to enrich the quality of life of residents of aged care homes who are socially isolated or lonely, and would benefit from a friendly visitor. CVS also helps to establish links between people living in aged care homes in their local community. Do you have a spare hour each fortnight? CVS is looking for volunteers to visit a resident in aged care facilities in Ballarat and Ballan, the day and time are flexible. Training and support are provided. For more information contact Uniting Care on 5335 3504 or email sschfield@ucare.org.au

The Prevention and Population Health Evidence and Evaluation Website

The Prevention and Population Health Branch have recently migrated their evidence and evaluation website to the external Victorian Government Health Promotion website. The information provided on this site is one way that the Branch provides support to the health promotion and disease prevention workforce to make better use of research evidence and to improve how programs are evaluated. The website can be accessed at: http://www.health.vic.gov.au/healthpromotion/evidence_evaluation/index.htm

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.