

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.

Connecting Cancer Care, Driving Best Practice & Improving Patient Outcomes

Help us plan for Cancer Services in the Grampians Region

- Are you a cancer survivor, patient or carer?
- Would you like to influence the way cancer services are provided in your region?

We invite you to a Regional Forum to contribute your thoughts about the planning and delivery of cancer services that meet the needs of cancer patients, survivors and carers in the Grampians Region. We will be "Engaging with our Community" through regional forums, focus groups and case studies and will be coming to a venue in the Grampians Region on the following dates:

Date	Venue	Time
11 March 2010	Ararat	5.30-7.00
18 March 2010	Stawell	5.30-7.00
24 March 2010	Ballarat	2.30-4.00
25 March 2010	Horsham	5.30-7.00
31 March 2010	Nhill	6.00-7.00
8 April 2010	Ballarat	5.30-7.00

To register your interest, participation and confirmation of venue, please contact Laura Liversage at the University of Ballarat on 5327 9841 or email: community@gics.com.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

March 2010

Wednesday 10 th	'Life Without Violence' Service Contact Wallet Cards Launch, 2.30pm – 3.30pm, Goolum Goolum Aboriginal Co-operative, 43 Hamilton St, Horsham (264)
Wednesday 10 th	Maternity Coalition Ballart Movie Night, 6.00pm, University of Ballarat, SMB Campus, Brewery Complex, Brewery Lecture Theatre. Lydiard St Sth, Ballarat (266)
Saturday 13 th	123 Magic – 1 day session (Centacare), 10.00am – 3.00pm, venue advised on booking (267)
Monday 15 th & Tuesday 16 th	Allan Wade Response Based Practice Workshop, 9.00am- 4.30pm at Mecure Ballarat, 613 Main Rd, Ballarat (264)
Tuesday 16 th	Babies, Babbling & Bonding – 1 session (Centacare), 7.00pm – 9.00pm venue advised on booking (267)
Wednesday 17 th	City of Ballarat 2010 Cultural Diversity Week Launch, 4.00pm, Queen Victoria Square, Sturt Street, opposite the Town Hall (267)
Sunday 21 st	Share Africa World Harmony Day, 1.00pm – 5.00pm, Snake Valley Community Hall (265)
Sunday 21 st	BRMC Harmony Day Cricket & Sizzle 11.00am – 4.00pm, Lake Wendouree Football Netball Club at the Wendouree Sports Complex (267)
Sunday 21 st	Diamonds in the Dust 2010, 11.00am – 4.00pm, Ercildoune Homestead (265)
Wednesday 24 th	Connecting Cancer Care, Driving Best Practice & Improving Patient Outcomes 2.30pm – 4.00pm, venue to be advised (267)
Thursday 25 th	Rethinking Programming & Planning, 7.00pm – 9.00pm Best Community Development, 28 Victoria St, Ballarat (265)
Saturday 27 th	No Rouz Persian New Year, 6.00pm, Golden Point Learning & Cultural Environment, 102 English St, Golden Point, Ballarat (267)
Saturday 27 th	FASDAB's Type 1 Diabetes Support Group, 3.30pm Goldrush Mini Golf, Western Highway, Ballarat (266)

UnitingCare Ballarat's Big BBQ Bash

Put on your apron, start your gas burners and step up to the hotplate. UnitingCare Ballarat. Is searching for Ballarat's Best BBQ Chefs! Help us celebrate the art of BBQ while helping to raise funds for UnitingCare Ballarat programs, Meals for the Homeless People, BreezeWay and Lifeline Ballarat. Enter your team to be in the running for fabulous prizes. Limited number of competing places so get in quick! Sunday 18th April, Ballarat North gardens, BBQ teams of 2-4 people, cost \$40.00 per team including a meat pack. BYO BBQ, utensils, sides, marinades etc. Ballarat's best chef will win a \$1000 gift voucher from Barbeques Galore. For more information and an entry form phone 5337 2725 or visit www.unitingcareballarat.com.au

No Rouz – Persian New Year

Celebrate Persian New Year with a night of Persian dance & food. This free event is being held at Golden Point Learning & Cultural Environment (G PLACE), 102 English Street, Golden Point, Ballarat on Saturday 27th March 2010 from 6.00pm. RSVP is essential before 20th March to mehradrazmjoo@ballarat.vic.gov.au

Ballarat Regional Multicultural Council

Please join us and celebrate Harmony Day with 20/20 Cricket Games & Sausage Sizzle. Police Teams vs. Multicultural Teams Sunday 21st March, 11:00am – 4.00pm at Lake Wendouree Football Netball Club, CE Brown Reserve, entrance via Norman Street, at the Wendouree Sports Complex Sausage sizzle, Japanese Yakisoba (Fried Noodles) & Indian Vegetarian foods are available by gold coin donation. BRMC is proud to be part of Ballarat Cultural Diversity Week, an initiative of the City of Ballarat.

Kids Grieve Too

A 7 week group program for children aged 6-12 years who have experienced the death of anyone significant in their lives. The program will commence in May and be held on Wednesdays from 5.00pm – 6.15pm. The program will be held in central Ballarat with the venue confirmed upon booking. Cost is a gold coin donation. For more information contact Jennifer from the Australian Centre for Grief & Bereavement on 5336 4285 or Theresia from Sids & Kids on 5320 4196.

Did You Know???

Leaving lights on, combined with computers left on standby, can double your company's energy bill. Lights left on generate heat requiring the air conditioner to work overtime, using even more electricity.

Catering Vacancy

The Northern Community Centre, Haddon, is seeking a community group for the monthly Community Meal catering contract. This is an idea opportunity as an ongoing fundraiser. CFA Auxiliaries, parents and friends and local community groups are encouraged to apply. For more information contact Pauline Hammond on 5342 7000 or email phammond@gplains.vic.gov.au

PINARC Planning Positions – Full Time

Come and join our dynamic and supportive team who are passionate about making a positive difference to the lives of people living with a disability. In our Flexible Support Options team we have two new positions available: **Individualised Planner** (6 month contract with possibility of extension) This position will be responsible for undertaking planning reviews with people in receipt of Individual Support Packages.

Senior Planning Practitioner (2 year contract) This position will undertake complex planning and lead a quality improvement approach to planning undertaken across the team.

You will have completed a tertiary degree in social work, welfare, allied health or relevant field and seeking to work with a great team. To find out more or for a position description contact Sam Lorensini on 5329 1354 or email slorensini@pinarc.org.au

To be considered for this role please address the key selection criteria in the position description. Applications close Friday 19th March 2010 and should include a resume and three referees that you have reported to. Email applications to slorensini@pinarc.org.au or mail to Human Resources Pinarc Support Services PO Box 1841 Bakery Hill Business Centre 3354

Daylesford Massage en Masse

Massage en Masse will see qualified massage therapists and recipients join forces at Lavandula Lavender Farm to smash the existing Guinness World Record for the largest simultaneous group massage, on Tuesday 30th March 2010. We're looking for volunteers either as massage therapists or recipients to be massaged, so if you're interested go to www.daylesfordrecord.com.au to register and find our more.

Primary Health Weekly Bulletin

The latest edition of the Primary Health Weekly Bulletin is now available at: http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=040310

Ballarat Volunteer Recognition Awards

United Way Ballarat and Volunteer Connections are pleased to announce the inaugural Volunteer Recognition Awards 2010. This is the time to recognise Volunteers who have made an outstanding contribution to our community.

There are a number of nomination categories which will be judged by individuals sourced from the media, local Government, education, sports, police and emergency services bodies, include both rural and central communities. Please consider your volunteers and nominate them for these prestigious awards. There are awards for community groups and community events as well as individuals. Nominations close Wednesday 31st March 2010. The Awards will be presented at the Volunteer Recognition Awards night on Saturday 15th May, 7.00pm – 10.30pm at Ballarat Golf Club. Cost \$30 per seat. Each finalist is entitled to one complimentary seat. To attend the Awards night please email:

events@unitedwayballarat.com.au

For a nomination form or for more information email Helen.iring@unitedwayballarat.com.au

Considering Gender and Mental Health Workshop

Considering Gender and Mental Health is the current workshop offered by Women's Health Victoria. Considering Gender and Mental Health will cover:

- Why is gender important in mental health?
- DHS gender and Diversity Lens-
- Case study: Mental health related hospitalisations and gender-
- Depression: a gender analysis

The workshop is designed for professionals working in a range of areas including:-

- Health and social policy-
- Health promotion and community development-
- Health and support services-
- Women's health -
- Community health-
- Local and state government

The workshop will be held on Friday 26th March 2010, 9.15am - 3.30pm and will cost \$30 per participant. At Women's Health Victoria, Level 1, 123 Lonsdale Street Melbourne. Registration will close Friday 19 March.

More information on WHV workshops can be found at <http://whv.org.au/what-we-do/workshops>

Junk Food Injunction

Check out The Cancer Council's Junk Food Injunction Autumn newsletter

http://www.cancercouncil.com.au/html/policyaction/campaigns/foodmarketing/downloads/junkfood_newsletter_autumn09.pdf

Centacare Programs

123 Magic – 1 day session

Saturday 13th March, 10.00am – 3.00pm. For parents of children aged 3-12 years. Topics include:

- Managing difficult behaviours
- Child development
- Parenting traps
- Encouraging positive behaviour

Cost \$30.00 per person.

Babies, Babbling & Bonding – 1 session

Tuesday 16th March, 7.00pm – 9.00pm. For parents of babies 0-9 months (baby can come too) or anyone expecting a baby. Topics include:

- Getting off to a great start
- Baby signals and what they mean
- Baby wants to belong
- Building a trusting relationship

Cost \$10.00 per person

Bookings and enquiries for both sessions phone Sue at Centacare on 5327 7960. Venue confirmed on booking.

The Westpac Foundation Grants

The Westpac Foundation is a charitable trust which invests in creating and sustaining social enterprise in disadvantaged communities across Australia. Each year the Foundation provides grants to help not-for-profit organisations establish community based projects. The main focus is to help address the causes of social problems in disadvantaged communities. The Foundation operates independently, and makes funding decisions solely for the public benefit, without regard to the commercial interests of Westpac.

Priority is given to programs with an emphasis on:

- Enabling life long learning and education leading to employment
- Encouraging youth leadership and empowerment
- Supporting youth and families at risk
- Promoting financial inclusion and responsible money management.

In addition programs must be innovative, preventative, collaborative, scaleable and replicable, open to evaluation and financially sustainable in the long term. Funding for programs is allocated once a year, through a 2 stage application process. The Foundation is currently considering programs that plan to commence in 2010. For more information visit www.westpac.com.au/about-westpac/sustainability-and-community/westpac-foundation/

North Melbourne Football Club Female Academy

The North Melbourne Football Club, in partnership with AFL Victoria, is establishing a Female (Junior Girls) Academy in 2010. The Academy will run from March to September 2010 and will involve 30 girls selected during the trial. Some of the experiences on offer for 2010 are two full day sessions at Arden Street revolving around football, leadership workshops, health & fitness; visit to a North Melbourne match at the MCG, and a match at the conclusion of the Academy. Trials for season 2010 for girls from Grade 4 to Year 8 (inclusive) will be held Sunday, March 14th, 2010, 9.30am for 10am start (ends by 11:30am), at North Melbourne Football Club, 204-206 Arden Street, North Melbourne.

If you'd like to be one of the 30 girls selected for this fantastic opportunity please visit our website to find more information and register.

www.kangaroos.com.au/academies

Multicultural Academy

The North Melbourne Football Club is establishing a Multicultural Academy for boys in 2010. The Academy will run from March to September 2010 and will involve 30 boys selected during the trial. The experiences on offer include two full day sessions at Arden Street revolving around football training, leadership, health & fitness workshops, a visit to a North Melbourne match at the MCG; and a competitive match at the conclusion of the Academy. Trials for season 2010 for boys in Years 7 and 8 (inclusive) will be held on Sunday, March 14th, 2010, 11.30am for 12.00pm start (ends by 1:30pm), at North Melbourne Football Club, 204-206 Arden Street, North Melbourne.

If you'd like to be one of the 30 boys selected for this fantastic opportunity please visit our website to find more information and register

www.kangaroos.com.au/academies

National Ride2School Day

National Ride2School Day is the largest ever national celebration of walking and riding to school. In 2009 over 57,000 children rode their bike or walked to school on National Ride2School Day. This year National Ride2School Day is Wednesday 17th March. Register your school to participate and receive your resource kit including all the materials you'll need to make this the most exciting day on your school calendar. Register at

www.bv.com.au/ride2school

Cultural Diversity Week

You are invited to the City of Ballarats' 2010 Cultural Diversity Week Launch and Multicultural Fiesta on Wednesday 17th March 2010. The activities will be opened by the Mayor, Cr Judy Verlin at Queen Victoria Square, Sturt St (opposite the Town Hall) at 4.00pm. The Multicultural Fiesta will follow at Alfred Deakin Place (behind the Art Gallery) at 4.30pm.

Buninyong Garden Harvest Lunch

This is a celebration of the finest local produce and wine from Buninyong and the surrounding Ballarat district. Shop from local growers and producers, bid for your own mobile vegi plot and enjoy the live entertainment. Proceeds from the day support the revitalisation program for the Buninyong Gardens. A delicious day presented by Slow Food Ballarat on Sunday 14th March, 11.30am – 4.00pm at Buninyong Botanical Gardens. Cost \$35.00, included 5 taste sensations coupons, \$14.00 for children. Bookings via Regent Ticketing 5330 5555 or online at www.slowfoodballarat.org.au

Recovery from Trauma: What Works

The Rural Health Education Foundation's award winning program is intended for people who have experienced a traumatic event or are close to someone who has and need help to cope with the experience. Recovery from Trauma: What Works includes information and advice on

- The kind of information your health practitioner needs from you to determine how to help.
- The most effective treatments for problems following trauma.
- The best way to help someone in the first few days and weeks after a traumatic event.

The program is available to order for free on DVD from the Rural Health Education Foundation online www.rhef.com.au

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.