

## 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.

### City of Ballarat – Position Vacant City of Ballarat – LEAP Coordinator

The City of Ballarat as lead Council in the Central Highlands Art Network (CHAN) is seeking an enthusiastic individual with extensive knowledge and experience in arts program delivery in a community cultural development setting.

This is an exciting opportunity to implement a 3 year Vic Health program, Localities Enhancing Arts Participation (LEAP), working across six councils Ballarat, Hepburn, Moorabool, Pyrenees, Golden Plains and Ararat. Extensive work experience in managing the delivery of high quality arts and cultural activities and a proven ability to research,

Identify opportunities and develop innovative programs and responses, where appropriate is required.

This is a temporary full time position with a salary from \$65,761 to \$72,821 per annum plus 9% superannuation.

The City of Ballarat provides flexible working arrangements and work/life balance, attractive salary, study assistance programs, discounted gym memberships and an encouraging and supportive work environment.

For information or to apply for this position please visit [www.ballarat.vic.gov.au/council/careers.aspx](http://www.ballarat.vic.gov.au/council/careers.aspx) or contact HR on (03) 5320 5699. Please ensure that you address the key selection criteria and complete an application cover sheet.

The City of Ballarat is an EEO employer committed to the principles of workplace diversity.

## 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)

## March 2010

Wednesday 17 <sup>th</sup>	City of Ballarat 2010 Cultural Diversity Week Launch, 4.00pm, Queen Victoria Square, Sturt Street, opposite the Town Hall (267)
Sunday 21 <sup>st</sup>	Share Africa World Harmony Day, 1.00pm – 5.00pm, Snake Valley Community Hall (265)
Sunday 21 <sup>st</sup>	BRMC Harmony Day Cricket & Sizzle 11.00am – 4.00pm, Lake Wendouree Football Netball Club at the Wendouree Sports Complex (267)
Sunday 21 <sup>st</sup>	Diamonds in the Dust 2010, 11.00am – 4.00pm, Ercildoune Homestead (265)
Wednesday 24 <sup>th</sup>	Connecting Cancer Care, Driving Best Practice & Improving Patient Outcomes 2.30pm – 4.00pm, venue to be advised (267)
Thursday 25 <sup>th</sup>	Rethinking Programming & Planning, 7.00pm – 9.00pm Best Community Development, 28 Victoria St, Ballarat (265)
Thursday 25 <sup>th</sup>	Using Human Rights to Protect Women Against Violence, 10.30 – 1.30pm at Colac Otway Performing Arts and Cultural Centre, Cnr Gellibrand and Rae St Colac (268)
Friday 26 <sup>th</sup>	Considering Gender and Mental Health 9.15am -3.30pm at the Women's Health Victoria, Level 1 123 Lonsdale St Melbourne (268)
Saturday 27 <sup>th</sup>	No Rouz Persian New Year, 6.00pm, Golden Point Learning & Cultural Environment, 102 English St, Golden Point, Ballarat (267)
Saturday 27 <sup>th</sup>	FASDAB's Type 1 Diabetes Support Group, 3.30pm Goldrush Mini Golf, Western Highway, Ballarat (266)

## April 2010

Tuesday 20 <sup>th</sup>	Flinders Chronic Condition Management Program 9.00am – 4.30pm at Southern Way Direct Care Service Inc, 181 Fairy St Warrnambool (268)
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### **Hepburn L2P Program Volunteers Wanted**

The Hepburn L2P program is a very exciting initiative which is being funded by VicRoads to assist young disadvantaged people living in the Hepburn Shire to attain the mandatory 120 hours driving practice required to progress from L plates to P plates.

Through use of volunteers anyone interested please contact Janine Fleming on 5345 9150

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### **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](mailto:rkennedy@premierpr.com.au)

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### **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](http://www.theROADTRIP.com.au) or email [info@theoaktree.org](mailto:info@theoaktree.org)

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**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](http://www.chrlc.vic.gov.au)

### **Heart Week 2010 – 2<sup>nd</sup> to 8<sup>th</sup> May 2010**

During Heart Week 2010, the Heart Foundation will urge all Australians to better identify the warning signs of heart attack. Symptoms can vary and they may not always be severe. Some people do not experience chest pain at all. Help raise awareness about the warning signs of heart attack during Heart Week.

If you would like to hold your own event or set up a display in your workplace, please register for a Heart Week Kit which included posters, brochures and balloons at

[www.heartfoundation.org.au/heartweek](http://www.heartfoundation.org.au/heartweek)

For information call our Health Information Service on 1300 362 787

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### **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 31<sup>st</sup> March 2010. The Awards will be presented at the Volunteer Recognition Awards night on Saturday 15<sup>th</sup> 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](mailto:events@unitedwayballarat.com.au)

For a nomination form or for more information email [Helen.iring@unitedwayballarat.com.au](mailto:Helen.iring@unitedwayballarat.com.au)

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### **Diversity in Health 2010**

22 million Australians, 230 countries of origin, 200 languages, making health accessible to everyone.

Australia's premier multicultural health conference will cover:

- \* Maintaining cultural integrity patient care and service delivery
- \* The right to health and its related entitlements
- \* Impacts of ehealth on disadvantaged communities

Specialist sessions on aged care, health literacy, mental health, refugee health and more Multiculturalism and its impact on wellbeing TO be held 7<sup>th</sup>-9<sup>th</sup> June at the Melbourne Exhibition Centre, Melbourne

For information visit

[www.diversityinhealth.com.au](http://www.diversityinhealth.com.au)

## **'Scams, Contracts and Credit Traps'**

### **- How to Protect Yourself**

#### **Central Highlands Community Legal Centre & Consumer Affairs Victoria**

The Victorian Multicultural Commission is funding a free seminar to newly arrived Australians presented by the Central Highlands Community Legal Centre & Consumer Affairs Victoria

\* Have you been caught out by a door to door sales person?

\* Have you signed a contract without knowing what you are signing?

\* Have you been tricked into getting credit?

To be held Tuesday 23<sup>rd</sup> March, 5.30pm at the Delacombe Community House, 102 Leawarra Crescent, Delacombe.

For information contact Lisa on 03 5331 5999  
Translators are available on request

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## **FASDAB's**

### **Type 1 Diabetes Social Gathering**

To be held Saturday 27<sup>th</sup> March at 3.30pm, Byo BBQ food and drink and come and share an afternoon of fun, for our first gathering of the year for all ages. All welcome

RSVP by Thursday 25<sup>th</sup> March to Tamara 0449 082 150 or [Tamara.p83@live.com.au](mailto:Tamara.p83@live.com.au) or Jenny 0448 480 564 or [jmartin@ucare.org.au](mailto:jmartin@ucare.org.au)

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## **Flinders Chronic Condition Management Program**

Certificate of Competence Two Day Workshop developed by the Flinders University Human Behavior & Health Research Unit, The Flinders Program uses a generic set of tools & processes that enable health care professionals to better support clients with chronic conditions by empowering them to become active partners in their care & more effective self managers.

The workshop is designed to enable participants to understand a structural framework for better chronic condition management, Understand the theory and evidence for self management & patient centered care, Develop understanding and skills in the use of the Flinders Program including goal setting & care planning  
Warrnambool Community Health is pleased to be offering training in 2010

Where: Southern Way Direct Care Service Inc  
181 Fairy Street Warrnambool

When: Tuesday 20th April 2010, 9:00am - 4:30pm  
Cost: \$250 per participant (Includes training manuals and refreshments)

For enquiries contact Lee Alexander, Self Management Coordinator Warrnambool Community Health Ph: (03) 5564 4196,  
[lalexander@swh.net.au](mailto:lalexander@swh.net.au)

## **Using Human Rights to Protect Women against Violence: A Regional Workshop for Women's Rights Advocates**

Gender-based violence against women is a major obstacle to women's equality in Australia. Research shows that approximately 1 in 3 women in Australia will experience gender-based violence in their lifetime.

This workshop will examine how women's rights advocates can use human rights to better protect women against gender-based violence. It will identify key domestic and international human rights instruments and workshop how they can be used to advocate on behalf of women.

It will also consider key human rights cases on domestic violence.

Date: Thursday, 25 March 2010 at 10.30am – 1.30pm

(Light lunch to be provided)

Venue: Colac Otway Performing Arts and Cultural Centre, Cnr Gellibrand and Rae St, Colac

RSVP: Please register here by 19 March 2010. PILCH will contact you to confirm your reservation.

For further information, please contact Simone Cusack on (03) 8636 4415 or at [simone.cusack@pilch.org.au](mailto:simone.cusack@pilch.org.au)

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## **Considering Gender and Mental Health**

A workshop will be offered by Women's Health Victoria to be held Friday 26<sup>th</sup> March 9.15am to 3.30pm at the Women's Health Victoria, Level 1, 123 Lonsdale Street Melbourne

Cost \$30 per participant

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.

More information on WHV workshops can be found at [whv.org.au/what-we-do/workshops](http://whv.org.au/what-we-do/workshops)

Registration will close Friday 19 March.

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

In autumn, there is less sunlight because the days are shorter. Because sunlight is a crucial ingredient in the leaf "factory", the leaf is unable to sustain itself any longer. It becomes weak, breaks from the branch, and floats to the ground.

## Primary Health Weekly Bulletin - 12 March 2010

The latest edition of the Primary Health Weekly Bulletin is now available at:

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nocache?src=email&id=110310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nocache?src=email&id=110310)

### Service improvement small grants program

The Integrated Care Branch is pleased to offer a number of small grants to assist agencies conducting service improvement in line with its *Towards a demand management framework* policy. [Read more...](#)

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/service-improvement-small-grants-program/nocache?src=email&id=110310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/service-improvement-small-grants-program/nocache?src=email&id=110310)

### NURSE-ON-CALL Health Coaching Service

The NURSE-ON-CALL Health Coaching Service pilot project commenced in January 2010 and will finish in March 2011. The project aims to explore telephone-based health coaching as a modality in assisting clients/patients to make healthier lifestyle changes. It also aims to improve the client/patient's ability to manage their chronic condition/s, enhance capacity to self-care and reduce or delay deterioration and/or unplanned hospital admission. [Read more...](#)

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/nurse-on-call-health-coaching-service/nocache?src=email&id=110310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/nurse-on-call-health-coaching-service/nocache?src=email&id=110310)

### Presentations from the 'Using case studies and data to strengthen partnerships' forum

Forty-six people representing Primary Care Partnerships (PCPs) from across Victoria attended a Department of Health forum on using case studies and data to strengthen partnerships. The presentations from the forum are now available on the department's website, alongside several resources developed for the forum. [Read more...](#)

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/presentations-from-the-using-case-studies-and-data-to-strengthen-partnerships-forum/nocache?src=email&id=110310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/presentations-from-the-using-case-studies-and-data-to-strengthen-partnerships-forum/nocache?src=email&id=110310)

### Cancer Council Victoria community health professionals survey

Cancer Council Victoria is committed to providing evidence-based education and training for community health professionals. To ensure its education and training are engaging and relevant, a survey has been developed for feedback from those working in the field. [Read more...](#)

[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin/cancer-council-victoria-community-health-professionals-survey/nocache?src=email&id=110310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/cancer-council-victoria-community-health-professionals-survey/nocache?src=email&id=110310)

## Keys Please – BGT Employment & Vic Roads

BGT employment & Vic Roads are holding a free session with tips and ideas for young people on getting their licence and being safer drivers. To be held Tuesday 30<sup>th</sup> March 1.00pm – 4.00pm at the BLX, 36 Camp St, Ballarat. Just send a text to 0400 675 936 with your name + keys please to book your place.

### Ballarat Hospice Care Inc

#### Charity Golf Day

Ballarat Hospice Care Inc is holding a Charity Golf Day to be held Sunday 23<sup>rd</sup> May, 10.30am for 11.00am hit off at Midlands Gold Club, Heinz lane Ballarat.

Event Type is Ambrose, 4 persons per team with fantastic prizes on offer.

Maximum Handicaps Men: 27, Women: 36 minimum of 3 drives per person, per team.

Cost: \$25 per player/\$100 per team this includes a BBQ lunch on course.

For further information please contact Les Vercoe on 0427 942 400

### Fundraising Night of Harness Racing at Bray Raceway Ballarat

Ballarat District Nursing and Healthcare and the Oasis Club of Creswick are hosting a fundraising night of harness racing at Bray Raceway Ballarat on Thursday 1st April 2010 from 6.30pm onwards.

Cost is \$35.00 per head which includes admission, 3 course meal and a race book.

Please phone Barbara on 5339 4649 for bookings and further information.

### Become a foster Carer

The Victorian Aboriginal Child Care Agency (VACCA) is holding information sessions for prospective Foster Carers on the Wednesday 17<sup>th</sup> March at 10.00am – 12.00pm at VCCA Training room, 139 Nicholson St, East Brunswick

For information please contact Liz on 03 8388 1855

## 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.