

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.

Central Highlands PCP invites you to attend the following workshop:

Understanding Mental Health and Wellbeing.

An introduction to mental health, mental health promotion, prevention of mental ill-health and early intervention.

Tuesday 18th May 2010, 10.00am – 3.30pm at BLX (Ballarat Learning Exchange), 36 Camp Street, Ballarat

This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings.

To register your interest in attending this workshop contact Sharna Kelly, Central Highlands PCP on 5338 4771 or email support@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

March 2010

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| Thursday 25 th | Rethinking Programming & Planning , 7.00pm – 9.00pm Best Community Development, 28 Victoria St, Ballarat (265) |
| Thursday 25 th | Using Human Rights to Protect Women Against Violence , 10.30am – 1.30pm at Colac Otway Performing Arts and Cultural Centre, Cnr Gellibrand and Rae St Colac (268) |
| Friday 26 th | Considering Gender and Mental Health 9.15am -3.30pm at the Women's Health Victoria, Level 1 123 Lonsdale St Melbourne (268) |
| Saturday 27 th | No Ruz 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) |
| Monday 29 th | Acquired Brain Injury in children and adolescents: A Family Perspective , 10.00am – 3.15pm, The Barkly Motor Inn, 43-57 Main Rd, Ballarat (269) |
| Tuesday 30 th | Keys Please , 1.00pm – 4.00pm, BLX, 36 Camp St, Ballarat (268) |
| Wednesday 31 st | Boardmaker Software in the Library Program Launch , 3.00pm, Ballarat Library, 178 Doveton St Nth, Ballarat (269) |

April 2010

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| Wednesday 7 th | Grampians Region ABI Service Providers Network Meeting , 11.00am – 12.30pm, Futures Café, 626 Sturt St, Ballarat. (269) |
| Monday 12 th | Stick Clinic , 1.00pm – 3.00pm, Ballarat Community Health, 260 Vickers Street, Sebastopol (269) |
| Friday 16 th | Borderline Personality Disorder Training , 8.30am – 4.30pm. Mecure Ballarat Hotel and Convention Centre, 613 Main Rd, Ballarat. (264) |
| Sunday 18 th | UnitingCare Ballarat's Big BBQ Bash , Ballarat North Gardens (267) |

Grampians Region ABI Service Providers Network Meeting

The network meeting will feature five guest speakers and discuss recreation options for people with ABI and new services available. Wednesday 17th April 2010, 11.00am – 12.30pm, at Futures Café, 626 Sturt St, Ballarat. Please register your attendance with Maureen MacPhail on 5320 3612 for catering purposes.

Young African Men – Youth Led Project

Centre for Multicultural Youth are looking for young men with an African background aged between 16-25 years that live in the City of Brimbank and surrounds.

Young men who:

- Have been in Australia for between 1-7 years
- Are currently disengaged or at high risk of becoming disengaged from education, training or employment
- Have had contact with the police
- Are experiencing other difficulties with settlement

This is a great opportunity for young men to overcome barriers, increase their confidence and develop their talents. Referrals can be made by agencies, communities or families. If you know young men who would fit the criteria or if you would like more information contact Girma Seid on 9091 8232 or email gseid@cmy.net.au

Stick Clinic

Is your walking stick or frame suitable? Ballarat Community Health physiotherapists will check that your walking stick or frame is the correct height for you. The clinic is suitable for people who:

- Have a new or old walking stick or frame which has not been prescribed by a health professional
- Have experienced a change in physical ability
- Are considering using a walking stick or frame.

Monday 12th April 2010, 1.00pm – 3.00pm at Ballarat Community Health, 260 Vickers St, Sebastopol. Referrals and appointments are not necessary. For further information contact Ballarat Community Health on 5338 4500.

Send A Kiss Postcard to Julia!

It's hard to believe but on average Australian women are paid 17 per cent less than men. The pay gap is so big that on average women have to work 63 days more a year just to earn the same income. It's time to pay up. Put an end to the lip service. Show your support and send a kiss to Julia Gillard now. www.payup.org.au/

Acquired Brain Injury in children and adolescents: A Family Perspective

Participants will have the opportunity to explore:

- The impact of ABI on a child's thinking, emotions and behaviour
- The impact of ABI on the young persons development
- The impact of ABI on families, including unique issues for parents and siblings
- Educational and peer issues for the young person with ABI
- Frameworks for understanding family experiences of living with ABI.

This workshop will provide information, strategies for workers and opportunities for discussion of practice issues. This workshop is for professionals who work with children & young people with ABI eg educators, teachers and inclusion support workers, case managers, specialist and generalist community support services. The workshop is presented by Family Therapists from the Bouverie Centre ABI Team. Monday 29th March 2010, 10.00am – 3.15pm, Barkly Motor Inn, 43-57 Main Rd, Ballarat. RSVP to Maureen on 5320 3612.

Ballarat Acoustic Music Festival

Celebrate Earth Hour with the Ballarat Acoustic Music Festival. 9 world class acts in 4 beautiful venues for 1 night only. Saturday 27th March 7.00pm - 12.00am. No microphones no amplification and sustainably lit with solar power and candles.

Artists and venues:

- **The James Oddie Gallery at Ballarat Art Gallery.** 7.00pm & 9.00pm Adam Simmons, 8.00pm & 10.00pm Mark Ginsburg Band.
- **The Williamson Gallery at Ballarat Art Gallery.** 7.00pm & 9.00pm Vox, 8.00pm & 10.00pm MirLyn.
- **The Masterfoods Studio Camp St.** 7.00pm Sleepy Leaf, 8.00pm Freya Hollick, 9.00pm Arkie Willaims, 10.00pm Sleepy Leaf, 11.00pm Freya Hollick.
- **32e Doveton St. The Basement Studios.** 7.00pm Arkie Williams, 8.00pm & 10.00pm The Elsworth St Ramblers, 9.00pm & 11.00pm Croque Monsieur

Tickets \$25 available now from

- Central Highlands Regional Library, 196 Doveton St Nth
- L'Espresso Café, 417 Sturt St
- Champion Projects, 32e Doveton St Nth
- The Mallow Hotel, 18-20 Skipton St
- Bar Saloon, 59 Humffray St Nth

The Blue Note Poetry Slam

Calling all poets & spoken work artists - lets slam! The Ballarat Library & the Blue Note Piano Bar are again teaming up to bring you a unique opportunity to perform your original poetry. Speak, scream, howl or sing your original poem at this electric live event where the audience is the Judge! You've got 2 minutes & a microphone so SLAM IT hard. Saturday 10th April 2010, Registration at 7.00pm, Slam starts at 7.30pm, Blue Note Piano Bar 213 Mair Street, Ballarat. Prizes: 1st Prize \$100 cash, 2nd & 3rd Prize Wine. Poet registration fee: \$5. Slam Rules are available online at www.chrlc.vic.gov.au

GenerationOne

Australians are unified around a desire to ensure that this is the last generation to suffer Indigenous disparity. GenerationOne is the place for Australians to release their passion, in three main areas: education, jobs and job-ready training. GenerationOne is a real partnership for all Australians to participate in. It is non-partisan and will listen to any and all contributions that can help break the poverty traps, in our generation. GenerationOne provides the opportunity for those who are already active to do more, and for those who have never participated in a campaign to play a simple role in achieving real change. GenerationOne is for all Australians. Indigenous Australians and non Indigenous Australians - together. For more information and to participate visit www.generationone.org.au/about

C2B Community Taxi - Update

Connect 2 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. 3 new trips have been added to the timetable, to view the timetable visit www.unitingcareballarat.com.au/index.php/transport

Did You Know??

If a statue of a person on a horse has both front legs in the air, the person died in battle, if the horse has one front leg in the air the person died as a result of wounds received in battle, if the horse has all four legs on the ground, the person died of natural causes.

Sports for Change Family Festival 2010

Sports for Change is holding its inaugural Family Festival. This festival will celebrate Victoria's cultural diversity through sports while promoting tolerance and understanding in the community. Sports for Change is an Australian based community development organisation whose aim is to support disadvantaged youth in developing countries. The festival will include live music entertainment, face painters, clowns, sporting workshops, and juggling. Sunday 28th March, 10.00 am – 4.00pm, Clifton Park, Victoria Street, Brunswick. Melways Ref: 29 F7 A free bus will leave from the Ballarat Town Hall at 9.30am departing Melbourne at 3.00pm, there are limited seats available so to reserve your place phone Belle Woods on 5331 6966 or 0408 521 288.

Boardmaker Software in the Library Program

Pinarc Support Services together with Central Highlands Regional Library Corporation cordially invite you to attend the launch of our "Boardmaker Software in the Library Program" Board maker is user friendly software that allows you to create communication boards to assist people who require assistance to communicate more effectively. The program is available to all members of the Central Highlands Regional Library Corporation and can be borrowed for use in the library. Wednesday 31st March at 3:00pm, Ballarat Library, 178 Doveton Street North. Ballarat. RSVP by Friday 26th March 2010 to Denise O'Flynn on 5329 1300 or email DOFlynn@pinarc.org.au

New Resource on Women and Physical Activity

Women's Health Victoria has released a new gender impact assessment on 'Women and physical activity' to read more visit www.dhs.vic.gov.au/rrhacs/ph_bulletin/new-resource-on-women-and-physical-activity

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.