

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.

Invitation

To Meet with Aboriginal Community Members

The Home and Community Care (HACC) Aboriginal Service Coordination project aims to improve access to a wider range of services for HACC eligible Aboriginal people. Information sessions on health/welfare services are being held for members of your local Aboriginal community.

To be held Friday 30th April, 12.00pm – 2.00pm at Kirrit Barreet, 403 Main Rd Ballarat with lunch & refreshments provided.

RSVP to Karen Monohan, HACC Coordinator on 5331 5344 by Friday 9th April.

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

April 2010

Wednesday 7 th	Grampians Region ABI Service Providers Network Meeting , 11.00am – 12.30pm, Futures Café, 626 Sturt St, Ballarat. (269)
Saturday 10 th	Get Messed Fest , 11.00am – 2.00pm at the Ballarat Showgrounds, Creswick Rd Ballarat
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)
Wednesday 21 st	People @ Work & United Way Administration Breakfast , 7.00am at Ballarat Golf Club, Sturt St Alfredton
Thursday 22 nd	Parents Optimising Developmental Stages, PODS 9.15am – 2.30pm at the Robert Clarke Centre, Ballarat Botanical Gardens
Friday 30 th	Meet with Aboriginal Community Members, Ballarat Aboriginal Co-op 12.00pm – 2.00pm at Kirrit Barreet, 403 Main Rd Ballarat

Happy Easter 2010



From CHPCP & Staff

Australian Chronic Disease Management Association 6th Annual National Conference

Call for Abstracts -

Chronic Disease Management and the Future of the Australian Health System.

To be held on 19th - 20th August 2010 at Crown Promenade Melbourne.

Abstract submission instructions available at

<http://www.adma.org.au/Conference2010/ConferenceFlyer2010.pdf>

Deadline for Abstracts: 26th April 2010, Early

Registration fees available to 31st July 2010

Registration form available at

<http://www.adma.org.au/Conference2010/ADMAConferenceRegistration2010.pdf>

Budget & Money Management (BAMM)

An interactive fun practical monetary skills program aimed at providing basic budget and money management skills to young people with a disability.

Often young people may have had little or no experience in budgeting, poor concept of money, limited skills to handle money and cannot count and check for change. BAMM aims to provide monetary skills that will empower participants to become more independent, socially aware and in control and indeed more skilled for when they leave school. The 10 week program will be offered one day a week on Friday's in Term 2 commencing 16th April.

The lessons will include the following topics

- Use and understanding of money
- Budgeting and saving techniques
- Independence for overall living
- Money handling skills (correct change etc)
- Monetary usage – mobile phone, rent, bills, bank accounts, pay slips, holidays etc
- Monetary terminology
- Financial goal setting
- Educate on financial pitfalls and what to look out for.

Expressions of interest can be forwarded to Amanda Kay on 5329 1640.

Get Messed Fest

For all Ballarat's Youth!

To be held on Saturday 10th April 11.00am – 2.00pm at The Ballarat Show grounds Creswick Rd Ballarat.

Loads of (MESSY) activities, live DJ and Comp's, busses to and from the event.

To book or ask about the transport call 5329 2800.

Bring Clothes that you don't mind getting dirty! Gold coin entry appreciated.

Proudly supported and sponsored by YMCA Ballarat and the YMCA Youth Week Committee.

Lead On Ballarat

This is a drug, smoke and alcohol free event

Lead On Ballarat are looking at running a basic photography and creative writing workshop during the second week of the school holidays. At the moment, we are seeking expressions of interest from young people who would like to be involved or who feel this type or thing would interest them.

Secondly, we are putting together a group of young people who are interested in preparing a short film/ documentary (10-15 minutes) starting the middle of next month. The short film will cover the process another group of young people take to each prepare a zine on their own life. The project is being run by Ballarat Writer's Group who has asked Lead On to contribute to documenting the process. Young people will have room for creative freedom as to how they want to go about the filming project.

If you know any young people interested in either of these opportunities, please contact Lauren Kirkham Project Officer, Lead On Ballarat Inc, 32E The Basement Studios Doveton St Nth or call 0447 569 017 or lauren@leadon.com.au

People@ Work in conjunction with United Way Ballarat

People@ Work in conjunction with United Way Ballarat would like to take this opportunity to personally invite you to the 2010 Administrative Professionals Breakfast.

This event will be held at the Ballarat Golf Club on Wednesday 21st April 2010.

We hope you can join us in recognizing and celebrating the contribution our administration staff make to our workplaces.

This is an event not to be missed! With lots of prizes to be won, you will be entertained in style while helping raise funds for the less fortunate members of our community.

Don't forget to nominate your admin professionals for the Administrative Professional of the Year award.

Register them online at

www.unitedwayballarat.com.au Thank you for your support and we hope to see you at the breakfast.

Did you know???

Australians are tipped to spend over \$220 million on eggs, bunnies and bilbys this Easter.

While milk chocolate is by far the most popular choice for Easter eggs, dark chocolate is slowly gaining ground as consumers take on board the health benefits.

The Central Highlands Regional Youth Affairs Network and CAFS

Extends an invitation to You or Your Representative to join with us in the Launch of the 2010 Youth Survival Card

This year's theme is: 30 Years of Youth in Ballarat.

To be held at the Ballarat Learning Exchange Camp St Ballarat on Friday 16th April 5.00pm – 7.00pm with Light finger food & local young performers.

We hope you will come along and help us celebrate!

RSVP to Jenny Jones on jjones@cafs.org.au by Friday 9th April 2010.

The Positive Body Image Strategy

The Positive Body Image Strategy is asking young people their opinions about body image and the media and needs your help.

We are interested to hear from young Victorians between the ages of 12 and 25 years about the ways media, fashion and advertising influence their body image.

To gather young people's ideas we have published an easy-to-complete survey on the Office for Youth website, youth central.

The survey is now open and will close on 12th April 2010. Young people who complete this survey will go into a draw to win a brand new Electra Cruiser Bike valued at \$500.

Could you please encourage young people who you believe would be interested in completing this survey by directing them to

www.youthcentral.vic.gov.au

If you have any queries regarding this competition please call the Office For Youth on 9208 3220.

The Art of Giving and a Centenary of Caring.

Artwork will be for sale and will be auctioned to help raised funds for Ballarat District Nursing and Healthcare.

To be held Friday the 16th of April 2010 at Christ the King Cathedral, 49 Lydiard Street South, Ballarat.

Viewing from 5.00pm, auction at 6.30pm.

Finger food and wine - \$10 donation

RSVP 5334 1500 by 14th April 2010

Ballarat District Nursing and Healthcare is a not for profit organisation supporting the local community to remain independent by providing nursing care and support in the home.

New Address

PINARC Support Services have relocated their Lake Gardens staff and office. Please contact 20 King St Nth, Ballarat on 5329 1300 or 222 Otway St Sth, Ballarat on 5329 1370.

The postal address remains the same, PO Box 1841, Bakery Hill Business Centre 3354.

Parents Optimising Developmental Stages-PODS

This is a Forum investigating the most current evidence in Early Childhood brain development and the impact on learning & parenting. Keynote Speaker: Dr Jenny Proimos, Senior Medical Advisor to the DEECD, President of the Paediatrics & Child Health Division, The Royal Australasian College of Physicians.

The Forum relies on your contribution to further develop the PODS local website structure which provides access & information to local services for pregnant & parenting young people.

Date: 22nd April, 9.15am – 2.30pm, at Robert Clark Centre, Botanic Gardens Morning Tea & Lunch provided.

For Registration & further details, please contact Lynne McDonald PODS Project Worker Ballarat Community Health on PH: 5338 4544 or Email: lynnem@bchc.org.au

Position Vacant – City of Ballarat

City of Ballarat currently advertising for an Administration Traineeship.

Looking to start your career in administration?

Are you motivated, enthusiastic and willing to learn? If you have a great attitude then we have the right job for you! The City of Ballarat Youth Services team has an exciting opportunity for an Administration Traineeship. Whilst completing a nationally recognised certificate, you will undertake on the job training and provide much needed support to the Youth services team including: Providing general administrative support, preparing flyer's, word processing, meeting and assisting customers at the Youth Information Centre (YHQ), working effectively with young people, assisting with event organisation and attendance of various Youth Committee meetings. The City of Ballarat in return will offer a supportive environment that fosters learning, enabling you to maximise this opportunity. In addition you will be rewarded with a work/life balance, discounted gym memberships and further career opportunities. This is a full time 12 month temporary position. Some out of hours work will be required. The successful candidate will have a knowledge of Microsoft based applications, good verbal and written communication skills, ability to communicate with a broad range of people and experience within a team environment along with demonstrated interest in the area of community sector work, particularly youth, local government.

For information contact Larelle Kuczer, City of Ballarat on 5320 5644 or for more information visit

www.ballarat.vic.gov.au/council/careers/administration-trainee.aspx

Primary Health Weekly Bulletin – 26th March

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=250310

In this edition:

- Sun Smart Farmers Campaign
- Cue cards in community languages by Eastern Health
- New videos to help the community learn about palliative care
- Training: Vaginal and breast health

BUILD IT! Self Esteem Program for Adults

Self Esteem and How to build it!

This is a ten week course for men and women wanting to build better self esteem. The program is educational, reflective and practical includes:

- How low self esteem develops
- How low self esteem is maintained
- Negative self criticism and belief
- Changing your view of yourself
- Challenging negative beliefs and developing healthy self esteem.

As a result of attending you may:

- Build a more realistic view of yourself
- Understand how thoughts create our feelings
- Identify helpful and unhelpful thinking
- Learn to take healthy risks in your life
- Develop strategies and tools to work on self esteem

Begins Wednesday April 14th 2010, 10.00am—12.00pm and runs for 10 weeks at Ballarat Community Health Coinda, 10 Learmonth Road Wendouree. Strictly limited places, please apply early to organize your place on the course. For registrations and enquires please contact Claire Ryan at Ballarat Community Health 5338 4500 or Graeme Hoad at Child and Family Services 5337 3333.

Grandparents Support Group

This support group holds structured meetings to provide emotional support, opportunities to raise issues of concern and share information & ideas. Meeting on the first Monday of each month, from 11.00 at the Delacombe Community House, 102 Leawarra Cres, Delacombe. For more information phone 5335 6633.

Did you know???

While you are enjoying Easter and lots of chocolate remember:

Never give a dog chocolate, as it contains theobromine, which is a central nervous system stimulant. As little as 2 ounces can be lethal to a small dog.

Board Member Vacancies

Do you have a passion for supporting your community?

Do you have a desire to be an integral part of Ballarat's Philanthropic Future?

The Ballarat Foundation are seeking applications from enthusiastic individuals keen to participate in the next phase of the Foundation's journey.

The Ballarat Foundation commenced in 2001 and has distributed funds and services with a value exceeding \$1,000,000 into Ballarat and regional community. Through the same period we have grown our invested capital to \$1.5 mil. The Foundation is governed by an honorary skill based Board, responsible for development of strategies and policies, growing the Foundation and the Foundation's corpus, investment of community funds, monitoring organisational performance, compliance, risk management and distributions to community organisations. Board terms are for three years.

If you would like to be considered, please send an application outlining your skills & interests and time availability, together with your resume to James Coghlan, Chairman, The Ballarat Foundation, PO Box 1676, Ballarat Mail Centre 3354. For more information contact Noel Trengrove, Chief Executive Officer on 5329 4613. Applications close Tuesday 20th April 2010.

Healthy Parks Healthy People Congress 2010

Join one thousand delegates at the inaugural International Healthy Parks Healthy People Congress, 16th – 18th April 2010. This groundbreaking event will explore the many ways nature and parks significantly contribute to our health and wellbeing. For more information visit

www.healthyparkshealthypeoplecongress.org/

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.