

## 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.

**Central Highlands Primary Care Partnership 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.**

This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet) 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.

Tuesday 18<sup>th</sup> May 2010 10.00am – 3.30pm  
BLX (Ballarat Learning Exchange) Conference Room, 36 Camp St, Ballarat

To register your interest in attending the workshop please contact:

Key contact: Sharna Kelly, Central Highlands Primary Care Partnership

Email: [support@chpcp.org](mailto:support@chpcp.org) Tel: 03 53384 771

## 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)

## April 2010

Saturday 10 <sup>th</sup>	<b>Get Messed Fest</b> , 11.00am – 2.00pm at the Ballarat Showgrounds, Creswick Rd Ballarat (271)
Monday 12 <sup>th</sup>	<b>Stick Clinic</b> , 1.00pm – 3.00pm, Ballarat Community Health, 260 Vickers Street, Sebastopol (269)
Tuesday 13 <sup>th</sup>	<b>Growing Your Own Food Garden &amp; Sustainable Shopping</b> , 7.00pm- 9.00pm, Central Highlands Library, Doveton St Nth, Ballarat (271)
Friday 16 <sup>th</sup>	<b>Borderline Personality Disorder Training</b> , 8.30am – 4.30pm. Mecure Ballarat Hotel and Convention Centre, 613 Main Rd, Ballarat. (264)
Saturday 17 <sup>th</sup>	<b>The Social 1's Family Fun Day</b> , 3.30pm, Goldrush Mini Golf, Western Highway Ballarat. (271)
Sunday 18 <sup>th</sup>	<b>La Voce Della Luna Performance</b> , 11.30am, Ballarat Italian Association Hall, 19 Recreation Rd, Mt Clear. (271)
Sunday 18 <sup>th</sup>	<b>UnitingCare Ballarat's Big BBQ Bash</b> , Ballarat North Gardens (267)
Tuesday 20 <sup>th</sup>	<b>Thinking &amp; Momory, MS Australia</b> , 10.00am – 12.30pm, Lederman Hall, Queen Elizabeth Centre, 102 Ascot st, Ballarat. (271)
Wednesday 21 <sup>st</sup>	<b>People @ Work &amp; United Way Administration Breakfast</b> , 7.00am at Ballarat Golf Club, Sturt St Alfredton (270)
Thursday 22 <sup>nd</sup>	<b>Parents Optimising Developmental Stages, PODS</b> 9.15am – 2.30pm at the Robert Clarke Centre, Ballarat Botanical Gardens (270)
Tuesday 27 <sup>th</sup>	<b>Retrofitting Your Home &amp; Eco Challenge</b> , 7.00pm – 9.00pm, BRACE, 602 Urquhart St, Ballarat (271)
Friday 30 <sup>th</sup>	<b>Meet with Aboriginal Community Members, Ballarat Aboriginal Co-op</b> 12.00pm – 2.00pm at Kirrit Barreet, 403 Main Rd Ballarat (270)

### **Sustainable Living Workshops**

The Ballarat Library and BRACE, in partnership with BREAZE and the City of Ballarat, will host a series of Sustainable Living workshops in April and May 2010. Four Workshops will be held over four nights where people can learn practical information about how they can implement simple DIY ideas to improve the comfort levels of their house, while saving money. They can also learn how to grow their own food, how to retrofit their homes, energy efficient ideas as well as the latest on insulation & solar hot water.

For bookings and more information ring Ballarat Library on 53311211.

#### Workshop dates and topics:

- Workshop 1 - Growing Your Own Food Garden & Sustainable Shopping. Tuesday 13th April 7.00pm— 9.00pm. Location: Library
- Workshop 2 - Retrofitting Your Home & Eco Challenge. Tuesday 27th April 7.00pm— 9.00 pm. Location: BRACE
- Workshop 3 - Insulation & Solar Hot Water Information. Tuesday 11th May 7.00pm— 9.00 pm. Location: Library
- Workshop 4 - The Food Garden part 2 & Energy Efficient Appliances. Tuesday 25th May 7.00pm— 9.00 pm. Location: BRACE

### **AFL Auskick**

The North Melbourne Football Club have invited 48 Ballarat kids to be involved in an Auskick training program in Ballarat throughout April. Those participants will then be invited to play a 15 minutes game at half time, when The Kangaroos take on Collingwood on 8<sup>th</sup> May 2010. If you know of any children who may be interested in this program, contact Charles Zhang on 0422-343-357, or email [info@cozyinternational.com.au](mailto:info@cozyinternational.com.au) before Tuesday 13<sup>th</sup> April, in order to arrange interviews and book places in the Auskick training sessions. Boys and girls all welcome.

### **The Social 1's**

A social group for Type 1 Diabetics and their families. Goldrush Mini Golf Saturday 17<sup>th</sup> April, 3.30pm. 1<sup>st</sup> game of mini golf paid for from our yearly funding. BYO BBQ food and drink and come and share an afternoon of fun, for our first get together of the year for all ages. RSVP Monday, 12<sup>th</sup> April 2010 to Tamara on 0449 082 150 or Jenny on 0448 480 564 or Email [thesocial1s@hotmail.com](mailto:thesocial1s@hotmail.com)

### **Obesity Prevention Short Course**

The next Deakin University Obesity Prevention Short Course, hosted by the WHO Collaborating Centre for Obesity prevention and the CO-OPS Collaboration of Community based Obesity Prevention Sites will this year run in the week of 28<sup>th</sup> June to 2<sup>nd</sup> July 2010.

The course is a comprehensive 5 day course of lectures, activities and workshops based on adult learning principles. It will be hosted by local obesity prevention experts (Professor Boyd Swinburn, Associate Professor Steven Allender, Dr Helen Mavoa, Dr Andrea de Silva Sanigorski, Dr Marj Moodie, and others) and staff involved in community based obesity preventions programs including 'Be Active Eat Well, Romp & Chomp, and Fun 'n' Healthy in Moreland.' The course is designed for managers and practitioners working in physical activity and/or nutrition promotion including staff from the fields of health promotion, community health and public health; and for GPs, dietitians, nurses, teachers, physical activity practitioners, government staff and others working/interested in the area of physical activity, nutrition and the promotion of healthy weight in communities. The focus of the course is obesity prevention in young populations i.e. birth - 18 years. It uses a population health approach.

28th June to 2nd July 2010 at Deakin University Geelong Waterfront Campus. For more information and to obtain a registration form contact Anthea Ellison via email [admin@co-ops.net.au](mailto:admin@co-ops.net.au) for further details. Please note that places are strictly limited and demand is always very strong. Registrations will be accepted on a first come basis.

### **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=310310](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin/_nocache?src=email&id=310310)

### **Ballarat Italian Association Live Performance**

La Voce Della Luna (The Voice of The Moon) is a Melbourne based women's choir with a repertoire of popular and folk songs from all regions of Italy. Sunday 18<sup>th</sup> April 2010, 11.30am at the Ballarat Italian Association Hall, 19 Recreation Rd, Mount Clear. \$30.00 per adult, children under 16 \$10.00, includes 2 course Italian meal.

### **Did You Know??**

The amount of water held in the atmosphere at any time is sufficient to produce about 1 inch of rain over the surface of the earth.

### **Legal Information Sessions**

Information sessions about Family Dispute Resolution, Parenting Plans & the Family Law Act, presented by Central Highlands Community Legal Centre & Ballarat Family Relationship Centre. Sessions are held every Wednesday at Ballarat Family Relationship Centre, 34 Peel St Nth, Ballarat. Cost is free. Afternoon sessions are held from 1.00pm – 2.00pm and evening sessions from 6.30pm – 7.30pm, bookings are essential, please call 1300 303 988 and speak to an Information & Referral Officer.

### **Baby Rhyme Time**

For parents or carers of children aged 0-5 years. Sharing rhymes, songs and reading books. Help your child learn skills to read and write. Each Wednesday 10.00am at Delacombe Community House, 102 Leawarra Crescent, Ph 53356633.

### **National Bowel Cancer Screening Program**

Ballarat Community Health, in partnership with Cancer Council Victoria is offering the opportunity to schedule a free information session for your community group or organisation, A trained health educator will visit your venue and present a free one hour information session on Bowel Cancer. Bowel Cancer is the second most common cancer affecting both males and females, it kills 80 Australians a week. Participation in regular screening can reduce the risk of dying from bowel cancer by more than one third. The information session will focus on reducing the risk of bowel cancer and include information on healthy eating, physical activity and bowel cancer screening. To book your free session contact Jacqui Hervey at Ballarat Community Health on 5338 4500.

### **MS Australia – Thinking and Memory**

Do you have difficulty concentrating? Have you had problems learning & recalling information? Is multi-tasking & planning efficiently a thing of the past? Thinking & memory changes in MS may go unrecognised. They are also often difficult for the person with MS & those around them to understand. This free session will explore common MS related thinking & memory changes and their management in the context of both the larger MS symptom picture and everyday cognitive management strategies. Tuesday 20<sup>th</sup> April, 10.00 am - 12:30 pm, Lederman Hall Queen Elizabeth Centre, 102 Ascot St, Ballarat. Registrations close one week prior to the program. The program will only proceed if we have sufficient numbers, there for registration is essential. Contact Andrea Salmon Phone: 9845 2765 or email: [educationvic@msaustralia.org.au](mailto:educationvic@msaustralia.org.au)

### **Centacare**

Family Relationship Services April & May programs

#### *Separation Recovery (Men's Group)*

4 sessions Mondays 12<sup>th</sup> & 19<sup>th</sup> April, 3<sup>rd</sup> & 10<sup>th</sup> May, 7.00pm – 9.00 pm.

For people whose relationship has ended  
Topics Include:

- Understanding the separation process
- Managing strong emotions
- Improving communication skills
- Relaxation & survival techniques
- Cost: \$30.00 per person

#### *Learning to Bloom*

4 sessions Wednesdays 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> April and 5<sup>th</sup> May, 1.00pm – 3.00 pm.

A nurturing program for women.

Topics Include:

- Building self esteem
- Setting goals
- Enhancing relationships
- Self-care

Cost: \$30.00 per person

#### *Living with Teenagers*

2 sessions Thursdays 15<sup>th</sup> & 22<sup>nd</sup> April, 7.00pm – 9.00 pm

For parents of Teenagers

Topics Include:

- The joys and challenges
- Adolescent development
- Teen friendly parenting strategies
- Parental Self Care

Cost: \$30.00 per person

#### *“Tweens”*

1 session, Friday 30<sup>th</sup> April, 1.00pm – 3.00 pm  
For parents of children aged 6 – 12

Topics Include:

- Encouraging children to be their age
- Best parenting for tweens
- Challenges for them, and you
- Health, hormones and hysterics

Cost: \$10.00 per person

Venue: Confirmed on booking.

Booking & Inquiry: Call Sue at Centacare 5327 7960

Concession available

Child care NOT provided.

### **Lead On Ballarat - New Address**

Lead On Ballarat are moving to new office premises from the week beginning 19<sup>th</sup> April, their new postal address, listed below, is effective immediately. 'Eureka House', Suite 3, Level 2, 11 Lydiard Street South, Ballarat. VIC 3350.

## Parenting From Your Heart

Our children are so important to us, yet sometimes we struggle to parent in ways we feel truly good about. Participating in these parenting workshops, you will explore how to:

- Recognise the feelings and needs behind adults' and children's behavior
- Parent effectively without relying on the threat of punishments or promise of rewards
- Transform power struggles into opportunities for building connection and trust
- Discover a quality of connection that will sustain our families through life's challenges
- Learn strategies for conflict resolution where everyone's needs are acknowledged and valued
- Contribute to peace by raising children who can make peace.

10.00 am – 1.00 pm, Fridays April 16<sup>th</sup> & 30<sup>th</sup>  
May 14<sup>th</sup> & 28<sup>th</sup> June 11<sup>th</sup> & 25<sup>th</sup> at Funbuds  
Indoor Play Centre, 903 Doveton St North,  
Ballarat. For more information contact Chitra  
Stern at 5476 4350 or [chitra108@bigpond.com](mailto:chitra108@bigpond.com)  
This series is provided on donation basis. A \$20  
material fee is requested from each participant  
to cover a book and hand outs for the program.  
Any additional contributions go to the Peaceful  
Families, Peaceful World project. Please note:  
admission to Funbuds is \$8 per child, adults  
free.

## Counsellor Camps

This is a unique opportunity for counselling professionals including students, psychologists, counsellors, psychotherapists, mental health nurses and workers, social workers and anyone else working with people! Our aim is for participants to access a cost effective way to attain professional development, networking and burnout prevention through relaxation/retreat. It has been designed and created by counsellors for counsellors. Counsellor Camps is a two day professional development retreat to enhance a counselling professionals counselling and intervention skills as well as self care.

Our workshop program for this event includes a range of experiential workshops lead by counselling professional and practicing facilitators in their field of expertise.

25<sup>th</sup> -26<sup>th</sup> June 2010 at Mercure, Parramatta,  
Sydney. For more information visit  
[www.trainingskillscentre.com.au/register-now.html](http://www.trainingskillscentre.com.au/register-now.html)

## Did you know???

The only two animals that can see behind them self without turning its head - the rabbit and the parrot!

## Introducing Divisions of General Practice

General Practice Victoria is pleased to offer this introductory seminar for staff in the primary care sector who wish to build links with general practice by working through and with divisions. General practitioners play a vital role as a first point of contact to the health system and as a primary health care provider offering significant continuity of care. Divisions of general practice provide a convenient point of contact and co-ordination with GPs. Across Victoria divisions currently collaborate in many local health promotion, health service delivery and other programs. This seminar will provide a general introduction to divisions and their relationship to general practice and will explore strategies for working collaboratively with divisions. The half day seminar will be held on Tuesday, 13<sup>th</sup> April 2010, 10.00am to 1.00pm at General Practice Victoria, Level 4, 458 Swanston Street, Carlton. A detailed agenda and a registration are available from [GPV Website](#)

## Grandparents Morning Tea

The local group of Grandparents Victoria will be gathering again in 2010 to talk about contemporary issues affecting them and their grandchildren. All grandparents are welcome to join the discussions on Monday 3<sup>rd</sup> May, 10.30am at Delacombe Community House, 102 Leawarra Crescent, Delacombe. For more details and to rsvp please contact Cathy Thomas on 5335 6633 or 0407 360 214.

## Men's Activity Group

Carer Respite and Support Services have engaged Karden Disability Support Foundation to run a Men's Activity Group for men in the early stages of dementia. The group provides men, who fit the program criteria, the opportunity for social outings, companionship and support while providing regular respite for their carers. If you or someone you know may benefit from this program contact Faith or Alyssa at Carer Respite and Support Services on 1800 059 059.

## 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.