

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.

Watch this Space:
Children, young people and privacy
One-day conference

Privacy. It's not child's play

Watch this Space: An essential conference for youth workers, educators, policy makers and parents, looking at the privacy issues surrounding young people in their rapidly changing physical and cyber worlds.

MC'd by Noni Hazlehurst, the conference will discuss how privacy affects young Australians' daily lives, much of which is spent online. Children and young people need to understand the importance of protecting their privacy and personal information but promotional and educational strategies will only be successful if they are accessible, relevant and meaningful to them.

21st May 2010, Promenade Room Crown Promenade Hotel 8 Whiteman Street, Southbank, Melbourne.
To view the conference program or register visit www.privacy.vic.gov.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

April 2010

Tuesday 27 th	Retrofitting Your Home & Eco Challenge , 7.00pm – 9.00pm, BRACE, 602 Urquhart St, Ballarat ((271)
Friday 30 th	Meet with Aboriginal Community Members , 2.00pm – 2.00pm, BADAC Social Centre, 15 Martin Drive, Delacombe ((270)

May 2010

Monday 3 rd	Foster Care Information Session , 1.30pm – 2.30pm & 6.00pm – 7.00pm, CAFS 115Lydiard St, Ballarat ((273)
Monday 3 rd	Grandparents Morning Tea , 10.30am, Delacombe Community House, 102 Leawarra Crs, Delacombe ((271)
Monday 3 rd	The Last Days , 6.30pm – 8.30pm, Education Resource Centre, Ballarat Health Services, Drummond St Nth, Ballarat ((272)
Friday 7 th	Board Members: Roles, Responsibilities, Liabilities and Protections , 11.00am – 2.30pm, YHQ, 122 Armstrong St Sth, Ballarat ((273)
Tuesday 11 th	Carer Information Day , 9.45am – 2.15pm, Barkly Motor Lodge, 43-57 Main Rd, Ballarat ((274)
Tuesday 11 th	Insulation and Solar Hot Water Information , 7.00pm – 9.00pm, Central Highlands Library, 178 Doveton St Nth, Ballarat ((271)
Wednesday 12 th	Bowel Cancer Education Session , 5.15pm, Baxter Theatre, Education Resource Centre, Ballarat Health Services, Drummond St, Ballarat. ((273)
Monday 17 th	Helping People Keep Gambling Under Control, Event Launch , 11.00am Stockland Wendouree. ((274)
Tuesday 18 th	You Bet Forum , 11.00am – 1.00pm, Brewery Theatre SMB Campus, Camp St, Ballarat ((274)
Tuesday 18 th	Understanding Mental Health and Wellbeing , 10.00am – 3.30pm, BLX, 36 Camp St, Ballarat ((269)

Helping People Keep Gambling Under Control

Now in its fourth year, Responsible Gambling Awareness Week has helped many people learn ways to stop gambling taking over their lives. Coordinated by Gambler's Help and the City of Ballarat with help from industry and community groups, Responsible Gambling Awareness Week will run from 17 to 23 May 2010 and will focus on responsible gambling rather than problem gambling.

Events held during the week will include:

- Event Launch on Monday 17th May, 11am at Stockland Wendouree

To be officially launched by Mayor Judy Verlin, the event will feature plays by the Ballarat Skit Team, footy target competition and information about gambling help services.

- 'You Bet' Forum on Tuesday 18th May, 11.00am – 1.00pm at Brewery Theatre, SMB, Camp Street.

This event will include plays by the Ballarat Skit Team, screening of a video regarding young people and gambling issues and a free BBQ and show bags.

- Venue Training on Wednesday 19th May, location to be confirmed.

Training sessions will be held to help gambling venues implement Victorian Commission for Gaming and Racing Codes of Practice and access gambler help services.

Movie Night

Stawell Climate Action Film Night proudly presents an Indi screening of 'The age of Stupid' the climate blockbuster from the director of McLibel. Wednesday 19th May 2010 at 6.30pm at Project Platypus Landcare Centre, Stawell (old Carey Covers site). \$6 including light meal. To register or find out more call Emily on 5356 2333.

BP Fuel Vouchers

Vouchers for volunteers, it's BP's way of saying thanks. If you're a not-for-profit volunteer and you use a vehicle to undertake your volunteering activities, we want to hear from you. You could be awarded with free BP fuel to help you in your volunteering work.

Who can apply? Permanent Australian residents who volunteer for a registered not-for-profit organisation dedicated to areas such as:

- Education
- Health and Human Service
- Arts and Culture
- Environment and Conservation

Nominations close 5pm Sunday 2nd May 2010.

For more information and to submit a nomination visit

http://www.talkstoppedlongago.com.au/v4v_ho me.html

National Families Week

The Ballarat Family Relationship Centre & Centacare are celebrating National Families Week with a resources road show! Members of the community are invited to drop in and browse through information and resources relating to families and relationships, this is also a chance to have your say about your community and 'Families in Australia Today'. Visit the road show on –

Tuesday 11th May at

Smythesdale General Store 10.00am – noon

Beaufort Resource Centre 2.00pm – 4.00pm

Wednesday 12th May at

Creswick Foodworks 10.00am – noon

Daylesford Coles 2.00pm – 4.00pm

Thursday 13th May at

Ballan IGA Supermarket 10.00am – noon

Bacchus March Information Centre 2.00pm – 4.00pm.

The Carer Respite and Support Services "Carer Information Day"

This session is for carers, care recipients, family and friends who would like information about carer services and support regarding the many changes that may be experienced when someone takes on a caring role. Discussions will address practical considerations as well as the emotions associated with changing roles and changing relationships.

Tuesday 11th May, 2010, 9.45am – 2.15pm at Barkly Motor Lodge, 43-57 Main Rd, Ballarat. RSVP by Wednesday 5th May on 5333 7104.

Diabetes: It's more than Glucose Control

Although blood glucose is the main focus of diabetes management, we know that diabetes is much more than just glucose control. This symposium for diabetes health professionals will explore new insights into autoimmunity and type 1 diabetes, common coexisting conditions, complementary therapies and alternative ways of thinking about the goals of diabetes management. Friday 7th May, at Sofitel Melbourne, 25 Collins Street, CBD. To register online visit www.bakeridi.edu.au/

Did you know???

Australian mobile phone numbers going public next month! All mobile phone numbers are being released to telemarketing companies and you will start to receive sale calls.

YOU WILL BE CHARGED FOR THESE CALLS

Below is a link where you can enter your phone numbers online to put an end to telemarketing calls. Don't just delete those calls otherwise you will find that you have been signed up for all sorts of extra services that you didn't want or know about. Like special chimes, music etc.

www.donotcall.gov.au/

Legal Information for Young People

YHQ is offering a free legal service to young people, every Wednesday from 4.00pm – 5.00pm a lawyer will be available to answer any questions you may have. Simply drop into YHQ at 122 Armstrong St Sth or for more information phone 5320 5644.

The Art of Good Health and Wellbeing

Arts and Health Australia presents the 2nd annual International Arts and Health Conference, 'The Art of Good Health and Wellbeing.' The Sidney Myer Centre, University of Melbourne 16th -19th November 2010.

The utilisation of the arts in healthcare services and health promotion is now established as a growing international movement, spurred by significant scientific research and practice.

In particular, arts and health programs have proven effective for people with chronic health conditions such as cancer, diabetes, obesity, asthma, cardiovascular disease, arthritis, depression and dementia – providing efficient, creative and cost effective healthcare solutions. This conference will present vital information and facilitate dialogue and discussion that can pave the way to improved healthcare and greater health equality.

To submit an abstract or register interest in attending the conference, log on to www.artsandhealth.org

For more information phone 02 6583 5040 or email admin@artsandhealth.org

Women in Sport – Funding Grants

The Sports Leadership Grants and Scholarships for Women inspire and assist women in leadership and decision making roles in sport to reach their full potential in the sports industry, through education and development opportunities. The Sports Leadership Grants and Scholarships for Women are a joint Australian Sports Commission and Office for Women funded initiative, providing funding and support for women seeking accredited training and education in coaching, officiating and sport management, governance and media/communications.

The grant money cannot be used for equipment (including books), accommodation, uniforms, salaries, competition entry, venue hire, catering, sports trainer or first aid training, retrospective course costs or administration costs.

Applications for the 2010/11 round of Sport Leadership Grants and Scholarships for Women are now open and will close on 30th April 2010.

To apply visit

www.ausport.gov.au/supporting/nso/asc_recognition

2010 Kookaburra Awards

Our Community and Westpac are undertaking a search to find Australia's Kookaburras – the loud and proud stirrers – the community groups, the people and the projects that changed our communities for the better. The 2010 Kookaburra Awards will offer prizes to individuals, groups and projects that really made a difference – that stretch people's vision of what's possible in Australia's society today. There are prizes for Community Groups, Projects and Individuals. Each winner will receive a total prize package valued at more than \$10,000. If you know of people, groups and projects in your community that fit that description, make sure their names are put forward for a Kookaburra Award, nominations close Wednesday 12th May. For more information or to submit a nomination visit www.ourcommunity.com.au/control/control_article.jsp?articleId=4438

Promotion of Mental Health and Prevention of Mental and Behavioural Disorders

The Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders, will be held in Washington DC, 17th -19th November 2010.

The call for abstracts on Indigenous and Tribal Mental Health has been extended to May 31st 2010. Potential contributors to the conference are invited to submit abstracts of papers or posters for consideration by the Scientific Committee. Papers and posters must address the overarching theme of the conference, Addressing Imbalances: Promoting Equity in Mental Health.

The conference strategies and themes should guide submissions, abstracts must align with one of the five themes as well as one of the specific strategies. A series of guidance questions are available to help potential contributors determine how and where their abstract(s) might best fit into the program. Details are available on the conference website <http://wmhconf2010.hhd.org/>

Bruce Mathiske in Concert

'Sizzling Strings, celebrating rhythm and roots' with special guest Greg Young. Thursday 13th May 2010, 8.00pm at the Learmonth Arts Hall Tickets \$25 adults, \$20 concession & \$15 kids Bookings/reservations phone 1800 043 249 or online at www.bruceguitar.com also at the door from 7.30pm.

Did You Know???

The roar we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Centacare Family Relationship Services Program

Tuning Into Kids

4 sessions on Tuesday 4th, 11th, 18th & 25th May, 7.00pm – 9.00pm. For parents of young children

Topics Include:

- Naming the emotion
- Taking your kids through emotions
- Understanding your child's emotional experience

- Lowering Stress levels

Cost: \$30.00 per person

123 Magic

3 sessions on Thursday 6th, 13th & 20th May, 7.00pm – 9.00pm. 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

It's About the Kids

4 sessions on Monday 10th, 17th, 24th & 31st May, 1.00pm – 3.00pm. For parents who are separated.

Topics Include:

- Helping children manage separation
- How children cope at different ages
- Making the best of co-parenting
- Children and conflict

Cost: \$30.00 per person

Managing Strong Emotions

1 session on Tuesday 25th May, 7.00pm – 9.00pm. Helpful for all relationships.

Topics Include:

- Identifying strong emotions
- Recognising triggers
- The impact of strong emotions
- Strategies to manage strong emotions

Cost: \$10.00 per person

Separation Recovery (Women's Group)

4 sessions on Tuesday 25th May, and 1st, 8th & 15th June, 1.00pm – 3.00pm. For People whose relationship has ended

Topics Include:

- Understanding the separation process
- Managing strong emotions
- Improving communication skills
- Relaxation and survival techniques

Cost: \$30.00 per person

Booking & inquiry call Sue at Centacare 5327 7960, Venue confirmed on booking. Concession are available. Childcare not provided.

Alone In a Crowded Room

What happens to Autistic children when they grow up?

Alone in a Crowded Room is a one hour documentary about adults with Autism, it explores the line between ability and disability and takes us beyond our preconceptions of one of the most mysterious and challenging disorders of our time.

Alone in a Crowded Room is a warm, intimate, moving and quietly challenging film about a condition that is usually either sensationalised or marginalised. Writer/Director Lucy Paplinska filmed the documentary over a period of four years, during which she developed very strong relationships with each of the four characters. As a result, she was able to produce an in-depth and intimate look at life as an adult with Autism. Screening on ABC 1 on Sunday 2nd May at 10.05pm.

Did You Know???

It cost \$7 million to build the Titanic and \$200 million to make a film about it!

What's On at The Well

May – June 2010

Dietician – Wednesday 5th May & 16th June.

Contact Felicity on 5338 4500 to make an appointment.

Doctor's Clinic – Wednesday 5th & 19th May and 2nd, 16th & 30th June.

Bookings essential on 5338 4585

Maternal & Child Health Nurse – each

Thursday 9.00am – 5.00pm.

Contact Irena on 0409 436 264 for an appointment.

Psychologist – Fridays 9.00am – 12.00pm.

Ask your GP for a referral and contact Ann on 5364 2952.

Mobile Library – 13th & 27th May, 10th & 24th

June, located in the carpark at The Well

between 9.00am – 10.45am.

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.